

## Technical and Tactical Analysis of Male National Taekwondo Players in Sri Lanka

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Technical skills are the ability to execute a manoeuvre to the best of one's ability, while tactical skills are the ability to be more successful in the competition. Both tactical and technical skills are necessary for an athlete's performance. The researcher has ascertained the lack of technical and tactical skills of male national taekwondo players in Sri Lanka. The prime aim of this study was to analyse the national players' technical and tactical skills. Under the qualitative research design, case study was performed by engaging 8 national male taekwondo players with 8 weight categories according to the stratified sampling technique. Data were gathered under the technical and tactical aspects during national competitions using a video camera by conducting 24 matches (two two-minute rounds, with one-minute rest in between). Two expert members of the Sri Lanka Taekwondo Federation observed all the matches from the three types of national championships. Data were analysed descriptively according to the offensive and defensive actions concerning the match situations. Results revealed that 7% of defensive and 93% of offensive actions were used by Sri Lankan national taekwondo athletes. Sri Lankan athletes were mostly limited to basic techniques and showed 0% in advanced techniques such as backward slide turning kick, anticipated turning kick, direct turning kick, switched feet turning kick, jumping fake turning kick, and 360 turning kick. These findings will help to identify the current status of the athlete. Therefore, it would be able to design training plans to enhance the performance of each and every national player.

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