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ORIGINAL RESEARCH ARTICLE

A Study on Yogic Intervention and Core Skill Proficiency in Female Adolescent Soccer Players

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ABSTRACT

Background: The increasing participation of adolescent females in competitive soccer highlights the need for comprehensive training approaches that support both skill development and mental well-being. Core soccer skills such as dribbling and passing require not only physical coordination but also cognitive clarity and emotional stability – areas often challenged during adolescence. Yoga, with its integrative approach encompassing physical postures, breathing techniques, and meditation, has shown promise in enhancing neuromuscular control and psychological resilience yet remains underexplored within athletic training contexts for adolescent females.

Aim: This study aimed to evaluate the effectiveness of a structured Yogic intervention in enhancing core soccer skills – specifically dribbling and passing – among female adolescent soccer players.

Materials and Methods: A quasi-experimental pre-test/post-test control group design was adopted. Forty female soccer players (aged 14–18) with a minimum of 2 years' training experience were randomly assigned to a Yogic intervention group (n = 20) and a control group (n = 20). Skill assessments were conducted using the Mor-Christian General Soccer Skill Test (dribbling) and the McDonald Soccer Test (passing) before and after a 12-week intervention.

Intervention: The experimental group underwent a 12-week Yogic training program, 5 days/week, comprising 40-min sessions of sukṣma vyāyāma (10 min), āsanas (15 min), prāṇāyāma (10 min), and dhyāna (5 min). The control group continued routine soccer practice without additional intervention.

Results: Post-intervention data revealed significant improvements in the Yogic group for dribbling (mean increase: 6.79 points) and passing skills (mean increase: 5.00 points), with reduced variability across participants. The control group showed only marginal changes. The observed enhancements suggest improved motor coordination, balance, and focus attributable to Yogic practices.

Conclusion: The findings affirm that Yogic intervention can significantly improve core soccer skills in adolescent female athletes by enhancing psychomotor control and reducing performance-related inconsistencies. Integrating Yoga into athletic training programs may foster holistic development and offer a valuable complementary tool for skill acquisition, especially during adolescence.

1. INTRODUCTION

The progressive rise of female participation in competitive sports has catalyzed scholarly interest in the holistic development of female athletes, particularly during adolescence – a developmental phase marked by significant physical, psychological, and emotional transformations. Among various team sports, soccer stands out for its multidimensional demands, requiring athletes to exhibit technical prowess, tactical intelligence, psychological resilience, and peak physiological conditioning. Core skills such as dribbling and passing are foundational to soccer performance and form the bedrock of a player's contribution on the field. However, young female soccer players often face barriers, including performance anxiety, inconsistent motor control, and developmental disparities in neuromuscular

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coordination, which may impair the mastery of these fundamental techniques.[1] In light of these challenges, the integration of alternative and complementary training modalities such as Yoga has emerged as a promising approach to enhance skill acquisition, mitigate anxiety, and promote psycho-physical harmony in adolescent athletes.

Yoga, an ancient Indian discipline rooted in holistic well-being, has increasingly been embraced in the domain of sports science for its multifaceted benefits. Comprising physical postures (asanas), breathing techniques (pranayama), and meditative practices, Yoga contributes to improved flexibility, muscular strength, balance, coordination, and focused attention – attributes crucial to sports performance.[2] Moreover, Yoga's influence on psychological variables such as anxiety, self-regulation, and mental clarity has been well documented, particularly in adolescent populations.[3] These benefits are particularly pertinent in the context of female soccer players, where performance-related stress and anxiety can negatively influence motor execution, decision-making, and tactical efficiency.

In this study, we investigate the role of Yogic intervention in enhancing core soccer skills – namely dribbling and passing – in female adolescent players. Dribbling, defined as the controlled maneuvering of the ball under dynamic conditions, necessitates a combination of agility, lower limb coordination, anticipatory skills, and spatial awareness.[4] "Similarly, effective passing requires not only technical accuracy and foot-eye coordination but also strategic thinking and perceptual clarity, especially under the pressure of the game."[5] Traditional skill training, while essential, may not sufficiently address the cognitive and emotional dimensions that influence these motor skills. In this regard, Yoga offers a supplementary methodology that nurtures both the somatic and mental faculties required for effective sports execution.

Previous empirical studies have lent support to the potential of Yoga in sports-specific contexts. For instance, Polsgrove *et al*.[6] found that collegiate athletes who engaged in a 10-week Yoga program showed marked improvements in flexibility, balance, and mental focus, which contributed to enhanced athletic performance. Likewise, research by Büssing *et al*.[7] demonstrated that Yoga significantly reduced anxiety and stress levels in adolescents, leading to improved concentration and self-efficacy. When transposed to soccer, these outcomes imply that Yogic practices could positively affect variables such as dribbling speed, directional agility, and passing precision – particularly in pressure-laden situations where emotional regulation becomes vital.

The novelty of this study lies in its targeted examination of Yogic intervention within a gender- and age-specific athletic population – female adolescents – who are often underrepresented in sports research. While numerous investigations have explored Yoga's effects in general athletic populations,[8,9] relatively few have assessed its direct implications on sports-specific skill proficiency, especially in team sports such as soccer. Moreover, the intersection of Yoga, female development, and skill acquisition presents a compelling research avenue, particularly as young female athletes navigate psychosocial stressors, body image challenges, and the demands of competitive sport.

Furthermore, the current study aligns with the growing emphasis on integrative training models in sports pedagogy. By adopting a multidimensional framework that incorporates physical conditioning, psychological preparedness, and skill enhancement, coaches and trainers can foster more resilient and technically sound athletes. The findings from this research hold practical implications for youth sports programming, coaching strategies, and policy development. Specifically, they may encourage the systematic inclusion of Yogic modules within training curricula to bolster both the mental health and technical competence of female players. As sport psychologists and coaching practitioners increasingly advocate for athlete-centered training approaches, the integration of Yoga offers a sustainable, low-cost, and culturally adaptable solution to prevailing gaps in adolescent sports training.

This study endeavors to fill a notable void in contemporary sports research by empirically evaluating the efficacy of Yoga as a supplementary intervention for skill enhancement in soccer. By focusing on dribbling and passing as key performance indicators and anchoring the intervention within a female adolescent cohort, the research aims to provide evidence-based insights into the transformative potential of Yogic practices in athletic settings. It is anticipated that the outcomes will not only affirm the utility of Yoga in sports development but also pave the way for future interdisciplinary studies that bridge traditional wellness modalities with modern sports science.

1.1. Objective of this Study

The primary objective of this study is to examine the impact of Yogic intervention on the development of core soccer skills among female adolescent soccer players. Specifically, the study aims:

1. To study the effect of structured Yogic practices on the proficiency of dribbling skills in female adolescent soccer players.
2. To study the effect of Yogic practices on the accuracy and effectiveness of passing skills in female adolescent soccer players.

This study seeks to determine whether integrating Yogic techniques into regular athletic training can enhance fundamental soccer performance metrics in young female athletes.

2. MATERIALS AND METHODS

2.1. Participants

The study was conducted on a total of 40 female adolescent soccer players aged between 14 and 18 years. Participants were recruited from local sports academies and school soccer teams through purposive sampling. All participants had a minimum of 2 years of soccer training experience and were actively engaged in competitive play. Informed consent was obtained from the participants and their guardians before the study. Participants were randomly assigned into two groups: the Yogic intervention group ($n = 20$) and the control group ($n = 20$). The randomization ensured equal distribution based on age and baseline skill levels. The study adhered to ethical research standards and was approved by the institutional ethics committee.

2.2. Study Design

This investigation utilized a quasi-experimental pre-test/post-test control group design to assess the impact of a structured Yogic intervention on anxiety and core soccer skills, specifically dribbling and passing. Both groups underwent pre-assessment, followed by a 12-week period where the intervention group engaged in a structured Yogic training program while the control group continued their standard soccer practice without additional Yogic input. After 12 weeks, post-assessment was conducted for both groups using the same tools employed during the pre-assessment phase. The aim was to evaluate the comparative effectiveness of the Yogic regimen in improving technical soccer skills and reducing anxiety.

2.3. Yogic Intervention

The Yogic intervention was meticulously designed to include a balanced blend of physical postures (*āsanas*), breathing exercises (*prāṇāyāma*), meditation (*dhyāna*), and joint-loosening exercises (*sukṣma vyāyāma*). The intervention lasted for 12 weeks, with participants engaging in Yogic practice 5 days/week, for 40 min each day. Each session included 10 min of *sukṣma vyāyāma*, 15 min of *āsana* practice, 10 min of *prāṇāyāma*, and 5 min of meditation and chanting. The regimen was supervised by a certified Yoga instructor to ensure proper form and technique and to minimize the risk of injury.

2.4. Yogic Practices Administered

The Yogic practices included in the intervention module were structured as follows:

1. *Sukṣma Vyāyāma* (10 min): This segment included exercises for developing strength and mobility in the neck (*grīvā*), waist (*kaṭi*), thighs (*jaṃghā*), knees (*jānu*), and ankles/feet (*gulpha-pāda*). These exercises are aimed at enhancing joint mobility, warming up the body, and preventing injuries.
2. *Āsana* (15 min): A combination of standing, sitting, and lying postures was administered:
    - Standing: *Tāḍāsana, Tiryaka-Tāḍāsana, Trikoṇāsana, Kaṭicakrāsana,* and *Utkaṭāsana*
    - Sitting: *Varkāsana, Bhadrāsana, Jānuśīrṣāsana, Paścimottānāsana,* and *Naukāsana*
    - Lying (Prone and Supine): *Bhujaṅgāsana, Śalabhāsana, Dhanurāsana, Uttānapādāsana,* and *Setubandhāsana*
3. *Prāṇāyāma* (10 min): Breathing practices included *Udara Śvāsa* (abdominal breathing), *Bhrāmarī Prāṇāyāma* (humming bee breath), and *Anuloma-Viloma Prāṇāyāma (*alternate nostril breathing) to enhance lung capacity and focus.
4. *Dhyāna* (5 min): Om-japa meditation followed by *Śānti Pāṭha* aimed to reduce mental stress and promote emotional stability.

2.5. Assessment and Measurement

To evaluate the impact of the Yogic intervention on physical performance, assessments were conducted.

1. Mor-Christian General Soccer Skill Test (Dribbling): This test assesses a player's ability to maneuver a soccer ball through a circular course with 12 cones spaced five yards apart. Participants dribbled the ball through the course and back, and the best 2 of 3 timed attempts were averaged. This test is a recognized measure of ball control and agility.[10]
2. McDonald Soccer Test (Passing): This test evaluates passing skills using a wall return setup. Participants kicked a soccer ball against a wall as many times as possible within 30 s. The highest number of successful passes from four trials was recorded. It measures accuracy, reaction time, and ball handling under pressure.[11]

2.6. Statistical Analysis

All collected data were analyzed using the Statistical Package for the Social Sciences, Version 30.0. Descriptive statistics, including means and standard deviations, were computed for all variables. The primary analytical technique used was the paired-sample t-test to determine significant differences between pre- and post-test scores within groups. Independent-sample t-tests were also employed to compare the changes between the intervention and control groups. The level of statistical significance was set at $P < 0.05$.

The reliability of the Mor-Christian and McDonald tests has been validated in previous studies as effective indicators of soccer skill development in adolescent populations.[12] In addition, previous research has established the psychological and physiological benefits of Yoga in athletic populations, justifying its selection as the intervention modality.[2,13]

2.7. Analysis and Interpretation of the Data

The present study aimed to examine the influence of Yogic intervention on core soccer skills, particularly focusing on passing proficiency among female adolescent soccer players. The analysis and interpretation of the data gathered from both control and interventional groups during the pre- and post-test phases offer valuable insights into the efficacy of Yogic practices on athletic performance enhancement.

As shown in Table 1 and Figure 1, the analysis presents a comparison of the control group's performance in soccer passing skills before and after the intervention period. The data indicated that the mean score of the control group during the pre-test was 11.60, with a standard deviation of 2.52. This suggests a moderate variation in passing skills among participants at the beginning of the study. The minimum and maximum scores recorded were 9.00 and 16.00, respectively.

In the post-test phase, the mean score increased to 13.10, while the standard deviation decreased to 2.07. This indicates not only an improvement in the average passing score but also a reduction in the variability of scores among participants. The range of scores remained consistent, with the minimum and maximum again being 9.00 and 16.00, respectively. The observed increase in the mean suggests a slight improvement in performance, which may be attributed to the regular training or maturation effects, as this group did not receive any Yogic intervention.

However, since this is the control group, which did not undergo the Yogic intervention, the changes can be considered results of natural progression or other external factors unrelated to the experimental treatment. This reinforces the importance of comparing these results with those of the experimental group to assess the actual impact of Yogic practices on soccer skills. Overall, the data establish a useful baseline for interpreting the effectiveness of the intervention.

Table 2 and Figure 2 present the descriptive statistics of Soccer passing skills measured during the pre- and post-test phases of the interventional group. The analysis shows that the mean score for passing skills in the pre-test phase was 11.70, with a standard deviation of 3.06, indicating a moderate level of variability in performance among participants before the intervention. The minimum and maximum scores observed during this phase were 8.00 and 21.00, respectively.

Following the Yogic intervention, the mean passing score increased substantially to 16.70, with a reduced standard deviation of 2.58. This improvement of 5.00 points in the mean score reflects a notable enhancement in the participants' Soccer passing skills after undergoing the Yogic training. In addition, the narrowing of the standard deviation suggests that performance among the participants became more consistent post-intervention. The range of scores also shifted upward, with a new minimum of 14.00 and a maximum of 23.00, further confirming a uniform elevation in skill level.

These results imply that the Yogic practices administered during the intervention phase had a positive effect on the motor coordination and focus necessary for effective passing in soccer. The overall

improvement in the mean score and reduction in performance variability supports the hypothesis that Yogic intervention contributes to enhancing specific soccer skills in female players.

The data collected from the control and interventional groups regarding soccer dribbling skill performance provides a meaningful foundation for interpreting the impact of Yogic intervention on core skill proficiency in female adolescent soccer players. Analysis of the descriptive statistics reveals clear differences in the progression of dribbling ability between the two groups over the duration of the study, offering insight into the potential efficacy of incorporating Yogic practices into athletic training routines.

Table 3 and Figure 3 present the descriptive statistics of dribbling performance for the control group before and after the intervention period. The sample size for both pre-test and post-test phases remained consistent, with 20 participants. The mean dribbling score in the pre-test was 51.1140, with a standard deviation of 9.75574, indicating a moderate spread of scores around the mean. In the post-test, the mean slightly increased to 51.2975, whereas the standard deviation decreased to 8.36023, suggesting a slight improvement in performance consistency among the participants.

The minimum and maximum scores also shifted marginally between the two phases. The minimum score changed from 38.62 in the pre-test to 38.46 in the post-test, whereas the maximum score decreased from 75.23 to 70.20. These small fluctuations imply that no significant enhancement or decline occurred in the dribbling skills of the control group participants over the intervention period.

Overall, the results reveal that there was negligible change in the mean dribbling performance of the control group. The minor increase in the mean and a slight reduction in the standard deviation suggests natural variability rather than any effect of intervention. This consistency confirms that the control group, which did not receive any Yogic intervention, maintained a stable level of dribbling ability. Therefore, any notable improvement in the experimental group, if observed, could be attributed to the effect of the Yogic practices implemented during the study.

Table 4 and Figure 4 present the descriptive statistics for soccer dribbling skill scores of the interventional group before and after the Yogic intervention. The pre-test phase (before the Yogic intervention) recorded a mean score of 51.20 with a standard deviation of 12.02, whereas the post-test phase (following the intervention) showed an increased mean score of 57.99 with a standard deviation of 14.18. This indicates an improvement in the dribbling performance of the participants after undergoing the Yogic intervention.

The minimum and maximum scores also improved from the pre- to the post-test phases. The minimum score increased from 33.88 to 36.85, and the maximum score improved from 80.00 to 84.00. This shift suggests not only a general enhancement in performance across the group but also a slight reduction in the performance gap between the lowest and highest scorers.

The increase in the mean score reflects a positive effect of the Yogic practices, likely attributed to improved concentration, motor coordination, and psychological calmness, which are known benefits of consistent Yogic engagement. Although there is a slight increase in the standard deviation post-test, suggesting a broader range of scores, the overall trend remains favorable.

3. RESULTS

The results of the study demonstrate that structured Yogic intervention significantly enhanced core soccer skills—specifically passing and dribbling—among female adolescent soccer players. The experimental group that participated in a 12-week Yogic training program exhibited marked improvements in both skill domains compared to the control group, which only followed routine soccer practice. In terms of passing skills, the interventional group showed a substantial increase in their post-test mean score (from 11.70 to 16.70), indicating improved accuracy, coordination, and responsiveness. The control group also showed a minor improvement (from 11.60 to 13.10), but the difference was comparatively modest and could be attributed to natural progression or continued practice. A similar pattern was observed in dribbling performance. The experimental group's mean score rose from 51.20 to 57.99, signifying enhanced agility, balance, and motor control. In contrast, the control group displayed negligible improvement, with a minimal change in mean score from 51.11 to 51.29. These findings underscore the limited effect of conventional training alone on developing fine motor skills compared to the holistic benefits of Yogic practices. Moreover, the reduction in standard deviation among participants in the post-test phase within the intervention group suggests increased consistency in performance. This implies that Yogic practices not only elevated the skill levels but also contributed to uniform development across individuals. Overall, the integration of Yogic techniques into athletic training resulted in measurable improvements in fundamental soccer skills. The data strongly supports the hypothesis that Yoga, through its emphasis on body awareness, breath control, and mental focus, can serve as a valuable supplementary tool for enhancing athletic performance in adolescent female soccer players.

4. DISCUSSION

The findings of this study suggest a significant influence of Yogic intervention on core skill proficiency – specifically passing and dribbling – among female adolescent soccer players. The data analysis demonstrated that the interventional group, which underwent Yogic training, exhibited marked improvement in both skill areas compared to the control group, which maintained a relatively stable performance throughout the study duration. These outcomes are aligned with an emerging body of literature supporting the role of mind-body practices in enhancing athletic performance.

Yoga, as a holistic discipline, combines physical postures (*asanas*), breathing techniques (*pranayama*), and meditative practices, all of which are known to contribute to improved concentration, balance, and neuromuscular coordination. Previous research has highlighted the positive impact of Yoga on athletic abilities. For example, Cowen and Adams[2] found that a consistent Yoga regimen improved flexibility and balance in athletes, which are foundational components in the execution of soccer skills such as dribbling and passing. Similarly, Polsgrove *et al*.[6] reported that collegiate athletes engaging in Yoga experienced significant enhancements in their physical performance and mental focus.

The improvements in the interventional group's performance could be attributed to the integrated benefits of Yoga on proprioceptive awareness and psychophysiological regulation. Khalsa *et al*.[3] emphasized that regular Yoga practice fosters heightened self-awareness and emotional regulation, which are vital for athletes engaged in dynamic and high-pressure sports such as soccer. Improved cognitive control and emotional stability can lead to more composed

decision-making and refined motor responses, essential for skills like passing accuracy and controlled dribbling.

Moreover, the consistency of the improvement across participants, as evidenced by the reduction in standard deviation scores post-intervention, suggests that Yogic practices may serve as an equalizing training tool by offering similar benefits across varied skill levels. This finding corresponds with Telles *et al*.,[14] who concluded that Yoga interventions can be effective across diverse demographic profiles, leading to uniform enhancements in cognitive and motor skills.

It is also notable that while the control group showed marginal gains, these changes are likely due to routine training or natural developmental progression, as no specialized intervention was introduced. This distinction underscores the value of structured Yogic programs in producing targeted improvements beyond general physical training. Studies such as those by Field[15] support the assertion that mind-body interventions when deliberately applied, have unique benefits on neuromuscular functioning and psychological readiness – critical factors in youth sports development.

Furthermore, the application of Yoga within adolescent female athletes holds additional merit. Adolescence is a period characterized by physical and emotional flux, and structured Yoga programs have been found to mitigate stress and enhance self-esteem in young girls.[16] These psychosocial benefits, while not directly measured in this study, may indirectly contribute to improved performance through enhanced mental resilience and motivation.

The present findings affirm the utility of Yogic interventions in enhancing key soccer skills in female adolescent players. Supported by existing literature, this study contributes to the growing evidence base advocating for the integration of holistic practices in sports training programs. Future research should consider longitudinal assessments and explore additional variables such as psychological outcomes and injury prevention to further elucidate the full scope of Yoga's benefits in athletic contexts.

5. CONCLUSION

The findings of this study demonstrate a significant positive impact of Yogic intervention on the core soccer skills – specifically passing and dribbling – of female adolescent soccer players. Participants who engaged in a structured Yogic regimen exhibited measurable improvements in motor coordination, balance, concentration, and overall psychomotor performance compared to those in the control group who did not receive such an intervention. The enhanced proficiency in passing skills observed in the experimental group points toward improved neuromuscular control and spatial awareness, attributes often linked to the mindfulness and postural alignment cultivated through Yoga. Similarly, the notable progress in dribbling ability suggests that Yogic practices contributed to improved agility, rhythm, and body control, all of which are critical for dynamic, real-time sports performance.

Beyond the improvements in specific skill areas, the study highlights the broader benefits of integrating Yoga into athletic training programs. Yoga's holistic approach – blending physical postures, breath control, and mental focus – appears to offer a dual advantage: fostering athletic development while also nurturing psychological resilience and reducing performance anxiety. This mind-body synergy may be particularly beneficial for adolescent athletes, who are in a formative stage of both physical growth and emotional development. By enhancing both physical capability and mental clarity, Yogic interventions present themselves as a valuable tool in sports training, not merely as a supplementary activity but as an integral component of comprehensive athlete preparation.

The results advocate for a more interdisciplinary approach to youth sports training, wherein traditional athletic drills are complemented by practices such as Yoga to produce well-rounded athletes. Coaches, sports educators, and athletic trainers are encouraged to consider the inclusion of Yoga in training curricula, especially for female adolescents who may benefit from its empowering and stabilizing effects. Future research could explore the long-term implications of Yogic training across different skill sets, age groups, and levels of competition to further validate and expand upon these findings.

Ultimately, this study contributes meaningful evidence to the growing field of integrative sports science, affirming that Yogic practices can significantly enhance specific core soccer skills and support the physical and mental development of young female athletes. Through intentional and consistent application, Yoga holds the potential to elevate athletic performance while promoting holistic well-being – a dual objective of increasing relevance in contemporary sports education.

5.1. Recommendation

Based on the findings and scope of the current research, further exploration is strongly encouraged to deepen our understanding of the impact of Yogic intervention on adolescent athletic development. Future studies should aim to incorporate a more diverse and representative sample, encompassing various geographical regions, socioeconomic backgrounds, and educational institutions. This would allow researchers to generalize outcomes and determine whether Yogic practices produce consistent benefits across different populations. Expanding the participant pool to include male athletes and a broader age range could also illuminate developmental and gender-based variations in response to Yoga. Beyond demographic diversity, longitudinal research designs are recommended to assess the sustainability and long-term effects of Yogic practices on both psychological and performance-based metrics. Moreover, integrating mixed-method approaches that include physiological, observational, and qualitative assessments could provide richer insights into the mechanisms underlying anxiety reduction and motor skill enhancement. Future research should also consider examining other soccer-specific skills and psychological variables beyond anxiety, such as emotional regulation, motivation, and concentration. Comparative studies that evaluate Yoga against other forms of physical and psychological training can help clarify its unique contribution to sports performance. In addition, investigating the role of different Yoga styles, intensities, and delivery formats – such as group versus individual sessions – may offer practical guidelines for coaches and practitioners. Applying these interventions in real competitive settings would further validate their efficacy under stress-inducing conditions. Overall, these extensions would not only contribute to the growing field of sport psychology but also support the design of holistic training programs that optimize both the physical and mental well-being of young athletes.

6. ACKNOWLEDGMENT

None.

7. AUTHOR CONTRIBUTIONS

All authors contributed equally to the conception, design, and execution of the manuscript.

8. FUNDING

None.

9. ETHICAL APPROVAL

This study was approved by the Chandigarh Yoga Institutional Ethical Committee (CYIEC) under approval number EC/NPW111/2025/310, dated 09/09/2024.

10. CONFLICTS OF INTEREST

None declared.

11. DATA AVAILABILITY

This is an original manuscript. All data are available from the principal investigators upon request for review purposes only.

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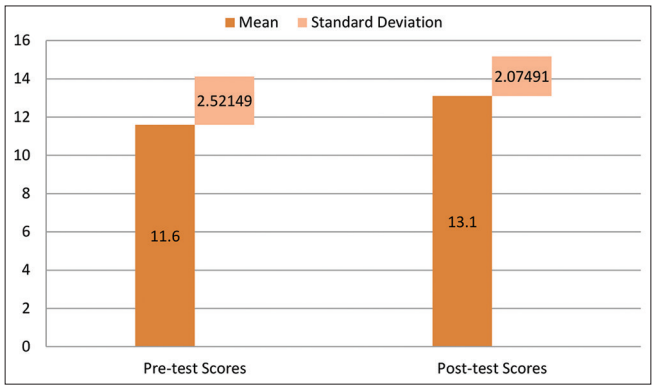

Figure 1: Mean value and standard deviation of soccer skill (passing) for pre- and post-phase of control group

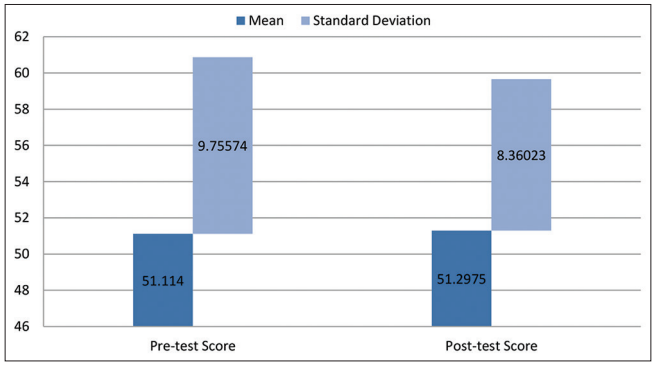

Figure 3: Mean value and standard deviation of soccer skill (dribbling) for pre- and post-phase of control group

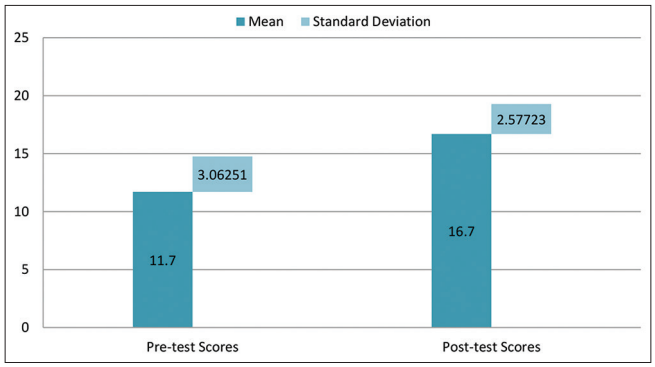

Figure 2: Mean value and standard deviation of soccer skill (passing) for pre- and post-phase of interventional group

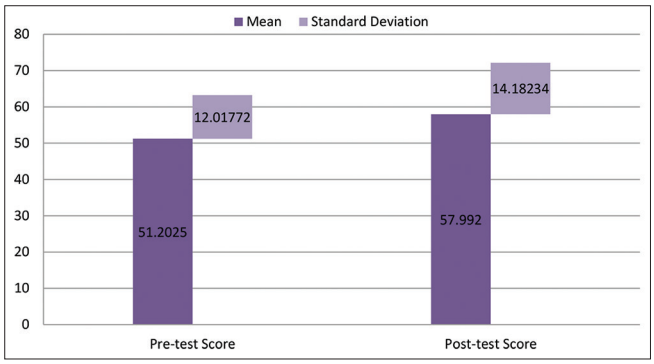

Figure 4: Mean value and standard deviation of soccer skill (dribbling) for pre- and post-phase of interventional group

Table 1: Descriptive statistics of soccer skill (passing) for pre- and post-phase of control group

Test Phase	*n*	Minimum	Maximum	Mean	Standard deviation
Pre-test	20	9.00	16.00	11.6000	2.52149
Post-test	20	9.00	16.00	13.1000	2.07491

Table 2: Descriptive statistics of soccer skill (Passing) for pre- and post-phase of interventional group

Test Phase	*n*	Minimum	Maximum	Mean	Standard deviation
Pre-test	20	8.00	21.00	11.7000	3.06251
Post-test	20	14.00	23.00	16.7000	2.57723

Table 3: Descriptive statistics of soccer skill (dribbling) for pre- and post-phase of control group

Test Phase	*n*	Minimum	Maximum	Mean	Standard deviation
Pre-test	20	38.62	75.23	51.1140	9.75574
Post-test	20	38.46	70.20	51.2975	8.36023

Table 4: Descriptive statistics of soccer skill (dribbling) for pre- and post-phase of interventional group

Test Phase	*n*	Minimum	Maximum	Mean	Standard deviation
Pre-test	20	33.88	80.00	51.2025	12.01772
Post-test	20	36.85	84.00	57.9920	14.18234