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Lecture Title
Kho - Kho Execution - Part I

Welcome to the Bachelor's course of Physical Education. Let us talk about the execution in Kho kho. Kho-Kho is essentially a game of speed and nerve control, developed as a rural sport of India. It is based upon agility, speed and endurance. Like all Indian games, it is simple, inexpensive and enjoyable. It does, however, demand physical fitness, strength, speed and stamina, and a certain amount of ability. This is a game which is played almost in every age group. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

Let us first discuss about the Terms and Definition used in Kho-Kho

Team:- Kho-Kho is played with two teams of 12 players each one of which only a player take the field for a match. Players are numbered 1 to 12 (the dimension of the number bring 10cm*2cm in front and 20cm*2cm at the back). Change of number is not permitted during the match.

Chasers:- Players of a team who occupy the squares of the Kho-Kho field, facing alternately, ready to receive 'Kho' and pursue (Chase) the members of the opponent team to touch and put them out, are technically called chasers. The one, who is actually pursuing the runners at a given moment of time is called the Active Chaser.

Runners:- Players of a team defending themselves against chasing are called the runners.

DEFENDERS:- The runners who actually are on the field of play in a batch of three to dodge and defend their team against the attack of the chasers are known as

defenders.

SUBSTITUTES:- A player who plays in place of another member of the team (due to any reason) with the permission of the referee after the acceptance of a request from the team captain to this effect.

Technique in Kho Kho

SITING POSITIONS OF CHASERS: Chasers will occupy (sit in) the squares on the central lane facing alternately the opposite 2m boundaries lines, ready to receive 'Kho' and pursue chase.

There are two methods of sitting in the square.

Parallel – Toe method

Bullet – Toe method

Parallel- Toe method:- In this method the sitting chaser sits within the square keeping both feet parallel to each other. The distance between both the feet should be 5-6 cm (as per comfort of the player). More body weight should be on the toes. The Chaser will keep his hands outside the centre-lane with thumb separate and the fingers together. His shoulder should be parallel to the centre-lane. The knees will be flexed and kept parallel. The head in little tilting forward position can be turned to any side. Body should be kept in a ready position to get up.

Bullet – Toe method:- In this position the Chaser will sit in the square in full squat position keeping one toe (right foot or strong foot) little ahead of other with comfortable distance between the feet and shall be according to the height and comfort of the chaser. The body weight is equally distributed on the toes but supported by hands. The placement of hands are kept beyond the centre-lane, with thumbs and fingers (that are in cup-shape), remain separated. Body is kept straight and eyes looking front straight.

Advantageous method:- Both parallel-toe style and bullet-toe style have their merits and demerits singly. They suit some players. They may not suit others. The most advantageous method, however; good coaches consider is to sit on toes with thighs parallel to the ground and heels completely lifted up; thumbs and fingers (in cup shape) placed just outside the central end cross-lane, give the needed support.

How to give Kho (Kho giving position of Active chaser):- Active chaser can run only in one direction, either right or left and cannot change his direction of chase at any cost until he reaches the free zone. He cannot cut across the chasers who sit in the squares.

Pronouncing the word 'Kho' and a smooth delicate touch by hand are requirements of

the right procedure of giving kho to the sitting chaser by an active chaser. This is an artistic skill, which a player acquires after correct and constant practice. Most novices not only shout kho too loudly but also push the sitting chaser hard, thereby unbalancing him which result in wastage of time, a definite disadvantage to the chasers.

There are several ways of giving kho such as:

Giving kho by keeping a step behind the cross lane.

Giving kho by keeping a step in the cross lane.

Giving kho by a step forward in the cross lane. However, the best way is the one which suits the occasion and occasions with no violation of the rules by the chaser.

The chaser can hand over his mission to his teammates (other chasers) by giving a kho in the following manner.

Simple Kho:- To give kho perfectly the active chaser should touch a sitting chaser by hand from behind and utter only the word 'kho' loudly and distinctly. The entire action should be smooth. No chaser should be pushed. While giving kho, active chaser's feet should not go beyond that cross line. Immediately after giving kho, he has to occupy the square vacated by the new chaser who was moved out by him.

Judgment Kho:- Generally judgment kho or taking method is used during the matches often when the chaser is near to the pole. Keeping one leg over the cross-line the active chaser stretches his other leg as far as possible near the pole and rotating his hand he gives kho, forcing the defender to think that he is coming to run around the pole, simultaneously he will give kho to the chaser sitting near to the pole. Thus the chaser can easily put the runner out.

Late Kho:- This method is used during the game when a runner falls upon a chain strategy, the active chaser observes the runner's movement and gives kho to a chaser in a slightly delayed manner. Delayed (or late) kho, should break runner's speed, as the speed is well-synchronized with calling out kho.

Advance Kho:- When a runner opens double chain, the active chaser gives kho to the nearby chaser earlier than expected.

Technically kho is given either using cross-step method or proximal method. These method need a little explanation in term of body mechanics and dynamics.

Cross-step method:- When an active chaser gives kho on his left side, he stretches out his right leg so that his body weight is sustained on the left leg with bent body. Then stretching forward his leg and shifting his body-weight from left leg to right leg, he gives kho by his left hand in two (2) steps. His eyes will look straight.

Proximal method:- Proximal method also requires kho to be given in two (2) steps.

If the active chaser chooses to give kho from the left side, he should first stretch out his left leg, remaining at distance 3-4 cm from the central lane and 60-70 cm from the cross-lane. In this method, the distance adjustment takes place according to the height of the player. The chaser will give kho on the left hand. While giving kho, the chaser's arm will remain straight, shoulders parallel to the central lane with bent body.

Tapping:- Tapping is an attempt by the chaser to touch a defender (runner) by extending his arm to the fullest possible extent towards the chaser when he is on the post or on the central lane trying to cross it in order to escape. This requires electric speed and perfect timing. A defender moving traverse to the direction of chasing to cross the central-lane or just running ahead may be within sprinting distance of an active chaser but if the active chaser tries to put out the defender by mere tagging, foul may be committed at the central lane or the defender may escape by fraction of a second and with a few inches to cover by him. Therefore, by accelerating speed an active chaser covers up the distance and by bending extends his hand as long as possible to tap i.e. Just touch the heel of the defender which at that time is nearest to him.

Covering:- Covering is also one of the most important technique. It is equally important and essential to 'get up' from the square as fast as possible to cover the runner with a good speed of movement and concentration, tap him and put him out with a swift touch or a dive at him. Covering can be done in the following methods having their respective merits and demerits.

Covering on same leg method:- When the chaser takes out his left leg first and runs to left side, it is covering on same leg method. Here legs will be flexed at knee, body and neck should be in a bending position and centre of gravity will fall ahead of body.

Covering with cross leg method:- When chaser's right leg is ahead and he want to move to his left side then he will use cross leg method of covering.

Monkey crawl:- When the chaser wants to conceal the direction of chase while moving forward in the cross lane he uses this crawling method. Crawl can be

Short crawling

Medium crawling

Long crawling

While doing short crawling, legs will be in flexed position bending at knee, torso should be parallel to the ground, shoulder remains straight, with both hand in downward direction can touch the ground without the body weight falling on them. Head almost in locked position with eyes watching the runner's feet. Here centre of gravity will fall little ahead of body. After judging the runner the chaser can follow any method or movement to touch the runner by accelerating the speed with agility. In

short crawling the chaser take a short crawl for judging the runner and accordingly, immediately turn and moved towards runner with speed and agility to touch the runner.

In medium crawling the chaser moves in crawling position with balance and eyeing on runner and midway turn towards runner according to the movements of runner with speed to touch him.

In long crawling the chaser with the same technique as explained above crawl long according to the position of runner player, eyeing on runner's movement he runs with accelerate speed in the direction of runner to touch him.

Diving:- In Kho-kho chasing side (chaser) needs and requires something more than merely running; it needs sudden explosive jump drive or pouncing at the runner to get him out. Technically, pouncing at the runner is diving which is often used to cover up maximum distance in minimum of time, when a defender (runner) just cannot be touched by overcoming the distance with mere speed in chase and runner escapes by a few steps or tries to run away through the open space. Generally in diving, the target is the defender's (runner's) heel. Diving is very effectively executed when an active chaser is either in full speed or he attempts a dive immediately after turning around the post. Excellent diving involves

Fine judgment of the speed of the defender (runner).

The distance to be covered.

The confidence to execute it without causing injury to either side.

The explosive strength or jump of chaser.

Mental alertness and anticipation of runner's movement by chaser.

Diving in Kho-kho is attempted at least in the following three ways:-

Sitting (spot) Diving:- As soon as the seated chaser receives kho while sitting in bullet start position and he anticipate that the runner is within his reach, he dives forward towards the opponent (runner) with explosive pouncing on his toes with fully stretch body position and arms get fully extended to touch the runner. In such diving the chaser lands his thigh supported by hands touch the ground first and then his abdomen to avoid injury. The entire sequence of movement is a simple coordinated movement and is performed swiftly. Whether the chaser is successful in touching the runner or not, he must quickly get up and resume the chase.

Diving while running (chasing):- When an active chaser thinks, feel, anticipate or have the confidence that he can touch the runner who is within his reach with a dive, he may suddenly control his running speed and dive at the runner with full arm and body extension. While running, the chaser gets push from the ground (an explosive leap movement) with his feet and in diving (leap forward movement) he stretches his

full body with arms in extended position in the air parallel to the ground. The active chaser to avoid any injury and resume next movement he lands on thigh supported by hands, when the ground first and then abdomen. The entire movement is a single coordinated movement and is performed swiftly. Whether the chaser is successful in touching the runner or not, he must quickly get up and resume the chase movement.

Pole (turning) dive:- One of the best and effective technique used by active chaser to touch the runner is Pole Diving. During chase, when the runner is near to the pole, the active chaser uses the technique of pole-dive to touch the runner on the other side of the central lane. In this technique the active chaser when reaches near to the pole he take a kho movement to dodge the runner at pole and keeps the nearer leg near the pole at held the pole by grasping the pole with hand's (flexed movement of hands at elbow), placing the thigh along with the pole for support and to increase the range, lifts the other leg and learns quickly in attempt to touch the runner with his hand. This technique is very effective on comparatively slower defenders (runner's) and in game in four type defense. This technique is also known as fake and pole dive.

Precautions in the use of Pole Dive

The active chaser can change his direction only after crossing the cross line.

He will neither touch the central lane nor ground on the far side of the central lane.

During pole dive the active chaser shall not pull back the foul on which he is standing.

Running Pole Dive:- It is a variation of pole dive. It may also be executed with the same principles as those of the pole dive, except that the active chaser hits the pole without any hindrance and running from behind. The use of this dive requires utmost caution against injury and also maintaining balance of body.

Unexpected change of The Target:- While pursuing one or two defenders in a go, the intelligent/confident chaser suddenly and unexpectedly shift's his attention and movement to the third defender who might be standing at a safe spot inside the ground thus create pressure on this runner.

Trapping:- The runner can be trapped and put out depending upon how intelligently chaser execute his skills and have the capability. Players are accustomed to play with a set chase pattern's because they praise in that manner. They generally find a natural advantage around the post. As a result, quite often they (runners) are trapped with post to left chase, disturbing their stepping, timing, rhythm, and ability to overcome the skill of touching at post and judgment kho by the chasers.

For a single chair defense, every next chaser should be given kho without any foul so that the defender (runner) is forced to go to the post, to be finally getting trapped there.

For a double chair defense, the defender must be allowed to follow the safe route he is following either by omitting a Kho, or using the skill of 'Judgment Kho'. 'Touching at the post'.

For a game-in-four defense, break the path by a middle Kho i.e. Kho being given to the second player in the ring or putting out the defender by quick covering and then with a dive or tap after a short turn.

Foot-Dragging and Dodge:- By dragging his rear foot, the active chase dodges a defender while in hot pursuit. As soon as the front foot of the chaser falls on the square, he drags the trailing foot to effect a dodge on the runner.

Important Guidelines for the Chasers

Success of the chasing mission does not simply depend on the skill level of the chasers but on the intelligence, ingenuity and mental ability with which skills are used at a given moment of time. Therefore, the chasers should always keep the following in their minds:-

Not a single player but the entire team should chase.

Focus should be on the defender and their weaknesses. Do not wait or be eager or impatient for it.

Shoulder-line and not the head-movement decide chaser's direction. Thus shoulder-line should be according to the strategy of chaser.

Cover (close one side) to avoid "dupe turned" (Palty).

It helps to put forward that leg towards the end where the hunt is directed.

Put out if you can, but reducing the distance from the defender is a must.

Speed for chase is an asset, not an ultimate goal.

Hold the post in both hands.

If a defender can be put out by chasing, do not resort to 'Touching at Post'.

Do not force two defenders of sound 'game in four defence' towards the post. On indication of foul, it is safe to take the indicated direction and give a perfect kho quickly.

Conclusion - Kho Kho is a game played on a rectangular court between two teams of twelve players each, kho kho is a test of speed, strength and stamina.

Thank you have a nice day.

