

Comparison of Agility Among Kabaddi Players and Kho-Kho Players of Gulbarga University

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Kabaddi, an ancient contact sport originated in India, has evolved into modern Kabaddi through a fusion of diverse forms played under various names. Kho-Kho is another sport from the Indian subcontinent, is a tag game involving two teams. The importance of agility is evident in both Kho-Kho and Kabaddi, benefiting both offensive and defensive players. The study aimed to evaluate the agility of male Kabaddi and Kho-Kho players at Gulbarga University. The sample consisted of 20 male Kabaddi players and 20 male Kho-Kho players, all engaged in regular practice, within the age range of 18 to 20 years. Agility assessment has been conducted using the Agility Shuttle Run for both groups. The study's findings revealed that Kho-Kho players exhibit superior agility in comparison to Kabaddi players. Both Kho-Kho and Kabaddi demand a specific level of agility. These sports necessitate high maneuverability during running, comprehensive body agility, and the ability to establish advantageous positions on the court for both offensive and defensive tactics. Fast acceleration is also crucial to executing effective sprints for attacking and counterattacking.

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