

# Effect of Various Yogic Practices on Skill Performance in Football Players

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**Abstract-***The aim of this study was to investigate the Effect of various yogic practices on skill performance in football players. Forty male football players participated in this study as the subject. The subjects were randomly assigned to yogic practices group (n=20, age: 15 to 17 years) and control group (n=20, age 15 to 17 years). The YP group performed eight weeks' lower extremities YP besides the football team training. The control group performed only the game practice during the study. The results showed that the speed, dribbling, agility with ball improved after PY ( $P < 0.05$ ). For accuracy of shooting no significant change was observed after eight weeks on PY. It was concluded that the speed, dribbling, agility with ball improved after PY, but there was no significant difference found on accuracy of shooting football between control and yogic practices group.*

**Keywords-** *yogic practices, football players, skill performance*

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## I. INTRODUCTION

An increased agility can also help to reduce common injuries that are associated with too much stress being put onto inflexible muscles. (Suman Kumar., Yokesh) Yogic practices techniques are basically used by athletes in all types of sports to increase strength and explosiveness. Yogic practices consists of a rapid stretching of a muscle (eccentric action) immediately followed by a concentric or shortening action of the same muscle and connective tissue (Baechle, T.R. and R.W. Earle, 2000). The stored elastic energy within the muscle is used to produce more force than can be provided by a concentric action alone (Miller M.G., et.al., 2002). Researchers have shown that yogic practices, when used with a periodized strength training program, can contribute to improvements in vertical jump performance, acceleration, leg strength, muscular power, increased joint awareness, and overall proprioception (Paasuke, M., J. Ereline, and H. Gapeyeva, 2001). A professional football player makes numerous explosive bursts, like kicking, tackling, jumping, turning, speed, and changing pace during a 90-minute football match, yogic workouts typically comprise of stopping, starting, and changing directions in an explosive manner. These actions are gears that can assist in developing skill performance in football players. Finding your own path is wholly accepted (Suman Kuma ., Yokesh) The bind, join, union, attach and ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well-being and also a feeling of being one with their environment (Suman Kumar., Yokesh)<sup>1</sup>

## II. HYPOTHESES

- i. It was hypothesized that there would be significant difference on speed, dribbling, agility with ball among control group and experimental group due to yogic practice of engineering college male football player

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- ii. It was hypothesized that there would be significant difference on accuracy of hooting among control group and experimental group due to yogic practice of engineering college male football player.

### III. METHODOLOGY

To achieve the purpose of the study 40 male football player from various engineering college in Andhra Pradesh were elected. Selected subject were equally divided into two group namely control and experimental group. The control group performed only the game practice during the study. Experimental group was given yogic practice training for duration of 60-70 minute in the morning followed by warm up and end with proper warm down for eight week where muscles involved lower extremities.

Pre-test and pot test data was collected on control group and experimental group before and after the eight week of experimental training by using following authenticated tests, Agility with ball - Slalom agility test (Milanovi Z (2011),

Accuracy of shooting- Soccer Accuracy test (Finnoff, J.T. et al. (2002). Collected data was analysed by using ANCOVA. The level of significance was fixed a 0.05.

### RESULTS AND DISCUSSION

(Table I) Analysis of covariance on agility with ball of control and experimental group \*Significant at 0.05 level

Source	Sum of Squares	df	Mean Square	F
Between	33.856	1	33.856	29.466*
Within	42.521	37	1.149	
Total	107.111	39	-	

The obtained f-ratio value of 29.466 on agility with ball was higher than the required table value of 4.11 at 1, 37df at 0.05 levels. Hence, the null hypothesis was rejected. There was a significant difference on agility with ball between control and experimental group's adjusted post-test means. Hence, the stated hypothesis was accepted.

Figure 1 bar diagram showing the pre-test and post-test mean values of control and experimental group on agility with ball.

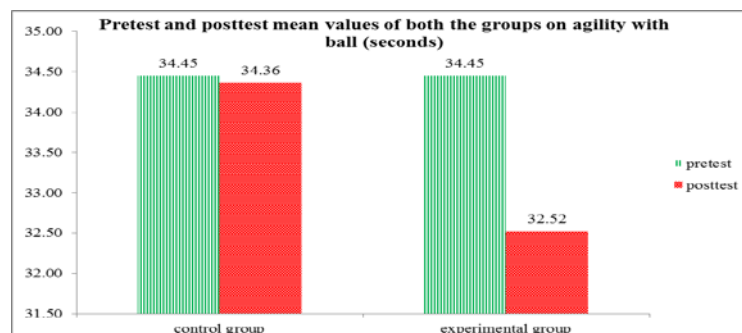


Fig. 1 showing agility with ball means values of pre-test and post-test of Control and experimental groups (seconds)

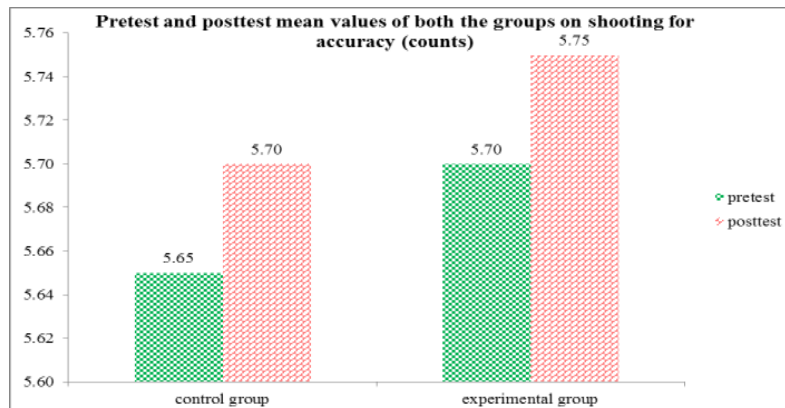
**Table II** Analysis of covariance on accuracy of shooting of control and experimental group

Not significant at 0.05 level

Source	Sum of Squares	df	Mean Square	F
Between	0.001	1	0.001	0.009
Within	4.177	37	0.113	
Total	4.178	39	-	

The obtained f-ratio value of 0.009 on accuracy of shooting was lower than the required table value of 4.11 at 1, 37d f at 0.05 level. Hence, the null hypothesis was accepted. There was no significant difference on accuracy of shooting between control and experimental group's adjusted post-test means. Hence, the stated hypothesis was accepted.

Figure 4 bar diagram showing the pre-test and post-test mean values of control and experimental group on accuracy of shooting.



**Fig.2** showing accuracy of shooting mean values of pre-test and Post test of control and experimental groups (counts) Discussion

The primary finding of the present study was that all the selected dependent variables improved significantly over eight weeks of training. Except accuracy of shooting there was a significant increase in the values of speed, agility with ball and dribbling had been found in the comparison made before and after the training for the control and experimental group ( $p < 0.01$ ). Our results showed that although eight weeks PY increased accuracy of shooting, but did not achieve statistical significance. Highlight et al. (2018) in an only available study reported PY had no significant effect on accuracy of shooting in young soccer players.

#### IV. CONCLUSION

1. It was concluded that eight weeks of yogic practices training significantly improved agility with ball of male football players of various engineering college in Andhra Pradesh.
2. It was concluded that eight weeks of yogic practices training did not make any significant improvement of yogic practices on accuracy of shooting of male football players of various engineering college in Andhra Pradesh.

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