



## IMPACT OF ISOLATED MIXED INTERVAL AND CONTINUES TRAINING ON PHYSICAL FITNESS AND SKILL RELATED PERFORMANCE VARIABLES AMONG COLLEGE LEVEL KABADDI PLAYERS

**R. Sureshkumar**, Research Scholar, Periyar University, Salem, Tamil Nadu, India  
Oricid ID: 0009-0005-2050-5449

**Dr. K. Venkatachalam**, Director of Physical Education, Periyar University, Salem, Tamil Nadu, India  
Oricid ID: 0009-0002-2982-1200

**Dr. A. Sankar**, Director of Physical Education, Kongu Arts and Science College, Erode  
Oricid ID: 0000-0003-0294-5246

**K. Mohankumar** Research Scholar, Periyar University, Salem, Tamil Nadu, India  
Oricid ID: 0009-0008-9820-6846

**Corresponding Author: Dr. K. Venkatachalam**, Director of Physical Education, Periyar University, Salem, Tamil Nadu, India

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### Abstract

Kabaddi have become as competitive as other fields in the world. In ancient times, our ancestors exhibited extraordinary talents in of kabaddi events. But now it has become completely professional. Somehow or other unrelatedly of age the human race is complicated in diriment kinds of kabaddi either for recreation or competition. It is not mere participation or practice that makes an individual victorious. Kabaddi life is affected by various aspects like physiology, biomechanics, sports training, sports medicine, sociology and coaching, computer application and psychology variables (**Uppal 2009**). **Purpose:** of the present study was investigated impact of isolated mixed interval and continues training on physical fitness and skill related performance variables among college level kabaddi players. **Methods:** The study was conducted among 45 women college kabaddi player aged 18 to 25 years. The physical fitness and skill related performance variables was evaluated to physical fitness variables as speed, leg explosive power and agility skill related variables toe touch, hand touch and angle hold variables of kabaddi before the training and after 12 weeks of training. The subjects were randomly assigned into four groups, namely interval training group, continuous training group and control group. Statistically significant improvements in baseline scores in physical fitness variables of speed, leg explosive power and agility skill related performance variables of toe touch, hand touch and angle hold variables kabaddi were comparable between the three groups of college kabaddi women players. **Results:** The results of the study revealed that there was significant improvement in all the selected performance related components: speed, agility, and leg explosive power skill related performance variables of toe touch, hand touch and angle hold **Conclusion:** Interval exercise training group significantly improved the selected performance related components and specific skill variables among college level women kabaddi players. Continued training group significantly improved the selected performance related components and specific skill variables among college level kabaddi players. From the findings of the study it was concluded that the interval exercise training group and continued exercise training group had better improvement than the control group in performance related components of speed, agility and leg

explosive power and also specific skill variables of toe touch, hand touch and ankle hold. Additional research on long-duration intervention in elite players may help to establish the role of combined interval and continued training in conventional kabaddi skills for training.

**Key words:** Physical fitness, interval training, continued training, speed, agility, leg explosive power, kabaddi

### Introduction

Interval training has been used by kabaddi players for years to form fitness. Interval training syndicates short, high-intensity interval training bursts of speed, with slow, recovery phases, repeated during one exercise session. An early form of interval training, fartlek (a Swedish term meaning "speed play") was unintentional and unstructured. A runner would simply increase and decrease pace at will. Amar literally means invincible. This is a form of kabaddi, which is played based -on points scored by both sides. The playing field has no specific measurements and nine to eleven players constitute each of the teams. In this form of kabaddi, there is no 'out' and revival system or 'Tona' but time is the deciding factor. The main advantage of this form of the game is that tile players remain on the court throughout the match and are able to give their best performance.

Kabaddi is the name of attack and defence. The attack is also known as 'raid' and the attacker is called the 'raider' in kabaddi. The singularity of the game is that attack is an individual effort while the defence is a combined effort. Offense in kabaddi is a sum total of raiding techniques and tactics in which the footwork of the raider plays a crucial role. Since more points are scored through raids, the raider is in the limelight and the recipient of the public adulation or brickbats.

These are the defensive skills performed to grab raider. Defensive skills are like ankle hold, thigh hold, knee hold/double knee hold, waist/back/trunk hold, block tackle, wrist hold, chain formative, 2-3-2 formation, front back-formation, etc... kabaddi skills.

Physical fitness is one of the main mottos of physical education programmers. Physical fitness is defined as the ability of the body to adapt and recovery from strenuous exercise. Sports performance depends largely on physical fitness i.e., speed, strength, power, agility, flexibility, and co-coordinative abilities. The process of improvement of a motor ability is also called conditioning. Physical fitness is a matter of fundamental importance to the well-being of every individual in the fields of physical education. Skill-related fitness includes components such as agility, balance, coordination, reaction time, power and speed. Physical conditioning program provides an opportunity for the development and maintenance of physical fitness. It offers an opportunity for the facilitation of the normal growth of a child and prevents the reversal factors of the performance such as strength, endurance, flexibility, speed, and skill. By undergoing a physical conditioning program, one experiences a number of changes that better the performance and faster the recovery possible. Through repeated muscular work, strength is gained and as a result, one can produce more power as there is a faster contraction, which means, again in both power and speed. Conditioning the body through regular exercise enables an individual to meet emergencies more effectively.

Sports' training is a systematic process extending for over a long period of time. For best results, the system of training has to be based and conducted on scientific facts and lines. Where it is not possible, it has to be based on the result of successful practices which has withstood the test of time.

### Interval training

It is possibly the most adaptable method of endurance training, which involves repeated efforts at a relatively quicker pace separated by measured intervals of incomplete recovery. The intensity of each bout of running should be such that the heart rate increase from normal to between 170 to 180 beats per minute. The bouts of loads are repeated when the heart rate comes down from the above value to about 120 beats per minute. The training load in this method is best maintained by repeatedly checking the heart rate.

### Circuit Training

It is physical activity method by which exercises of various kinds are performed in sequence with or without tool after having given a dosage (No. of repetitions, intensity of stimulus, extent of pauses etc.), planned before hand and interspersed by intervals. This method of training aims at developing strength and endurance in an individual. While setting up a circuit the following points are kept in mind.

### Methodology

The Methodology for the present investigation is on the impact of isolated mixed interval and continues training on physical fitness and skill related performance variables among college level kabaddi players. The purpose of study 45 women students selected from various colleges in Periyar University Inter collegiate women players, Salem, Tamilnadu. Their age ranges between 18 to 25 years .the subjects were randomly assigned into three groups, namely experimental group I (interval training), Experimental group II (continues training) and control group. In order to ensure the full cooperation from the subjects, the scholar had a meeting with them and explained the purpose of the study. It was made clear by explanation in order to ascertain that there was no abstruseness among the players regarding the effort, which they had to put in for the impacted completion of this study. Experimental group I participated for a period of 12weeks interval training. Experimental group II participated for a period of 12 weeks continues training and control group do not participate any kind of activities. The subjects were verified on selected criterion physical fitness variables speed, leg explosive power and agility and skill related performance variables toe touch, hand touch and angle hold kabaddi players before the training and after 12 weeks of training.

S. NO.	VARIABLES	TEST ITEMS	MEASUREMENT	Age	Height Average	Weight Average
PERFORMANCE RELATED COMPONENTS						
1.	Speed	50 mts Dash	Seconds	18-25	1.69mts	72kg
2.	Agility	Shuttle run	Seconds			
3.	Leg explosive power	Standing broad Jump	Meters			
SPICIFIC SKILL VARIABLES						
4.	Toe touch	Subjective rating	Ten points scale	18-25	1.69mts	72kg
5.	Hand touch					
6.	Ankle hold					

### Training Procedure

Experimental Group-I underwent interval training, experimental Group-II underwent continued training respectively. The control group was not exposed to any specific training / conditioning programme. The experimental treatments namely interval training, continues training and combined training was administrated for duration of 12 weeks and the number of session per week was confined to three alternative days and each session continued 60 minutes.

### Statistical Technique

The collected data from the three groups prior to and after the experimental treatments on selected speed components variable was statistically analyzed by using the statistical technique of analysis of covariance (ANCOVA). Whenever the 'F' ratio for adjusted post-test means was found to be significant, Scheffe's test was followed as a post hoc test to determine which of the paired means difference was significant. In all the cases 0.05 level of confidence was fixed as a level of confidence to test the hypotheses.

## Results and Analysis

The influence of independent variables on each of the criterion variables is analyzed and presented below.

The training period was limited to twelve weeks. The dependent variables selected for this study was physical fitness variables speed, leg explosive power and agility and skill related performance variables toe touch, hand touch and angle hold. All the subjects were tested prior to and immediately after the experimental period on the selected dependent variables.

The data obtained from the experimental groups before and after the experimental period were statistically analyzed with dependent 't'-test and Analysis of covariance (ANCOVA). Whenever the 'F' ratio for adjusted post-test means was found to be significant, the Scheffe's Post hoc test was applied to determine the paired mean differences. The level of confidence was fixed at 0.05 level for all the cases.

**Table – 1**

### ANALYSIS OF COVARIANCE AMONG INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON SPEED

	Interval Exercise group	Continued exercise group	Control Group	Source of variance	Sum of square	Df	Mean square	F-value
Pre test mean	7.09	7.10	7.11	Between	0.005	2	0.003	0.42
				Within	0.261	42	0.006	
Post test mean	6.91	6.97	7.09	Between	0.244	2	0.122	10.17*
				Within	0.504	42	0.012	
Adjusted post mean	6.93	6.97	7.07	Between	0.164	2	0.82	24.30*
				Within	0.138	41	0.003	

\*Significant at 0.05 level of confidence

Required table value at 0.05 level of significant with df 2 and 42 is 3.22 and df 2 and 41 is 3.23.

Table 1 shows the obtained 'F' values on pre test, post test and adjusted post test mean on speed of interval exercise training group, continued exercise training group and control group.

The pre test mean on speed were 7.09, 7.10 and 7.11 respectively. The 'F' value observed for the pre test on speed was 0.42. It fails to reach the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Based on the results it was confirmed that the mean differences among the groups of interval exercise training group, continued exercise training group and control group on speed before the start of the respective treatments were found to be insignificant.

The post test means on speed of interval exercise training group, continued exercise training group and control group were 6.91, 6.97 and 7.09 respectively. The 'F' value observed for the post test on speed was 10.17. It was greater than the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Since the observed F-value on post test means among the groups namely interval exercise training group, continued exercise training group and control group on speed was significant as the value was greater than required table value of 3.22. Thus the results obtained proved that the training on speed produced significant improvements among the experimental groups.

The adjusted post test mean on speed of interval exercise training group, continued exercise training group and control group were 6.93, 6.97 and 7.07 respectively. The 'F' value observed for the adjusted post test means on speed was 24.30. It was greater than the table value of 3.23 for degree of freedom 2 and 41 at 0.05 level of confidence. The observed F- value on adjusted post test means among the groups on speed was highly significant as the value was higher than required table value of 3.23.

Thus the results obtained proved that the training on speed produced significant improvements among the experimental groups.

Figure - 1

ADJUSTED POST TEST MEAN VALUES OF INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON SPEED

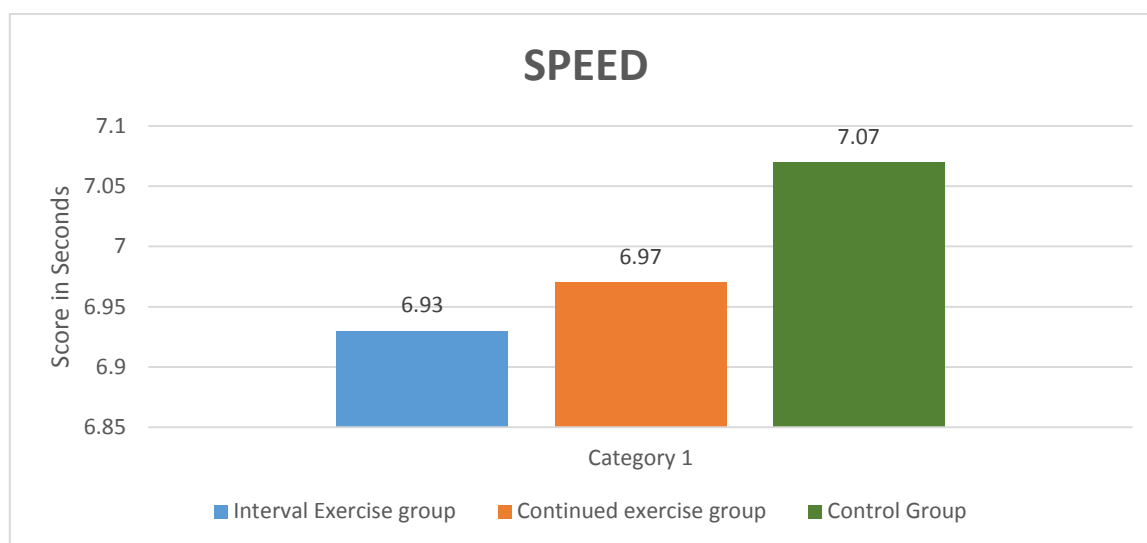


Table – 2

ANALYSIS OF COVARIANCE AMONG INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON AGILITY

	Interval Exercise group	Continued exercise group	Control Group	Source of variance	Sum of square	Df	Mean square	F-value
Pre test mean	9.50	9.49	9.49	Between	0.000	2	0.000	0.02
				Within	2.958	42	0.070	
Post test mean	9.04	9.17	9.49	Between	1.563	2	0.782	16.54*
				Within	1.984	42	0.047	
Adjusted post mean	9.04	9.17	9.49	Between	1.592	2	0.796	45.93*
				Within	0.711	41	0.017	

\*Significant at 0.05 level of confidence

Required table value at 0.05 level of significant with df 2 and 42 is 3.22 and df 2 and 41 is 3.23.

Table 2 shows the obtained 'F' values on pre test, post test and adjusted post test mean on agility of interval exercise training group, continued exercise training group and control group.

The pre test mean on agility were 9.50, 9.49 and 9.49 respectively. The 'F' value observed for the pre test on agility was 0.02. It fails to reach the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Based on the results it was confirmed that the mean differences among the groups of interval exercise training group, continued exercise training group and control group on agility before the start of the respective treatments were found to be insignificant.

The post test means on agility of interval exercise training group, continued exercise training group and control group were 9.04, 9.17 and 9.49 respectively. The 'F' value observed for the post test on agility was 16.54. It was greater than the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Since the observed F- value on post test means among the groups namely interval exercise training group, continued exercise training group and control group on agility was significant as the value was greater than required table value of 3.22. Thus the results obtained proved that the training on agility produced significant improvements among the experimental groups.

The adjusted post test mean on agility of interval exercise training group, continued exercise training group and control group were 9.04, 9.17 and 9.49 respectively. The 'F' value observed for the adjusted post test means on agility was 45.93. It was greater than the table value of 3.23 for degree of freedom 2 and 41 at 0.05 level of confidence. The observed F- value on adjusted post test means among the groups on agility was highly significant as the value was higher than required table value of 3.23.

Thus the results obtained proved that the training on agility produced significant improvements among the experimental groups.

Figure - 2

**ADJUSTED POST TEST MEAN VALUES OF INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON AGILITY**

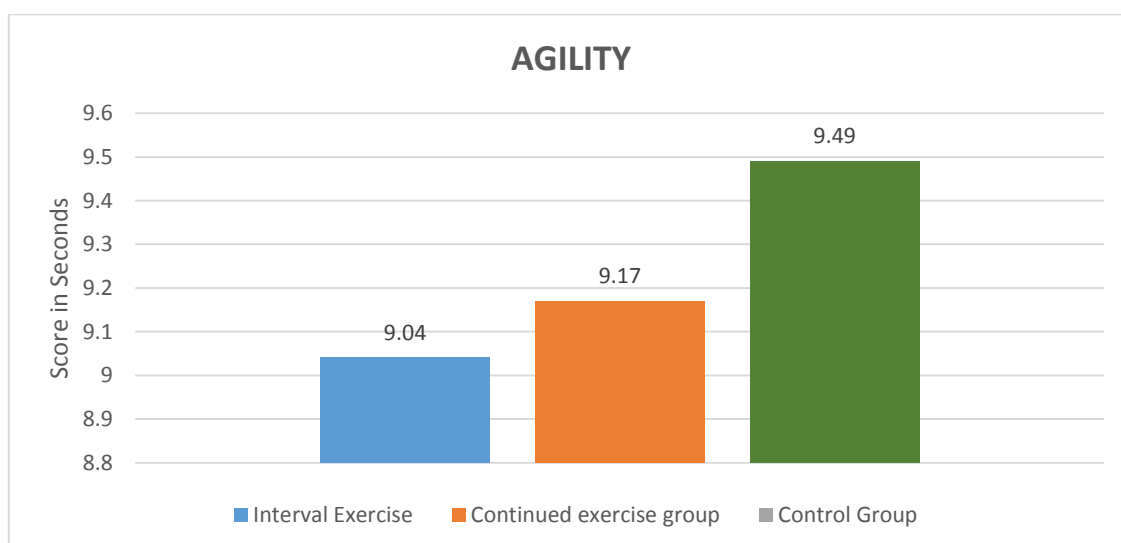


Table - 3

**ANALYSIS OF COVARIANCE AMONG INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON LEG EXPLOSIVE POWER**

	Interval Exercise group	Continued exercise group	Control Group	Source of variance	Sum of square	Df	Mean square	F-value
Pre test mean	2.06	2.04	2.02	Between	0.013	2	0.006	1.74
				Within	0.156	42	0.004	
Post test mean	2.14	2.24	2.02	Between	0.364	2	0.182	57.82*
				Within	0.132	42	0.003	
Adjusted post mean	2.13	2.24	2.03	Between	0.312	2	0.156	63.32*
				Within	0.101	41	0.002	

\*Significant at 0.05 level of confidence

Required table value at 0.05 level of significant with df 2 and 42 is 3.22 and df 2 and 41 is 3.23.

Table 3 shows the obtained 'F' values on pre test, post test and adjusted post test mean on leg explosive power of interval exercise training group, continued exercise training group and control group.

The pre test mean on leg explosive power were 2.06, 2.04 and 2.02 respectively. The 'F' value observed for the pre test on leg explosive power was 1.74. It fails to reach the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Based on the results it was confirmed that the mean differences among the groups of interval exercise training group, continued exercise training group and control group on leg explosive power before the start of the respective treatments were found to be insignificant.

The post test means on leg explosive power of interval exercise training group, continued exercise training group and control group were 2.14, 2.24 and 2.02 respectively. The 'F' value observed for the post test on leg explosive power was 57.82. It was greater than the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Since the observed F- value on post test means among the groups namely interval exercise training group, continued exercise training group and control group on leg explosive power was significant as the value was greater than required table value of 3.22. Thus the results obtained proved that the training on leg explosive power produced significant improvements among the experimental groups.

The adjusted post test mean on leg explosive power of interval exercise training group, continued exercise training group and control group were 2.13, 2.24 and 2.03 respectively. The 'F' value observed for the adjusted post test means on agility was 63.82. It was greater than the table value of 3.23 for degree of freedom 2 and 41 at 0.05 level of confidence. The observed F- value on adjusted post test means among the groups on leg explosive power was highly significant as the value was higher than required table value of 3.23.

Thus the results obtained proved that the training on leg explosive power produced significant improvements among the experimental groups.

Figure - 3

**ADJUSTED POST TEST MEAN VALUES OF INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON LEG EXPLOSIVE POWER**

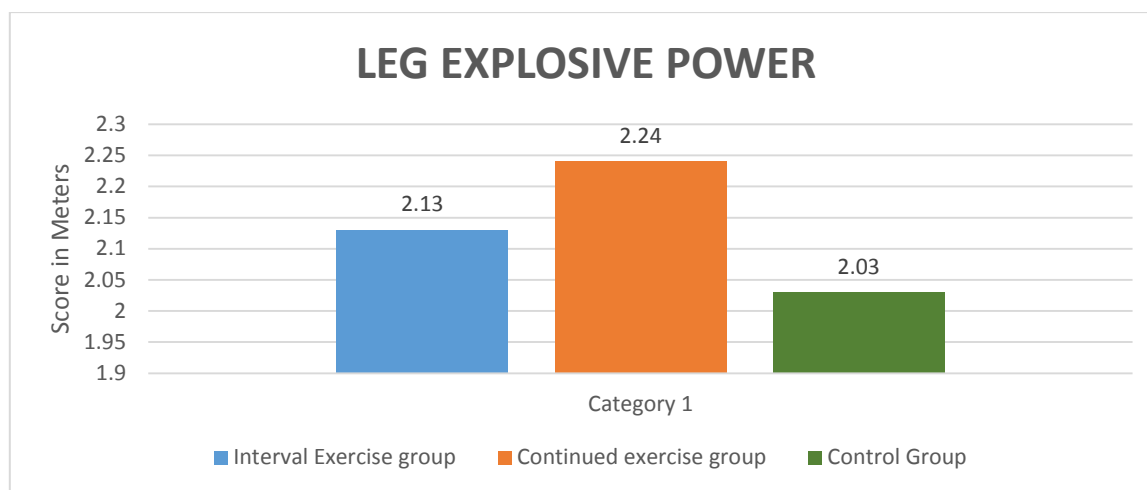


Table - 4

**ANALYSIS OF COVARIANCE AMONG INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON TOE TOUCH**

	Interval Exercise group	Continued exercise group	Control Group	Source of variance	Sum of square	Df	Mean square	F-value
Pre test mean	3.46	3.40	3.60	Between	0.311	2	0.156	0.50
				Within	12.933	42	0.308	
Post test mean	5.00	4.26	3.73	Between	12.133	2	6.067	11.65*
				Within	21.867	42	0.521	
Adjusted post mean	5.01	4.31	3.67	Between	13.284	2	6.642	14.88*
				Within	18.291	41	0.446	

\*Significant at 0.05 level of confidence

Required table value at 0.05 level of significant with df 2 and 42 is 3.22 and df 2 and 41 is 3.23.

Table 4 shows the obtained 'F' values on pre test, post test and adjusted post test mean on toe touch of interval exercise training group, continued exercise training group and control group.

The pre test mean on toe touch were 3.46, 3.40 and 3.60 respectively. The 'F' value observed for the pre test on toe touch was 0.50. It fails to reach the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Based on the results it was confirmed that the mean differences among the groups of interval exercise training group, continued exercise training group and control group on toe touch before the start of the respective treatments were found to be insignificant.

The post test means on toe touch of interval exercise training group, continued exercise training group and control group were 5.00, 4.26 and 3.73 respectively. The 'F' value observed for the post test on toe touch was 11.65. It was greater than the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Since the observed F-



value on post test means among the groups namely interval exercise training group, continued exercise training group and control group on toe touch was significant as the value was greater than required table value of 3.22. Thus the results obtained proved that the training on toe touch produced significant improvements among the experimental groups.

The adjusted post test mean on toe touch of interval exercise training group, continued exercise training group and control group were 5.01, 4.31 and 3.67 respectively. The 'F' value observed for the adjusted post test means on toe touch was 14.88. It was greater than the table value of 3.23 for degree of freedom 2 and 41 at 0.05 level of confidence. The observed F- value on adjusted post test means among the groups on toe touch was highly significant as the value was higher than required table value of 3.23.

Thus the results obtained proved that the training on toe touch produced significant improvements among the experimental groups.

Figure - 4

**ADJUSTED POST TEST MEAN VALUES OF INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP TOE TOUCH**

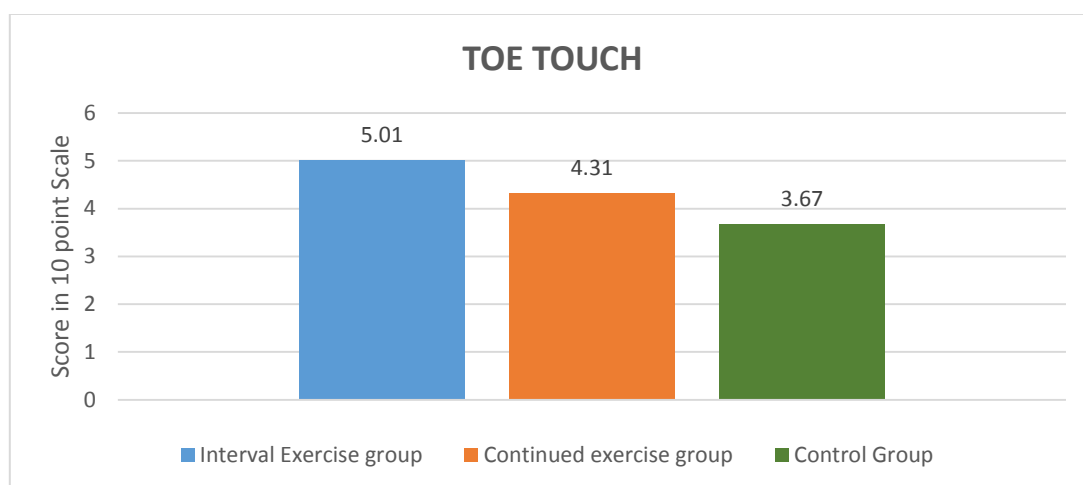


Table - 5

**ANALYSIS OF COVARIANCE AMONG INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON HAND TOUCH**

	Interval Exercise group	Continued exercise group	Control Group	Source of variance	Sum of square	Df	Mean square	F-value
Pre test mean	4.33	4.46	4.40	Between	0.133	2	0.067	0.26
				Within	10.667	42	0.254	
Post test mean	6.13	6.06	4.46	Between	26.71	2	13.356	21.24*
				Within	26.400	42	0.629	
Adjusted post mean	6.19	6.01	4.46	Between	26.918	2	13.459	29.51*
				Within	19.693	41	0.456	

\*Significant at 0.05 level of confidence

Required table value at 0.05 level of significant with df 2 and 42 is 3.22 and df 2 and 41 is 3.23.

Table 5 shows the obtained 'F' values on pre test, post test and adjusted post test mean on hand touch of interval exercise training group, continued exercise training group and control group.

The pre test mean on toe touch were 4.33, 4.46 and 4.40 respectively. The 'F' value observed for the pre test on hand touch was 0.26. It fails to reach the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Based on the results it was confirmed that the mean differences among the groups of interval exercise training group, continued exercise training group and control group on hand touch before the start of the respective treatments were found to be insignificant.

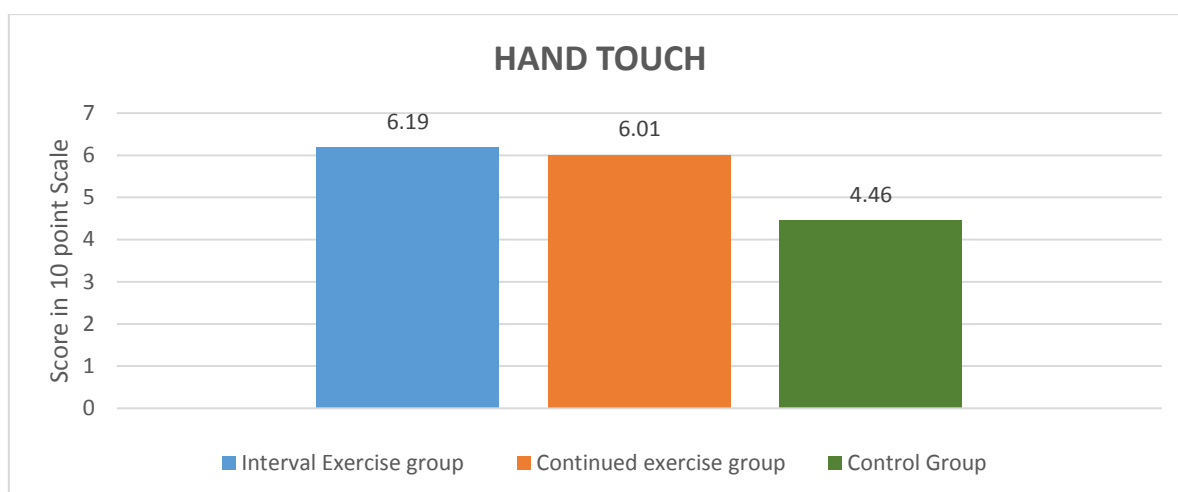
The post test means on hand touch of interval exercise training group, continued exercise training group and control group were 6.13, 6.06 and 4.46 respectively. The 'F' value observed for the post test on hand touch was 21.24. It was greater than the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Since the observed F- value on post test means among the groups namely interval exercise training group, continued exercise training group and control group on hand touch was significant as the value was greater than required table value of 3.22. Thus the results obtained proved that the training on hand touch produced significant improvements among the experimental groups.

The adjusted post test mean on hand touch of interval exercise training group, continued exercise training group and control group were 6.19, 6.01 and 4.46 respectively. The 'F' value observed for the adjusted post test means on hand touch was 29.51. It was greater than the table value of 3.23 for degree of freedom 2 and 41 at 0.05 level of confidence. The observed F- value on adjusted post test means among the groups on hand touch was highly significant as the value was higher than required table value of 3.23.

Thus the results obtained proved that the training on hand touch produced significant improvements among the experimental groups.

Figure - 5

**ADJUSTED POST TEST MEAN VALUES OF INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP HAND TOUCH**



**Table - 6**

**ANALYSIS OF COVARIANCE AMONG INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ON ANGLE HOLD**

	Interval Exercise group	Continued exercise group	Control Group	Source of variance	Sum of square	Df	Mean square	F-value
Pre test mean	4.40	4.40	4.46	Between	0.044	2	0.022	0.08
				Within	10.933	42	0.260	
Post test mean	5.06	5.80	4.33	Between	16.133	2	8.067	18.15*
				Within	18.667	42	0.444	
Adjusted post mean	5.07	5.80	4.31	Between	16.552	2	8.276	19.31*
				Within	17.567	41	0.428	

\*Significant at 0.05 level of confidence

Required table value at 0.05 level of significant with df 2 and 42 is 3.22 and df 2 and 41 is 3.23.

Table 6 shows the obtained 'F' values on pre test, post test and adjusted post test mean on angle hold of interval exercise training group, continued exercise training group and control group.

The pre test mean on angle hold were 4.40, 4.40 and 4.46 respectively. The 'F' value observed for the pre test on angle hold was 0.08. It fails to reach the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Based on the results it was confirmed that the mean differences among the groups of interval exercise training group, continued exercise training group and control group on angle hold before the start of the respective treatments were found to be insignificant.

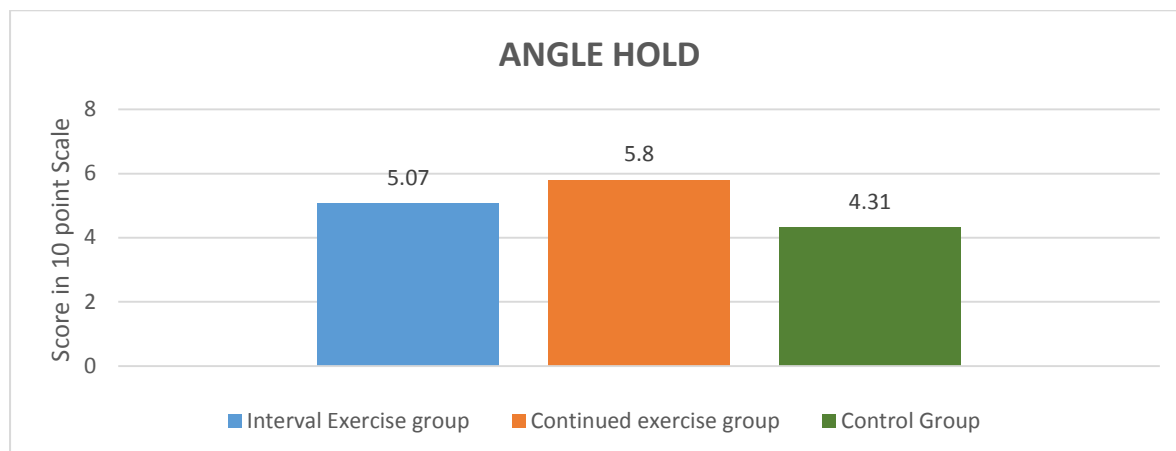
The post test means on angle hold of interval exercise training group, continued exercise training group and control group were 5.06, 5.80 and 4.33 respectively. The 'F' value observed for the post test on angle hold was 18.15. It was greater than the table value of 3.22 for degree of freedom 2 and 42 at 0.05 level of confidence. Since the observed F- value on post test means among the groups namely interval exercise training group, continued exercise training group and control group on angle hold was significant as the value was greater than required table value of 3.22. Thus the results obtained proved that the training on angle hold produced significant improvements among the experimental groups.

The adjusted post test mean on angle hold of interval exercise training group, continued exercise training group and control group were 5.07, 5.80 and 4.31 respectively. The 'F' value observed for the adjusted post test means on angle hold was 19.31. It was greater than the table value of 3.23 for degree of freedom 2 and 41 at 0.05 level of confidence. The observed F- value on adjusted post test means among the groups on angle hold was highly significant as the value was higher than required table value of 3.23.

Thus the results obtained proved that the training on angle hold produced significant improvements among the experimental groups.

Figure - 5

**ADJUSTED POST TEST MEAN VALUES OF INTERVAL EXERCISE GROUP, CONTINUED EXERCISE GROUP AND CONTROL GROUP ANGLE HOLD**



## Discussion

Two experimental groups underwent training for a period of 12 weeks. The subjects were tested on performance related components of speed, agility and leg explosive power. Specific skill variables of toe touch, hand touch and ankle hold.

The analysis of covariance was used to find out the significant difference if any, among the experimental groups and control group 'F' ratios were computed to find the variation in the groups.

## Conclusion

The findings of the study showed that there was a statistically significant improvement in the physical fitness variables speed, leg explosive power and agility and skill related performance variables toe touch, hand touch and angle hold kabaddi players as compared to control group.

1. The results of the study shows that the experimental group-I that had undergone interval training group, improved physical fitness variables speed, leg explosive power and agility and skill related performance variables toe touch, hand touch and angle hold kabaddi players.
2. The results of the study shows that the experimental group-II that had undergone continued training group, improved physical fitness variables speed, leg explosive power and agility and skill related performance variables toe touch, hand touch and angle hold kabaddi players.

## RECOMMENDATIONS

1. It is recommended that coaches and Physical Educators in the game of kabaddi should give due to include interval training group and game specific with resistance training group in their training schedules.
2. In the physical exercise, while designing the training programme the effect of varied training modalities is explained on positively on performance related components and specific skill variables of kabaddi players, the Physical Education Teachers and coaches can prefer this type of training so as to achieve aim in time.
3. It was also recommended that kabaddi team to reach any level should have knowledge training group to train the players for enhancing their performance.

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