



COACHING EFFICACY OF LEGENDARY INDIAN WRESTLER ARJUNA AWARDEE KAKA PAWAR : A CASE STUDY

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ABSTRACT :

This case study was conducted to assess the coaching efficacy of legendary Indian wrestler Arjuna Awardee Kaka Pawar. The data was collected with the help of primary and secondary sources. Primary sources include various documents, paper cuttings, certificates etc. while secondary source includes opinion rating scale. The opinion rating scale was used to assess coaching style of Kaka Pawar. 100 subjects associated with wrestling as a coach, administrators and players were selected to gather information given in opinion rating scale. It was observed that Kaka Pawar train wrestlers with the help of current and scientific technique while keeping in mind the diet of the trainee wrestlers. During coaching Kaka Pawar continuously evaluate the performance of trainee wrestlers. It was expressed by the respondents that Kaka Pawar can meticulously prepare short and long term training plan while keeping an eye on development of psychological potentiality of trainee wrestlers. The coaching efficacy of legendary Indian wrestler Kaka Pawar can also be seen by accolades brought in by trained wrestlers such as Rahul Aware and Utkarsh Kale who bring accolades at commonwealth games. It was concluded that coaching techniques used by Kaka Pawar are of highest quality that reflects in achievements of his trainee wrestlers excelling at world level.

KEYWORDS : Kaka Pawar, coaching, case study.

INTRODUCTION

Coaching is a specialized job. This holds true in sports also. A sports coach involved in team or individual sports guide them to improve their performance by means of various techniques. It is opined that to able to produce world class athletes a sports coach should have comprehensive knowledge of that particular sport, high-quality communication and interpersonal skills, discipline and dedication while flexible and innovative. A sports coach needs to be aware of requirement of trainee athletes such as diet, fitness etc. Researcher like Evans (1995), Hansen et al. (2003), Mahoe (2007), McCloskey (1999) and Pavlovic (2007) also gave various characteristics such as quality of practice, communication with athletes, motivating athletes, developing sports related skills, knowledge of sports respectively.

Like any other sports coaching is also important for wrestlers to enhance their skills and level of performance. In India an Akhara is a training arena where wrestlers are trained. In India one such place is



International Kushti Kendra at Pune Maharashtra where Arjuna Awardee Kaka Pawar is coaching budding wrestlers. Commonwealth gold medal winners like Rahul Aware and Utkarsh Kale are coached by none other than Kaka Pawar.

In this context it would be worthwhile to assess coaching efficacy of Kaka Pawar that gives more insight towards characteristics of a successful wrestling coach.

Hence in this cases study coaching efficacy of Arjuna Awardee Kaka Pawar was evaluated.

OBJECTIVES:

The main objective of this case study was to assess the coaching efficacy of legendary Indian Wrestler Arjuna Awardee Kaka Pawar.

HYPOTHESIS

It was hypothesized that coaching efficacy of Kaka Pawar is of highest quality.

METHODOLOGY :-

The following methodological steps were taken in order to conduct the present study.

Sample :-

For this case study, the sample was Arjuna Award winner, Kaka Pawar, a legendary Indian wrestler.

To gather information on opinion rating scale, 100 respondents were selected. These subjects are well known personalities in wrestling, member of wrestling association, retired wrestlers etc.

Tools:

To assess coaching efficacy of Kaka Pawar, a pre tested self structured opinion rating scale was used. It is based on 5 point likert scale and it is highly reliable and valid. It consists of 10 statements to assess coaching efficacy of Kaka Pawar.

Procedure:

The opinion rating scale was sent to selected respondents. Fully filled scale then was evaluated according to frequency distribution on each likert scale. Results shown in table 1.

RESULT AND DISCUSSION

Table 1
Analysis of Responses on Opinion Rating Scale (N=100)

SN	Statement	Totally Agree	Agree	Uncertain	Disagree	Totally disagree
		N(%)	N(%)	N(%)	N(%)	N(%)
1-	Kaka Pawar uses advanced and scientific techniques for coaching.	39 (39%)	31 (31%)	20 (20%)	02 (2%)	08 (8%)
$\chi^2=47.5, p<.05$						
2	Talent identification is Kaka Pawar's quality.	21 (21%)	41 (41%)	28 (28%)	07 (7%)	03 (3%)
$\chi^2=48.2, p<.05$						
3	Kaka Pawar always welcome new suggestion on coaching techniques.	13 (13%)	56 (56%)	21 (21%)	01 (1%)	09 (9%)
$\chi^2=91.4, p<.05$						
4	Kaka Pawar treats all his trainees equally.	21 (21%)	72 (72%)	0	07 (7%)	0
$\chi^2=183.7, p<.05$						
5	Kaka Pawar give special	41	41	08	04	06

	emphasis on diet of trainees.	(41%)	(41%)	(8%)	(4%)	(6%)
$\chi^2=73.9, p<.05$						
6.	Kaka Pawar uses scientific techniques to improve the skill of their trainees.	23 (23%)	54 (54%)	03 (3%)	12 (12%)	08 (8%)
$\chi^2=83.1, p<.05$						
7	Kaka Pawar continuously evaluate the progress of trainees.	66 (66%)	22 (22%)	02 (2%)	09 (9%)	01 (1%)
$\chi^2=146.3, p<.05$						
8-	Kaka Pawar gives special emphasis on enhancing the psychological potentiality of trainees.	14 (14%)	42 (42%)	14 (14%)	18 (18%)	12 (12%)
$\chi^2=31.2, p<.05$						
9-	Kaka Pawar prepare long and short term training plan according to requirement.	42 (42%)	32 (32%)	18 (18%)	08 (8%)	0
$\chi^2=58.8, p<.05$						
10.	Kaka Pawar communicate with each trainee to know that physical and mental preparation.	21 (21%)	62 (62%)	07 (7%)	07 (7%)	03 (3%)
$\chi^2=119.6, p<.05$						

A perusal of frequency distribution on each statement shown in table 1 gives following inferences:

- Majority of the respondent agreed to the fact that Kaka Pawar uses advanced and scientific technique for coaching and identifying budding wrestling talent is Kaka Pawar's forte.
- Majority of the respondents agreed that Kaka Pawar is always open to new suggestions so as to improve his coaching ability.
- Majority of the respondents agreed that Kaka Pawar treats all the trainees equally and give special emphasis on their diet.
- Majority of the respondents agreed that Kaka Pawar continuously evaluate progress of trainees which keep on using scientific techniques to enhance their wrestling skills.
- Majority of the respondents agreed that Kaka Pawar has firm belief regarding the importance of psychological qualities in peak performance.
- Majority of the respondents agreed that Kaka Pawar is master in preparing short and long term training plan.
- Majority of the respondents agreed that Kaka Pawar possesses excellent communicative skills by which he gauges the physical, psychological and skill related preparation of his trainee.

Result clearly indicates that Kaka Pawar possesses qualities of a good coach as suggested in many sports scientist.

CONCLUSION

On the basis of results, it was concluded that coaching efficacy of Arjuna Awardee Kaka Pawar is of highest order and this is the reason why his International Kushti Kendra has produced so many wrestlers who brought laurels in international events.

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