

# A Comparative Study of Conditioning for Kabaddi Players at Different Levels

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**Abstract – This conditions program for the Kabaddi Player has been designed as a complete program for the whole year. Kabaddi is a rough game for the well-conditioned athlete.**

**The Kabaddi player must work hard on conditioning twelve month a year. The exercise are divided into pre-season, and off-season program. To complete the conditioning of body for Kabaddi, the player must include something to players more strengths, speed, agility, flexibility, balance, endurance, coordination, courage and many other products of physical fitness. Kabaddi players, because of their size and the physical demands of the game, must work hard to maintain this type of physical condition.**

**With the overlap of season today, we have very few athletes who complete in two sports in college or universities. This is an age of specialization and much more so in professional Kabaddi. Many Kabaddi coaches and players do not know how to condition the body for Kabaddi. Trainers can mark the exercises they want the players to be sure to do to strengthen old injuries.**

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## INTRODUCTION

There is an individual program for each position and a group of exercise and drills for players to follow to get into the best possible physical condition. With the isometric program the player does not need any expensive equipment. Two players work together and strengthen the whole body. There are also a few inexpensive pieces of equipment the player can make himself. Most Kabaddi players have an old injury or a weak area in the body that should be strengthened. Start with only a few exercises the first days and repetitions as your physical conditions improves.

## CONDITIONING FOR KABADDI:

Kabaddi is a rough game for well-conditioned athletes. Kabaddi is a game in which the athlete must are strength, speed, agility, balance, Flexibility, endurance, coordination, cardiovascular endurance, desire, courage, and many, other, undefined qualities. The game itself will not build many of these necessary qualities. Research tells us that many football players are weaker at the end of the season than they were at the start of the season. This is due to repeated trauma to all joints and muscles in the body and also due to old injuries that have not been strengthened.

There are very few Kabaddi players that do not have some areas in the body that is not weak due to an old injury. All Kabaddi players must strengthen that

weak ankle, knee, or any other area before the season begins. Or chances of injury are almost certain sometimes during the season. This same injured Player must do somethings daily during the season. This same injured Players do somethings daily during the season to keep this injured area strong. The only way to gain muscle Strength or to maintain your strength is to load the muscle. You must add resistance to the muscle and make the muscle work harder than it does normally. You may do this daily with isometric exercise. Weight or pulleys, whichever way you prefer.

In any injury the body repair itself with scar tissue does not function as well as normal tissue, through hand resistive work, we can rebuild the strength back to normal or even more than normal strength.

If we do not do somethings daily to maintain increase strength in an injured area, the strength will drop off quickly. Scar tissue is not elastic like normal tissue. It does not have the original blood supply or sensation the normal tissue had. Through daily resistive exercise, we can keep the scar-tissue- repaired area strong and flexible.

## PRE-SEASON:

### (Basic Training Period)

There are two circumstances influencing particular, the training work carried on during the basic period. They are on the one hand the

increased load on the players, the different climate condition and those on the field of play. The character of the training work carried during the basic period and the principles governing it are identical, nevertheless there is a difference between the basic work performed in the autumn and in the spring. This is revealed above all in the fact the while emphasis is laid primarily on the development of the physical abilities during the major parts of the basic period priors to the autumn season during which both the climate condition and those of the field of play are much more favorable, training work is focused on laying the tactical and technical foundation.

The major Duty to be accomplished during the basic period in winter and summer is to enable the players in terms of their skill, physical abilities and psychological condition to play throughout the 90 minutes of the game in the both possible condition and at the highest technical and tactical standard.

The basic period should be devoted to performing the most difficult and at the same time the most important work in the training and preparation of players. Since players are prepared for a season of three or three and half months in both summer and winter, it is natural that he basic period must also be of longer duration. In contrast to the earlier concept of a 3 to 4 week period for the preparation of the players, today it is necessary to devote a minimum of 5 to 7 week to basic work, but in certain cases an even longer basic period might be necessary in the case of the leading teams. The basic period last from the end of the transition period to the beginning of that of acquiring competition form.

I should like to underline again the importance of the strict observance of gradualness. If a lower division team holds one or two training session a week, then even under favorable condition it would not be sensible to increase the number of weekly session excessively in the basic period. With such team 3 to 4 session a week should be satisfactory even in the phase of the heaviest load. In the case of first division team, however, the number of training sessions can be raised to 10 to 12 per week in the same phase. Young player, or those coming up from a lower division should not be permitted to work in the same way as the older or more experienced ones who are more accustomed to increased load. In the case of these players in contrast to the rest of the team the load of the previous season. It is possible in practice that while the overwhelming majority of the sides have 8, 10 or 12 session to perform a week, the young and less experienced players have only 4, 6 & 8 of them weekly.

#### **The use of Salt and Water:**

Drinking plenty of water and taking salt pills are very essential to all conditioning programs. All players who are working hard will sweat profusely. The heavier player may lose somewhere between 8 to 15

lbs in a hard two hour workout. They must drink plenty of water to replace the salt. Most all of this weight loss is fluid. Too many players have the impression that in order to lose the excess weight that they picked up in the off-season, they must dehydrate the body and cut down on their fluid intake.

It is much better to lose a pound of two a day by turning up excess fatty tissues than to dehydrate the body. The body needs water and salt to keep its chemical balance. The physiology of salt and water balance in the body is too technical and complicated to explain.

All athletes who are working out and sweating heavily should take a minimum of six to eight salt pills (five grain) daily. The 225-lb athlete who is losing 10 or more lbs a workout should probably have more salt pill. Consult your team physician or team trainer for the amount of salt you should be taking. Do not take your salt pills all at one time before or after practice. Scatter your pills that do not break down quickly and cause some of the athletes to get nauseated. Some athletes find that salt pills make them sick. It is suggested that these athletes take their salt pills with thin meal, and this will usually prevent such sickness.

#### **Sprinting:**

Sprinting is the only way to condition to play Kabaddi. Kabaddi is a game of many shot sprints with very little rest between sprints. The Kabaddi player must have cardiovascular endurance to do many short sprints and to respond quickly so that he is ready for the next short sprint.

If possible, do all of your sprinting in Kabaddi shoes to tougher the feet and get used to Kabaddi shoes. Do all your sprint as you do under game conditions. All your starts should be from your offensive or defensive position.

Too many players waste their time by jogging a mile or two daily, thinking they are getting in shape for kabaddi. The only place you jog in a football same is back to the hurdle after a play or up to the time of scrimmage for the next play. By jogging a mile, two miles or even five miles, the only conditioning you are getting is endurance to jog. Jogging a mile or two will help your endurance, but the only way to condition for kabaddi is to do many, many short sprints with very little rest between sprints.

Some coaches tell their players that they want them to respect in condition to run or jog a mile in seven or eight minutes. It is a waste of time for kabaddi players to come to practice in the heat of June, July or August and show the coach they can jog a mile in seven minutes. The coach would do

much better to have the boys report to camp in condition to sprint 2030yd sprints.

### **Period of acquiring Competition form:**

Before going any further the term “form” should be classified in brief. In sport it is customary to use the term in the sense of both good and bad form.

What is meant by competition form from the point of view of ?

The player or team capable displaying existing abilities and knowledge at the highest possible standard irrespective of the opponents they to be in good form. On the other hand, and player or team displaying other part of their knowledge and incapable of showing their full talent full talent are considered to be in perform or sometimes they are said to be in bad form.

During the basic period of training the players will have acquired general condition in which it is possible for them to systematically revise or even further develop technique or tactics and to build a more versatile command or both elements, owing to its character the basic period of training cannot ensure that the players are in the best possible a foundation for the development of enduring good form but it does not directly ensure it. On the contrary; while the players are subject to the heavy load of the basic training period their form is not in proportion with the quantity of work they accomplish. But it is not only the relatively low standard of form that makes it difficult for them to perform effectively in matches but also their general condition. That is, their high level of fitness, which is independent of the special demand of play itself, does not enable them alone to stand up successfully and easily to the special demands of a match

### **OFF- SEASON CONDITIONING:**

#### **(Transition Period)**

Kabaddi players who run, throw and block well will have good flexibility. Flexibility in the legs, chest and shoulders is a must for kabaddi players who want to have good skill and prevents injuries. Practical observation and experiences prove that prolonged strain, after the conclusion of a playing season, throw the organism into a state of enduring fatigue physically, but even more from the stand point from the players nervous system. Fatigue in kabaddi because of the character of the games – makes its appearance later than, for example , in the case of long distance runners, where the vividness of the experience is not able dispel the temporary physical and nervous fatigue to the same extent. But the magnitude of fatigue that follows later can be much more intensive in kabaddi than in other branches of sport. Characteristically a kabaddi player suffering from physical, but especially nervous, fatigue even

has an abhorrence of the ball in this condition. This is popularly known's as “ball nausea” in kabaddi.

The aim the transition period is to eliminate the physical and nervous fatigue accumulated in the cause of the playing season, and to prepare the players for the following season. The length of the transition period is 1 to 3 weeks. In case of top class team 1 to 3 weeks are sufficient but for teams in lower categories, especially in the provincial areas, this time way, of course, have to be extended of necessity. This period after the last championship, cup or touring matches and lasts until the beginning of the basic training period.

#### **Cardiovascular Exercise :**

Sprinting is the only way to gain cardiovascular endurance for kabaddi. Some coaches have their players run a mile or up-to five miles a day in their pre-season conditioning. This is the consuming and will do in a Kabaddi game. I have seen kabaddi players who could jog five miles but were worn out after ten 20yrd sprints. Players have to do repeated sprints, just, as they will do in the game, to have the type of cardiovascular endurance needed to play kabaddi. Running a mile is fine provided you run many short sprints along with the mile.

Conditioning is a twelve month activity; so between you last kabaddi game of the season and your pre-seasonal program you should do something to maintain your cardiovascular condition. Handball, tennis, badminton, swimming and golf are all excellent off-season activities. You may make yourself some equipment that you may use outside or inside in raising weather when you cannot get outside and run.

Make yourself a box or stool 20 inches high, 20 inches wide, and 20 inches deep This exercise does not replace running. It just supplements the running when you cannot go outside.

The exercise is called “The brouhaha step test” The athlete steps up and down the 20inch box thirty times a minute for five minutes.

#### **Strength Exercise :**

In the off – season pre- season and regular season, all kabaddi players should do some strength exercise to maintain their strength and to stay “stretch out”. Thirty second pull-ups, pushups and shoulders dips are excellent exercise to maintain your shoulders and arm strength.

Put up a chinning bar outside or inside so you can do pull-ups daily. Pull-ups may be done isometrically by holdings for six seconds at different points throughout the pull-up. Each complete pull-

up will take a total of thirty –six second. To add more resistance, weight may be applied wearing a weighted vest, weight on the ankles or a weighted belt around the waist.

**Pull –ups :**

Pull-ups should be done with different grips the palms away from the body and the palms facing the body. Thirty six second pull-ups are done in the following manner:

- a. Pull ups flexing the elbows about 15 degree and hold from six second.
- b. Pull ups flexing elbows to 90 degree and hold for six seconds.
- c. Pull up looking over the bar and hold for six seconds.
- d. Lower slowly to 90 degrees of below flexion an hold for six second.
- e. lower slowly to 15 degrees of below extension and hold stretching for six seconds.

Do at least pull-ups daily for thirty-six second twelve months a year. Be sure to use the different hand grips holdings the bar to increase your strength and endurance. Add more resistance when three pull-ups are easy.

Do at least ten to twenty regular pull- ups daily.

**Push –ups:**

Push-ups should be done by daily Kabaddi players to improve and maintain their shoulders, arm and chest strength. Push-ups may be done Several ways: with you hands wide outside your shoulders or with your hands directly under the shoulders. They may also be done with your hands on two chains, lowering the body between the chains to get a good stretch across the chest.

Do at least fifteen to twenty- five push-ups daily. More resistance may be added by doing push –ups slowly and by putting the feet up on a chain with you hand on the floor. You may also do thirty –six second push-ups, stopping at different sports and holdings for six seconds as you do in pull – ups and shoulders –dips.

**Shoulders Dips:**

Shoulders dips are another method to help develop your shoulders and arm strength. Dips may be done between the backs of two study chair on your homemade parallel bar outside or in your basement.

Shoulders dips should be done daily throughout the year t maintain shoulders and triceps strength. The thirty- six second shoulder dip is one of the better methods for developing arm and shoulders strength. None resistance may be added by wearing a weighted vest, weighted ankle weight or spats or a weighted belt around the waist, holdings for six seconds each at three different position up and down throughout the dip, a thirty six second shoulders dip is completed. Thirty six second isometric shoulders dips are done in the following manner:

- (a). With the elbows completely extended, lower the body flexing the elbows about 15 degree and hold for six second
- (b). Slowly lower the body Flexing the elbows to 90 degrees and hold for six seconds.
- (c). Lower the body slowly to complete elbow flexing and hold for six seconds.
- (d). Push the body up slowly to 90 degrees of elbow flex-in and hold for six-seconds.
- (e). Push the body up slowly to 15 degrees of elbow flex-in and hold for six-seconds.
- (f). Push the body up slowly as far as possible completely extending the elbows and hold for six seconds.

Do at least three shoulder dips for thirty six seconds twelve months a year. Add more resistance anytime during the year that three shoulder dips are easy.

**WARM UP EXERCISE:**

Before any workout begins, all kabaddi players should do some warm-up the muscles and to get the body ready for activity. The amount or type of warm-up necessary is an individual problem, but be sure you are warm and loose to avoid injury. Olden athletes need a longer warm-up period. Choose the exercise to stretch and warm up the body according to your individual needs. When the regular practice begins, most coaches will have a formal warm-up exercise program that everyone will do for fifteen to thirty minutes.

**STRETCHING EXERCISES:**

Stretching exercises should be done daily along with isometric exercise. When there is tightness in any area, in order to gain in range of motion, it is better to stretch after some type of heat has been applied to the area being stretched. For examples, there may be tightness in the back and back of the legs. The tightness limits the lengths of stride in running and makes it difficult to flex from the waist.

Where extreme tightness exists, it is best to stretch daily.

### **STRENGTHEN OLD INJURED AREAS:**

Almost every athlete has some area in the body that is weak. This weakness may be caused by having some area in which he has never developed any strengths, or it may be due to an old injury that has never been restrengthened. Most kabaddi players have some area in the body that is weak because of an old injury.

Injuries in kabaddi seem to follow a pattern. High school players have weak shoulders and knees that are usually underdeveloped. University and College players have weak necks, weak unstable knees and ankles from high school sprains and strains that were never treated or rehabilitated after their original injuries. Many professional kabaddi players have weak backs, knees, ankles, necks and shoulders from poor rehabilitation. Usually, the majority of these weaknesses can be strengthened if the athlete will work on straightening the weak area daily with proper resistive exercise.

### **ISOMETRIC EXERCISE:**

Isometric exercise is a fast method of gaining and maintain strength for the kabaddi player, Some athletes prefer lifting weights. No matter which way you prefer, the exercises and the same to strengthen a given area. In isometric exercise a partner resists the movement or you push against an immovable object. In weight training, the weight supplies the resistance in the same movement through a complete range of motion, lifting the weight slowly and returning slowly. In isometric exercise your partner resists at different points through a complete range of motion. Exercise any way you prefer, but get strong for kabaddi. In the isometric exercise, you do not need any equipment, and you do not need as many repetitions. Three six-second contractions at different points along the complete range is enough to gain or maintain strength.

### **CONCLUSION**

Conditioning for kabaddi is a twelve-month job, With kabaddi there is a continual weight problem. The high school player is trying to gain weight, and about half of the college players are trying to gain. The professional kabaddi player is usually trying to keep his weight down.

Each player must diet and exercise to stay reasonably good conditions. The light kabaddi player must be on a high protein-carbohydrate diet and must continually do resistive exercise to gain strength and girth. The heavy kabaddi player must watch his calories and must also do resistive exercise continually to gain or maintain his strengths and girth. All kabaddi player should do

cardiovascular exercise to maintain endurance strength. It is too hard to get back into condition when you let yourself get sadly out of condition and overweight. When the season ends; you must rest a week or two. Then begin playing handball, basketball, swimming or participating in some other active sport to maintain your speed, flexibility and cardiovascular endurance. Play some vigorous sport at least three day a week for an hour to an hour and a half. Do isometric exercise, lift weight, do pull-ups, do push-ups and shoulder dips to maintain or improve your strength.

Always stay within 5 lbs of your playing weight. Anytime you are 5 lbs over your playing weight, you should diet or push from the table until you are back at your playing weight. Work out hard in the off season and you can eat almost anything you want.

All kabaddi players must have strength, flexibility, agility, balance, speed and endurance. Work constantly to get the whole body stronger. More strength will usually give you better balance, agility, speed and endurance. Stay strong and work out twelve months a year, and you will have a long, injury-freed career.

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