

**PART-1 PRACTICAL  
GROUP GAMES  
LESSON - 1. KABADDI**

**The following skills will be learnt in this lesson:**

- Attacking skills- cant, leading foot raid, turning hand touch, simple toe touch, side kick and back kick.
- Defending skills- wrist catch, ankle catch.

Kabadi is one of the indigenous sports and now a days it has also gained international popularity. The game of kabaddi has been included as one of the sport in the Asian Games. This game is inexpensive and can be played in a very small area. This helps to develop courage and leadership qualities among the students.

**ATTACKING/OFFENSIVE SKILLS :**

**Cant:** The continuous clear chanting the word kabaddi in the course of one respiration during the raid is called as cant. Each ride along with cant can last upto maximum 30 seconds.

**Entry:** Starting cant from within one's court, a raider raids into opponent's court.



fig. 1.1 Raider's Entry

**Movement :** For successful raid the raider has to co-ordinate several movements of his legs and hands.

**Leading foot Raid :** Here the player's foot always leads the other in the direction of the movement. It is easy to anticipate the movements of the raider.

**Natural leg raid:** In this type of raiding the raider raids with a natural type of run or a walk all along the opponent's court. It includes changing the angle in opponents and moving with cant from one corner to another.

**Shuffling foot raid:** The combination of the natural and leading leg raid is a shuffling foot raid. This type of raid is very much helpful and aggressive as it allows the raider to cover a maximum of ground in a less time.

**Turnning hand touch :**  
In this type of raid the raider runs through the opponent's court and try to touch the opponents by sweeping hands. This includes running speedily for touching opponent and returning to centre line safely. fig. 1.2 Turnning hand touch



fig. 1.3 Simple toe touch

**Simple toe touch:** while raiding the raider should also watch the feet of defenders. He should try to reach the foot of the defender. He should try to reach and touch the nearest defenders foot with his toe. While doing this the raider should bend the other knees towards the center line and keep his body weight towards the center line.

**Side kick :** This skill is used in two side corners of the court. So it is called a side kick. It is done abruptly. When the raider's back is towards the corner of the court and defender



fig. 1.4 Side Kick

are covering the corners, the raider suddenly stops his forward movement, bends his knee and kicks straight with other leg side ways. When the raider executes this skill his body weight should be towards the centre line. Even if no points are earned of by this skill, it helps to in next movements of the raider.

**8. Back kick :** Kicking with either of the legs, completely backwards opposite to raiders direction of movements is known as back kick. This skill is useful while the defenders are following the raider close on his heels, and this skill disturb and confuse the defense and score points.



fig. 1.5 Back Kick

**Defensive Skills :** The skills used by the defensive players are also known as defensive skills.

**Wrist Catch :** Any part of the forehand of the raider may be held using this skill. It would be difficult to escape if the wrist itself is caught. When the raider extends his hand while raiding this skill may be used. The catcher acts as if he catches in fig. 1.6 Wrist Catch this skill.



fig. 1.6 Wrist Catch

**Ankle Catch:** When the raider tries touch the toe skill can be used. Here the anti hold and lifts the ankle of the raider and pulls the leg towards the end line.



fig. 1.7 Ankle Catch



fig. 1.8 Thigh Catch

**Thigh Catch :** When the raider is standing with legs apart or trying to touch with his hands of defensive player. he bends and rushes to catch the thigh. After catching the thigh, he lifts him up and pulls towards the end line. And he has to unbalance the raider.

**Stance of Players:** In kabaddi points can be scored by defence also. Defenders have to effectively use chain system for this.

**2-3-2 system :** This is a very popular system. All the players are active in this system.

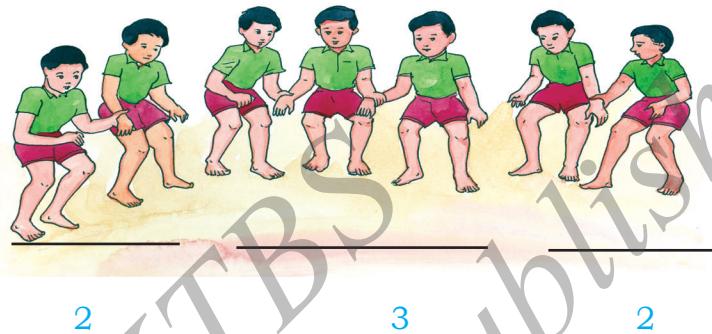


Fig. 1.9

**2-1-2-2 system :**



fig. 1.10

In this system one players is free from the chain.

- Rest of the players will same as in 2-3-2 system.
- This may be used to rest the players who just finished his raid.

**Activity :** Ask the students to practise the above skills.

\* \* \* \* \*