



International Journal of Physical Education, Sports and Health

P-ISSN: 2394-1685
E-ISSN: 2394-1693
Impact Factor (RJIF): 5.38
IJPESH 2023; 10(6): 80-82
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www.kheljournal.com
Received: 02-09-2023
Accepted: 03-10-2023

Amit Kumar Gautam
Research Scholar,
Department of Physical
Education, MGKVP, Varanasi,
Varanasi, Uttar Pradesh, India

Susheel Kumar Gautam
Professor,
Department of Physical
Education, MGKVP, Varanasi,
Varanasi, Uttar Pradesh, India

Corresponding Author:
Amit Kumar Gautam
Research Scholar,
Department of Physical
Education, MGKVP, Varanasi,
Varanasi, Uttar Pradesh, India

Performance analysis and player profiling in kabaddi: A review

Amit Kumar Gautam and Susheel Kumar Gautam

DOI: <https://dx.doi.org/10.22271/kheljournal.2023.v10.i6b.3136>

Abstract

The Indian contact sport of kabaddi has become well-known worldwide, calling for a more in-depth analysis of player performance and profiling. The scientific research on Kabaddi player profile and performance analysis is summarized in this article. We explore the important performance indicators, illuminating the various playing philosophies, such as positional preferences, tackle effectiveness, and raid success rates. We also investigate the connection between player attributes and injury risk, highlighting the necessity of specialized injury prevention techniques. Anthropometric and physiological attributes of Kabaddi players reviewed. Studies on the physiological characteristics of Kabaddi players identify unique adaptations to the demands of the sport, which can help design training plans and strategies for improving performance. The main conclusions regarding the body composition, muscular strength, flexibility, and anaerobic and aerobic capacity of Kabaddi athletes are outlined in this review.

Keywords: Kabaddi, profile of kabaddi players, pro kabaddi league

1. Introduction

Global interest in Kabaddi, a vibrant contact sport with rich cultural value, is growing. Comprehending player profiles is crucial for both player enhancement and optimal performance. The context for examining the various facets of Kabaddi profiling - which include psychological, physical, and strategic components - is established by this introduction. A relatively new but quickly expanding area of sports analytics called "kabaddi profiling" uses data and insights to analyze and enhance the performance of kabaddi players and teams. In India and other South Asian nations, kabaddi is a well-liked team sport that is swiftly expanding in popularity worldwide. Players must possess a combination of strength, speed, agility, and mental toughness in this physically demanding game, which is renowned for its high level of skill and physicality.

As noted by Swaminathan S. and Shanmuganathan M. (2019), "Kabaddi's rich cultural heritage and its unique fusion of physical prowess and tactical acumen make it an enthralling spectacle with immense potential for growth beyond its traditional strongholds."

In their research, Singh R. and Kumar V. (2020) emphasize that "Kabaddi's transition from a rural pastime to a professional sport reflects its adaptability and universal appeal, providing a fascinating subject of study for sports enthusiasts and scholars alike".

Kabaddi profiling is a useful tool for evaluating players' psychological make-up, technical proficiency, tactical knowledge, and physical and athletic prowess. The development of customized training plans, the creation of game strategies, and the choosing of the team may all be done using this information.

Kabaddi profiling has several advantages, one of which is that it can assist players in recognizing their advantages and disadvantages. The development of tailored training programs to boost their performance can then be done using this information. For instance, a player can concentrate on speed and agility workouts if they are having trouble with their speed. Alternatively, a player might work with a coach to correct their form if they are struggling with their tackling technique.

All things considered, Kabaddi profiling is an effective tool for raising player and team performance. Coaches can improve training, game planning, and team selection by leveraging data and insights to identify players' strengths and weaknesses.

2. Types of Profiling in Kabaddi

2.1 Anthropometric and physiological player profiling are the two primary categories

Measuring players' physical attributes, such as height, weight, body composition, and flexibility, is known as anthropometric profiling. It is possible to use this data to identify players who are physically suitable for kabaddi.

Measuring the physiological reactions of athletes to exercise, such as heart rate, oxygen consumption, and lactate levels, is known as physiological profiling. Players' fitness levels can be evaluated using this data, which can also be used to pinpoint areas for improvement.

When profiling kabaddi players, coaches and other professionals may consider additional factors in addition to anthropometric and physiological profiling, like:

- **Technical skills:** The skills and knowledge necessary to carry out specific tasks in a particular field
- **Tactical awareness:** The capacity to understand a game, spot opportunities, and select the best course of action to take advantage of those opportunities.
- **Game Intelligence:** The capacity to use information to make quick decisions that work in a variety of circumstances.
- **Mental toughness:** One's capacity to function well under pressure and stress is a measure of their mental toughness.
- **Teamwork skills:** The combination of abilities a player uses to benefit the team and maximize each player's contribution.

2.2 Benefits of Profiling

Kabaddi player profiling has several advantages, such as:

Better player development: Coaches can pinpoint the precise areas in which players require improvement with the aid of profiling. Players can then have customized training regimens created using this information.

Right selection decisions: Coaches can choose players for teams and competitions with greater knowledge thanks to profiling.

Reduced risk of Injury: Profiling can assist in identifying players who are susceptible to injury. Afterward, preventive actions can be developed using this information to lower the likelihood of injuries.

Improved Team Performance: Coaches can create teams with a healthy balance of strengths and weaknesses with the aid of profiling. Better team success and performance may result from this.

2.3 Challenges of Profiling in Kabaddi

Profiling kabaddi players can be difficult for a variety of reasons. One issue is that kabaddi lacks a single, widely accepted and standardized system for profiling players. Comparing players from different teams and competitions may become challenging as a result.

The fact that profiling can be costly and time-consuming is another difficulty. Because they might lack the funding to put in place extensive profiling programs, grassroots kabaddi organizations may find this to be an especially difficult task.

2.4 The Prospects of Kabaddi Profiling

Research and practice on profiling kabaddi players are relatively new. But as the sport develops and grows, profiling will probably become more and more crucial.

We may anticipate seeing more advanced technology used to gather and evaluate player data in the future, along with the creation of more standardized profiling systems. As a result, coaches and other professionals will be better equipped to comprehend their players and make choices regarding their development and selection.

3. Discussions and Findings on Kabaddi Player Profiling

3.1 Discussions

Player profiling in kabaddi is a complicated subject, and there is still plenty to learn about its optimal application. Standardized profiling systems development is one important topic of discussion. Since there is not currently a single, widely accepted system in kabaddi, comparing players from various teams and competitions can be challenging. The creation of standardized systems would make it easier for coaches and other professionals to compare players with greater knowledge and would also make data sharing between organizations easier.

3.2 Findings

Numerous investigations into the profiling of kabaddi players have been carried out. According to these studies, profiling can be a useful technique for locating athletes who have the potential to perform well. For example, a study by Patel *et al.* (2005) ^[11] found that kabaddi players with a high level of physical fitness, anaerobic power, and concentration were more likely to be successful.

Another study by Kumar (2022) ^[4-10] found that kabaddi players from different geographical regions in India had different physical, physiological, and psychological profiles. This implies that systems for profiling kabaddi should be customized to meet the unique requirements of the population being evaluated.

3.3 Problems and Prospects for the Future

Lack of resources is one of the main issues with kabaddi player profiling. Comprehensive profiling program development and implementation can be costly and time-consuming. Since they might not have the resources, grassroots kabaddi organizations face an especially difficult situation.

The absence of standardized systems for profiling presents another difficulty. As was already mentioned, kabaddi does not have a single, widely-used system. Comparing players from different teams and competitions may become challenging as a result.

4. Conclusion

Although kabaddi player profiling is still a relatively new field of study and application, teams, coaches, and players may find several advantages from it. Coaches can use profiling to better select players, lower the risk of injury, improve team performance, and pinpoint the precise areas where players need to grow. Even though there are certain difficulties with profiling, like the lack of a set procedure and the time and money required, these difficulties should be solved as the sport develops and grows. All things considered, kabaddi player profiling is a useful tool that can aid in the growth and improvement of players at all levels of the game.

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