

M.P.E – 106 (A) GAME OF SPECIALIZATION-KABADDI

UNIT – I COACHING PHILOSOPHY

- 1.1 Principles and objectives of coaching
- 1.2 Techniques of coaching-pep talk coaching - pre match, during and post match, Individual and group coaching
- 1.3 Coaching schedule- seasonal, daily, weekly, monthly and yearly
- 1.4 Talent- identification to select the winning combination-the offense and the defense
- 1.5 Team building
- 1.6 Coaching- lesson plans

UNIT-II COMPETITION PLANNING

- 2.1 Long-term and short term preparation for the decisive kabaddi competitions
- 2.2 Psychological qualities and preparation of a kabaddi player
- 2.3 Team system and tactical training
 - offensive system in play
 - defense system in a play
 - raid and save pattern
 - individual, group and team tactics
- 2.4 Diet and nutrition for a kabaddi player
- 2.5 The coordination among the coach, doctor, psychologist and players

UNIT-III SCIENTIFIC APPLICATIONS

- 3.1 Anthropometrical and physiological considerations
- 3.2 Biomechanical analysis of skills

UNIT-IV TRAINING LOAD AND ADAPTATION

- 4.1 Principles of load and adaptation
- 4.2 Fatigue, recovery and super- compensation
- 4.3 Overload and its management

UNIT-IV INJURIES IN KABADDI

- 5.1 Ankle sprain, foot injuries, shoulder dislocation, knee displacement
- 5.2 Preventive and safety measures
- 5.3 Rehabilitation

REFERENCES

Kabaddi

- Rao, C.V., Kabaddi, New Delhi: Oxford Press, 1982.
- Rao, E.P., Modern Coaching in Kabaddi, D.V.S.Pub, 1994.
- Rao, C.V., Kabaddi; Native Indian Sports, Patiala Nis Publisher, 1983.
- Rao, E.P., Modern Coaching In Kabaddi D.U.S.Pub, 1994.