0.4:0	TABLE OF CONTER	NTS	Page	
Certificate by the Supervisor				
Declaration by the Research Scholar				
Dedication			iii	
Acknowledgement			iv	
List of 7			X	
	llustrations		xi	
List of A	Appendices		xiv	
	· 11			
CHAPT	TER I INTRODUCTION		1-28	
1.1	History of Football		2	
1.2	Laws of Football		3	
1.3	Fitness		4	
1.4	Fitness Training in Training			
1.5	Physical Fitness		5 5	
1.6	Physical Fitness Components		6	
1.6.1	Speed		7	
1.6.2	Agility		7	
1.6.3	Flexibility		8	
1.6.4	Explosive Power		. 8	
1.6.5	Cardio Vascular Endurance		8	
1.7	Psychology		9	
1.8	Sports Psychology		9	
1.9	Psychological Skill Training		9	
1.10	Psych Up Strategies		9	
1.10.1	Preparatory Arousal		10	
1.10.2	Imagery		10	
1.10.3	Self Talk		11	
1.10.4	Attentional Focus		11	
1.10.5	Relaxation		12	
1.11	Training		13	
1.12	Training in Football		13	
1.13	Drills		14	
1.14	Drills in Football		14	
1.15	Skill		15	
1.16	Skills in Football		15	
1.16.1	Dribbling		17	
1.16.2	Passing		17	
1.16.3	Shooting		18	
1.16.4	Kicking		18	
1.17	Playing Ability		18	
1.18	Reason for Selection of Topic and Varaibles		19	
1.19	Objectivies of the Study		20	
1.20	Statement of the Problem		21	

	TABLE OF CONTENTS	Page
1.21	Hypothesis	21
1.22	Significance of the Problem	22
1.23	Delimitaions	23
1.24	Limitations	24
1.25	Definition of the Terms	24
1.25.1	Football	24
1.25.2	Skill	25
1.25.3	Drills	25
1.25.4	Psych Up Strategy	25
1.25.5	Preparatory Arousal	25
1.25.6	Imagery	25
1.25.7	Attentional Focus	25
1.25.8	Self Talk Relaxation	26 26
1.25.9 1.25.10	Physical Fitness	26
1.25.10	Speed	26
1.25.11	Agility	27
1.25.12	Flexibility	27
1.25.14	Explosive Power	27
1.25.15	Cardio Vascular Endurance	27
1.25.16	Passing	28
1.25.17	Dribbling	28
1.25.18	Shooting	28
1.25.19	Kicking	28
СНАРТ	TER II REVIEW OF RELATED LITERATURE	29-81
2.1	Continue De la la de la	20
2.1	Studies on Psychological training programmes	30
2.2	Studies on Effects of Training and Drills	58
2.3	Summary of Literature	81
СНАРТ	TER III METHODOLOGY	82-139
3.1	Selection of Subjects	82
3.2	Selection of Variables	83
3.2.1	Dependent Variables	83
3.2.2	Independent Variables	84
	· •	
3.3	Experimental Design	84
3.4	Pilot Study	85
3.5	Criterion Measures and Selection of Tests	85
3.6	Reliability of Data	86
3.7	Reliability of Instrument	87
3.8	Testers Reiliability	87

	TABLE OF CONTENTS	Page
3.9	Subject Reliability	88
3.10	Training Programme	88
3.10.1	Specific Packages of Football Drills	88
3.11	Description of Specific Football Drils	90
3.12	Psych up Strategies	106
3.12.1	Preparatory Arousal	107
3.12.2	Imagery	107
3.12.3	Self Talk	107
3.12.4	Attentional Focus	108
3.12.5	Relaxation	108
3.13	Description of Training Schedule	108
3.14	Test Administration	122
3.14.1	Dribbling Test	122
3.14.2	Shooting Test	123
3.14.3	Passing Test	125
3.14.4	Kicking for Distance, Right Foot	127
3.14.5	Kicking for Distance, Left Foot	128
	Speed	129
3.14.7	Cardio vascular Endurance	130
	- Agility	132
	Explosive Power	133
	Flexibility	134
	Playing Ability	135
	Statistical Technique	137
5.15	Statistical Teelinique	157
CHAPT	ER IV RESULTS AND DISCUSSIONS	140-198
4.1	Overview	140
4.2	Test of Significance	141
4.3	Level of Significance	141
4.4	Computation of Analysis of Covariance and Post hoc test	142
4.4.1	Results on Speed	142
4.4.1.1 4.4.2	Discussions on the Findings of Speed Results on Agility	146 147
4.4.2.1	Discussions on the Findings of Agility	151
4.4.3	Results of Flexibility	152
4.4.3.1	Discussions on the Findings of Flexibility	156
4.4.4	Results on Explosive Power	157
4.4.4.1	Discussions on the Findings of Explosive Power	161
4.4.5	Results on Cardio Vascular Endurance	162
4.4.5.1	Discussions on the Findings of Cardio Vascular Endurance	166
4.4.6	Results on Passing	167

	TABLE OF CONTENTS	Page
4.4.6.1	Discussions on the Findings of Passing	171
4.4.7	Results on Shooting	172
4.4.7.1	Discussions on the Findings of Shooting	176
4.4.8	Results on Dribbling	177
4.4.8.1	Discussions on the Findings of Dribbling	181
4.4.9	Results on Kicking for Distance, Right Foot	182
4.4.9.1	Discussions on the Findings of Kicking for Distance, Right Foot	186
4.4.10	Results on Kicking for Distance, Left Foot	187
4.4.10.1	Discussions on the Findings of Kicking for Distance, Left Foot	191
4.4.11	Results on Playing Ability	192
4.4.11.1	Discussions on the Findings of Playing Ability	196
4.5	Discussions on Hypothesis	197
CHAPTER V SUMMARY CONCLUSIONS AND RECOMMENDATIONS		199-202
5.1	Summary	199
5.2	Level of Significance	200
5.3	Conclusions	201
5.4	Recommendations	202
5.5	Suggestions for Further Research	202
	BIBLIOGRAPHY	203-218
	Books	203
	Journals	206
	Unpublished Dissertation	217
	Websites	218
	APPENDICES	219-236