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Improvement of speed and endurance in Kabaddi player

M Anita and Prof. DM Jyoti

Abstract

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. It is important for a Kabaddi player to have a good balance between both legs and hands Playing Kabaddi sharpens your reflexes and helps in overall development of your body. Kabaddi is a contact sport and to excel at it, players rely heavily on training to build on speed, strength, and stamina. Kabaddi is a sport where players do a lot of sideways movements while playing, sideways shuttle run helps a player to develop and increase speed in sideways run, this exercise has a good effect on abductor and adductor muscles on the thigh. A man needs skills to have mastery upon techniques. Cross country running helps in improving muscular endurance of the sports person. Sets with fewer reps can be performed with heavier weights, as well as sets with higher reps with lighter weights.

Keywords: speed endurance and Kabaddi

Introduction

Kabaddi is essentially an Indian game, which commands huge popularity in India as well as in its hinterland. In India, Kabaddi is popular in different names. In the southern parts of India, the game is referred to as Chedugudu or Hu-Tu-Tu. In eastern India, it is fondly called Hadudu (for men) and Kit-Kit (for women). The game is known as Kabaddi in northern India. Breath control, raid, dodging and movement of hand and feet are the basic skills that one has to acquire, in order to play Kabaddi. In the modern times, Kabaddi was given the national status of a game in India in 1918. Consequently, a standard set of rules and regulations for the game were formulated in the same year. However, the rules and regulations were brought to print in 1923. During the same year, an All India Tournament for Kabaddi was organized at Baroda, wherein the players strictly followed the rules and regulations formulated for the game. 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. It is important for a Kabaddi player to have a good balance between both legs and hands. The players perform 10 exercises continuously, with minimum rest in between. Forty seconds of activity are followed by 20 seconds of rest before they move on to the next exercise. Three minutes to complete an entire circuit are followed by two minutes of rest. Speed is an essential factor in Kabaddi. Sports Specific Trainers can help improve strength, flexibility and stamina to improve performance in specific sports.

Maintain a healthy diet

A healthy and nutritious diet plays a very important role when it comes to fitness of any kind. You must develop a healthy lifestyle by observing and maintaining a record of what you consume daily. Do not be restrictive when it comes to eating. Consume a variety of fruits, grains and green vegetables and most importantly, drink a lot of water. Your diet should have the correct mix of vitamins, proteins, minerals, and carbohydrates. No exercise will have an effect on your body if you do not follow a healthy diet.

Exercise regularly

Exercising regularly not only helps you in maintaining physical fitness but also helps in building mental strength.

Continuity is the most important factor in staying fit. Taking a break will break the rhythm and getting back on track would be difficult. A well-rounded fitness regime includes strength training, cardio and stretching exercises. One must also do crossover exercises like running, swimming and cycling to stay fit.

Build concentration

Concentration plays a major role in excelling in Kabaddi. It is critical for Kabaddi players to be calm on the ground, concentrate on the game and devise on-ground strategy to take on the opponents. Kabaddi is a rough and quick game, so players tend to lose focus and crumble under pressure. Yoga and meditation will help you in building concentration and staying focused during matches.

Build endurance

Endurance is the ability to sustain prolonged exercise for a long stretch of time and the ability to recover from injuries. Endurance and stamina are very important for a Kabaddi player, as the game is quick and requires a lot of energy. One must train with intensity and willpower and should not give up easily. Walking, jogging and swimming are cardio exercises which help build stamina. Increasing the duration of cardio exercises day by day will also help in increasing your stamina.

Conclusion

In the physical fitness, mental and skill of relationship of Kabaddi study, "Kabaddi is a game of skill, speed, power and control". Fitness is that state which characterizes the degree to which the person is able to function. Fitness is an individual matter. A specific Kabaddi physical fitness testing on Kabaddi players. The results showed that male Kabaddi players must be strength, muscle endurance and agility, and female players must be footwork, cardio respiratory function power and agility. The specific combinations of reps, sets, exercises, and weights depends on the aims of the individual performing the exercise. Weight training exercises can develop the explosive power along with strength and flexibility. Circuit training is an excellent means to improve endurance, speed and strength.

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