



Coaches' Perspectives on Offensive Training Methods in Taekwondo Academies of Pune City

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ABSTRACT

This study aims to explore the offensive training practices adopted by Taekwondo coaches in elite academies of Pune City. The primary objective is to understand coaches' perspectives on the development of offensive skills among Taekwondo athletes. To understand the perspective of coaches, information from 14 Taekwondo coaches representing seven elite academies in Pune was collected. The purposive sampling method was used to choose the sample for the study. A structured questionnaire focused on key aspects of offensive training such as tailoring drills according to athletes' age and skill level, the use of match simulations, emphasis on technical accuracy, structured assessment of offensive skills, influence of competition scoring rules, and the practice of offensive techniques during training sessions. Frequency and percentage analysis was used to analyse the data received. The analysis revealed that 71.4% of coaches tailor offensive drills according to athletes' age and skill level and also use match simulations to improve offensive strategies. The findings also indicate that 71.4% of coaches use match simulation during training sessions to improve athletes' offensive strategies and prepare them for real competition situations. A significant proportion of coaches (78.6%) prioritize technical accuracy over power while developing offensive skills. Similarly, 78.5% of coaches reported tracking athletes' progress through structured assessment methods, and 78.6% acknowledged that competition scoring rules influence their emphasis on offensive training. Furthermore, 57.1% of coaches reported focusing on the development of offensive techniques such as kicks, punches, and combinations in their training sessions, while a notable proportion maintained a balanced training approach. The findings highlight the importance of structured and strategy-oriented offensive training practices in Taekwondo coaching. The study



provides insights for coaches and sports academies to further strengthen offensive training programs and enhance athlete performance in competitive Taekwondo.

Keywords : Taekwondo, offensive training, coaching practices, athlete development, sports academies

Introduction

Taekwondo is a modern martial art and Olympic combat sport that emphasizes speed, agility, flexibility, and technical precision. It is characterized by dynamic kicking techniques, rapid movements, and strategic combat skills that allow athletes to score points against their opponents during sparring and competition. Over the years, Taekwondo has evolved into a highly competitive sport that requires a combination of physical fitness, technical mastery, and tactical awareness (Bridge, Ferreira da Silva Santos, Chaabène, Pieter, & Franchini, 2014).

In competitive Taekwondo, athletes rely on both offensive and defensive techniques to gain an advantage over their opponents. Offensive techniques include attacking kicks, combination attacks, counter-attacks, and tactical movements designed to create scoring opportunities. These offensive actions are essential because they directly influence the scoring process during matches. According to the rules established by World Taekwondo, athletes score points by executing valid attacks to specific target areas using proper techniques and control. Therefore, the development of effective offensive skills is an important aspect of Taekwondo training.

Offensive training focuses on improving athletes' ability to initiate attacks with speed, accuracy, and timing. Training drills may include kick combinations, reaction-based attack drills, sparring practice, and tactical training aimed at improving the athlete's ability to break the opponent's defense. Research in combat sports has shown that well-structured training programs play a crucial role in enhancing technical and tactical performance in athletes (Kazemi, Perri, & Soave, 2010). Coaches therefore play a key role in designing appropriate offensive training strategies that help athletes perform effectively during competition.

Coaches serve as an important link between theoretical knowledge and practical application in sports training. Their experience, coaching philosophy, and understanding of athlete development influence the way training programs are structured within sports academies. In the context of Taekwondo, coaches are responsible for developing athletes' technical skills, tactical awareness, and overall competitive readiness. The training methods used by coaches can significantly affect



the development of athletes' offensive abilities, including their attacking speed, kicking accuracy, and ability to execute effective combinations during sparring.

Different Taekwondo academies may follow different approaches to training depending on factors such as the level of athletes, available facilities, and the coaching experience. Some coaches may emphasize high-intensity sparring and tactical training, while others may focus more on technical drills and repetition-based practice to improve offensive skills. Understanding these coaching perspectives can provide useful insights into the current practices used in Taekwondo training.

Exploratory research is particularly useful when studying coaching practices because it allows researchers to examine real-world experiences and perspectives. By exploring coaches' views and training methods, researchers can gain a better understanding of how offensive skills are developed in athletes and identify patterns or common practices followed within academies.

Therefore, the present study aims to explore the perspectives of Taekwondo coaches regarding offensive training methods used in Taekwondo academies in Pune City. The primary objective of this research is to understand how coaches structure offensive training, the types of drills and strategies used to improve attacking skills, and the role of offensive training in athlete development. The findings of this study may contribute to improving coaching practices and supporting the development of Taekwondo athletes by providing insights into effective offensive training approaches.

Methodology

This study employed an Exploratory Survey Approach to collect data from samples. The population consisted of coaches actively involved in training Taekwondo athletes in different academies across Pune City. Pune City consists of more than 100 academies from which the researcher selected 14 Taekwondo coaches from 7 elite academies in Pune City using the Purposive Sampling technique.

Data for the research was collected using a structured questionnaire designed to understand the perspectives of coaches regarding offensive training methods used in Taekwondo. The questionnaire included items related to offensive techniques, training drills, and coaching strategies used to develop attacking skills in athletes. The questionnaire was reviewed for clarity and relevance before being administered to the participants. The data collection process involved contacting the coaches, obtaining their consent to participate in the study, and administering the questionnaire. The responses were collected directly from the participants to ensure accuracy and reliability of information.



Data Analysis and Interpretation

To identify patterns and perspectives related to offensive training practices in Taekwondo academies the collected data was organized and analyzed using descriptive statistical methods: frequency and percentage. The data represents responses to the statement received from the sample. The analysis is presented below according to the statements.

Statement 1: *Offensive drills are tailored based on age and skill level of athletes*

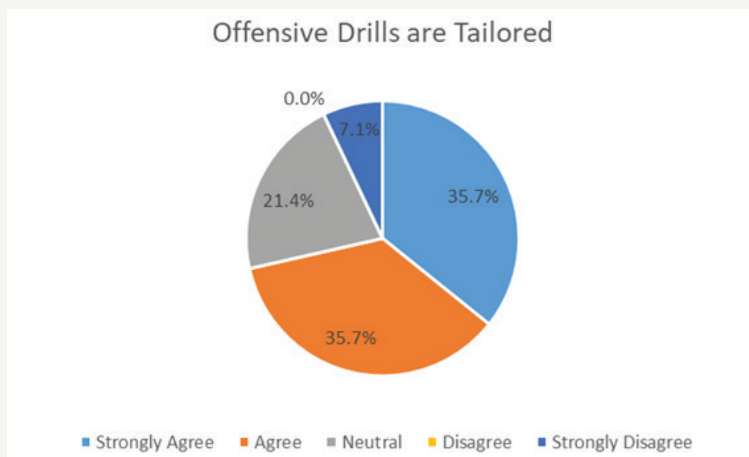


Figure 1 : *Pie Chart of Statement 1*

The majority of respondents (**35.7%**) **strongly agree** and **35.7% agree**, indicating that most coaches design offensive drills by considering the age and skill level of athletes. This suggests that coaches recognize the importance of adapting training methods according to the developmental stage and capability of the athletes. **21.4% of respondents remain neutral**, which may indicate that some coaches follow a general training approach without specific customization. A small percentage (**7.1%**) **strongly disagree**, suggesting that only a few coaches do not modify offensive drills based on athletes' characteristics.

Overall, the findings indicate that **71.4% of coaches support tailoring offensive drills according to athletes' age and skill level**, highlighting the importance of individualized training in Taekwondo coaching.

- Tailored Offensive Training: 71.4% (Strongly Agree + Agree) believe offensive drills should be adjusted according to athletes' age and skill level.
- Neutral Perspective: 21.4% (Neutral) indicate moderate or situational use of customized drills.



- Limited Disagreement: 7.1% (Strongly Disagree) suggest very few coaches do not adapt drills.

Statement 2 : use match simulations to improve offensive strategies.

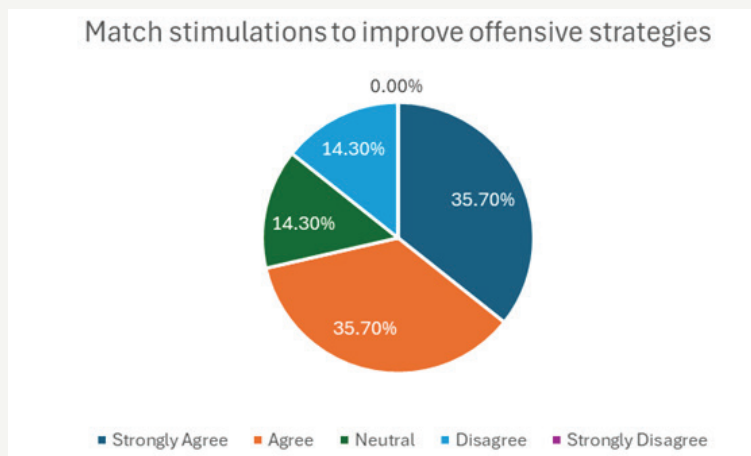


Figure 2 : Pie Chart of Statement 2

The results show that **35.70% of respondents strongly agree** and **35.70% agree**, indicating that a majority of coaches utilize match simulation during training sessions to enhance offensive strategies. Match simulation helps athletes experience realistic competition situations and develop tactical awareness while applying offensive techniques. **14.30% of respondents remain neutral**, suggesting occasional or limited use of match simulations. Additionally, **14.30% disagree**, indicating that a small proportion of coaches may rely more on other training methods rather than simulated match practice.

Overall, the findings reveal that **71.40% of coaches support the use of match simulations** as an effective approach for improving offensive strategies in Taekwondo.

- **Use of Match Simulations: 71.40% (Strongly Agree + Agree)** regularly use match simulations in training.
- **Neutral Perspective: 14.30% (Neutral)** indicate occasional use.
- **Alternative Methods: 14.30% (Disagree)** suggest preference for other training methods.



Statement 3 : *Technical accuracy in offensive skills is prioritized over power.*

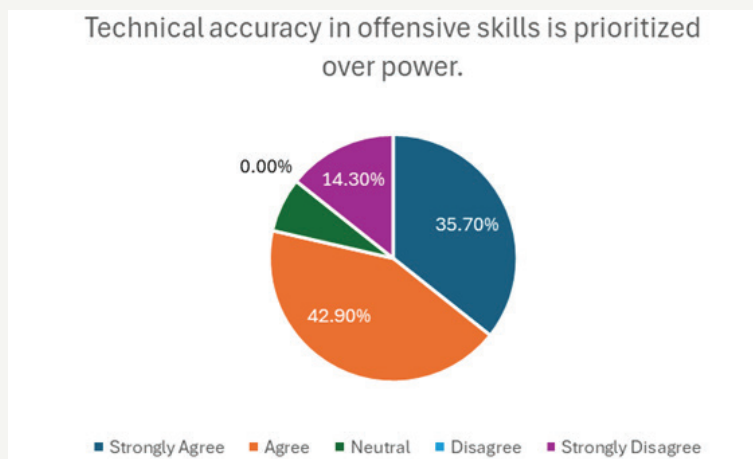


Figure 3 : *Pie Chart of Statement 3*

The majority of respondents (**42.90%**) **agree**, while **35.70%** **strongly agree**, indicating that most coaches emphasize technical accuracy over power when training offensive skills. This suggests that proper technique, control, and precision are considered more important for effective performance in Taekwondo. **7.10% of respondents remain neutral**, indicating that some coaches may balance both power and technical accuracy. However, **14.30% strongly disagree**, suggesting that a few coaches may prioritize power or strength while developing offensive techniques.

Overall, the findings indicate that **78.60% of coaches prioritize technical accuracy over power**, emphasizing the importance of proper technique in offensive skill development.

- **Technical Accuracy Priority: 78.60% (Strongly Agree + Agree)** emphasize technique over power.
- **Neutral Perspective: 7.10% (Neutral)** show balanced views.
- **Power Emphasis: 14.30% (Strongly Disagree)** indicates some coaches value power more.



Statement 4 : *I track progress in offensive skills using structured assessment methods.*

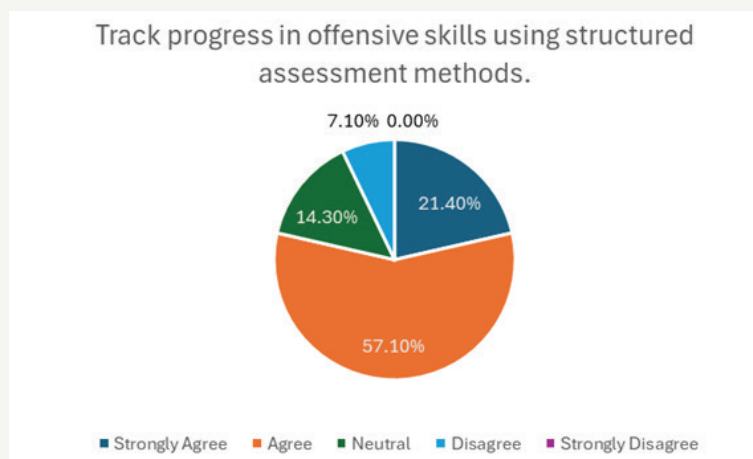


Figure 4 : *Pie Chart of Statement 4*

The majority of respondents (**57.10%**) **agree**, while **21.40%** **strongly agree**, indicating that most coaches use structured assessment methods to monitor athletes' progress in offensive skills. These assessment methods may include performance evaluation, skill testing, or observation during sparring sessions. **14.30% of respondents remain neutral**, suggesting that some coaches may track progress informally rather than through structured systems. A small percentage (**7.10%**) **disagree**, indicating that a few coaches may not regularly monitor offensive skill development through structured assessment.

Overall, the findings indicate that **78.50% of coaches track offensive skill progress using structured methods**, highlighting the importance of systematic evaluation in training.

- **Structured Assessment Use: 78.50% (Strongly Agree + Agree)** monitor offensive skill progress systematically.
- **Neutral Perspective: 14.30% (Neutral)** indicate occasional evaluation methods.
- **Limited Non-usage: 7.10% (Disagree)** suggests minimal reliance on structured assessment.



Statement 5 : Competition scoring rules influence my emphasis on offensive training.

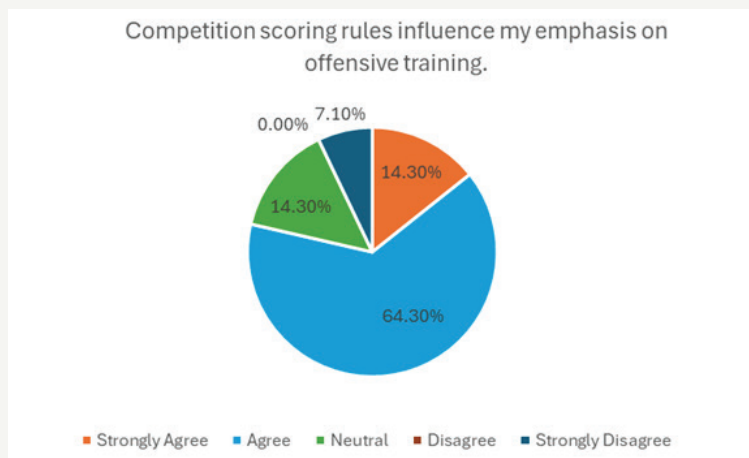


Figure 5: Pie Chart of Statement 5

The results show that **64.30% of respondents agree** and **14.30% strongly agree**, indicating that a majority of coaches believe that competition scoring rules influence the emphasis placed on offensive training. This suggests that coaches adjust their training methods based on scoring patterns and competition requirements. **14.30% of respondents remain neutral**, indicating that some coaches may not consider scoring rules as a major factor while planning training sessions. A small percentage (**7.10%**) **strongly disagree**, suggesting that only a few coaches do not modify offensive training according to competition scoring rules.

Overall, the findings indicate that **78.60% of coaches believe competition scoring rules influence offensive training emphasis**.

- **Influence of Scoring Rules: 78.60% (Strongly Agree + Agree)** adjust training based on competition scoring systems.
- **Neutral Perspective: 14.30% (Neutral)** indicate moderate influence.
- **Minimal Disagreement: 7.10% (Strongly Disagree)** do not consider scoring rules important.



Statement 6 : *I focus on developing offensive techniques (kicks, punches, combinations) in every training session.*

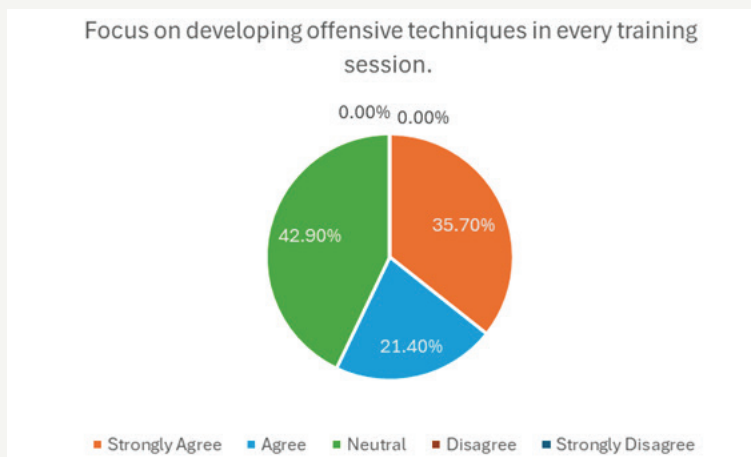


Figure 6: *Pie Chart of Statement 6*

The responses show that **35.70% of respondents strongly agree** and **21.40% agree**, indicating that a considerable proportion of coaches emphasize the development of offensive techniques during their training sessions. This suggests that many coaches recognize the importance of practicing kicks, punches, and combinations to enhance athletes' offensive performance. However, **42.90% of respondents remain neutral**, which indicates that a significant number of coaches may balance offensive training with other aspects such as defensive skills, physical conditioning, or tactical preparation rather than focusing exclusively on offensive techniques in every session.

Overall, the results indicate that **57.10% of coaches emphasize the development of offensive techniques in their training sessions**, while a notable proportion maintain a balanced training approach.

- **Focus on Offensive Techniques: 57.10% (Strongly Agree + Agree)** emphasize offensive techniques during training sessions.
- **Neutral Perspective: 42.90% (Neutral)** indicate that coaches may adopt a balanced training approach including offensive and defensive elements.

Conclusion

The study examined offensive training practices among Taekwondo coaches in elite academies of Pune City. The findings suggest that coaches recognize the importance of structured offensive training for improving athletes' performance.



Coaches emphasize technical accuracy, tactical understanding, and skill-based drills while planning training sessions. Methods such as match simulations and structured assessments are also used to enhance athletes' offensive abilities and monitor their progress. Overall, the study indicates that offensive training is considered an essential component of Taekwondo coaching, with coaches adopting systematic approaches to develop athletes' attacking skills and competitive readiness.

Recommendations :

Based on the findings of the study, the following recommendations are suggested:

- Coaches should continue to design age- and skill-appropriate offensive drills to ensure effective learning and development of athletes.
- Training programs should incorporate match simulation exercises regularly to help athletes develop tactical awareness and improve their offensive strategies in real competition situations.
- Greater emphasis should be placed on technical accuracy and proper execution of offensive techniques, as this plays a crucial role in successful performance during Taekwondo competitions.
- Coaches should implement structured assessment methods to regularly track athletes' progress in offensive skills and identify areas that require improvement.
- Training programs should consider competition scoring rules while planning offensive training, so that athletes can maximize scoring opportunities during matches.
- Sports academies should organize coaching workshops and knowledge-sharing programs to help coaches adopt updated and effective offensive training methods.

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