

REFERENCES

- Alaspure, K. J. (2016). Study of hatha yoga on flexibility and co-ordination of human body by selected asanas. *International Journal of Physical Education, Sports and Health*; 3(5): 41-43
- Ali K. (2015). The Effectiveness of Progressive Muscle Relaxation to Reduce the Intensity of Competitive Sport Anxiety among the elite Player. *Research Journal of Physical Education Sciences*, Vol. 3(2), 4-8,
- Ali, A. (2011). Measuring soccer skill performance: a review. *Scandinavian journal of medicine & science in sports*, 21(2), 170-183.
- Arora, S., & Bhattacharjee, J. (2008). Modulation of immune responses in stress by Yoga. *International Journal of Yoga*, 1(2), 45–55.
- Balsom, P. (1994) Evaluation of physical performance. In: *Football (Soccer)*. Ed: Ekblom, B. London: Blackwell Scientific Pub. 102-123.
- Baltzell, A., & Akhtar, V. L. (2014). Mindfulness Meditation Training for Sport (MMTS) intervention: Impact of MMTS with Division I female athletes. *The Journal of Happiness and Well-being*, 2(2), 160-173.
- Bangsbo J, Iaia FM, Krstrup P. (2008). The Yo-Yo intermittent recovery test – A useful tool for evaluation of physical performance in intermittent sports. *Sports Med*: 38: 37–51.
- Bangsbo J. (1994). The Physiology of Soccer. *Acta Physiol Scand*: 151(Suppl.): 1–155.
- Bangsbo, J. (1997). The physiology of intermittent activity in football. In: *Science and Football III*, 43-53.
- Barfield, W.R. (1998) Biomechanics of kicking in soccer. *Clinical Sports Medicine* 17, 711-728.

- Barfield, W.R., Kirkendall, D. and Yu, B. (2002) Kinematic instep kicking differences between elite female and male soccer players. *Journal of Sports Science and Medicine* 3, 72-79.
- Barker, J., Jones, M., & Greenlees, I. (2010). Assessing the immediate and maintained effects of hypnosis on self-efficacy and soccer wall-volley performance. *Journal of Sport and Exercise Psychology*, 32(2), 243-252.
- Bate, D. (1996). Soccer skills practice. *Science and soccer*. London: E & FN Spon, 227-241.
- Behm, D. G., & Chaouachi, A. (2011). A review of the acute effects of static and dynamic stretching on performance. *European journal of applied physiology*, 111(11), 2633-2651.
- Behm, D. G., Drinkwater, E. J., Willardson, J. M., & Cowley, P. M. (2010). Canadian Society for Exercise Physiology position stand: The use of instability to train the core in athletic and nonathletic conditioning. *Applied Physiology, Nutrition, and Metabolism*, 35(1), 109-112.
- Bharshankar, J. R., Bharshankar, R. N., Deshpande, V. N., Kaore, S. B., & Gosavi, G. B. (2003). Effect of yoga on cardiovascular system in subjects above 40 years. *Indian journal of physiology and pharmacology*, 47(2), 202-206.
- Bhattacharya, S, Pandey, U.S., & Verma N.S. (2002). Improvement in oxidative status with yogic breathing in young healthy males. *Indian J Physiol Pharmacol*; 46: 349-54.
- Bloomfield, J., Polman, R., O'donoghue, P., & McNaughton, L. (2007). Effective speed and agility conditioning methodology for random intermittent dynamic type sports. *Journal of Strength and Conditioning Research*, 21(4), 1093.
- Borman, A. S., Sahu, D. P., & Choudary, B. (2016). Effect of yogic asana on hand grip strength in school boys.
- Bridgett, R., Klose, P., Duffield, R., Mydock, S., & Lauche, R. (2017). Effects of Cupping Therapy in Amateur and Professional Athletes: Systematic Review of

- Randomized Controlled Trials. *The Journal of Alternative and Complementary Medicine* , 24(3), 208-219
- Briegel-Jones, R. M., Knowles, Z., Eubank, M. R., Giannoulatos, K., & Elliot, D. (2013). A preliminary investigation into the effect of yoga practice on mindfulness and flow in elite youth swimmers. *The Sport Psychologist*, 27(4), 349-359.
- Caspersen, C. J., Powell, K. E., & Christenson, G. M. (1985). Physical activity, exercise, and physical fitness: definitions and distinctions for health-related research. *Public health reports*, 100(2), 126.
- Cometti, G., Maffiuletti, N. A., Pousson, M., Chatard, J. C., & Maffulli, N. (2001). Isokinetic strength and anaerobic power of elite, subelite and amateur French soccer players. *International journal of sports medicine*, 22(01), 45-51.
- Cox, R. H., & Yoo, H. S. (1995). Playing position and psychological skill in American football. *Journal of Sport Behavior*, 18(3), 183.
- Dash, M., & Telles, S. (2001). Improvement in hand grip strength in normal volunteers and rheumatoid arthritis patients following yoga training. *Indian journal of physiology and pharmacology*, 45(3), 355-360.
- de Villarreal, E. S., Suarez-Arrones, L., Requena, B., Haff, G. G., & Ferrete, C. (2015). Effects of plyometric and sprint training on physical and technical skill performance in adolescent soccer players. *The Journal of Strength & Conditioning Research*, 29(7), 1894-1903.
- Dhungel, K. U., Malhotra, V., Sarkar, D., & Prajapati, R. (2008). Effect of alternate nostril breathing exercise on cardiorespiratory functions. *Nepal Medical College Journal*, 10(1), 25-27.
- Dorge, H., Bull-Andersen, T., Sorensen, H. and Simonsen, E. (2002). Biomechanical differences in soccer kicking with the preferred and the non-preferred leg. *Journal of Sports Sciences* 20, 293-299.
- Eisenmann, J.C. and Malina, R.M. (2003) Age- and sex-associated variation in neuromuscular capacities of adolescent distance runners. *Journal of Sports Sciences* 21(7), 551-557.

- Finnoff, J.T., Newcomer, K. and Laskowski, E.R. (2002) A valid and reliable method for measuring the kicking accuracy of soccer players. *Journal of Science and Medicine in Sport* 5(4), 348-353.
- Gabbett, T. J., Whyte, D. G., Hartwig, T. B., Wescombe, H., & Naughton, G. A. (2014). The relationship between workloads, physical performance, injury and illness in adolescent male football players. *Sports medicine*, 44(7), 989-1003.
- Gharote, M. L. (1976). Effect of yoga exercises on failures on the Kraus-Weber tests. *Perceptual and motor Skills*, 42(43), 654-654.
- Gharote, M. L. (1976). Physical Fitness in Relation to the practice of selected yogic exercises. *Yoga Mimamsa*, 18(1), 14-23.
- Gharote, M. L., Ganguly, S. K., & Moorthy, A. M. (1974). Effect of yogic training on minimum muscular fitness. *Yoga Mimamsa*, 18(3&4), 1-20.
- Gilbert, J. C., & Knowlton, R. G. (1983). Simple method to determine sincerity of effort during a maximal isometric test of grip strength. *American journal of physical medicine*, 62(3), 135-144.
- Gréhaigne, J. F., Richard, J. F., & Griffin, L. L. (2005). *Teaching and learning team sports and games*. Psychology Press.
- Grushko, A. I., Haidamashko, I. V., Ibragimov, R. R., Kornienko, D. S., Korobeynikova, E. Y., Leonov, S. V., & Veraksa, A. N. (2016). Does the motivation, anxiety and imagery skills contributes to football (soccer) experience?. *Procedia-Social and Behavioral Sciences*, 233, 181-185.
- Hadi, N., & Hadi, N. (2007). Effects of hatha yoga on well-being in healthy adults in Shiraz, Islamic Republic of Iran. *Eastern Mediterranean Health Journal*, 13(4), 829-837.
- Halder, D. (2017). A comparative study on physical fitness differences between Govt. aided school and Govt. aided madrasah of West Bengal. *Indian International Journal of Humanities, Arts and Social Science Research*. Vol. 1(5)

- Harinath, K., Malhotra, A. S., Pal, K., Prasad, R., Kumar, R., Kain, T. C., & Sawhney, R. C. (2004). Effects of Hatha yoga and Omkar meditation on cardiorespiratory performance, psychologic profile, and melatonin secretion. *The Journal of Alternative & Complementary Medicine*, 10(2), 261-268.
- Hashim, H. A., Hanafi, H., & Yusof, A. (2011). The effects of progressive muscle relaxation and autogenic relaxation on young soccer players' mood states. *Asian Journal of Sports Medicine*, 2(2), 99.
- Helgerud, J., Engen, L. C., Wisløff, U., & Hoff, J. (2001). Aerobic endurance training improves soccer performance. *Medicine & Science in Sports & Exercise*, 33(11), 1925-1931.
- Isokawa, M. and Lees, A. (1988). A biomechanical analysis of the instepkick motion in soccer. In: *Science and Football*. Eds: Reilly, T., Lees, A., Davids, K. and Murphy, W. J. London: E & FN Spon. 449-455.
- Ivin Jabakumar, (2012). Impact of Circuit Training on Selected Motor Fitness and Kinesthetic Sense Among Hockey Players. *Indian Journal of Movement Education and Exercises Sciences*; II:1
- Kelley, K., Slattery, K., & Apollo, K. (2018). An electromyographic analysis of selected asana in experienced yogic practitioners. *Journal of bodywork and movement therapies*, 22(1), 152-158.
- Kellis, E., Katis, A. and Gissis, I. (2004) Knee biomechanics of the support leg in soccer kicks from three angles of approach. *Medicine and Science in Sports and Exercise* 36, 1017-1028.
- Kenney, W. L., Wilmore, J., & Costill, D. (2015). *Physiology of sport and exercise 6th edition*. Human kinetics.
- Knapp B.(1977). Skill in sport: the attainment of proficiency. London: Routledge: 1–6.
- Komathi, R., & Kalimuthu, M. (2011). Effect of Yogic Practices on Abdominal Strength among School Boys. *Recent Trends in Yoga and Physical Education*, 1, 51.

- Krishnamurtety, N., & Pal, G. (2002). Modulation of cold pressor-induced stress by shavasan in normal, adult volunteers. *Indian J Physiol Pharmacol*, 46(3), 307-312.
- Krustrup P, Mohr M, Amstrup T, Rysgaard T, Johansen J, Steensberg A, Pedersen PK, Bangsbo J. The Yo-Yo intermittent recovery test: physiological response, reliability, and validity. *Med Sci Sports Exerc* 2003; 35: 697–705.
- Kudlackova, K., Eccles, D. W., & Dieffenbach, K. (2013). Use of relaxation skills in differentially skilled athletes. *Psychology of Sport and Exercise*, 14(4), 468-475.
- Kuhn, W. (1988) Penalty-kick strategies for shooters and goalkeepers. In: *Science and Football*. Eds: Reilly, T., Lees, A., Davids, K. and Murphy, W.J. London, E and FN Spon. 489-492.
- Kuldip (2016). Effect of hatha yoga exercise on physical fitness. *International Journal of Physical Education, Sports and Health*; 3(3): 101-102.
- Kumaraswamy & Sanjeev S.P. (2016). The effect of selected yoga asanas on physical fitness of school children. *International Journal of Physical Education, Sports and Health*; 3(3): 409-420.
- Lau, C., Yu, R., & Woo, J. (2015). Effects of a 12-week hatha yoga intervention on cardiorespiratory endurance, muscular strength and endurance, and flexibility in Hong Kong Chinese adults: a controlled clinical trial. *Evidence-Based Complementary and Alternative Medicine*.
- Lees, A. and Nolan, L. (1998) The biomechanics of soccer: A review. *Journal of Sports Sciences* 16, 211-234.
- Lees, A. and Nolan, L. (2002) Three-Dimensional Kinematic Analysis of the Instep Kick Under Speed and Accuracy Conditions. In: *Science and Football IV*. Ed: Spinks, W., Reilly, T. and Murphy, A. London, Routledge. 16-21.
- Lidell, L., Rabinovitch, G., & Rabinovitch, N. (1983). *The Sivananda companion to yoga*. Simon and Schuster.

- Lindquist, F., & Bangsbo, J. (1991). Do young soccer players need specific physical training. *Science and football II*, 275-280.
- Madan, M., Thombre, D. P., Bharathi, B., Nambinarayan, T. K., Thakur, S., Krishnamurthy, N., & Chandrabose, A. (1992). Effects of yoga training on reaction time, respiratory endurance and muscle strength. *Indian J Physiol Pharmacol*, 36(4), 229-233.
- Madanmohan, Jatiya, L., Udupa, K., & Bhavanani, B. A. (2003). Effect of yoga training on handgrip, respiratory pressures and pulmonary function. *Indian Journal of Physiology and Pharmacology*, 47(4), 387–392.
- Madanmohan, Mahadevan, S., Balakrishnan, S. G. M., & Prakash, E. (2008). Effect of six weeks yoga training on weight loss following step test, respiratory pressures, handgrip strength and handgrip endurance in young healthy subjects. *Indian Journal of Physiology and Pharmacology*, 52(2), 164–170.
- Maddison, R., & Prapavessis, H. (2007). Preventing sport injuries: A case for psychology intervention. *Psychological bases of sport injuries*, 25-38.
- Malathy, C., & Dean, C. R. A. (2016). A study of the influence of physical exercise, circuit training and yogic practice on strength among college girls in Tamilnadu state. *Group*, 1754, 1687-24.
- Malhotra V., S.Singh (2002). Study of yoga asanas in assessment of pulmonary function in NIDDM patients. *Indian Journal of Physiology and Pharmacology*; 46: 313-320.
- Malina, R.M., Cumming, S.P., Kontos, A.P., Eisenmann, J.C., Ribeiro, B. and Aroso, J. (2005) Maturity-associated variation in sportspecific skills of youth soccer players aged 13-15 years. *Journal of Sports Sciences* 23(5), 515-522.
- Malina, R.M., Cumming, S.P., Kontos, A.P., Eisenmann, J.C., Ribeiro, B. and Aroso, J. Maturity-associated variation in sport specific skills of youth soccer players aged 13-15 years. *Journal of Sports Sciences*. 2005:23(5);515-522.
- Malina, R.M., Eisenmann, J.C., Cumming, S.P., Ribeiro, B. and Aroso, J. (2004) Maturity-associated variation in the growth and functional capacities of youth

- football (soccer) players 13-15 years. *European Journal of Applied Physiology* 91(5-6), 555-562.
- McMorris, T. (2004). Acquisition and Performance of Sports Skills. Chichester, UK: Wiley.
- Metter, E. J., Talbot, L. A., Schrager, M., & Conwit, R. (2002). Skeletal muscle strength as a predictor of all-cause mortality in healthy men. *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*, 57(10), B359-B365.
- Mitchell, S. A., Oslin, J. L., & Griffin, L. L. (2013). *Teaching sport concepts and skills: A tactical games approach for ages 7 to 18*. Human Kinetics.
- Mohr, M., Krstrup, P. and Bangsbo, J. (2003) Match performance of high-standard soccer players with special reference to development of fatigue. *Journal of Sports Sciences* 21, 519-528.
- Mohr, M., Krstrup, P. and Bangsbo, J. (2005) Fatigue in soccer: a brief review. *Journal of Sports Sciences* 23, 593-599.
- Morris, A. and Burwitz, L. (1989) Anticipation and movement strategies in elite soccer goalkeepers at penalty kicks. *Journal of Sports Sciences* 7, 79-80.
- Morya, E., Ranvaud, R. and Pinheiro, W.M. (2003) Dynamics of visual feedback in a laboratory simulation of a penalty kick. *Journal of Sports Sciences* 21, 87-95.
- Nagarathna, R., & Nagendra, H. R. (2013). *Integrated approach of yoga therapy for positive health* (1st ed.). Bangalore, India: Swami Vivekananda Yoga Prakashan.
- Nara, S., Kaur, M., Bhatia, D., & Shaw, D. (2016). Co-Contraction of Knee Stabilizer Muscles during Sustained Squat Posture (A Yogic Posture) in Athletes. *J Yoga Phys Ther*, 6(256), 2.
- Newmark, T. S., & Bogacki, D. F. (2005). The use of relaxation, hypnosis, and imagery in sport psychiatry. *Clinics in sports medicine*, 24(4), 973-977.
- Ni, M., Mooney, K., Harriell, K., Balachandran, A., & Signorile, J. (2014). Core muscle function during specific yoga poses. *Complementary therapies in medicine*, 22(2), 235-243.

- Nunome, H., Asai, T., Ikegami, Y. and Sakurai, S. (2002) Threedimensional kinetic analysis of side-foot and instep soccer kicks. *Medicine and Science in Sports and Exercise* 34, 2028-
- Olmedilla-Zafra, A., Rubio, V. J., Ortega, E., & García-Mas, A. (2017). Effectiveness of a stress management pilot program aimed at reducing the incidence of sports injuries in young football (soccer) players. *Physical therapy in sport*, 24, 53-59.
- Ortega, F. B., Ruiz, J. R., Castillo, M. J., Moreno, L. A., Urzánqui, A., Gonzalez-Gross, M., ... & Gutiérrez, A. (2008). Health-related physical fitness according to chronological and biological age in adolescents. The AVENA study. *Journal of Sports Medicine and Physical Fitness*, 48(3), 371.
- Pathare, S. D. (2016). Effect of asana on agility, abdominal strength and leg power of college students. *International Journal of Physical Education, Sports and Health*; 3(5): 98-100
- Pelka, M., Heidari, J., Ferrauti, A., Meyer, T., Pfeiffer, M., & Kellmann, M. (2016). Relaxation techniques in sports: A systematic review on acute effects on performance. *Performance Enhancement & Health*, 5(2), 47-59.
- Peter, R., Sood, S., & Dhawan, A. (2015). Spectral parameters of HRV in yoga practitioners, athletes and sedentary males. *Indian J Physiol Pharmacol*, 59(4), 380-387.
- Pollock, M. L., Gaesser, G. A., Butcher, J. D., Després, J. P., Dishman, R. K., Franklin, B. A., & Garber, C. E. (1998). ACSM position stand: the recommended quantity and quality of exercise for developing and maintaining cardio respiratory and muscular fitness, and flexibility in healthy adults. *Med Sci Sports Exerc*, 30(6), 975-991.
- Pramanik, T., Sharma, H. O., Mishra, S., Mishra, A., Prajapati, R., & Singh, S. (2009). Immediate effect of slow pace bhastrika pranayama on blood pressure and heart rate. *The Journal of Alternative and Complementary Medicine*, 15(3), 293-295.

- Raghuraj, P., Nagarathna, R., Nagendra, H. R., & Telles, S. (1997). Pranayama increases grip strength without lateralized effects. *Indian journal of physiology and pharmacology*, 41(2), 129-133.
- Raju, P. S., Madhavi, S., Prasad, K. V. V., Venkata Reddy, M., Eswara Reddy, M., & Sahay, B. K. (1994). Comparison of effects of yoga & physical exercise in athletes. *Indian Journal of Medical Research*, 100, 81-81.
- Rampinini, E., Bishop, D., Marcora, S. M., Bravo, D. F., Sassi, R., & Impellizzeri, F. M. (2007). Validity of simple field tests as indicators of match-related physical performance in top-level professional soccer players. *International journal of sports medicine*, 28(03), 228-235.
- Rani, M. S., & Malik, A. (2017). Effects of yogic exercises on selected physical fitness variables of sports persons. Rani, M. S., & Malik, A. (2017). Effects of yogic exercises on selected physical fitness variables of sports persons. *International Journal of Physical Education, Sports and Health*; 3(3): 409-420
- Ray, U. S., Pathak, A., & Tomer, O. S. (2011). Hatha yoga practices: energy expenditure, respiratory changes and intensity of exercise. *Evidence-Based Complementary and Alternative Medicine : eCAM*, 2011, 241294.
- Reese, L. M. S., Pittsinger, R., & Yang, J. (2012). Effectiveness of psychological intervention following sport injury. *Journal of Sport and Health Science*, 1(2), 71-79.
- Reilly T, Doran D.(2003). Fitness assessment. In: Reilly T, Williams AM, eds. *Science and soccer*, 2nd edn. London: Routledge,: 21–46.
- Reilly T, Thomas V. (1976). A motion analysis of work-rate in different positional roles in professional football match-play. *Journal of Human Movement Studies*; 2:87–97.
- Reilly T., (1996a). Introduction to science and soccer. In: Reilly T, ed. *Science and soccer*. London: E & FN Spon:1–7.
- Reilly, T. (1996). Fitness assessment. In: *Science and Soccer*. Ed: Reilly, T. London: E & FN Spon. 25-49.

- Reilly, T. and Thomas, V. (1976) A motion analysis of work-rate in different positional roles in professional football match-play. *Journal of Human Movement Studies* 2, 87-97
- Reilly, T., Williams, A. M., Nevill, A., & Franks, A. (2000). A multidisciplinary approach to talent identification in soccer. *Journal of sports sciences*, 18(9), 695-702.
- Rosch, D., Hodgson, R., Peterson, L., Graf-Baumann, T., Junge, A., Chomiak, J., & Dvorak, J. (2000). Assessment and evaluation of football performance. *The American Journal of Sports Medicine*, 28(5_suppl), 29-39.
- Ross, A., & Thomas, S. (2010). The health benefits of yoga and exercise: a review of comparison studies. *The journal of alternative and complementary medicine*, 16(1), 3-12.
- Rowat, O., Fenner, J., & Unnithan, V. (2017). Technical and physical determinants of soccer match-play performance in elite youth soccer players. *The Journal of sports medicine and physical fitness*, 57(4), 369-379.
- Ruiz, J. R., España-Romero, V., Ortega, F. B., Sjöström, M., Castillo, M. J., & Gutierrez, A. (2006). Hand span influences optimal grip span in male and female teenagers. *The Journal of hand surgery*, 31(8), 1367-1372.
- Ruiz-Ruiz, J., Mesa, J. L., Gutiérrez, A., & Castillo, M. J. (2002). Hand size influences optimal grip span in women but not in men. *The Journal of hand surgery*, 27(5), 897-901.
- Saha, S., Saha, S., Mazlan, M. A. B. M., & Arriffin, M. I. B. M. (2013). Effect of emotional regulation on performance of soccer skills. *Procedia-Social and Behavioral Sciences*, 91, 594-605.
- Sahu, D. P., & De, S. (2015). Effect of hatha yoga and aerobic training on physical fitness of College students. *International Journal of Physical Education, Sports and Health*; 1(6): 135-137

- Sangeetha S.P. (2017). To assess the effect of selected asana on abdominal strength and cardiovascular endurances variables of post graduate female students. *International Journal of Physical Education, Sports and Health*; 4(1): 16-18
- Santosh B.Y. (2016). Effect of pranayama on cardio-vascular endurance. *International Journal of Physical Education, Sports and Health*. 3(3): 573-577.
- Schell, F. J., Allolio, B., & Schonecke, O. W. (1994). Physiological and psychological effects of Hatha-Yoga exercise in healthy women. *International journal of psychosomatics: official publication of the International Psychosomatics Institute*, 41(1-4), 46-52.
- Schwellnus, M. P. (1999). Skeletal muscle cramps during exercise. *The Physician and sportsmedicine*, 27(12), 109-115.
- Scurr, J., & Hall, B. (2009). The effects of approach angle on penalty kicking accuracy and kick kinematics with recreational soccer players. *Journal of sports science & medicine*, 8(2), 230.
- Sinha, B., & Sinha, T. D. (2014). Effect of 11 months of yoga training on cardiorespiratory responses during the actual practice of Surya Namaskar. *International journal of yoga*, 7(1), 72.
- Sinha, B., Sinha, T. D., Pathak, A., & Tomer, O. S. (2013). Comparison of cardio respiratory responses between Surya Namaskar and bicycle exercise at similar energy expenditure level. *Indian Journal of Physiology and Pharmacology*, 57(2), 169-176.
- Solberg, E. E., Berglund, K. A., Engen, O., Ekeberg, O., & Loeb, M. (1996). The effect of meditation on shooting performance. *British journal of sports medicine*, 30(4), 342-346.
- Solberg, E. E., Halvorsen, R., & Holen, A. (2000). Effect of meditation on immune cells. *Stress and Health*, 16(3), 185-190.
- Solberg, E. E., Halvorsen, R., Sundgot-Borgen, J., Ingjer, F., & Holen, A. (1995). Meditation: a modulator of the immune response to physical stress? A brief report. *British Journal of Sports Medicine*, 29(4), 255-257.

- Solberg, E. E., Ingjer, F., Holen, A., Sundgot-Borgen, J., Nilsson, S., & Holme, I. (2000). Stress reactivity to and recovery from a standardised exercise bout: a study of 31 runners practising relaxation techniques. *British Journal of Sports Medicine*, 34(4), 268-272.
- Sovová, E., Čajka, V., Pastucha, D., Malinčíková, J., Radová, L., & Sovová, M. (2015). Positive effect of yoga on cardiorespiratory fitness: A pilot study. *International journal of yoga*, 8(2), 134.
- Stone, K. J., & Oliver, J. L. (2009). The effect of 45 minutes of soccer-specific exercise on the performance of soccer skills. *International Journal of Sports Physiology and Performance*, 4(2), 163-175.
- Styles, W. J., Matthews, M. J., & Comfort, P. (2016). Effects of strength training on squat and sprint performance in soccer players. *The Journal of Strength & Conditioning Research*, 30(6), 1534-1539.
- Suchomel, T. J., Nimphius, S., & Stone, M. H. (2016). The importance of muscular strength in athletic performance. *Sports Medicine*, 46(10), 1419-1449.
- Sukumar, B. (2017). Influence of selected yogic practices on body mass index and flexibility among middle aged women. *International Journal of Physical Education, Sports and Health*; 4(1): 71-74
- Telles, S., Nagarathna, R., Nagendra, H. R., & Desiraju, T. (1993). Physiological changes in sports teachers following 3 months of training in Yoga.
- Thelwell, R. C., Greenlees, I. A., & Weston, N. J. (2006). Using psychological skills training to develop soccer performance. *Journal of Applied Sport Psychology*, 18(3), 254-270.
- Thompson, R. W., Kaufman, K. A., De Petrillo, L. A., Glass, C. R., & Arnkoff, D. B. (2011). One year follow-up of mindful sport performance enhancement (MSPE) with archers, golfers, and runners. *Journal of Clinical Sport Psychology*, 5(2), 99-116.

- Tran, M. D., Holly, R. G., Lashbrook, J., & Amsterdam, E. A. (2001). Effects of Hatha yoga practice on the health-related aspects of physical fitness. *Preventive cardiology*, 4(4), 165-170.
- Udupa, K. N., & Singh, R. H. (1972). The scientific basis of yoga. *Jama*, 220(10), 1365-1365.
- Upadhyay D.K., V.Malhotra, D.Sarkar, R.Prajapati. Effect of alternate nostril breathing exercise on cardiorespiratory functions. *Nepal Med.Coll.J.* 2008, 10: 25-27.
- Vaeyens, R., Malina, R. M., Janssens, M., Van Renterghem, B., Bourgois, J., Vrijens, J., & Philippaerts, R. M. (2006). A multidisciplinary selection model for youth soccer: the Ghent Youth Soccer Project. *British journal of sports medicine*, 40(11), 928-934.
- Varma, S., & Prasad, T. S. *Effect of yogasanas and aerobic dance on selected motor fitness components among secondary school boys*. Lulu. Com.
- Vijayalakshmi P, Surendiran A. (2005). Effect of slow and fast Pranayams on reaction time and Cardiorespiratory variables. *Indian J Physiol Pharmacol*; 49: 313-8.
- (Vijayalakshmi, P., & Surendiran, A. (2005). Effect of slow and fast pranayams on reaction time and cardiorespiratory variables. *Indian J Physiol Pharmacol*, 49(3), 313-318.)
- Vinu, W. (2015). Effect of yogic practices on selected cardio respiratory endurance of men students. *International Journal of Physical Education, Sports and Health*; 1(6): 109-111
- Weineck, J. (1997) Fußballtraining. Teil 1: Konditionstraining des Fussballspielers. Perimed: Spitta Verlag. (In German).
- Wen, D., Robertson, S., Hu, G., Song, B., & Chen, H. (2018). Measurement properties and feasibility of the Loughborough soccer passing test: A systematic review. *Journal of sports sciences*, 36(15), 1682-1694.
- Wing, C. E., Turner, A. N., & Bishop, C. J. (2018). The Importance of Strength and Power on Key Performance Indicators in Elite Youth Soccer. *Journal of strength and conditioning research*.

Woodyard, C. (2011). Exploring the therapeutic effects of yoga and its ability to increase quality of life. *International Journal of Yoga*, 4(2), 49–54.

Worthington V. *A History of Yoga*. London. UK: Routledge and Kegan Paul, 1982.

Zago, M., Piovan, A. G., Annoni, I., Ciprandi, D., Iaia, F. M., & Sforza, C. (2016). Dribbling determinants in sub-elite youth soccer players. *Journal of sports sciences*, 34(5), 411-419.

Zakir Ahamed. P., Murugavel, K., (2011). Effects of varied intensities of plyometric training on motor fitness components and soccer techniques of junior players (Bharathiar University, Coimbatore, Tamil Nadu, India). Retrieved from: <http://hdl.handle.net/10603/33899>

Zorn W. *Yoga for the Mind*. New York, NY: Funk & Wagnalls, 1968.