5.1 Summary

The development of a player's motor skills can be aided by a variety of training techniques. For any coach or player, it might be difficult to comprehend these training techniques and determine whether they are helpful for a given event. In an effort to maximize physical performance, this aids coaches and athletes in preventing injury and overtraining as well as analyzing the benefits and drawbacks of their individual training plans. Unfortunately, it goes way back if one neglected to build the proper training regimens for kabaddi players. The researcher was so curious to learn the effect of resistance training, bodyweight training and their combination on selected physical fitness components of kabaddi players.

To achieve the purpose, one hundred (n=100) male Kabaddi players who competed in Veer Narmad South Gujarat University, Surat Intercollegiate Kabaddi tournaments from 2020 to 2023 were chosen at random to serve as the study's subjects. The subjects were between the ages of 18 and 25, respectively. The experimental design used in this study was random group design involving one hundred subjects who were divided at random into four groups of twenty-five each (n = 25).

This study consisted of four independent variables such as bodyweight training, resistance, combination training and control group, the four selected groups, experimental group - I underwent bodyweight training, experimental group - II underwent resistance training, experimental group - III combination training and the group - IV acted as control. Pre-tests were conducted for all the subjects on selected physical fitness components namely, speed, endurance, agility, flexibility, muscular endurance, upper body strength and lower body strength. The experimental groups participated in their respective training protocols for a period of twelve weeks. The post-tests were conducted on the above said dependent variables after the experimental period of twelve weeks for all the four groups. Analysis of covariance (ANCOVA) statistical technique was used to test the adjusted post-test mean differences among the experimental groups. If the adjusted post test result was significant, the Scheffe's post-hoc test was used to determine the significance of the paired mean differences. The level of significance was set at $p<0.05$ of all the cases.

5.2 Conclusions

The following conclusions were determined based on the interpretation of the data.

1. There was a significant improvement on selected physical fitness components such as speed, endurance, agility, flexibility, muscular endurance, upper body strength and lower body strength due to the effect of bodyweight training, resistance training and combination training programme.
2. There was a significant difference existed on selected physical fitness components among bodyweight training, resistance training, combination training and control group.
3. The combination training group performed significantly better in terms of improving all the selected dependent variables, such as speed, endurance, agility, muscular endurance and lower body strength; When compared to bodyweight and resistance training groups among kabaddi players.
4. Bodyweight training group had significantly batter improvement on flexibility when compared with resistance training group and combination training groups among kabaddi players.
5. Resistance training group had significantly outperformed on upper body strength when compared with bodyweight training group and combination training groups among kabaddi players.
6. The control group did not show any significant improvement on any of the selected physical fitness components among kabaddi players.

5.3 Recommendations

1. According to the findings of the current study, the aforementioned training enhanced all of the physical fitness components that were chosen. In order to increase the physical fitness components for their students, it is advised that coaches, trainers, and physical educators implement these findings.
2. By selecting physiological, biochemical and hematological characteristics as criteria variables, a comparable study may be carried out.

3. Similar research could be done over longer periods of time or at different training intensities from those in the current study.
4. By including players from the state or national levels as participants, a similar study may be undertaken.
5. The sample size might be enlarged, enabling the researchers to get more precise findings from their study.
6. Similar study may be conducted among women players.