I take the privilege to express a deep sense of the indebtedness and appreciation for all who helped me in the completion of this research work.

First of all, I owe my profoundest gratitude to my supervisor and advisor Dr. Rameshwari Devi, Professor, Department of Physical Education, M.D. University, Rohtak, for inspiring, encouraging and precious time devoting for their constant guidance, supervision, and valuable suggestions for the completion of this research.

I am grateful to Dr. Bhagat Singh, Reader, Head, Department of Physical Education, M.D. University, Rohtak, for extending me facilities to carry out this research work.

My special thanks are particularly reserved for Prof. S.C. Malik, Department of Statistics, M.D. University, Rohtak for guiding and suggesting me the interpretation for this research work. I wish to place my thanks to all the teaching faculty of Physical Education Department, I.G.IPESS College, Delhi. For the encouragement, support, valuable help, which has pulled me through difficult movements.

I would always remain indebted to all the players, coaches and staff members of physical education and sports M.D. University, Rohtak for their constant support and co-operation.

I am extremely thankful to my parents Sh. Raj pal and Smt. Raj Bala, and my wife Er. Kiran Malik whose affection, care, continuous encouragement, inspiration, co-operation and moral support are beyond
expression. I am equally thankful to my son Chitraksh Malik for displaying lot of patience, perseverance extended throughout the long period of research work.

One who deserve my sincere thanks is, of course, my friends who provided me all kind of congenial atmosphere to conduct my research and have always stood by my side patiently during the preparation and completion of this thesis.

Last but not the least, I am also thankful to Mr. Amit Dahiya M/s Cybertech Computers, Rohtak for his valuable help and regular hard work to complete this research work and bring out this thesis in the present form.

VARUN MALIK