

## Effect of Core Strength Training Exercises for development of Speed among Kabaddi Players of Osmania University

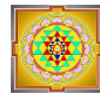
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### Abstract:

The objective of the study is to determine the effect of Core Strength training exercises for development of Speed 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 six weeks. To assess the Speed 50 M Run were used in the Pre Test and Post Test of the Study. This study shows that the Experiment Group increase the Speed compare to the control group. It is concluded that due to core strength training there is a improvement of speed among Kabaddi players. Key words: core strength training, kabaddi, speed etc.

### INTRODUCTION:

The core is at the centre of your body, it encompasses your abs, hips, back, and chest. Your core stabilizes your body, allowing you to move in any direction as well as having proper balance. It helps prevents falls and supports your body. So having a strong core is beneficial to everyone because it allows your body to function properly.

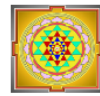


Good core strength plays an essential role in achieving optimal performance in your chosen sport. Since the core is the foundation of all bodily movements, training it to work effectively helps you achieve the kinds of fast and powerful body movements required by your sport, and reduces your risk of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

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.

**Dr. K Venkatesan and Dr. NS Gnanavel (2022)** Combined effect of core training and speed training on speed and agility among male kabaddi players. The purpose of the study is to find out the combined effect of core training and speed training on speed and agility among inter collegiate kabaddi players. To achieve the purpose of the present study thirty male kabaddi players studying in various departments and colleges of Dhanalakshmi Srinivasan group of institutions, Perambalur, Tamil Nadu, in the age group of 18 - 25 years were selected as subjects. They were divided into three groups, in which, Group - I (n=15) underwent core training with speed training, group – II (n=15) acted as control, who did not participate any special training apart from their regular routine activities. Prior to and after the exercises period the subjects were tested for speed and agility. explosive power. Speed was measured by 50 meters dash and agility measured by T-test. Analysis of covariance (ANCOVA) was applied to know the significant mean difference between experimental and control group on speed and agility. It is concluded that twelve weeks of core training with speed training showed an impact on speed and agility in experimental group.



Prof. Rajesh Kumar (2020) studied about the effect of Plyometric and Circuit Training on selected Physical Variables among Sprinters of Hyderabad District of Telangana State. To achieve this purpose, forty five Sprinters in the age group of 16 to 20 years those who have participated in the Hyderabad Open Sprints Athletics Championships at Gachibowli Stadium, Hyderabad for the year 2019 taken as subjects.

### **Purpose of Research:**

The Purpose of the Research is to determine the effect of core strength training exercises for development of Speed among Kabaddi Players of Osmania University between the age group of 18 to 25 Years.

### **Population and Sample Group:**

Sample Of The Study:

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

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

### **Methodology:**

Plyometric exercises such as Reverse body plank, trunk extension, sit ups, front plank, side plank etc were given to experimental group on alternate days i.e. three sessions per week and controlled group were given the general training for six weeks. Pre Test and Post Test were conducted in 50 M Run 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 50 M Test between experimental and control groups of Kabaddi Players.

Variables	Group	Pre Test	Post Test	t	P - Value
		Mean ± SD	Mean ± SD		
50 M Run Test	Experimental	7.42 ± 0.294	7.13 ± 0.262	4.58	0.000
	Control	7.54 ± 0.376	7.63 ± 0.408		

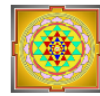
\*Significant at 0.05 level

In Table 1 the Mean values of Experimental Group of Kabaddi Players in Pre Test is 7.42 and Control Group Kabaddi Players is 7.54 . Due to core strength Training the Experimental Group has decreased the mean values in post test is 7.13 and due to general training the Control group has increased the mean values to 7.63.The Results of the Study shows that Experimental Group of kabaddi has increased in the Performance 50 M Run due to core strength training.

**Conclusion:**

It is concluded that due to core strength training there will be improvement in Speed among Kabaddi Players. In this study due to the Core strength exercises there is a improvement in Speed 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 in Weight lifting.

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