OBJECTIVES

1) To prepare separate “Training schedules” of weight training exercises on the basis of the principles of training with a view to improve motor fitness among Football players.

2) To establish the effects of the said training interventions methods in improving skills ability in football.

3) To establish the effects of the said training interventions methods in improving 30 meter running with the ball skill in football.

4) To establish the effects of the said training interventions methods in improving Kicking accuracy skill in football.

5) To establish the effects of the said training interventions methods in improving dribbling skill in football.