

ROLE OF YOGA IN KABADDI SPORT

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INTRODUCTION:-

In India kabaddi is major sports, which is played all over the India. This game is also getting a good status in Asian sports. This game is classified as a team game. Sport is a medium through which a player develops both physical and mental abilities and finally it results into a conscious method of doing whatever one does most effectively, whereas in other arts we utilize mental and physical abilities partially.

A team game with no equipment, breathe holding act, which tones up the brain; these are two outstanding features, which make kabaddi a unique team game. Kabaddi is real common man's game, with very simple technique of Tag Game-a game of touch. It needs no special costume, costly equipment reservation of club.

Kabaddi favors body development with a muscular strength stamina and endurance; because of its special feature "Cant holding" enriches cardiovascular endurance and resistance. Fine flexibility and agility is developed as one needs to move faster in such a small area of 20'-30'[10-12mts]. Player's eyes and body movement become quicker.

Psychological major pressure of holding cant make one to control mind and movement. Psychologically he has to concentrate on his reaction time with estimate energy and space. His physical movement are linked with the close movement of his opponent, in coordination with his teammates.

Socially the game of Kabaddi may be grouped in the form of combative but it is normally game of challenge between single person [The raider] and the group of seven players.

In short Kabaddi game requires some mental [psychological] and some physiology skills. In mental skills self confidence, negative energy control, attention control, concentration, toughness, coordination, killer instinct, sportman spirit, making strategy, decision, making, team spirit etc. On the other hand in physiological skills speed power [strength], endurance, flexibility, swift action, and proper coordination between hand eyes and limbs. If your body is flexible then only you can kick, swirl grapple with ankle legs and things. Here more than speed acceleration is paramount; strong leg muscles give more punch to the player. Agility and stamina are also very essential.

In Kabaddi raider role is very important. A good raider must be brave attacking and mentally tough. He should have full confidence about his ability and skills.

In Indian heritage yoga is a science helps to develop the above skills, which are physical and psychological. The yoga is defined as "yoga chittavruti niroddrona". Some Asanas, Pranayam, Dhana and some Kriyas will help to develop both skills.

In the traditional training most coach's focus on match practice and neglect the development of fitness physical of players. But today sport science such as physical, psychological, Biomechanism, nutrition is playing an

important role. Along with this yoga training helps to enhance all features required for Kabaddi sports.

Purpose of the study:-

- 1] To help to develop skills of Kabaddi players.
- 2] To assess components of physical fitness.
- 3] To improve the CANT of Raider.
- 4] To develop positive attitude of players.

Significance of the study:-

Kabaddi player's basic requirements are the specific qualities of agility, quick reflexes, speed, explosive power and strength. Along with this physical skills mental skills are also important. So this game is psycho-physical skill game. It is not only physical game. This game requires good cant. Therefore this study emphasizes to improve both the qualities of the qualities of the same by Indian psychology. i.e. yoga. Most trainers are giving importance to only practice. But only practice is not sufficient. The basic skill improving training is essential to achieve the goal of kabaddi.

Plan of the study:-

Sample:-40 Kabaddi players age range from 16 to 22 years.

The following physical and mental skills are needed to train.

Physical	Mental
1] Cant	1] Concentration
2] Flexibility	2] Positive attitude
3] Strength	3] Positive energy
4] Endurance	4] Self confidence
5] Power control	5] Negative energy
6] Coordination	6] Motivation
7] Jumping	7] Decision-making

How to improve the above skills with yogic training?

Researchers have given one month training to Kabaddi player daily one hour. All the player practice following asana's: sarvangasan, dhanurasan, pachimotanasan, powenmukkasana, mattsaasan, nvkasan, bhujangasan, shalbasan, vakrasan, ardhramchindrasan, vrrushasan, utkttasan. Along with these asana's trainer teach them trataka, kapalbhatti and pranayam. In pranayama anulom vilom, ujjai, shiali and AUM jup. At the end of program yoga nidra as a relaxation technique has taken.

In pranayama purak, rechhak and kumbhak are important. It helps to improve CANT which is Atama of Kabaddi game.

Coach and player comments about yoga training:- The coach has commented that normally CANT for adult and junior boys can be range from 20 to 25 seconds. But with the above training the cant improve up to 25 to 30 seconds. The players show more positive relaxed and flexible approach towards game. They told that they feel fresh and this training helps to improve our physical fitness.

Conclusion:-

- 1] Yoga training helps to improve the raider cant.
- 2] Yoga training helps to improve physical and mental skills.
- 3] Yoga training helps players to look in to himself, it leads to

development of sportsman sprit.

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