The research presented in this article was scientifically well conceptualized and executed. However, some areas require attention to bring them to a level of publication. The authors should attend to the following to edit below:

The Red notes have been rewritten.

Abstract:
Line 13: “the RSA”
Line 14: “The inclusion”
Line 14-16: “The inclusion criteria for a study were to include different groups of intervention in soccer players and present the protocol's characteristics and the study's results.”
Line 16: “Twenty-one (21)”
Line 18: “adults,”
Line 19: “effects”
“ages,”
Line 20-23: “Concerning the interventional programs, studies carried out by sprint and SSG interventions presented large ES, while studies carried out RSA exercises presented moderate ES. A variety of stimuli can improve the RSA performance of soccer players by causing trivial to large improvements.”

Introduction:
Line 28: Please add these citations in below;

“Soccer is an intermittent sport where low- and high-intensity actions occur.”

Arslan, E., Kilit, B., Clemente, F. M., Soylu, Y., Sögüt, M., Badicu, G., … Murawska-Ciałowicz, E. (2021). The Effects of Exercise Order on the Psychophysiological Responses, Physical and Technical Performances of Young Soccer Players: Combined Small-Sided Games and High-Intensity Interval Training. Biology, 10(11), 1180. https://doi.org/10.3390/biology10111180

Clemente, F. M., Soylu, Y., Arslan, E., Kilit, B., Garrett, J., van den Hoek, D., … Silva, A. F. (2022). Can high-intensity interval training and small-sided games be effective for improving

physical fitness after detraining? A parallel study design in youth male soccer players. PeerJ Computer Science, 10. https://doi.org/10.7717/peerj.13514

Line 34-35: “Previous studies have indicated that soccer players sprint between 17 and 81 in each match (Burges, Naughton, Norton, 2006; Vigne et al., 2010).”

Line 36: “4 s, while”
Line 45: “Also,”
Line 47: “specifically,”
Line 48-49: “phosphofructokinase and myokinase”
Line 49: “leading to increased”
Line 50: “improving performance”
Line 55: “end,”
Line 55: ~~particularly useful~~ – beneficial
Line 57: ~~The purpose of this study was~~ This study aimed to investigate and summarize the existing literature on the effects of different training methods/protocols on the ability of RSA in soccer.
Line 59: ~~in accordance with~~ – following
Line 60: ~~relevant -~~ appropriate
Line 60: non-relevant

Materials & Methods: PICO criteria should be defined in the review process.
Line 63-68: “Articles for the review were collected after checking the bibliographical bases PubMed, Google Scholar, and Scopus in early February 2021. Inclusions criteria: a) include intervention program, b) compare with different groups of intervention, c) present the characteristics of the protocol, d) present the results of the study, e) participate, soccer players, f) present the mean values of the groups and/or effect size, g) published up to, and including February 2021, h) published in English in a peer review journal.”

Line 69-74: Please rewrite this sentence. Because too many non-content words may indicate wordiness. Consider rewriting to avoid some of these words: given, the, of, within, all, from, a, as, by, were, for.

“Given the variety of repeated-sprint tests used within the literature, all data from a ‘repeated-sprint test’, as defined by the authors of the respective papers, were included for analysis.”

Line 71: the repeated-sprint
Line 72: extracted, and meta-analysed
Line 73: ~~with respect to~~ - concerning
Line 76: Please rewrite this sentence. Too many non-content words may indicate wordiness. Consider rewriting to avoid some of these words: the, were, according to, and, depending on, of.
Line 77: “specifically,”
Line 77 - 80: More specifically, in terms of age, they were divided into studies on adults and youths. The training program was divided into those that included sprints and those that did not include sprints (strength, plyometrics).

Results:
Line 106-107: Adult studies ranged from 3 to 8 weeks, and the total training units from 9 to 24. The level of participants was from amateurs to elite.
Line 110: (Campos-Vazquez et al., 2015), while
Line 127: improvements of ~9%
Line 141: workouts was from
Line 142: and the FIFA11+ program

Discussion:
Line 149: Soccer, as mentioned above, is an intermittent team sport where soccer players make ~1200 ~~a~~ cyclical changes in activity every 3 to 5s.
Line 150-151: Many of these actions are sprints (Mohr, Krustrup, Bangsbo, 2003), indicating RSA's importance in high-level soccer.
Line 154: (Campos-Vazquez et al., 2015; Hammani et al., 2018; Iaia et al., 2015),
Line 156: As mentioned above, studies on soccer players were included in this review.
Line 158: (n=21), while
Line 160: The first separation of studies was made 160 in relation to age in this study.
Line 163: carried out on youth
Line 163: players ~~in~~ 5,
Line 174: In this context, they show less lactic acid production

Line 179: ~~With regard to~~ interventional programs - Concerning interventional programs,

Line 182: ~~after the implementation of the program~~ - after the program implementation,

Line 190: Of the non-specific studies,

Line 194: jumps, but

Line 195: (~1300 jumps), which

Line 203: programs of Spinetti

(2018), who

Line 203-204: three strength training sessions for eight weeks,

Line 206: Hammami et al., who used only

Line 208: program may be because the strength

Line 209: depends, such

Line 213: ~~Studies that examined the effect of SSG on RSA~~ - Studies examining SSG's effect on RSA

Line 214: More specifically,

Line 215: for six weeks

Line 216: 75m2/player,

for eight weeks,

Line 222: soccer players and ~~is not designed~~ to affect - soccer players and not to

Line 223: Please rewrite this sentence. Because too many non-content words may indicate wordiness, consider rewriting to avoid some of these words: the, of, this, and on.

Line 225: anaerobic speed

Line 228: However, the study of Eniseler et al. observed an improvement in

Line 230: RSA ~~program and additionally a strength program~~ or a - RSA and strength or a combination program

Line 236: interval or anaerobic endurance training,

Line 237: Iaia et al. (2015) ~~there was~~ - Iaia et al. (2015) was there

Line 237-238: The difference in these studies is likely due to the participants

Line 239: programs that ~~had an effect on~~ the - programs that affected

Line 243: muscle capillarization

Line 244-245: In the two studies, no differences were observed; the participants were adolescents.

Line 247: ~~There are reports~~ that resistance sprints - Reports show that resistance sprints

Line 250: ~~This can affect the performance of players~~ - This can affect players' sprint performance

Line 252: Please rewrite the sentence lack of subject.

252-253: This review was intended to present the different training programs that soccer players can use to improve the RSA.

Line 255-256: The studies were selected to clarify which programs can be applied to soccer players to affect the RSA positively.

Conclusion:

Line 260-261: The training principle can explain this observation about the stimulus specification.

Line 262: programs that ~~are applicable~~ to the - that apply to the

Line 263: draw certain conclusions