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REGULAR TRAINING COMBINED WITH E-CONTENT PACKAGES AND GAME-SPECIFIC DRILLS TO IMPROVE KABADDI SKILLS PERFORMANCE

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ABSTRACT

Examining the impact of e-content-based coaching on specific Kabaddi skills was the aim of this study. Eighty male Kabaddi players, ages 18 to 25, were chosen as subjects from Alagappa University in Karaikudi in order to fulfil the study's objectives. With a pre-test and a post-test, the study was designed as a true random group design. Group I received instruction and coaching using an e-content package, Group II received instruction and coaching using a game-specific training, Group III received combined training, and Group IV received no training. The subjects were divided into four equal groups of twenty each at random. For twelve weeks, the experimental group followed their respective schedules on different days. Teaching & coaching session in the field lasted for 60 minutes. The chain tackle was assessed by subjective ratings. Analysis of covariance and scheffe's method was used. It was found that the combined training package showed significant improvement on chain tackle than other experimental groups.

Keywords: E-content, Game-Specific Training, Kabaddi Skills

1. INTRODUCTION

E-content is undoubtedly head and heart of teaching learning process. Since Kabaddi is a contact sport with ancient Indian roots, e-content is essential when discussing coaching in physical education and sports. Thousands of people play this traditional game in both cities and villages. Strength, speed, and agility are specific fitness requirements for Kabaddi, which prepares the player for the mental and physical obstacles that he will encounter during his competitive athletic career. Aerobic and anaerobic fitness, dynamic balance, agility, individual proficiency, neuromuscular coordination, lung capacity, and quick reflexes all affect athletic performance in kabaddi (Mayur et al, 2014). Over the years, there has been a noticeable shift in the evaluation criteria used in older techniques. Studying the efficient training methods for Kabaddi is essential given the sport's notable development in India in recent years. Since there hasn't been much work done on e-content or traditional Kabaddi-specific training, the study's conclusions will be useful in evaluating different skill performances for Kabbadi players.

2. MATERIALS AND METHODS

Examining the impact of e-content-based coaching on specific Kabaddi skills was the aim of this study. Eighty male Kabaddi players, ages 18 to 25, were chosen as subjects from Alagappa University in Karaikudi in order to fulfil the

study's objectives. With a pre-test and a post-test, the study was designed as a true random group design. Group I received instruction and coaching using an e-content package, Group II received instruction and coaching using a game-specific training, Group III received combined training, and Group IV received no training. The subjects were divided into four equal groups of twenty each at random. For twelve weeks, the experimental group followed their respective schedules on different days. Teaching & coaching session in the field lasted for 60 minutes. The chain tackle was assessed by subjective ratings. Analysis of covariance and scheffe's method was used.

3. RESULTS AND DISCUSSIONS

The results were presented in the following tables,

TABLE – I

COMPUTATION OF ANALYSIS OF COVARIANCE ON CHAIN TACKLE

	RTWECG	RTWGSSG	COMBTG	CG	Source of Variance	Sum of Squares	df	Means Squares	F-ratio
Pre-Test Means	34.45	34.35	33.65	34.10	**BG**	7.638	3	2.546	0.49
					WG	393.850	76	5.182	
Post-Test Means	50.10	49.40	63.75	34.80	**BG**	8390.438	3	2796.813	466.59*
					WG	455.550	76	5.994	
Adjusted Post-Test Means	49.98	49.32	63.93	34.81	**BG**	8445.291	3	2815.097	528.86*
					WG	399.219	75	5.323	

The pre-test means for the experimental groups on chain tackle were 34.45 for experimental group I, 34.35 for experimental group II, 33.65 for experimental group III, and 34.10 for the control group, according to Table I. The obtained "F"-ratio of 0.49 was lower than the "F"-ratio of 2.72 found in the table. At the 0.05 level of confidence, the pre-test mean "F'"-ratio was therefore insignificant for degrees of freedom 3 and 76. For experimental groups I, II, and III, the post-test means were 50.10, 49.40, 63.75, and 34.80, respectively, after the test. Compared to the table's "F"-ratio of 2.72, the obtained "F"-ratio of 466.59 was higher. The post-test mean "F'"-ratio was significant at the 0.05 level of confidence for degrees of freedom 3 and 76. The experimental groups I, II, and III had adjusted post-test means of 49.98, 49.32, and 63.93, respectively, while the control group had an adjusted post-test mean of 34.81. Compared to the table's "F"-ratio of 2.72, the obtained "F"-ratio of 528.86 was higher. Consequently, the adjusted post-test mean "F"-ratio was statistically significant ($p < 0.05$) with three and 75 degrees of freedom.

FIGURE – I

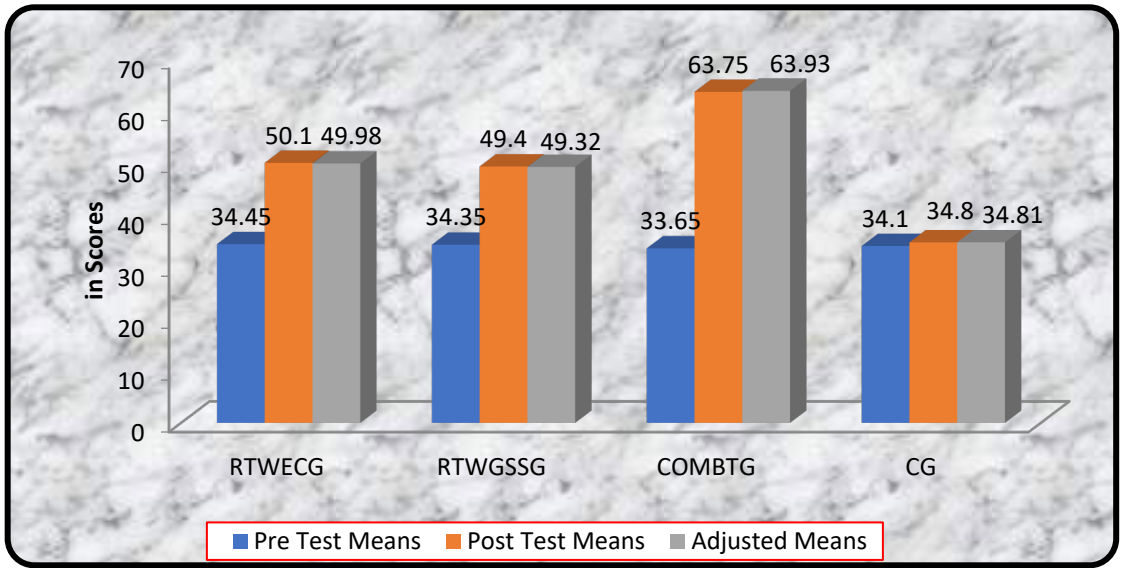

TABLE – II

POST HOC TEST ON CHAIN TACKLE

Adjusted Post-Test Means	Mean Difference	Confidence

RTWECG	RTWGSSG	COMBTG	CG		Interval
49.98	49.32	--	--	0.66	2.08
49.98	--	63.93	--	13.95*	
49.98	--	--	34.81	15.17*	
--	49.32	63.93	--	14.61*	
--	49.32	--	34.81	14.51*	
--	--	63.93	34.81	29.12*	

**** Significant at 0.05 level of confidence***

The adjusted means of regular training with e-content package and regular training with e-content package & regular training with game-specific drills (13.95), regular training with e-content package and regular training with game-specific drills and regular training with e-content package and regular training with game-specific drills and regular training with e-content package & regular training with game-specific drills (4.61), regular training with game-specific drills and regular training with e-content package & regular training with game-specific drills and control group (15.51), regular training with e-content package & regular training with game-specific drills and control group (29.12) were found to differ significantly from one another. Regular training with the game-specific drills group and regular training with the e-content package did not differ significantly (0.66) at the 0.05 level of confidence, with a confidence interval value of 2.08.

4. RESULT

1. It was found that regular teaching & coaching combined with e-content packages and showed significant improvement on chain tackle.
2. It was found that regular teaching & coaching combined with game-specific training packages and showed significant improvement on chain tackle.
3. It was found that the combined training package showed significant improvement on chain tackle than other experimental groups.

CONFLICT OF INTERESTS

None.

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