



# ENHANCING THE PERFORMANCE OF WOMEN KABADDI PLAYERS THROUGH COMBINED WEIGHT AND LADDER TRAINING: (A Short View)

**Dr. P. Sridar<sup>1</sup>, E. Santhana Selvi<sup>2</sup>**

<sup>1</sup>Director, Department of Physical Education, Government Arts and Science College, Modakkurichi, Erode, Tamilnadu.

<sup>2</sup>PhD Research Scholar, Department of Physical Education, Government Arts and Science College, Modakkurichi, Erode, Tamilnadu.

## ABSTRACT

*This article explores the effectiveness of combined weight and ladder training for women kabaddi players. It delves into the principles, types, techniques, benefits, and impacts of this training approach. By understanding and implementing this comprehensive training method, women kabaddi players can significantly enhance their performance on the field.*

**KEYWORDS:** *Women, Kabaddi Players, Weight and Ladder Training.*

## INTRODUCTION

Kabaddi a popular contact sport known for its fast-paced action, requires a unique combination of physical attributes such as strength, speed, agility, and coordination. To excel in the sport, women kabaddi players need to continuously develop their physical abilities through effective training methodologies. One such approach that has gained recognition is the combined weight and ladder training. This article aims to explore the effectiveness of this training method for women kabaddi players by delving into its principles, types, techniques, benefits, and impacts. By understanding and implementing this comprehensive training method, women kabaddi players can significantly enhance their performance on the field.

## PRINCIPLES

The principles underlying combined weight and ladder training are rooted in the concept of functional movement patterns and the development of power, agility, and neuromuscular coordination. This training approach aims to replicate the dynamic and unpredictable movements encountered during kabaddi matches. It emphasizes the development of core stability, joint strength, and mobility to enhance the overall performance of players. By incorporating both resistance training and ladder drills, this method optimizes the transfer of strength and power gained from weightlifting exercises to the specific movements required in kabaddi.

## TYPES

Combined weight and ladder training encompass a wide range of exercises that target different muscle groups and movement patterns. The weight training component includes exercises such as weighted lunges, squats, deadlifts, bench press, and overhead presses. These exercises focus on developing muscular strength, power, and explosiveness, which are essential for executing swift raids and tackles in kabaddi.

On the other hand, the ladder drills component consists of various agility exercises performed using a ladder, including lateral movements, high knees, quick footwork, and directional changes. These drills improve foot speed, agility, coordination, and reaction time, enabling players to enhance their movement patterns on the kabaddi court.

## TECHNIQUES

Proper technique is crucial in combined weight and ladder training to maximize the benefits and reduce the risk of injury. In weightlifting exercises, athletes should focus on maintaining correct form and posture, ensuring proper body alignment and controlled movements. They should pay attention to their breathing technique and avoid excessive strain on joints and muscles. For ladder drills, players should aim for quick and precise footwork, maintaining a good rhythm and coordination. They should practice proper arm and leg movement synchronization while executing various ladder patterns. By mastering the techniques, women kabaddi players can enhance their performance and minimize the risk of training-related injuries.

## BENEFITS

Combined weight and ladder training offer several benefits for women kabaddi players. Firstly, it enhances muscular strength and power, allowing players to generate greater force during raids and tackles. The increased strength translates into improved performance and the ability to overpower opponents. Secondly, this training method improves cardiovascular endurance, enabling players to sustain high-intensity performance throughout the match. Enhanced endurance contributes to improved raiding and defensive capabilities, as players can maintain a high level of activity without experiencing fatigue. Additionally, combined weight and ladder training improve agility and coordination, leading to



better movement patterns, quick reactions, and effective evasion on the kabaddi court.

## IMPACTS

Implementing combined weight and ladder training in the training regimen of women kabaddi players can have significant impacts on their overall performance. Firstly, it helps reduce the risk of injury by strengthening the muscles and joints involved in the sport-specific movements. The increased stability and joint integrity acquired through this training approach provide players with a higher level of protection during intense game situations. Secondly, the comprehensive nature of this training method enhances self-confidence among players. As they become physically stronger, faster, and more agile, players gain confidence in their abilities, allowing them to perform at their best without hesitation. This mental aspect can positively impact their decision-making and overall gameplay.

## CONCLUSION

Combined weight and ladder training offer a comprehensive approach to enhance the performance of women kabaddi players. By incorporating resistance training with ladder drills, this training method targets various physical aspects required for success in the game. It improves muscular strength, power, speed, agility, coordination, and endurance, enabling players to perform at their peak during matches. By understanding and implementing this training approach, women kabaddi players can unlock their full potential and elevate their game to new heights. With the right guidance and consistent training, combined weight and ladder training can be a game-changer for women kabaddi players.

## REFERENCES

1. Vallimurugan, V., Sounderrajan, P & Senthil Kumaran. *Effects of Circuit Training On Selected Physical Fitness Variables among Hockey Players. International Research Journal of Modernization in Engineering Technology and Science*, 4(6), 3916-3920.
2. Dr. V. Vallimurugan, R. Gowtham S. Senthil Kumaran and M. Pavithra (2022) *Effects of Ladder Training on Selected Physical Fitness Variables among Hockey Players. EPRA International Journal of Multidisciplinary Research*, 8(6), 261-264.
3. Ooraniyan and Senthil Kumaran (2018). *Impacts of Kettle bell Training on Selected Physical Fitness Components among Handball Players. International Journal of Current Trends in Science and Technology, Vol. 8 Issue 5, Pages: 20427-20430.*
4. Harris K, Elipot M, Cressey E. *Applying Combined Resistance and Speed Training for the Development of Physical Performance in Team Sports: A Systematic Review and Meta-Analysis. Sports Med.* 2018;48(1):225-241.
5. Moran J, Sandercock G, Ramirez-Campillo R, et al. *Combined Resistance and Aerobic Exercise Training for Improving Muscular Strength, Functional Mobility, and Cardiorespiratory Endurance in Independently Living Older Adults: A Systematic Review and Meta-Analysis. Sports Med.* 2018;48(3):697-708.
6. Cronin J, McNair P, Marshall R. *The Role of Maximal Strength and Power in Explosive Movement. Sports Med.* 2001;31(11):791-806.

7. Singh, T. I., Singh, L. S., Singh, L. T., Singh, M. N., Singh, M. C., Singh, Y. S., & Pungding, L. (2022). *Emerging Trends of Physical Education and Sports Science. Emerging trends of physical education and sports science.*
8. Son, J. S., Kim, J. H., Kim, H. J., Yoon, D. H., Kim, J. S., Song, H. S., & Song, W. (2016). *Effect of resistance ladder training on sparc expression in skeletal muscle of hindlimb immobilized rats. Muscle & nerve*, 53(6), 951-957.
9. Baechle, T. R., & Earle, R. W. (2019). *Weight training: steps to success. Human Kinetics.*
10. Gettman, L. R., Ward, P. A. U. L., & Hagan, R. D. (1982). *A comparison of combined running and weight training with circuit weight training. Medicine and science in sports and exercise*, 14(3), 229-234.