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## **Effect of Tabata Training on Performance Related Component in Agility of Kabaddi Players**

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### **ABSTRACT**

Tabata is a type of HIIT-one subsection under the broad umbrella of high-intensity interval training. Specifically, it's a four-minute workout consisting of 8 rounds of 20 seconds of work at maximum effort, followed by 10 seconds of rest. The present study is examined to the effect of tabata training on performance related component in agility of kabaddi players. The research scholar reviewed the available literature pertaining to the tabata training, from books, journals, periodicals, magazines and research papers. There were studies proved that the tabata training had positive effects on certain game performance related component in agility of school level kabaddi players. The age group 15 – 18 and selected Coimbatore region, Tamilnadu, India school level kabaddi players. Statistically significant improvements in standard scores in agility was comparable between the three groups of kabaddi players. Agility improved by 9.25 in tabata group, 9.50 in the control group. The research on short - duration intervention in establishment players may help to organize the role of tabata in conventional kabaddi players to maintain proper alignment and posture during movement for training.

**KEY WORDS:** Physical fitness, agility, Tabata training

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### **INTRODUCTION**

There is countless workout styles have probably heard about over the years, and all of them are meant to help to reach the fitness goals. It increase strength, loses weight, improve flexibility or build muscle. Whatever the goals are, most exercise programs can help to reach them, as long as the stick to the plan.

A new program to add to routine, to give tabata a try. Tabata training is a high-intensity interval training (HIIT) workout, featuring exercises that last four minutes. Each exercise in a given tabata workout lasts only four minutes, but it's likely to be one of the longest four minutes ever endured. The structure of the program is as follows: Work out hard for 20 seconds, rest for 10 seconds, and complete 8 rounds. Example Start with push-ups. Perform them for 20 seconds at a high intensity. Rest for 10 seconds, and then go back to doing push-ups for 20 seconds. Once complete eight sets of push-ups, rest for one minute.

Tabata training is a type of HIIT (high-intensity interval training). The high-intensity exercise be made up of a four-minute workout consisted of eight sets of 20 seconds of exercise utmost effort each followed by a 10-second rest.

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### **METHODOLOGY**

The Methodology for the present investigation is on the effect of tabata training on performance related component in agility of kabaddi players.. The purpose of study 30 male kabaddi students selected from various schools in Coimbatore district, TamilNadu. Their age ranges between 15 to 18 years .the subjects were randomly assigned into two groups, namely experimental group I (tabata training) and control group. In order to make sure the full cooperation from the subjects, the scholar had a meeting with them and explained the purpose of the reserch. It was made clear by explanation in order to ascertain that there was no uncertainty among the players regarding the effort, which they had to put in for the successful completion of this study. Experimental group I participated for a period of eight weeks tabata training and control group have no any specific training. The subjects were tested on selected criterion variable of agility before the training and after 8 weeks of training.

### **TRAINING PROCEDURE**

Experimental Group-I undertake tabata training and the control group was un explored to any specific training programme. The experimental treatments namely tabata training was administrated for duration of eight weeks and the number of session per week was confined to three alternative days and each session lasted 60 minutes.

## STATISTICAL TECHNIQUE

The collected data from the two groups prior to and after the experimental treatments on selected variables was agility were 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 post hoc test 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 eight weeks. The dependent variables selected for this study was health related variable of agility. 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 organized with dependent 't'-test and Analysis of covariance (ANCOVA). Whenever the 'F' ratio for adjusted post-test means was found to be outstanding performance study. The Scheffe's Post hoc test was organised 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 TABATA TRAINING GROUP I AND CONTROL GROUP ON AGILITY

	Tabata training Group	Control Group	Source of Variance	Sum of square	df	Mean square	F-value
Pre test Mean	9.51	9.50	Between	0.00	1	0.00	0.006
			Within	1.031	28	0.037	
Post test Mean	9.25	9.50	Between	0.486	1	0.486	12.31*
			Within	1.106	28	0.039	
Adjusted post mean	9.24	9.50	Between	0.504	1	0.504	40.98*
			Within	0.332	27	0.012	

FIGURE – 1

### THE ADJUSTED POST TEST MEAN VALUES OF TABATA TRAINING GROUP I AND CONTROL GROUP ON AGILITY



## CONCLUSION

The findings of the study showed that there was a statistically significant improvement in the health related variable of agility as compared to control group.

1. The results of the study shows that the experimental group-I that had undergone tabata training group, improved health related variable in agility of kabaddi players.

**RECOMMENDATIONS**

It is recommended that coaches and physical educators in the game of kabaddi should give due to include tabata training in their training schedules.

In the physical exercise, while designing the training programme the effect of varied training modalities is explained on positively on physical fitness parameters and skill performance variables of kabaddi players, the physical education teachers and coaches can prefer this type of training so as to achieve aim in time.

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