REVIEW OF RESEARCH

INFLUENCE OF SPECIFIC SKILL TRAINING WITH KINEMATIC INSTRUCTIONAL ANALYSIS TRAINING ON PHYSICAL FITNESS COMPONENTS AND OVERALL PLAYING ABILITY OF MALE KABADDI PLAYERS

¹S. Sakthivel and ²Dr. G. Kumaresan

¹ Ph.D Research Scholar, Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu, India.
²Associate Professor , Department of Physical Education, Bharathiar University, Coimbatore, Tamilnadu, India.

ABSTRACT:
The purpose of the present study was to determine the physical fitness components of Agility, Leg explosive power and Overall playing ability among inter collegiate Kabaddi players. To achieve the purpose of this study 40 kabaddi players from CMS College of science and commerce, affiliated to Bharathiar University, Coimbatore. Were selected as subjects their age ranged from 18 to 25 years. The subjects were divided into two groups namely Group-I Specific Skill training with kinematic analysis group and Group-II skill training training group. The subjects selected by purposive sampling method. The following variables are selected namely Agility, Leg explosive power and overall playing ability was assessed by the variables for eight weeks of training. All the subjects was tested on selected variables, before and after the treatment The collected on selected criterion variables and the data were statistically analyzed by using 't' ratio. All subjects are participated in shuttle run was measured by Agility, standing broad jump was measured by Leg explosive power and overall playing ability was measured by subjective rating. The selected criterion variables was statistically analyzed by using 't' ratio were used to find out the percentage of agility, Leg explosive power and overall playing ability among inter collegiate Kabaddi players. The specific skill training with kinematic analysis group obtained' ratio was 30.07 on agility, 18.79 on leg explosive power and 13.27 on overall playing ability among inter-collegiate Kabaddi players. In all the cases 0.05 level of confidence was fixed to test of the significance.

KEYWORDS: *Agility, Leg explosive power, overall playing ability and Kabaddi players.*

INTRODUCTION
In the 21st century kabaddi is the most popular sports, being played in Asian countries. The game of Kabaddi is traditional sports, where many components contribute to best develop kabaddi performance. As with other activities, kabaddi is not a science but science may help to improve the performance of kabaddi players. Scientific training to improve skill performance often focus on techniques and tactics at the expenses of physical fitness. Success in kabaddi depends upon variety of factors including the physical, physiological, and psychological and skill performance capacities of the kabaddi players, their level of skill, their degree of motivation and tactics employed by them against the opposition. The game calls for agility, good lung capacity, muscular coordination, presence of mind and quick responses. For a single players to take on seven opponents is no mean task, requires dare as well as ability to concentrate anticipate the opponents moves **(Prasad Rao, E., 2002).**
Kinematics portrays movement, including the example and speed of development sequencing by the body fragment, which

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regularly means the level of coordination an individual presentations, while energy ponders the activities of powers related with movement (**Hall, 2009).**

Sport kinematics thinks about the positions, edges, speeds and increasing speeds of body parts and joints through movement, while motor examination considers powers that produce the development. Whenever individuals or competitors get familiar with another engine aptitude or game ability, a dynamic adjustment of development kinematics mirrors the learning procedure. Is the aptitude accurately imitated at the appropriate speed or speed, or is the structure or example well successively planned? Are the powers connected blended with the development? Answers found will decide if the systems were right or not or can be improved **(Hay, 2003; Hall, 2009).** Competitors and mentors are continually endeavoring to achieve crest execution. The current accessible proof proposes that the utilization of innovation influences it workable for mentors to give their competitors the most ideal chances to accomplish maximal execution **(Adegbesan and Ekpo, 2004).**

METHODOLOGY

The purpose of study was to compare the selected physical fitness components and overall playing ability among kabaddi players at intercollegiate level. To achieve the purpose of this study 40 intercollegiate level kabaddi players from CMS College of science and commerce affiliated to Bharathiar University Coimbatore were selected as subjects. Their age ranged from 18 to 25 years Agility, Leg explosive power and overall playing ability were assessed on 40 inter-collegiate level kabaddi players. Shuttle run was measured by Agility, Standing broad jump was measured by Leg explosive power and Overall playing ability was measured by subjective rating.

Table – I
Computation of 't' ratio of Agility between specific skill training with kinematic analysis group and skill training group of kabaddi players

Variables	Group	Test	Mean	Standard deviation	Mean difference	"t' ratio
Agility	Skill Training with Kinematic analysis Training group	Pre	26.72	0.78	6.51	30.07
		Post	20.21	1.00		
	Skill Training Group	Pre	26.86	0.45	4.51	13.51
		Post	22.35	0.50		

* Table t- ratio at 0.05 level of confidence for 19 df = 2.093s

The mean value skill training with kinematic analysis group on agility among kabaddi players in pre and post test are 26.72 and 20.21 the corresponding standard deviation are 0.78 and 1.00 respectively. The t-value as per the t-test is 30.07 and these values are greater than the required table value of 2.093 for significance at 0.05 levels for 19 and 1 degrees of freedom. The mean value of skill training group pre and post training are 26.86 and 22.35 the corresponding standard deviation are 0.45 and 0.50 respectively. The t- value as per the t- test is -13.51. Since it is greater than the critical't' value 2.093, for significant at 0.05 level of confidence.
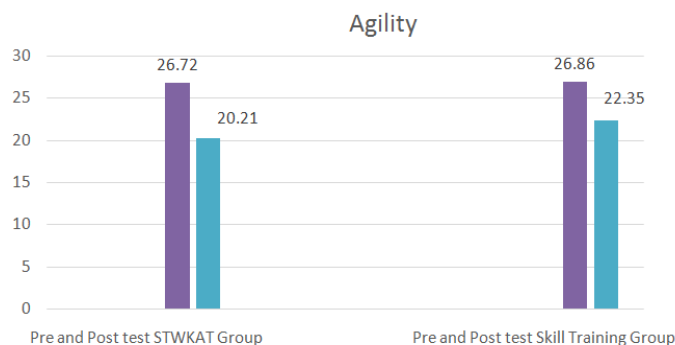
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Fig: The mean values of specific skill training with kinematic analysis group and skill training Group of pre and posttest on Agility for intercollegiate level kabaddi players

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Table - II

Computation of 't' ratio of Leg explosive power between specific skill training with kinematic analysis group and skill training group of kabaddi players

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Variables	Group	Test	Mean	Standard deviation	Mean difference	"t' ratio
Leg explosive power	Specific Skill Training with Kinematic analysis Training group	Pre	1.82	0.07	0.36	18.80
		Post	2.19	0.38		
	Skill Training Group	Pre	1.80	0.10	0.24	13.51
		Post	2.05	0.16		

*** Table t- ratio at 0.05 level of confidence for 19 df = 2.093**

The mean value specific skill training with kinematic analysis training group on leg explosive power among kabaddi players in pre and post training are 1.82 and 2.19 the corresponding standard deviation are 0.07 and 0.38 respectively. The t-value as per the t-test is 18.80 and these values are greater than the required table value of 2.093 for significance at 0.05 levels for 19 and 1 degrees of freedom. The mean value of skill training group pre and post test are 1.80 and 2.05 the corresponding standard deviation are 0.10 and 0.16 respectively. The t- value as per the t- test is 13.51. Since it is greater than the critical 't' value 2.093, for significant at 0.05 level of confidence.
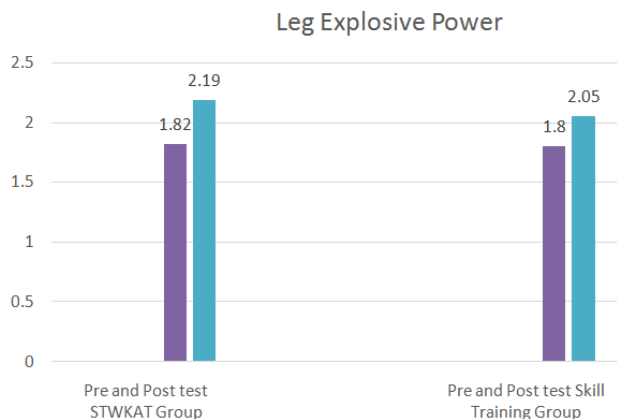
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Leg Explosive Power

Fig: The mean values are skill training kinematic analysis training group and skill training Group of pre and posttest on Leg Explosive Power for intercollegiate level kabaddi players

Table - III
Computation osf 't' ratio of overall playing ability between specific skill training with kinematic analysis group and skill training group of kabaddi players

Variables	Group	Test	Mean	Standard deviation	Mean difference	"t' ratio
Overall playing ability	Skill Training with Kinematic analysis Training group	Pre	4.85	0.81	2.45	13.27
		Post	7.30	0.86		
	Skill Training Group	Pre	4.80	0.77	1.20	3.83
		Post	6.00	1.12		

*** Table t- ratio at 0.05 level of confidence for 19 df = 2.093**

The mean value specific skill training with kinematic analysis group on leg explosive power among kabaddi players in pre and post training are 4.85 and 7.30 the corresponding standard deviation are 0.081 and 0.86 respectively. The t-value as per the t-test is 13.27 and these values are greater than the required table value of 2.093 for significance at 0.05 levels for 19 and 1 degrees of freedom. The mean value of skill training group pre and post test are 4.80 and 6.00 the corresponding standard deviation are 0.77 and 0.12 respectively. The t- value as per the t- test is 3.83. Since it is greater than the critical't' value 2.093, for significant at 0.05 level of confidence.
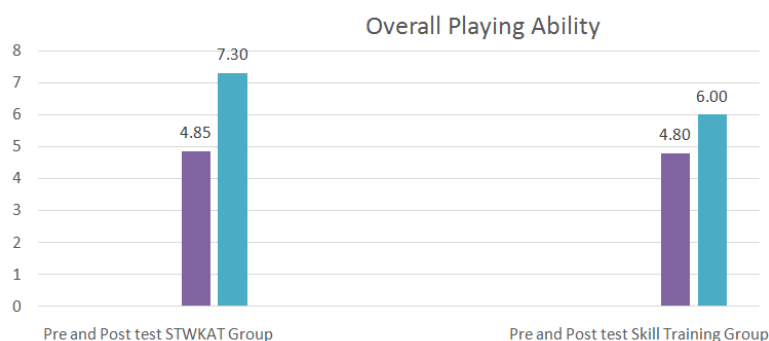
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Fig: The mean values are skill training kinematic analysis training group and skill training Group of pre and posttest on Overall playing ability for intercollegiate level kabaddi players

DISCUSSION AND FINDINGS

The results clearly indicated that the agility, leg explosive power and overall playing ability of experimental group improved due to the influence of 8 week specific skill training with kinematic analysis training program. One of the most important physical fitness and skill training for inter-collegiate level kabaddi players were improved their performance. Therefore, this study aimed to provide scientific training techniques for improving agility, leg explosive power and skill performance of kabaddi players. In this study the subjects who underwent specific skill training with kinematic analysis training programme were able to improve their physical fitness and overall playing ability. Therefore, it is found a positive relationship between skill training and skill training with kinematic analysis training group. This improvement in physical fitness components and playing ability is beneficial for kabaddi players to improve their sport performance .

CONCLUSION

Eight weeks of specific skill training with kinematic analysis training programme produced significant improvements in the agility, leg explosive power and overall playing ability of inter-collegiate level kabaddi players and Skill training with kinematic analysis training was an appropriate training protocol to bring out desirable changes over physical fitness components and skill performance of kabaddi players. In this study to compared these two groups the specific skill training with kinematic analysis training group better than the skill training group. Thus a continuous and systemic specific skill training with kinematic analysis training group aimed at maximizing performance capacity should be improved to the kabaddi players.

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