# CONTENTS

<table>
<thead>
<tr>
<th>CHAPTER NO</th>
<th>TITLE</th>
<th>PAGE</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>LIST OF TABLES</td>
<td>xv</td>
</tr>
<tr>
<td></td>
<td>LIST OF FIGURES</td>
<td>xvii</td>
</tr>
<tr>
<td>I</td>
<td>INTRODUCTION</td>
<td>1</td>
</tr>
<tr>
<td>1.1</td>
<td>CHARACTERISTICS OF THE GAME</td>
<td>4</td>
</tr>
<tr>
<td>1.2</td>
<td>PHYSICAL FITNESS</td>
<td>5</td>
</tr>
<tr>
<td></td>
<td>Speed</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Agility</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Explosive Power</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Muscular Strength and Endurance</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Flexibility</td>
<td></td>
</tr>
<tr>
<td>1.3</td>
<td>PHYSIOLOGICAL VARIABLES</td>
<td>12</td>
</tr>
<tr>
<td></td>
<td>Maximal Oxygen Consumption</td>
<td></td>
</tr>
<tr>
<td>1.4</td>
<td>SKILL PERFORMANCE</td>
<td>14</td>
</tr>
<tr>
<td></td>
<td>Dribbling</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Passing</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Shooting</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Defensive Movement</td>
<td></td>
</tr>
</tbody>
</table>
1.5 SPORTS TRAINING

Training Seasons

Pre-Season Training

Frequency and Duration of Pre-Season Training

Intensity of Training

Weight Training

1.6 Need of the Study

1.7 Statement of the Problem

1.8 Hypothesis

1.9 Significance of the Study

1.10 Delimitations

1.11 Limitations

1.12 Definition of Operational Terms

II REVIEW OF RELATED LITERATURE

Studies on Physical Fitness Variable

Studies on Physiological Variables

Studies on Skill and Performance Variables

Summary of Literature
III METHODOLOGY

3.1 Selection of Subjects
3.2 Selection of Variables
3.3 Experimental Design
3.4 Selection of Tests
3.5 Orientation to the Subjects
3.6 Reliability of the Instruments
3.7 Competency of the Tester
3.8 Reliability of the Data
3.9 Pilot Study
3.10 Collection of Data
3.11-13 Administration of Tests
3.14 Training Programme
3.15 Statistical Procedure

IV ANALYSIS OF DATA AND RESULTS OF THE STUDY

4.0 Introduction
4.1 Result of an Individualized Effect

Results on Comparative Effects

Results of Analysis of Variance on Pre-Test Means

Results of Pre Test Means
Results of Analysis of Variance on Post-Test Means

Results of Post Test Means

Analysis of the Significance of Mean Difference Between the Groups on Criterion Variables

Results of Adjusted Post Test Means

4.2 Discussion on Findings

Selected Physical Fitness Variables

Physiological Variable

Skill Performance Variables

Discussion on Hypothesis

V SUMMARY, CONCLUSIONS AND RECOMMENDATIONS

Introduction

Procedure

Findings

Conclusions

Recommendations

BIBLIOGRAPHY

APPENDIX