

■ Interview Questions

1. ### Technical Questions

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3. 1. **Skill Evaluation**: Can you describe your training regimen for improving running speed?

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5. 2. **Swimming Knowledge**: While swimming is not a primary focus in kabaddi, how do you

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7. 3. **Calisthenics Implementation**: What calisthenics exercises do you find most effective for

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9. 4. **Game Strategies**: Given your experience, what key strategies would you implement on the

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11. 5. **Fitness Assessment**: How would you assess the fitness levels of new recruits? What

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13. ### Behavioral Questions

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15. 6. **Team Management**: Describe a challenging situation you faced while training the team.

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17. 7. **Adaptability**: Can you provide an example of when you had to adapt your coaching style

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19. 8. **Conflict Resolution**: How would you handle a disagreement between team members?

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21. 9. **Leadership Skills**: Explain a time when you had to take a leadership role in a project.

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23. 10. **Feedback Reception**: How do you encourage feedback from your players about your

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25. ### HR Questions

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27. 11. **Motivation for Coaching**: What inspired you to become a kabaddi coach, and what

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29. 12. **Career Goals**: Where do you see yourself in the next five years as a coach? What

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31. 13. **Gym Culture and Team Dynamics**: How do you foster team spirit and camaraderie in the

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33. 14. **Work-Life Balance**: Training and coaching can be intensive. How do you maintain a

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35. 15. **Training Philosophy**: What is your overarching coaching philosophy, and how do you

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37. ### Scenario-Based Questions

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39. 16. ****Injury Management****: If one of your key players gets injured during a critical match, y
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41. 17. ****Talent Development****: Imagine you have a player who shows potential but lacks con
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43. 18. ****Skill Gap****: If you identify that a particular skill is lacking across the team (e.g., defe
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45. 19. ****Training Innovations****: If you were given a budget to implement new training technol
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47. 20. ****Community Engagement****: As a Kabaddi coach, how would you engage with the loc
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49. These questions are designed to gauge the candidate's technical knowledge, practical co