LIST OF ILLUSTRATIONS

Figures	Title	Page No
1	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Speed	79
2	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Agility	82
3	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Explosive power	85
4	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Flexibility	88
5	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Resting pulse rate	91
6	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on VO ₂ Max	94
7	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Vital capacity	97
8	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Sports achievement motivation	100
9	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Aggression	103
10	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Passing	106
11	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Dribbling	109
12	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Kicking for distance	112
13	Line diagram showing the Pre-test, Post-test and Adjusted Post-test mean values of the control and small sided games groups on Playing Performance	115