



IMPACT FACTOR (SJIF) 2021= 7.380

ISSN 2319-4766

AN INTERNATIONAL PEER REVIEWED & REFEREED JOURNAL  
**SCHOLARLY RESEARCH JOURNAL**  
**FOR INTERDISCIPLINARY STUDIES**

APRIL-JUNE, 2021, VOL- 10, ISSUE-54

Special Issue of Department of Physical Education  
Lokmanya Mahavidyalaya Warora, Dist. Chandrapur, (MS)

# Effect of Corona Pandemic on Various Sports Sectors



**Chief Editor**

Dr. Subodh Kumar Singh  
Principal

**Editor**

Assit. Prof. Uttam R. Deulkar  
Head, Dept of Physical Education

50	<b>BIO BUBBLE – THE NEW NORMAL SCENARIO IN SPORTS</b> <i>Prof. Nilesh D. Joshi &amp; Miss. Snehal R. Chikhale</i>	226-229
51	<b>SPORTS EXPERTISE: A PEDAGOGY IN SPORTS</b> <i>Dr. Tejas R. Sharma.</i>	230-237
52	<b>INTRODUCTION OF TACTICAL ATTACKING SKILL IN KHO-KHO: DELICATE JUDGMENT KHO (DJK)</b> <i>Dr. Prashant G. Gawande &amp; Dr. Ajay S. Bonde</i>	238-243
53	<b>YOGA, SPORTS AND SOCIETY</b> <i>Dr. Pratap Ganpatrao Rampure</i>	244-246
54	<b>SPORT PSYCHOLOGY: AN UNDERVALUED AND IGNORED NECESSITY</b> <i>Yogesh Nimgade</i>	247-251
55	<b>EXERCISE PHYSIOLOGY</b> <i>Dr. Uday D. Mendulkar</i>	252-256
56	<b>ROLE OF MEDIA ON MARKETING AND POLITICS</b> <i>Assist. Prof. Ashish Diliprao Painkar</i>	257-262
57	<b>COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES OF INTERCOLLEGIATE KHO-KHO, KABADDI AND MALLKHAMB PLAYERS OF ANAND NIKETAN COLLEGE, ANANDWAN</b> <i>Asst. Prof. Tanaji V. Bayskar</i>	263-271
58	<b>EFFECT OF SEVEN WEEKS SUDARSHAN KRIYA ON MENTAL HEALTH AND SELECTED RESPIRATORY PARAMETERS OF FEMALE STUDENTS OF LOKMANYA MAHAVIDALAYA OF WARORA</b> <i>Uttam R. Deulkar</i>	272-278
59	<b>POST COVID-19 MENTAL HEALTH: A CHALLENGE AHEAD</b> <i>Dr. Anjum Padyal</i>	279-282
60	<b>POLITICS IN SPORTS</b> <i>Balmukund B. Kayarkar</i>	283-285
61	<b>A STUDY OF CATEGORIES AND SYMPTOMS OF MENTAL RETARDATION</b> <i>Dr. Poonam Rani</i>	286-289
62	<b>SPORTS EQUIPMENT PURCHASE AND MANAGEMENT</b> <i>Prof. Dr. Arvind Rambhau Kamble</i>	290-292

## INTRODUCTION OF TACTICAL ATTACKING SKILL IN KHO-KHO: DELICATE JUDGMENT KHO (DJK)

**Dr. Prashant G. Gawande**

Director of Physical Education and Sports, Arts, Science and Commerce College, Chikhaldara, Dist. Amravati, Mobile No. 9422949160, [prashantgawande3007@gmail.com](mailto:prashantgawande3007@gmail.com)

**Dr. Ajay S. Bonde**

Director of Physical Education and Sports, Arts and commerce college, Bori Arab, Dist. Yawatmal, Mobile No. 9422892980, [ajaysbonde@gmail.com](mailto:ajaysbonde@gmail.com)

### Abstract

Among semi-professional and recreational games is the Indian game of tag Kho-Kho which has its etiology in the Maharashtra state (Marathi Kho-Kho); it is a team sport where contact from the opponents is to be avoided. Earlier known as *Rathera* on account of being played on Indian chariots (*Raths*), the game has emerged as a version of tag, a modified form of 'run-and-chase' in which the purpose is to pursue/chase and touch the opponent. Even though a team sport, Kho-Kho at individual level requires the variables of endurance, strength, stamina, agility, and the skills of feinting dodging and bursts of speed because the game is combative in nature and vigorous. To date limited scholarly attention has been given to tactics and innovation in Kho-Kho. Current research indicates that innovation can be a valuable tool to combat demanding challenges in sports. Therefore, innovation needs specific attention within the Kho-Kho game. Knowledge about the game is not enough to win the tournament. Innovations and introduction of skills, tactics are crucial for improvement. Skills with tactics are required in any game that allows a team or player to effectively use of it and talent to the best possible advantage which are adopted before or during the competition for successful participation. So need to discuss about some necessary tactical skill. Researcher's themselves are National Kho-Kho players, NIS coach and having 38 years of experience in the field. They have gone through literature on Kho-Kho where they have not found the skill which is being introduced in this paper and was never discussed, written in the literature & talked anywhere before.

Therefore for the present study, the purpose was to investigate, introduce and being named the tactical skill *Delicate Judgment Kho (DJK)*. To achieve the purpose of the study selected 32 Kho-Kho players aged 19-25 years, were taken from *Sipna Ambadevi Krida Mandal, Chikhaldara*.

**Key words:** *Delicate Judgment Kho (DJK), Tactical Skill*

**Introduction:** A sport is an outdoor or indoor activity involving mental and physical effort and skill, a game where people compete with each other according to fixed rules. It is an activity people take up during their free time usually for fun, amusement, entertainment, or recreation. Yet there are a few notable games and sports which are believed to have originated from the state of India. Kho-Kho is our non expenditure highest participated sports in India, majorly popular in Maharashtra. The game demands the highest degree of brisk and quick movements, very high grade of nerve reflexes and tremendous stamina which are characteristic of a good player. The game requires all motor qualities like strength, speed, agility, endurance, flexibility and neuromuscular coordination.

This sport long ago appeared in Pune, Gymkhana the state Maharashtra. At that time, there were neither any dimensions of the play ground nor the poles which demarcate the central lane. The origin of Kho-Kho is very difficult to trace, but many historians believe that it is a

modified form of 'Tag'/'Catch', which in its simplest form involves touching and chasing a person. The present appearance of the Kho-Kho was an adoption from the time of World War I in 1914. But at that time, there were neither any dimensions of the playground nor the poles which demarcate the central line. The time factor was missing. The Deccan Gymkhana club of Pune so named and baptized by the great Indian leader Bhai Nerurkar & Lokmanya Tilak drafted the first ever rules and regulations which symbolized the metamorphosis of the game soon to follow. This initial stage marked the limitation of the playground and yet lacked the poles demarcating the central line in the field. Instead, less experienced players were posted squatting at the ends of the latter and chasers ran around them to return to the midfield.

But, even then the game caught the imagination of the experts in the field. They took no time to realize that the game demands the highest degree of quick and brisk movements, very high grade of nerve reflexes and tremendous stamina which are characteristic of a good player. The game requires all motor qualities alike speed, endurance, flexibility, agility, strength and neuromuscular coordination. As per merit, it is appreciated by spectators, press and media.

The game with its fast pace, so fascinated the spectators that the Governor of Bombay Presidency H.E.Lord Willingdon also admired the potentials of Kho-Kho. The team size was restricted to 9 players per team and sport was played without the poles. At the beginning of the match, players used to take 3 rounds of the court from post to post and then started the match. The years 1923-24 saw the foundation of the Inter School Sports Organization, and Kho Kho was introduced to develop at the grassroots and consequently popularize the sport. The move certainly showed the results and the game of Kho Kho mainly owes it to the efforts taken by the Deccan Gymkhana and Hind Vijay Gymkhana. In the year 1938, Kho Kho moved one step forward when Akhil Maharashtra Sharirik Shikshan Mandal organized zonal sports at Akola which attracted tremendous response from the budding enthusiasts as well as organizers.

Kho-Kho team from HVPM, Amravati demonstrated this game in Berlin Olympics in the year 1936. The first national championship was held in Vijaywada during the 1959-60. It is being played by school, college, university & association as a competitive game. First Asian Kho-Kho championship held in 1996 at Calcutta, India. Second held at Dhaka in 2000, Bangladesh and third held at Indore, M.P. India, in 2016.

It is played by teams of 12 nominated players out of fifteen, of which nine enter the field who sit on their knees (Chasing Team), and 3 extra (Defending Team) who try to avoid being touched by members of the opposing team. It is one of the two most popular traditional tag games in the Indian subcontinent. Three players will remain as extras while chasing as well as while defending turns. The runner or the chaser is decided by toss. The side that scores more wins a match.

Researchers themselves are national players and worked as coaches. While coaching they used various skills which are actions of players used to get advantage in the game or competition. Tactics plays a vital role in Kho-Kho game. The result of Kho-Kho game can be changed with the help of good tactical skills.

Through this research paper, the efforts are being made by researchers to bring this tactical skill before Kho-Kho lovers. Numerous skills one must find in books which are used in kho-kho but here we are trying to introduce the skill which is not discussed prior anywhere or even in books. After introduction of this tactical skill, players will get clear idea to use it in Kho-Kho game. To know "Delicate Judgment Kho (DJK)", "Judgment Kho", tactical skill is need to be explained before as DJK is related to Judgment Kho skill.

**Judgment Kho:-** Various attacking skills are mostly used by Kho-Kho coaches and players in their training and competitions "Judgment Kho", also one of them in Kho- Kho game. Judgment kho is a fake kho, kho, which force the defender to take wrong judgment. active chaser judges the movement of defender and drops kho at the nick of time by using his all strength. Judgment kho is given to put out defender, to put pressure on defender and to confuse the defender. Judgment kho can be given when defender is well settled at the post, when defender is about settle at the post. The effectiveness of judgment kho is depend upon faking ability, the attacker and seated chaser at the last square, height of the chaser, psychology of defender. It is mostly used by chaser who is sitting 2<sup>nd</sup> square, some time active chaser who is coming from other square can apply this skill. This skill is mostly a pre planned tactical skill. It is a combination of mostly first seated chaser and second seated chaser. Attackers main intension is to force defender little put away from post. This skill is used as a tactical part of the game where defender is enforced to go on post where chaser try to put him out in a diagonal attack.. Attacker from second square goes towards first seated chaser to whom he drops Kho. Judgment kho skill can be used anywhere in court. But this skill usually performed in combination in between first and second seated chaser. After receiving Kho, attacker sitting on first square concentrate at defender and runs speedily to put him out. Here attacker pretends to run directly towards defender but gives kho to first seated chaser. Due to his faking action defender thinks that attacker is coming directly towards him. Defender will leave the post, runs opposite direction where first seated chaser try to put him out by running towards defender with diagonal attack. Judgment Kho skill is always used with diagonal attack skill.

**Delicate Judgment Kho (DJK):** Delicate Judgment kho (DJK) is a fake kho, which force the defender to take wrong judgment. Active chaser judge the movement of defender and drops kho at the nick of time with not using full force. The main intension is to disturb, confuse, panic defender on post and to take him not in diagonal attack to put him out but on post or after post turning. In this condition attacker directly hop at post where defender due to confuse mind get slower and attacker take advantage of it. Attacker either on post or after post turning try to put him out. Delicate Judgment kho is given to put out defender, to put pressure on defender and to confuse the defender. Delicate Judgment kho can be given when defender is well settled at the post, when defender is about settle at the post. The effectiveness of delicate judgment kho is depend upon faking ability, the attacker and seated chaser at the last square, height of the chaser, psychology of defender. Attacker who is giving Delicate judgment kho (DJK) should be very skilled. He has to use calculated force to just shake defender on post. Effect of his action should be only defender should fumble, little move and not totally run at side line due to result of

attackers action. It is a totally planned attack of first and second seated chasers. Difference in between judgment Kho and delicate judgment kho is, in judgment kho defender totally goes out towards side line due to confusion, and in delicate judgment kho(DJK) the main intension of attacker is to only disturb defender on post due to which first seated chaser (attacker) can hop at him towards post. Post Target of putting out defender is either on post or after post turning.

**Method:-**The participants in this study were 32 boys. In this efforts of introducing this tactical skill researcher made a two groups of 16 each (two teams) as subjects. No sampling method applied. All subjects were advance players. Prior to conduct matches between two teams all the subjects were taught, educated, coached many tactics of this game along with this 'Delicate Judgment kho (DJK)' tactical skill. But not informed them about a particular skill is being scored. It was done to get a pure result. All the matches were videotaped as they performed each of the match. Researcher kept three scorers to collect data of the tactical skill and asked to record data. Three observers were trained to qualitatively evaluate the aspects of Delicate Judgment kho (DJK).

**Compilation of Data:** In this study researchers themselves are experienced qualified coaches, On the basis of their vast experience they are introducing the said skill. The study is conducted at Sipna Ambadevi Krida Mandal, Chikhaldara The subjects were aged between 19-25. Every Sunday two matches played and total 24 matches organized in three months for the collection of data. Subjects were asked to use tactics along with all the Kho-Kho skill including tactical skill "Delicate Judgment kho (DJK)". In every match attackers tried this skill 08 to 12 times in a two turns. Three scorers collected score as data of every practice match. Players were asked to put in 100% efforts and concentrate to get points performing this tactical skill.

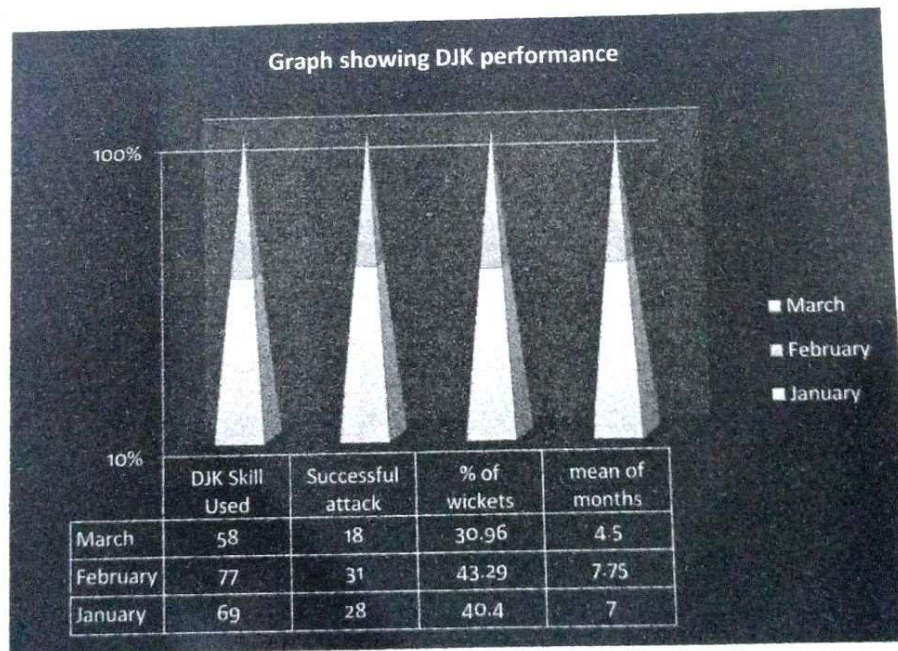


Picture: showing tactical skill Delicate Judgment Kho (DJK)

**Table:- Showing points scored by attacker using a tactical skill; Delicate Judgment kho (DJK)**

Month	January				February				March			
	(every Sunday two matches score is taken in this table)											
Sundays 1=4	1	2	3	4	1	2	3	4	1	2	3	4
DJK Skill used	20	18	15	16	24	19	22	12	12	1	17	14
Successful attack	07	08	07	06	08	09	10	04	04	04	06	04
Percentage of wickets	35	44	44	37	33	47	47	45	33	26	35	28
Mean of Month	07				07.75				04.5			
Mean of All Months	06.41 (points scored 06.41 for 2 match) per match 3.20											

Chart showing data collection, Total DJK, successful DJK attacks, % successful attacks



Graph showing Total DJK Attempt, successful DJK attacks, % of successful attacks  
**DJK skill** – Delicate Judgment kho; **S Attack** -Successful attack; **% wickets** -successful % of wickets

**Conclusion:-**The result of the study show that Significant improvement is seen, when used this tactical skill in the practice matches. To see the proper genuine result researcher experimented practically. Three months practice matches conducted of the Delicate Judgment kho (DJK)

tactical skill to see the outcome. After the study it was found that this skill is very useful to achieve the goal. After using this skill nearly 3.20 wickets attacking team is getting per match (3.60 per turn). That means out of many skills, if players are execute this tactical skill and getting such a nice result is good outcome as per statistics. Two seated chaser near post mostly uses this skill. Hence the finding of the study suggest coaches and players must work on this skill and use in the game practically. However, it must be noted that the researchers in this study had strong content, knowledge of Kho-kho game due their repeated exposure to this skill nice result is seen.

**Recommendation:**

- (01) Mostly used only when the defender seems very strong on post.
- (02) Have mastery over skill.
- (03) After proper application can get best result.
- (04) Mostly use it looking situation of the match.
- (05) Only experienced attackers recommended.

**References:**

- By Paras Nath, " Anusandhan Parichay "Laxminarayan Agrawal, Agara-3, 1973, Revised Edition 1995
- Varalikar Ramesh, Kho-Kho Spardha Sanyojan, Shri Datta More, Mumbai, 1993
- Kho-Kho Fedaration Of India, Kho-Kho Rules , Revised Edition, 2013
- Dr. Chakravarti Gouri, Kho-Kho Avalokan, Khel Sahitya Kendra, Delhi, 2002
- Internet access





Lok Shikshan Sanstha, Waroda's  
**LOKMANYA MAHAVIDYALAYA, WARORA**  
Dist. Chandrapur (Maharashtra)



Affiliated to  
Gondwana University, Gadchiroli (Maharashtra)



This is to certify that Dr./Mr./Mrs. Prashant G. Gawande of

Dir. of Phy. Edu. Sports, Arts, Sci & Comm College, Chikhaldara D. Amravati has attended One-Day National  
E-Seminar on "Effect of Corona Pandemic on Various Sports Sector's" organized by Department of Physical  
Education & Sports Lokmanya Mahavidyalaya, Warora, Dist. Chandrapur on 12 June 2021, Saturday.

He/She has presented a paper entitled Introduction of Tactical Attacking Skill in Kho-Kho:  
Delicate Judgment Kho (DJK) and published in an International Peer Reviewed and Refereed  
Journal, Scholarly Research Journal for Interdisciplinary Studies, Impact Factor (SJIF)-7.380, ISSN 2319-4766.

  
Prof. Uttam P. Deulkar  
Convener & Head, Dept. of Phy. Edu. & Sport  
Lokmanya Mahavidyalaya, Warora

  
Dr. Subodh Kumar Singh  
Principal & Chief Organizer  
Lokmanya Mahavidyalaya, Warora

# CERTIFICATE

OF PARTICIPATION

Dr. Prashant G. Goswade .

Has successfully contributed and published a paper entitled here with

*Introduction of Tactical attacking skill in Klu-Klu :  
Delicate Judgement klu (DSK).*

In an

International Peer Reviewed & Refereed

**SCHOLARLY RESEARCH JOURNAL FOR  
INTERDISCIPLINARY STUDIES**



Dr. Yashpal D. Netragaonkar  
Editor in Chief for S R Journals

ISSN 2319-4766 SJIF 2021 : 7.380



April-June, 2021 Volume 10, Issue 54