

Kabaddi Training Programme (60 hours)			
Session No.	Lesson Details	Objectives	Duration
Session 1	Lecture Based Training • Overview of the programme and key milestones • Historical and cultural origins of Kabaddi	Allow students to understand the scope of the CCA. Provide understanding of the origins of Kabaddi	120 mins
Session 2	Lecture Based Training • Rules and Regulations of Kabaddi • Kabaddi Gameplay and Team Structure • Introduction to Kabaddi warm up drills	Provide understanding of kabaddi rules and regulations Provide understanding of Kabaddi gameplay format and team formats Provide lead in to first physical lesson	120 mins
Session 3	Skills Based Training • Warm Up • Conditioning Drills • Introduction to Kabaddi Court • Introduction to basic formation and team dynamics • Trying out of various positions through drills	Improve physical conditioning of students Provide understanding of Kabaddi Court elements Provide understanding and practice on basic formations and positions	120 mins



Session 4	Match Based Training with NETP Students • Warm Up • Conditioning Drills • Start-Stop Matches • Positioning Drills • Movement Drills • Full match	Improve physical conditioning of students Allow students practice at keeping formation under attack	180 mins
Session 5	Kabaddi Tournament Training • Warm Up • Conditioning Drills • Positioning Drills • Movement Drills • Skills Drills	Improve physical conditioning of students Allow students practice at keeping formation under attack	180 mins
Session 6	Kabaddi Tournament Training • Warm Up • Conditioning Drills • Positioning Drills • Movement Drills • Skills Drills	Improve physical conditioning of students Allow students practice at keeping formation under attack	180 mins

Session 7	Kabaddi Tournament Day 1 The Kabaddi tournament provides students with an opportunity to apply fundamental Kabaddi skills in a structured and supervised competitive setting. Through match play, students develop teamwork, discipline, strategic thinking and sportsmanship while experiencing the dynamics of competitive Kabaddi in a safe and engaging environment.	Apply fundamental Kabaddi skills and rules effectively during match play. Demonstrate teamwork, communication and sportsmanship in a competitive setting. Develop strategic thinking and game awareness through real-time decision-making. Exhibit discipline, resilience and confidence while participating in tournament matches. Practice safe play and adhere to safety guidelines during competitive games.	240 mins
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Session 8	Kabaddi Tournament Day 2 The Kabaddi tournament provides students with an opportunity to apply fundamental Kabaddi skills in a structured and supervised competitive setting. Through match play, students develop teamwork, discipline, strategic thinking and sportsmanship while experiencing the dynamics of competitive Kabaddi in a safe and engaging environment.	Apply fundamental Kabaddi skills and rules effectively during match play. Demonstrate teamwork, communication and sportsmanship in a competitive setting. Develop strategic thinking and game awareness through real-time decision-making. Exhibit discipline, resilience and confidence while participating in tournament matches. Practice safe play and adhere to safety guidelines during competitive games.	240 mins
Session 9	Skills Based Training – Lead up to CTK • Warm Up • Conditioning Drills • Practice learning of ankle holds • Positioning awareness drills for executing holds • Team based positioning drills	Improve physical conditioning of students Teach students techniques to execute holds in defence Allow understanding of execution of defence in positions	120 mins

Session 10	Skills Based Training – Lead up to CTK • Warm Up • Conditioning Drills • Practice learning of thigh holds • Positioning awareness drills for executing holds • Team based positioning drills	Improve physical conditioning of students Teach students techniques to execute holds in defence Allow understanding of execution of defence in position	120 mins
Session 11	Skills Based Training – Lead up to CTK • Warm Up • Conditioning Drills • Team based holds drills • Holds Challenge • Feedback on holds execution	Improve physical conditioning of students Utilising skills taught in scenarios Allow understanding of students' progress	120 mins
Session 12	CTK Tournament - Based Training • Warm Up • Conditioning Drills • Start-Stop Matches • Positioning Drills • Movement Drills	Improve physical conditioning of students Allow students practice of utilizing holds during a game	120 mins
Session 13	CTK Tournament - Based Training • Warm Up • Start-Stop Matches • Conditioning Drills • Full match play scenarios	Measure students progress through match play	120 mins
Session 14	CTK Tournament - Based Training • Warm Up • Start-Stop Matches • Conditioning Drills • Full match play scenarios	Measure students progress through match play	120 mins

Session 15	Lecture Based Training Basic officiating awareness	Allow understanding of the roles of officials and signals	120 mins
Session 16	Culture Through Kabaddi Competition The Kabaddi tournament provides students with an opportunity to apply fundamental Kabaddi skills in a structured and supervised competitive setting. Through match play, students develop teamwork, discipline, strategic thinking and sportsmanship while experiencing the dynamics of competitive Kabaddi in a safe and engaging environment.	Apply fundamental Kabaddi skills and rules effectively during match play. Demonstrate teamwork, communication and sportsmanship in a competitive setting. Develop strategic thinking and game awareness through real-time decision-making. Exhibit discipline, resilience and confidence while participating in tournament matches. Practice safe play and adhere to safety guidelines during competitive games	300 mins
Session 17	Skills Based Training – Lead up to U22 tournament - Warm Up - Conditioning Drills - Practice learning of dash and block - Positioning awareness drills for executing dash and block - Team based positioning drills	Improve physical conditioning of students Teach students techniques to execute dash & blocking techniques in defence Allow understanding of execution of defence in positions	120 mins

Session 18	Skills Based Training - Lead up to U22 tournament • Warm Up • Conditioning Drills • Practice learning of chain tackle and combination tackles • Positioning awareness drills for executing tackles • Team based positioning drills	Improve physical conditioning of students Teach students techniques to execute tackles in defence Allow understanding of execution of defence in positions	120 mins
Session 19	Skills Based Training - Lead up to U22 tournament • Warm Up • Conditioning Drills • Team based defensive drills • Dash, block and tackles challenge drills • Feedback on defensive techniques execution	Improve physical conditioning of students Utilising skills taught in scenarios Allow understanding of students' progress	120 mins
Session 20	U22 Match Based Training • Warm Up • Conditioning Drills • Start-Stop Matches • Positioning Drills • Movement Drills	Improve physical conditioning of students Allow students practice of utilizing defensive techniques during a game	120 mins
Session 21	U22 Match Based Training • Warm Up • Conditioning Drills • Start-Stop Matches • Positioning Drills • Movement Drills	Improve physical conditioning of students Allow students practice of utilizing defensive techniques during a game	120 mins

Session 22	U22 Match Based Training • Warm Up • Conditioning Drills • Start-Stop Matches • Positioning Drills • Movement Drills	Improve physical conditioning of students Allow students practice of utilizing defensive techniques during a game	120 mins
Session 23	U22 Tournament The Kabaddi tournament provides students with an opportunity to apply fundamental Kabaddi skills in a structured and supervised competitive setting. Through match play, students develop teamwork, discipline, strategic thinking and sportsmanship while experiencing the dynamics of competitive Kabaddi in a safe and engaging environment.	Apply fundamental Kabaddi skills and rules effectively during match play. Demonstrate teamwork, communication and sportsmanship in a competitive setting. Develop strategic thinking and game awareness through real-time decision-making. Exhibit discipline, resilience and confidence while participating in tournament matches. Practice safe play and adhere to safety guidelines during competitive games	240 mins
Session 24	Match Based Training • Farewell Match	Farewell Match and feedback to students	120 mins