METHODOLOGY

Type of Research

The method of the research is normative survey.

Sampling :

The sampling for the research will be consistently participating 10 college teams of each zone of Shivaji University (i.e. Satara, Sangli and Kolhapur zone).

Research Tools :

The following tools will be used for the study

Fitness Test :

The following fitness test will be used for the study.

i. 12min. Run and Walk – Endurance will be measured.
ii. 50 M. Dash – Speed will be measured.
iii. Shuttle run (4 x 10 M.) – Co – ordination will be measured.
iv. Eye – Foot Co – ordination – Co – ordination will be measured.
v. Vertical Jump – Leg strength will be measured.

Skill Test:

The following AAHPERS test will be taken for skill test of foot – ball players.

i. Forward pass for distance.
ii. 50 yard dash with foot – ball.
iii. Blocking
iv. Forward pass for accuracy.
v. Foot – ball punt for distance
vi. Ball changing zigzag run
vii. Catching the forward pass
viii. Pullout
ix. Kickoff
x. Dodging run

**Statistical Tools:**

The following statistical tools will be used for the study.

i. Percentile

ii. T– Scale

**Procedure of the Study:**

The above skill tests and fitness tests will be conducted after the Zonal and before the Inter-Zonal tournament of Shivaji University.

The fitness components and various skill test data will be analyzed by above statistical tools.

**SCHEDULE OF STUDY**

<table>
<thead>
<tr>
<th>Sr. No</th>
<th>Head</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Preparation of Proposal</td>
<td>1 Month</td>
</tr>
<tr>
<td>2.</td>
<td>Review of Literature</td>
<td>5 Months</td>
</tr>
<tr>
<td>3.</td>
<td>Selection of Samples</td>
<td>1 Month</td>
</tr>
<tr>
<td>4.</td>
<td>Research Tools</td>
<td>1 Month</td>
</tr>
<tr>
<td>5.</td>
<td>Collection of Data</td>
<td>3 Months</td>
</tr>
<tr>
<td>6.</td>
<td>Analysis of Data</td>
<td>3 Months</td>
</tr>
<tr>
<td>7.</td>
<td>Interpretation of Data</td>
<td>3 Months</td>
</tr>
<tr>
<td>8.</td>
<td>Writing Report</td>
<td>5 Months</td>
</tr>
<tr>
<td>9.</td>
<td>Submission of Research Report</td>
<td>2 Months</td>
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</tbody>
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**Total Time** 24 Months