HYPOTHESES

The logical interpretation, stated above, and available research literature help to hypothesize that the

H₁: Weight training exercises may be useful in improving the selected motor fitness in Football.
H₂: Weight training exercises may be useful in improving the selected Football Skills of college students.
H₃: Weight training exercises may be useful in improving the kicking accuracy in Football.
H₄: Weight training exercises may be useful in improving the dribbling skill in Football.