

LIST OF FIGURES

	FIGURES	PAGE
1	Diagrammatic representation of procedure	86
2	Tricep Stretch	90
3	Calf muscle stretch	91
4	Hamstring stretch	92
5	Standing Calf Stretch	93
6	Groin Stretch	94
7	Groin Stretch (Sitting position)	97
8	Pull ups: (Under arm)	99
9	Bench Press	100
10	Heel Raise	101
11	Biceps Curl	102
12	Side ward bend	103
13	Photograph shows kicking with right foot	107
14	Photograph shows the dribbling	109
15	Photograph shows the throw – in	111
16	Floor marking for shooting	112
17	Photograph shows the goal keeping	113
18	Bar diagram showing the pre test and post test mean values of kicking with right foot	118
19	Bar diagram showing the pre test and post test mean values of kicking with left foot	122

20	Bar diagram showing the pre test and post test mean values of throw-in	126
21	Bar diagram showing the pre test and post test mean values of dribbling	130
22	Bar diagram showing the pre test and post test mean values of shooting	134
23	Bar diagram showing the pre test and post test mean values of goalkeeping	138