

I. Introduction

Better health is need of the hour and can be achieved by yogic practices. Yoga literature from Upnishads, Purans and in Bhagvad Geeta claims the higher goal of life. At present, worldwide yoga was accepted as the best system of exercise for health benefits. The philosophy behind the yoga was explored by Maharshi Patanjali which was condensed in 195 sutras to master yogic practices (Patanjali Yoga Sutra). Regular yoga practices have a positive influence on physical (Hadi, 2007), psychological, social, emotional, spiritual (Madanmohan, 2008) and enhance the overall functioning of the human systems (Upadhyay et al., 2008). Asana and Pranayama have been integrated into the remedial treatment system. Yoga posture (asanas), yoga breathing (pranayama) and meditation can interact with various somatic and neuroendocrine mechanisms and produce therapeutic effects (Malhotra and Singh, 2002). The asanas are made with slow, gentle, calm and graceful movements. They are also short at the average rated training intensity (Ray, Pathak & Tomer, 2011) and on the physical, mental and emotional level power and extend Fitness (Nagarathna & Nagendra, 2013). Yoga has received a lot of awareness from the sciatic community over the past two decades because of its efficiency in improving muscle strength, endurance, body flexibility (Woodyard, 2011), generating balanced energy, liveliness (Arora and Bhattacharjee, 2008) and maintaining the spirit of serenity (Nagarathna & Nagendra, 2013).

In promoting physical and mental health and in preventing many of these disorders, yoga shall play an important role. Yoga practitioners have improved their personality changes because yoga takes a holistic approach. The practices of yoga stimulate physiological and psychological variables to enhance the secretion of melatonin, which may be accountable

for the perceived welfare (Harinath et al, 2004). Yoga can be as useful or superior as physical work out in enhancing various measures of fitness outcomes (Ross & Thomas, 2010). The breath control is pranayama. This is one of the yoga techniques that can cause different physiological responses in healthy individuals (Upadhyay, 2008). Asanas are passive and offer a gentle stretch that acts as a lubricant for joints, muscles, ligaments, tendons, etc. Asana is useful for tightening the nervous system, improving blood circulation, relieving tension and increasing flexibility. Asana is supposed to promote a state of mental and physical health. It has an extraordinary ability to restore, rejuvenate and balance the entire system, even if it is done by the physical body. The different poses exert pressure on different points and clean and strengthen the nadis. Fitness is the ability to work our daily activities without excessive fatigue. Physical training such as push-ups, pull-ups strengthen the arms, wrists and squat exercises of the abdominal organs. Hardayal Singh explained that improving fitness is the main goal of sports training.

Explosive actions need to be improved by specific training combined with plyometrics and sprinting compared to normal football training (Sáez de Villarreal, Suarez-Arrones, Requena, Lagoon, Ferrete, 2015). Various training modalities were used to improve the physical performance of weight training, intensive interval training, dribbling and short-sided play, and to combine these training patterns with regular training soccer. (Gabbett, Whyte, Hartwig, Wescombe, Naughton., 2014). In team sports such as football, players are often subject to a very specific directional change of direction (Chaouachi et al., 2012).

Each sport requires a different level of fitness, which requires various types of physical training for unlike sports. Some sports, such as running, require a very high level of endurance, but a low level of other skills. For football games, high levels of speed, stamina, strength, flexibility, agility, coordination and balance are essential. Cardiovascular stamina is required to complete stipulated time of the game successfully. Attackers need more speed than the other players. Defenders should have more body fat than midfielders and attackers (Sporis Goran et al., 2009). A good footballer must possess certain psychological qualities such as high concentration, good reaction time and fear of competition (Junge A et al., 2000).

Football is one of the most popular games in the world because of its participation and its viewers. It is a very alternating and energetic sport with skillful actions (Bloomfield et al., 2007, Cometti et al., 2001, Mohr et al., 2003). Football is the most popular alternating team sports due to the growing popularity and financial importance of football. Many types of research on movement science have been taking place depending upon the basis of match data collection and analysis. (Reilly and Thomas, 1976). Football is a multifaceted team game that requires the replication of numerous different measures and different assessment is underway to measure the physical abilities of the athletes (Rampinini et al., 2007). The development of game performance is usually seen in the teaching and learning process of various skills according to the game situation. (Mitchell et al., 2006, Grehaigne et al., 2005).

Fitness is an important factor, even though the team is made up of extremely talented, precise and competent players. This is protected by game performance and this results from many factors. The usual fitness factors are muscle strength, muscular endurance,

cardiovascular endurance, strength, sprints, change of direction with speed and flexibility. The experts observed that the techniques and strategy of a player or group, physically and physiologically unique, contributed to improving performance (Deba Prasad Shahu, 2016). Previous results showed that the player who scored fewer points in the Loughborough Football Passing test, depending on the model, was tied to the player's physical condition, as calculated by the Yo-Y1 Intermittent Stage 1 Recovery Test. Yo (Rampinini et al., 2008). Previous studies found that maximum short pass played by successful teams in the official matches as compared to unsuccessful teams (Rampinini et al., 2007). It has also been observed that the number of short passes in the next half decreases from the beginning. These most likely indicate fatigue, indicating a lack of physical fitness (Enoka et al., 1992). During the 90-minute game, players approach the anaerobic entry door with an average intensity of 10 kilometers (80 to 90% of the maximum heart rate). In this endurance context, frequent activities such as tackling, spinning, sprinting, jumping, kicking, heading, balancing against strong contractions and controlling the ball against defensive pressure were necessary. (Stolen et al., 2005). In this game situation, all players must be able to maintain good aerobic fitness and anaerobic power throughout their excellent agility (Sheppard et al., 2006).

Skill is the sportsperson's talent to execute the correct method at the proper time and with less exertion. It is the ability to perform physical or mental tasks with the greatest success. A more recent definition of skills is "the consistent production of targeted movements that are learned and task-specific" (McMorris, 2004). While players can acquire football skills adequately and execute, it is important that they have basic motor skills such as Sprint, agility, acceleration, and so on (Beach and Wilson 1993; Burton &

Miller 1998; Seefeldt 1980). Skill is "the reliable creation of goal-oriented and cultivated, task-specific actions" (McMorris, 2004). The traditional definition of skills is "the scientific talent to obtain pre-established results with the utmost conviction, often with the least expense of time or energy, or both" (Knapp, 1977). Improved gaming performance is generally observed in the learning of strategic and scientific skills and their assimilation into the gaming situation (Mitchell et al., 2006, Grehaigne et al., 2005). The motor skills necessary to control, succeed, dribble and shoot the ball are basic skills of the football player (Ajmal Ali, 2010). In the game, the player becomes unsuccessful if he does not use the correct skill at the proper moment, even if he is an experienced sports person (Knapp, 1977). The player's ability to maintain technique as fatigue sets in at different stages of the game (Mohr et al., 2003) is another influence on abilities. Therefore, this study was undertaken to find out the correlation between fitness components and football skills. The previous study (Rampinini et al., 2008) suggests that the lower the level of fitness, the lower the players' fatigue for a certain unconditional intensity, which leads to a decrease in technical abilities. As a result, this study was conducted to discover the effects of certain yoga practices and fitness on the performance of college footballers.

Physical fitness, technical skills, and tactical performance are very important variables in measuring performance in football (Rosch et al., 2000). The skill development assessing becomes more difficult as the performance in skill testing depends on physical skills. The skill tests for passing and dribbling consist of a long race. Fatigue influences a player's skill during various phases of the sport (Mohr et al., 2003). Therefore, the cognitive part in decision making is the fundamental factor of capacity. A high level of physical and

mental skills is essential for dealing with stressful situations in most sports such as football, including play (Maddison and Prapavessis, 2007). A player is fatigued during play by producing an increase in blood lactate concentration due to anaerobic and aerobic activity with a high intensity (Reilly, 1997). Physical training combined with yoga exercises helps the player to improve his fitness. The dynamic practice of Sūryanamaskāra often involves energy movements of the body. They are designed to increase flexibility, improve blood circulation; muscles and joints tighten, loosen blockages of energy and eliminate stagnant waste from various areas of the body.

Football is the game that includes various skills, strategies, tactics and physical elements necessary for a better performance. In order to improve these conditions, players must be professionally trained. Finding the gap in the opponent's defense and quickly judging the movement are the qualities of the player before. The midfielder needs more agility, short and long-term skills. A defending player should be able to jump high and be effective in leading and tackling skills (Kim, 2000). Endurance is one of the most important factors for football players. Midfielders cover maximum distance and serve as a link between attack and defense (Rienzi et al., 2000). Somatotype components and the physical abilities of footballers were considered equal when playing (Noh et al., 2015, Ruas et al., 2015). In contrast, size and physical ability differed depending on the player's position (Gil et al., 2008). This may be due to the different training program adopted by previous researchers who need future studies to clarify this limitation.

The results show that the anaerobic exercise capacity is higher in the midfield (Son et al., 2003). However, in another study, the anaerobic carrying capacity was significantly higher (Joo & Seo, 2016, Gil et al., 2007). Previous reports also indicate that there was no

significant difference in physical performance between playing positions with the exception of breaking point among young footballers. Central defensemen and forwards displayed higher jumping and counter-movement scores than defenders and midfielders. The back and midfield showed good results in the sprint and yo-yo IE2 test, but the differences were not significant. Mean values of agility were reasonably similar in all roles (A. Ramos et al., 2014). Deepak Shendkar, Shimal Hamad (2017) has shown that there is a significant difference between cardiovascular endurance, explosive power, and speed in the playing position of football players. Dribbling, shooting, passing and juggling had similar points depending on the playing position (Malina et al., 2005). Another study shows that the defender has stronger long-range kicks (Lee et al (2013)). The present study revealed that the ability to dribble differs significantly from that of other players (Joo and Seo, 2016). Previous results have no significant difference in physical capacity by position. Footballers usually follow a certain training plan without exercises appropriate for specific positions.

Football is a very alternative and energetic sport that links skillful actions (Bloomfield et al., 2007, Cometti et al., 2001, Mohr et al., 2003). Competence is the athlete's ability to perform physical or intellectual tasks with minimal effort and with the greatest success. The most recent sense of competence is "the reliable production of targeted actions, both cultivated and task-oriented" (McMorris, 2004). Advances in game performance are generally observed in the learning of strategic and scientific skills and their combination in the game situation (Mitchell et al., 2006, Grehaigne et al., 2005). Short adjustment is one of the important factors for footballers (Sajadi, Rahnama, 2007). Baichung Bhutia (2012), an Indian footballer, says it's difficult to develop basic motor skills that will

improve his abilities unless our young player is recognized and trained in the right direction from the start.

Biomechanics is often applied to football to define characteristics of abilities, to understand their involuntary efficiency, and to find the variables that are essential for the best possible outcome (Lees and Nolan, 1998). The technical aspects of football sentences (Morya et al., 2003), despite their importance in competition, have been relatively little studied scientifically. In a penalty shoot-out, players can adopt the "open-loop" tactic by choosing a corner of the goal where they shoot, pay no attention to any action that the goalkeeper might undertake (Kuhn, 1988). The factors justifying the success of the sanctions must be examined. The capability of hitting the ball into a stipulated area is known as accurate kicking and it plays a vital role in the game show. (Finnoff et al., 2002).

Fitness, technical and tactical skills are the most significant variables which are widely used in assessing performance in football (Rosch et al., 2000). In relation to the player's maturity, it has been recommended that the youth players have to give more attention to ball handling and playing skills (Lindquist and Bangsbo, 1991). This proposal is based on the search for skills, which showed that the effect of age and aging in skill tests is less obvious than in fitness tests (Eisenmann and Malina, 2003, Malina et al, 2005). Rosch et al., 2000, Vaeyens et al., 2006). Unfortunately, measuring skills development is also more problematic than fitness, because performance tests also depend on physical abilities. Hence, it is hard to split the growth of ball handling abilities from the development of bodily performance. This is particularly the case with many dribbling and passing tests that involve a considerable amount of the running. Therefore, it is not

surprising that the predictors of success in various proficiency tests have been demonstrated based on calculated goals (Malina et al., 2005).

1.1. Yoga and Football

Yoga is a widely performed ancient Indian form of conditioning practice. Yoga asanas are postures combined through slow, smooth, steady, and graceful movements. They are rated as a low to medium intensity exercise (Ray, Pathak, & Tomer, 2011), and asserted to develop strength and fitness at physical, mental and emotional levels (Nagarathna & Nagendra, 2013). In today's sporting events, football is much popular just because of its flashing and advancing techniques adopted in the game. In the field of movement science, much of the research on football relies on the collection of match analysis data (Reilly and Thomas, 1976) or the physiological requirements of players during training and play. (Bangsbo, 1994). Football is a complex sport that requires the repetition of many different actions and different tests are underway to evaluate the physical performance of the players (Rampinini et al., 2007). Skill assessment is rarely included if the player's ability is monitored. Research studies lack performance studies, which seems remarkable when it is easy to recognize that the successful execution of skills is the most important aspect of football.

1.2 Skill

Skill is defined as 'the capability of executing correct techniques at the proper moment with the least exertion'. Ability to perform physical or mental tasks with maximum success (Bate, 1996) and he argued that football encompasses all three types of skills in a rapidly changing environment. The classic definition of competence is "the ability to achieve predetermined results with maximum certainty, often with minimal expenditure

of time or energy, or both" (Knapp, 1977). Another influence on abilities is the player's ability to maintain his technique when fatigue sets in at different stages of the game (Mohr et al., 2003). Therefore, isolating an aspect of the game, such as passing or pulling from a static situation, may make it a performance of "technique" rather than "skill". A good player keeps himself be ready to face the upcoming situation and take the decision as per the demand. It shows that the fitness abilities, skills and psychological components of taking the decision at the right time will go hand in hand. In addition, the validity and reliability of the practical tests allow the research scholar to obtain significant outcomes.

1.3 Measurement of football skill

Football skills are prioritized because they fall into a number of areas: talent identification, skills acquisition strategies, and interventions to maintain abilities during or after the game. However, because of the difficulty of reproducing the multifaceted character of football skills which can be restricted in a laboratory setting, experimental research has been found limited in this area. Attempts have recently been made to study specific aspects of football performance, including cognitive and motor skills. The purpose of this review is, therefore, to discuss in more detail the strengths and limitations of these tests. In the initial stage, physical fitness, movement science, and motor skill tests shall be conducted for talents identification and then intervention shall be given to know the effect of exercises or diet on performance. Finally, the relevance of these assessments in a different situation and the further guidelines of football research will be discussed.

1.4 Role of yoga in sports

Regular exercise of yoga as well as physical training are useful for developing certain aspects of fitness such as flexibility, strength, stamina, balance and rhythm. Through meditation, players can improve their concentration. Players become physically fit and psychologically strong by regularly practicing yoga. Yoga also helps with relaxation after intense exercise. Yoga practices reduce the level of anxiety in players

1.5 Interventions on football players

The researcher has interacted with various college football players in Belagavi, Karnataka state before he could start the intervention for the selected players. Out of 120 college football players, 96 players gave their voluntary consent to work as subjects for the study. Finally, 82 subjects were divided into experimental group and control group randomly by lottery method by the experts. The intervention of selected yogic practices and physical fitness training was given to the experimental group and the same was not given to the control group. Duration of the intervention was 1 hour every day from Monday to Saturday for 16 weeks.

1.6 Yoga and Physical Fitness as a solution

Yoga enhances the concentration of a player and reduces stress during the game, thereby hereby the performance in the game improves. When the anxiety level decreases, certainly the chances of making mistakes reduce. Since the football player is on the field more than 90 minutes per match, he has to keep himself fit enough to be in the game. Yoga has received much attention from the sciatic community over the last 20 years due to its usefulness in enhancing muscular strength, endurance, body flexibility

(Woodyard, 2011), generating balanced energy, vitality (Arora & Bhattacharjee, 2008), and cultivating calmness of mind (Nagarathna & Nagendra, 2013). Yoga can be as effective at improving health-related outcomes as many contemporary forms of exercise including walking, jogging, cycling, and aerobics (Ross & Thomas, 2010).

1.7 Need, Importance and Scope of the study:

Yoga is the ancient Indian healing art plays a vital role. Yoga works on three aspects. They are, physical, mental and social states resulting in improved health, lesser greed for possession and efficient management of life. In fact, yoga is a bridge between body, mind, and spirit. Since its practices smoothly coordinate the functions of the bones, muscles, blood, brain etc., which help to improve health, and as they train the human mind, which is immaterial and intangible, for modifying proper attitude, behavior and values may establish mental peace. Now a day, college football players give the least importance to their fitness qualities like speed, strength, endurance, flexibility, agility etc. They never bother about the improvement and enhancement of these qualities. Whenever they found an opportunity to play for the tournament, they start playing without proper initial preparation. The regular warm up, stretching exercises improve the muscle strength and the body coordination during the play.

The present study helps to analyze the improvement in the overall game performance for better execution of game/play with regular yogic practices and physical fitness training. Research on this population has been limited. However, previous interventions are essential for them to lay a foundation for their overall development. The scarcity of yoga and physical fitness studies on football player's outcome in the form of performance led

us to plan this study aimed at investigating effects of selected yoga practice and physical fitness components on the performance of football players.