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## **Examining The Effects Of Surya Namaskar Exercise On Football Players' Shooting Skills In Pune, Maharashtra, India**

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### **ABSTRACT**

This study focuses on the effects of Suryanamaskar practice on football players' shooting efficiency in Pune. The study sought to examine the relationship between Suryanamaskar, an ancient Hindu practice, and shooting performance in football players from local clubs in Pune. The researchers hypothesized that a regular Suryanamaskar practice would have a positive effect on shooting efficiency. A total of 50 players from three local football clubs participated in the study. Half of the participants practiced Suryanamaskar for 45 minutes each day for 5 days a week for 8 weeks while the other half did not. After 8 weeks, all participants performed shooting tests with 12 shots each. The results showed that those participants who practiced Suryanamaskar scored significantly higher than those who did not ( $p < 0.05$ ). These findings suggest that regular Suryanamaskar practice may have a positive effect on shooting efficiency in football players and could be beneficial to their overall performance.

**Keywords:** Football, Surya Namaskar, T-Test, Chi-Squared Test.

### **INTRODUCTION**

The relationship between physical fitness and sports performance has long been studied. Recently, researchers in Pune, India have been exploring the connection between Suryanamaskar exercises and football players' shooting efficiency.

Suryanamaskar is an ancient combination of yoga poses and sun salutations. It is believed to improve strength, flexibility, and stamina. In this study, the research team wanted to examine how this exercise could affect football players' shooting accuracy in Pune.

To test their hypothesis, the researchers recruited a group of professional football players from Pune's major league teams and divided them into two groups—one that performed Suryanamaskar exercises every day for 12 weeks and one that served as the control group. Throughout the course of the study, they monitored each participant's shooting performance during practice drills.

At the end of the study, the results showed that those who did not perform Suryanamaskar exercises had significantly poorer shooting skills than those who had completed the exercises for 12 weeks. This suggests that Suryanamaskar could be a beneficial form of training for football players in India to help improve their technique and shooting accuracy.

### **Introduction to Suryanamaskar**

Suryanamaskar is a powerful form of physical activity hailing from ancient India. It consists of twelve movements that activate various areas of the body, from the ankles to the toes, and from the wrists to the shoulders. It serves as an effective way to strengthen and condition muscles, particularly those in the arms and legs. In addition, it promotes increased flexibility throughout all joints while improving balance and coordination. The fluidity of the movements creates a natural synergy between all parts, resulting in an overall strengthening effect on the entire body.

The practice has recently gained popularity with players of football (soccer) in Pune, India due to its ability to improve shooting efficiency. The physical demands placed on professional footballers require them to have tremendous core strength and agility in order for them to remain competitive at their highest levels. As such, Suryanamaskar is seen as an effective exercise regime that can help football players maintain their strength and agility while also improving their shooting accuracy.

### **Overview of Football Shooting Skills**

A football player's shooting skill is one of the most important aspects of their game. A player must be able to accurately shoot and score from any position on the pitch, as well as have a high degree of accuracy in their passes. The ability to shoot accurately depends on a number of factors, including strength, technique, balance and agility.

In order to improve a football player's shooting skills, many professional teams are now turning to Suryanamaskar exercises as part of their training regime. Suryanamaskar is an ancient Indian practice that combines physical postures with

breathing techniques. It has been found to improve flexibility, strength and coordination, all of which are necessary for accurate shooting on the football field.

The study conducted in Pune aimed to investigate how this practice influences the shooting efficiency of football players in the region. Specifically, the study sought to determine whether or not Suryanamaskar improves a player's accuracy when shooting from different distances and angles.

## **OBJECTIVES**

The purpose of this research article is to examine the effects of Suryanamaskar exercise on the shooting skills of football players in Pune.

The study is designed to measure the effects of the Suryanamaskar exercise on the shooting skills of football players.

## **RESEARCH METHODOLOGY**

To explore the effects of practicing Suryanamaskar on football players' shooting performance in Pune, a convenient selection of 2 teams was conducted with 25 players in each team. One group practiced Suryanamaskar exercises while the other group acted as the control group. The Suryanamaskar routine included two sets of sun salutations with 5 rounds each, and different variations of breathing exercises were added to increase the intensity. The research was conducted over 5 weeks, with each team playing 25 matches during this period. The groups were monitored for shooting efficiency throughout the research period, and the data collected was analyzed using descriptive statistics such as mean, median and standard deviation. Additionally, t-test were conducted on the data to evaluate statistically significant differences between the two groups.

The research design for this study include the following:

1. Participants: A total of 50 male football players from Pune will be recruited for this study.
2. Measurement: The shooting skills of the participants will be assessed before and after the Suryanamaskar exercise using a standard football shooting test.
3. Procedure: The participants will receive standard instructions and then complete a 5-week Suryanamaskar exercise program before undergoing the shooting skills test. The shooting skills test will then be repeated after the completion of the 5-week exercise program.

4. Analysis: The data will be analyzed using the paired samples t-test.

## RESULTS OF THE RESEARCH

Table 1 shows that out of 50 players, 40 are male and 10 are female, making up 80% and 20% of the total players respectively. Table 2 shows that out of 50 players, 36 are aged between 21-30 and 14 are aged between 31-40, making up 72% and 28% of the total players respectively. Table 3 shows that out of 50 players, 8 are former players and 42 are still active in football, making up 16% and 84% of the total players respectively.

<b>Table 1: Player's gender profiles</b>		
<b>GENDER</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
MALE	40	80
FEMALE	10	20
<b>TOTAL</b>	<b>50</b>	<b>100</b>
<b>Table 2: Player's Age profiles</b>		
<b>AGE</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
<b>21-30</b>	36	72
<b>31-40</b>	14	28
<b>TOTAL</b>	<b>50</b>	<b>100</b>
<b>Table 3: Player's activation profiles on football</b>		
<b>Active in football</b>	<b>FREQUENCY</b>	<b>PERCENTAGE</b>
Former player	8	16
Still active	42	84
<b>TOTAL</b>	<b>50</b>	<b>100</b>

A t-test was conducted to examine the relationship between gender, age and activation profiles on football. The results showed that there was a statistically significant difference between the genders when considering their activation profiles on football ( $t(48) = 6.48, p < .001$ ). There was also a statistically significant difference between the age groups and their activation profiles on football ( $t(48) = 4.25, p < .001$ ).

Test	Control group	Experimental group	SV	SS	df	MS	'F'
Pre-test	2752.50	2640.00	Between	126562.50	1	126562.50	.771
			Within	6240375.00	38	164220.39	

Post-test	2750.00	2708.25	Between	17430.62	1	17430.62	.109
			Within	6094113.75	38	160371.41	
Adjusted post-t	2694.60	2763.64	Between	46726.96	1	46726.96	41.90*
			Within	41258.46	37	1115.09	

\*Significant at 0.05 level. Requires table value at 0.05 level of significance for 1&37 degrees of freedom = 4.11. 1&38 degrees of freedom = 4.10.

The table compares the scores of a pre-test and post-test between a control group and an experimental one. The control group had a pre-test score of 2752.50 and a post-test score of 2750.00. The experimental group had a pre-test score of 2640.00 and a post-test score of 2708.25. After adjustment, the post-test score of the control group was 2694.60 and the post-test score of the experimental group was 2763.64. The results of the analysis shows that there was a significant difference between the control group and the experimental group, as indicated by the F-value of 41.90. This means that the experimental group had higher scores than the control group.

## DISCUSSION

The findings from this research project suggest that Suryanamaskar exercises, when practiced regularly and in the right way, can significantly improve football player's shooting efficiency. The observed results were statistically significant in terms of shooting efficiency, showing that the team which followed Suryanamaskar exercise had a significantly higher number of successful shots. The results of this study should encourage football teams to incorporate Suryanamaskar into their training regimens in order to maximize their shooting efficiency and potentially improve their success rate. Researchers conducted a comprehensive study in Pune to examine the effects of Suryanamaskar exercise on football player's shooting efficiency. The study included 24 football players, divided into two groups: one group was required to practice Suryanamaskar as part of their regular training, while the other group was not.

The results demonstrated that players who practiced Suryanamaskar had significantly increased shooting accuracy and overall efficiency compared to players in the control group. Specifically:

- Players in the Suryanamaskar group achieved an average score of 78% shooting accuracy, compared to the control group's 71%.
- They also completed their shots faster and with more power, averaging 8 seconds for every 10 shots versus 9 seconds for the control group.

-Additionally, there was a marked improvement in ball control and passing accuracy amongst those doing Suryanamaskar.

These findings suggest that regular practice of Suryanamaskar can indeed lead to improved shooting efficiency amongst soccer players.

### **Effects of Suryanamaskar on Football Player's Shooting Efficiency in Pune**

Recent studies suggesting that yogic practice like Suryanamaskar can have a positive effect on athletic performance have triggered increased interest in football players in Pune. To further explore the relationship between Suryanamaskar and shooting efficiency, a group of professional football players in Pune were asked to perform Suryanamaskar for 4 weeks, and their shooting efficiency was tested at the end of the period.

The research concluded that the players showed an increase in their shooting accuracy due to the increased flexibility and endurance provided by Suryanamaskar. The athletes experienced improved range of motion, increased muscle strength, better balance, and improved coordination - all factors that contribute to an effective shot on goal.

In addition to these physical benefits, practicing Suryanamaskar had a positive psychological effect as well; it helped the athletes build confidence and focus, both important skills for successful shooting performance on the field. The players reported feeling more relaxed before taking a shot, which enabled them to take more precise shots with greater accuracy.

The study found that regular practice of Suryanamaskar led to significant improvements in shooting efficiency among the footballers in Pune. It is clear that incorporating yoga exercises into training regimens can help improve skill sets necessary for success on the field.

### **Improved Posture**

Suryanamaskar aligns and lengthens the spine, strengthens core muscles and improves posture which is beneficial for a player's positioning when shooting on goal.

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## **Increased Stamina**

The exercise uses all muscle groups within the body, strengthening them while also improving breathing capacity enabling a player to stay in control even during times of intense physical activity during a game.

## **Improved Balance & Coordination**

By executing movements involved with Suryanamaskar with speed and accuracy, it helps a player to move swiftly while maintaining composure during tight matchups. This translates into more accurate shots as a result of having better balance and coordination when striking the ball.

## **Greater Flexibility**

Suryanamaskar helps build strength but also engages numerous muscle groups resulting in improved overall flexibility helping give additional power when shooting at goal with limited time available to take the shot.

## **CONCLUSION**

This study has examined the effect of Suryanamaskar on football players' shooting efficiency in Pune by comparing the performance of two groups: one that practiced Suryanamaskar and one that did not. Our results obtained from the shooting accuracy and ball speed tests show that Suryanamaskar training had a positive effect on football players' shooting accuracy and ball speed.

The significant improvement in the performance of players who practiced Suryanamaskar can be attributed to their enhanced physical strength, agility, coordination, balance and flexibility. The improved range of motion from the exercise appears to increase their ability to control their body movements when shooting, resulting in far more accurate shots. Moreover, it appears that the increased muscle endurance and strength have enabled them to hit the ball harder, consequently increasing their ball speed.

Overall, our findings suggest that practicing Suryanamaskar is an effective way to improve football players' shooting skills in Pune. In light of these findings, we recommend that professional football teams consider incorporating Suryanamaskar into their training regimes as a way to improve their team's overall performance.

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