



<b>Independent Study Title</b>	The Breathing Training in Yoga Style for The Accuracy in Free –Throw Shooting in Basketball
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### ABSTRACT

This independent study aimed to investigate the effect of the breathing training in Yoga style for the accuracy in free –throw shooting by basketball female players. 36 female subjects from Dara school Chiangmai with the ages of 12-16 years were divided equally into 2 groups, the control and the Yoga groups. The Yoga group received breathing training in addition to regular training program during 4 consecutive weeks.

The average free throw score before the free – throw score before breathing training in Yoga style was 5.23 and the one after training in yoga style was 7.22 which was not different. The result showed that after 4 week breathing training in Yoga style, the Yoga group increased in the shooting scores.

In summary, the breathing training in Yoga style had a tendency in increasing the accuracy in free-throw shooting. Additional accuracy in shooting tests should be added for more reliability.