

International Multidisciplinary
Research Journal

*Indian Streams
Research Journal*

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RNI MAHMUL/2011/38595

ISSN No.2230-7850

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TALENT DETECTION AND IDENTIFICATION IN KABADDI



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ABSTRACT

Modern studies have revealed that scientific approach for talent detection and identification is of utmost importance for superior performance in sports. It is important that every sportsman is aware of his or her standard of performance and where he or she stands in comparison to other players. Measurement will show the coach how effective his training is and how well the player has assimilated the skill taught. If tests are administered during the training process, the evaluation becomes a motivating factor for the trainees, leading to self-improvement. In kabaddi the need for a scientific approach in talent detection and

identification of players at a young age can be nurturing, in a systematic manner to bring out their potential in full and for best performance. The selected tests must be objective, reliable, valid and should be applied in correct norms.

KEYWORDS : *Detection, Test, Measurement, Vaid, Reliable, Objective.*

INTRODUCTION

Kabaddi is an outdoor team game, played in the tropical countries of Asia. This indigenous game of India was adopted by other countries in Asia, viz. Pakistan, Nepal, Bhutan, Bangladesh, Sri Lanka, Maldives, Malaysia, Japan and China. The origin of the game dates back to pre-historic times. The game was played all over the country in various forms. It was known as Hu-Tu-Tu in Western India, Ha-Do-Do in Eastern India and Bangladesh, Chedugudu in Southern India, Kaunbada and various other names in Northern India. Kabaddi may have been derived from the term 'Kaunbada' which means a challenge to the opponent. Some of the major forms of the game are Amar, Gemini, Sanjeevini and the game is played as per the situation with flexible rules (Rao, 1983).

The originators of talent detection and identification tests are the east European countries in the late sixties. Several studies have revealed that scientific approach for talent detection and identification is of utmost importance for superior performance in sports. The identification and selection process for high-performance sports may take several forms. It has been very systematic in several Eastern European countries, former members of the Communist bloc, although the viability of

such programs has been questioned in light of the relatively recent changes in the political and economic climate. These Eastern European practices have been extended, with modification, to some sports in Western countries, and have been incorporated into those of other countries, with Cuba and China, perhaps, the most visible examples. Unfortunately, only the incredibly small numbers of successful athletes who have gone through these systematic sport selection programs are highlighted in the national and international sporting media. The vast majority who are not successful are rarely, if ever, mentioned. One wonders if they still participate in sport after having failed in the selection process (Russell, 1993).

Scientific approach in talent detection and identification in kabaddi is a fairly new concept. The introduction of the game to the international arena has brought in its wake, the need for a scientific approach in talent detection and identification of players at a young age so that they can be nurtured in a systematic manner to bring out their potential in full. So far there are no specific fitness tests to assess the players. One of the primary conditions for designing skill tests should be objective as well as impartial. The players should be made aware of the purpose of the tests and what is required of them. Only with complete understanding can the coach expect cooperation and performance from the players. The tests should be fashioned on the actual techniques of the game (Prasad Rao, 2002).

Most parents would like to see their children experience success in sport. Some may even want to see their child excel at more elite levels, and perhaps attain national and international recognition. The progression from initial youth sport experiences to more elite levels is complex. It involves some degree of identification and selection of talented individuals at virtually all levels of youth sports. However, the process may also involve more formal identification and selection of individuals who presumably have the skill, physical, and behavioural requisites for success in a given sport.

TALENT

"Talent" is a term we hear bandied about in a variety of contexts. It's used constantly in reference to celebrities: in show business, performers are often referred to as "the talent"; sports analysts will talk about an outstanding athlete's "raw talent." Grade-school kids impress audiences full of parents at talent shows, while the existence of talent agencies and talent brokers implies that talent is a rarefied commodity, something to be bought and sold.

IDENTIFICATION

Identification is a process through which one ascertains the identity of another person or entity. In our daily lives, we identify our family members, friends, and co-workers by their physical properties, such as voice, face or other characteristics.

TALENT IDENTIFICATIONS TEST IN KABADDI

In Kabaddi, a scientific approach in talent detection and identification is needed. The organisation or administration of tests is very important for valid and reliable results. The selected tests must be objective, reliable, and valid and should be applied in correct norms.

Now we discuss some tests for talent detection and identification in Kabaddi (Prasad Rao, 2002). These tests are Foot work test, Reaction ability test, Raiding skill test, Hand touch reach test, Foot touch reach test, Offensive skill test with cant.

Test-1: Footwork Test

Aim: To measure agility, speed, co-ordination and basics footwork of a player.

Skill: Footwork [raiding/defence]

Facilities Required: Kabbadi court or indoor gymnasium.

Equipment: A medicine ball or a cone to keep at the centre and a stopwatch.

Directions: The subject begins at the start and follows the prescribed path to cover the zigzag path as early as possible. The watch is stopped when the subject finishes his run at the end of lap (2nd / 3rd)

Instructions: The subject can assume any standing start and follow the proper path to cover the distance. If a foul is committed, the subject is to be asked to repeat the exercise.

Scoring: The final score is the time taken to the nearest 10th of a second to complete the test.

Testing Personnel:

1. Two testers are required to maintain the timing and records
2. One tester is required to observe the fouls committed by the subject.

Test- 2: Reaction Ability

Aim: To Measure reaction ability and skill.

Skill: Leg thrust/kick/Hand Touch

Equipment: 4 colours to be painted on the wall or coloured papers may be pasted at a distance of 50cms each to cover 2 meters length and 30 meters width. Bulbs of the same four colours are to be fixed on the subject at a height of 2 meters. The switchboard is to be operated by the tester, as per the signals to be given to the subject.

Directions: The subject will be made to stand in front of the colours at a distance of his leg length, which will be marked at points 'A' and 'B'. The test should be explained and demonstrated and the subject is to be given one trial practice. On the command of the tester, a bulb is lit and the subject executes his skill as per the coloured bulb, to touch the same coloured object as a target.

Instructions: The Subject can use any type of footwork to reach from one target to the other. To touch the target, the subject can use either of his legs.

Scoring: The number of correct touches is taken as the final score.

Testing Personnel: Three testing personnel are required to conduct the test as follows

1. Timer to maintain the time
 2. Recorder to note down the score
- Tester to count the fouls made and correct touches executed by the subject.

Test-3: Raiding Skill Test

Aim: To test the raiding ability.

Skill: all the raiding skills can be accommodated.

Facilities Required: Kabbadi court or gymnasium.

Equipment: Ball hangers, bench, hurdles, medicine balls, mattresses and stopwatch.

Directions: The event should be demonstrated properly. The subject should be given one trial practice. The subject should start with forward roll on the command of the tester, move towards each station and execute the prescribed skill at that particular station. He should cover the circuit as early as possible in the shortest time. The watch is stopped when the subject finishes the circuit or reaches the starting point.

Instructions: The subject has to take a standing start and follow the proper path to cover the entire distance, executing the given skill at the given station. If a foul is committed, the subject has to repeat the entire exercise.

Scoring: The final score is the time taken to the nearest 10th of a second to complete the test.

Testing Personnel: Two testing personnel are required.

1. One to maintain the record and time
2. One to note the fouls committed by the subject

Test- 4: Hand Touch Reach Test

Aim: To measure the reaching ability and stretching capacity of the player.

Skill: Hand touch.

Facilities Required: Gymnasium or alongside a wall in the open.

Facilities Required: Chalk powder, Duster and a measuring tape.

Marking: Measurement of 2 meters in cm is marked on the wall parallel at an appropriate height as per the standard of the subjects. [Junior/Senior/Sub. Junior]

Directions: The subject should stand close to the line marked on the floor as a starting position. Then the subject slowly plunges towards the marked area by flexing his knees and moving his upper body towards the same side to cover more distance. At the same time, the subject stretches the nearest hand and tries to touch the marked area on the wall.

Instructions: The subject is asked to put chalk powder on the fingers for easy marking and measurement. Three chances are given to the subject and the best attempt is taken as the final score. While reaching out to the marked area on the wall, the subject should have contact with ground with both his feet.

Testing Personnel: Two testing personnel are required.

1. One to measure the reach.
2. One to maintain the record.

Test- 5: Foot Touch Reach Test

Aim: To measure flexibility and the reaching ability of the legs

Skill: Toe touch/ foot touch/ leg thrusts

Facilities Required: Indoors or outdoors, on any type of surface.

Equipment: measuring tape, chalk powder and duster.

Marking: The floor/ground is prominently marked in cm up to 3 meters.

Directions: The subject should stand close to the line marked on the floor/ground and assume the position to execute toe touch or any other type of leg touches by extending the nearest leg and stretching all the joints of the lower limits to have a better reach.

Instructions: Footwork movement is allowed near the starting line. The subject can touch the starting line, but should not cross the same since this will be a foul. The subject is given three chances and the best reach is taken as the final score.

Scoring: The leg length of the subject is measured and deducted from the total reach to arrive at the result.

Testing Personnel: Three testers are required to conduct this test.

1. Two testers to measure the reaching ability
2. One to maintain the record

Test- 6: Offensive Skill Test with Cant

Aim: To Measure the Raiding ability and Cant

Skill: Hand Touch/Leg Touch/Kick

Facilities Required: Ball Hangers, Medicine Balls, Marking Powder, Stopwatch

Marking: The Kabaddi court is marked with an additional parallel to the Baulk line towards the end line at a distance of 50cms, like a bonus line. The Equipment is placed on the line for the test.

Directions: The Event should be explained and demonstrated properly. The Subject starts from the centre point of the midline where the cone is placed, to reach target number 1, executes the skill, comes back and takes a turn around the cone to move towards the next target. The subject continues the Attack and touches the target till he or she stops cant.

Instructions: The Subject has to take out a standing start with proper cant to cover the distance and execute the skill. If a foul is committed, the entire exercise is to be repeated.

Scoring: The Final score is the maximum time taken to the nearest 10th of a second to control the breath and to execute the skills. Once the subject stops the cant, the tester should stop the watch immediately.

Testing Personnel: Three testing personnel are required as follows

1. One to note the timing
2. One to maintain the record

CONCLUSION

There is an urgent need to adopt a scientific approach in talent detection and identification in Kabaddi. With the help of specific fitness tests, players will be able to assess their standard of performance and coaches will be able to judge the effectiveness of their training, which will ultimately lead to superior performance in the sport.

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