

LIST OF FIGURES

FIGURE NO.	TITLE	PAGE NO.
1	Diagrammatic representation of the research study	62
2	Ball Reaction Exercise Test	66
3	Numbered Medicine Ball Run Test	68
4	Backward Medicine Ball Throw Test	70
5	Long Nose Test	72
6	Sprint of Given Rhythm Test	74
7	The mean values of Reaction Ability	78
8	The mean values of Orientation Ability	81
9	The mean values of Differentiation Ability	84
10	The mean values of Balance Ability	87
11	The mean values of Rhythm Ability	90