



K.F.OF IR.IRAN



Ministry of sports & youth

Poll form

For Kabaddi coaches

Talent identification

Instruction and Talent identification committee

Kabaddi Federation Islamic Republic of Iran

In The Name of God

Dear colleague;

The present questionnaire has been designed to request the opinions of the Kabaddi specialists and coaches at the national level about the important factors in talent identification in Kabaddi.

Due to the fact that this is the first research on this topic in Iran and we have not had any experience and references we feel a great need to benefit from the views and experience of Kabaddi specialists and scholars in other countries.

We certainly believe that the information based on your answers would help promote and develop this sport in our country .your kind cooperation is highly appreciated.

Instruction and Talent identification committee

Kabaddi Federation Islamic Republic of Iran

Personal information:

(If you are willing to mention)

Name:

Family name:

Country:

Coaching level:

Coaching experience (in year):

Recent education degree:

Major:

The highest level of competitions you have attended as a coach:

Specialized information:

1. In your opinion what is the most appropriate age to start Kabddi?

9_10

11_12

13_14

15and over

2. As a specialist in Kabaddi which of the following methods would you recommend for choosing Kabaddi players?

Competitions & festivals

Experimental method

Scientific method

Observation

Play off

Others (please mention):

3_ Which of the following groups do you think, has the priority to assume responsibility for talent identification in Kabddi?

Family Ministry of education Clubs

Private Instructors' Office all sports organization

Talent identification centers

Others (please mention):

4_ in your opinion what are the relevant and effective anthropometric features in choosing talented Kabaddi players?

(Please rank them according to their priority)

Standing height

length of upper arms

Height

length of forearm

Weight

Width of pelvis

The ratio of the trunk size to the length of legs

Height the ratio of trunk size to standing height

Width of shoulder

Length of stretched arms

Others (please mention):

5_ In your opinion among the following physiological factors which are the most effective and relevant for choosing talented Kabaddi players? (Please rank your priorities.)

Lactate threshold A

ATP-CP

Vo₂max

Anaerobic capacity

Percentage of fast twitch in arms

Percentage of slow twitch in arms

Percentage of slow twitch in legs

Percentage of fast twitch in legs

6_In your opinion what are the relevant and effective psycho _motor factors in choosing talented individuals?

(Please rank them according their importance)

Concentration

Motivation

arousal

Working hard

boldness

attention

Ability to handle mental pressure

Self-confidence self-respect

Others (please mention):

7_In your opinion what are the effective and appropriate elements in physical _motor fitness factors in selecting talented Kabaddi individuals?

(Please rank them according to importance)

General power

Dynamic balance

General speed

Explosive power

Flexibility

Agility

Neuromuscular Coordination

Muscular endurance

Cardiovascular endurance

Reaction time

Others (please mention):

8_ According to your priority ranking tests, please would you recommend for the first 5 elements you have chosen?

Sit _up test

Pull _up test

Push _up test

Jump rope

Sergeant jump test

standing broad jump test

Agility test (Illinois)

Basketball throw for distance

Vo2max test

Long jump test Hand grip

Cooper test

Sid _ step test

Flexibility test (wells test, sit and reach) Shuttle Run

Tests: 400m, 200m, 100m, 60m, 40m, 30m

(Please any tests you would think of other than the above.)

1-

2-

3-

4 -

9_ in your opinion what are the effect ire and relevant psychological elements in the selection of talented individuals?

(Please rank according to their important)

Intelligence

Anticipation

Decision making

Cognition

Reaction time

Others (please mention):

10_ In your opinion which of the following soma to types is the most appropriate for choosing talented Kabaddi players?

Ectomorph

Endomorph

Mesomorph

others (please mention):

11_ as a Kabaddi specialist in talent identification how would you grade the following factors? (Please rank your priorities)

Anthropometric factors

Psychological factors

Psycho _ motor factors

Somatotype

Physical-motor factors

Physiological factors

Others (please mention):

12_ Basod on the priority also using his experience from which the following way for talent identification 4 firs important factor do you recommend?

Mach result

Coach Experiences

Provide various techniques

Coach Observation