LIST OF FIGURES

FIGURE NO		PAGE NO
1	Circuit Training	87
2	Semo Agility Run	96
3	Zig Zag Dribbling	100
4	Penalty Kick	102
5	Shooting from 25 Meters	103
6	Passing with the out Side of the Foot	106
7	Bar Diagram on Pre-Post and Ordered Adjusted Means of Speed	117
8	Bar Diagram on Pre-Post and Ordered Adjusted Means of Endurance	122
9	Bar Diagram on Pre-Post and Ordered Adjusted Means of Agility	127
10	Bar Diagram on Pre-Post and Ordered Adjusted Means of Strength	132
11	Bar Diagram on Pre-Post and Ordered Adjusted Means of Flexibility	137
12	Bar Diagram on Pre-Post and Ordered Adjusted Means of VO ₂ Max	142
13	Bar Diagram on Pre-Post and Ordered Adjusted Means of Resting Heart Rate	147
14	Bar Diagram on Pre-Post and Ordered Adjusted Means of Dribbling	152
15	Bar Diagram on Pre-Post and Ordered Adjusted Means of Shooting	157
16	Bar Diagram on Pre-Post and Ordered Adjusted Means of Passing	162
17	Bar Diagram on Pre-Post and Ordered Adjusted Means of Playing Performance	167