



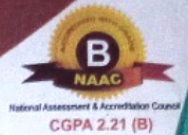
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In Collaboration With

Smt Nankibai Wadhvani Kala Mahavidyalaya

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of Arts - Science College, Chikhaldurga has actively participated in the two
days International Conference organized by Mahajan College of Technology Collaboration with
Smt. Nankibai Wadhvani Kala Mahavidyalaya, Yavatmal on "**Recent Trends in commerce and
Humanities**" He/She has presented / published a paper on "IMPORTANCE OF VARYING SPEED
OF DROPPING KHO BY ATTACKER IN KHO-KHO GAME"

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Importance Of Varying Speed Of Dropping Kho By Attacker In Kho-Kho Game

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Key words : Kho-Kho, , Varying speed of Dropping Kho, Attacker

Introduction :-

Kabaddi, Atya-patya, Kho-Kho games are purely indigenous games. The birth of Kho-Kho game is in Maharashtra and this game got developed in Maharashtra. This game included in School and university games since long. This game is played by some of the Asian countries and recently it has been included in Asian games.

A Kho-Kho team consist of 12 players. 9 players will take the field in the beginning of the match for their turn of chasing. An inning will consist of chasing and defending turns which shall be of 9/7 minutes in Sr., Jr., and for sub Jr. groups. Controlled sprinting, dodging, Diving, Post diving, Taping, Covering, Post turning are a few skills exhibited during the game by attacker. The most important technique in Kho-Kho game is dropping Kho by attacker. As it is the backbone technique of the game, utmost importance should be given to this technique by kho-kho coaches, players in coaching point of view. One should use dropping kho technique wisely while chasing. Varying speed of dropping kho technique is very very important.

History :-

In the year 1936, during Berlin Olympics Kho-Kho team from Pune demonstrate this game, which was highly appreciated. 1943-44 Kho-Kho federation of India formed. In the year 1949 Hanuman Vyayam Prasarak Mandal, Amravati demonstrated this game at Sweden and Denmark. In the year 1977-78 NIS Diploma courses in Kho-Kho started for producing coaches at Patiala. Asian Kho-Kho Federation was established in the year 1987. Asian Kho-Kho championship held at Kolkata, India in 1996. 2nd Asian Kho-Kho championship was held in Bangladesh in the year 2000 at Mirpur, Dhaka.

Method :-

During the Attack in Kho-Kho the speed of dropping Kho in the chasing turn is counted for whole turn in Minutes/sec. the number of dropped kho is consider as a data. Continuous speedy dropped kho time is noted. And the number of defenders put out in that situation is seen or noted. Then in next turn attackers are told to use technique of dropping kho slow, taking pause. And fast, speedily that means amalgamation of both speedy and slow rate. Data is recorded this time too.

Result: -

It is found that second technique i.e. slow and fast dropping kho, is given nice result than first one. More defenders were put out by attackers in slow and fast rate dropped kho technique. **Conclusion :-**

Probably because defenders speed, motion are obstructed and defender needs more strength to take a speed due to which defenders gets tired little early and bound to get put out. So it is concluded that slow and speedy dropping kho technique by attackers must be used.

Recommendations :-

- (01) This study can be done for any age group.
- (02) This study can be done for male and female group.
- (03) This study should be avoided for beginners.
- (04) This study mostly can be useful for advance players.
- (05) Dropping kho technique by players should be properly learnt.

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