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Effect of different training modalities on skill performance variables among male kabaddi players

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Abstract

The purpose of the study was to find out the effect of different training modalities on skill performance variables among male Kabaddi players. To achieve the purpose, 45 male Kabaddi players selected from RVS College of Engineering and Technology, Kannampalayam, Coimbatore District, Tamil Nadu, were selected randomly as subject for this study. Further the selected 45 male Kabaddi players underwent different training modalities for 6 weeks (5 days per week). Group I acted as experimental group, group II acted as experimental group II and group III acted as control group. The subjects were randomly divided into three groups and each group consists of fifteen subjects. Group I underwent strength training, Group II underwent on court drills, Group III as control group for a period of six weeks. The investigator selected skill performance variables namely such as hand touch and holding for this study. Pre test post test random group design was followed in this study. The randomly selected subject of 45 Kabaddi players were randomly divided in three groups consisting of fifteen Kabaddi players in each group. The initial scores before the commencement of the experiment was assessed for all the 45 subjects on skill performance variables. The subjects underwent the respective experimental treatment for 6 weeks. After the experimental period of 6 weeks, post test scores on skill performances were measured. The data obtained from initial and final scores were statistically analyzed for test of significance using Analysis of Covariance (ANCOVA). In all cases the significance level fixed was 0.05 level, which was considered as appropriate. The results of the study show that selected skill performance variables hand touching and holding was significantly altered by different training modalities among male Kabaddi players.

Keywords: Different Training, Skill Performance, Kabaddi Players

Introduction

The nature of the sport requires players to operate at an optimum level in multiple area such as endurance, speed, power, flexibility and agility. So they have to focuses on functional movement strengthening the core is the major objective. Since kabaddi is extremely physical sports, strengthening the core is crucial. The players have to be alert constantly and run and jump and change the direction quickly. So the game need more of workouts and also need strength to overcome defender. Further experts insisted of in Kabaddi game, namely, ready, reading, reacting, responding and recovering.

Thus the game of Kabaddi warrants high level of physical fitness. To improve the physical fitness and overall fitness level, a player aspires involves himself in different exercise 'on court' as well as 'off court'. In this study, the investigator was interested it find out the different training namely such as effect of strengthening exercise and 'on court drills' on selected performance variables. The variables selected for this study were, skill performance in Kabaddi was measured subjectively by experts to determine the performance in Kabaddi.

Kabaddi drills are an important part in skill acquisition and perfection in Kabaddi they are used by professional Kabaddi coaches at every Kabaddi academy and every Kabaddi camp around the world. They are an invaluable supplementary asset in player development, from peewee Kabaddi players to high level, advanced players. Drills can be used by two players or for large numbers of players (beginners or kids) in a group coaching situation.

Strength training have to designed according to the specific and relative components of speed, agility, aerobic endurance, anaerobic power, strength, flexibility, stability and also to periodised programme. To train the large muscle group core training is also vital. It also must

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address to the phosphogen system, aerobic system anaerobic glycogen system and mixed energy system. Considering these factors the training programme was designed for the present study to find out the impact on skill performance variable of male kabaddi players. To keep the player with fitness and stamina the drill training plays a major role. The drills are designed according the players level and to their need.

Strength training is the use of resistance of muscular contraction to build the strength, anaerobic endurance and size of skeletal muscles. There are many different methods of strength, the most common being the use of gravity or elastic/hydraulic forces to oppose muscle contraction.

Methodology

To achieve the purpose two different training modalities on

skill performance variables among male Kabaddi players was given 45 male Kabaddi players from RVS College of Engineering and Technology, Kannampalayam, Coimbatore District, Tamil Nadu, were selected randomly as subject for this study. Their age of the subjects were ranged from 18 to 24 years. The selected 45 subject underwent the Different training for the 12 weeks. Before conduction strength training and court drill training. Their then the selected skill variables were assessed by means of Subjective Ratings. Then the selected subjects were under went strength Training and court drill training for 12 weeks. Immediately after the 6 weeks of strength training court drill training, post-test were assessed on the selected skill variables by Subjective ratings. Assessment of skill variables by Subjective Rating were done by two state level qualified coaches and one State level umpire in Kabaddi.

Table 1: Computation of analysis of covariance of different training on hand touching and holding among experimental and control groups

Test	Different Training		Control	Source of Variance	Sum of Squares	DF	Mean Squares	Obtained F ratio	
	Strength Training	Court Drills Training							
Hand Touching	Pre-Test	13.73	15.33	29.86	Between	2370.31	2	1185.1	1.59
					Within	31247	42	743.97	
	Post test	21.4	19.20	19.66	Between	40.31	2	20.15	8.52*
					Within	99.33	42	2.36	
	Adjusted pre and post test	21.48	19.26	19.52	Between	43.54	2	21.77	9.59*
					Within	93.08	41	2.27	
Holding	Pre-Test	15.26	15.2	19.26	Between	8.13	2	4.06	2.00
					Within	85.06	42	2.02	
	Post-test	18.33	18.33	19.53	Between	14.4	2	7.2	5.55*
					Within	54.4	42	1.29	
	Adjusted pre and post test	18.31	18.31	19.57	Between	14.14	2	7.21	5.47*
					Within	54.05	41	1.31	

Table at 0.05 level of confidence for 2 and 42 (df) = 3.22,2 and 41(df) = 3.23 *significant

The table 1, shows the obtained F value on the scores of pre test means 1.59, 2.00 which was lesser than the required table value of 3.22 hence, it was insignificant at 0.05 level. The obtained F value on post test means was 8.52, 5.55 which was greater than the required table of 3.22 and it was significant at 0.05 level. Taking into consideration of the pre test means and post test means adjusted post test means were determined and analysis of covariance was done and the obtained F value 9.59, 5.47 was greater than the required table value of 3.23 and hence it was significant differences among the treated groups.

Discussion on the Findings

The results presented in tables 1 proved that there was significant improvement in selected skill performance variables such as in Kabaddi, namely, hand touching and Holding among Kabaddi players, as the obtained F values on adjusted means wee 9.59, and 5.47 were greater than the required table value of 3.22 to be significant at 0.05 level.

Conclusion

1. It was concluded that selected skill performance Hand Touching was significantly altered by different training modalities among male Kabaddi players.
2. It was concluded that selected that selected skill performance, such as Holding was significantly altered by different training modalities among male Kabaddi players

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