

# Motor Fitness Profile of State-Level Kabaddi Women Players

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**Abstract:** *Motor fitness plays a vital role in determining performance in high-intensity sports like Kabaddi. The present study aims to analyse the motor fitness profile of state-level women Kabaddi players. Key variables such as speed, agility, flexibility, endurance, and explosive power were assessed among selected athletes. A sample of 40 state-level female Kabaddi players aged between 18–25 years was selected using purposive sampling. Standardized tests including the 50-meter dash, shuttle run, sit-and-reach test, standing broad jump, and 600-meter run were used to collect data. The results revealed that the players demonstrated above-average levels of agility and speed, while flexibility and endurance showed moderate variation. The study concludes that motor fitness components significantly influence Kabaddi performance and should be emphasized in training programs.*

**Keywords:** Motor Fitness, Kabaddi, Women Players, Agility, Speed, Endurance, Explosive Power

