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Topic Name: Kho Kho

Lecture No.: 33

Lecture Name

Kho - Kho Execution - Part II

Welcome to the bachelors course of Physical Education. Let us talk about the remaining execution, tournaments in kho kho. As we know that Kho-Kho is a game of speed and nerve control, developed as a rural sport of India.

RUNNING SKILLS

As a chaser, the aim of every player in the team should be to chase hard and put out as many opponents as possible, and as a runner, every player must perfect the skill of ‘escaping’ from chaser’s touch and sustaining in the game for as long as possible. Running in kho-kho is no ordinary running requiring speed. It involves quick turning and twisting, changing direction, dodging, pole-turning etc; nor is it an individual affair, it underscores the need for a highly focused and coordinated team-effort. In running, there are individual skills as well as team skills, which need to be mastered by the players.

Entering the Court

Entering the court- whether at the start or any moment when the preceding batch of defenders is out- and positioning oneself there on is of paramount importance from the viewpoint of gaining an upper hand over the chasers. At the commencement, one of the runners of the first batch of three should position himself in the middle of the court (behind the 1st and 4th seated chasers), the other two may keep to the poles on each side of the court. When the last of the first batch in the defenders is put out, the second batch should enter the field of play and scatter to different directions simultaneously with the active chaser giving kho to another chaser. The same principle shall stand good for every batch of runners that follows.

Positioning on the Post

A defender should stand at the post in such a manner that he can monitor all the movements and maneuvers of the chaser(s) and plan out his own strategy of keeping alive in the game. He should stand adequately away from the mid-line with one hand on the pole-top and constantly guard against fake or late kho being given by the chaser to beat him at the post.

Running

Speed, alertness and agility are the hallmarks of a good runner coupled with strategy to make deceptive moves. Some runners may constantly be on the run and have the capability to run pole to pole without getting tired but this does not always pay. The experts have recommended a few good running skills for defenders in kho-kho such as chains, oval running etc.

Single Chain

In this, a defender runs from one point to another point or even the post in zigzag manner behind the back of each successive chaser. In this endeavour, he may have to look behind over his shoulder to see whether or not the kho is given. His speed of running should be according to the chaser's movement along the central lane. If the kho is given, the runner should move fast, if not he may slow down. He may change his direction according to the chaser's movement. A skilled defender does not need go to the post but come out in the open field at a convenient place and again get back into the chain to repeat the track. He also does not normally complete the chain from behind the 7th and 8th chaser but dashes to the post straight from the 7th lane. It is important for the runner to keep as close to the back of the seated chaser as possible and change direction and speed more or less every moment.

Double Chain

In this technique, the runner runs from post to post, crossing the central lane only twice behind the seated chasers at 3rd and 6th squares. Several routes are said to have developed over the years in double chain system of running without much change in the basic fibre. Two seated chasers are in a loop that is formed, when a defender traverses the route. However, the perfect, almost flawless, a widely deployed common route is 3, 6, 9 or post. The defender crosses the central lane twice from behind the seated chasers 3 and 6 while moving towards the post. He repeats the route from opposite end unless the chasers force him to change it. He goes to the post after entering from behind the 3rd seated chaser from the post. Extra single chain, ring is necessary to go to the post, if other than 3, 6, 9 route is played.

Ring Game

In all the other running techniques the runner has to run continuously and get tired soon. In the ring game, the post is towards the sidelines. This may be followed when the chasers give early kho.

When a kho is given to the chaser who is sitting in the first square, the runner will

take two side-ways steps towards side line parallel to the cross lane, facing the active chaser. When the active chaser runs towards sideline, the runner pivot and takes two-side way steps parallel to the central lane. When the active chaser follows him, the runner takes steps further facing the chaser, crosses the central lane behind a chaser who is facing the active chaser. The path is continuous on the other side or on the reverse side in the form of a ring, according to the movement of the active chaser and how the kho is given.

Dodging

Apart from chasing and running, dodging is the very essence of kho-kho. The players practice three types of dodging Back Dodge, Front Dodge and Dodge Round the Post.

In Back Dodge, the defender keeps his back towards the active chaser focus on his movements. As he finds the chaser pretty close to him, he suddenly dodges to either side forcing the chaser to commit a foul or to helplessly give kho to the chaser nearby out of sheer helplessness. A successful runner never reveals his intentions and dodges at the spur of the moment.

A Front Dodge is applied when a runner positions himself approximately 2 feet inside the outer-line, and faces the active chaser. When the active chaser comes straight to tag him, he fakes his body pretending to be moving to one direction, but moves to the other direction, thus dodging the chaser. Looking straight into the eyes of the chaser is the important factor in a successful front dodge by the runner.

The defender standing 3-4 feet away from and with one hand on the post executes the Dodge Round the Post. The runner watches the movements of the on-coming chaser. As he approaches the square near the post and pretends to give kho or actually gives late kho, the runner makes a dash towards the opposite direction, keeping himself 4-5 feet away from the post.

Guidelines for the Defenders

The defenders should always be alert and keep focus of attention narrowed down on the chasers' movements all the time. They need to remember:-

- Listen to the 'kho' before deciding the movement route further.
- Avoid simple chain defence near the pole (the last three chasers).
- Do not play single chain defence from the face of the seated chaser.
- Reduce speed just while crossing or after crossing the central lane.
- Avoid standing close to the posts.
- Watch closely the active chaser on the last cross lane, when at post.
- Feinting after turning round post is useful only when an active chaser is almost on your heels.

- Do not increase the speed of the chase by your running. See the active chaser is not on your heels.
- It is dangerous to go to the post from the back of the last seated chaser.
- Prevail over the judgment-kho by watching the chasers calmly and coolly.
- Post is the dangerous point for all chain games.
- Do not show your back in 'game in four defence'.
- Avoid too much lift of the legs and use shorter steps to avoid tapping.
- Start playing 'game in four defence', if trapped in 'two on post' position. Or the one on the post must run away before the second defender is pushed towards the post and as soon as the second seated chaser from the post gets 'kho'.
- Check at the back after each crossing of the central lane.
- Change your place, be safe, if you are not chased.
- Avoid action by officials. Refrain from showing resentment in any manner over the decisions of officials.

Minor Games/ Lead –up Games

Numerous minor games that involve running, chasing, tagging, touching etc may be used to strength various basic skills of kho-kho. The playing group may play as a single unit or get divided in two teams to make the game(s) more competitive and boisterous.

Circle Kho

The two teams having even number of players stand in two concentric circles. A team are chasers and B team runners, sits all in the inner circle alternately facing inward-outward as in regular kho-kho; the runners stand scattered within space between the two circles. On signal, chasers facing outward start chasing the runners. The chaser may give kho any of the sitting chaser to enable him to touch the scattered runners. After designated time, or after all runners have put out, teams switch roles.

Standing Kho

Odd numbers of players stand in pairs on two concentric circles facing inward. Two players are designated as runner and chaser. On signal, the runner runs and the chaser chases. The runner may run in any direction and give kho to any player standing on the outer circle. As it happens, the player in front of the player getting kho, runs and the chaser pursues him. The player getting kho moves forward to occupy the place vacated by the new runner. On signal, the runner and the chaser may switch roles in between to make the game more competitive.

Seasons and tournaments in kho kho

The following championships are organised for this game: National Championships, Junior National, Sub Junior National Championship, School Championship, Mini School Championship, Primary Mini School Championship, National Women Championship, All India Inter University Championship and Federation Cup. Organisations involved with the sport in India. The primary sports body for this game is called the Kho-Kho Federation of India (K.K.F.I.). It has its branches in all the states and it has been conducting Mini, Junior and Open National Championships for both sexes, in many parts of India.

Conclusion

The effort of expanding kho kho in the world of traditional sports, making India look beyond cricket and has served as a great way of keeping up the morale of those interested in it. Events like kho kho can be revived in schools and can be promoted at the corporate level with its lessons in team spirit, alertness, discipline, obedience and coordination.

Though KKPL(Kho Kho Premiere League) has initiated with not-so-big incentives for the winners, youngsters are more than happy with this new-found attention. It is definitely not a grand celebration, but its very beginning is nothing less than a fest for admirers. The contest between the chaser and defender is as good as a wildlife predator and its prey, the only difference being in the hunger for food and the passion for victory.