

## LIST OF FIGURES

Figure No.	LIST OF FIGURES	Page No.
<b>1</b>	Circuit Training Package 1	<b>99</b>
<b>2</b>	Circuit Training Package 2	<b>103</b>
<b>3</b>	Knox Basketball Test (Speed Dribble)	<b>110</b>
<b>4</b>	Knox Basketball Test (Speed Pass)	<b>111</b>
<b>5</b>	Knox Basketball Test (Dribble and Shoot)	<b>112</b>
<b>6</b>	Knox Basketball Test (Penny cup Test)	<b>114</b>
<b>7</b>	The mean values of the Speed of Pre, Post and Adjusted Posttest	<b>120</b>
<b>8</b>	The mean values of the Agility of Pre, Post and Adjusted Posttest	<b>124</b>
<b>9</b>	The mean values of the Strength Endurance of Pre, Post and Adjusted Posttest	<b>129</b>
<b>10</b>	The mean values of the Explosive Power of Pre, Post and Adjusted Posttest	<b>133</b>
<b>11</b>	The mean values of the Cardiorespiratory Endurance of Pre, Post and Adjusted Posttest	<b>138</b>
<b>12</b>	The mean values of the Resting Heart Rate of Pre, Post and Adjusted Posttest	<b>142</b>
<b>13</b>	The mean values of the Breath Holding Time of Pre, Post and Adjusted Posttest	<b>147</b>
<b>14</b>	The mean values of the Systolic Blood Pressure of Pre, Post and Adjusted Posttest	<b>151</b>
<b>15</b>	The mean values of the Diastolic Blood Pressure of Pre, Post and Adjusted Posttest	<b>154</b>
<b>16</b>	The mean values of the Dribbling of Pre, Post and Adjusted Posttest	<b>158</b>
<b>17</b>	The mean values of the Passing of Pre, Post and Adjusted Posttest	<b>162</b>
<b>18</b>	The mean values of the Shooting of Pre, Post and Adjusted Posttest	<b>167</b>
<b>19</b>	The mean values of the Reaction Ability of Pre, Post and Adjusted Posttest	<b>171</b>