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Effects of traditional football training with and without yogic practices on selected physical and performance related variables among college men football players

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Abstract

This article addresses the Effects of traditional football training with and without yogic practices on selected Physical and Performance related variables among college men football players. For the purpose of this study sixty men (n=60) college football players from colleges in and around Kumbakonam, Tamil Nadu, India were selected as subjects and split into two equal different groups of thirty subjects each at random namely Group I Experimental Group and Group II Control Group. Group I Experimental group players who have undergone yogic practices before their usual football training schedule for three days per week for twelve weeks whereas Group II Control group-players who have not undergone yogic practices. All the selected subjects of both experimental and control group were tested on selected variables such as Flexibility and Cardio Respiratory Endurance at prior and immediately after the training period of twelve weeks as pre and post-test respectively, The research has been carried out with certain analytical techniques like Chi-Square, ANOVA, Correlation, Regression and finally the model fitness test was ended with Structural Equation Modelling (SEM). Here Independent variables are Yogic Practices-Asana (Standing, Sitting and lying (Supine, Prone) positions), Pranayama's, Meditation. Dependent variables are Flexibility and Cardio Respiratory Endurance. The result of the study indicates that there is a huge impact of yogic practices on Physical variables. Experimental group resembles high elevation rather than control group. Football Players who have undergone yogic practices like Asana, Pranayama's and Meditation before their usual soccer training regime show better performance than players who have not undergone the yogic practices. Indeed, it may be that the implementation of yoga exercises across several weeks for extended time periods may be more effective than the abbreviated yoga exercise programme used in this study to provide a temporally equivalent comparison to assist in evaluating the motivational intervention.

Keywords: Football training, yogic practices, physical, football players

Introduction

Yoga is a physical, mental and spiritual practice that originated in ancient India. It became popular in the West in the twentieth century. The word, yoga, comes from the Sanskrit *yuj*, which means "to yoke" and "Samadhi" or "concentration." Thus, yoga is the practice that aims to join the mind, body and spirit. The ultimate goal of yoga is to achieve liberation.

Many major football teams have incorporated yoga and meditation in their pre as well as off-season traditional rigorous training regime. What more?! Some major sports teams have been pushing their players to practice yoga and have even added yoga instructors to their staffs. Players from these teams begin their day with yoga & meditation and practice yoga stretches post the game too, to help heal injuries, cramps or spasms. Yoga has proved to work like a balm for not only the persistent hamstring injuries, but also get over a lost game! Players have developed greater will power, great inner focus & overall spiritual well-being, along with all the added physical benefits yoga can have.

Here's how yoga and meditation can add value to your game if you are a player yourself or even a football enthusiast!

In the West, yoga is most often associated with the physical practice of asana, particularly stretching exercises to build flexibility and relax the body. Yoga asana can also build strength, coordination, balance and stamina.

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Methodology

The purpose of the study was to find out the Effects of traditional football training with and without yogic practices on selected Physical and Performance related variables among college men football players. For the purpose of this study sixty men (n=60) college football players from colleges in and around Kumbakonam, Tamil Nadu, India were selected as subjects and split into two equal different groups of thirty subjects each at random namely Group I Experimental Group and Group II Control Group. Group I Experimental group players who have undergone yogic practices before their usual football training schedule for three days per week for twelve weeks whereas Group II Control group-players who have not undergone yogic practices. All the selected subjects of both experimental and control group were tested on selected variables such as Flexibility and Cardio Respiratory Endurance at prior and immediately after the training period of twelve weeks as pre and posttest respectively, The research has been carried out with certain analytical techniques like Chi-Square, ANOVA, Correlation, Regression and finally the model fitness test was ended with Structural Equation Modelling(SEM).Here Independent variables are Yogic Practices- Asana (Standing, Sitting and lying (Supine, Prone positions), Pranayama's ,Meditation. Dependent variables are Flexibility and Cardio Respiratory Endurance. The selected subjects for this investigation were fresher's in the field of yoga, and they did not know the complete techniques of asana. The yogic practices were given to the players in the morning session for duration of nearly about minimum sixty minutes maximum seventy-five minutes. Asanas and few breathing techniques excluding shavasana were selected for

this investigation. Selection of asanas were done on the bases of shoulder, hip, trunk, wrist joints movements. The investigator want to see the effect of yogic practice on both type of flexibility – the dynamic and static flexibility and also to examine the effect of yogic practices on the few major joints i.e., shoulder, hip and trunk. 1. Side splits test. 2. Shoulder and wrist elevation test. 3. Dynamic flexibility test, were selected as tools to collect the data to judge the degree of flexibility and to examine the changes in Cardiorespiratory endurance hence cooper's 12 minutes run and walk test was used.

Training programme

Group I Experimental group players who have undergone yogic practices before their usual football training schedule for three days per week for twelve weeks whereas Group II Control group-players who have not undergone yogic practices. The respective training was given to the experimental group for three days (alternate days) per week at morning session for the training period of twelve weeks. Every session contacted minimum sixty minutes maximum seventy-five minutes. The control group was not given any sort of training except their usual routine. The findings suggest that there is a significant relationship between yogic practices and Footballer's performance. Yoga poses for football players are Veerabhadrasana (Warrior pose), Badhakonasana (Butterfly pose), Adho Mukha Svanasana (Downward-facing dog pose), Eka Pada Raja Kapotasana (One-legged Pigeon pose), Ashwa Sanchalanasana and Pranayams (breathing techniques) etc. Here the outcomes are performance related variables.

Statistical analysis

Table 1: Comparison of Experimental Group and Control Group with Physical Variables

Group	Physical Variables	Test	Mean	N	Std. Deviation	Std. Error	t-ratio
Experimental Group	Flexibility	Pre test	23.43	30	1.31	0.47	5.78
		Post test	25.16	30	1.67		
	Cardio Respiratory Endurance	Pre test	79.40	30	4.79	0.407	1.75
		Post test	75.23	30	4.13		
Control Group	Flexibility	Pre test	23.17	30	1.67	1.36	1.78
		Post test	23.45	30	1.32		
	Cardio Respiratory Endurance	Pre test	79.47	30	4.13	0.407	1.75
		Post test	79.73	30	4.89		

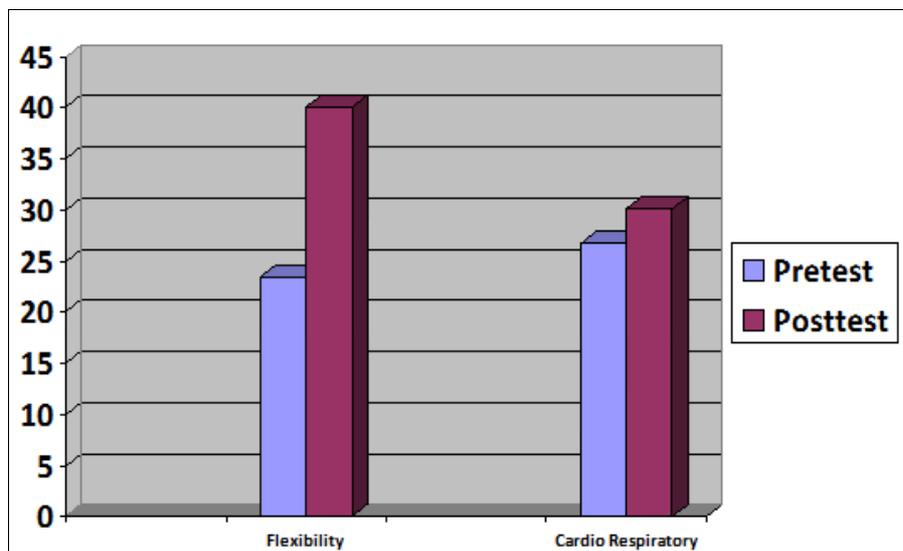


Fig 1: Experimental Group-Physical Variables (Pre Test vs Post Test)

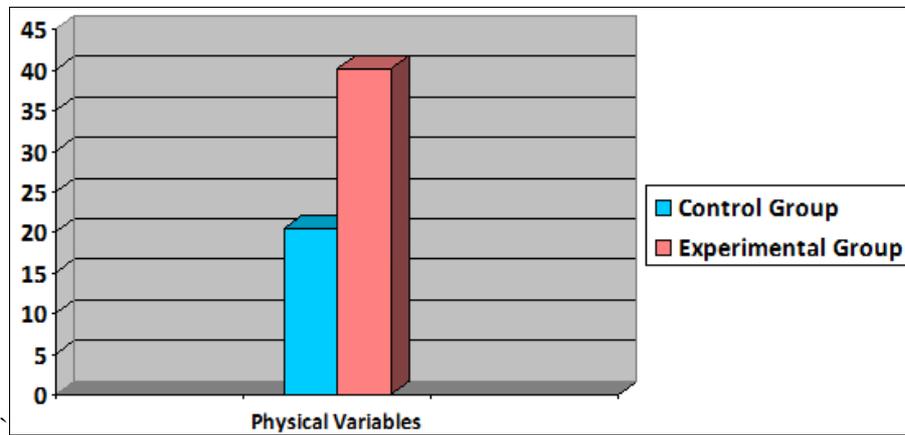


Fig 2: Experimental Group Vs Control Group

Findings and conclusion

As per Table 1, there is a significant relationship between yogic practices and Physical variables such as Flexibility and Cardio Respiratory Endurance. Table 1 shows the t ratio for Experimental Group, Physical Variable (Flexibility) as 5.78 and Cardio Respiratory Endurance as 1.75 which is greater than the required ratio. Control Group which also falls in the t ratio of 1.78 and 1.75. The result of the study indicates that there is a huge impact of yogic practices on Physical variables. Experimental group resembles high elevation rather than control group. Football Players who have undergone yogic practices like Asanas, pranayama and Meditation before their usual soccer training regime show better performance than players who have not undergone the yogic practices. Indeed, it may be that the implementation of yoga exercises across several weeks for extended time periods may be more effective than the abbreviated yoga exercise programme used in this study to provide a temporally equivalent comparison to assist in evaluating the motivational intervention.

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