

Course Name: Bachelor of Physical Education

Year: Ist

Paper Name: Skill and Prowess

Paper No.: I (Part-B 1)

Topic No. A (3)

Topic Name: Kho Kho

Lecture No.: 32

Lecture Title

Kho - Kho Execution - Part I

Summary

Kho-Kho is a game of speed and nerve control, which is developed as a rural sport of India. It is based upon, agility, speed and endurance. Kho-Kho is played with two teams of 12 players each one. Players are numbered 1 to 12 and the change of number is not permitted during the match. One team who chase the members of the opponent team to touch and put them out, are technically called chasers. On the other hand the runners who defend their team from the attack of chasers are called defenders.