LIST OF FIGURES

FIGURE	TITLE	PAGE
I	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on muscular strength.	80
п	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on muscular endurance.	85
III	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on Speed	90
IV	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on speed endurance.	95
V	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on leg explosive power	100
VI	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on agility.	105
VII	The adjusted post-test mean values of SAQ training group, circuit resistance training group, plyometric training group and control group on cardio respiratory endurance.	110