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Defensive skills factors predominant towards the success of teams in pro Kabaddi season-seven

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Abstract
The purpose of the study was to determine the Analysis of defensive skills factors predominant towards the success of team in Pro Kabaddi season seven. The teams were selected from Pro Kabaddi season-seven. Twelve city teams play the game at home and away basis selecting players from twelve countries. Each team played on double league 22 matches. Based on the league points first six teams qualify for playoffs. The playoffs, semifinals and final matches are played on knock out basis. It is played in the month of July to September. The pro Kabaddi league season- seven tournaments were taken into consideration for the present study. The winner, runner, third place and fourth place teams were selected for the study as independent variables. It includes the winner Bengal Warriors, runner Dabang Delhi, third place U Mumbai and fourth place Bengaluru Bulls. The dependent variables selected for the study ten variables. It comprised of ten variables namely successful anti with ankle holds, unsuccessful anti with ankle holds, successful anti with chain hold, unsuccessful anti with chain hold, successful anti with blocking, unsuccessful anti with blocking, successful anti with thigh hold, unsuccessful anti with thigh hold, successful anti with waist hold, unsuccessful anti with waist hold. Recorded video tapes were used to analyze the variables. Three expert coaches along with the investigator sat in front of the television and analyzed the variables one by one by using hand coded sheet with slow motion replay whenever necessary. Data were collected for defensive skill for ankle hold, chain hold, blocking, thigh hold and waist hold Similar procedures were used for all the 137 matches in order to collect data. The data collected from the 137 matches were analyzed by using Chi-Square analysis technique to assess the team performance in the pro Kabaddi league season seven tournaments. The level of significance was fixed at 0.05 level of confidence. The result indicates that defensive overview reveals that the selected variables such as higher number successful anti with ankle hold, chain hold, blocking, thigh hold and waist hold and less number unsuccessful anti with ankle hold, chain hold, blocking, thigh hold and waist hold team success.

Keywords: Successful anti, unsuccessful anti, ankle hold, chain hold, blocking, thigh hold and waist hold, inter cities, Pro Kabaddi

Introduction
Kabaddi is an indigenous game of India. There fore, Indian player are played better hand others country. In Asian games India got gold medal from very first and India was unbitten by any country. But in pro-Kabaddi Indian and foreign player are played together in a team and 25 players and featured in a squad. Since its inception in 2014, the Pro Kabaddi League has essay edits role as a feeder for Indian Kabaddi and has laid out a plat form for some of the best talent all across the country to show case their talent and even carve out a career fort hem. A game that finds its root sin the wide domain of India's history, Kabaddi as a sport has certainly been rekindled with the institutionalizing of the PKL, which currently its in second place in the standings of India's most watched sports league, behind the Indian Premier League.

Match analysis processes are currently facing major evolution and developments and apparently the new technologies are providing to the analysis huge amounts of raw data, which need further filtering, processing and interpretation. Presenting the outcome of these processes in a convenient fashion, in order to be understood at various levels, is a crucial part of this methodology. This finding accordance with the Darst, (1989) [4]; Madella, (2007) [9]; Ruscello (2008) [11].

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Performance analysis is firmly positioned as an integral part of the coaching process (Groom *et al*., 2011) [6], and there has beena significant in crease in the volume of performance analysis research (Lago, 2009) [8]. The application of video and computer technology in sport and the implementation of video review sessions into weekly training programmes (Guadagnoli *et al*., 2002) [7], hassled to the belief that performance analysis snow widely accepted among coaches, athletes, and sport scientists as a valuable input into the feedback process (Drust, 2010,). For example, video analysis software has been used with a multitude of purposes in both individual and team based sports (Di Salvo *et al*., 2009).

Methodology
The purpose of the study was to determine the Analysis of defensive factors predominant towards the success of team in pro Kabaddi leagues season seven. The teams were selected from pro Kabaddi leagues season- seven. It is one of the best tournaments for indigenous sports of Kabaddi. It attracted a large number of people and thereby reached a new level of professionalism. Twelve city team's they are Gujarat Fortunegiants, U Mumbai, Dabang Delhi, Puneri Paltan, Jaipur Pink Panthers and Haryana Steelers, Bengaluru Bulls, Bengal Warriors, UP Yoddhas, Patna Pirates, Telugu Titans and Tamil Thalaivas play game at home and away basis selecting players from twelve countries.

The investigator referred various literatures, consulted with experts in the field of Kabaddi to identify ideal variables. Twelve teams participated in the pro Kabaddi leagues season-seven tournament. Each teams played 22 matches with other teams. Based on the league points first six teams were selected. Then these teams played playoffs, semifinals and final matches knock out basis. The zonal format has been done away with the play offs the top six team from the league overall based on their points which has already made the battle for qualification tougher than ever. The top two teams will now automatically make the semifinals, while the remaining four team battle it out in eliminators.Eliminators-1 round league rank-3 vs league rank- 6. Eliminators-2 round league rank-4 vs league rank- 5.Semifinal-1 league rank-1 vs Winner of eliminators-1.Semifinal-2 league rank-2 vs Winner of eliminators-2.Final match winner of semifinal-1 vs winner of semifinal-2. The winner, runner, third and fourth place teams were selected for the study as independent variables. It includes winner Bengal Warriors, runner Dabang Delhi, third place U Mumbai and fourth place Bengaluru Bulls. The dependent variables selected for the study ten variables. It comprised of ten variables namely successful anti with ankle holds, unsuccessful anti with ankle holds, successful anti with chain hold, unsuccessful anti with chain hold, successful anti with blocking, unsuccessful anti with blocking, successful anti with thigh hold, unsuccessful anti with thigh hold, successful anti with waist hold, unsuccessful anti with waist hold.

Data were collected from the six teams which secured position in the pro Kabaddi league season seven matches in the month and year July to September 2019. All the each team 26 matches include 22 double league matches, playoffs, semifinals and final matches were recorded by the organizing committee. It was collected from them by the investigator for analysis. Recorded video tapes were used to analyze the variables. Three expert coaches along with the investigator sat in front of the television and analyzed the variables one by one by using hand coded sheet with slow motion replay whenever necessary. Data were collected for defensive skills overview. Similar procedures were used for all the 137 matches in order to collect data. The data collected from the 137 matches were analyzed by using Chi-Square analysis technique to assess the team performance in the pro Kabaddi league season – seven tournaments. The level of significance was fixed at 0.05 level of confidence.

Result of study

Table 1: Chi - square analysis on successful anti and unsuccessful anti of defensive skills in the matches of pro Kabaddi season seven tournament

Teams		Bengal Warriors	Dabang Delhi	U Mumbai	Bengaluru Bulls	Chi-square
Successful anti with ankle hold	Scores	34	42	23	22	9.01*
	%	28.09	34.71	19.00	18.18	
Unsuccessful anti with ankle hold	Scores	35	32	41	43	2.08
	%	23.17	21.19	27.15	28.47	
Successful anti with chain hold	Scores	36	34	20	19	8.90*
	%	33.02	31.19	18.34	17.43	
Unsuccessful anti with chain hold	Scores	33	36	40	42	1.29
	%	21.85	23.84	26.49	27.81	
Successful anti with blocking	Scores	49	47	31	29	8.41*
	%	31.41	30.12	19.87	18.58	
Unsuccessful anti with blocking	Scores	23	28	35	31	2.62
	%	19.65	23.93	29.91	26.49	
Successful anti with thigh hold	Scores	14	18	25	20	3.25
	%	18.18	23.37	32.46	25.97	
Unsuccessful anti with thigh hold	Scores	36	33	27	31	1.34
	%	28.34	25.98	21.25	24.40	
Successful anti with waist hold	Scores	16	11	17	9	3.37
	%	30.18	20.75	32.07	16.98	
Unsuccessful anti with waist hold	Scores	21	30	20	32	4.37
	%	20.38	29.12	19.41	31.06	

*Significant at 0.05 level. Table value required for df 3, at 0.05 = 7.82

Shows that the total number of successful anti with ankle hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 34, 42, 23 and 22 respectively. It has resulted with a Chi square of 9.01. The total number of successful anti with chain hold secured by the winner team

Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 36, 34, 20 and 19 respectively. It has resulted with a Chi square of 8.90. The total number of successful anti with blocking secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 49, 47, 31 and 29 respectively. It has resulted with a Chisquare of 8.22 and it was found to be statistically significant at .05 levels, since the table value required for significance for df 3 at .05 levels was 8.41.

Shows that the total number of successful anti with thigh hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 14, 18, 25 and 20 respectively. It has resulted with a Chi square of 3.25. The total number of successful anti with waist hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 16, 11, 17 and 9 respectively. It has resulted with a Chi square of 3.37 and it was found to be statistically no significant at .05 levels, since the table value required for significance for df3 at .05 levels was 7.82.

The total number of unsuccessful anti with ankle hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 35, 32, 41 and 43 respectively. It has resulted with a Chi square of 2.08. The total number of unsuccessful anti with chain hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 24, 30, 35 and 38 respectively. It has resulted with a Chi square of 3.55. The total number of unsuccessful anti with blocking secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 23, 28, 31 and 35 respectively. It has resulted with a Chi square of 2.62. The total number of unsuccessful anti with thigh hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 36, 33, 27 and 31 respectively. It has resulted with a Chi square of 1.34. The total number of unsuccessful anti with waist hold secured by the winner team Bengal Warriors, runner up team Dabang Delhi, third place team U Mumbai and fourth place team Bengaluru Bullswere 21, 30, 20 and 32 respectively. It has resulted with a Chi square of 4.37 and it was found to be statistically no significant at .05 levels, since the table value required for significance for 3 at .05 levels was 7.82.

Discussion of study

Kabaddi is a game of offense, defense and also tactics and technique. In Kabaddi attack is also known as raid and the attacker is called as the raider. In this game the singularity of attack is an individual effort where as defense is a combined effort. Defensive overview refers to defending skills in which all the defenders try to hold the attacker and prevent him from touching the centre line. Among the three significant variables of defensive overview, the winner team Patna Pirates was the best than the other three teams in two variables namely chain hold and blocking and also secured second best in ankle hold than the other three teams. In ankle hold the runner team Dabang Delhi excelled the winner team Bengal Warriors. The main task of each anti is to avoid a touch by the raider and at the same time, attempt to catch the raider to score point. A successful catch is that in which the raider is caught and prevented from reaching his home court with cant. Another unique feature of this game is that the defense is also given an opportunity to score point. Along with good attacking skills, the team has to have a well-knit defense system to gain over the opponents. Defense is of paramount importance of the team, since every unsuccessful attempt at catching the raider may result in the loss of more than one point for the defense and there is every likely hood of the main raiders remaining in the sitting block awaiting revival while precious time is lost. Since defense is a team effort even a single anti who is touched by the raider, and is declared out will have serious repercussions on the defense.

Successful and unsuccessful anti with chain hold and blocking analysis has revealed that the champion team Bengal Warriors recorded more percentage in successful chain hold and blocking and less percentage in unsuccessful chain hold and blocking than the other three teams. It shows the better skill level, teamwork and team combination of players of the Bengal Warriors. Due to more successful chain hold and blocking they retained more possession of the players score and dominated the defense game through the tournament.

Analysis of ankle hold has revealed that the runner-up team Dabang Delhi recorded the highest percentage than others three teams was statistically significant. The team managed the defense with a good control over the game by applying ankle hold effectively but still they could not win the tournament against Bengal Warriors only because the winning team had effective offensive skills of hand touch and chain escape and also effective defensive strength in chain hold and blocking.

Analysis of thigh hold has revealed that the third place team U Mumbai recorded more percentage of successful thigh hold and less percentage of unsuccessful thigh hold than the other three teams although it was not statistically significant. Analysis of waist hold has revealed that the fourth place team Bengaluru Bulls recorded more percentage of successful waist hold and less percentage of unsuccessful waist hold than the other three teams it was not statistically significant.

It has been recorded by the finding of Suresh Kumar (2015) [13] conducted a study in Kabaddi using south zone inter university Kabaddi players as subjects. The data were collected from six matches and were analysed by using Chi square analysis. The result indicated that defensive overview were closely associated with team success. Suzuki& Nishijima, (2004) [14] have conducted the present study, unsuccessful teams were worse than successful teams in all the defensive performance variables analyzed. Thus, in addition to variables related to offensive performance, success in the last World Cup was also related to team's defensive performance. Vaz et al. (2010) [15] have concluded that a kicking based game supported by an offensive defensive structure is more likely to win matches than a possession based one. Gomez et al. (2008) [5] has proved that winning team differed from losing team in defensive rebounds and in assists. Angel Gomez et al. (2008) [5] have proved that two variables namely defensive rebounds and assists discriminated between winning and losing teams out of which defensive rebound is the prime variable that contributed for success. Saavedra et al. (2014) [12] have found 7 offensive variables and 7 defensive variables and total of 14 variables which differentiated the winners from losers in close games. They also found that 16 variables contributed for unbalanced matches and 11 variables contributed for very unbalanced matches. They concluded that two variables namely shots and

goal keeper blocked shots are two important prime variable that determinate winning and losing. Miguel Angel Gomez (2008) [2], have proved that discriminatory power of game-related statistics allowed us to understand that winning balanced games was the result of more success in defensive rebounds. Winning teams had a higher tactical team discipline and responsibility in controlling defensive position and in ball control for getting an open field-goal opportunity. Thus, these results indicate that the common aspect of the successful teams is their cooperation on both defense and offence. There fore, in men's basketball, it is necessary to increase the technical and tactical aspects of the field-goals process in training, as well as the defensive aspect of the rebounds and steals. The authors of this study suggested that this difference might beat tri but able to a higher level of the opponents with more developed defensive systems able to deny early scoring opportunities in international tournaments. More over, the fast break action requires a high level of physical fitness [Conte *et al.*, 2017] [3]. Alberto Lorenzo, *et al.* (2010) [1], have results allowed understanding that these player's specific characteristics result in a different game-related statistical profile and helped to point out the importance of the perceptive and decision making process in practice and in competition.

Conclusion

The result of the study was that there would be a significant functional association between the team's success and the factors related to tactical overview, defensive overview and offensive overview. The results of the study indicated that three variables of offensive overview, three variables of defensive overview and two variables in tactical overview showed functional association between team success and failure. However, all the remaining variables did not contribute for the team success. Hence the investigators hypothesis was partially held true for the above mentioned hypothesis.

The results of the study has shown that the successful anti with ankle hold, successful anti with chain hold and successful anti with blocking showed significant difference among the top four teams. Hence the investigator hypothesis was held true for these three variables. The result also have shown that the unsuccessful anti with ankle hold, unsuccessful anti with chain hold, unsuccessful anti with blocking, successful anti with thigh hold, unsuccessful anti with thigh hold, successful anti with waist hold and unsuccessful anti with waist hold did not have significant difference, so the null hypothesis was true for these variables. Hence the investigators hypothesis was partially held true for the above mentioned three variables.

An analysis of defensive overview reveals that the selected variables such as higher number of successful and less numbers of unsuccessful chain hold, ankle hold and blocking are having significant association with team success. In defensive analysis, successful thigh hold and unsuccessful thigh hold do not have significant association with team success.

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