

APPENDIX-B

RAW DATA FOR PLYOMETRIC TRAINING GROUP

Explosive Strength		Muscular Endurance		Speed		Flexibility		BMI		% Body Fat		Shooting		Passing		Dribbling	
Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
29	39	35	38	7.77	7.08	24	30	25.5	22.5	18.27	14.86	29	33	26	33	11.5	10.4
29	43	37	41	7.82	7.11	23	33	26.9	22.5	17.32	15.87	30	31	28	35	11	10.4
28	44	36	38	7.85	7.1	24	30	24	22	19.86	16.79	28	34	30	34	10.9	10.3
29	41	33	41	7.79	7.21	26	30	25.4	21.2	17.97	17.26	29	32	28	34	10.8	9.9
25	38	36	39	7.81	7.04	24	30	26.3	21.4	18.23	14.94	30	33	27	33	10.9	10.1
28	36	35	39	7.77	7.08	23	31	22.9	20.4	18.7	16.5	28	33	29	33	11.4	9.9
27	35	35	39	7.85	7.15	23	29	22.6	20.2	18.02	16.83	27	32	29	31	11.5	10
29	45	38	39	7.82	7.14	24	31	25.5	22.8	17.91	17.14	30	33	28	31	10.4	10
26	38	36	40	7.89	7.18	24	31	26.8	23.3	18.99	13.37	29	33	30	32	11.2	10
27	40	37	42	7.81	7.05	25	32	24	22.9	17.21	16.72	29	33	29	35	11	10.4
27	41	33	38	7.43	7.06	25	31	25.4	22.8	18.25	15.49	30	33	28	35	10.9	10.3
28	43	33	41	7.81	7.12	25	30	24.2	23.4	17.27	15.11	29	33	32	33	11.1	9.9
29	47	37	42	7.87	7.06	26	33	23.4	21.2	16.78	16.18	28	31	29	34	10.9	9.8
30	38	34	41	7.9	7.23	25	30	25.8	23.8	17.95	17.86	27	33	28	33	10.9	10.3
26	39	36	40	7.82	7.01	24	29	23.4	23.5	17.42	17.13	29	31	30	34	11.1	10.2

APPENDIX- C

RAW DATA FOR FUNCTIONAL CORE TRAINING GROUP

Explosive Strength		Muscular Endurance		Speed		Flexibility		BMI		% Body Fat		Shooting		Passing		Dribbling	
Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
27	38	34	40	7.81	7.27	23	34	26.3	21.4	17.34	13.78	29	33	29	31	11.3	10
28	30	36	41	7.8	7.38	24	35	26	23.5	18.6	14.41	30	31	27	31	11.2	10.2
26	39	35	44	7.85	7.3	24	33	23.7	22.5	18.2	13.27	31	34	29	32	11.3	9.8
29	32	35	40	7.78	7.33	24	32	25.2	23.5	18.51	15.85	23	32	27	35	11.4	9.8
27	41	35	42	7.82	7.35	25	32	23.2	20.1	17.62	15.19	29	32	27	33	11.3	9.9
28	45	34	42	7.82	7.39	23	32	24.2	23.4	19.49	13.55	28	32	27	34	11.1	10
27	42	33	40	7.87	7.36	24	34	25.9	20.1	19.12	14.72	29	33	26	32	11.1	10.2
28	38	36	41	7.89	7.32	25	31	24.3	21.7	17.56	17.58	29	34	29	32	11.2	9.8
28	37	37	43	7.83	7.33	22	33	26.8	22	18.6	15.75	28	32	27	32	10.9	9.8
28	48	33	47	7.77	7.37	25	32	25.8	20.6	18.61	19.04	29	32	30	32	11.2	10.2
28	32	37	44	7.81	7.29	24	32	24.3	20.9	17.64	14.96	29	32	27	32	10.8	9.9
27	29	34	51	7.78	7.37	24	34	23.9	23	18.25	13.87	32	33	28	32	11.1	9.9
31	34	35	43	7.89	7.34	25	35	26.1	24	19.94	14.43	30	31	28	34	11.1	9.8
31	33	38	41	7.78	7.34	24	39	23.2	23.9	19.22	17.18	31	32	30	33	10.9	10.1
28	29	37	41	7.83	7.4	24	34	24.8	21.1	17.87	13.21	30	32	29	34	11	10.3

APPENDIX-D

RAW DATA FOR CONTROL GROUP

Explosive Strength		Muscular Endurance		Speed		Flexibility		BMI		% Body Fat		Shooting		Passing		Dribbling	
Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post	Pre	Post
26	27	34	35	7.88	7.88	26	25	24.6	24.2	19.21	19.12	28	28	27	30	11.2	11.2
30	25	35	36	7.83	7.87	25	24	24.9	24.8	18.4	18.3	28	30	30	26	11.4	11.1
24	27	36	37	7.8	7.9	26	24	23.6	23.5	18.66	18.34	28	28	29	30	11.1	11
30	31	34	34	7.86	7.79	24	25	23.6	24.8	15.66	15.9	29	28	28	28	11.1	10.9
26	21	34	35	7.88	7.86	25	24	23.7	23.1	17.19	17.51	28	29	27	29	11	11
28	30	36	36	7.78	7.76	24	25	24.2	24.7	17.99	17.76	29	28	29	28	11.3	10.9
29	26	35	33	7.87	7.88	23	24	24.5	24.2	18.69	17.22	30	30	27	28	11.1	11.1
26	27	35	34	7.82	7.85	26	26	22.3	22.2	18.9	18.74	29	30	28	28	11.1	10.9
26	28	33	34	7.79	7.78	26	23	26.1	26	18.7	18.39	28	29	28	29	11.2	11.1
27	27	34	35	7.81	7.8	23	23	23.6	23.2	18.95	18.92	28	29	29	29	10.9	10.9
27	25	34	35	7.84	7.84	25	25	27	26.8	19.02	19.11	26	26	26	27	11.2	11.1
29	30	33	34	7.88	7.81	23	24	24.6	24.2	20.03	20.11	29	28	28	27	11	11.3
28	29	36	35	7.9	7.8	23	23	24.2	24	18.17	18.12	28	29	30	29	11.3	11.3
28	30	34	32	7.84	7.87	24	25	23.7	23.5	17.99	15.12	29	29	29	29	11.3	11.2
25	27	37	38	7.84	7.88	25	26	23.1	23	18.35	17.9	29	28	28	30	11	11