Combined Impact of Plyomertic Training and Yogic Practices on Speed and Endurance among SVEC and SVDC Football Players

Dr. A. Suman Kumar¹

Physical Education Director Sree Vidyanikethan Engineering College. Tirupati sumankumar.a@vidyanikethan.edu

Dr. B. Tirumalaiah²

Assistant Professor Dr.mmr College of physical education. Thangadapalli tirumped12@gmail.com

Dr. B. Gopal³

Assistant Professor Dr.mmr College of physical education. Thangadapalli krishnagopi82@gmail.com

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Abstract

The motive of the take a look at turned into to analyze the combined effect of plyomertic schooling and yogic practices on velocity and persistence amongst SVEC and SVDC soccer gamers to gain the motive of the prevailing take a look at forty-five Football game have been decided on as a topic of randomly and their age random from 18 to twenty-five years the challenge are divided into3 same organizations the take a look at turned into formulated as a real random organization design including a pre take a look at as a put up take a look at the student N=45) have been randomly assigned to a few organizations of fifteen topics each. The organizations have been assigned as experimental organization-1 experimental organization-2 and experimental organization-three in unequal manner. The 3 organizations are participated with inside the Article History schooling eight week to discover of the schooling packages. The 3 Article Received: 25 March 2022 organization statically analyzed with the aid of using usingpaired'f ration' Revised: 30 April 2022 take a look at the end result of the take a look at famous that therehasbeen Accepted: 15 June 2022 amassive development withinsidethe experimental organization on Publication: 19 August 2022 decided on variables whilst compared to the all 3 organizations after he

final touch of eight week of plyometric schooling and yogic practice.

Keywords: Plyometric Training, yogic practice, Speed, Football Players

Introduction

Football is a fast playing game. So it requires being fast. Players have to move along with the ball. Players have to make fast movements for attacking and defending. So Football Players requires agility.

Modern Football Players require good physical endurance, parallel it is very important to develop speed. Football is also a social game, where next to the good coordination and cleverness comes up to the important place team players good rapprochement and cooperation

A professional football player makes numerous explosive bursts, like kicking, tackling, jumping, turning, speed, and changing pace during a 90-minute football match, yogic workouts typically comprise of stopping, starting, and changing directions in an explosive manner. These actions are gears that can assist in developing skill performance in football players. Finding your own path is wholly accepted (**Suman Kumar ., Yokesh**) The bind, join, union, attach and ancient art based on a harmonizing system of development for the body, mind and spirit. The continued practice of yoga will lead you to a sense of peace and well-being and also a feeling of being one with their environment (**Suman Kumar ., Yokesh**) **Methodology**

The purpose of the study was to find out the of plyometric training and yogic practice on speed among Football Players. To achieve this purpose of the study fourty students were selected as subjects at random. The age of the subjects were ranged from 18 to 25 years the selected subject were divided into three equal groups of fifteen each such as speed group experimental group-1 experimental group-2 and experimental group-3 the experimental group underwent speed for three per week for six week special training program apart from their regular physical activities as pre their curriculum. all through sit and reach test at prior to and immediately after the training program the 'f ratio' test was used to analysis the signification differences if any in between the group respectively. The 0.05 level of confidence was fixed to test the level of significance which was considered as an appropriate

Speed

Speed. Definition: The cap potential to transport all or a part of the frame as speedy as possible. Examples: Speed is essential in sprinting, velocity skating, dash biking and sports activities together with tennis whilst a participant has to transport ahead speedy from the baseline to attain a drop shot near the net.

Endurance

Endurance sports activities are characterized by repeated isotonic contractions of massive skeletal muscle groups. Classical examples consist of running, swimming and biking amongst summer time season sportsactivities, and cross-

nitedstates snowboarding or velocity skating amongst iciness sports activities. Statement of the problem The purpose of the study is to find out the "Effects of yoga practice on selected physiological and psychological variables in middle age Woman feeling stress

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S.no	Variable	Test
1	Speed	50mts Run
2	Endurance	12 min test

Result

The finding pertaining to analysis of ancova test between experimental group test respectively have been presented in a table II

Table-II Analysis of co-variance of the means of threeExperiment group in speed

MEANS	EXP I	EXP II SVEC	EXP III SVDC	S.V	SS	Df	MS	F
PRE TEST	7.11	7.54	7.45	А	980	2	490	0.26383 5
				W	50145	27	1857.22 2	

POST TEST	6.28	6.50	6.59	A	25645	2	12822.5	22.1572 8
				w	15625	27	578.703 7	
ADJESTE D	6.24	6.46	6.54	А	24658	2	12329	21.8778 3
POST TEST				W	14652	26	563.538 5	

*Table value 3.38, Significant at 0.05 level

From Table-II it is very clear that obtained F-ratio 21.87 greater than the table value 3.38. Hence it was significant at 0.05 level of confidence for the degree of freedom 2 and 26.

Table-III

Scheffe's post-hoc test for speed

EXP I	EXP II SVEC	EXP III SVDC	Mean difference	C.I
6.24	6.46	-	0.24*	
6.24	-	6.54	0.30*	0.18
-	6.46	6.54	0.08	

DISCUSSIONS ON THE FINDINGS OF SPEED

Table II shows Scheffe confidence interval values for spirometry between experimental group 1 and experimental group 2 and the control group (group 3) of speed

Table III shows that the mean values for experimental groups 1 and 2 and 3 group of speed (group 3) are 6.24,6.46 and 6.54, respectively.

The mean differences between experimental group 1 and experimental group 2 and control group (group 3) were 6.24, 6.46 and 6.54, respectively. The Scheffe confidence interval required to be significant at the 0.05 level was 21.89. Therefore, there was a significant difference between the

experimental group 1 and the experimental group 2, and 3 a significant difference between the experimental group and the control group. Mean values obtained in pretest and posttest for test group 1, test group 2 and group 3 are represented in bar graphs for better understanding.

Bar diagram showing the mean difference among experimental group 1& 2 and 3 group on speed

Speed 8 6 5 4 3 2 1 0 1 2 3 4 5 6 7 combined group 7.11 6.28 6.24 ploymetric (group-II) 7.54 6.5 6.46 Vogic practices (group-II) 7.45 6.59 6.54

Table-IV

Table-I Analysis of co-variance of the means of threeExperiment group in Endurance

MEANS	EXP I	EXP II SVEC	EXP III SVDC	S.V	SS	Df	MS	F
PRE TEST	1430	1480	1462	А	153	2	76.5	0.841002
				W	2456	27	90.96296	
POST TEST	1830	1750	1762	А	2456	2	1228	22.74074
				W	1458	27	54	

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ADJESTED	1834	1754	1760	А	2654	2	1327	22.52089
POST TEST				W	1532	26	58.92308	

*Table value 3.18, Significant at 0.05 level.

From Table-IV it is very clear that obtained F-ratio 22.52 greater than the table value 3.38. Hence it was significant at 0.05 level of confidence for the degree of freedom 2 and 26.

EXP I	EXP II SVEC	EXP III SVDC	Mean difference	Required C.I
1834	1754	-	80	
1834	-	1760	74	30
-	1754	1760	6	

Table-V Scheffe's post-hoc test for Endurance

Discussions on the finding of stress

Table-IV shows the Scheffe confidence interval values for stress between yoga practice (groups 1 & 2) and the control group (group 3) of stressed middle-aged women.

Table V shows that the mean values for the experimental group 1 and experimental group 2 of middle-aged stressed women and the control group (group 3) are 1834, 1754 and 1760, respectively.

The mean differences between experimental group 1 and experimental group 2 and experimental group 3 were 0.84, 22.74 and 22.52, respectively. Her Scheffe confidence interval required to be significant at the 0.05 level was 1.13. Therefore, there was a significant difference between the experimental group 1 and the experimental group 2, and a significant difference between the experimental group and the experimental group 3. Mean values obtained in pretest and posttest for test group 1, test group 2 and control group are represented in bar graphs for better understanding

	Enc	lura	nce				
8 7 6 5 4 3 2 1							
0	1	2	3	4	5	6	7
combined group		7.11		6.28		6.24	
📕 ploymetric (group-II)		7.54		6.5		6.46	
Vogic practices (group-II)		7.45		6.59		6.54	

Bar diagram showing the mean difference among Experimental group 1& 2 and control group on Endurance

Discussions of finding

The result of the study indicates that the experimental group, namely combined plyometric training group and yogic practice group has significantly improved the selected dependent variable, namely speed, endurance when compared to the plyometric group and yogic practice group. It is also found that the improvement caused by plyometric training when compared to the control group.

Conclusions

1. There was a significant difference between experimental 1 experimental 2 and experimental 3 group on speed endurance after the training period

2. There was a significant improvement in speed. However the improvement was in favour of experimental group due to eight weeks of plyometric training group, yogic practice group

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