Types of Probability Sampling Techniques: 1. The sampling interval tells the researcher how to select elements from a sampling frame by skipping elements in the frame before selecting one for the sample. Systematic Sampling Elements are randomly selected using a sampling interval. One way of obtaining a random sample is to give each individual in a population a number, and then use a table of random numbers to decide which individuals to include A specific advantage is that it is the most straightforward method of probability sampling. A disadvantage of simple random sampling is that you may not select enough individuals with your characteristic of interest, especially if that characteristic is uncommon. ?2.