METHODOLOGY

1. Sample

SIXTY (N=60) Football playing male subjects, age group ranging from 16 to 18 years, will be pooled randomly as sample. The criteria for inclusion and exclusion of the subjects will be as follows:

- The players who are the regular practitioners of Football will be included in the experiment.
- The subjects who are expected to remain present till the experimental trials are finished will be incorporated in this study.
- The players suffering from known serious health problems are to be excluded. Moreover, players having incapacitating physical illness as ruled out by clinical investigation will be excluded prior to the study.

2. Experimental Design

The subjects will be divided into two equal groups viz., Gr. A, and Gr. B. Group-A will participate in the “Weight Training Exercises Schedule”, and Group-B will be acted as “Control Group.” There will be daily 45 minutes practice considering the above schedules except Sundays and holidays. During daily experimental period while all the subjects of selected groups will be involved with their respective training schedules, the subjects of control group will be kept busy with some activities in Physical Education.

Moreover, after completion of daily training schedule for 45 minutes, there will be a regular practice of Football game for 30 minutes and all the experimental as well as control groups will participate in the same. The total duration of the experimentation will be at least for 6 months (including testing dates, Sundays, and holidays) which include one experiment, one follow-up programme to record the long term effects of the experiment programme of 6 weeks each.

This is a randomised block design (Hubbard, 1973) which consists of the following steps:

Step-I (Pretest)
Selected Fitness and Football Skills of all the subjects belonging to control and experimental groups will be tested prior to the experiment by using standard tests of fitness and Football skills. Some fitness components as required by the Football players will also be assessed by implementing standard tests. The scores of fitness components and Football skills will be recorded carefully.

**Step-II (Training / Treatment)**

After pre-testing, the subjects of experimental group will receive their respective training, as stated above, for 45 minutes daily which will be followed by a game practice for 30 minutes. The subjects of the control group will be kept busy with recreational activities considering the principle of physical education for first 30 minutes and they will also participate in the game practice last 30 minutes daily. Thus all the subjects will be involved for a period of 1 hr. and 15 Minutes, daily except Sundays and holidays. The duration of this experimentation will be for at least 6 weeks.

**Step-III (1st Post Test)**

After completion of the 6 weeks of experiment, as stated above, all the subjects of both the control and experimental groups will be directed for 1st post-testing. Here the testing procedures will be same as mentioned in the pre-test.

**Step-IV (1st Follow-Up Programme & 2nd Post Test)**

First Follow-Up (F.U.) programme will start for another 6 weeks after completion of 1st post testing (Step-III). In this programme, the subjects of both the groups (control and experimental) will practice regularly 1 hr. and 15 minutes day\(^1\) except Sundays and holidays what they already learnt in Step-II under the passive involvement of the coach. After completion of the 1st follow-up programme of 6 weeks, all the subjects of both the control and experimental group will be instructed for 2nd Post Test. Here the testing procedures will be same as mentioned in the pre-test.

3. **Statistical Analysis**

The data collected will be analyzed by using descriptive statistics. The treatment effects of the training procedures will be determined by applying standard statistical procedure (Repeated Measures MANOVA test).