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Effect of Core Strength Training for development of Explosive Power among Kabaddi Players of Osmania University

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Abstract:

The objective of the study is to determine the effect of Core Strength Training for development of explosive Power among Kabaddi Players of Osmania University between the age group of 18 to 25 Years..The sample for the present study consists of 20 Male Kabaddi Players out of which 10 are experimental group and 10 are controlled group. Core Strength training exercises were given to the Experimental Group along with general training of Kabaddi and control group has doing general Training of Kabaddi for eight weeks..To assess the explosive power in legs Standing Broad Jump Test were used in the Pre Test and Post Test of the Study. This study shows that the Experiment Group increase the explosive power compare to the control group. It is concluded that due to core strength training there is a improvement of explosive power among Kabaddi Players. Key words: core strength training, Kabaddi, explosive power etc.

INTRODUCTION:

Good core strength plays an essential role in achieving optimal performance in your chosen sport. Since the core is the foundation of all bodily movements, training it to work effectively helps you achieve the kinds of fast and powerful body movements required by your sport, and reduces your risk of injury because it helps your muscles and joints to function more efficiently.

Core training is important for sports, because all sports involve corebased movements of one form or another. Because training your core helps your mobility, stability, and strength, it will increase the power, efficiency, and consistency of the movements you make, while improving your stability and balance, and reducing your chances of injury. Strengthening your core helps stabilize your spine and pelvis.

This provides a stronger platform for all of the movements you make, increasing your body's efficiency in transferring power to your limbs. In running, for example, it can help prevent the forward or backward rotation of your pelvis, which is important because an awkward running gait will cost you speed and increase the chances of injury. Meanwhile, in sports that involve throwing movements, such as hammer, shot put, discus, javelin, and fielding in baseball or cricket, the efficient transfer of power to your throwing arm is especially important. Core strength also improves the consistency of your movements because it gives your limbs a stable base from which to work. This is particularly important in sports such as golf and tennis, in which the ability to repeat a movement consistently over the course of a match has a direct bearing on the outcome.

Maintaining good "core strength" can be extremely beneficial to Kabaddi Players because that strength can help Kabaddi Players in their Performance.. Strength in their core enables them to maximize their power output, while stability allows them to perform complex athletic movements that require coordination, balance, and technical skill.

Kabaddi is basically a combative sport, with seven players on each side; played for a period of 40 minutes with a 5 minutes break (20-5-20). The core 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.

P.Mahendiran & Dr.A.Chandramohan (2020)Studied the effect of plyometric training and functional core strength training on explosive power among kabaddi players. To achieve the purpose of the present study, forty five male kabaddi players from Affiliated Colleges of Bharathidasan University, Tiruchirappalli, Tamilnadu, India were selected as subjects at random and their ages ranged from 18 to 25 years. The subjects were divided into three equal groups of fifteen each. Experimental Group I was exposed to plyometric training, Experimental Group II was exposed to functional core strength training and control group underwent no training. The duration of experimental period was 12 weeks. The pre test and post test scores were subjected to statistical analysis using Analysis of Covariance (ANCOVA) to find out the significance among the mean differences, whenever the 'F' ratio for adjusted test was found to be significant, Scheffe's post hoc test was used. In all cases 0.05 level of significance was fixed to test hypotheses. The plyometric training and functional core strength training had shown significant improvement on explosive power of male kabaddi players.

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Purpose of Research:

The objective of the study is to determine the effect of Core Strength Training for development of explosive Power among Kabaddi Players of Osmania University between the age group of 18 to 25 Years

Methodology.

The sample for the present study consists of 20 Male Kabaddi Players out of which 10 are experimental group and 10 are controlled group.

Sl. NO	Name of the University	Sample	Total number of subjects
1	Osmania	10 Raiders	20
		10 Defenders	

Core Strength Training exercises such as Reverse body plank, trunk extension, sit ups, front plank, side plan etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for eight weeks. Pre Test and Post Test were conducted in Standing Broad Jump among experimental group and controlled group of Kabaddi Players of Osmania University.

Results and Discussion:

The Independent Samples t Test Statistics is applied for the Study. The Comparison were made among Experimental Group and Control Group in Pre Test and Post Test Mean

Table 1: Showing the Mean values and Independent Samples Test of Standing Broad Jump between experimental and control groups of Kabaddi Players.

Variables	Group	Pre Test Mean ± SD	Post Test Mean ± SD	t	P - Value
Standing Broad Jump	Experimental	2.30 ± 0.157	2.41 ± 0.185	3.55	0.001
	Control	2.26 ± 0.159	2.22 ± 0.161		

*Significant at 0.05 level

In Table 1 the Mean values of Experimental Group of Kabaddi Players in Pre Test is 2.30 and Control Group Weight lifters is 2.26. Due to Core Strength Training the Experimental Group has increased the mean values in post test is 2.41 and due to general training the Control group has decreased from 2.26 to 2.22The Results of the Study shows that Experimental Group of Kabaddi Players has increased in the Performance of Standing Broad Jump.

Conclusions:

It is concluded that due to Core Strength training there will be improvement in Explosive Power among Kabaddi Players. In this study due to the Core Strength Trainings exercises there is a improvement in Explosiver power of legs among kabaddi players.

Recommendations: It is recommended that similar studies can be conducted on other events in other events and also female kabaddi players.This type of study is useful to coaches to give proper coaching for development of motor qualities for improvement of performance Sports and Games.

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