Analysis of Successful Anti and Ankle Hold of 2011-2012 Inter University Kabaddi Tournaments

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Abstract

   The purpose of the study was to determine the Analysis of ankle hold 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 l0 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.

Keywords: Ankle Hold Inter University, Kabaddi.

Introduction

   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. The opportunity for success is available to everyone if it is defined as performing to one's capability, rather than focusing solely on the out-come of a given competition. Teaching athletes to focus on success rather than winning nurtures the factors that ultimately lead to winning. 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.

   Match analysis refers to the objective recording and examination of behavioral events occurring during competition. It may be focused on the activity of one player, or may include the integration of actions and movements of players around the ball. Match analysis may range in sophistication from discrete data about the activity of an individual player, or of each member of the team as an individual profile, to a synthesis of the inter play between individuals in conformity to a team plan. Behavior when defending and when attacking can be accommodated, as can the analysis of either one or both teams together. An outcome may be a description of the team's pattern of play (Thomas Reilly, 1996). Match analysis is an important part of coaching. The ability to analyze a kabaddi game is crucial to the success of any team. Knowing how and when to make changes during the course of a game is the primary coaching role in competition. And one must be able to explain those changes to the players concisely and effectively. Many coaches can devise effective training drills and teach a certain style of play, but unless a coach can analyze a game and come up with effective solutions to problems, all that is done in training is lost. It is great responsibility to provide viable solutions to the team. The ability to analyze a match has effects beyond immediate competition. Each game provides the opportunity to gauge the progress of the team and to determine if what you teach in practice is put into play. Simply put, each game provides you with a blue print for the training sessions.

   As performance becomes more advanced and complicated, there exists extensive information in any

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sport event that is needed both during and after a competition. Given the findings that information obtained by the coach's subjective assessment of performance is often inaccurate and erroneous (Franks and Miller, 1986; Miller, 1988), a method of increasing the accuracy of the assessment would greatly help the coaches in their effort to improve performance. One method of achieving this is to systematically record and collect objective data which represent the best approximate values of performance. The use of a reliable recording method can be an invaluable tool in this effort to gain a complete and accurate description of performance, and this aids the coach in the evaluation of strengths and of a team or an individual performance. 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).

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 were 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 10mts high and about l0 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. 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.

Results

Table I. Chi - square analysis on successful anti and ankle hold in the semifinal league matches of south zone inter university kabaddi tournament

	University of Madras	Periyar University	Mangalore University	Annamalai University	Chi-square
Total Ankle hold	19	14	9	6	8.16*
% of Total Ankle hold	39.58%	29.16%	18.75%	12.5%	

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

Table I shows that the total numbers of ankle hold executed by the players of University of Madras, Periyar University, Mangalore University and Annamalai University in the South Zone Inter University kabaddi tournament were 19, 14, 9 and 6 respectively. It has resulted with a Chi-square of 8.16 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 ankle hold executed by the players of the above four University teams. The percentages of total number of ankle hold executed by the players of University of Madras, Periyar University, Mangalore University and Annamalai University in the South Zone Inter University kabaddi tournament were 39.58%, 29.16%, 18.75% and 12.5% respectively. The lowest percentage of 15.15% was obtained by Annamalai University. University of Madras the winner team had executed a total of 19 ankle holds against Periyar University, Mangalore University and Annamalai University which accounted to 36.58% where as Periyar University, Mangalore University and Annamalai University had executed only 29.16%, 18.75% and 12.5% heading. The winner team had executed significantly more numbers of ankle hold as compared to other three University teams.

Discussion

The results of the study may be depends upon the following points The winner team had executed significantly more numbers of ankle hold as compared to

other three University teams.It has been accorded by the finding of M. Hughes and others (2007) reveal that successful teams had significantly more shots at goal. Wouter G.P. Frencken and koen A.P.M, Lemmink, (2007) suggested the changes in the centre position of teams, accompanied by changes in surface area, indicate goal-scoring opportunities. Jozeb Bergier, et al. (2007) found that due to multi directional analysis of offensive actions ending with a goal, it was demonstrated that the place of their beginning stages was usually in with an area of attack of a Football field (41.6%) and a central area (41.21%).

Conclusion

The result indicates that successful anti ankle hold overview are closely associated with team success.

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