



Research Article

Defenders entry through free zone in kho-kho: A practical approach

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ABSTRACT

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 chasing and touching a person originating in Maharashtra. The kho-kho is the most popular and most attended spectacular game in India. It is not merely a game; it is part of one’s life. The game of kho-kho is a very vigorous and strenuous one; this needs physical fitness of all the players. Coordination makes the difference between good performance and poor performance. The efficiency of skill patterns depends on the inter relation of speed, balance, and muscle movements into as well coordinated pattern. Kho-kho game still required lots of efforts to make it more spectacular and attractive. It is even though has hundred years of history, required more improvement in regard with rules, regulations of the game. Hence the researcher is intended to undertake this study, so the topic is under taken scientifically to see the outcome of the study. Study was delimited to only 36 kho-kho players of inter-collegiate, inter-university, and national level were selected. The age was considered 18–25 years. The study was delimited to the male students only. Limitations of experience and training background were not considered, no specific motivational devices were adopted to motivate or discourage the subjects during the experimentation, environmental factors and diet of the subjects were not under control of researcher. All the players used for the purpose of practice matches. Playing court was used at Tuljai Bhawani Krida Mandal, and Paratwada. Clay court is used for the study. Study was based on scorer score and their observation to see difference in performance in the practice matches. The study has practical approach.

Keyword: Clay court, Entry zone, Kho-Kho matches

INTRODUCTION

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 chasing and touching a person, originating in Maharashtra. 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 being one of those has always been at the heart of rural India. People from all walks of life; love to play this game though it is nothing but a highly modified version of “Run Chase.”

Sports have now becomes an integral part of education process and social activities, millions of sports fans participate in sports for the fun adventure, health, physical fitness, and financial

benefits linked with a high degree of popularity. Sports are as old as human society and it has achieved a universal following in the modern times. Kho-kho is contact sports in which there have been a greatly increased interest and enthusiasm in recent years. A kho-kho player should have good physique and explosive strength in body segment is a requirement for kho-kho player. Physical and motor traits play a key role in contributing to hoping ability of the player. The game of kho-kho is a very vigorous and strenuous one; this needs physical fitness of all the players. It is a team game and required a good deal of understanding among all the players in the team. It is the most popular and most attended spectacular game in India. It is part of one’s life; it is not merely a game. If the individual will be good in skills and tactics of the game, naturally the team will be put-up the good show of a total performance. Game needs little more developments to make it more spectacular. Hence, the researcher is intended to.

Under take this study. Study was delimited to only 36 kho-kho players of inter-collegiate, inter-university, and national level were selected. The age was considered 18–25 years. The study was delimited to the male students only. Limitations of experience and training background were not considered, no specific motivational devices were adopted to motivate or discourage the subjects during the experimentation, environmental factors and diet of the subjects were not under control of researcher. All the players used for the purpose of practice matches. Playing court was used at Tuljai Bhawani Krida Mandal, and Paratwada. Clay court is used for the study. Study was based on score made by attackers and scorer observation to see difference in performance in the practice matches. The study has practical approach.

PURPOSE OF THE STUDY

The main purpose of the study was to find out the difference in between old pattern and research topic of shifting defenders entry zone of kho-kho players.

Significance of the Study

1. This study would help the players in achieving their high performance at the time of competition
2. The result of this study would provide a guideline to the authority to see the changes and take positives
3. Officials can perform their duties freely without the trouble of runners batches.

Hypothesis

Researcher hypothesized that there would be significant difference in between old pattern and research topic of shifting defenders entry zone in kho-kho game.

METHODOLOGY

For the study, the sources of data were from the 36 kho-kho players of inter-collegiate, inter-university, and national level were selected and kho-kho court was used of Tuljai Bhawani Krida Mandal, and Paratwada. Clay court is used for the study. The age was considered 18–25 years. Study was delimited to only 36 kho-kho players of inter-collegiate, inter-university, and national level were selected. The study was delimited to the male students only. Limitations of experience and training background were not considered, no specific motivational devices were adopted to motivate or discourage the subjects during the experimentation, environmental factors and diet of the subjects were not under control of researcher. All the players used for the purpose of practice matches. Study was based on observation to see difference in performance in the practice matches. The study has practical approach. Place of “Entry zone” changed to see the advantages of it. Entry zone was changed from old place to new place which is in the free

zone. At one corner runners sitting positions, already made and at other corner new entry zone was tried. Every Sunday, four matches conducted for 1 month. Total 16 practice matches organized. The data were collected by conducting the aforesaid practice matches. Score was recorded. Before collection of data, the research scholar explained the purpose of the study to the subjects so that they could put their best efforts. All the collected data were arranged systematically in the table for further statistical calculations. Three kho-kho expert judges were kept to observe the changes made but not utilized for analysis. Scorers recorded the score of matches played with old rules and matches played with changed rules, were considered as data.

Analysis of Data

To find out the mean difference between the old rules of entry zone in kho-kho and changes made, score was considered and calculated accordingly.

Table 1: Score of chasing side of two matches every Sunday of old entry zone

Old Entry zone	SUN-1	SUN-2	SUN-3	SUN-04
A-team	35	32	28	25
B-team	29	30	31	27

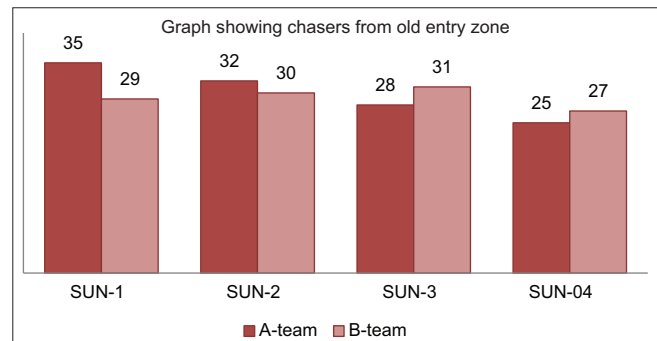
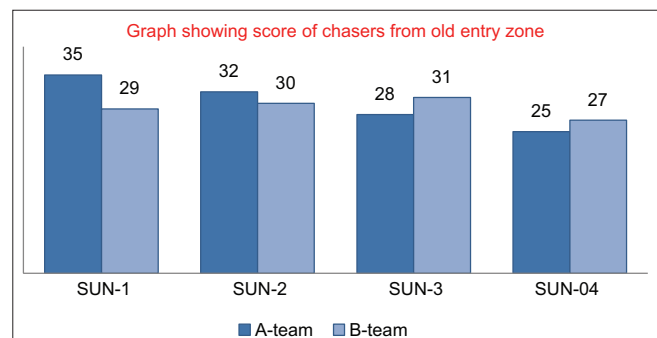


Table 2: Score of chasing side of two matches every Sunday of new entry zone

New entry zone	SUN-1	SUN-2	SUN-3	SUN-04
A-team	36	33	24	27
B-team	29	32	30	26



DISCUSSION OF HYPOTHESIS

Hypothesis made in the beginning of the study, it was, there might not be significant difference in performance of players from old entry zone and new entry zone, so the hypothesis stated earlier is partially accepted.

CONCLUSION

After statistical analysis, there is no much more difference in the score of old and new defender entry zone. In the beginning defenders should have to understand the changes, so at the beginning in the few matches they were panic among defenders. The change researcher has tried is good to consider for the development of kho-kho game. Before, there was a difficulty to officials to perform their duties in the lobby where defender entry zone is given. Here in the changes given,

there might be little bit trouble to sitting runners to observe the match. However, it will give complete relief to officials working in lobbies. Furthermore, specters can watch the match without any obstruction.

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