

Effect of Selected Hathayogic Practices in Enhancing Kicking Ability in Soccer Playing

Johnson, Premkumar, C. and Mariayyah, P.

Department of Physical Education, Bharathidasan University, Tiruchirappalli – 620 024, Tamilnadu – INDIA
Corresponding author's e-mail: jopremkumar@yahoo.co.in
Tel.: +91 431 2407078, Fax: +91 431 2407045

Abstract

The objective of the present study was to analyze the effect of selected yogic practices in enhancing the kicking ability among the men soccer players. With the assistance and help of the experts in the field of yoga, sports and previous researches on these areas a comprehensive and suitable yoga package was evolved. Thirty men soccer players at the inter-collegiate level were selected at random to be treated under the designed training package to find out the training impacts and outcomes. The selected 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 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

playing area and playing strategy are 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.

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 (2003) 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 (1994)* 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 (1977)* 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 hathayogic practices

Table – 1 Hathayoga practice schedule with time split

Yogic Practice	Name	Duration
Asanas	1 Padmasana	25 – Min.
	2 Vajrasana	
	3 Paschimottanasana	
	4 Matsyasana	
	5 Vakrasana	
	6 Bhujangasana	
	7 Sarvangasana	
	8 Shalabhasana	
	9 Pavanmuktasana	
	10 Dhanurasana	
	11 Halasana	
	12 Arthakatti Chakrasana	
	13 Trikonasana	
	14 Shantiasana	
Pranayama	1 Nadi Suddhi	15 – Min.
	2 Nadi Sothana	
	3 Ujjayi	
	4 Bhramari	
	5 Sitali	
	6 Sitakari	
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

needs. An intensive review of related 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 men soccer players.

Material and Methods

Thirty soccer men 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. 1) and the scores were recorded.

The treatment i.e. the selected Hathayogic practices as shown in Table 1 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 12 weeks 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 *Cark and Clarke (1972)*.

Results and Discussion

The calculation of mean of the yogic group before and after treatment is presented in the table 2. 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 hathayogic 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
Before Yogic Treatment	37.1		2.43	0.44		
		2.43			0.56	4.36
After Yogic Treatment	39.53		1.84	0.34		

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

The practice of hathayogic 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 hathayogic practices the designed training schedule is comprehensive and have contributed to the development of skill execution in soccer.

Conclusion

The designed hathayogic practices did contribute to the development of flexibility among the soccer players, which consequently enhanced the kicking ability in soccer.

Based on the finding it is concluded that selected hatha yogic practices could be of great contribution to sports training sessions as a complementary training method for improving and developing skill execution in soccer.

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