LIST OF TABLES

3.1 Variables and criterion measures .......................... 76
The reliability coefficient of test re-test scores on performance related components, skill performance variables and overall playing ability

3.2 General structure of three different training programmes .......... 83

3.3 Periodized resistance cum plyometric training program (group – I) .... 96

3.4 Group I Periodized resistance training program for first and second week .......... 98

3.5 Plyometric training program for first and second week ............ 99

3.6 Periodized resistance training program for third and fourth week ...... 100

3.7 Plyometric training program for third and fourth week .......... 100

3.8 Periodized resistance training program for fifth and sixth week .... 101

3.9 Plyometric training program for fifth and sixth week .......... 102

3.10 Periodized resistance training program for seventh and eighth week ..... 103

3.11 Plyometric training program for seventh and eighth week ........ 103

3.12 Periodized resistance training program for ninth and tenth week ... 104

3.13 Plyometric training program for ninth and tenth week .......... 105

3.14 Periodized resistance training program for eleventh and twelfth week .... 106

3.15 Plyometric training program for eleventh and twelfth week ..... 106

3.16 Speed based resistance cum plyometric training program - Group II .......... 108

3.17 Periodized resistance and speed based resistance training cum plyometric training program - Group - III .......... 110

3.18 Significance of mean gains / losses between pre and post - test of periodized resistance with plyometric training (PRWPT, Group – I) on performance - related components, skill performance variables and over all playing ability of football players .... 115
Significance of mean gains / losses between pre and post-test of speed-based resistance with plyometric training (SBRWPT, Group – II) on performance related component and skill performance variables of football players

Significance of mean gains / losses between pre and post-test of periodized resistance, speed-based resistance cum plyometric training (PRSBRCPT, Group – III) on performance-related component and skill performance variables of football players

Significance of mean gains / losses between pre and post-test of control (Group – IV) on performance - related component and skill performance variables of football players

Analysis of variance of pre - test means on periodized, speed - based and combination of periodized and speed based resistance cum plyometric training on performance-related components, skill performance variables and overall playing ability of football players

Analysis of variance of pre - test means on periodized, speed - based and combination of periodized and speed based resistance cum plyometric training on performance-related components, skill performance variables and overall playing ability of football players

Analysis of covariance of adjusted post - test means on periodized, speed based and combination of periodized and speed - based resistance cum plyometric training on performance-related components, skill performance variables and overall playing ability of football players

Scheff's test for the differences between the adjusted means on speed

Scheff's test for the differences between the adjusted means on arm strength

Scheff's test for the differences between the adjusted means on leg strength

Scheff's test for the differences between the adjusted means on arm explosive power

Scheff's test for the differences between the adjusted means on leg explosive power
4.13 Scheff's test for the differences between the adjusted means on cardio respiratory endurance

4.14 Scheff's test for the differences between the adjusted means on kicking

4.15 Scheff's test for the differences between the adjusted means on dribbling

4.16 Scheff's test for the differences between the adjusted means on shooting

4.17 Scheff's test for the differences between the adjusted means on overall playing ability