

How to Become a Pro kabaddi Player/Pro Kabaddi Selection Process/how to play in pro kabaddi league

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you can be selected in the pro kabaddi league in 2 ways

how to become a kabaddi player after 12th

1. **Future Kabaddi Heroes Program (age limit 18-22)**
2. **performance in Senior National Kabaddi Championship**
3. **International matches Performance (for International Players)**

- **[future Kabaddi Heroes program](#) (For new Young players)**

Age Limit – 18 to 22 Years

Weight Limit – Below 85 KG

future kabaddi heroes is a program for young kabaddi players to be selected in Pro Kabaddi League. every kabaddi player who fulfils the age limit and weight criteria can Register for the FKH program. Mashal Sports arranged the FKH program in the big cities of India.

there are 3 steps in the FKH program first 2 steps are for the selection process. in 3rd process selected players from rounds 1 and 2 get trained to become good kabaddi players.

Step – 1

in this step, the technical and physical abilities of players are tested by coaches. individual marks are given to players according to their skills. long jump, running etc. physical skills are tested in this step of all participants. top performers from this step get entry in Step 2.

Step – 2

this step is tougher than step 1. more skills are tested in this step 2 than in step 1. you have to show your raiding and defence skills in this step. teams are formed in this step and in the team, there will be matches to test skills of raiding and defence of players. this step is the final step of selection who get entry in the next step got hard training to shape their kabaddi skills.

Step – 3

in this step all players who cleared the first 2 steps to get training to increase their skills. one month training camp was arranged for all selected players. selected players get mentally and physically trained in a 1-month camp. coaches focus to improve skills like agility, Strength, Coordination, Endurance etc. of players.

players also get the opportunity to learn new skills from kabaddi videos. players also get training in the gym for increasing stamina and strength.

after successfully completing 3 steps of the FKH program players get entry into PKL Auction. in the PKL auction all players from the FKH program are tagged as NYP(New Young Players). Franchise choose players who they think can perform well in PKL.

star Pro Kabaddi players from the FKH program

- Surinder Singh
- Naveen Kumar Goyat
- Nitesh Kumar
- Rohit Gulia



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