

SPORTS AUTHORITY OF INDIA
NETAJI SUBHASH WESTREN CENTRE GANDHINAGAR, GUJARAT
SYLLABUS OF COACHES EDUCATION PROGRAMME – 2020 (KABADDI)
Topics and its Syllabus

Sr no.	Name of the Topic:	Syllabus
1	RECENT TRENDS IN KABADDI	<p>1. History and Development.</p> <p>a) Different forms played - Zemini, Sanjeevani & Amar. b) Different chants (cant) - Hadu-Du, Chedu-Gudu, Hu-tutu & other forms. c) Played in different size playfields with different number of players. d) No uniform rules and regulations.</p> <p>2. Traditional Kabaddi. 3. Modern Kabaddi. 4. Introduction of the game in International arena.</p> <p>a). Started with 3 countries: Nepal, Bangladesh and India. b) Demonstrated in 1982 Asian games. c). Included women section in 2010 Guangzhou Asian points. d). Included as a main even at Beijing 1990 Asian games. e) World cup men: 2004 at Mumbai India, 2007 Panvel India & 2016 Ahmedabad. f) World cup women: 2012 at Patna India g) Included Asian indoor games: 2007 at Macau. Macau China. h) Included in Asian beach games: 2008 at Bali Indonesia.</p> <p>5. TV and Media Friendly 6. Stadium to living room. 7. Social and Financial status of players and coaches. 8. New Young talent Search.</p>
2	CHALLENGES FOR COACHES AND TRAINING BEGINNERS AND ADVANCED PLAYERS	<p>1. Training Beginners players:</p> <p>a) Selection of talent in beginners. b) Training talent in beginners c) Adopting the player to the skill. d) Judging progress in learning technique. e) Adopting particular players to the techniques.</p> <p>2. Training Advanced players:</p> <p>a) Gaining confidence of advance players. b) Application of tactics in combination players. c) Success rate of tactics in the game. d) Players ability in rational application of tactics.</p>

		<p>e) Training tactics before competition and its success rate.</p> <p>f) Success rate in variation of skills as tactics.</p> <p>g) Modification of tactics for individual player and to the team. Its success rate in the competition.</p> <p>h) Success rate of combination skills application as tactics.</p> <p>i) Utilising individual abilities for winning the competition.</p> <p>j) Implementation of good strategy in the game.</p> <p>k) Team Management in the game.</p>
3	<p>ARRANGEMENT OF TIME DISTRIBUTION IN TRAINING CYCLES- A SIMPLE APPROACH</p>	<ol style="list-style-type: none"> 1. Components of training. 2. Factor Influencing performance. 3. Need for time distribution in training cycles. 4. Importance of time distribution in periodization. 5. Activity Chart. 6. Arrangement of training components and allocation of time in a yearly cycle. 7. Need for time distribution in training. 8. Importance of time distribution in Periodisation.
4	<p>PSYCHOLOGICAL PREPARATION OF TEAM AND PLAYERS IN DIFFERENT SITUATION</p>	<ol style="list-style-type: none"> 1. Psychological Preparation. 2. Characteristics of a mentally tough athlete. 3. Four Myths about the PST. 4. Psychological skills and its methods. 5. Objectives of Psychological Preparation. 6. Specific PST methods. 7. Classification of Psychological Preparation. 8. Motivational Factors. 9. Mental Preparation.
5	<p>USE OF INDIVIDUAL CATCHES AS TACTICS</p>	<ol style="list-style-type: none"> 1. Ankle hold by corner. 2. Ankle hold by 2nd man as tactics. 3. Blocking, when raider goes to corner or 2nd. 4. Following Block, when raider attack to front corner (2nd Man). 5. Importance of individual holds. 6. Its application as tactics. 7. Requirement of individual holds by cover and corner.
6	<p>TALENT IDENTIFICATION</p>	<ol style="list-style-type: none"> 1. Definition of Talent. 2. Identify the hidden talent of an athlete. 3. Analysis of performance of a kabaddi player. 4. The criteria for induction and retention of an athlete in KIDS. 5. The Perquisites and motor ability of a kabaddi player.
7	<p>RAIDING TACTICS AND STRATEGIES FOR THE BEST RESULT</p>	<ol style="list-style-type: none"> 1. Kabaddi Pioneers: Raiders. 2. Escaping tactics by raiders in different situation. 3. Before starting of the raid strategies, during the raid strategy and tactics. 4. Turning, Falling and sliding as tactics. 5. Creating gap to escape.

8	<p align="center">STRATEGY AND TACTICS IN DEFENCE AND ITS EXECUTION</p>	<p>1. Strategy. a) Evaluation b) Planning. c) Execution of tactics. d) Time management and substitutions.</p> <p>2. Evaluation. a) Assessing strength and weaknesses. b) Through Knowledge of players. c) Records of recent past. d) Psyche of coach and players.</p> <p>3. Planning. a) Acceptance from players. b) Players involvement. c) Discuss possible tactics. d) Discuss eventualities and emerging scenarios. e) Discuss plan B/C.</p> <p>4. Execution of tactics. a) Constantly keep strategy in mind. b) Control the pace and direction of match. c) Discuss with players available on mat. d) Apply tactics to counter the emerging situations. e) If strategy is not working, shift to plan B/C.</p> <p>5. Time Management. 1. In first 10 mins, ascertain if the strategy is working or not. 2. If not change to plan B/C. 3. Before half time prepare for the beginning of next half. 4. Keep an eye on time as per proceedings in second half. 5. Last 5 min keep a count of remaining raids. 6. Choose right time for "time-out" & substitutions.</p> <p>6. Do's and Don'ts.</p> <ol style="list-style-type: none"> 1. Give confidence and motivate 2. Never panic. 3. No criticism or shouting. 4. Body language. 5. Give credit, take on us.
9	<p align="center">SYSTEM OF PLAY AND STRATEGIES TO BE ADOPTED ON THE BONUS LINE</p>	<p>1. Systems of play in kabaddi Défense. 2. Systems of play when there are seven players in the court. a) 2-3-2 system. b) 2-2-1-2 or 2-1-2-2 System. c) Corner Zone. d) Centre Zone. e) Centre Man.</p> <ul style="list-style-type: none"> • 1-2-2-2 system • 2-1-2-2 system

		<p>3. When there are six players in the court.</p> <p>a) 2-2-2 system. b) 1-2-2-1 system. c) 2-2-1-1 system.</p>
10	USE OF COUNTER SKILLS AND COMBINATION	<p>1. What are the counter skills?</p> <p>2. What is Combination hold?</p> <p>a) Individual Combination. b) Group/Zone Combination</p> <p>3. Pre-requisites of successful counter skills.</p> <p>a) Proper Observation b) Good anticipation and judgement. c) Confidence. d) Ability to create situation. e) High skill level – atomization f) Presence of mind – Quick decision. g) Combinations and variety of skills. h) Risk level – analysis and other calculations.</p> <p>4. Points to be kept in mind for training counter skills/combinations.</p> <p>a) Remember these are advanced skills – not basics. b) Train players who are capable of applying the skills. c) Make the player understand the tactical moves. d) Practice the move first and create a situation. e) Keep alternate moves or combinations in readiness. f) Drill individually on each component required. g) Train them in group and zone combination. h) Practice with match conditions – Functional training. i) Create hard conditions- Pressure training.</p>
11	FIELDING A SYSTEM ON ENDLINE GAME- AS A STRATEGY	<p>1. Importance of fielding on end line.</p> <p>2. Rules of the game - out and revival system.</p> <p>3. Fielding on the basis of number of players available.</p> <p>4. System of play.</p> <p>5. Using system of play as tactics.</p> <p>6. System of play when there are 2,3,4 and 5 players.</p> <p>7. Using tactics in system of play.</p> <p>8. Planning and implementation of systems of play.</p>
12	RULES AND REGULATION IN KABADDI	<p>1. New Rules Introduced in Kabaddi and its regulation.</p> <p>a) Bonus line. b) Do or Die Raid. c) 30 seconds duration for a raid. d) Super Tackle. e) Tie Breaker rules in knockout matches.</p>

<p>13</p>	<p>How Coaches can Communicate Better</p>	<ol style="list-style-type: none">1. Importance of Communication.2. Dialogue with players.3. Opportunity/Challenge for foreign coaches.4. Role of Technology in communication.5. Ways to communicate:<ol style="list-style-type: none">1. Before game.2. During game.3. After game.4. TV Interviews.5. Media address.6. Webinars.6. Use the same vocabulary.7. Responsibilities while communicating.<ol style="list-style-type: none">1. Communication is vital.2. Be clear with your instructions.3. Be positive during the game.4. You are the brand ambassador of your team- So be responsible.5. Practice a common terminology.6. Practice-in front of mirror/ camera recording.
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