

A

Minor Research Proposal

on

“आंतरराष्ट्रीय कबड्डी स्पर्धेमध्ये उपयोगात येणाऱ्या
कौशल्यांचा विश्लेषणात्मक अभ्यास करणे”

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Summary

“आंतरराष्ट्रीय कबड्डी स्पर्धेमध्ये उपयोगात येणाऱ्या कौशल्यांचा विश्लेषणात्मक अभ्यास करणे”

(“An Analytical study of the skills useful at the International Kabaddi Tournaments.”)

Introduction : This research work was on the various skills used in the International Kabaddi tournaments. The Indian Kabaddi game has become one of the major International games. The efforts are being made to include Kabaddi competitions in the Olympic sports competitions. At present Kabaddi as a game, has been played in various countries as the Kabaddi competitions have been arranged at Asia Level, SAF Game Competitions, world-cup competitions as well as the Kabaddi Test Series between two countries. Asian countries, African Countries, Europe and America, these countries have been forming their teams and these countries are fully motivated to participate in the competitions and matches as well as to spread this game and develop it at various levels. Because of this the Kabaddi has been getting positive opportunity.

At International level, there are SAKF, AKF and IKF Kabaddi Federations. Since last some years, the efforts have been made to popularize this game by these Federations.. They have been making needed and useful changes in Kabaddi rules and weight of the players. Previously, Indian Kabaddi as original Indian Game was played on earth – play grounds But at present this game is played on mats, the players wear special shoes and certain dress code is followed by players as well as referees, at international level. The total nature of this game is in new and modified form. The rules of this game have been changed and reformed.

There are various skills involved in the game of Kabaddi. But which certain skills have been used by the players and teams at the level of International competitions, is the matter and subject of research study. The prime objective for research work, is to find out which skills are mostly used by the players and teams involved in International Competitions, at the time of rides and at the time of defense to get maximum points and achieve success. At the same time to study about the skills which have been used at minimum level or are not used at all, to avoid defeat or to achieve success. The out come of this research will be useful for the teams and players of these teams at international level as well as their coaches and their organizations also of all countries.

The objectives of the Research

1. To prepare observation chart to observe the skills used by the players and teams at international level competitors.
2. To analyses the skills and strategies used by the players and teams in the changing situations at the time of rides and at the time of defense, when there are less than seven or may be six or five players to defend from the rider.

3. The country wise analysis of skills, used by various countries at the time of international competitions.

Methodology – The Descriptive method with survey technique was used for this research work.

Population – Sports persons of Kabaddi as players at international level participants, teams and countries, respectively, were considered as population of this research.

Sample – for this research work, as proposed study, purposeful study of improbable samples were also used for study. The samples for study work were taken from the selected 30 matches out of 57 matches of international kabaddi tournaments. held between 2010 and 2014, and twelve players from each team of particular nations.

Statistical tools – Percentage method was used for analysis of data.

Conclusion-

The observations and outcomes as conclusion regarding the skills used at the time of international Kabaddi tournaments

It was found that, In the 30 international matches, the raider of Kabadd team side used 994 times successful skills, whereas the defenders used 519 times used the successful skills at the time of defense or defending mechanism.

- At the time of altercation with the defenders, the riders used escape skill (penetrate skill) successfully for many times. But the skills of jumping over chains or escape under chains was used very few times, very minimally. The skills of fast and sudden pursuing was not used at all.
- The raiders used the skill of achieving Bonus point many times or mostly, when there were six or seven defenders in opposite team. But the raiders used their skills of escape under chains very minimally and they never used sudden pursuing skill for raids.
- The raiders used their escape skill mostly to penetrate the defense of 5 or less than five defenders. They were successful in their attempts. But to escape by jumping over the chains or escape under the chains, such skills were used very few times. The sudden pursuing skills was not even used for one time.
- At the time of defense mostly the defenders used the skill of blocking the raider. The method and skill of diving and catching the raider was used minimally
- Whenever there were six or seven players in the ground for defence, the skill of blocking the raider was used mostly. But to dive and catch the raider was used minimally.

- Whenever there were five or less than five defenders, Thigh hold skill was mostly used. But to catch by Ankle-hold and chain these skills were used for very few times

Conclusion regarding successful skills used by the country wise raiders in the international Kabaddi competitions. (Matches-30)

| NO | COUNTERI | TOTAL | SITUATION-A | SITUATION- B |
|----|------------|---------------|---------------|---------------|
| 1 | INDIA | Eescape skill | Bonus point | Eescape skill |
| 2 | IRAN | Eescape skill | Eescape skill | Eescape skill |
| 3 | JAPAN | Eescape skill | Bonus point | Eescape skill |
| 4 | BANGLADESH | Eescape skill | Eescape skill | Eescape skill |
| 5 | PAKISTAN | Eescape skill | Bonus point | Escape skill |
| 6 | KOREYA | Eescape skill | Bonus point | Escape skill |
| 7 | THAILAND | Eescape skill | Bonus point | Eescape skill |
| 8 | MALYSIA | Eescape skill | Eescape skill | Eescape skill |
| 9 | TEYWAN | Bonus point | Bonus point | Eescape skill |

Conclusion defenders the successful skills used by the country wise teams at the time of international Kabaddi competitions. (Matches-30)

| NO | COUNTERI | TOTAL | SITUATION-A | SITUATION- B |
|----|------------|------------|-------------|--------------|
| 1 | INDIA | Blocking | Blocking | Blocking |
| 2 | IRAN | Blocking | Blocking | Thigh hold |
| 3 | JAPAN | Blocking | Blocking | Thigh hold |
| 4 | BANGLADESH | Blocking | Blocking | Thigh hold |
| 5 | PAKISTAN | Thigh hold | Thigh hold | Thigh hold |
| 6 | KOREYA | Blocking | Blocking | Thigh hold |
| 7 | THAILAND | Thigh hold | Thigh hold | Thigh hold |
| 8 | MALYSIA | Blocking | Blocking | Thigh hold |
| 9 | TEYWAN | Blocking | Blocking | Thigh hold |

Situation A – 6 or 7 defenders defending their side.

Situation B – 5 or less than 5 defenders defending their side.

Discussions about conclusion- By this research work, the researcher found that, the teams and their players, participating in the international matches

- To gain the points for their teams almost all the countries / teams used their raiders – skills, more than the defending skills. They preferred raiding skill to defending skill.
- The raiders used the skill of escape through the scuffle (altercation). The penetration skill – was mostly used by the raiders.
- The skill of jumping over the chains or escaping under the chains was very minimally used by the raiders.
- The skills of sudden pursuing was not used at all. The raiders never used the skill of sudden pursuing
- The defending players mostly used the blocking skill to catch the raider and gain the point for their team.
- To hold the waist of the raider, to dive and catch the raider, the Ankle -holding of the raider, such skills were used very few times.

The researcher thinks and concludes that, the skills of Kabaddi, which are rarely used or never used, there should be training to use these skills. To use these skills mostly, the motivation should be provided and the defenders must be informed properly for use of these skills. The raiders, who do not use certain skills, they must be motivated and trained to use such skills. So the information regarding these kabaddi skills should be used by propaganda and spread them widely in the Kabaddi playing countries.