

EFFECT OF TRAINING PROGRAMME ON KABADDI PLAYER PHYSICAL FITNESS AND PERFORMANCE


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The aim of study was to test the significant difference between effect on the improvement of physical fitness and skills acquisition variables total performance due to the training programme exercises for (10 to 12 years girls) Kabaddi player. A total sample size of N=30 data was compare with the test norms data clearly shows that obtained experimental group mean was 72.58 with standard deviation of 6.07 and F value 27.96 was significant at 0.05 levels as the table value 2.65 is less than the calculated F value with the degrees of freedom 3 and 116. As p-value<0.05 {1.71} the difference between effect was significant. The present study provides useful information to the coaches to develop their players achieving success at elite level of competitions to the best possible performance in field Kabaddi.

Keywords: Kabaddi Players, Physical fitness and Performance

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Introduction: Kabaddi is a popular contact sport in Southern Asia that first originated in Ancient India. It is played across the country and is the official game in the states of Punjab, Tamil Nadu, Bihar, Telangana and Maharashtra. Outside of India it is a popular activity in Iran, is the national game of Bangladesh and is also one of the national sports of Nepal where it is taught in all state schools. Kabaddi is also popular in other parts of the world where there are Indian and Pakistani communities such as in the United Kingdom where the sport is governed by the England Kabaddi Federation UK. That's way the modem Kabaddi demands that each player of the team be able to play in all positions. Kabaddi game requires high level of specific strength, speed, agility, flexibility, skill efficiency, accuracy, and perception.

Review of Related Literature:

01. **Suresh Kumar (2011):** Examined the impact of sport vision training for enhancing selected visual skills and performance factors of novice Hockey players. To achieve the purpose of the study 30 novice Hockey players, age ranged between 17 and 22 years were selected. They were divided into experimental and control group randomly. The experimental group alone underwent the sports vision training programme for six weeks while the control group.

Methodology: The experimental method was used for this study to test the sample performance. Subjects were added into one group; one was experimental. This research was based on Time series design. During the training program researcher has taken four tests. Implementation of every training phase researcher has taken test of the experimental group.

Tools and Means: The specific fitness battery was used as tools for present experimental study. This tests battery are already standardize and available.

Results:

Descriptive Statistics of different training programme phases on the improvement of Kabaddi player performance of Physical fitness test

Experimental Group Kabaddi Players {EG-GKP} N=30					95% Confidence Interval for Mean		Mini	Maxi
Phase	No. of Sample	Mean	Std. Dev.	Std. Error	Lower Bound	Upper Bound	Mum	Mum
I	30	40.90	5.31	1.06	39.51	40.68	38.5	42.25
II	30	56.01	5.53	1.10	55.51	56.53	53.00	58.51
III	30	79.51	6.24	1.12	78.93	80.10	76.00	82.00
IV	30	114.60	7.19	1.14	114.03	115.18	112.0	117.25
Total	30	72.58	6.07	4.42	71.99	73.08	69.88	75.00

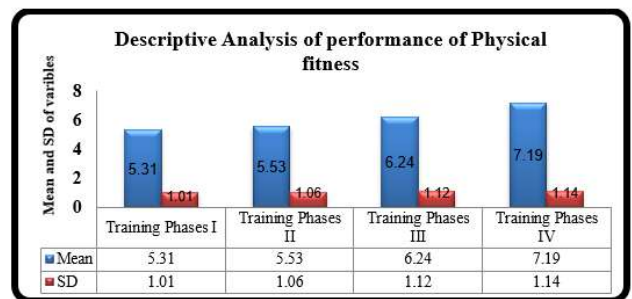
Analysis of variance repeated measures statistics of different training programme phases on the improvement of Kabaddi player performance of Physical fitness test

ANOVA	Sum of Squares	Mean Square	Df	F	Sig.
Between Groups	1428.10	2040.37	3	F(2.65)=	1.71
Within Groups	169.28	4.56	116	27.96,	
Total	1597.38		119	p>0.05	

Tables I and II are shows that there were 30 subjects in experimental group. Experimental group mean was **72.58** with standard deviation of **6.07**. Data clearly shows that obtained **F ratio 27.96** was significant at 0.05 levels as the **table value 2.65** is less than the calculated T ratios with value the **degrees of freedom 3 and 116**. As p-value<0.05 **1.71** the difference between effect was significant on the improvement of **performance of Physical fitness**. After Testing of Hypothesis the Null hypothesis (**H₀**) was rejected and Research Hypothesis (**H₁**) was accepted.

GRAPH-I

Graph of Descriptive Analysis of different training programme phases on the improvement of Kabaddi player performance of Physical fitness test



Graphical representation of different training programme phases mean and SD which shows on the improvement was found between four different training phases mean and SD of Kabaddi player performance of Physical fitness.

Conclusion: The research was concluding present study to develop multi playing abilities of kabaddi players due to specific training program. One of the means and methods to achieve this is a scientific training through literatures. Development of total performance of novice Kabaddi players in competition was achieved through a training process to induce automation of motor-skills. The dynamics of training involves the

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