Effect of Functional Stability Training on Agility, Explosive Power and Strength among College Kabaddi Players

S. Bala Sankar¹ and Dr. R. Thanalakshmi²

Abstract

The objective of the study is to find out the effect of functional stability training on agility, explosive power and strength among college kabaddi players. Twenty four kabaddi players from Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur and Aditanar College of Arts and Science, Veerapandianpatnam, Tiruchendur were selected randomly as subjects. The age of the subjects ranged from 19 to 25 years. The players who participated in the Manonmaniam Sundaranar University Inter Collegiate Kabaddi Tournament and Tamil Nadu Physical Education and Sports University Intercollegiate Kabaddi Tournament were selected randomly as subjects for the study. The selected subjects were divided into two groups. Group I underwent functional stability training and Group II acted as control. The experimental group (functional stability training) was subjected to the functional stability training for alternative three days for up to six weeks. The functional stability training was selected as independent variable and the criterion variables agility, explosive power and strength were selected as dependent variables and the selected dependent variables were assessed by the standardized test items. Agility was assessed by 4 x 10 mts shuttle run test and the unit of measurement in seconds, and explosive power was assessed by vertical jump test and the unit of measurement in centimeters and the strength was assessed by 1RM test and the unit of measurement in kg. The experimental design selected for this study was pre and post test randomized design. The data were collected from each subject before and after the training period and statistically analyzed by using dependent‘t’ test and analysis of covariance (ANCOVA). It was found that there was a significant improvement and significant different exist due to the effect of functional stability training on agility, explosive power and strength among college kabaddi players.

Key Words: Functional Stability Training, Agility, Explosive Power and Strength.

¹ Assistant Professor, Dr. Sivanthi Aditanar College of Physical Education, (Affiliated in Manonmaniam Sundaranar University, Tirunelveli), Tiruchendur, Tamil Nadu, India.
² Associate Professor, Dr. Sivanthi Aditanar College of Physical Education, (Affiliated in Manonmaniam Sundaranar University, Tirunelveli), Rahmath Nagar, Tamil Nadu, India.