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SDMB COLLEGE SHEGAON & SKK COLLEGE JALGAON JAMOD

**INTRODUCTION OF TACTICAL ATTACKING SKILL IN KHO-KHO: SHOOT
BEFORE LANDING (SBL)**

ABSTRACT

Since long Kho-Kho game developed through creative and novel ideas. In other words, through tactics, and innovation Kho-Kho is improved. The various strategies for innovation applied by Kho-Kho coaches. They hold the potential to radically change how we play and organize Kho-Kho. 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 of Kho-Kho. Tactics are the skills required in any game that allows a player or team to effectively use their skills 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. The present paper attempts to provide more insight in Kho-Kho sport innovation. Researcher's themselves are National Kho-Kho players, NIS coach and having 35 years of vast experience in the field. They have gone through literature on Kho-Kho where they have not found the skill which was never discussed, written in the literature & talked. The purpose of this study was to introduce the tactical skill Shoot before landing (SBL). To achieve the purpose of the study selected 30 Kho-Kho players from Sipna Ambadevi Krida Mandal, Chikhaldara, The subjects were aged between 18-26. The tactical skill which is being introduced, named was might never found in the Kho-Kho literature.

KEY WORDS: Shoot before landing (SBL), Tactical Skill

Introduction: Sports is an activity people take up during their free time usually for fun, entertainment, amusement or recreation. Yet there are a few notable sports and games 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 quick and brisk movements, very high grade of nerve reflexes and tremendous stamina which are characteristic of a supreme athlete. The game requires all motor qualities like speed, endurance, flexibility, agility, strength and neuromuscular coordination.

This sport appeared long ago 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 present appearance of the game was an adoption about the

time of world war I in 1914. Kho-Kho Rule book was published in 1934 at Akola. 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. NIS Diploma course (one year) started 1977-78 at Patiala which produces coaches throughout India (Asia). The game was demonstrated in south Asian Games in 1987 at Kolkata. It is being played by school, college, university & association as a competitive game. People love to play Kho-Kho. 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. India were winner and the Bangladesh was runner up in all the competitions. In the year 2016 SAF game held at Guhati and next held at Kathmandu in the year 2019. 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. Total timing of the game with rest time is 48 minutes in senior and 38 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. The runner or the chaser is decided by toss. The side that scores more wins a match. When a defender is out, he should enter the sitting box from the lobby. The position of the players sitting is dynamic; one will never find the same sequence of players sitting in the same order as when the game starts.

Researchers themselves are national color coat players, and worked as coaches who have produced lots of Kho-Kho color coat players, won inter-collegiate and Vidarbha state tournaments under their able coaching. Many Kho-Kho coaching camps organized by them at grass root level. While coaching they used various Tactical skills which are actions of players used to get advantage in the game or competition. Often tactics have to be adapted quickly in response to a changing competitive environment. 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 anywhere, even in books. After introduction of this tactical skill, players will get clear idea to use it in Kho-Kho game. To know "shoot before landing", "advance Kho", "counter action for chain game" tactical skill is need to be explained before as it is used with SBL.

Advance Kho (Counter action for chain game):- Various attacking skills are mostly used by Kho-Kho coaches and players in their training and competitions. "Advance Kho", counter action for chain game also one of them in Kho- Kho game. It is always used by chaser who is sitting any square but not dropping Kho to the nearest chaser. That means he is giving advance Kho by excluding dropping kho to his very next seated chaser, his main intension is to push defender in a ring game. This skill is used as a tactical part of the game where defender is enforced to go in a ring game. This skill can be used anywhere in the court. Mostly this skill is used near the pole. Attacker from fourth square goes towards seated chaser who is sitting at first square to whom he drops Kho where defender forced to takes himself out side from chain game and goes outside for ring game. This skill

usually performed in combination with among four seated chaser. After receiving Kho, attacker sitting on 4th square, runs speedily, without dropping kho on 3rd seated chaser, goes directly towards defender who is heading towards first seated chaser. Defender tries hurriedly to enter opposite side through in between first seated chaser and second seated chaser for ring game. Where attacker without wastage of time stretches his attack near the defender as fast as possible and try to touch the back side of Defender to put him out by following all the rules. Due to fastest advance Kho defender can't play front ring which is safe for him, but compelled to go on back ring where he has to take little jump to get proper angle to dodge the attacker. This skill is mostly also used near post where three seated chasers 3rd, 2nd, 1st gives continuous fast kho where defender not getting time to settle at post and on post line he is forced to go on back ring. He has to jump up for surface support to get proper angle to dodge.

Shoot Before Landing: At the time of stretching hand towards back of first seated chaser to give kho, defender forced to go on back ring game due to full die heart effort by attacker. To Control speed defender has to jump on spot to take proper angle to dodge the attacker. In sudden advance Kho the chaser gives immediate Kho to team mate, first seated chaser making it hard for runner to avoid getting caught. Here in this skill defender must be compelled to go out of chain game, forced to jump and must play back ring game. To get proper angle to take turning or dodging the defender must jump to survive. In this skill to trap defender before landing from Jump by attacker is the main focus. In this skill defender is compelled to jump, that means he has to go up and come down on surface. Time needed to Go up and come down that is very important in this tactical skill. First seated chaser must concentrate movement of defender and his jumping. Defender has to come on surface exactly that time attacker should shoot fast to put out defender before his landing. In this process chaser pounces on active runner to touch him out. Here mostly attacker can use diving skill to reach towards defender. This skill is combined with advance kho skill(counter action for chain game). All four seated chasers near post pre planned this skill to controlled on foul and execute SBL.

Method:-In this efforts of introducing this tactical skill researcher made a two groups of 15 (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 'Shoot before landing' tactical skill. But not

informed them about a particular skill is being scored. It was done to get a pure result. Researcher kept three scorers to collect data of the tactical skill and asked to record data.

Compilation of Data: The study is conducted at Sipna Ambadevi Krida Mandal, Chikhaldara, who did not participate in any training program. The subjects were aged between 18-26. 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 "Shoot before landing". In every match attackers tried this skill 07 to 10 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



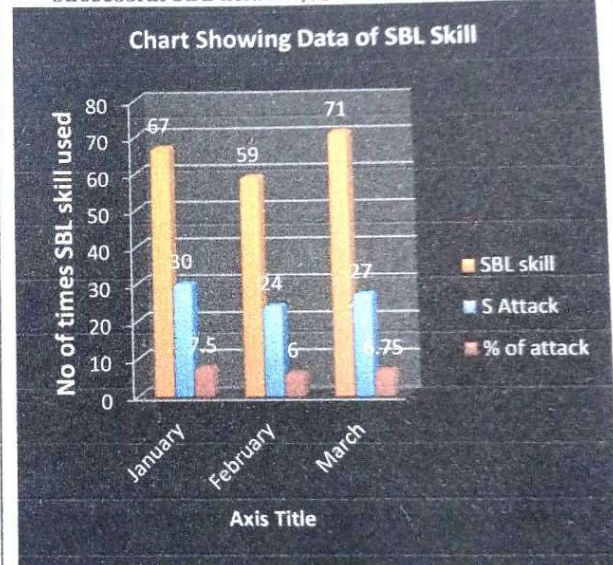
(01) Picture showing SBL attack after (02) Picture showing 4-1 combination Post turning & SBL

Table:- Showing points scored by attacker using a tactical skill; Shoot before landing

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
SBL Skill used	18	19	14	16	1	18	17	12	17	1	21	15

Successfull attacks	06	09	07	04	07	08	05	03	09	06	
Percentage of wickets	31 5 7	64 2 8	44 7 5	3 3 3	38 8 5	47 0 5	41 66 4	17 6 4	5 0 5	42 8 5	4 0
Mean of Month	07.5			06			06.75				
Mean of All Months	06.75 (points scored 06.75 for 2 match) per match 1.68										

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



Graph showing Total SBL Attempt, successful SBL attacks, % of successful attacks

SBL skill -Shoot before landing; **S Attack** -Successful attack; **% wickets** -successful % of wickets

Conclusion:-

In this study researcher themselves are experienced qualified coaches, On the basis of their vast experiences they are introducing the said skill. To see the proper genuine result they had experimented practically. Three months practice matches conducted of the SBL (Shoot before landing) 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 1.68 wickets attacking team is getting per match. That means out of many skills, if players are using this tactical skill and getting such result is a nice result as per statistics. This skill is used mostly when 4 seated chaser near post plans, also three seated chaser near post mostly uses this skill hence coaches

and players must work on this skill and use in the game.

Recommendation:

- a. This tactical skill is used only when the defender seems very strong in chain game, so to break his chain game attacker forced to take him in ring game where defender could not able to go for front ring and goes for back ring due to speed.
- b. Due to hurried run defender forced to go on back ring, where he has to jump to get stability on surface and to avoid wrong angle. At the same time before defenders landing on surface attacker must try to shoot him.
- c. Only very strong experienced attackers after proper application can get best result of this tactical skill.

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CERTIFICATE

This is to certify that, **Dr. Prashant Govindrao Gawande of Arts science and commerce college, Chikhaldara, Dist. Amravati** actively participated in the two days National E-Conference on “The Epidemic Challenges and Future Perspective of the Physical Fitness, Yogic Practices and Competitive Sports” held on **14th- 15th April 2021.**



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