TABLE OF CONTENTS

CHAPTERS	TITLE	PAGE NO	
	Certificate	i	
	Declaration	ii	
	Acknowledgement	iii	
	Dedication	iv	
	Table of content	v	
	List of tables	viii	
	List of figures	ix	
CHAPTER I	INTRODUCTION	1-38	
1.1	Sports performance		
1.2	Footabll		
1.3	History of Football		
1.4	Football in India		
1.5	Characteristics of Football players		
1.6	Skills in Football		
1.7	Training		
1.8	Sports training		
1.9	Purpose of sports training		
1.10	Real fact of the plyometric training		
1.11	Plyometric training		
1.12	Mechanics of plyometric exercise		
1.13	Plyometric training for Football players		
1.14	Objectives of the study		
1.15	Statement of the problem		
1.16	Significance of the problem		

1.17	Hypotheses	
1.18	Delimitations	
1.19	Limitations	
1.20	Definition of the terms	
CHAPTER II	REVIEW OF RELATED LITERATURE	39 - 97
2.1	Studies on physical fitness variables	
2.2	Studies on bio-chemical variables	
2.3	Studies on skill performance variables	
2.4	Summary	
CHAPTER III	METHODOLOGY	98 - 128
3.1	Selection of subjects	
3.2	Selection of variables	
3.3	Experimental design	
3.4	Pilot study	
3.5	Criterion measures	
3.6	Reliability of data	
3.7	Instruments used for tests	
3.8	Instruments reliability	
3.9	The reliability of the test and questionnaire	
3.10	Tester's reliability	
3.11	Subjects reliability	
3.12	Orientation to the subjects	
3.13	Collection of data	
3.14	Test administration	
3.15	Plyometric training programme	
3.16	Plyometric training exercises	
3.17	Statistical technique and its justification	

CHAPTER IV		LYSIS AND INTERPRETATION THE DATA	129 - 179
	4.1	Over view	
	4.2	Test of significance	
	4.3	Level of significance	
	4.4	Computation of 't' test	
	4.5	Computation of analysis of covariance	
	4.6	Discussion on findings	
	4.7	Discussion of hypotheses	
CHAPTER V S	180 - 185		
	5.1	Summary	
	5.2	Conclusions	
	5.3	Recommendations	
	186-199		