3. A study can be conducted to test the effect of combination training consisting of periodized resistance, proprioceptive neuromuscular facilitation and plyometric training on performance related components of football players.

4. Since the game of football is also an aerobic in nature, a study can be conducted by including cardio aerobic training in the combination training.

5. The same study can be extended to skill performance variables other than used in the present study.

6. To test the adaptability on physical and physiological aspects the same study can be conducted at various levels of players.

7. The present study was engaged with the men players. Hence the same study can be conducted using women players to test the efficacy of training modules used in the present study.

8. For speed-based resistance training instead of using harness running etc. as in the case of the present study, a study can be conducted to find out the effect of practicing fifty percent intensity of one repetition maximum at faster velocities of eight to ten repetitions on performance-related components of football players.

9. The same study can be extended to the athletes and players of individual events.