

| <b>LIST OF TABLES</b> |   |                |
|-----------------------|---|----------------|
| <b>Table</b>          |   | <b>Page No</b> |
| I                     | Test Selection  | 53             |
| II                    | Intra Class Co-Efficient of Correlation on Selected Dependent Variables   | 54             |
| III                   | Training Schedule for Maximal Training I to IV Weeks  | 55             |
| IV                    | Training Schedule for Maximal Training V to VIII Weeks  | 56             |
| V                     | Training Schedule for Maximal Training IX to XII Weeks  | 57             |
| VI                    | Training Schedule for Submaximal Training I to IV Weeks   | 58             |
| VII                   | Training Schedule for Submaximal Training V to VIII Weeks   | 59             |
| VIII                  | Training Schedule for Submaximal Training IX to XII Weeks   | 60             |
| IX                    | Training Schedule for Combined Training I to IV Weeks   | 61             |
| X                     | Training Schedule for Combined Training V to VIII Weeks   | 62             |
| XI                    | Training Schedule for Combined Training IX to XII Weeks   | 63             |
| XII                   | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Speed for Experimental Groups and Control Group              | 67             |
| XIII                  | Scheffe's Confidence Interval Test Scores - Speed   | 68             |
| XIV                   | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Agility for Experimental Groups and Control Group            | 69             |
| XV                    | Scheffe's Confidence Interval Test Scores - Agility   | 70             |
| XVI                   | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Flexibility for Experimental Groups and Control Group        | 72             |
| XVII                  | Scheffe's Confidence Interval Test Scores - Flexibility   | 73             |
| XVIII                 | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Explosive Power for Experimental Groups and Control Group    | 74             |
| XIX                   | Scheffe's Confidence Interval Test Scores – Explosive Power   | 75             |
| XX                    | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Strength Endurance for Experimental Groups and Control Group | 76             |
| XXI                   | Scheffe's Confidence Interval Test Scores – Strength Endurance  | 77             |
| XXII                  | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Resting Heart Rate for Experimental Groups and Control Group | 79             |

|        |  |    |
|--------|--|----|
| XXIII  | Scheffe's Confidence Interval Test Scores – Resting Heart Rate   | 80 |
| XXIV   | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Systolic Blood Pressure for Experimental Groups and Control Group   | 81 |
| XXV    | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Diastolic Blood Pressure for Experimental Groups and Control Group  | 83 |
| XXVI   | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Body Mass Index for Experimental Groups and Control Group           | 85 |
| XXVII  | Scheffe's Confidence Interval Test Scores – Body Mass Index  | 86 |
| XXVIII | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Dribbling for Experimental Groups and Control Group                 | 87 |
| XXIX   | Scheffe's Confidence Interval Test Scores – Dribbling  | 88 |
| XXX    | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Passing for Experimental Groups and Control Group                   | 89 |
| XXXI   | Scheffe's Confidence Interval Test Scores – Passing  | 90 |
| XXXII  | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Shooting for Experimental Groups and Control Group                  | 92 |
| XXXIII | Scheffe's Confidence Interval Test Scores – Shooting   | 93 |
| XXXIV  | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Kicking for Distance (LF) for Experimental Groups and Control Group | 94 |
| XXXV   | Scheffe's Confidence Interval Test Scores – Kicking for Distance (LF)  | 95 |
| XXXVI  | Computation of Analysis of Covariance of Pre- Test, Post Test And Adjusted Post- Test on Kicking for Distance (RF) for Experimental Groups and Control Group | 96 |
| XXXVII | Scheffe's Confidence Interval Test Scores – Kicking for Distance (RF)  | 97 |