

LIST OF FIGURES

Fig.No		PAGE
1	60 Yards Dash	64
2	Agility Test	65
3	Vertical Jump Test	66
4	Alternate Hand Wall Toss Test	67
5	Balance Test	68
6	Dribbling Test	69
7	Shooting Test	70
8	Passing Test	71
9	Kicking for Distance (Right & Left Foot) Test	72
10	Flow Chart of the Study	74
11	The Adjusted Post-Test Mean Values on Speed are presented	82
12	The Adjusted Post-Test Mean Values on Agility are presented	88
13	The Adjusted Post-Test Mean Values on Vertical Jump are presented	94
14	The Adjusted Post-Test Mean Values on Balance are presented	100

	LIST OF FIGURES (continued)	PAGE
15	The Adjusted Post-Test Mean Values on Co-ordination are presented	106
16	The Adjusted Post-Test Mean Values on Dribbling are presented	110
17	The Adjusted Post-Test Mean Values on Shooting are presented	115
18	The Adjusted Post-Test Mean Values on Passing are presented	121
19	The Adjusted Post-Test Mean Values on Kicking (RL) are presented	125
20	The Adjusted Post-Test Mean Values on Kicking (LL) are presented	130