

Impact of Selected Yogic Practices in Enhancing the Kicking Ability among the Women Soccer Players

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Abstract: The reason for the examination was to discover the impact of chosen yogic practices in upgrading the kicking capacity among the ladies soccer players. To accomplish the reason for the current investigation thirty ladies soccer players were chosen haphazardly as subjects from Sri Sarada foundation. Their age went between 18 to 25 years. The subjects were to be treated under the planned preparing bundle to discover the preparation effects and results. They chose ladies soccer players went through twelve weeks of serious yogic preparing other than their customary games preparing. The kicking capacity was estimated previously, then after the fact the treatment by managing the Warner Test of Soccer Skills. The information were broke down by using 't' proportion for understanding. The planned preparing bundle was appropriate and had positive preparing effects on kicking capacity among the ladies soccer players.

Key Words: Soccer, Kicking Ability, Yoga, Asana

Introduction

There is no country on the planet where soccer isn't played in some structure or other. There is most certainly something extremely innate in the game, which has an extraordinary allure both to the players and to the onlookers. Soccer is a game, which calls for difficult, nonstop exciting activity and hence requests to youth, the world over. Soccer or Football, as famously known worldwide is a game where the foot is utilized considerably more than other piece of the body. As Bernard Shaw would place it in his faultfinder remark that "The Footballers think with their feet" is very true. The abilities in football can be performed effectively just when the players keep their actual wellness tremendously high. Cardiovascular wellness is very important to play soccer; also soccer is viewed as truly outstanding and famous perseverance games, which require awesome perseverance to get by till the finish of the game, as wide. Another significant perspective is that, legs, the least furthest point is to be utilized to execute the vast majority of the abilities in soccer. It is apparent from the viable encounters in soccer instructing that an enormous scope of adaptability is particularly required for efficient execution of soccer abilities both on and off the grounds. The word yoga is gotten from the sanskrit root "Yuj" which implies association joining, harnessing, contact, or association. It is joining between the individual self and the general self. It is the combination of the sound body with a restrained brain with the end goal of otherworldly turn of events. Yoga is likewise happy contact with the incomparable component, higher than the most noteworthy of the known components. It is the outfitting of one's intrinsic inward force, just as the more extensive normal powers from one have emerged. Yoga is an indistinguishable piece of the Indian life and culture. It has come down to us from ancient history with a whole tradition. Integration incorporates assembling and controlling the equivalent judiciously. This is reliable with the meaning of yoga in "Bhagavad Gita" which says, "smatvameva yoga uchyate" that is serenity is called yoga.

Yoga one of the old Indian disciplines gives a stable and sustaining body framework when done in a systematic way. Asanas, a component in the yogic framework tunes the reach of flexibility of the professional. The science of yoga broadcasts that yogic techniques and rehearses focus on specific too as whole some forming of human body Thus a specific bundle of yogic practices of Asana (Physical Postures) 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	50– Min
	Vajrasana Paschimottanasana	
	Matsyasana	
	Vakrasana	
	Bhujangasana Sarvangasana	
	Shalabhasana Pavanmuktasana	
	Dhanurasana	
	Halasana Arthakatti Chakrasana	
	Trikonasana	

The Scientific premise of yoga offers a wide scope of varieties in asana contemplation on the best way to use the impacts of yoga for different writing on these space and consultations with the specialists in yoga, a chose yoga training bundle was intended for the soccer players and is introduced in Table-1. The investigation was led to dissect the impact of chosen yogic practices in upgrading the kicking capacity among the ladies soccer players.

Material and Methods

Thirty Boys soccer players were chosen indiscriminately as subjects for the investigation. The planned yogic practices were shown bit by bit for multi week as direction to comprehend and to get adjusted with the yogic practices. The underlying test on kicking capacity was estimated by regulating Warner Test of Soccer Skills (Item-No. I) and the scores were recorded. The treatment for example the chose yogic practices as displayed in Table I was given to the subjects for week after week three days viz. Monday, Wednesday and Friday. The treatment was given to them for 12 weeks. These practices were performed uniquely in the early morning. After the 12weeks of treatment again the last test on the kicking capacity was led and the scores were recorded. The gotten scores were genuinely examined by utilizing the matched sample 't' test as proposed 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, 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	2.43	0.44	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 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, this exercise that works in a progressive highly exercised during the practices. Thus it may enhance the lung functions in the body, which paves a way for the development of endurance. 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.

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