

# Effect of yogic exercises on flexibility and co-ordination of football players

■ DABIR QURESHI

Received : 22.07.2014; Accepted : 30.09.2014

Author for correspondence :

**DABIR QURESHI**  
Shri Shivaji College of Physical  
Education, AMRAVATI (M.S.) INDIA

■ ABSTRACT

Football is one of the most popular sports in the world. It appeals to all age groups of various skill levels, and men and women play it for recreation as well as competition. Flexibility and co-ordination play important role for the development of football skills. It has been observed from the result of the finding of this study that the experimental group had shown significant improvement in flexibility and coordinative ability compared to control group, it may be because of due to nature of regular yogic exercises. The regular yogic exercises might have developed the muscle tone, joint mobility and neuro-muscular co-ordination. Hence a significant improvement in the performance has shown in the selected subjects.

■ **Key Words** : Yogic exercise, Flexibility and co-ordination, Football players

■ **How to cite this paper** : Qureshi, Dabir (2014). Effect of yogic exercises on flexibility and co-ordination of football players. *Internat. J. Phy. Edu.*, 7 (2) : 86-87.

The game of football is passing through an exciting period of changes and development that is making teachers and coaches reevaluate their coaching methods, techniques and tactics. Many research studies have also been completed in the foreign countries for the development of football game. But in our country such researches have been left behind in comparison with the western countries. Therefore, the present researcher has selected such type of study, related to football. Yogic practices like asanas, pranayam and meditation increases the performance of the player. This helps calm the mind and enhances a concentration skills. Memory lapses can also be prevented through yogic practices that enhance the power of recall. One can draw upon the immense power of the mind with consistent yogic endeavor.

Twenty football players were selected randomly from Amravati City, who have participated in Inter-university and Intercollegiate tournament. The age group of the subjects ranged between 18 to 28 years.

The following tests were administered for data collection :

- Sit and reach test was administered to measure trunk flexibility and the score was recorded in centimeters.
- Shoulder elevation test was used to measure shoulder and wrist flexibility and the score was recorded in centimeters.
- Eye-hand Co-ordination test was applied to assess the co-ordination between eye and hand and the score was recorded in seconds.
- Eye-foot Co-ordination test was applied to assess the co-ordination between eye and foot, and the score was recorded in seconds.

The t-ratio statistical technique was employed to determine the difference in the performance between Pre-test and Post-test means of each groups. When differences were found to be significant by t-ratio, tabulated “t” value was observed to assess the significant difference between the means.

**Table 1 : Significant of mean difference between pre-test and post test of control group**

Group	Mean	S.D.	MD	S.E.	t-ratio
Pre- test	199.48	18.93	7.65	8.14	0.94*
Post- test	207.13	17.46			

\* indicates of significance of values at P=0.1, respectively  
 Tabulated  $t_{0.05(9)} = 2.262$

**Table 2 : Significant of mean difference between pre-test and post test of experimental group**

Group	Mean	S.D.	MD	S.E.	t-ratio
Pre- test	198.46	22.75	34.25	10.83	3.25*
Post- test	232.71	15.91			

\* indicates of significance of values at P=0.1, respectively  
 Tabulated  $t_{0.05(9)} = 2.262$

**Table 3 : Significant of mean difference between post test of control and experimental group**

Group	Mean	S.D.	MD	S.E.	t-ratio
Pre- test	207.13	17.46	27.60	7.69	3.57*
Post -test	232.71	15.91			

\* indicates of significance of values at P=0.1, respectively  
 Tabulated  $t_{0.05(18)} = 2.31$

From Table 1 it is revealed that there was no significant difference between the pre-test and post-test of control group. Because the calculated 't' value *i.e.* 0.94 is less than the tabulated t value *i.e.* 2.26.

Calculated  $t = 0.94 < \text{tabulated } t_{0.05(9)} = 2.262$

If calculated 't' is greater than the tabulated t 0.05 then there was a significant difference between the means of two test performance of group.

From Table 2 it is revealed that there was significant difference between the pre-test and post-test of Experimental group. Because the calculated 't' value *i.e.* 3.25 is greater than the tabulated t value *i.e.* 2.26.

Calculated  $t = 3.25 > \text{tabulated } t_{0.05(9)} = 2.26$

If calculated 't' is greater than the tabulated t 0.05 then there was a significant difference between the means of two test performance of group.

From Table 3 it is revealed that there was significant difference between the Control Group and Experimental Group. Because the calculated 't' value *i.e.* 3.57 is greater than the tabulated 't' value *i.e.* 2.31 Tabulated  $t_{0.05(9)} = 2.262$ . If calculated 't' is greater than the tabulated t 0.05 then there is a significant difference between the Means of two test performance of group.

From the above Table 3, it is revealed that there was significant difference between the pre-test and post-test of experimental group. Because the calculated 't' value *i.e.* 3.25 is greater than the tabulated t value *i.e.* 2.26.

Calculated  $t = 3.25 > \text{tabulated } t_{0.05(9)} = 2.26$

### Conclusion :

It has been observed from the result of the finding of this study that the experimental group had shown significant improvement in flexibility and co-ordinative ability compared to control group, it may be because of due to nature of regular yogic exercises. The regular yogic exercises might have developed the muscle tone, joint mobility, and neuromuscular co-ordination. Hence, a significant improvement in the performance has shown the selected subjects.

### REFERENCES

- Bucher, Charles A. (1982).** Foundation of Physical Education, (st. Louis: The C.V. Mosb/Company).
- Don, Connan (1956).** Track Event, Technique, Strategy Training : LONDON (U.S.A.).
- Harison, Clarke H. (1967).** Application of Measurement to Health and Physical Education, Englewood eliffs New Jersey, Printice Hall Ince.
- Karpovich, Peter V. (1972).** Encyclopedia of Sports Sciences and Medicine, The Mecmillan Company.
- Max, M. and Novich, M.D. (1975).** Training and Conditioning of Athletics, Philadelphia: Lea and Febiger.
- William, Dayton C. (1956).** Athletic Training and Conditioning : Ronald Press Company, NEW YORK (U.S.A.).

7<sup>th</sup>  
 Year  
 ★★★★★ of Excellence ★★★★★

