

Role of Co-ordination and Techniques in Kabaddi

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Abstract: In India, Kabaddi is considered as National folk Game. Coordination and techniques plays a very important role in kabaddi which is basically known as a muscular game. For this purpose academic and practical research should be done. There is only a few research works in this filed. Various Kabaddi players of the teams of different Indian states, universities, clubs and schools were considered as the sample here. Data was collected from the Kabaddi players in course of tournaments held at national level, state level, inter university, inter college as well as various civil tournaments. The height, weight, leg length, arm length, mid thigh girth, calf girth, body composition (i.e. body fat %, fat mass and lean body mass) and body mass index were considered as physical and anthropometric characteristics. These were measured in usual and popular method.

Keywords: Kabaddi, co-ordination, Techniques, players, tournaments etc.

Introduction

Sport serves vital and important role in social and cultural functioning for each individual. In the last few decades sports have gained tremendous popularity all over the globe. The popularity of sports is still increasing at a fast pace and this happy trend is likely to continue in the future also. Kabaddi is probably the only game which requires ground and a whistle only. Kabaddi originated from India and is the one of the most popular games of Asia. Kabaddi came on international Map during SAF Games Dhaka in 1985. Kabaddi saw its major breakthrough in 1990 when it was included in the Asian Games during 11th Asian Games at Beijing-China in 1990, since then Kabaddi is a regular discipline in Asian Games. Kabaddi was included in Asian Indoor Games during 2nd Asian Indoor Games at Macau-SAR China in 1997. Kabaddi achieved one more success when it was included in Asian Beach Games during 1st Asian Beach Games at Bali-Indonesia in 1998 and that too for Men & Women both. The Only Game being played in all the 3 versions of Asian Games i.e Asian Games, Asian Indoor Games and Asian Beach Games Women Kabaddi was included in Asian Games and was being played for the first time during 16th Asian Games at Guangzhou in 2010. Now the 1st World Cup Kabaddi-Women is being Organized in India to further popularize the game in the World.



Kabaddi is basically an outdoor team game, played in the tropical countries of Asia. This indigenous game of India was adopted by other countries in Asia viz. Pakistan, Nepal, Bhutan, Bangladesh, Sri Lanka, Maldives, Malaysia and more recently by Japan and China. The excitement and thrill provided by the game has made it very popular and Kabaddi is rightly called the 'Game of the masses', since spectators totally involve themselves and give the players a great deal of encouragement. The game requires no equipment whatsoever, and the rules of the game are very easy to comprehend. This is the reason for the popularity of the game in rural areas, since rural youth in India can ill-afford the sophisticated equipment demanded by other sports. The game demands agility, muscular co-ordination, breath holding capacity, quick response and a great deal of presence of mind. Kabaddi was probably invented to develop defensive responses by an individual against group attacks and a group's responses to an individual attack. This is the only combative sport in which offence is an individual effort whereas defence is a group effort. For an individual to face upto seven opponents and remain unscathed is no mean achievement. This calls for tremendous fitness of body and mind and the ability to concentrate as well as anticipate the opponent's moves. This can only be achieved with a lot of tactical preparation and manoeuvring.

History and Development of Kabaddi

The origin of the game dates back to pre-historic times. The game was played all over the country in various forms. It was known as HU-TU-TU in Western India, HA-DO-DO in Eastern India and Bangladesh, Chedugudu in southern India, Kaunbada and various other names in Northern India. Kabaddi may have been derived from the term 'Kaunbada' which means a challenge to the opponent. Some of the major forms of the game are Amar, Gemini, Sanjeevini and the game was played as per the situation with flexible rules. All these forms were synthesized to the present form of Kabaddi. The game received international exposure during the 1936 Olympic Games at Berlin when it was demonstrated by the Hanuman Vyayam Prasarak Mandal, Amravathi, and it received good appreciation. Kabaddi was introduced in the Indian Olympic Games at Calcutta in 1938. An All India Kabaddi Federation came into existence during 1950. Regular National Championships commenced from the year 1952. The first men's Nationals were held in Madras and the first women's Nationals were held in Calcutta in 1955. New rules were framed in 1954 at the National Championship held in New Delhi.

Recently a new format of this game i.e. Pro Kabaddi, which is quite interesting and popular has been introduced to enhance the skill and talent among the youths. Pro Kabaddi League was introduced in 2014 in India based on Indian Premier League. The first edition of the tournament had begun at 26 July 2014 with eight franchises based at eight different cities in India consisting of players from all over the world. Jaipur Pink Panthers won the inaugural edition. The other teams in the competition were U Mumba based at Mumbai, Bengaluru Bulls based at Bengaluru, Delhi Dabhangs based at Delhi, Puneri Paltans based at Pune, Teugu Titans based at Vizag, Bengal Warriors based at Kolkata and Patna Pirates based at Patna. The broadcast rights were bagged by the star sports network. The Pro Kabaddi League uses the National Kabaddi style.



Rules and Regulations

Raid's Time: A raider shall be entitled to 30-Seconds to touch a player of the opponent team or being touched from the time he crosses the gate line and back to his court. If a raider touching any defender or having touched by a defender touches the gate line with any part of his body or crosses it without infringement of these rules within 30-seconds, he shall be awarded one point. If a defender (stopper) holds the raider in his 'Pala' during and up to those 30 seconds, a point shall be awarded to the stopper. The raider has the option/right to give up struggling within or the expiration of that 30 seconds period however in that case a point will be awarded to the stopper (Defender).

Touch: The touch means the contact by or with any part of the body of a raider or defender.

Raid: When a raider goes from his court into the court of the opposing team, it is called a raid. NO RAIDER SHALL BE ALLOWED TO GO AS A RAIDER MORE THAN TWO CONSECUTIVE TIMES.

Struggle: When a raider touches a defender or a defender touches a raider, it shall be called a struggle.

Misconduct: The committing of a prohibitory foul shall constitute a misconduct. Abusing and shouting onto other teammate, opponent teammate, referee, any member of the organizing committee and member of federation constitute misconduct and there will be disciplinary action shall be taken against such player.

Warning: Showing of a card (Yellow, or Red) to a player by the Umpire during a match shall be treated as a warning to a player for his misconduct.

Yellow Card: Any player who repeats minor misconduct shall be liable for a Yellow Card. Such players shall be liable for two to five minutes suspension from the play at the discretion of the Umpire.

Red Card: Any player who repeats misconduct or behaves during a match or otherwise commits a major violation of these rules shall be liable for disqualification for the rest of the match/tournament at the discretion of the Umpire and Officials.

Hold a Raider: During the struggle between Raider and the Stopper all other players of the defendant return to the raider's court until the 30 second expires. It shall be called a "hold" by the defender.

Successful Raid: A successful raid shall be one when a raider, after touching any of defender reaches his court or home safely within 30 seconds.

Co-ordination:

Co-ordination is the unification, integration, synchronization of the efforts of players so as to provide unity of action in the pursuit of common goals. If a team wants to set a good defense then definitely it should have a great co-ordination and combination among the players. While defending, the players should be active at their respective positions and should play in the proper formation. The best and the easiest way to tackle a raider is by using chain but again they should have great co-ordination between them otherwise if they will try to catch the raider one by one they will have to pay for it and in turn they will lose the match. So to avoid this they should have understanding as well as combination.

If you are defending a raider of the right side, then it is the responsibility of right cover and right corner not to allow the raider to touch the left corner. In the same way if raider tries to touch the centre chain then the left corner and right corner will be held responsible if somehow raider manages to score a point. Again if the raider tries to touch the right corner then the left cover and the left corner should be proactive to stop the raider from doing so. This is how the team plays with combination and coordination. Another important thing is that the players should play as a team. They should not mix their personal and professional life, if they are having any issue with any fellow player they should forget that while playing otherwise this will go against the team performance.



Techniques in Kabaddi

While Raiding:

- 1. Bonus**
- 2. Toe Touch**
- 3. Slip**
- 4. Back kick**
- 5. Side touch**
- 6. Dodge**

While Defending:

- 1. Ankle hold**
- 2. Thigh catch**
- 3. Back hold**
- 4. Cover**
- 5. Dive**
- 6. Chain holding**

Conclusion

From the above discussion, it may be concluded that there is a vital role of coordination and techniques in Kabaddi. Also, seriousness, tough mindedness, practical, and soberness traits of personality are contributing factors in Kabaddi. It may also be concluded that top performers group of Kabaddi players when compared with low performers are significantly more sober, stable, reserved, tough minded, practical and controlled. The circle Kabaddi players are more venturesome and forth straight than the national style Kabaddi players at school level, who are more practical, sober and disciplined than the circle kabaddi players.

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