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## Effect of specific skill training with yoga on fitness variable of school level volleyball players

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### Abstract

The study was to find out the effect of skill training with yoga practice on fitness variables of school level volleyball players. To achieve the purpose of this study, thirty players were randomly selected from Sri Ramakrishna Matriculation Higher Secondary School, Coimbatore and their ages were ranged between 13 and 17 years. All the subjects were divided into two groups with 15 subjects each as experimental (Group-I) and control group (Group- II). Group-I underwent specific skill training with yoga practices for a period of twelve weeks and group-II acted as control who did not participate in any special training other than the routine. The fitness variables such as speed and flexibility were selected as dependent variables. Pre and post-test random group design was used for this study. The data were collected before and after the training period of 12 weeks and the data collected were statically analyzed by 't' test, which was used to find out the significant improvement from pre to post test on selected parameters and analysis of covariance (ANCOVA) was used to find out the significant difference if any among the post test means of experimental and control group on each parameters separately. The result shows that there was a significant improvement in the speed and flexibility.

**Keywords:** Specific skill training, yoga, speed, flexibility

### Introduction

Sport specific training introduces and refines the necessary skill to excel at any sport. Your young athlete will feel more confident in their agility, speed & hand/eye coordination. The Sport-Specific Skill Training is a year-round elite level sport specific training experience. Focusing on the physical, technical, tactical and psychological pillars of the sport, the Sport-Specific Skill Training is part of the Athletic Performance Ranch initiative to build character, knowledge and leadership. Sport Specific Training introduces and refines the necessary skills to excel at any sport. Your young athlete will feel more confident in their agility, speed, and hand/eye coordination. Group or individual training is available. Specific skill training is an essential element of fitness for every sport. Resistance and other exercises only add unnecessary bulk to volleyball players and hinder their ability to execute skill and perform. Training and conditioning is an integral part of skill performance in volleyball.

Yoga practice has been transmitted from teachers (*gurus*) to students. Over the millennia, yoga has been influenced by different traditions and philosophies evolving into a variety of practices. Different schools often emphasize different components of the 8 limbs described above. Health benefits were recognized as a byproduct to physical and mental discipline of yoga practice. In the twentieth century, the introduction of yoga to the West has emphasized the potential for yoga as means of health maintenance, prevention, and treatment for chronic disease. The majority of yoga practices in the West contain aspects of postures, breath control and meditation. Styles vary in the emphasis of each component by technique, sequence, and intention.

As a mind body practice, the biological mechanism of yoga probably has multiple components. As a physical activity, part of the effect is similar to other types of exercise. Generally, yoga is considered a low- to moderate-intensity exercise. Exercise is known to improve health through improving cardiovascular fitness, muscle strength, and respiratory adaptations, modifying metabolism and immune function. Yoga's emphasis on relaxation in static and dynamic exercises distinguishes it from conventional exercise. By systematically

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contracting and relaxing muscles in coordinate sequences, changing breathing patterns, and cultivating mental attentiveness and awareness during practice, yoga attempts to synchronize the body and mind. The practice of yoga requires active participation of the subjects. Hence, the effects of factors such as the motivation to receive yoga training as well as the subject’s age and gender may be expected to influence the outcome. This is interesting to study as yoga training is increasingly being included as part of routine programmers (Manjunath, 1998).

**Methodology**

The purpose of the study was to find out the effects of specific skill training with yogic practice on selected fitness variables of school level volleyball players. Thirty school level volley ball players were randomly selected and their age will be ranged between 13 and 17 years. They were divided into two equal groups of fifteen each. No attempts were made to equate the groups. Experimental group I (n = 15) underwent Specific skill training (SST) with yoga for a period of twelve weeks, and group II (n = 15) were acted as control group (CG), the subjects in control group were not be given any specific of training program other than their regular activity.

**Design**

The evaluated physical fitness parameters, speed was assessed by 50m dash and the unit of measurement was in seconds, flexibility was assessed by sit and reach test and the unit of measurement was in centimeters. The parameters were measured at baseline and after twelve weeks of specific skill training with yoga were examined.

**Specific Skill Training Program**

The specific skill training program was conducted for 45 minutes for session in a day, 3 days in a week for a period of twelve weeks duration. These 45 minutes included 10 minutes warm up, specific skill training with yoga practices for 25 minutes and 10 minutes warm down. Every two weeks of training 5% of intensity of load was increased from 65% to 80% of work load. The volume of training prescribed based on the number of sets and repetitions. The equivalent in specific skill training with yoga practices is the length of the time each action in total 3 day per weeks (Monday, Wednesday and Friday).

The collected data before and after training period of twelve weeks on the above said variables due to the effect of specific skill training with yoga practices were statistically analyzed with ‘t’ test to find out the significant improvement between pre and post-test. In all cases the criterion for statistical significance was set at 0.05 level of confidence. (P<0.05)

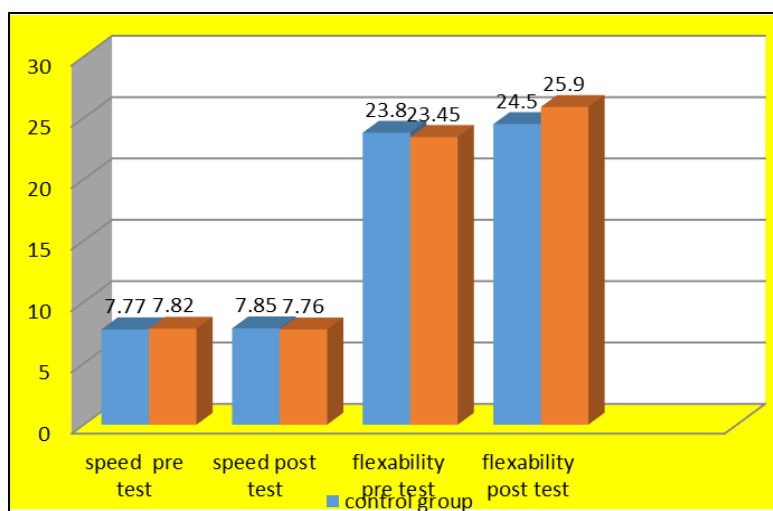
**Table I:** Computation of ‘T’ Ratio on selected fitness variables of school level volley ball players on Experimental Group and Control Group

| Group              | Variables               | Mean      | N     | Std. Deviation | Std. Error Mean | ‘t’ ratio |        |
|--------------------|-------------------------|-----------|-------|----------------|-----------------|-----------|--------|
| Experimental Group | Speed in sec            | Pre test  | 7.82  | 15             | 0.50            | 0.005     | 13.03* |
|                    |                         | Post test | 7.76  | 15             | 0.51            |           |        |
|                    | Flexibility test In cms | Pre test  | 23.45 | 15             | 1.24            | 0.96      | 2.55*  |
|                    |                         | Post test | 25.90 | 15             | 1.25            |           |        |
| Control group      | Speed in sec            | Post test | 7.77  | 15             | 0.48            | 0.47      | 1.68   |
|                    |                         | Pre test  | 7.85  | 15             | 0.45            |           |        |
|                    | Flexibility In cms      | pre test  | 23.80 | 15             | 1.15            | 1.4       | 0.61   |
|                    |                         | Post test | 24.50 | 15             | 1.51            |           |        |

\*Significant level 0.05 level degree of freedom (2.14, 1 and 14)

Table I reveals the computation of mean, standard deviation and ‘t’ ratio on selected fitness parameters namely speed and flexibility of experimental group. The obtained ‘t’ ratio of speed and flexibility were 13.03, and 2.55 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained ‘t’ values were greater than the table value it was found to be statistically significant.

Further the computation of mean, standard deviation and ‘t’ ratio on selected fitness parameters namely speed and flexibility of control group. The obtained ‘t’ ratio on speed and flexibility were 1.68, and 0.61 respectively. The required table value was 2.14 for the degrees of freedom 1 and 14 at the 0.05 level of significance. Since the obtained t’ values were lesser than the table value it was found to be statistically not significant.



**Fig 1.** Control group

### Discussion and Finding

The present experiment study was to find out the effect of specific skill training with yoga practices on fitness variables of school level volley ball players. Due to practicing yoga regularly muscle contraction and relaxation takes place. Thus it help to improve the flexibility of an individual. Specific skill training practices help to make movement faster and fast switch muscle fibre takes place while performing speed activities. Thus it helps to improve speed and flexibility of an individual. The result of the present study indicated that the specific skill training with yoga practices improved the fitness variables such as speed and flexibility. The findings of the present study had similarity with the findings of the investigations referred in this study. A Kasirajan-2019 <sup>[1]</sup> reported that there was a significant improvement takes place on flexibility due to the effect of eight weeks yoga practices among school level handball players. Shaik Meeravali -2015 <sup>[2]</sup> investigated the effect of specific training on fitness variables such as speed and agility of school level kho-kho players. He concluded that there was a significant improvement on speed of school level kho-kho players due to the effect of specific training. A. M. Moorthy-2011 <sup>[3]</sup> reported that there was a significant improvement takes place on flexibility of male handball players due to yogic practices. However, there was a significantly changes of subjects in the present study that the speed and flexibility were significantly improved in the group may be due to the specific skill training with yoga practices. Gabbett *et al.*, (2008) <sup>[4]</sup> suggest that a combination of instructional training and skill-based conditioning games is likely to confer the greatest improvements in fitness and skill in junior elite volleyball players. Trajković *et al.*, (2012) <sup>[6]</sup> reported that specific volleyball conditioning is necessary in the preseason period for the development of the lower-body strength, agility and speed performance in volleyball players. Griffith *et al.*, (2008) <sup>[11]</sup> indicated that implementing the skills training program was associated with enhanced service performance. Georgieff *et al.*, (2006) suggested that results demonstrate that skill-based testing offers a reliable method of quantifying development and progress in junior volleyball players. Bobbert, (1990) reported that specific drills of drop jump might trigger improvement of the power output capacity of muscles, whereas the repetition of the countermovement drop jump may help to improve coordination.

### Conclusion

1. There was a significant improvement takes place on selected fitness variables namely speed and flexibility due to the effect of twelve weeks specific skill training with yoga practices.
2. There was a significant difference exists between experimental and control groups on selected fitness variables such as speed and flexibility.

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