

<b>LIST OF TABLES</b>		
<b>Table No</b>	<b>Content</b>	<b>Page</b>
I	Selection of Tests	62
II	Intra Class Co-Efficient Correlation on Selected Dependent Variables	64
III	Common Training Schedule	66
IV	Training schedule in detail	67
V	Difference of mean values between pre-test and post-test on selected variables of small side games with ball practices training group.	90
VI	Difference of mean values between pre-test and post-test on selected variables of small side games without ball practices training group.	91
VII	Difference of mean values between pre-test and post-test on selected variables of control group.	92
VIII	Analysis of covariance for experimental groups and control group on speed of women soccer players	93
IX	Scheffe's post hoc test for experimental and control group on speed of women soccer players.	94
X	Analysis of covariance for experimental groups and control group on agility of women soccer players	96
XI	Scheffe's post hoc test for experimental and control group on agility of women soccer players.	97
XII	Analysis of covariance for experimental groups and control group on explosive power of women soccer players	99
XIII	Scheffe's post hoc test for experimental and control group on explosive power of women soccer players.	100
XIV	Analysis of covariance for experimental groups and control group on cardio-respiratory endurance of women soccer players	102
XV	Scheffe's post hoc test for experimental and control group on cardio-respiratory endurance of women soccer players.	103
XVI	Analysis of covariance for experimental groups and control group on Resting pulse rate of women soccer players	105
XVII	Scheffe's post hoc test for experimental and control group on resting pulse rate of women soccer players.	106

<b>LIST OF TABLES</b>		
<b>Figure</b>	<b>Content Continued</b>	<b>Page</b>
XVIII	Analysis of covariance for experimental groups and control group on Vital Capacity of women soccer players	108
XIX	Scheffe's post hoc test for experimental and control group on Vital Capacity of women soccer players.	109
XX	Analysis of covariance for experimental groups and control group on VO2 Max of women soccer players	111
XXI	Scheffe's post hoc test for experimental and control group on VO2max of women soccer players.	112
XXII	Analysis of covariance for experimental groups and control group on Dribbling Max of women soccer players	114
XXIII	Scheffe's post hoc test for experimental and control group on Dribbling of women soccer players.	115
XXIV	Analysis of covariance for experimental groups and control group on Passing Max of women soccer players	117
XXV	Scheffe's post hoc test for experimental and control group on Passing of women soccer players.	118
XXVI	Analysis of covariance for experimental groups and control group on Kicking Max of women soccer players	120
XXVII	Scheffe's post hoc test for experimental and control group on Kicking of women soccer players.	121