List of Contents

Certificate b	by the Supervisor	- ii
Declaration	by the Scholar	- iii
Dedication		-iv
Acknowledg	gements	- v
List of Cont	ents	- vii
List of Table	es	- x
List of Figur	res	- xii
Abstract		- xiii
	Chapter I	
Introductio	on.	Page
		1-24
1.1	Training	
1.2	Parcourse Training	
1.3	Swissball Training	
1.4	Football	
1.5	Positions in Football	
1.6	Statement of the Problem	
1.7	Significance of the Study	
1.8	Hypotheses	
1.9	Delimitations	
1.10	Limitations	
1.11	Definition of Terms	
	Chapter II	
Review of	Related Literature	25-56
2.1	Studies on Parcourse Training	
2.2	Studies on Swissball Training	

2.3	Studies on Fo	otball
2.4	Summary	

Chapter III

Meth	odology	57-83
	3.1 Selection of Subjects	
	3.2 Selection of Variables	
	3.3 Experimental Design	
	3.4 Pilot Study	
	3.5 Criterion Measures and Selection of Tests	
	3.6 Reliability of Data	
	3.7 Reliability of Instruments	
	3.8 Tester's Reliability	
	3.9 Subjects Reliability	
	3.10 Orientation to the Subjects	
81	3.11 Administration of Test Items	
	3.12 Motor Fitness Variables	
	3.13 Performance Variables	
	3.14 Training Programme	
	3.15 Parcourse Exercises	
	3.16 Swissball Exercises	
	3.17 Collection of Data	
	3.18 Statistical Techniques and its Justification	
	Chapter IV	
Resu	lts and Discussion	84-124
	4.1 Overview	
	4.2 Test of Significance	
	4.3 Level of Significance	
	4.4 Computation of 't' Test	

4.6 Results of Muscular Endurance	
4.7 Results of Balance	
4.8 Results of Flexibility	
4.9 Results of Kicking	
4.10 Results of Dribbling	
4.11 Results of Playing Ability	
4.12 Discussion on Hypotheses	
Chapter V	
	25-128
	25-128
Summary, Conclusions and Recommendations	25-128
Summary, Conclusions and Recommendations 5.1 Summary	25-128
Summary, Conclusions and Recommendations 5.1 Summary 5.2 Conclusions 5.3 Recommendations	25-128 29-136

4.5 Computation of Analysis of Covariance