

# **“DEVELOP AND STANDARDIZES KABADDI SKILL TEST FOR JUNIOR PLAYERS IN MAHARASHTRA.”**

**UGC NEW DELHI (WRO) FUNDED MINOR RESEARCH PROJECT REPORT**

**BY**

Mrs. Shendkar Sheetal Laxman  
(M.Com, M.P..Ed. SET)  
Director of Physical Education & Sports

## **Abstract**

### **Introduction:**

- Why do we test?
- Test as proof, examination, put to test to find out quality .
- Test has also been defined as a specific tool procedure or technique used to a practical approach to measurement in physical education

### **Objective :**

To design two new tests for measuring offensive skill in Kabaddi game.

To construct a skill tests in Kabaddi and standardize the same for sub junior girls player.

**Methods :**To achieve objectives of the study the normative survey method was used as a method of investigation and the skill test designed to measure the attacking skills only.

**Findings :**The Kabaddi skill test ultimately could retain 2 items, which can successfully measure the Kabaddi skill ability of the players of 12 to14 year's age group with acceptable reliability and face validity. The stability developed has adequate objectivity with statistical acceptability. The stability of the test is gradable and can be useful to search talented Kabaddi players having a good level of skill

### **Recommendation:**

- The skill test for Kabaddi players constructed by research scholar may be used in sports school, sports hostel, school education departments and professional students of physical education for motivation, classification and grading purpose.
- Constructing reliability for the selected test items employed in the present study for Kabaddi players may be under taken.

### **References:**

- Phillips, A.D. and Hornak, J.E. (1979). Measurement and evaluation in physical education. New York : john wiley and sons.
- Singh, H. (1991). Science of sports training. New Delhi: D.V.S. publications.
- E. Prasad Rao, “MORDERN TECHNIQUES IN KABADDI”, Journal of Health and Physical Education, 17, No.9 (November, 1998).p300.