

EFFECT OF SELECTED YOGIC PRACTICES IN ENHANCING THE KICKING ABILITY AMONG THE WOMEN SOCCER PLAYERS.

Dr. T. Chitra, Assistant Professor, Sri Sarada College of Physical Education for Women Salem – 636016.

Abstract

The purpose of the study was to find out the effect of selected yogic practices in enhancing the kicking ability among the women soccer players. To achieve the purpose of the present study thirty women soccer players were selected randomly as subjects from Sri Sarada institution. Their age ranged between 18 to 25 years. The subjects were to be treated under the designed training package to find out the training impacts and outcomes. The selected women soccer players underwent twelve weeks of intensive yogic training besides their regular sports training. The kicking ability was measured before and after the treatment by administering the Warner Test of Soccer Skills. The data were analyzed by using 't' ratio for interpretation. The designed training package was suitable and made positive training impacts on kicking ability among the women soccer players.

Key Words: Soccer, Kicking Ability, Yoga, Asana, Pranayama, Meditation.

Introduction

There is no country in the world where soccer is not played in some form or other. There is definitely something very inherent in the game, which possesses a great appeal both to the players and to the spectators. Soccer is a game, which calls for strenuous, continuous thrilling action and therefore appeals to youth, the world over. Soccer or Football, as popularly known worldwide is a game where the foot is used much more than other part of the body. As Bernard Shaw would put it in his critic comment that "The Footballers think with their feet" is quite true. The skills in football can be performed efficiently only when the players keep their physical fitness tremendously high. Cardiovascular fitness is quite necessary to play soccer, moreover soccer is considered to be one of the best and popular endurance games, which require fabulous endurance to survive till the end of the game, as wide. Another important aspect is that, legs, the lowest extremity is to be used to execute most of the skills in soccer. It is evident from the practical experiences in soccer coaching that a tremendous range of flexibility is very much required for efficient execution of soccer skills both on and off the grounds.

The word yoga is derived from the Sanskrit root "Yuj" which means union, joining, harnessing, contact, or connection. It is union between the individual self and the universal self. It is the fusion of the healthy body with a disciplined mind for the purpose of spiritual development. Yoga is also blissful contact with the supreme element, higher than the highest of the known elements. It is the harnessing of one's inherent inner power, as well as the wider natural forces from one has emerged. Yoga is an inseparable part of the Indian life and culture. It has come down to us from antiquity with an unbroken tradition. Integration encompasses putting together and controlling the same judiciously. This is consistent with the definition of yoga in "Bhagavad Gita" which says, "Smatvameva yoga uchyate" that is equanimity is called yoga.

Yoga one of the ancient Indian disciplines provides a stable and sustaining body system when done in a systematic manner. Asanas, a component in the yogic system tunes the range of flexibility of the practitioner. The science of yoga proclaims that yogic techniques and practices aim at selective as well as wholesome shaping of human body and mind. Hence a selective package of yogic practices of Asana (Physical Postures), Pranayama (Breathing Practices) and Meditation (Mental Practices) would prove a positive impact among the soccer players in executing the skills for the better playing performances.

Govindarajulu (2016) studied the effects of Yoga practices on flexibility and cardio respiratory endurance on high school girls where he found out a significant improvement on those selected variables after the training period. *Shirley et al (2015)* conducted a study on the Improvement in Static Motor Performances following Yogic training in School Children, which showed a significant difference after the training period. *Bhole (2014)* reported the effects of Yoga practices in sports persons as a complementary to sports training programme. The results of his study divulge that regular yoga practices could contribute to the development and enhancement of skill related variables and could complement the sports training methods for skill acquisition.

SELECTION OF YOGIC PRACTICES

TABLE – 1 YOGA PRACTICE SCHEDULE WITH TIME SPLIT

| Yogic Practice | Name | Duration |
|----------------|--|----------|
| Asanas | Padmasana Vajrasana Paschimottanasana Matsyasana Vakrasana Bhujangasana Sarvangasana Shalabhasana Pavanmuktasana Dhanurasana Halasana ArthakattiChakrasana Trikonasana | 25 – Min |
| Pranayama | 1 Shantiasana NadiSuddhi NadiSothana Ujjayi Bhramari Sitali Sitakari | 15 – Min |
| Meditation | Any one meditation technique (Mantra/Object /Breathing/ Yoga Nidra) | 10 - Min |

The Scientific basis of yoga offers a wide range of variations in asana, pranayama and meditation on how to utilize the effects of yoga for various literature on these area and consultations with the experts in yoga, a selected yoga training package was designed for the soccer players and is presented in Table- 1.

The study was conducted to analyze the effect of selected yogic practices in enhancing the kicking ability among the women soccer players.

Material and Methods

Thirty women soccer players were selected at random as subjects for the study. The designed yogic practices were taught step-by-step for one week as orientation to understand and to get acclimatized with the yogic practices. The initial test on kicking ability was measured by administering Warner Test of Soccer Skills (Item-No. I) and the scores were recorded. The treatment i.e. the selected yogic practices as shown in Table I was given to the subjects for weekly three days viz. Monday, Wednesday and Friday. The treatment was given to them for 12

weeks. These practices were performed only in the early morning. After the 12weeks of treatment again the final test on the kicking ability was conducted and the scores were recorded. The obtained scores were statistically analyzed by using the paired sample 't' test as suggested by *Clark and Clarke (1972)*.

Results and Discussion

The calculation of mean of the yogic group before and after treatment is presented in the Table II. Using the means, standard deviation of the group 't'- ratio was computed to find out whether there was any significant difference among the scores of initial and final tests. The mean kicking ability score of the yogic group containing soccer players before the treatment was 37.1 and the mean after the treatment was 39.53. There is a significant difference between the scores of before treatment and after treatment. The Significant difference is due to the selected yogic practices that included asanas, pranayamas and meditation undergone by the group for a period of twelve weeks.

TABLE 2: COMPUTATION OF ANALYSIS OF 'T' RATIO OF PRE-TREATMENT AND POST-TREATMENT ON KICKING ABILITY IN SOCCER

| Group | Mean | Diff. between mean | SD | SEM | SE of diff. of the mean | t-ratio |
|----------------------|-------|--------------------|------|------|-------------------------|---------|
| BeforeYogicTreatment | 37.1 | 2.43 | 2.43 | 0.44 | 0.56 | 4.36 |
| AfterYogicTreatment | 39.53 | | 1.84 | 0.34 | | |

Table Value (N-1) (30-1) 29 = 2.04, Significant at 0.05 levels

The practice of yogic techniques like asanas stretches the muscles and joints in the body, besides providing gentle massage to the vital internal organs. Thus it enhances the smooth and free flow of blood circulation throughout the body physiologically and enhances the flexibility. Pranayama is the practice of breathing exercise that works in a progressive manner on the breathing Mechanism centrally and the effects spread to the periphery too. Lungs, intercostal muscles, diaphragm and ribs are highly exercised during the pranayama practices. Thus it may enhance the lung functions in the body, which paves a way for the development of endurance. The meditation technique works upon the central nervous system particularly on the autonomic nervous system that brings tranquility to the mind. Having evidenced the scientific positive outcomes through the selective yogic practices the designed training schedule is comprehensive and have contributed to the development of skill execution in soccer.

Conclusion

1. The designed yogic practices did contribute to the development of flexibility among the soccer players, which consequently enhanced the kicking ability in soccer.
2. Based on the finding it is concluded that selected yogic practices could be of great contribution to sports training sessions as a complementary training method for improving and developing skill execution in soccer.

References

1. Bhole, M. V. 1977. Could Yoga Practices be desirable for Sportsmen *Yoga Mimamsa*, 19: 1.
2. Clarke, D. and Clarke, H. 1972. *Research Process in Physical Education, Recreation and Health*, Englewood Cliffs, Prentice Hall Inc., New Jersey.

3. Govindarajulu, E. 2003. Effect of Yoga Practices on Flexibility and Cardio Respiratory Endurance on High School Girls, *YogaMimamsa*, **35**: 1.
4. Shirley, T., Nagarathna and Nagendra, 1994. Yogaresearch abstracts. *The International Journal of Nero Science*, **76**: 87-93.
5. Mc Dowell D. Yoga for football. *Yoga journal*, 2011.
6. Singh H. Science of sports training, D.V.S. publications. New Delhi, 1991.
7. www.yogabodychakra.com/yoga-exercise-categories-and-benefits-of-yogasana
8. Saraswati, Swami Satyananda, Asana Pranayama Mudraa bandha, (Bihar: Yoga publication trust, 2002)

