## LIST OF TABLE

Table		Page
No	Particulars	No
Ι	Plyometric Static Stability Testing	50
II	Test Selection	54
III	Intra Class Co-Efficient of Correlation on Selected Dependent Variables	55
IV	Paired Sample 'T' Test of Plyometric, Weight, Combined Training And Control Group on Selected Dependent Variables	68
V	Levene's Test of Equality of Error Variances on Selected Variables Among Groups	78
VI	Analysis of Covariance Computed For Plyometric Training Weight Training Combined Training and Control Group For Selected Dependent Variables	79
VII	Scheffe's Post Hoc Paired Means Comparisons on Speed of Experimental Groups	80
VIII	Scheffe's Post Hoc Paired Means Comparisons on Explosive Power (Horizontal) of Experimental Groups	83
IX	Scheffe's Post Hoc Paired Means Comparisons on Dribbling of Experimental Groups	94
X	Scheffe's Post Hoc Paired Means Comparisons on Passing of Experimental Groups	97
XI	Scheffe's Post Hoc Paired Means Comparisons on Shooting of Experimental Groups	100