



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (ISRA): 5.38
IJPESH 2020; 7(3): 423-424
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www.kheljournal.com
Received: 04-03-2020
Accepted: 07-04-2020

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Agility a real need for Kabaddi player

M Anita and Prof. DM Jyoti

Abstract

The purpose of the present study was to determine the impact of physical fitness variables and overall playing ability among the Kabaddi players. It is combination training to build speed and strength resulting in power. In Kabaddi, the goal is to produce a huge amount of power for short bursts. Kabaddi has many parallels with the American football as both are contact-sports and need immense agility and power but at the same time; the difference being Kabaddi does not involve long-distance running during a game. Thus, being able to tap into explosive power is very important for a good Kabaddi player. Agility is the ability of a person to quickly change the direction of movement. In Kabaddi, agility plays a very important role, as we see raiders change directions and following which the defenders change direction and vice-versa. Here Kabaddi draws parallels with squash where a player needs to run, reach the ball and quickly be back to his half before the next rally.

Keywords: Agility and Kabaddi

Introduction

Kabaddi is a team contact sport demanding high endurance, explosive power, strength, agility, reaction time, spatial awareness, and speed. Plyometric exercises are known to improve explosive power, agility, aerobic capacity, trunk and lower-extremity muscle strength, and flexibility. It has demonstrated improved physical fitness in athletes playing contact sports such as soccer. Sports performance is the sum of numerous factors which can vary from individual to individual, even if ultimately they achieve similar results in competition. Agility has been defined as "a rapid whole-body movement with change of speed or direction in response to a stimulus". This definition is based on a model that separates agility into two components, the change of direction speed and perceptual and decision-making processes. The definition and model have been generally accepted for agility-based sports with several exceptions and additions. Plyometric training improved sports-specific physical fitness in male Kabaddi players by improving explosive power, flexibility, agility, and trunk-lower extremity muscle strength, which is speculated to have a positive impact on raiding and defense performance. Hence, it is recommended that plyometric training be integrated with conventional training to enhance the performance of Kabaddi players. Kabaddi players need to do Plyometric exercises, which include explosive power like jumps and continuous stretching and contraction of muscles.

High Knee Jumps

It is an insensitive cardio exercise, which helps in strengthening core muscles (abdominal, side abdominals, and middle to lower back muscles), Improves hand-leg movement, and flexibility. Movement of hands directs the movement of the legs (left hand is responsible for right leg and right hand is for the left leg. If the hand moves fast then legs tend to move faster and also helps in balancing the body during the movement.) It is important for a Kabaddi player to have a good balance between both legs and hands.

Shuttle Run

It is a dynamic exercise, comes under the explosive training program and helps in improving agility and speed. There are many varieties of shuttle run for Kabaddi Players. This exercise targets all the muscles of the leg, thigh, and core.

Kabaddi Footwork - Front and back

This exercise helps in hand and leg movement and prepares the player for the match. In Kabaddi players are supposed to keep moving as if they stay in one place, chances of getting out increases. This exercise can be done with the agility ladder in many modified ways to improve footwork.

Conclusion

In Kabaddi, agility plays a very important role, as we see raiders change directions and following which the defenders change direction and vice-versa. Agility is the ability of a person to quickly change the direction of movement. Plyometric training improved sports-specific physical fitness in male Kabaddi players by improving explosive power, flexibility, agility, and trunk-lower extremity muscle strength, which is speculated to have a positive impact on raiding and defense performance. Hence, it is recommended that plyometric training be integrated with conventional training to enhance the performance of Kabaddi players.

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