

LIST OF FIGURES

	Page
Picture 1. Passing with Inside step.....	7
Picture 2. Passing with top step	8
Picture 3. Receiving.....	8
Picture 4. Dribbling	8
Picture 5. Heading.....	9
Picture 6. Shooting.....	10
Picture 7. Shooting Process.....	13
Picture 8. Agility Ladder.....	32
Picture 9. Standing Long Jump Test (Broad Jump).....	33
Picture 10. Test of the Accuracy of Shooting	36