

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.