

The Influence of High-Intensity Cardiovascular Training on the Performance of Kabaddi Players

*Ankit Kumar

Research Scholar, Department of Physical Education, Sabaramati University, Ahmedabad

ARTICLE DETAILS

Article History

Published Online: 15 December 2021

Keywords

speed endurance and Kabaddi

ABSTRACT

This cardiovascular exercise is not only invigorating but also vital for enhancing core muscle strength, targeting the abdominal, side abdominal, and mid to lower back muscles. Moreover, it promotes better coordination between hand and leg movements and improves overall flexibility. Achieving equilibrium between both limbs is essential for Kabaddi players. Engaging in Kabaddi significantly hones one's reflexes and contributes to comprehensive physical development. Kabaddi, being a contact sport, necessitates rigorous training to bolster speed, strength, and stamina. The sport demands frequent lateral movements, which is why the sideways shuttle run is invaluable for enhancing lateral speed. This exercise also has a positive impact on the abductor and adductor muscles of the thighs. Furthermore, mastering Kabaddi techniques requires honing one's skills. Cross country running is particularly effective for enhancing muscular endurance in athletes. The choice between performing sets with fewer repetitions and heavier weights or sets with higher repetitions and lighter weights can be tailored to individual preferences and training goals.

1. Introduction

Kabaddi, an intrinsically Indian game, enjoys widespread popularity throughout the country, albeit under different regional names. In the southern regions, it goes by Chedugudu or Hu-Tu-Tu, while in the east, it is affectionately known as Hadudu (for men) and Kit-Kit (for women). In the north of India, it is simply referred to as Kabaddi. To excel in Kabaddi, one must master fundamental skills such as breath control, raiding, dodging, and coordinated hand and foot movements.

In 1918, Kabaddi was officially designated as a national sport in India, leading to the formulation of a standardized set of rules and regulations for the game. Although these rules were documented in 1923, the sport's prominence continued to grow. Notably, an All India Tournament for Kabaddi was organized in Baroda in the same year, where players adhered to the established game rules.

Kabaddi serves as an excellent cardiovascular exercise, fortifying core muscles encompassing the abdomen, side abdominals, and the mid-to-lower back. It also enhances hand-leg coordination and flexibility. Maintaining a harmonious balance between both limbs is essential for Kabaddi players. These athletes engage in a series of ten exercises with minimal rest intervals, alternating between 40 seconds of activity and 20 seconds of rest before transitioning to the next exercise. After completing a three-minute circuit, there is a two-minute rest interval. Speed plays a crucial role in Kabaddi, and sports-specific trainers can be invaluable for enhancing strength,

flexibility, and stamina to elevate performance in this unique sport.

2. Maintain a healthy diet

Maintaining a healthy and nutritious diet is of paramount importance for any fitness regimen. Cultivating a healthy lifestyle involves diligent monitoring of your daily dietary intake. It's crucial not to impose overly restrictive eating habits. Instead, focus on diversifying your meals with a wide range of fruits, grains, and green vegetables. Equally vital is staying well-hydrated through an adequate water intake.

A well-balanced diet should encompass the appropriate combination of vitamins, proteins, minerals, and carbohydrates. It's essential to recognize that no exercise regimen, no matter how rigorous, can yield the desired results without the foundation of a healthy and nourishing diet.

3. Exercise regularly

Regular exercise serves as a dual-purpose tool, contributing not only to physical fitness but also to the development of mental resilience. The key to fitness maintenance lies in consistency. Interruptions in your routine can disrupt your progress and make it challenging to regain your stride. Therefore, it's crucial to adhere to a continuous regimen.

An effective fitness program encompasses a balanced combination of strength training, cardiovascular workouts, and flexibility exercises. Additionally, incorporating cross-training

exercises like running, swimming, and cycling is essential for sustaining overall fitness and vitality.

4. Build concentration

Concentration is a fundamental element in achieving excellence in Kabaddi. Kabaddi players must maintain composure on the field, stay focused on the game, and devise on-ground strategies to outmaneuver their opponents. Given the fast-paced and physically demanding nature of Kabaddi, players often face situations that test their focus and resilience. To enhance concentration and maintain mental clarity during matches, incorporating yoga and meditation into their training regimen can be highly beneficial. These practices aid in building concentration and the ability to stay focused under pressure.

5. Build endurance

Endurance is the capacity to endure prolonged physical exertion over an extended period, as well as the ability to recover from injuries effectively. In Kabaddi, where the game is fast-paced and energy-demanding, endurance and stamina are of utmost importance. It is essential for Kabaddi players to engage in rigorous training with determination and persistence, never yielding easily. Activities such as walking, jogging, and swimming, which are cardio exercises, play a crucial role in

enhancing stamina. Gradually extending the duration of cardio exercises each day is an effective method to increase one's endurance and overall stamina.

6. Conclusion

In the context of the study on the physical fitness, mental aspects, and skill development in Kabaddi, it is important to recognize that "Kabaddi is a game that requires a unique blend of skill, speed, power, and control." Fitness is a highly individualized concept, representing an individual's ability to function effectively. To understand the specific physical fitness requirements of Kabaddi players, a comprehensive testing program was conducted. The findings revealed that male Kabaddi players need to focus on enhancing their strength, muscle endurance, and agility, while female players should prioritize footwork, cardiorespiratory fitness, power, and agility. The selection of specific repetitions, sets, exercises, and weights should align with the individual's goals and objectives for their training regimen. Weight training exercises are valuable for developing explosive power, as well as improving strength and flexibility. Circuit training, on the other hand, is a highly effective method for enhancing endurance, speed, and strength.

References

1. Black W, Roundy E. Comparisons of size strength speed and power. *Journal of strength and conditioning research* 1994, 8(2).
2. Dick Frand W. *Sports trainin principles*. London: Lepus Books 1980.
3. Wilmore JH, Costell DL. *Physiology of sports and exercise*. Champaign IL: Human Kinetics. Balir Jones and Simpson: Educational Psychology. The MacMillan Co., New York 1999, 1962.
4. Latin RW, Etlá. Physical and performance characteristics of NCAA Division I male basketball players. *Journal of Strength and condition Research* 1994.
5. Duncan M, Wood field L, Al-Nakeeb Y. Anthropometric and physiological characteristics of junior players. *Br. J sports Med* v. 40.