

Category of Activity: Invasion Games

Name of Activity: Kabaddi

Kabaddi is an invasion indigenous game of India. The game originated in South Asia, as a form of combat recreational activity. The two teams occupy opposite halves of a field and takes turn in sending a 'Raider' into the other half. In order to win points by tagging members of the opposite team and tries to return to his own half, holding his breath and chanting Kabaddi, Kabaddi..... The tagged members are declared out and are sent temporarily out of the field. The Raiding team earns one point for each player tagged. Defending team tries to refrain the raider from going back to his half individually or collectively. The Raider is considered out if he takes a breath before returning to his half or he or his any body part crosses/touches boundary line. In such an event the defending team earns a points. Team which earns most points in stipulated time is declared winner. Its not a power game as generally perceived. Its a game which needs reflexes, intelligence and judgement.

Rules of the Game

- The ground shall be leveled and soft.
- 13 mts. x 10 mts. space, is divided by a middle line, creating two halves.
- Each half 10 x 6.25 mts. is divided by a middle line known as court.
- Baulk line is 3 mts. from the center line.
- There shall be stripped of 1 mt. on each side of the play field called the Lobby.
- Each team has 12 players, 7 takes the ground at a time, 5 are reserved.
- If anti or anties who have gone out of bounds, holding the raider, raider is not out. On the contrary anti or anties are declared out.
- Players are revived in the same order in which they have gone out.
- Maximum duration of the match is two halves of 20 minutes each with a 5 minutes of break in between.
- Lona comprises of 2 bonus points. Team which scores most number of points, wins.

Facts about the Game

- The game as introduced in Indian Olympic Games in 1938 at Kolkata.
- KFI formerly known as AKFI was formed in 1950.
- Its a national game of Bangladesh.
- Its a state game of Tamilnadu, Andhra Pradesh and Punjab.
- First asian championship organised in 1980.
- Introduced in asian games for the 1st time in Beijing 1990.
- 1st Kabaddi world cup was played in 2004.

History of the Game

The game known as Hu Tu Tu in western India, Hu-Do-Do in eastern India and Bangladesh, Chedu-Gudu in southern India and Kaun-Bada in Northern India existed in this part of the world and has change through ages. It is also believed that this game is a version of Chakravyuha, an ancient war strategy and defensive formation used in Mahabharata. The game was demonstrated for the first time at the international level during 1936 Berlin Olympics by Hanuman Vyayam Pracharak Mandal Amravati, Maharashtra. The game has been in existence for over 4000 years. One school of thought is that this must have developed during prehistoric times when the man was forced to defend himself from sudden attacks from ferocious beasts. They used to form groups of individuals and attacked animals.

Basic Requirements/ Equipment

- Playing area
- Stop watch
- Marble powder
- Measuring tape
- Markers
- Cones
- Whistle

Use STEP to modify Kabaddi activities so that all students are included. Try these modifications or devise your own.

Space

- Increase/decrease the area of the ground.
- Change the shape of the playing area.
- Loose surface sand.
- Different surfaces such as clay, synthetic, colourful, etc.
- 10 x 13 mtrs. of space for man & 10 x 12 mts. for woman.

Task

- One for one as defensive technique.
- Raider could take a breath.
- Two raider at a time.
- Time of raid/ game can be increased or decreased.
- For Not tagging a player negative points could be given.

Equipment

- Instead of tagging by hand, paper or sticks of various sizes and shapes could be used.
- Tagging only by hand or foot may be applied.
- Blind Fold

People

- Team Number of player in a team could be varied.
- Instead of tagging players, any specific part could be tagged.
- Having one/two marked players.
- Tagging marked players will earn bonus points.
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Physical & Health Education /Games

Links to continuous and comprehensive assessment frame work for classes IX and X

- An appreciation and understanding of the physical fitness requirements of games playing
- An involvement in sports/physical education programmes
- Team work
- A knowledge of different games and rules of the games
- Skills of agility, balance and coordination
- Motivation and commitment to take part in the game
- Ability to lead others as a team captain, coach or referee
- An awareness of rules of safety
- An evidence of being self disciplined

Life Skills

- Listen actively
- Takes criticism positively
- Communicate using appropriate words, intonation and body language
- Identifies one's own strengths and weaknesses





Purpose of the activity

To cooperate with others to use individual and team skills and strategies to invade the space of the opposition to score points and win the game.

Outcome of the activities

The outcome of participating in these activities will be:

- team spirit
- cooperation
- communication
- a focus on winning

Skills

Blocking

- Stance parallel.
- Sufficient distance between two legs.
- Knees slightly flexed.



Waist Hold

- Stance parallel.
- Take a step and come close to raider.
- Hold the waist tight. So that he does not escape.
- Change the direction of the raider or sit down.



Hand Touch

- Stance parallel.
- Balance between both feet.
- While raiding protect hands from being caught by defender.
- Touch the defender who is in your range with speed and stepping.
- Quickly withdraw and move out.



Toe Touch

- Stance parallel.
- Hands Protecting yourself.
- Knees slightly bent.
- Balance on left leg.
- Bend on the left and straighten your right knee.
- Touch the defender's toe with the toe of your right foot.
- Quickly move out.



Here are some practices

Hand touch : Two objects are hung as shown in the figure. Two players execute hand touches on the objects alternately from right to left and vice-versa.



Toe touch : The team is divided in two groups. Every player has a chest number. when the number is called out, one player each from both sides run in, and tries to take the cone placed in the center, to his side using leg thrusts only. The team that succeeds, scores a point. This could be used as a lead up game.



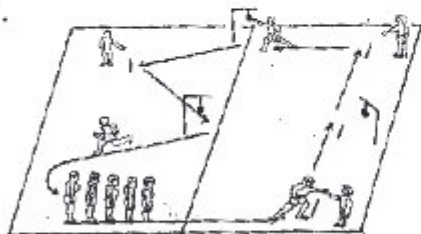
Waist hold : The Group is divided into two teams and are asked to stand behind each other holding the waist of the person in front. The leader of team 'A' holds the hand of the leader of team 'B' and they start pulling each other in opposite direction on the command of the wistle.





Try some of these mini games and activities

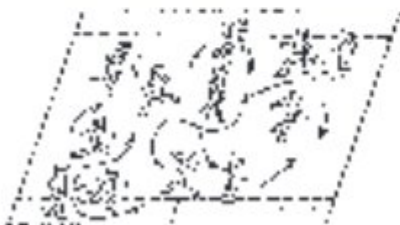
In the Kabaddi Court, six stations are prepared with three players and three objects. Players moved one at a time and execute hand touches at the six stations in the path as shown in figure.



Five players stand in a circle. The raider starts from centre points, moves to each position, executes hand touch, comes back to starting point and attacks on the next position, till all the positions are attacked upon as quickly as possible. This could be given as a pressure training drill with fixed time or number of repetitions.



Twelve or more players moved with cant in half the court and executes different hand touches without clashing with one another in 30 seconds. Repeat the drill atleast 5 to 6 times.



Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will you play for? How will you make sure that everyone is involved in the game?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> History of the game Rules Facts
Skills (6)	<ul style="list-style-type: none"> Blocking Waist Hold Hand Touch Toe Touch
Application of skills (10)	<ul style="list-style-type: none"> Use blocking for stopping the raider. Ability to touch the farthest defender by hand. Ability to touch the farthest defender by the toe. Ability to stop the raider by holding his waist.

Links to NCERT syllabus

Theme: Knowledge and Proficiency in Sports and Motor Skills Acquisition-Kabaddi.

Links to other subjects

English: Students may observe minutely an Inter-Class Kabaddi Competition and write a news item for a local daily newspaper or School Magazine.



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Outcome of the activities

The outcome of participating in these activities will be:

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- cooperation
- communication
- focus on winning

Skills

Side Kick

- Take sideward right leg stance.
- Bend right knee.
- Balance yourself on right leg.
- Kick left leg sideways to tag the defender's nearest body part.



Back Kick

- On the pretext of coming back raider stops near the baulk line facing the mid line.
- Raider stops suddenly, bends forward and moves his one leg back to touch the defender coming on to catch him.
- Raider falls down to touch the center line.



Ankle Hold

- Apply the hold when raider tries to apply toe touch.
- Defender bends down and tries to catch the ankle of the stationary leg after diving.
- After taking the hold, pull the raider towards you to de-stabilise and breaking off cant.



Knee Hold

- Defender takes the position and put his left hand under the right knee and right hand catches and ankle of the same leg.
- Change the direction.
- Pull the attacker to de-stabilise and break his cant.



Catching the Hand/Wrist

- Defensive skill, when raider tries to touch with hand, defender quickly grapples his wrist.
- Pull the raider towards you, so that raider loses balance, falls and breaks his cant.



Here are some practices

Players asked to perform this practice by count

- 1) Approach
- 2) Holding the ankle
- 3) Lifting the leg up

Reduce the number of counts and let the players perform by increasing the speed.



Each player will hold both the ankles of the player in front and move forward to reach the cone as shown in the figure and return to final position.



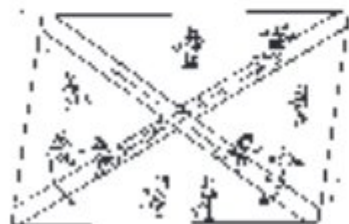
Player is asked to try to hold the moving object from hanger designed specially for ankle hold to improve catching accuracy.



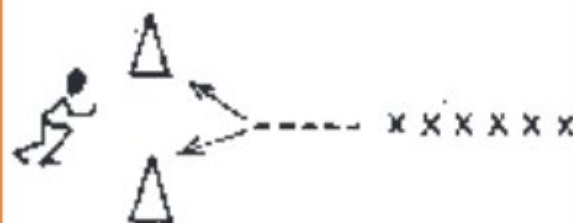


Here are some practices

Side/Back Kicks/Raiding : A raiding path is made as shown in the figure with three raiders who are required to move only in the path. The rest of players try to assemble in one zone. They are prevented by the raiders who execute side kick to touch on them. In case they are touched they will have to take the raider's place. While the raider takes his place with the other, who tried to gather in one zone.



Ankle Hold : The raider will be asked to take 5 leg touches on the targets while the anti tries to hold his ankle and prevent his escape. The number of successes and failures are counted by changing the partners. This can be a competitive practice.



Knee Hold : The raider tries to executes hand touch / toe touch / side kick / back kick on the three antis in different zones with natural run forward and one of the defender tries to take on the raider with knee hold.



The players stand in players as one raider and the other as a defensive player. The raider tries to touch the toe of the anti from the starting point. This will improve the reach and the accuracy of the raider.



Now make up your own games and have some fun

Decide a playing area. Mark it out in some way. How many players will be in each team? What rules will you have? How will you start the game? How long will your game last? How will you make sure that everyone is involved in the game? Who will referee your game, time it and keep score?

Assessment

Knowledge (4)	<ul style="list-style-type: none"> History of the game Rules Facts
Skills (6)	<ul style="list-style-type: none"> Side Kick Back Kick Ankle Hold Knee Hold Catching the Hand/Wrist
Application of skills (10)	<ul style="list-style-type: none"> Use of kicking for tagging the defenders. Ability to make space and use space Ability to hold knee and ankle strongly. Ability to catch the attacker by hand/wrist

Links to NCERT syllabus

Theme: Knowledge and Proficiency in Sports and Motor Skills Acquisition-Kabaddi

Links to other subjects

Science :

Maths : A Kabaddi Event may be used to develop speaking competencies as well as abilities for analytical writings. Some of them may be engaged in providing running commentary to the audience as experts of the game and others may be asked to prepare an analytical write up highlighting the specific skills used by individual players.

The game of Kabaddi

- Condition the game to reinforce skill learning. For example
- Teach different systems of play:
- Set up knock out or league competitions that allow teams to play together often and get to understand each other's strengths and weaknesses.
- Teach students to referee and keep score. Begin by looking for and penalising just one or two obvious infringements in practice tasks and small sided games. For example.....