

**ISOLATED AND COMBINED EFFECT OF SUBMAXIMAL AND  
MAXIMAL TRAINING ON SELECTED MOTOR ABILITIES  
PHYSIOLOGICAL AND SKILL RELATED PERFORMANCE  
VARIABLES AMONG FOOTBALL PLAYERS**

*Dissertation of the Thesis Submitted to the Tamil Nadu Physical Education and Sports  
University, Chennai through YMCA College of Physical Education, Chennai  
for the fulfilment of the requirements for the award of Degree of*

**DOCTOR OF PHILOSOPHY  
IN  
PHYSICAL EDUCATION**

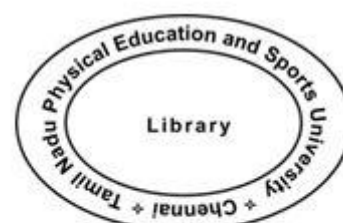
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**FEBRUARY – 2021**