

Construction of Kabaddi Skill Test

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Abstract

There are many research related to construction of skill tests for kabaddi Game, Sports, Physical and Motor Fitness however the construction of skill tests for sports talent, area wise is not so for available. construction of skill tests for kabaddi as selection criteria, especially for the Indian sports talent, area wise is a demand of the day. Devoted to established “suitable selection criteria” for area wise to select the talented kabaddi players. Such criteria will, in fact, help to discriminate the talented sports person for coaches, physical educationist, and sports scientist for selection and make the sports policy and coaching schemes according to the capacity and quality of talented kabaddi players. Main objective of the study was to construction of skill tests for kabaddi players. For this purpose 500 State Level and south Zone inter university Kabaddi players of south India were randomly selected to serve as subjects. Objectivity and reliability of the 15 test variables were obtained. The limited 25 samples from selected subjects were considered for the administration of tests. The construction of skill tests for kabaddi Players are constructed on the basis of the findings of the statistical analysis. Factor analysis generated nine factors that is foot work, reaction ability, raiding skill, foot touch reach test, backward shot throw test, push-ups test, grip strength (right) test, defensive foot work and breath holding capacity which were identified.

INTRODUCTION

In performance and high performance sport, a great importance is given to the physical condition. It is in fact the preoccupation for the adaptation of the sportsman's body to growing physical and mental efforts, to which all the parts of the human body participate. The contemporary Kabaddi game, characterised by high intensity motor activities, places upon players a wide spectrum of requirements on all their capabilities. One can hardly single out any ability or a characteristic which is not engaged in the performance of Kabaddi players. Basic and specific motor abilities and cardio-respiratory capacities, such as explosive strength, required at the centre line. As well as agility and speed which are indispensable for the efficient solving of game situations in Kabaddi.

Dalbir Singh (2015) constructed norms for selected kabaddi skills for Panjab university kabaddi players. For the purpose of the present study, Sixty Male University Level Kabaddi Players between the age group of 18-25 years were selected. Rao and Kishore (2015) constructed of reaction ability test for kabaddi. The main objective of the study was to measure reaction ability and Toe Touch skill. Kabaddi players. The main object for this study is to construction of kabaddi skill test. The coaches and physical educationalist will select the kabaddi players by conducting the fitness tests only. Coaches while selecting the players do the skill tests along with the fitness test

METHODOLOGY

Main objective of the study was to construct skill test for Kabaddi players. For this purpose State Level and south Zone inter university Kabaddi players of south India were randomly selected

Selection of test items

The 15 test variables were constructed by taking the opinion from Kabaddi experts. The limited 25 samples from selected subjects were considered for the administration of constructed tests. Objectivity of the tests was obtained by administering the test by two testers on the same sample. Reliability of the test items was obtained by the test-retest method. They were administered by a tester on two different days and on the same sample.

Statistical techniques

The data was subjected to statistical computations by using Statistical Package for Social Sciences (SPSS). The skill tests were constructed on the basis of the findings of the statistical analysis.

RESULTS

Playing performance of the Kabaddi Players is identified by conducting the constructed skill test. Factor analysis of 15 variables generated nine factors, which accounted for 61.15% of the total variance in the data set. These factors individually possess 10.66, 7.10, 6.78, 6.43, 6.38, 6.35, 6.08, 5.69 and 5.65% of variance. These factors explain nine major sub-systems is given bellow.

| Sl. No. | Name of the Test Items | Name of the Factor |
|---------|----------------------------|-----------------------------|
| 1. | Foot Work Test | Agility |
| 2. | Reaction Ability Test | Coordination |
| 3. | Raiding Skill Test | Raiding Ability |
| 4. | Foot Touch Reach Test | Flexibility |
| 5. | Backward Shot Throw Test | Back Strength |
| 6. | Push Ups Test | Muscular Strength |
| 7 | Grip Strength (Right) Test | Static Strength |
| 8. | Defensive Foot Work | Speed |
| 9. | Breath Holding Capacity | Cardiovascular Endurance |

Conclusion

The test constructed measured nine different skills namely foot work, reaction ability, raiding footwork, forward medicine ball throws, push ups, grip strength left, grip strength right, leg thrust, defensive foot work and breath holding capacity. Nine skill test items of the Kabaddi Skill Abilities showed significant rotated factor loadings and significant 't' values with respect to kabaddi Skill Tests.

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