2.1 Introduction

This chapter presents a review of related literature to the current study that the researcher could have gathered to give background information for assessing the importance of this investigation and interpreting its findings.

2.2 Reviews Related to Resistance Training

Mustafa et al. (2022) was to investigate the effects of strength training on the fitness and body composition of Peshawar district university students. The participants were (N=70) female students from Peshawar's Govt Frontier College for Women. The eight-week training schedule (five days per week) was established and consists of a variety of physical exercises such the 30- and 400-meter runs, sit-ups, jumping jacks, badminton, and volleyball games. The impact of exercise on the body composition and fitness of university students was investigated using a paired t test. The results demonstrated that force training had a substantial impact on flexibility, hip circumference, chest circumference, biceps skin fold, and 30-meter run. Strength training enhances college ladies' overall strength and helps them become more physically fit and leaner.

Chanderasear (2021), study was to examine the effect of weight training exercises on selected fitness parameters of college-level male handball players. To achieve the aim of the study, the participating college level handball players were randomly selected from Kerala and its surroundings and their ages ranged from 17 to 23 years. Subjects were randomly assigned into two equal groups (n=15). All the subjects were divided into two groups with 15 subjects each as an experimental group and a control group. Group I underwent weight training exercises for a period of 6 weeks and Group II acted as a control that did not participate in any special training apart from the normal routine. Physical condition variables such as Muscular Endurance, Flexibility and Balance were selected as dependent variables. The dependent "t" test was applied to determine the difference between the means of two groups. To find out if there were any significant differences between the experimental and control groups. To test the level of significance of the difference between the means, a confidence level of 0.05 was set. The result of the study shows that there was a significant improvement in the muscular endurance, flexibility and balance of the college level handball players.

Alagudurai and Sivagnanam (2019), to determine how resistance training affects the players' explosive power and shoulder strength. Twenty male kabaddi players were randomly chosen as study subjects from Thiru Arul Senior Secondary School and S. Thomas Senior Secondary School in Tiruchendur Taluk, Thoothukudi District, Tamilnadu, India, for the academic year 2018-2019 in order to achieve the study's goals. They were between the ages of 15 and 17. The chosen individuals were separated into two groups at random, with group 'I' receiving resistance (weight) training (n = 10) and group 'II' serving as the control (n = 10) respectively. For six weeks, Group I engaged in resistance training on three different days of the week, with one session per day. Group II took part in routine activities but was not exposed to any particular training. Standardized test items like the Sargent vertical jump test and the push-up test were used to evaluate the data on the criteria variables of explosive power and shoulder strength. The dependent-'t' test and Analysis of Covariance (ANCOVA) were used to statistically examine the acquired data, with the level of confidence set at 0.05. The statistical tool SPSS-22 version was used to examine all the data. It was determined that the resistance training group greatly outperformed the control group in terms of shoulder strength and explosive power, and that there were also significant differences between the experimental and control groups.

Azeem et. al. (2019), study was to examine the effect of resistance training (RT) on selected physical and physiological variables among college men. This is an experimental investigation with a pre and post test design that includes resistance training and a control group. Sixty male participants were selected for this study who were randomized into two groups; group-A (N=30) experimental group and group –B (N=30), control group. The age of the participants was in the range between 18 and 22 years old. The duration of the RT program was 45 minutes, twice a week. All subjects were tested first and after the 12 week program. For the statistical analysis, ANCOVA and SPSS 16 were used. Descriptive statistics were applied observe the differences between the participants from the pre-test to the post-test. Based on the results, the effect of RT on selected physical variables was significant, eg, body composition, explosive power, muscle strength, muscular endurance and flexibility. There was also a significant difference with respect to physiological variables.

Lakshmanan and Jayakumar (2019), study was to determine how intercollegiate kabaddi players' physical fitness levels were affected by resistance training. From Bharathidasan University in Trichy district, forty kabaddi players were chosen at random. The chosen players were split into two groups, each of which contained 20 intercollegiate kabaddi players. There was no attempt to compare the groups. The subjects were between the ages of 18 and 21. Resistance training's impact on physical fitness was evaluated. The training load was raised above the subject's maximum allowable working capacity for the pilot research. The training phase could only last for eight weeks, and there could only be three sessions per week. The dependent't' test was used to statistically evaluate the data from all the groups before and after the experimental period to determine whether there had been any appreciable improvements. A level of confidence of 0.05 was fixed to the level of significance between the pre and post-test averages of all the groups. The findings of this study suggested that weight training is more effective at producing desired improvements in male kabaddi players than agility and flexibility.

Vivekanth and Vallimurugan (2019), examined impact of strength training on the physical fitness metrics of intercollegiate volleyball players. Thirty intercollegiate volleyball players from three different college levels in Tamilnadu's Salem district were chosen as the subject. Age of subjects ranged from 18 to 24.A total of 30 intercollegiate volleyball players were divided into two equal groups by random selection. Strength training group and control group were the names of the groups. The post-tests were administered following the training session, which lasted eight weeks for the training group. After analyzing the post-test mean differences, it was necessary to take into account the difference between the two groups' pre-test means. Paired 't' was used to examine the impact of the variables on the outcomes, and a level of significance of 0.05 was determined to be adequate for the study. This strength training group demonstrated a noticeable difference in the intercollegiate volleyball players' upper extremity strength and lower extremity strength.

Vivekanth and Vallimurugan (2019), study was to determine the effect of strength training on the physical condition variables of intercollegiate volleyball players. The subject was selected thirty intercollegiate volleyball players from three different college level volleyball players from Salem district, Tamilnadu. The subject's age

ranged from 18 to 24 years. In total (N = 30) they were randomly assigned to two equal groups of intercollegiate volleyball players. The groups were called the resistance training group and the control group. Upper limb strength was measured with the bench press and lower limb strength was measured with the half squat. The training group had received training for a period of eight weeks and post-testing was performed after the training period. Therefore, the difference between the means of the two groups in the pretest had to be taken into account after the analysis of the differences between the means in the posttest. A paired "t" was applied, to contrast the results obtained on the variables, the significance level 0.05 was chosen and it was considered sufficient for the study. This strength training group had a significant difference in the upper extremity strength and the lower extremity strength of the intercollegiate volleyball players.

Bilal and Muthueleckuvan (2018), to determine the impact of weightlifting on specific physical fitness metrics among college men's kabaddi players. 24 male kabaddi players who were students at Annamailai University in Tamil Nadu's department of physical education and sports sciences were chosen as the study's subjects in order to fulfill its goals. The randomly chosen subjects were split into two groups, each of which has 12 participants. Group II served as the control group while Group I served as the experimental group. The subjects' ages, which ranged from 18 to 22, were verified by the university file. The control group received no training beyond their normal routines, while the experimental group participated in strength training for six weeks. To determine whether certain variables had significantly improved between the pre- and post-test, the basic t-test was performed. The significant difference between the groups was discovered using the analysis of covariance (ANCOVA). The confidence level was set at 0.05. It was concluded that there was a significant improvement on selected variables.

Moorthi et. al. (2018) study's was to ascertain how three different resistance circuit training modalities affected the collegiate male kabaddi players' speed, physical strength, endurance, and speed. Sixty male kabaddi players from Vellalar College of Engineering, who were between the ages of 17 and 21, volunteered to take part in the study. Four groups of subjects were formed, including Experimental Group-I (n=15, RTG group), which engaged in resistance training while receiving rest, and

Experimental Group-II (n=15, RCTG group), which engaged in resistance circuit training while receiving no rest. Resistance training and resistance circuit training were combined with and without rest for Experimental Group III (n=15, CRTRCTG Group), whereas no specific training programs were followed by the Control Group (n=15; CG). An eight-week training program's pre- and post-test results were used to evaluate the subjects. Using the t ratio, analysis of variance, analysis of covariance, and Scheffe's post hoc test were used to evaluate the individuals in order to determine the mean difference between each group's pre- and post-test results. Results showed that all experimental groups considerably improved in terms of speed (p0.05), muscular strength (p0.05), muscular strength and endurance (p0.01), whereas there was no significant change in the control group.

Tandel (2018) how strength training affected a few key physical characteristics of kabaddi players. Thirty male intercollegiate kabaddi players from Shri Govind Guru University Godhra were chosen at random as the study's subjects in order to attain its goals. They varied in age from 17 to 21. The subjects were split into a control group (n = 15) and a strength training group (n = 15) at random. The participants then gave their informed consent to take part in the study. Both before and after the training session, all tests were conducted (pre-test and post-test). For a total of six weeks, members of the strength training group I were away performing strength training exercises on Monday, Wednesday, and Friday. II served as the control group. They did not take part in any particular training. Speed (50 yard run), agility (10 mts. 4 shuttle run test), and muscular endurance (sit-up test) are the chosen physical variables. ANOVA was used to determine the mean difference between before and post treatment. The findings of this study show that strength training has the ability to increase muscular endurance, speed, and agility, especially among male intercollegiate Kabaddi players.

Kumar and Sha (2016), study's goal was to find out how college-level kabaddi players responded to aerobic and resistance training on key physical fitness metrics. The 30 male intercollegiate level kabaddi players from Tamilnadu, India, who were chosen as subjects for the current study at random ranged in age from 18 to 25. Pre-test and post-test random group designs with control and experimental groups were used in the current study. The Subjects were divided into two equal groups of fifteen each, designated as Groups "A" and "B," and placed in them at random. Group 'A' engaged

in aerobic exercise, while Group 'B' engaged in resistance exercise. Speed was measured using the 50-meter dash and Through sit-ups, muscle endurance was evaluated. Data was gathered before and after a 12-week training period. Application of Analysis of Covariance (ANCOVA) was used to analyze the data. The significance threshold was set at 0.05. The college level kabaddi players' speed and muscle endurance improved because to the aerobic training. Resistance training had a positive effect on the college-level kabaddi players' speed and muscular endurance. The benefits of both training techniques on college-level kabaddi players' speed and muscular endurance were comparable.

Rathod (2015), examined the impact of a weight training regimen on a number of physical fitness indicators in male kabaddi players at the Swami Ramanand Tirth Marathwada University in Nanded. 200 participants between the ages of 18 and 23 were chosen at random from S.R.T.M.U. Nanded. Subjects were divided into two groups, with 100 in each of the experimental and control groups. Both the Experimental group and the Control Group's subjects received fundamental and related weight training. The mean, S.D., and "t" test were used to examine the data in accordance with McGeehan's advice regarding the significance of difference. The results of the study show that the subjects, who were between the ages of 18 and 23, had improved speed, endurance, and agility after participating in a weight training program for a year.

Sharma (2014), examines the impact of a nine-week resistance training regimen on specific basketball players' physical fitness metrics. Twenty female basketball players from Delhi University were chosen as study participants for this reason; their ages ranged from 17 to 21. Inter University was required for participation at the lowest level. The participants were then split into two groups: the experimental group (G-I) undertook resistance training, while the control group (G-II) maintained their usual level of physical activity. College kabaddi competitors. Three days each week for nine weeks served as the study's training period. Prior to the training session, data from both groups were collected, and the subjects underwent tests to determine their speed, back strength, and abdominal strength. As a statistical tool, the dependents 't' test and analysis of covariance were used. The significance level was set at 0.05 in each example. According to the study's findings, training groups' back strength had increased but their speed and abdominal strength had not changed significantly.

Sharma (2014), study was to know the effect of a nine-week resistance training program on Physical condition variables of basketball players. For this purpose twenty female basketball players from the University of Delhi were selected to serve as study subjects, the age of the subjects from 17 to 21 years old. The minimum level of participation It was intercollegiate. The subjects were divided into two groups, for example, control group and experimental group, group I underwent resistance training and group II acted as controls and continued with your regular physical activity. The training period of the study was three days a week for nine weeks. Previous data of both the groups were taken before the training period; subjects They were tested for speed, back strength, and abdominal strength. The dependent 't' test and the analysis of covariance were applied as statistical tool. In all cases, the level of 0.05 was set as significance. It was concluded from the results of the study that the training groups had improved back strength and had no significant results Improved speed and abdominal strength.

2.3 Reviews Related to Bodyweight Training

Dong et. al. (2023) study was to use a meta-analysis to examine the impact of players' core training on their performance in a particular sport. We chose pertinent studies on randomized controlled trials, and then we used the random effects model and standardized mean difference values to calculate the effect size. Results showed that agility training had a modest effect size but no statistically significant impact on athletes' power and speed. On the other hand, there was a significant impact on overall athletic performance, including balance and core endurance. As a result, core training had a significant impact on athletes' core stability and endurance but had minimal impact on their performance in certain sports. This finding suggests that more complex core training plans should be developed to enhance athletes' performance in their chosen activity.

Marwat et. al. (2021), study was to ascertain the effects of calisthenics training and physical fitness factors on the general playing ability level of male Pakistani Kabaddi players. The purpose of the study was to determine the effects of calisthenics training on kabaddi players' physical fitness (coordination, flexibility, and endurance). Seventy male kabaddi players—ten from each district—were chosen for the study in order to fulfill its objectives. The athletes' ages ranged from 18 to 28 years old. Before and

after the treatment, all of the subjects had tests on a number of different variables. The researcher gathered pre- and post-training data from the participants on the field during contests and training. Research has demonstrated that instructional training and traditional training groups greatly enhanced the physical fitness factors, including; agility, leg explosive power, muscular strength endurance, and overall playing ability of Pakistani Kabaddi players. The study's findings supported its goals, yet neither hypothesis was supported, hence both were disproved.

Rajkaran et. al. (2021), study was created to look at how intercollegiate male Kabaddi players' physical fitness levels were affected by ladder training. Thirty male Kabaddi players were chosen from National College in Tiruchirappalli, Tamil Nadu, India, to serve as the study's participants in order to accomplish its goals (N=30). The subjects were between the ages of 18 and 23. The chosen subjects (N=15) were split into two groups. Group I received ladder instruction. Group II served as the control group, only engaging in their regular daily activities and no special training. As dependent variables, the physical fitness traits of agility and leg balance were chosen. They were evaluated using the shuttle run and the stroke stand, respectively. For a period of six weeks, six days a week, the subjects focused on their specific training. ANOVA was used to statistically assess the data on selected criterion variables that were gathered from two groups before and just after the training program. To test the hypothesis, the degree of confidence was set for all cases at 0.05. The study's findings show that intercollegiate male Kabaddi players' agility and balance significantly improved in the ladder training group as compared to the control group.

Karikalan (2020), Twelve (12) Kabaddi players who competed in the intercollegiate tournament were chosen as the study's subjects. The subjects were between the ages of 18 and 25. The dependent variable chosen was muscular strength. The following standardized test items evaluated the study's chosen dependent variable. The strength was measured in numbers and evaluated by sit-ups. The data pertaining to the variable was investigated by utilizing a dependent 't' test for each variable to discover whether there was, if any, a difference between the ways to ascertain the muscular strength among Kabaddi players. For all situations, the level of significance was set at 0.05 level of confidence. According to the study's findings, the Turbulence Training group's strength level should have greatly increased compared to the control group.

Arumugam (2019), conducted research on twenty male Kabaddi players from Manonmaniam Sundaranar University in Tirunelveli District, Tamil Nadu, India, whose ages ranged from 18 to 25 years old and who competed in intercollegiate competition in the 2018–19 academic year. For flywheel training, the participants are randomly split into two groups: group I, which includes 10 players, and group II, which includes 10 players in the control group. While group II engaged in their regular activities, group I participants participated in a six-week training program that included one session per day for three alternate days. For pushups and wall sits, the athletes' shoulder and leg strength were quantified in terms of numbers and time. The dependent 't' test and ANCOVA are used to analyze the pre-test and post-test samples. The impact of flywheel training on male kabaddi players' shoulder and leg strength was concluded. However, the control group had not significantly improved on several of the factors, such as leg and shoulder strength.

Palanisamy (2019), was investigated the impact of plyometric training on players' physical characteristics. For the duration of the 12-week experiment, 30 male kabaddi players got plyometric training. Ages of the players ranged from 18 to 25. The study's findings showed that plyometric training for 12 weeks greatly increased the physical fitness traits of explosive strength, muscular endurance, and speed.

To assess the effects of a chosen program of core stability of body and jumping exercises on trunk strength and balance in female Kabaddi athletes, **Torbatinezhad et al. (2019).** 24 female Kabaddi players served as the study's subjects. They were chosen at random and consciously divided into two groups. The experimental group participated in a 6-week training regimen that included three sessions per week. The data's normality was examined using the Shapiro-Wilk test. The paired t-test was employed to assess the variations in mean values in the case of normal data. According to the study's findings, there was a significant difference between the experimental and control groups' mean post-test scores for trunk strength and static and dynamic balance (P 0.001), indicating that the experimental group's participants did better on these measures. The findings of the current study indicate that combining hopping with core-body balancing workouts can increase the athletes' balance and endurance, which may help them avoid injuries.

Torbatinezhad et. Al. (2019), study was to assess how a particular set of hopping and core stabilization exercises affected the balance and trunk strength of female Kabaddi players. 24 female Kabaddi players were arbitrarily chosen and consciously divided into the experimental group and the control group. The experimental group engaged in a 6-week training regimen that included three sessions each week and 40 minutes of hopping and core stability exercises. The paired t-test was employed to assess the variations in mean values in the case of normal data. The findings of the current study indicate that combining hopping with core-body balancing workouts can increase the athletes' balance and endurance, which may help them avoidinjuries.

Singh and John (2018), examined the impact of body weight plyometric training on broad jump in kabaddi players. Forty samples from Jammu will be chosen at random for this study. participants would range in age from 16 to 24 years old, and the 20 participants were separated into 2 equal groups. While the Control group received no training at all but was allowed to enrol in regular classes, the Experimental group received plyometric training for nine weeks. The study concludes that there existed significant difference in pre-test and post-test of Experimental group and There existed significant difference in post-test of control groups. Experimental group and post-test of Control group.

Bovas and Pradeep (2014), used a 10-week training program and a circuit to assess the impact of a few physical characteristics on college-age male Kabaddi players in Kerala who are between the ages of 18 and 25. Forty college-aged male Kabaddi players from Kerala were chosen as the study's subjects. The subjects were between the ages of 18 and 25. Before involving them as study participants, the subjects were told about the purpose of the study and their agreement was also obtained. After that, the participants were divided into two groups at random: a control group-1 and an experimental group-2 (Body weight circuit training). After a 10-week training program, the study found that both experimental groups had improved in comparison to the control group in terms of physical traits like speed, speed endurance, agility, reaction time, abdominal strength, and explosive power. The circuit training group also demonstrated a statistically significant improvement in all of the above traits.

2.4 Reviews Related to Combination Training

Haq and Govindhan (2023), study was to determine the impact of plyometric exercise and a combination of plyometric and strength training on specific back and leg strength. For the study, 45 male kabaddi players between the ages of 18 and 25 were chosen. They were split into three equal groups, each with fifteen participants. Each group consisted of three experimental groups and one control group. Group I (n = 15) underwent plyometric training, Group II (n = 15) underwent a combination of plyometric and strength training for three days (alternate days) per week for twelve weeks, and Group III served as the control group, which did not engage in any training. The subjects had tests on a few criteria variables before and right after the training period, including back and leg strength. The dynamometer was used to measure the strength of the back and the legs. Finding any significant differences between the experimental groups and control group on particular criteria variables individually was done using the analysis of covariance (ANCOVA). The Scheffé S test was applied as a post-hoc test because the current study included three groups. When compared to the control group, all training groups showed a significant improvement in the chosen criteria variables, such as leg and back strength.

Kumar et. al. (2023), study was to determine how particular training affected the motor fitness of male kabaddi players. Subjects (N-30) from the Ramakrishna Mission Vidyalaya Arts and Science College in Coimbatore, Tamil Nadu, were chosen for this purpose. The subjects were between the ages of 18 and 24. Two equally sized groups of topics are created. They were divided into the experimental group (n-15) and the control group at random. There are (n- 15) people in each group. Strength and flexibility have been chosen as the dependent variables. Push-ups and the sit-and-reach test were used to measure flexibility and the criterion variables that were chosen. The training regimen was provided 8 weeks, including daily 45-minute sessions of focused instruction. Aside from their regular tasks, the control group was not allowed to take part in the training. The 't' test was used to analyze the collected data. The 0.05 level of significance was established. The study's findings demonstrated that men's kabaddi players' specialized training had a positive effect on their strength and flexibility. The chosen criterion variables were not improved by the control group.

Senthilkumar (2023), the influence of tabata training on a performance-related component of kabaddi players' agility is investigated in the current study. The researcher read through all of the published works on tabata training, including books, journals, magazines, periodicals, and research papers. Studies have demonstrated the beneficial impact of tabata training on a certain game performance-related aspect of the agility of school-level kabaddi players. the 15–18 age range and a particular area of Coimbatore Tamil Nadu, India school level kabaddi players. Comparable statistically significant gains in agility standard scores were seen in all three groups of kabaddi players. When compared to the control group, the tabata group's agility increased by 9.25. The role of tabata in traditional kabaddi players can be organized with the use of studies on short-term interventions in established players to help them maintain good alignment and posture while moving for training.

Kalpana (2021), The goal of the current study was to determine the impact of specialized training on particular physical fitness traits and intercollegiate Kabaddi player skill performance. In order to accomplish this goal, fifteen Kabaddi players from Thanjavur District who competed in intercollegiate competitions were chosen at random as study subjects. The subjects were between the ages of 20 and 25. The chosen physical fitness factors, namely flexibility and endurance, as well as the chosen skill variables, ankle hold and blocking, were all chosen. The statistical analysis of the data among the Kabaddi players used the student t-test. To test the significance, a predetermined level of confidence of 0.05 was used in each example. The "t" ratio, which demonstrated significance at 0.05 level of confidence, was used as a statistical tool to determine the proper study result. The performance of Kabaddi players on pre- and post-tests for endurance, flexibility, and skill showed a substantial difference.

Panbilnathan and Palanisamy (2021), Forty-five male native Kabaddi players were chosen as study participants in order to fulfill the study's objectives. The subjects were between the ages of 16 and 18, with a variety of height and weight. The chosen subjects were divided into three equal groups of fifteen each by random assignment. Group II (CPW) underwent plyometric training together with weight training, while group III (CG) served as the control group. Group I (P.T) underwent plyometric training. In addition to their normal daily routines, the experimental groups undertook their different training programs three days per week for a period of twelve weeks. The

three groups' pre- and post-experiment data on a few dependent variables were statistically examined using analysis of covariance (ANCOVA) to determine whether there was any evidence of a meaningful difference. Since there were three groups, the Scheffe's test was used as a post hoc test to identify paired mean differences whenever the derived 'F' ratio for adjusted post-test means was determined to be significant. The level of confidence for significance was set at 0.05 in each example. This study's key conclusion was that both plyometric training and plyometric training mixed with weight training regimens improved the specified dependent variable. However, plyometric training with weight training was superior to plyometric training alone. The Moving Toe touch skill performance could be developed with enough plyometric and weight training.

The impact of conventional Kabaddi training coupled with plyometric exercise was examined by **Dharod et al. (2020).** They assessed the characteristics such as explosive power, agility, strength, balance, and aerobic performance on the 61 male sub-elite kabaddi players. A 12-week training program was required. When compared to the control group, players in the traditional kabaddi training with plyometric training group exhibit a significant improvement in their explosive power, flexibility, balance, agility, and aerobic capacity. By enhancing explosive power, flexibility, agility, and muscle strength in male Kabaddi players, plyometric training alone has a major impact on their specific physical fitness. This is thought to improve raiding and defines performance. As a result, the study's findings recommended combining traditional kabaddi training with plyometric exercise to improve players' performance.

Kumar (2019), study was to examine how a certain combined training regimen (Resistance Training and Plyometric Training) affected the development of leg and arm explosive power in Kabaddi players. The experiment involved 60 Kabaddi players (Junior players: 30, Senior players: 30), all of whom volunteered for the study. For the duration of the study, the experimental group underwent weight training followed by plyometric training four days per week. For the subjects' upper and lower extremity explosive strength, pre and post tests were conducted before and after 12 weeks of training. The study's findings showed that complicated training to raise players' levels of upper and lower body explosive strength had a favorable impact by raising their performance.

Pawar and Borkar (2018), investigated how training in ladder drills affected the agility of female semipro and professional kabaddi players. According to inclusion and exclusion criteria, 48 female semipro and sessional kabaddi players who were enrolled in high school or college were chosen to participate in the training. The age range for the group was 12 to 20 years. Each participant gave their blessing and written consent for the study. The players were then split into two groups: the experimental group and the control group. In the experimental group (n=24 players), who received ladder drill training for 4 days/weeks, 6 weeks, and the control group (n=24 players), who did not participate in any activity. The Agility T-test served as the outcome indicator for both groups. Both the group's outcome measurements were taken before and after the training session. Pair and unpaired t-tests were used to statistically analyze the acquired data. According to the statistical findings, the experimental group's agility performance had a p-value of 0.0001, which is deemed to be very significant. According to the study's findings, the experimental group's agility performance significantly improved when compared to the control group.

Karuppiah and Palanisamy (2017), examined the individual and combined effects of weight training and ladder training on a number of physical characteristics of male kabaddi players. Out of a total of 100 players, 45 male kabaddi players who were enrolled in different colleges at Madurai Kamaraj University were chosen at random to participate in the study. The individuals' ages ranged from 18 to 23 years old. The subjects were then divided into three 48-person groups of 15 each at random. Before and after the training period, the chosen criteria variables, such as agility and abdominal strength, were measured. Analysis of Covariance (ANCOVA) was used to statistically analyze the data that had been obtained. When the 'F' ratio of the adjusted post-test means was determined to be significant at the 0.05 level of confidence, the Scheffe's test was used as a post-hoc test. According to the study's findings, the standalone and combined influence weight and ladder training groups significantly improved their agility and abdominal strength compared to the control group.

Muniraju et al. (2017), investigated the combined effect of plyometric training and specialized training with traditional volleyball skill training. Eighty volleyball players were selected for this project from various Karnataka schools. Each set of 20 subjects was split into four equal groups. Group 1 refers to the integrated training (Plyo +

specialized + skill). Plyometric training and skill training were given to the second group, skill training was given to the third group, and no training was given to the fourth group, the control group. Through 12 weeks of training, the group 1 and group 2's explosive leg power, flexibility, and volleying skill all significantly improved.

Among college-level kabaddi players, **Jagathesan (2016)**, investigated the impact of concurrent strength and endurance training on Cardio-respiratory endurance and Resting pulse rate. Thirty students from Namakkal, Tamil Nadu, India's Selvam College of Physical Education were randomly chosen as subjects to accomplish this goal. They were between the ages of eighteen and twenty-two. The chosen participants were split into a concurrent strength and endurance training group and a control group, each of which had fifteen members. While the control group continued to go about their everyday routines and received no additional training, the experimental group underwent twelve weeks of concurrent strength and endurance training. Prior to and immediately after the training session, the subjects of the two groups had tests for a few different variables, including cardio-respiratory endurance and resting pulse rate. These tests included Cooper's 12-minute walk/run test and counting on radial artery/minute. To determine if there was a statistically significant difference between the groups, the obtained data were statistically evaluated using analysis of covariance (ANCOVA). To assess the level of significance that was deemed appropriate, the.05 level of confidence was fixed. The study's findings demonstrated that the concurrent strength and endurance training group and control group had notable differences from one another. Additionally, compared to the control group, the concurrent strength and endurance training group significantly improved their cardio-respiratory endurance and resting pulse rate.

Chaudhari (2014), evaluated the combined impact of strength and plyometric training on male kabaddi players' upper and lower body strength. Male kabaddi players from the Agricultural University of Navsari in Gujarat, India, number 48 in total. These athletes were divided into two groups: control group 24 and strength and plyometric training group 24. Upper body strength and lower body strength were chosen as the dependent variables for the current study. Three days a week of strength and plyometric training were given for ten weeks. The combined training program combines plyometric and strength training, with two plyometric and one strength training session

each week completed during even weeks, and one plyometric and two strength training sessions during odd weeks. Both the strength and plyometric training group and the control group provided pre and post data. The Analysis of Covariance (ANCOVA) was used to examine the acquired data. It can be concluded that ten weeks of plyometric and strength training improves the upper and lower body strength of male kabaddi players.

Rao and Kishore (2014), study sought to determine the combined impact of strength and plyometric training on specific motor fitness domains in male kabaddi players. From Acharya Nargarjuna University's associated colleges, 48 male intercollegiate kabaddi players were chosen. Both the strength and plyometric training group (SPTG: 24) and the control group (CG: 24) were divided up into these players. Speed, power, and agility were chosen as the dependent variables for the current study. Ten weeks of three days per week of mixed strength and plyometric training were conducted. Ten weeks of three days per week of mixed strength and plyometric training were conducted. The combined training program combines plyometric and strength training, with two plyometric and one strength training session each week completed during even weeks, and one plyometric and two strength training sessions during odd weeks. Both SPTG and CG provided the pre- and post-data. The Analysis of Covariance (ANCOVA) was used to examine the acquired data. The differences within a group before and after a nine-week training intervention were calculated using a paired t test. The study's findings conclusively demonstrate that there are substantial differences between groups in terms of speed ($F = 109.46$, $p = 0.000$) and power ($F = 11.57$, $p = 0.001$). However, agility ($F = 0.025$, $p = 0.875$) failed to distinguish between the groups significantly. Male intercollegiate kabaddi players' speed and power are said to have significantly improved after ten weeks of combined strength and plyometric training.

Taheri (2014), study aimed to compare the effects of combined versus strength and plyometric training on several physical fitness traits in Iranian national team kabaddi players. 48 male kabaddi players (aged 22.3–2.7) were divided into four groups at random: control (n=12), strength training (n=12), plyometric training (n=12), and combined training (n=12). Tests for agility (shuttle run), explosive power (Sargant

jump), and sprinting (60-m sprint) were conducted before and after an 8-week training intervention. Some physical fitness parameters were said to have significantly improved in the plyometric, strength, and combination groups. We come to the conclusion that plyometric, strength, and combination training that is correctly planned may benefit kabaddi players' physical performance.

The combined effects of strength and plyometric training on certain motor fitness components of male kabaddi players are evaluated by **Rao and Kishore (2014).** From Acharya Nargarjuna University's associated colleges, 48 male intercollegiate kabaddi players were chosen. Both the strength and plyometric training group (SPTG: 24) and the control group (CG: 24) were divided up into these players. Speed, power, and agility were chosen as the dependent variables for the current study. Ten weeks of three days per week of mixed strength and plyometric training were conducted. Both SPTG and CG provided the pre- and post-data. The Analysis of Covariance (ANCOVA) was used to examine the acquired data. The differences within a group before and after a nine-week training intervention were calculated using a paired t test. The study's findings conclusively demonstrate that there are substantial differences between groups in terms of speed ($F = 109.46$, $p = 0.000$) and power ($F = 11.57$, $p = 0.001$). However, agility ($F = 0.025$, $p = 0.875$) failed to distinguish between the groups significantly. Male intercollegiate kabaddi players' speed and power are said to have significantly improved after ten weeks of combined strength and plyometric training.

Kagitha and Kumar (2013), determine the effects of careful preparation with yogic practices based on selected engine fitness parameters and the number of male Kabaddi players. In order to fulfill this study's purpose, sixty male Kabaddi players were randomly selected from the Guntur area of India. Pradesh, Andhra. The chosen subjects ranged in age from 18 to 25 years old, 165 to 225 pounds, and 170 cm, plus 55 to 65 kilograms each person. The selected individuals were divided into three groups: twenty each, randomly. Group "An" underwent complex preparation, Group "B"

underwent complex preparation with yogic practices for four sessions each week, and Group "C" served as the control group, not undergoing any special preparation outside of their regular educational module program. The entire subject displayed a calm steadiness, and no attempt was made to tune in the training program. The subjects were examined by a licensed medical professional who declared them to be physically and medically fit for the program. The complex training improves the motor fitness variables on speed, agility, flexibility, explosive power, muscular endurance and coordination of kabaddi men players.