



ANALYSIS OF SUCCESS ATTACKING AND DEFENSIVE SKILLS OF BENGALURU BULLS IN PRO KABADDI LEAGUE

Asha. D* Prof. N. Chandrappa**

*Research Scholar, Department of Studies in Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura.

**Research Guide, Department of Studies in Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women's University, Vijayapura.

Abstract

Game Kabaddi is played with seven players inside the court. Player, who is called as a raider is supposed to enter in opposite team's area to tag them and get the point, and at the same time, opposite team players try to stop or hold the player within their boundary to get the point. Changes in the rules of the kabaddi game in Pro Kabaddi League had increased the popularity of the game also; there are many more changes in the skill executed and strategies of the teams. Hence, the objective of this study was to find out the success Attacking and Defensive skills of Bengaluru Bulls in Pro Kabaddi. Methodology: In Pro Kabaddi League (2018 season), in team, there were 20 players; hence, 7 players of a teams participating in this competition were the sample for this study. Results: Teams effectively and strategically used attacking and defensive skills in over all the matches. But teams with better defense have a better chance to season 6 all matches.

Keywords: Attack, Defense, Pro Kabaddi League, Raid.

Introduction

The sport has a long history dating back to pre-historic times. It was probably invented to ward off croup attacks by individuals and vice-versa. The game was very popular in the southern part of Asia played in its different forms under different names. A dramatized version of the great Indian epic, the "Mahabharata" has made an analogy of the game to a tight situation faced by Abhimaneu, the heir of ' the Pandava kings when he is surrounded on all sides by the enemy. Buddhist literature speaks of the Gautam Buddha playing Kabaddi for recreation. History also reveals that princes of yore played Kabaddi to display their strength and win their brides.

The game, known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India & Bangladesh, Chedugudu in Southern India and Kaunbada in Northern India, has undergone a sea change through the ages. Modern Kabaddi is a synthesis of the game played in its various forms under different names.

Kabaddi is aptly known as the "GAME OF THE MASSES "due to its popularity, simplicity, easy to comprehend rules, and public appeal. The game calls for no sophisticated equipment what so ever, which makes it a very popular sport in the developing countries. It is basically an outdoor sport played on clay court, of late the game is being played on synthetic surface indoors with great success. The duration of the game is 45 minutes for men & junior boys with a 5 minutes break in between for the teams to change sides. The duration of the game is 35 minutes with a 5 minutes break in between for women, girls, Sub-Junior boys and subjunior girls.



Kabaddi is a combative team game, played on a rectangular court, either out-doors or indoors with seven players on the ground for each side. Each side takes alternate chances of offence and defense. The basic idea of the game is to score points by raiding into the opponent’s court and touching as many defense players as possible without getting caught on a single breath. During play, the players on the defensive side are called "Antis" while the player of the offense is called the "Raider". Kabaddi is perhaps the only combative sport in which attack is an individual attempt while defense is a group effort. The attack in Kabaddi is known as a 'Raid'. The antis touched by the raider during the attack are declared 'out' if they do not succeed in catching, the raider before he returns to home court. These players can resume play only when their side scores points against the opposite side during their raiding turn or if the remaining players succeed in catching the opponent’s raider. Yoga, the Indian science to control body and mind through meditation and self-control plays an integral part of Kabaddi. The raider has to enter the opponent's court chanting the word "Kabaddi" while holding his breath and has to continue to do so until he returns to his home court. This is known as 'Cant', which is closely related to "Pranayama" of yoga. While Pranayama is about with holding breath in order to exercise internal organs, cant is the means to with hold breath with vigorous physical activity. This is perhaps one of the few sports to combine yoga with hectic physical activity.

The game calls for agility, good lung capacity, muscular co-ordination, presence of mind and quick responses. For a single player to take on seven opponents is no mean task, requires dare as well as an ability to concentrate and anticipate the opponent’s move.

Objective

The objective of the study was to find out the success Attacking and Defensive Skills in Pro Kabaddi.

Methodology

This research was done with a descriptive survey research method.

Sampling

- **Population:** All the matches of the Pro Kabaddi League were recorded for this study. Hence, Bangalore Bulls team participating in 24 matches during this season 6 was the population for this study.
- **Sample:** In Pro Kabaddi League (2018 season), Bangalore Bulls team, there were 20 players; hence, 7 players of Bangalore Bulls team participating in this competition were the sample for this study.

Statistics

Table 1: Statistics of skills used during raids in the competition

SL		Attempt	Success	Unsuccess	Nil
1	Total Attacks	1005	431 54%	211	363
2	Total Defence	550	219 42%	331	

In this season 6 of Bangalore Bulls team in Pro Kabaddi League, 1005 total raids were attempted by the raiders of Bangalore Bulls team in season 6 all matches. Out of this, 431 (54%) raids were successful in which the raider got the point for the team. 211 two hundred and eleven raids were unsuccessful where



raiders were caught by the opponent team and 363 raids were nil raid means neither raider nor opponent team got the point.

In this season 6 of Bangalore Bulls team in Pro Kabaddi League, 550 times players of the team tried to catch the player of the opponent team to get the point for their team, but only 219 (42%) they were successful and 363 times they were unsuccessful to get the point.

Conclusion

From the above analysis, it is concluded that Bangalore Bulls team effectively and strategically used attacking and defensive skills in season 6 all the matches. But Bangalore Bulls teams with another team's better defense have a better chance to the all season 6 matches.

Reference

1. <http://www.prokabaddileagues.in/p/blog>.
2. <http://www.rulesofsport.com/sports/kabaddi>.
3. <http://www.sportycious.com>.
4. <https://www.mykhel.com>.
5. <https://www.google.com/>.