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COMBINED RESISTANCE AND SKILL DRILL TRAINING PROTOCOL FOR PERFORMANCE ENHANCEMENT IN KABADDI PLAYERS

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ABSTRACT
Kabaddi is a sport of power, agility, and speed, demanding quick reflexes, tactical precision, and muscular endurance. While skill training is vital to game mastery, incorporating resistance-based conditioning offers a pathway to improved performance and injury resilience. This thematic paper presents a training protocol that combines resistance exercises and sport-specific skill drills to holistically develop kabaddi players. Emphasis is placed on functional movement, integrated load-bearing during game situations, and performance-focused progression. Thematic sections highlight the sport's physical demands, resistance training principles, skill development techniques, and the synergistic benefits of combining both. The paper proposes a structured 8-week program designed to optimize physical and tactical efficiency, offering coaches and athletes an evidence-based, sport-specific approach to peak kabaddi performance.

KEYWORDS: *Kabaddi Performance, Resistance Training, Skill Drills, Motor Fitness, Sport Specific Conditioning and Functional Strength.*

INTRODUCTION

Kabaddi has rapidly evolved from a traditional Indian game into a competitive sport featured in international tournaments like the Pro Kabaddi League and Asian Games. The game's dynamic nature—frequent bursts of sprinting, sudden directional changes, body-to-body contact, and coordinated team movements demands a training methodology that develops both physical attributes and skill execution.

While technical drills improve decision-making and match tactics, they may not fully meet the physical intensity of competition. Conversely, resistance training improves muscular strength and endurance but may lack sport specificity. A combined approach merging resistance-based and skill-focused drills can effectively replicate match demands and elevate overall player performance.

Physical Demands of Kabaddi

Kabaddi players engage in high-intensity bouts involving:

- Short sprints and quick turns (agility & speed)
- Defensive blocks and holds (strength & coordination)
- Multiple repeated efforts (endurance & recovery)
- Balance and core control during raids and escapes

These diverse requirements highlight the need for a multi-component training strategy that improves total-body fitness and transfers directly to gameplay.

Resistance Training – Functional Load for Kabaddi

Resistance training enhances:

- **Muscular strength**: needed for tackling and breaking through defenses.
- **Explosive power**: for take-offs and evasive maneuvers.
- **Joint stability**: crucial during contact and landing movements.
- **Injury prevention**: through improved neuromuscular control and muscular balance.

Traditional strength training often isolates muscle groups. However, functional resistance training using bodyweight, resistance bands, medicine balls, and partner drills mimics the dynamic, multiplanar nature of kabaddi.

"Functional resistance integrates movement chains, not just muscle fibers." **– Bompa & Haff (2009)**

Skill Drills – Precision Under Pressure

Skill drills train players to:

- Execute raids with speed and deception
- Maintain defensive shape and timing

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- Coordinate team movements during tackles and retreats
- React instantly under game-like pressure

Examples Include

- Toe touch drills, bonus line raids, and chain tackle simulations
- Footwork ladders, cone drills, and small-sided games

While these drills refine technique, adding external resistance (e.g., loop bands or partner resistance) increases their effectiveness.

Integrated Training Protocol

A combined resistance and skill drill training model enhances both physiological capacity and tactical execution. The proposed 8-week protocol is structured as follows:

Session Design (60 Minutes)

Component	Duration	Example Activities
Warm-up	10 mins	Dynamic stretches, mobility drills
Resistance Segment	20 mins	Band squats, resisted lunges, partner pushes, core holds
Skill Drill Segment	25 mins	Raiding drills, tackling sequences, footwork under load
Cool-down	5 mins	Static stretching, breathing exercises

Weekly Focus

Day	Focus Area	Example Drill with Resistance
Monday	Raid Power	Resisted shuttle raiding (bands around waist)
Tuesday	Defensive Holds	Partner-resisted lunge tackles
Thursday	Agility & Direction	Ladder drills with ankle bands
Friday	Game Simulation	Full-court kabaddi with resistance bands & task overload

Progressive overload is applied by increasing resistance or complexity.

Expected Outcomes

Motor Fitness Improvements

- Strength (lower body, core, grip)
- Speed and acceleration
- Agility and coordination
- Anaerobic endurance

Performance Enhancements

- Improved raid success rate
- Enhanced defensive efficiency
- Quicker recovery between efforts
- Reduced injury occurrence

Studies confirm that combined training significantly improves athletic performance in sports like football, wrestling, and handball (Behm & Sale, 1993; Makaruk et al., 2011). Kabaddi shares similar physical structures and thus benefits similarly.

CONCLUSION

The fusion of resistance training with skill-specific drills creates a holistic approach to kabaddi training. It mirrors the actual demands of the game developing strength, speed, and tactical skill in synchrony. The proposed protocol serves as a blueprint for coaches, educators, and strength professionals aiming to build robust, game-ready kabaddi athletes. As the sport continues to grow, evidence-based, functional training models like this one will play a pivotal role in shaping elite performance.

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