

ANALYSIS OF SUCCESSFUL ANTI AND BLOCKING OF 2011-2012 INTER UNIVERSITY KABADDI TOURNAMENTS

Mr.M.Anbalagan, Assistant professor, Dept.of Phy.Edu., Meenaakshi Ramasamy Arts Science College, Thathanur, Tamil Nadu.

Dr. T. Pitchiappa, Principal, Meenaakshi Ramasamy Arts Science College, Thathanur, Tamil Nadu.

Abstract

The purpose of the study was to determine the Analysis of blocking of 2011-2012 inter university kabaddi tournaments. The subjects were selected forty eight from South Zone Inter University kabaddi Tournament held at Periyar University, Salem. During the academic year 2011-2012. Forty nine University teams from South Zone have participated in this tournament, out of which University of Madras, Periyar University, Mangalore University and Annamalai University, were selected as subjects as they had entered into the semifinal league stage. The investigator collected the score sheet and list of players from the match officials through the organizing secretary of the tournament. All the six matches in semifinal league were video graphed by using video camera from a fixed position approximately 10 mts high and about 10 mts from the centre line. The camera was position so the entire field of play could be seen. Recorded video tapes were used to analyze the variables. Three expert coaches along with the investigator sat in front of the television and analyzed the variables one by one by using hand coded sheet with slow motion replay whenever necessary. The data collected from the six matches were analyzed by using Chi-Square analysis technique to assess the team performance in the South Zone Inter University Kabaddi Tournament league matches. The level of significance was fixed at 0.05 level of confidence. The result indicates that tactical overview, ankle hold overview are closely associated with team success.

KEY WORDS: Blocking, Inter University, Kabaddi.

Introduction

Physical education has a considerable role in the realm of planned education and hence it is a part of total education. The term 'education' does not confine itself to the intellectual field alone. It has a wider connotation in the realms of physical, mental and spiritual existence of mankind.

Ajmer et al., (2003) stated that Indian physical activities such as chariot race, riding elephants and horses, swordsmanship, wrestling, boxing, kabaddi, kho-kho, atyapatya, dancing, dands, baithaks, malkhamb, lezium & lathi, have been in practice since times immemorial. But neither the names of the inventors of the Indian system of physical culture nor the dates of their

origin are known. Yet, we are aware of the fact that a scientific system of physical education was in existence in India and it was practiced by the people.

The selection as well as finding out the constitution of a winning team is a challenging task for the selectors and coaches. Traditionally, the members of a team are selected on the basis of subjective observations of the performances of the players during try-out games. A coach or a selector watches the team, looking for the right type of physical prowess that would enable the easy shaping of a strong player and a successful team. But the changing nature of games like kabaddi, demands the right type of physical

abilities on the part of the player. The increasing trends of professionalism and an acute demand for competitive sports have both changed the complexion of games which had been initially intended as a recreational activity of villagers. Today, with the advent of modern scientific equipment for training and selection of the players, it has now been made possible to measure the fundamental performance characteristics which contribute to a player's success.

Kabaddi is a traditional indigenous team game and ranks as one of the most popular traditional sports in India. It is a very economical and fruitful game for a developing country like India, where crores of people do not get ample apparatus and coaching. Kabaddi tops the list of all games which need minimum facilities and equipment. This game can be played throughout the year with less investment. It is a game of both the rich and the poor and can be played in the summer and winter, and in villages and cities. It does not need a very large ground.

In tournaments, teams are judged on their ability to win matches. Behind the wins, the teams must have effective ways to win, create successful attacks first to reach the attacking third of the court, create effectively scoring chances and to complete them by scoring with a high efficiency.

Methodology

The subjects were selected forty eight from South Zone Inter University kabaddi Tournament held at Periyar University, Salem. During the academic year 2011-2012. Forty nine University teams from South Zone have participated in this tournament, out of which University of Madras, Periyar University, Mangalore University and Annamalai University, were selected as subjects as they had entered into the semifinal league stage. The investigator collected the score sheet and list of players from the match officials through the organizing secretary of the tournament. Data we

Video enable researchers and sports performers to share an understanding of performance. It takes a considerable amount of patience and skill to empower researches, coaches and players to use notational analysis. Edited video material can embody the analysis so that viewing can encourage dialogue about quantitative information and qualitative analysis. At its best video becomes a transparent medium for performance enhancement. As such it is a medium that captures performance and also captivates its audience. Video is an important tool for analysis. High-quality video equipment and video image are taking fine gain analysis increasingly possible. Video gives us a chance to record, observe, reflect and check performance accurately. Developments in digital, non-linear and interactive video offer a fascinating challenge to notational analysts. Although some might prefer ultimately to work closely with players and coaches, and provide an immediate feedback on performance, video will continue to enhance the quality of reflective practice in the art of notational analysis.

Based upon an assumption that an objective analysis of performance should serve as the basis for future planning in any coaching process, the issue of quantitative analysis has been well documented in several recent articles (Baacke, 1982; Ejem and Horak, 1980; Lirdla, 1980; MacAdam, 1984)

are collected from the teams that have played league matches in the South Zone Inter University kabaddi Tournament held at Periyar University, Salem. During the academic year 2011-2012. All the six matches in semifinal league were video graphed by using video camera from a fixed position approximately 10 mts high and about 10 mts from the centre line. The camera was position so the entire field of play could be seen. Recorded video tapes were used to analyze the variables. Three expert coaches along with the investigator sat in front of the television and analyzed the variables one by

one by using hand coded sheet with slow motion replay whenever necessary. Data were collected for ankle hold overview. Similar procedures

were used for all the six matches in order to collect data.

Statistical techniques

The data collected from the six matches were analyzed by using Chi-Square analysis technique to assess the team performance in the South Zone Inter University Kabaddi Tournament league matches. The level of

significance was fixed at 0.05 level of confidence.

Analysis of Data

TABLE -1

CHI - SQUARE ANALYSIS ON SUCCESSFUL ANTI AND BLOCKING IN THE SEMIFINAL LEAGUE MATCHES OF SOUTH ZONE INTER UNIVERSITY KABADDI TOURNAMENT

	University of Madras	Periyar University	Mangalore University	Annamalai University	Chi-square
Total Blocking	25	20	13	10	8.11*
% of Total Blocking	36.76%	29.41%	19.11%	14.70%	

*Significant at 0.05 level. Table value required for df 3, at 0.05 = 7.82

Table - I shows that the total numbers of successful blocking executed by the players of University of Madras, Periyar University, Mangalore University and Annamalai University in the South Zone Inter University kabaddi tournament were 25, 20, 13 and 10 respectively.

It has resulted with a Chi-square of 8.11 and it is significant at 0.05 levels. The table value required for significance was 7.82. It indicates that there is a significant difference in total number of successful blocking executed by the players of the above four University teams.

The percentages of total number of successful blocking executed by the players of University of Madras, Periyar University, Mangalore University and Annamalai University in the South Zone Inter University kabaddi tournament were 36.76%, 29.41%, 19.11% and 14.70% respectively. The lowest percentage of 14.70% was obtained by Annamalai University. University of Madras the winner team had executed a total of 25 successful blocking against Periyar University, Mangalore University and Annamalai University which accounted to 36.76% where as Periyar University, Mangalore University and Annamalai University had executed only 29.41%, 19.11% and 14.70% heading. The winner team had executed significantly more numbers of successful blocking as compared to other three University teams.

Discussion

Successful and unsuccessful blocking analysis has revealed that the champion team University of Madras recorded more percentage in successful blocking and less percentage in unsuccessful blocking than the other three teams. It shows the better skill level, teamwork and

team combination of players of the University of Madras. Due to more successful blocking the retained more possession of the players score and dominate the defense game throught the tournament. It has been accorded by the finding of **Church and Hughes (1986)** found that a greater number of passes were attempted when losing than when winning. **Hughes, Robertson**

and Nicholson (1988) found that successful teams played significantly with more touches of the ball per possession than unsuccessful teams. The unsuccessful teams ran with the ball and dribbled the ball in their own defensive area in different patterns to the successful teams. James (1991) established the importance of strength, speed and body size for team success in women's inter collegiate volleyball. The two dimensional discriminant space and the graph showed that the stronger, faster and leaner the teams, the more successful in tournament play. Toner (1981) examined the relationship of

selected physical fitness skills and mood variables to success in female high school basketball players. Discriminant analysis supported the hypothesis that the fitness factors, skill tests and personal factors were successful indicator. Yoon (2002) reviewed those physiological profiles of elite wrestlers. It concluded that successful wrestler showed higher dynamic and isokinetic strength than unsuccessful wrestlers. In particular upper body strength and anaerobic power were significantly different between the two groups.

Conclusion

An analysis of defensive overview reveals that the selected variables such as higher

number successful and less numbers unsuccessful blocking are having significant association with team success.

References:

Ajmir Singh (2003) Essential of Physical Education, (New Delhi: Kalyani publisher)

Baacke, H. (1982), "Statistical Match Analysis for Evaluation of Players and Teams Performances", *Volleyball Technical Journal*, VII (2), 45-56.

Ejem, M., and Horak, J. (1980), "Selected Findings from Statistical Analysis of Individual Play in Czechoslovak Championships". *Volleyball Technical Journal*, V(3), 17-30.

Franks, I.M., and Miller, G (1986), "Eyewitness Testimony in Sport". *Journal of Sport Behaviour*, 9(1), 39-45.

Hughes. M, and others, (2007). Analysis of the pattern of play of successful and unsuccessful teams. *Journal of Sports Science*. Vol 23. Num 5. pp. 509-14.

James, R.M., (1991), The Importance of Strength, Speed and Body Size for Team Success in Women's Intercollegiate Volleyball, *Research Quarterly*, 50: 429.

Jozef Bargier and Tomasz Buraczewski, (2007). Analysis of successful scoring situation in football matches. *Journals of Sports Science and Medicine*, vol 6. Suppl, 10. pp. 205.

Lirdla, D.G. (1980), "Statistical Study of Individual Ball Play". *Volleyball Technical Journal*, V(3), 31-34.

Macadam, M. (1984), "Taking Stats with Good Purpose". *Coaching Review*, 7 (Nov/Dec), 55-58.

Thomas Reilly, (1996). *Science and Soccer*, E & F.N Spon, London.

Toner, Keven Mark (1981) the Relationship of Selected Physical Fitness Skills and Mood Variables to Success in Female High School Basketball Candidates, *Dissertation Abstracts International*, 42:7,

Wouter G. P. Francken and Koen A. P. M. Lemmink, (2007). Successful performance in soccer: team kinematics of goal scoring opportunity in small-side soccer games. *Journal of Sports Science and Medicine*. Vol 6. Suppl 10.

Yoon, J. (2002) Physiological Profiles of Elite Senior Wrestlers, *British Journal of Sports Medicine*, 32(4), 225-33.