



TO DEVELOP KABADDI RATING SCALE TO ANALYZE THIGH HOLD SKILL

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Abstract

The purpose of the study is to develop a rating scale to analyze skill performance of thigh hold of the player. There are three types of Thigh Hold in Kabaddi 1. Single Thigh Hold 2. Double Thigh Hold. 3. Reverse Thigh Hold (Bhendigiri, Ramesh 2006, Birnale, Devendra 2011) As the literature indicates that the rating scales have several limitations to clearly define the traits or characteristics (Best, 2008). By keeping in this mind, Researcher initially has focused on developing such a rating scale, which will provide a wider scope to the raters to rate the Thigh hold Skill on the basis of the criteria mentioned in rating scale and expert's own experience from the field of Kabaddi. To get proper direction and guidance, researcher has reviewed different literature which is adopted and implemented to establish the procedure of the study. The researcher has adopted a descriptive research method for this study. In this study One hundred and forty women national Kabaddi players of different states are considered as the sample. Purposive sample technique is used for this study. In this research, experts in the field of Kabaddi, e.g. experienced coaches, referees, players, etc. have considered the suggestions and developed the content for the rating scale. The researcher has observed the matches and considered the opinions suggested by the experts and has prepared the content for the rating scale. The content has been sent to a panel of three different experts and their feedback has been considered to establish content validity, Reliability and objectivity of the rating scale.

Keywords: Thigh Hold, Single Thigh Hold Double Thigh Hold, Reverse Thigh Hold, Rating scale

Introduction:

Kabaddi is no more an Indian village sport. Now kabaddi is a world class sport from India. This is a great sport which has inbuilt characteristics and strength (1st All India Kabaddi Congress, 2004). The game of kabaddi needs agility, good lungs capacity, muscular coordination, presence of mind and quick responses. Needs daring and an ability to concentrate and anticipate the opponent's moves. (Rao, E.P. 1996: All India Kabaddi Congress, 2004.) Kabaddi is an extremely popular game in India. Only skills are not enough. Proper physical fitness is also required for players for success otherwise the player cannot show his skills properly. (Rao, E.P. 1996: All India Kabaddi Congress, 2004.) The game of kabaddi is an Indian combative game. This game is played with absolutely no equipment on a rectangular court either outdoor or indoor with seven players. Kabaddi is basically an outdoor indigenous team game. (Bangalore, S. R., 2004). This is the only combative sport in which offense is an individual effort whereas defense is group effort (Rao E. Prasad, 1996.) Two fundamental skills are involved in the game. Kabaddi is played with offensive and defensive skills. Skills are tools of the game. Thigh hold is a fundamental defensive skill of the game. The thigh hold is also among individual Kabaddi defensive skills and it's one of the defenders' favorite skills. That's because, once the raider has been caught by the thigh, the grip is typically very firm, which means that the raider's chances of escaping are slim. Other advantages of the thigh hold include the fact that any and all defenders, regardless of their position (Corners, Covers, Ins, Centre) can apply this Kabaddi defensive skill, it doesn't require support from the other defenders, can be used to initiate a tackle, and changing the direction of the raider is a lot easier than using other skills.