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16	A Comparative Study of Stress and Anxiety of Female Players of various Games Dr. Kavita N. Watane	68
17	Effects of Conditioning Exercise and Training on Heart and Circulatory System Dr. Mohan D. Kadwe/ Mr. Apurba Pal	72
18	Comparative Study On: Level Of Indian National Game Hockey Vs. International Game Cricket In India Dr. Parveen Kumar/ Dr. Amit K. Tembhurne	73
19	Effect Of Static Stretching Exercise On Flexibility Of Volleyball Players Dr. Prakash M. Chopade	77
20	Introduction Of Tactical Attacking Skill In Kho-Kho: Dummy Third Chase Dr. Prashant Govindrao Gawande / Dr. Ajay S. Bonde	80
21	Body Mass Index of Yogic Practitioners and Dynamic Exercises Practitioners Dr. Pravin C. Dabre	84
22	Study Of Anxiety Level Of Handball Players At Different Playing Position Mrs. Shital S. Raut	87
23	A comparative study of muscular power and muscular strength among kabaddi and wrestling players. Dr. Sabhaji Bhonsale	90
24	A Study of Diurnal Variation of Agility of Kabaddi Players Dr. Shashank G. Nikam	91
25	Management Of Health In Sports Person Through Yoga In Modern Era Dr. Shyam Kumar Charde	95
26	A Comparative Study of Level of Adjustment of various Athletes of Amravati Dr. Subhash P. Gawande	96
27	A Critical Study of Emotional Competence of Physical Education Lecturers of Vidarbha Tejsiha L. Jagdale	99
28	A Comparative Study Of Joint And Muscular Injuries Among Football And Handball Players. Sudhir G. Sahare	103
29	A Study on the speed test of Army and Maharashtra Police in Nagpur Dr.Surendra R. Tiwari	106
30	Women centric sports and Revolution -A vision Dr.Vijay Dhote	110
31	The Effect of Yoga on Mental Health and Subjective Well-being of Inter-Collegiate Sport Players. Dr. Ganacharya V.N.	113
32	Importance of Sports Nutrition Dr.Sanjay R.Choudhary/Dr. Afsana K.Sheikh	118
33	A Comparative Study on Biorhythmic Variation in Physical Fitness Variables of School Going Children Dr. Vijay B. Datarkar	121
34	Comparative study of Speed and Endurance of high school boys of Nagbhid and Bramhapuri Taluka. Vilas M. Wankhede	125
35	A Comparative Study of Personality Patterns of Post- Graduate Students of Physical Education Dr.Vishakha A.Joshi	127
36	Assessment Of Selected Psychological Traits Of Senior National Men Wrestling Players Dr.Pravin Gopalrao Patil	130



Introduction Of Tactical Attacking Skill In Kho-Kho: Dummy Third Chase

Dr. Prashant Govindrao Gawande

Director of Physical Education and Sports, Arts, Science and Commerce
College, Chikhaldara, District- Amravati

Dr. Ajay S. Bonde

Bori Arab , Darwha, Yawatmal

Abstract:

Kho-Kho is majorly popular in Maharashtra & played every where in India. Kho-Kho game has reached up to international level after tremendous efforts made by Kho-Kho federation of India. This is good sign for the bright future of Kho-Kho players & game. Kho-Kho is one of the highest participated sports amongst school and colleges in India. Over the years slowly game reached at various neighboring countries viz Thailand, Maldives, Bhutan, India, Bangladesh, Nepal and Pakistan are playing kho-Kho . Kho-Kho is having nearly hundred years of history.

Since long Kho-Kho game adapt, renew and develop through creative and novel ideas. The various strategies for innovation applied by Kho-Kho coaches & fraternity hold the potential to radically change how we play, view and organize Kho-Kho. In other words, through tactics, strategy, strategic management and innovation Kho-Kho is shaped and improved. To date, limited scholarly attention has been given to tactics strategy, strategic management, and innovation in Kho-Kho. Innovations in skills, tactics are crucial for improvement of Kho-Kho players performance. Furthermore, current research indicates that sports innovation can be a valuable tool to combat demanding challenges in modern Kho-Kho game. Therefore, innovation and strategic management needs specific attention within the Kho-Kho sport. Knowledge about the game is not enough to win the tournament. Physical force is just half of the basic need that a game demands; another half of the efforts is the tactics required to use your physical force efficiently. So let's discuss about some necessary tactical skill that you need. The present paper attempts to provide more insight in the current body of research on Kho-Kho sport innovation. Finally some recommendations for coaches in this field is formulated. Researcher himself is NIS, Kho-Kho/Kabaddi coach and having 38 years of vast experience in the Kho-Kho field. He has gone through literature of the game, reviewed books written on Kho-Kho. In this study researcher want to introduce tactical skill which was never talked, found & written in the literature. Through this conference efforts are being made to introduce and name the tactical skill.

Key words: Dummy Third chase, Tactical Skill

Introduction:

India is famously known for its rich culture, heritage and forms of art. Yet there are a few notable sports and games which are believed to have originated from the state of India. Kho-Kho is our traditional non expenditure highest participated sports amongst school, colleges in India, majorly popular in Maharashtra, now it is played in indoor & reached up to international level. Over the years slowly Kho-Kho reached at various neighboring countries viz. Bhutan, Bangladesh, Pakistan, India, Thailand, Maldives, England, Shrilanka and Nepal due to efforts of KKFI.

Kho-Kho is having nearly hundred years of history. Rule book was published in 1934 at Akola. Kho-Kho team from HVPFM, Amravati demonstrated this game in Berlin Olympics in the year 1936. The first national championship was held in Vijaywada during the 1959-60. Year 1977-78 one year NIS Diploma course in Kho-Kho started at Patiala which produces qualified coaches throughout



India. The game was demonstrated during the south Asian Games in Kolkata in 1987. It is being played most often by school, college, university & association as a competitive game. People from all walks of life, love to play this game. First Asian Kho-Kho championship held at Calcutta in 1996 at Kalkuta, India. Second Asian championship held at Dhaka in 2000, Bangladesh and third championship held at Indore, M.P. India, in 2016. India were winner and the Bangladesh was runner up in all the competitions. In SAF game held at Guhati in the year 2016 and next SAF game held at Kathmandu in the year 2019, India were winner and Bangladesh was runner up team. In the test series against Nepal, India were again winner and Nepal was runner up in the series. Competitions conducted against local England Kho-Kho team in the year 2018 held at England in which again India won.

An inning consist of chasing and defending turns which shall be in senior and junior groups 9 minutes and of 7 minutes in sub-junior group. Kho-Kho team consists of 12 players. 9 players will take the field in the beginning of the match for their turn of chasing. Three players will remain as extras while chasing as well as while defending turns. Total timing of the game with rest time is 48 minutes in senior and 38 minutes in sub junior group.

While working in Kho-Kho field since long, researcher himself produced lots of Kho-Kho color coat players. Many Kho-Kho inter collegiate and Vidarbha state tournaments won. Organized many Kho-Kho coaching camps. While coaching he came across almost all the techniques and skills used. Tactics is very important part of Kho-Kho game. Tactics along with skills plays a vital role. Tactical skills are the decisions and actions of players and performers used to get advantage in the game or competition e.g. serving to an opponent's weak side, dummy pass in rugby. Often tactics have to be adapted quickly in response to a changing competitive environment. The whole game of Kho-Kho can be changed in couple of minutes with the help of few good tactical skills.

In Kho-Kho, there are many advance defensive and attacking skills. Strategy and tactics are also important part of the game. Kho-Kho fraternity also knows about it. Even coaches used all those while training and in the competitions. Several skills, techniques one must find in books too. Through this research paper, the efforts are being made by researcher to bring this tactical skill before Kho-Kho fraternity, the skill which is used in kho-kho but not discussed anywhere, even in books. After introduction of this tactical skill, players could use it in their ground performance.

Third Chase: This attacking skill is mostly known by Kho-Kho coaches, players and fraternity. "Third chase" is advance attacking skill in Kho-Kho game. It is always used by chaser who is sitting on Third square (or Sixth square). Attacker sitting on 3rd/6th square, after receiving Kho, attacker runs speedily, without dropping kho on 2nd chaser, go directly towards defender who is heading towards pole. Defender tries to enter opposite side through in between Pole and First seated chaser. Where attacker stretches his hand as much as possible and try to touch the back of Defender to put him out by following all the rules. Attacker must try not to fall down on pole due to his bending position and his extra stretch. Attacker should take care for not crossing or touching the central lane. Proper getting up after receiving Kho from third square is also very important. In this skill attacker must be extraordinary.

Introduction of Dummy Third Chase: Due to full die heart effort by attacker, at the time of stretching hand towards back of defender to put him out, chances of falling down on pole is more also of foul. Because defender has to bend latterly in a dynamic position in a full speed he has to perform Third chase skill. Also, when attacker knows that defender is good, chances are less to put him out by using third chase. So merely pretending to go for third chase, attacker not stretching his hand in full force in order to get faultless pole turning. And try to put out defender after pole turning intentionally. The main logic behind using this tactical skill is to try not to commit any foul, avoid falling down on pole, and to save the time, to trap the defender not before pole turning but after pole turning. Through



this research paper researcher is trying to introduce this Dummy Third chase tactical skill for the players and coaches to apply.

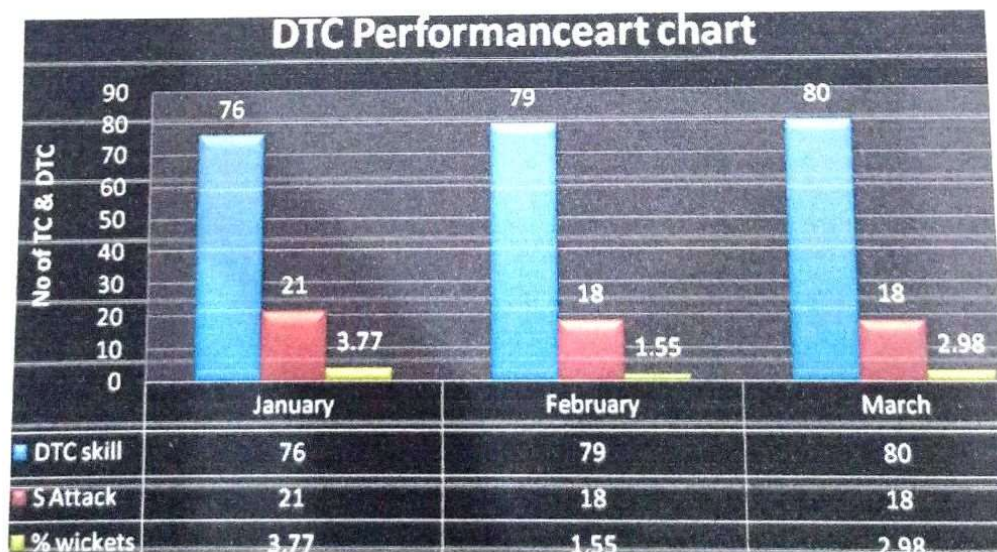
Method: In this efforts of introducing this skill researcher made a four groups (four teams) as subjects. No sampling method applied. All subjects were advance players. Prior to conduct matches amongst teams all the subjects were taught, educated, coached many tactics of this game along with this dummy third chase skill. But not told them about the research topic. Subjects were not made aware about a particular skill is being judged to get a proper result. Researcher kept three judges to judge the Dummy third chase the Tactical skill and asked to record data.

Compilation of Data: The study is conducted at sports club Paratwada. Every Sunday two matches played and total 24 matches conducted in three months for the collection of data. Subjects were told to use tactics along with all the kho-Kho skill including dummy Third chase. Every match 08 to 12 times in a two turns, attackers used this skill. Two judges collected data of every practice match. Players were told to put in 100% efforts and concentrate to get points using tactics.

Table:- Showing points scored by attacker using a tactical skill; Dummy third chase

Month	December				January				February			
	per Sunday				2 matches				for three months			
Sundays 1=4	1	2	3	4	1	2	3	4	1	2	3	4
DTC Skill used	22	20	13	21	15	24	19	21	12	20	25	23
Successful attack	06	04	05	06	03	05	06	04	04	04	07	03
Percentage of wickets	3.6	5	2.6	3.5	5	4.8	3.16	5.25	3	5	3.57	7.66
Mean of Month	3.77				1.55				2.98			
Mean of All Months	2.76 (points scored 1.38 per match)											

Graph showing data collection, Total DTC, successful DTC attacks, % successful attacks



DTC skill -Dummy Third chase; S Attack -Successful attack; % wickets -successful % of wickets

Conclusion:-

In this study researcher himself is experienced qualified coach. On the basis of his vast experience he has invented, introduced the said skill. To see the proper result he has experimented practically. Three months practice matches conducted to see the out come of the DTC tactical skill. After the study it was found that this skill is very useful to achieve the goal. After using this skill nearly 1.38 wickets attacking team is getting per match. That means out of many skills, if players are using this skill and getting such result is a nice result as per statistics. This skill is used when attacker is sure of not to getting succeeded of third chase so recommend to use this skill.

Recommendation:

- (01) This tactical skill is used only when the defender seems very strong in his center lane entry, generally entry is of two types for defender, u and L shape.
- (02) In this tactical skill defender is enforced to unsettle and could not able to use both entries. Due to hurried run defender get imbalance to go other side with little shaky movement due to fast attack and force to go in ring game towards post line.
- (03) Dummy Third chase tactical skill is applied only when attacker knows that defender is so strong that he is unable to put him out with third chase skill.
- (04) Attacker by applying very fast attack but keeping it dummy, not stretching his full hand, only taking little stretch to avoid foul and to take proper speedy pole turning, which forces defender to push in the ring game there by after pole turning attacker get chance to put him out. Defender is little fumble, get imbalance due to speedy entry.
- (05) In order to avoid foul, falling on pole and for unsuccessful attack which consume time, this tactical skill is used.
- (06) The same study can be carried on other states and university.
- (07) The findings of the study may serve as a reference material for the future studies.

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 OF PARTICIPATION

This Certificate has been awarded to
Dr. Prashant Govindrao Gawande

For his/her active participation as a **Participant** in this
 International Conference conducted on dated **26-27 March**

He/She has Published/Presented paper on

Topic Introduction of Tactical Attacking Skills
Kho-Kho Dummy Third Chase

Dr. D. C. Chaudhade
 Secretary

Dr. A. P. ...

Prin. Dr. V. W. I

