

LIST OF ILLUSTRATION

Figure No.	Title	Page No.
1.	Figure Showing the Trikonasana (The Triangle Pose)	115
2.	Figure Showing the Vrikshasana (The Tree Pose)	115
3.	Figure Showing the Virabhadrasana (The Warrior Pose)	115
4.	Figure Showing the Janusirasasana (The Head to Knee Pose)	116
5.	Figure Showing the Bhujangasana (Cobra Pose)	116
6.	Figure Showing the Paschimottanasana (The Posterior Stretch)	117
7.	Figure Showing the Salabhasana (The Locust Pose)	117
8.	Figure Showing the Halasana	118
9.	Figure Showing the Navasana (The Boat Pose)	118
10.	Figure Showing the Padahastasana (The Hand to Feet Pose)	119
11.	Figure Showing the Sarvangasana	119
12.	Figure Showing the Dhanurasana	120
13.	Figure Showing the NadiSodhana Pranayama	120
14.	Figure Showing the Surya Bhedhana Pranayama	121
15.	Figure Showing the Chandra Bhedhana Pranayama	121
16.	Figure Showing the Sitali Pranayama	122
17.	Figure Showing the Bhastrika Pranayama	122
18.	Figure Showing the Savasana	123
19.	Figure Showing the Walking	124
20.	Figure Showing the Jogging	124
21.	Figure Showing the Jumping Rope	125
22.	Figure Showing the Stair Climbing	125
23.	Figure Showing the Running	126
24.	Figure Showing the 50 Meters Run	131

Figure No.	Title	Page No.
25.	Figure Showing the Push Ups	132
26.	Figure Showing the Sit And Reach	133
27.	Figure Showing the Cardio Respiratory Endurance	134
28.	Figure Showing the Dribbling Test	139
29.	Figure Showing the Passing Test	140
30.	Figure Showing the Layup Shooting Test	141
31.	Flow Chart Showing the Training for Experimental Group	144
32.	Bar Diagram on Ordered Adjusted Means of Speed	150
33.	Bar Diagram on Adjusted Means of Muscular Strength	155
34.	Bar Diagram on Ordered Adjusted Means of Flexibility	160
35.	Bar Diagram on Ordered Adjusted Means of Vo ₂ Max	165
36.	Bar Diagram on Ordered Adjusted Means of Vital Capacity	170
37.	Bar Diagram on Ordered Adjusted Means of Respiratory Rate	175
38.	Bar Diagram on Ordered Adjusted Means of Anxiety	180
39.	Bar Diagram on Ordered Adjusted Means of Aggression	185
40.	Bar Diagram on Adjusted Means of Dribbling	190
41.	Bar diagram on Ordered Adjusted Means of Passing	195
42.	Bar diagram on Ordered Adjusted Means of Shooting	200