

## Kabaddi Skills and Techniques

Skill/Technique	Category	Description
Toe Touch	Raiding	Extending the leg to touch an opponent with the toe
Hand Touch	Raiding	Touching an opponent with the hand
Running Hand Touch	Raiding	Running towards the opponent and tagging them with the hand
Kick	Raiding	Tagging the opponent with the foot
Roll	Raiding	An escape skill used to return to one's court
Dive	Raiding	Another escape skill often used after tagging
Dash	Raiding	Quick movement to escape after a successful tag
Ankle Hold	Defensive	Grabbing the ankle of the raider to prevent their return
Back Hold	Defensive	Catching the raider from behind, usually around the waist
Block	Defensive	Blocking the path of a raider with the body
Chain Tackle	Defensive	Two or more defenders holding hands to tackle the raider
Thigh Hold	Defensive	Grabbing the thigh of the raider to prevent their return
Waist Hold	Defensive	Catching the raider around the waist
Double Thigh Hold	Defensive	Two defenders holding a raider by the thighs
Bonus Line Raid	Technique	Technique to score bonus points
Running Raid	Technique	Continuous running and tagging
Frog Jump	Technique	Jumping over the defenders to avoid getting caught
Crocodile Hold	Technique	Holding the raider down on the ground
Scorpion Kick	Technique	An offensive kick executed by the raider
Anticipation	Technique	Understanding and predicting the Raider's Strategy
Positioning and Blocking	Technique	Setting up the formation and blocking the path of the raider
Team Strategy and Coordination	Technique	Working together as a team
Dubki	Advanced Raiding	Diving under defenders to avoid getting caught
Jumps	Advanced Raiding	Jumping over chains or defenders
Turning Kick	Advanced Raiding	Quick turn and kick to confuse the defenders
Dash	Advanced Defensive	Pushing raider out of the court
Front Tackle	Advanced Defensive	Tackling the raider from the front
Superman Tackle	Advanced Defensive	A leap and mid-air tackle, looks like a flying tackle
Defensive Chain Formation	Advanced Technique	Organizing defenders in a chain
Shadowing	Advanced Technique	Mirroring the raider's movement
Luring	Advanced Technique	Tempting the raider into making a mistake