



THE ROLE IN ENSURING PERFORMANCE BY KABADDI TEAMS

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ABSTRACT

The popular team sport Kabaddi takes skill and power, since it incorporates aspects of wrestling and rugby. The story begins in India about the year 4000. The purpose of this research is to examine that role and its impact on the success of Kabaddi teams. Popular team sport Kabaddi blends wrestling and rugby, and its players must be strong and agile. The rules of KABADDI and the players' levels of physical fitness are the primary foci of this research. Guide to Role of Officials for Best Performance of Kabaddi Players and Teams explains how to make the most of your time on the field by planning ahead and preparing well.

KEYWORDS Performance, Kabaddi Players, Flexibility, Rules and Skills

INTRODUCTION

The integrity of the game of Kabaddi is in the hands of the official, thus everyone involved in the game must respect and accept the official's calls. Simultaneously, the official's duties and responsibilities to the game grow. Based on their conduct both on and off the field, they have shown their integrity, commitment, and mastery of the sport. The official has to be able to gain the trust and respect of both teams. The referees have a critical role in the success of the game. When a referee or umpire is driven by the importance of doing his job fairly and equitably from the first play to the last, when he or she refuses to back down in the face of intimidation from players or coaches and instead applies their complete, confident judgement to the action on the field. When it happens, there will be only one true official.

The question of "who is right" is less relevant than "what is correct" when it comes to refereeing a Kabaddi match. To be a good Kabaddi referee, you need to be brave and have good judgement, which are two qualities that will serve you well in every aspect of life. Unfortunately, the officiating has been severely overlooked. The fun and excitement for both players and spectators are severely dampened by bad refereeing. Players get resentful and unhappy as a consequence. In recent years, there has been a heightened emphasis on raising the bar. The fundamental requirements of an official for flawless officiating the state of being mentally and physically fit.

The ability to understand and abide by the norms. adaptability in interpreting the regulation and bravery in defending that interpretation. Expertise in the procedures of refereeing a game. Behavior and character molded to fit the video game setting

Kabaddi, an Indian contact sport, originated on that continent. It is one among the most widely played sports in India, especially in rural areas. India's kabaddi teams have competed in all four Asian Games, and each time they've brought home the gold. India is home to four distinct variations of kabaddi: Amar, Suranjeevi, huttuttoo, and Gaminee. For the most part, Punjabi athletes may be seen playing Amar everywhere from Punjab and Haryana to the United States and Canada. Throughout India and the rest of the globe, Suranjeevi is the most popular style of kabaddi. This is the format used in the Asian Games and in most international competitions.

Male actors from Maharashtra portrayed Huttuttoo. Each team consists of seven players, and when one player is eliminated from the game, he must stay out until his whole team has been eliminated. One point is awarded to the team that successfully names all of the other team's players. There is no time limit on the game and it will continue until either five or seven of these points have been obtained.

Kabaddi, a popular team sport, combines elements of wrestling and rugby and requires both ability and strength. It all started in India about the year 4000. The whole Indian subcontinent plays it. Self-defense was the original goal. You don't need a huge playground or costly equipment to enjoy this game. Because of its widespread popularity and relative ease of play, it has another name: the Game of the Masses. Since less costly equipment is required, it has found widespread use in third world countries. It is traditionally played outside on a clay court, however these days it is also played on a synthetic surface indoors. Kabaddi goes by a few different names depending on where you are in India. In the south, it's called Chedugudu or Hu-Tu-Tu, in the east it's called Hadudu (for males) and Chu - Kit-Kit (for women), and in the north it's just called Kabaddi. The rural areas of the states of Punjab, Tamil Nadu, Andhra Pradesh, Uttar Pradesh, Bihar, Maharashtra, Madhya Pradesh, and Gujarat are where its popularity really shines.

Dates back to prehistoric times, the sport has a rich history. Perhaps it was created to protect people from themselves when they had the croup. A variant of the game, known by a variety of names, had great popularity in southern Asia. Abhimaneu, the heir of the Pandava monarchs, is encircled on all sides by the enemy in a dramatized rendition of the classic Indian epic, the "Mahabharata," and the game is used to symbolise his precarious predicament. Buddhist texts often make reference to the Gautam Buddha enjoying a game of Kabaddi. It has been shown historically that ancient rulers used the sport of Kabaddi as a means of wooing and impressing prospective wives.

LITERATURE REVIEW

Subrata pramanick, et.al (2022) The goal of this research was to see how Kabaddi and Athletics athletes stacked up in terms of shoulder strength and leg power. For this study, the researchers specifically sought for male participants. People who took part in district-wide intercollegiate competitions were surveyed. Those that took part ranged in age from 18 to 25. The researchers selected twenty athletes (n=20) and twenty Kabaddi players (n=20). The 40 individuals were chosen using a systematic random selection process. The researchers gathered information on leg power in metres through the Standing Broad Jump. Shoulder strength was measured by counting the number of pull-ups performed. Players from both Kabaddi and Athletics had their shoulder strength and leg power compared using the mean, standard deviation, and independent t-test included in the statistical software SPSS. To conduct the hypothesis test, a significance threshold of 0.05 was used. Research shows no major difference in shoulder strength between Kabaddi and Athletics athletes. There was also not a discernible difference between Kabaddi and Athletics athletes in terms of leg power.

Singh, vikram (2021). Since June 21 was designated as International Day of Yoga by the United Nations General Assembly, the ancient practice of yoga has exploded in popularity. The AYUSH department, the Central Council for Yoga and Naturopathy (CCRYS), the Central Council for Yoga and Naturopathy (CCRYN), and other government-run initiatives have all been established by the Indian government to spread yoga. The National Center for Education Resources (NCERT), the National Institute of Open Schooling (NIOS), and the Central Board of Secondary Education (CBSE) have all made scholarly contributions to support yoga. Despite the fact that modern sports include a great deal of science and technology, human performance remains the primary focus. Cutthroat competition at the highest level, as seen at the Olympics, the Asian Games, the Commonwealth Games, etc., has added another layer of stress and strain to the sports world, which has seen an explosion in the number of athletes diagnosed with stress, anxiety, and tension-related diseases. India's athletes must not only give their all in every competition, but also improve their skills and keep an eye out for fresh potential. Integrating yoga with athletic training has been shown to improve a variety of mental skills, including memory, attention, and stress management. Yoga is a low-cost, low-risk way to increase mobility, strength, and resilience in the face of stress. This includes individuals of all ages, sexes, and fitness levels. Yoga training has a lot to teach athletes in sports where the mind plays a significant role, such as archery, shooting, golf, and others.

Kanika rawat (2018) The purpose of this piece is to discuss the value of yoga practises in the context of sport and physical education. One of India's spiritual traditions, yoga emphasises a focus on the body as a means of fostering positive habits of mind and soul. Asanas (from the Sanskrit word for "posture") are one of the many

methods at its disposal. Recall that the Physical Education curriculum includes both organised sports and recreational activities like gymnastics and running. There was a time when competition sites were held in high regard and when athletes treated each other with the utmost respect, a period when the adage "it's not the winning itself but the nobly competing that truly counts" was commonplace. Many various meanings have been attributed to the phrase "Physical Education" in today's culture. Some people attribute it to the concept of "self-schooling," the practise of training one's own mind and body to develop specialised skills for one's own benefit, as is common in the world of competitive sports. Some people believe that the sole benefit from "education to the body" is a more attractive physical appearance. This is, alas, the primary motivation for individuals to attend gyms, and it persists even before summer. Historically, the term "physical education" referred to what is now known as "bodily education." It employs bodily practise as a means of fostering the highest aims of education, including individual agency and social responsibility. You may remember that the Physical Education curriculum includes events like athletics and gymnastics. There was a time when competition grounds were seen as holy and mutual respect was vital; a time when the saying, "it's not the winning itself but the nobly competing that truly counts," was commonplace. Yoga and physical education both have their origins in the belief that the body may be used as a tool to develop and hone the habits and abilities necessary to promote and sustain health on all levels. At this point, they may be seen as supplementary fields of study. As the West popularised exercise and athletic training and focused on its beneficial health benefits, the East pursued similar goals via meditation and relaxation.

Dr. D natarajan (2018) The study's goal was to see how improving flexibility and strength with Mallakhamb and Tai Chi would affect intercollegiate kabaddi players. Methods: Group I (n=30) consisted of males who did not engage in any strenuous physical activity during the course of the study; group II (n=30) consisted of males who did; and group III (n=30) consisted of females who did. All of the participants, who were between the ages of 18 and 25, played intercollegiate kabaddi. The primary indicators of success were the leg dynamometer and the sit and reach test, which assessed muscle strength and mobility, respectively. The research plan was based on a random-group methodology. Pre and post tests were administered to the individuals at the start and finish of the 12-week investigation. The significance level was determined using an analysis of covariance (ANCOVA). Scheffe's post hoc test was used in cases where there was a statistically significant difference. Conclusion: Huge improvements

Dr. Yallappa m (2019) Kabaddi is played without any kind of equipment by two teams of seven players each on a rectangular court that may be played either outdoors or inside. The match consists of two 20-minute halves separated by a 5-minute break. The current research was conducted to investigate the association between kabaddi performance and several fitness and physiological factors among university-level male kabaddi players. We chose 180 kabaddi players for this analysis. Speed, agility, power, flexibility, pull-ups, and endurance were some of the measures of physical fitness. Anxiety, hostility, and confidence levels were the psychological factors examined. Standardized tests were used to assess all aspects of fitness and well-being. Subjects rated the performance on a 10-point scale to determine how well it was executed. The results showed a strong relationship between performance and velocity, leg explosive power, and endurance. There was no strong relationship between these measures of athleticism and success: agility, arm strength, flexibility, resting heart rate, or breath holding duration.

PHYSICAL FITNESS

In light of the weighty responsibilities of a Kabaddi official, one should carefully examine whether or not they are up to the task before accepting the assignment. Ability to perform the duties of the position both mentally and physically. Prioritizing health and mental acuity is essential. The referee has to maintain his fitness level throughout the season. Since one has work hard to keep up with the action on the field. The official must be mentally sharp so that they can make correct and concise judgements in really difficult scenarios. The official must have the stamina of a horse, the alertness of a hound, the vision of an eagle, the wisdom of the East, and the good sense of Salomon. The official should wear a uniform that is well-fitted to his body type.

Knowledge Of the Rules

The regulations of Kabaddi are in place to provide a level playing field. As the years pass throughout the game. As time goes on, the rules shift and evolve. However, the ground rules haven't changed. If you look at the rules' evolution in detail, you'll see that it wasn't random that the rules shifted. Because of the ever-shifting fashions in

game play, they are always developing new forms. There is a strong relationship between rule modifications, tactical shifts, and officiating style, with each factor influencing the others.

The most important attribute for an official to have is a fast reaction speed, and with only a little practice, you'll attain your full ability in this area. Because in Kabaddi, you need to make quick judgements on the go. Nobody with a below-average response speed has much of a shot of rising through the ranks to the highest levels of government. Without the official's prompt response, the action will proceed. He's going to make things difficult for the other team. Cases in point: "Can't break," "entering the lobby before the battle," "crossing the limitations," "Mere touch," etc. The game may get chaotic if the official has a slow response time in such a circumstance. A slow-reacting referee will cast doubt on the minds of the players. One of the most effective ways to win over a team's faith is to step in and resolve issues as they arise, just when a player is making a mistake. The official, despite his years of expertise, admits that he is always running behind schedule while making calls. It's unlikely that the official will be able to make a name for themselves in the world of kabaddi.

Having faith in one's interpretation and the intestinal fortitude to back it up. The trust of the players, coaches, and fans in the officials may be increased by a number of means. It's preferable to take a long-lasting action without wavering. Example: An official assigning points by flashing two fingers and then sliding the third (2). Switching from "raider out" to "2 antis out" is not as drastic as some may think. The raider must go out, or two anti-air units must go out. This hesitance might be seen as doubt and can even offer room for suspicion. In Kabaddi, an authoritative figure has to be able to make vocal announcements of judgements, which they should do in a clear, loud voice that can be understood by everyone. Use a sharp, short, and sharply wheezed breath to blow the whistle. An urgent announcement warranting everyone's full attention might be signaled with a sharp whistle.

In Kabaddi, the overzealous official adds even more chaos to the game than the participants themselves. In fact, an extremely tense referee may throw off the team's balance and even make the players jumpy. Contrarily, the official with a chip on his shoulder was looked down upon and was typically mistrusted. It is incumbent upon him to recognize his flaw and work toward improving it.

One of the most valuable qualities a public servant may have is consistency. He may have a skewed understanding of the rules, or he may use strategies that go counter to the norm for his squad. The group is temporarily taken aback and baffled by the action. The audiences' anxious energy bothers the official as he transitions from regular season to championship play. Consistency may be fostered via intelligent exertion and experience. Officials who lack consistency should be removed from duty in the same way that incompetent athletes are eventually benched. Integrity informs one's ability to make sound decisions. It's possible that the young official's inability to discriminate will be immediately apparent. At first, all he can make out is a haze of motion from which he can deduce no particular order. When the official is in such a daze, there's no need to take a detour. Eventually, the fog will lift with experience and repetition, and your judgement will improve. The official should not give up because of short-term setbacks throughout this procedure. Under wise direction, hone your skills as a Kabbadi referee. It's the most reliable path to mental steadiness and clarity.

Kabaddi refereeing requires a team of six people. Harmony and trust amongst all those involved is essential. To the extent that one official has a predisposition to want to dominate the game, this might lead to bad officiating. As an example, one umpire may overrule the judgements of all the other officials. The government officials should get along with one another. When a separate authority from the opposite side renders their ruling. For instance, if an umpire on the same side is caught out of sight as a player crosses the boundary during a battle, the official on the other side will make the call. Regardless matter how skilled a person may be in officiating, they should not be placed in a team with officials who are unable to adapt to changing circumstances. The referee could know the regulations rather well. An official's competence may be undermined even with a perfect understanding of the regulations. Good officiating is assured when the regulation is applied sensibly.

It is also important for the official to understand how one regulation relates to the others. The officials in Kabaddi are known for being flexible with the regulations. Instead, the official must base his judgement mostly on the consequences of breaking the regulations. Examples: while making calls on fouls and major infractions.

While passing the officiating exam is a prerequisite for being selected to work the National Championship, it is unrealistic to assume that doing so would automatically get you the job. The prize is only the privilege of donning the approved outfit. If he really wants to be an official and works hard at it, he can make it happen. The

best performance from the players is only possible if the officials are on top of their game. Unfortunately, bad refereeing often means that the better side loses. Consequently, the officiating crew is crucial to a game's success.

Warm Up

Athletes need to prepare their bodies for the physical demands of practice and competition by warming up beforehand. The athlete can't afford to skip the pregame warmup since it's so crucial for getting his body ready for the game's physical demands and avoiding injury. The term "warming up" refers to the physical and mental preparation a player does before the actual game. Exerting oneself physically is essential for success in any sport. The athlete needs time to gradually shift from rest to intense exercise so that he or she can handle the rigors of a hard training session or competition. If the athlete doesn't warm up, his muscles will be tight and he won't have enough blood flowing to his muscles in time, leaving him exhausted after the initial burst of action and perhaps leaving him vulnerable to injury. When you do activities to warm up, you raise your heart rate, your flexibility, and your muscular tone. The muscles get a boost in blood flow as their arteries and capillaries dilate, which in turn stimulates the neurological system, shortens the response time of the muscles, and increases the body's overall coordination.

To get warmed up, you may do something active or something inactive. Active warming up includes activities like walking, running, bending, and stretching, while passive warming up entails massage, hot water baths, or steam baths. Getting an athlete's core temperature up to the desired level requires more than just sitting around. Before engaging in any hard physical activity, such as a training session or the actual competition, the athlete must first engage in active warming up.

Warming up has been shown to have a positive influence on a player's performance, both physically and mentally, but only if the player views the process positively and is convinced of its value. Methods of warming up should be used with consideration for the player's physical and nervous state, and should be customised as much as possible, particularly for top athletes. The athlete has to be wary of turning their pregame warmup into a routine, but yet flexible enough to adapt to unexpected changes. The athlete shouldn't have to put in any extra effort mentally or physically when warming up, therefore the activities should be kept easy.

In between pregame rituals and game day, the athlete needs time to unwind. Between active warming up and the commencement of the main event, a passive warming up, such a massage or a chemical rub down, is deemed advantageous. It is important to make sure that the athlete is neither too cooled down or warmed up during the rest interval before the actual competition. Age, sex, weather, the player's experience and ability, and the sport itself are all relevant to the pregame routine. As a rule, the warm-up for a practice session is shorter but more intensive, while that for a competition is longer but more strenuous.

There are two distinct forms of pregame preparation, known as general warming up and specific warming up, respectively. To warm up thoroughly, one must first relax the muscles of the whole body. Jogging, callisthenic exercises for the neck, arms, shoulders, belly, legs, and back, and stretching exercises are all utilised for general warming up to get the muscles ready to move. Physically, stretching does more than just relax the muscles; it also helps to strengthen the tissues that hold the body together. In order to prevent muscular injuries, it is important to elevate core body temperature before beginning any kind of activity. Gymnastic activities are deemed most ideal for general warming up as the player makes optimum use of his limbs to accomplish the exercises.

The primary work may be tackled more effectively after some targeted beforehand warming up. Warming up activities should be selected with consideration and should closely mimic the main event's activity. The level of the skill or technique to be employed in the main activity determines the number of repetitions of each individual warming up drill. The majority of the targeted warm-up activities should consist of attack and defense drills, such as movements, footwork, and different grips and methods in attack. Everyone on the team has to know how to warm up effectively no matter what the circumstances, taking into account the next challenge, the amount of time at their disposal, and the intensity of the exercises necessary to bring out their very best performance under pressure.

Cooling down

The opposite of a warmup, cooling down should follow the primary activity. It's not a good idea to lay down, take a shower, or do anything else sedentary just after engaging in strenuous physical exercise. Warming down serves to gradually restore the core body temperature to normal. Moderate physical activity, such as strolling, mild jogging, and stretching, may help with this.

After completing any kind of strenuous exercise, it is essential to take some time to relax and ease into a more moderate pace. Immediately after the major event, whether it a competition or a training session, there may be a brief warm down lasting five to ten minutes. After a major match in Kabaddi, players might benefit greatly from stretching and deep breathing exercises. Recovery time and training gains will both be slowed without a suitable warm down. When warming up or cooling down, a player should execute light, simple activities instead than high-velocity ones like hopping, skipping, or jumping.

Conditioning

Warm up activities & stretching exercises

In order to prevent sports injuries, Brad Walker teaches how to warm up effectively. Any fitness routine or sports practice would be incomplete without the pre-exercise warm-ups. When it comes to staying healthy and out of the hospital, a disciplined warm up regimen is crucial.

the warm up

There are a few crucial components to an efficient warm-up. All of these factors, or components, need to cooperate to reduce the possibility of sports-related injuries. Preparing your body and mind for more difficult action is the primary goal of warming up before any physical activity. It does this in part by raising both the body's internal temperature and the temperature of the muscles. By raising the temperature of the muscles, you aid in making them more flexible.

As a side consequence of a good warm up, your heart rate and breathing rate will increase. This boosts circulation, which in turn improves oxygen and nutrition supply to the active muscles. The body's muscles, tendons, and joints are conditioned in this way for when they'll be put through more rigorous exercise. When we know what we want out of a warm-up, we can examine how it should be organized to get us there.

It makes sense to ease into things gradually, beginning with the least taxing activities and working up to the most strenuous ones until you've reached your physical and mental peak. In this condition, the body is ready for the next physical activity and the risk of sports injury has been reduced to a minimum. In that case, how should you organize your warm-up to bring about those outcomes?

The success and thoroughness of your warm up depend on the inclusion of four essential aspects. The items in question are:

1. The general warm up
2. Static stretching

The four components should not be treated differently or dismissed as unimportant. The athlete's body and mind will reach their physical peak as a result of the combined effects of these four factors. This procedure will aid in making sure the athlete sustains as few injuries as possible while competing. Let's break down each part and examine it separately.

general warm up

The recommended general warm up should be a little physical exercise. Both the length of time and the degree of difficulty of the general warm-up should be determined by the fitness level of the athletes taking part. Nonetheless, a proper general warm up for the typical individual should last around five to ten minutes and result in a light sweat. The purpose of the warm-up as a whole is to increase the rate of heartbeat and

respiration. In turn, this improves circulation, which carries oxygen and nutrients to the muscles that are actively contracting. Also, the muscle temperature rises, making the static stretch more efficient.

static stretching

Static stretching is a great way to get your muscles loose and flexible without risking injury. Danger of injury is low, and the benefits to flexibility are substantial. Every major muscle group should be stretched for five to ten minutes during this phase of the warm up. During a static stretch, the muscle or set of muscles being stretched is tensed while the body is held in place. When stretching, it's important to first relax the muscle being stretched as well as the opposing muscle group. Then, the person doing the stretching moves their body slowly and carefully to gradually increase the strain on the muscle or muscle group being stretched. This is the stage when the posture is sustained for a period of time to enable the muscles and tendons to lengthen.

This second phase of a thorough warm-up is crucial because it lengthens the muscles and tendons, hence increasing the range of motion in your limbs. This is crucial for avoiding sprains and tears in your muscles and tendons. The aforementioned components serve as the cornerstones of a thorough and efficient warm-up routine. Both of these steps must be completed successfully before going on to the following two steps. Elements 3 and 4 may now begin, as elements 1 and 2 have been properly completed.

ROLES OF COACHING

As a coach, you'll inevitably take on a wide variety of responsibilities, including (but not limited to) the following:

- Advisor - Helping athletes choose the right gear and advising them on how to best use it throughout training.
- Assessor - Judging the efforts of athletes in practice and competition
- Counsellor - Putting an end to emotional conflicts by acknowledging and discussing shared concerns.
- Demonstrator - Make sure the athletes understand what you want of them by demonstrating the required competence.
- Friend - After years of working together, you become more than just a coach to your athlete; you become a friend with whom they can share their struggles and their triumphs. Athletes will lose whatever respect they had for you as a friend and coach if you leak any private information to the media.
- Facilitator - Choose contests they may participate in that will contribute to their annual goals.
- Fact finder - Collecting information on training outcomes on a national and worldwide scale.
- Fountain of knowledge - As a potential adviser, you may be expected to field inquiries from your charge about anything from their favourite teams to their diets to their sports injuries and even issues that have nothing to do with their chosen profession.
- Instructor - Providing training for athletes to improve their performance.
- Mentor - You owe it to the athletes' families to make sure they are safe and sound throughout training sessions. It is your responsibility to keep an eye on them and provide assistance if they have any difficulties or get hurt while training.
- Motivator - All year long, keep the athletes inspired.
- Organizer and planner - Making preparations for each athlete's training and getting them to events like meetings and coaching clinics.
- Role Model - A role model is someone who serves as an example to others in terms of how they should act or interact in a certain situation. How you act in front of your athletes is a model for them to follow; what kind of example should we provide for the children of others? This is one of the coach's primary responsibilities.

Supporter - The stresses of competition may be overwhelming for some athletes, and they may appreciate your presence as a source of comfort and encouragement. Friendship and advice-giving roles, as well as similar ones, are relevant here.

COACH/ATHLETE TRAINING ROLES

During the course of an athlete's time working with a coach, both parties will take on varying degrees of responsibility for setting training goals.

- At the beginning of a sport or event (the cognitive stage), a coach's job is to guide the athlete through every step of the training process (telling or showing coaching style).
- There is a progressive shift in the coach's role as the athlete grows and exhibits a good technical grasp (associative stage) of the sport/event (involving coaching style).
- Once an athlete reaches a certain level of development and maturity and shows that they have a firm grasp on training principles (the autonomous stage), it is up to the athlete to decide what kind of training they need. The coach then functions more as a mentor, offering guidance and encouragement as needed.

COACHING SKILLS

At the outset of your coaching career, you'll need to hone the following abilities: organisations; safety; rapport; instruction; explanation; demonstration; observation; analysis; questioning; and feedback.

Organizing

Plan beforehand for how you will manage the athletes, equipment, and area throughout the training session; divide the athletes into groups based on their numbers, abilities, and the nature of the activity; and make sure the plan is safe at all times.

Safety

Assessing the space, equipment, and players for potential danger is the first step in creating a safe training environment for the athletes. From there, you must keep the athletes focused on the work at hand and ensure they are practising and progressing correctly throughout the whole session.

Building Rapport

Learning and using the athletes' names, smiling and making eye contact, coaching the athlete rather than the sport, and demonstrating interest in and respect for the players are all great ways to establish rapport with your team.

Instruction and explanation

Planning what you're going to say, getting the athlete's attention, making sure everyone can hear you, keeping it short and sweet, and making sure they understand using open-ended questions—those are the keys to effective instruction and explanation.

Demonstration

Make sure the athletes can see and hear you, choose one or two focal areas for them to concentrate on, demonstrate it silently twice or three times (from the side, rear, and front), ask if they have any questions, and make sure they understand by asking open-ended questions. Substituting a different presenter for your own might be an option in some circumstances.

When watching and analyzing, it is helpful to divide the action into stages, concentrate on one stage at a time, witness the action many times from different perspectives, compare the action to your technical model, and, if necessary, decide on corrective measures. Keep in mind that your ears may serve as another tool for observation, such as when you tune in to the hurdler's footwork.

CONCLUSION

The officiating crew plays a vital part in the outcome of the game. When a referee or umpire applies their full, confident judgement to the activity on the field despite being intimidated by players or coaches, it is because they are motivated by the significance of completing their job fairly and equitably from the first play to the last. There is a vast range of duties that will fall on your shoulders as a coach. Essential to a complete warm-up, this phase focuses on stretching the muscles and tendons to increase flexibility. This is essential in reducing the risk of muscle and tendon strains and injuries.

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