

**SPORTS AUTHORITY OF INDIA  
NETAJI SUBHAS SOUTHERN CENTRE, BANGALORE**

**DIPLOMA COURSE IN SPORTS COACHING**

**REVISED SYLLABUS 2015-16**

**THEORY & SCIENCE OF KABADDI**

**1<sup>ST</sup> SEMESTER**

**THEORY PAPER –1**

<b>Sr. No.</b>	<b>Topics</b>	<b>Teaching hours</b>
<b>1.</b>	<b>HISTORY AND DEVELOPMENT</b>	<b>08</b>
	<ul style="list-style-type: none"><li>○ History and development of Kabaddi, Beach Kabaddi, Circle Kabaddi and Indoor Kabaddi in India, Asia and World.</li><li>○ Present trend in the game at National and International level</li></ul>	
<b>2.</b>	<b>STRUCTURE AND FUNCTION OF DIFFERENT CONTROLLING BODIES:</b>	<b>06</b>
	<ul style="list-style-type: none"><li>- World body</li><li>- Asian body</li><li>- National Federation</li><li>- State and District Association</li><li>- Relationship of National Federation with I.O.A., SAI etc.</li></ul>	
<b>3.</b>	<b>RULES OF THE GAME AND OFFICIATING:</b>	<b>46</b>
	<ul style="list-style-type: none"><li>○ Terminology of Kabaddi, Beach Kabaddi, Indoor Kabaddi and Circle Kabaddi</li><li>○ Rules and its interpretation.</li><li>○ Signs and Signals used in officiating</li><li>○ Qualities and responsibilities of referee, umpires and table officials</li><li>○ Principles and mechanism of officiating</li></ul>	
<b>4.</b>	<b>ORGANIZATION, MANAGEMENT AND CONDUCT OF COMPETITION</b>	<b>14</b>
	<b>a) Competition system followed in:</b> <ul style="list-style-type: none"><li>▪ World Cup</li><li>▪ Asian Championship</li><li>▪ Asian Games</li><li>▪ SAF Games</li><li>▪ National Championship and other levels.</li></ul>	

**b)Formation of committees:**

- Preparation of Budget for conduct of Tournaments/Competition
- Duties and functions of different committees
- Drawing of fixtures
- General Rules
- Technical Rules
- Facilities and Equipments
- Marketing of the Game
- Public relationship.

**5. PREPARATION OF PLAY FIELD AND ITS MAINTENANCE 08**

- Preparation of different surfaces
- Flood Light arrangement
- Method of marking of the ground
- Laying of synthetic surface – Merits and Demerits.

**6. REQUIREMENT OF A KABADDI COACH 10**

- Philosophical concept to be followed
- Qualities and abilities of a coach and responsibilities.
- Knowledge of method of teaching and coaching applied in games
- Class control
- Supervision
- Class Management
- Personal performance
- Skill Drills
- Identification and Rectification of mistakes
- Use of teaching aids
- Lesson Plan
- Teaching methods and methodical organization
- Public relationship

**7. REQUIREMENT OF A KABADDI PLAYER FOR HIGH PERFORMANCE: 10**

**General and specific requirements position wise**

- Physique
- Physiological
- Physical
- Technical
- Tactical
- Intellectual, Social, Mental, Moral abilities

<b>8.</b>	<b>WARMING UP AND WARM DOWN</b>	<b>08</b>
	<ul style="list-style-type: none"> <li>- Importance</li> <li>- Principles</li> <li>- Methods</li> <li>- Means</li> <li>- Types</li> <li>- Stretching before and after activity</li> </ul>	
	Total	----- 110 =====

## THEORY PAPER – II

Sr. No.	Topics	Teaching hours
<b>1.</b>	<b>TECHNIQUES OF KABADDI,</b>	<b>08</b>
	<ul style="list-style-type: none"> <li>- Introduction, importance and classification of techniques.</li> <li>- Stages of motor learning and principles of motor learning applied for learning in Kabaddi</li> <li>- Methodical stages and teaching techniques</li> <li>- Practice – hints – corrections – encouragement – discussion</li> </ul>	
<b>2.</b>	<b>TEACHING, TRAINING AND DEVELOPMENT OF TECHNIQUES</b>	<b>08</b>
	<ul style="list-style-type: none"> <li>○ Practice of technique under easy conditions</li> <li>○ Practice of technique under different and complex conditions</li> <li>○ Skill drills</li> <li>○ Teaching and training aids, its importance and application and Trends in development</li> <li>○ Methods and means of training technique</li> <li>○ Reasons of committing faults, methods and means to identify Faults &amp; correction in technique performance, feedback {verbal, audio and visual means}</li> </ul>	
<b>3.</b>	<b>SMALL AREA GAMES AND ITS IMPORTANCE &amp; UTILITY</b>	<b>02</b>
<b>4.</b>	<b>COACHING HINTS</b>	<b>04</b>
<b>5.</b>	<b>MEANS FOR EVALUATION OF PROGRESS IN LEARNING &amp; PERFORMANCE OF TECHNIQUES:</b>	<b>06</b>
	<ul style="list-style-type: none"> <li>○ Skill tests</li> <li>○ Statistics and records</li> <li>○ Game recording</li> <li>○ Observation</li> <li>○ Rating scales</li> <li>○ Rating by Coach</li> <li>○ Use of computer</li> </ul>	

**6. IMPORTANCE, ANALYSIS OF MOVEMENT CO-ORDINATION & BIO MECHANICS AND VARIATION TECHNIQUES OF KABADDI, BEACH KABADDI AND INDOOR KABADDI** **35**

**DEFENSIVE TECHNIQUES**

- Position basic movements (foot work) and path of defense
- Ankle hold – Types of Ankle hold and its variations
- Thigh hold – Types of Thigh hold and its variations
- Knee hold – Types of Knee hold and its variations
- Wrist hold and its variations
- Waist hold and its variations
- Blocking and its variations

**OFFENSIVE TECHNIQUES:** **35**

- Basic foot work and path of raid
- Lead, shuffle, natural, combination of foot work and in raid
- Reverse step raid
- Defensive foot work and offensive foot work.
- Changing the direction during raid and its variation.
- Change of foot work during raid.

**Leg Touches and its importance and application and variations**

- Toe touch, foot touch and squat leg thrust
- Kicks and reverse kicks

**Hand touches**

- **Hand touches its importance and application and variations**

**Escapes**

- Escapes for ankle hold, thigh hold, knee hold, wrist hold, waist hold and blocking (counter moves)

**BEACH KABADDI** **12**

**Defensive Technique**

- Position, basic movements (foot work) and path of defense
- Ankle hold by corner, 2nd man and its variations
- Thigh hold by cover, corner, and its variations
- Knee hold by cover corner, and its variations
- Wrist hold and its variations
- Blocking and variations

### **offensive technique**

- Foot work and path of raid
- Natural run raid
- Defensive foot work and offensive foot work
- Changing the direction during raid and its variation
- Change of foot work during raid

### **Leg Touches and its importance, application and variation**

- Toe touches
- kicks

#### **Hand touches**

- Hand touch
- Stooping hand touch

**Total**

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**110**  
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## **PRACTICALS**

<b>Sr. No.</b>	<b>Topics</b>	<b>Teaching hours</b>
<b>1.</b>	<b>WARMING UP AND VARIOUS METHODS:</b>	<b>30</b>
	<ul style="list-style-type: none"><li>○ Stretching before and after activity.</li><li>○ General Warming up</li><li>○ Specific warming up</li><li>○ Free hand exercises</li><li>○ Skipping rope exercises.</li><li>○ Various stretching exercises</li><li>○ Warm down exercises – procedures.</li></ul>	
<b>2.</b>	<b>CLASS ORGANIZATION:</b>	<b>04</b>
	<ul style="list-style-type: none"><li>○ Class formation</li><li>○ Class control</li><li>○ Commands</li><li>○ Methodical Organization</li></ul>	

- 3. PREPARATION, MARKING AND MAINTENANCE OF GROUND: 04**
- Natural surface
  - Laying of synthetic surface and marking
  - Sand court (Beach Kabaddi)
- 4. OFFICIATING AND ORGANIZATION OF COMPETITION. 40**
- 5. DEVELOPMENT OF GENERAL CONDITIONING ABILITIES 40**
- Development of endurance, Continuous Method, Fartlek, Cross Country and interval method
  - Development of strength
    - Calculation of 1RM, Weight training, partner exercises, own Body exercises, medicine ball exercises, polymeric exercises, Wall bar exercises, rope climbing, mobility exercises.
  - Development of speed
    - Uphill and downhill running, short sprints, strides and speed Forming exercises
  - Development of flexibility
    - Active and passive flexibility exercises, PNF stretching, Swiss ball Exercises.
  - Development of motor Co-ordination
  - Agility training.
    - Exercises to develop agility, Side ward run Zig-Zag run, Sudden Change of direction, Shuffling movement, Maze running, Obstacles run. Different types of running, jumping, turning, rolling, sudden changing the directions, sudden stopping, pivoting and different footwork.
  - Development of strength, endurance speed and other motor abilities for Beach Kabaddi players.
  - Exercises to develop balance, kinesthetic perception and orientation and other required coordinative abilities.
- 6. TRAINING LOAD AND RECOVERY: 10**
- Increase and decrease of load
  - Control of load
  - Calculation of training load, method of taking pulse, using pulse rate to monitor training load.
  - Means and methods of recovery.(special reference to Beach Kabaddi)
- 7. MOTOR ABILITIES TEST: 10**
- General
  - Specific

**8. PEDAGOGIC PRACTICE: 30**  
Development of teaching practice, command, class control, organization  
Of drills, corrections and use of teaching aids.

**9. DEVELOPMENT OF PERSONAL PERFORMANCE AND  
DEMONSTRATION TEACHING AND TRAINING ABILITIES**

**DEFENSIVE TECHNIQUES 100**

- Position basic movements (foot work) and path of defense
- Ankle hold by corner, 2<sup>nd</sup> man and its variations
- Thigh hold by cover, corner 2<sup>nd</sup> man and center man and its variations
- Knee hold by cover, corner 2<sup>nd</sup> man and center man and its
- Wrist hold and its variations
- Waist hold -types of waist hold and its variations
- Blocking- types of blocking and its variations
- Chain hold-types of chain hold and its variations

**OFFENSIVE TECHNIQUES: 100**

- Basic foot work and path of raid
- Lead, shuffle, natural, combination of foot work and in raid
- Reverse step raid
- Defensive foot work and offensive foot work.
- Changing the direction during raid and its variations.
- Chang of foot work during raid

**Leg Touches and its importance and application and variations**

- Toe touch and foot touch, its variations.
- Kicks, Reverse kicks and its variations

**Hand touches**

- Hand touches its importance, applications and variations.

**Escapes**

- Escapes for ankle hold, thigh hold, knee hold, waist hold,  
Wrist hold and Blocking (counter moves).
- Basics of turn and falls

**BEACH KABADDI 20**

**Defensive Techniques**

**Individual Holds**

- Ankle hold
- Thigh hold
- Waist hold
- Wrist hold

**Offensive Techniques**

- Raiding path
- Running raid
- Reverse step raid
- Hand touch
- Toe touch
- Kick (Half)

10.	<b>ORGANIZATION OF RECREATIONAL GAMES, LEAD-UP GAMES, CONDITIONED GAME AND SMALL AREA GAMES</b>	<b>10</b>
	<b>Total</b>	<b>396</b>

**II – SEMESTER****THEORY PAPER – 1**

Sr. No.	Topics	Teaching hours
<b>1.</b>	<b>TALENT IDENTIFICATION AND DEVELOPMENT OF TALENTS:</b>	<b>20</b>
	<ul style="list-style-type: none"> <li>- Principles and procedures for selection of talent</li> <li>- Selection criteria based on Scientific Principles</li> <li>- Test and measurement related to Kabaddi, using of test result for Monitoring and control of training load.</li> <li>-Development of talent on long term basis</li> <li>- Training Children at various age group.</li> <li>- Monitoring of progress of development of talent in different Aspects from time to time as per the need.</li> </ul>	
<b>2.</b>	<b>PLANNING AND PERIODISATION OF TRAINING:</b>	<b>20</b>
	<ul style="list-style-type: none"> <li>- Long term plan – importance – stages of long term plan</li> <li>- Short term plan – its aim, content, methods and means of Training</li> <li>- Organization of load and recovery including re-habilitation</li> </ul>	
<b>3.</b>	<b>ANNUAL PLAN:</b>	<b>10</b>
	<ul style="list-style-type: none"> <li>- Single periodisation</li> <li>- Double periodisation</li> <li>- Multiple periodisation – aim and content of training for various Stages, methods and means of training of various factors in</li> </ul>	



Different training cycles (stages).

-Preparation of short term training plan based on long term training plan:

- Half yearly plan
- Three months plan
- Monthly plan
- Weekly Schedule
- Daily Schedule
- Session plan
- Team, group and individual training schedule.

**5. A: PLANING FOR COMPETITION 10**

- Planning for competition
- Competition Schedule
- Recovery before competition
- Build-up Competition
- Decisive Competition

**B. DIRECT PREPARATION FOR MAIN COMPETITION: 10**

- Dates, timing and cycle of matches
- Recovery during the tournament
- Conditions of competition.
- Strong and weak points of opponent teams and individual players (scouting).
- Strong and weak points of opponent teams and individual players of own team .
- Means and methods of recording the performance statistics, Video
- Analysis, observation, charts and tables
- Education of players during training and competitions.

**C. EVALUATION OF COMPETITION PERFORMANCE: 10**

- Individual, Group and Team.
- Attack and defense
- Success and failure
- Various Methods and means of recording the performance

**5. SPECIAL FEATURES OF TRAINING THE WOMEN PLAYERS 06**

**6. PSYCHOLOGICAL PREPARATION: 10**

- Long term preparation
- Preparation during last days
- Preparation immediate before the start of the match
- Pep talk-during interval and timeout
- Handling of the team / players in coaching camp and competition.

**7. COMMON INJURIES IN KABADDI, REHABILITATION OF INJURED PLAYERS: 04**

**Total** -----  
**100**  
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## II – SEMESTER

### THEORY PAPER – II

Sr. No.	Topics	Teaching hours
1.	<b>ANALYSIS OF SPECIFIC PHYSICAL ABILITIES AND METHODS OF DEVELOPMENT:</b> <ul style="list-style-type: none"><li>○ Specific Requirement of games</li><li>○ Means and methods of development</li><li>○ Methods of evaluation of progress</li><li>○ Development of physical abilities as per the position</li><li>○ Converting special abilities to meet the requirement of the game.</li></ul>	<b>08</b>
2.	<b>SELECTION OF PLAYERS:</b> <ul style="list-style-type: none"><li>- Selection of Players for the coaching point:<ul style="list-style-type: none"><li>i. Short term</li><li>ii. Long Term</li></ul></li><li>-Methods of selecting the players</li><li>-Selection of main team / position</li><li>- Selection of captain</li><li>- Requirement of a captain.</li></ul>	<b>06</b>
3.	<b>ADVANCE DEFENSIVE TECHNIQUES IN KABADDI</b> <ul style="list-style-type: none"><li>- Chain holds by cover/corner, Following chains, Running chains and its variation</li><li>- Diving catches</li><li>- Supports during different systems of play.</li><li>- Support by different zone players.</li><li>- Combination holds</li></ul> <b>ADVANCED OFFENSIVE TECHNIQUES IN KABADDI</b> <ul style="list-style-type: none"><li>- Escapes from Blocking and Chain holds in Kabaddi</li><li>- Rolling, Falling Turning in and Out, Plunging through,sliding,jumping over the chain, pursuit and lifting the anti.</li></ul>	<b>20</b>
4.	<b>A. TACTICS AND STRATEGIES</b> <ul style="list-style-type: none"><li>○ Definition, classification and Development trends.</li><li>○ Methodical phases of teaching and training tactics</li><li>○ Descriptive analysis of various basic and advanced of offensive and defensive individual and group tactics.</li><li>○ Tactics of attack</li><li>○ Tactics of defense</li><li>○ Supports as tactics</li><li>○ Match tactics – according to situation.</li></ul>	<b>10</b>

**B. PRINCIPLES OF PLAY**  
**Kabaddi, Beach Kabaddi, Indoor Kabaddi**

40

**DEFENSE**

- Aggressive defense
- Passive defense
- Fielding on baulk line, bonus line
- Substitution, time outs
- Systems as tactics
- Systems of play – variations
- Change in system during raid and according to raiders attack
- Defense during last five minutes of game
- Fielding the team during the tie breaker and golden raid
- Positional play and supports

**OFFENSE**

- Raiding (attack)
- Width and depth in raid
- Penetration in raid
- Raid according to systems of play
- Tactics of raid
- Raiding on bulk line, bonus line (as technique)
- Bonus line crossing, action of bonus line crossing (as tactics)
- Creating gap and Escapes
- Choosing the raid (tie break, golden raid, last five minutes)
- Selection of raider during last five minutes, type of raid when leading and trailing.

**PRINCIPLES OF PLAY: DEFENSE AND OFFENSE**

**Beach Kabaddi**

- System of play
- Supports
- Tactics of raid

**Indoor Kabaddi**

- Systems of play
- Supports
- Raiding tactics
- Width and depth in raid
- Penetration in raid
- Raiding according to systems of play
- Tactics of raid

**D. MEANS AND METHODS OF TRAINING TACTICS / STRATEGY: 10**

- Selection of raider during tie breaker and golden raid
- Small area games
- Functional training
- Conditioned game
- Coached practice

**E. POSITION PLAY 06**

- Choosing player for right position, for right positional play
- Requirement of players for specific position.

**TOTAL 100**

**5. SPORTS MARKETING**

- a) Introduction to Sports Marketing 20**  
Definition and explanation of Sport Marketing, Marketing pioneers, unique features of Marketing.
- b) Consumer Behavior**
- i) Sport Consumers (Professional setting, Educational setting, Recreational Setting)
  - ii) Internal & External Influences
  - iii) Decision – Marketing process
  - iv) Customer Motives, consumer satisfaction
- c) Public Relations and Sponsorship**
- i) Media & community Relations, Public Relations Tools, Image enhancement.
  - ii) Sponsorship Trends, Endorsement, Planning & Sales Process, Sales Promotions, Advertisement Event Promotion.

**6. Computer Application 20**

Note: There shall not be any examination for topics number 5 & 6

## II - SEMESTER

### PRACTICALS

Sr. No.	Topics	Teaching hours
1.	<b>WARMING UP:</b> <ul style="list-style-type: none"><li>- Stretching before and after training</li><li>- Pre-game / competition warm-up</li><li>- Different Methods of Warming up</li></ul>	<b>30</b>
2.	<b>LEAD UP GAMES, SKILLS DRILLS FOR TECHNIQUES, TACTICS, GROUP DRILLS, TEAM DRILLS, RECREATIONAL GAMES:</b>	<b>20</b>
3.	<b>DEVELOPMENT OF SPECIFIC CONDITIONING ABILITIES THROUGH SUITABLE MEANS:</b> <ul style="list-style-type: none"><li>○ Development of strength, Strength endurance, explosive strength</li><li>○ Development of speed endurance</li><li>○ Development of specific speed ability</li><li>○ Development of reaction speed, anticipation ability, complex Reaction ability.</li><li>○ Development of complex abilities through games, through Different exercises.</li><li>○ Development of special endurance (anaerobic power)</li></ul>	<b>30</b>
4.	<b>DEVELOPMENT OF PERSONAL PERFORMANCE, DEMONSTRATION, TEACHING AND TRAINING ABILITY: (Advance techniques) Kabaddi and Indoor Kabaddi</b>	

### KABADDI

<b>Defense</b>	<b>35</b>
<ul style="list-style-type: none"><li>- Blocking</li><li>- Chain Holds</li><li>- Supports</li><li>- Combination holds</li></ul>	

- Falls, rolls, plunging
- Jumping over
- Sliding
- Pursuit
- Turns
- Lifting

**5.FUNCTIONAL TRAINING FOR DIFFERENT POSITIONS IN DIFFERENT SITUATIONS 25**

**6. PRACTICE OF TECHNIQUES AND TACTICS UNDER VARIOUS SITUATIONS & COUNTER MOVES. 25**

**7. DEVELOPMENT OF DEMONSTRATION AND TEACHING ABILITY IN TEAM TACTICS THROUGH TRAINING, ANALYZING AND IMPROVING PERSONAL PERFORMANCE: 60**

**a)Principles of attack**

- Raiding (attack)
- Width and depth in raid
- Penetration in raid
- Raiding according to systems of play
- Raiding on bulk line, bonus line
- Bonus line crossing, action of bonus line crossing(tactics)
- Action of feinting movement, kicking, leg touch to cross bonus
- Deceiving defense through body movement to cross bonus
- Creating gap and escapes
- Choosing the raider
- Selection of raider during last five minutes, type of raid when Leading and trailing.

**b) Principles of Defense**

- Depth, Width and balance
- Small area games
- Handicapped games
- Set plays
- Practice under different number of players

**c) Defense**

- Aggressive defense
- Passive defense
- Fielding on baulk line, bonus line
- Substitution, time outs
- Systems of play – variations
- Change in system during raid and according to raiders attack
- Defense during last five minutes of game
- Fielding the team during the tie breaker and golden raid

<b>d)Offense</b>	
<ul style="list-style-type: none"> <li>▪ Raiding according to the system of play</li> <li>▪ Raiding on bulk line and bonus line</li> <li>▪ Creating gap and escape</li> <li>▪ Raiding in tie-breaker</li> <li>▪ Choosing raider</li> </ul>	
<b>Beach Kabaddi, Indoor Kabaddi</b>	<b>40</b>
<ul style="list-style-type: none"> <li>○ Principles of attack</li> <li>○ Principles of defense</li> <li>○ Aggressive and passive defense</li> <li>○ Offense</li> </ul>	
<b>8. Pedagogic practice</b>	<b>40</b>
<b>Total</b>	----- <b>380</b> =====