

List of Figures

Figure	Title	Page No
1	Pre test and post test and ordered adjusted means on speed	94
2	Pre test and post test and ordered adjusted means on strength	99
3	Pre test and post test and ordered adjusted means on endurance	104
4	Pre test and post test and ordered adjusted means on resting pulse rate	109
5	Pre test and post test and ordered adjusted means on breath holding time	114
6	Pre test and post test and ordered adjusted means on vital capacity	119
7	Pre test and post test and ordered adjusted means on dribbling	124
8	Pre test and post test and ordered adjusted means on pushing	129
9	Pre test and post test and ordered adjusted means on hitting	134
10	Pre test and post test and ordered adjusted means on scooping	139