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Vital Role of Psychology to Extract Quality Performance from Players in Kho-Kho Game

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Abstract

Kho- Kho an ancient game of India. While working in the Kho-Kho field it is notice that many psychological things are very important. Psychological tips are significant to get extraordinary result. Study of body posture, rules and regulations, official's way of working etc can be applied to extract quality performances of the kho-kho players.

Key Words: Kho-Kho, psychological tips, performance

Introduction: Kho- Kho an ancient game of India played in every part of India. Controlled sprinting , dodging , diving , post dive, taping , covering , post turning are a few skills exhibited during the game. The game can be played on any surface. While performing psychological tips are important to get extraordinary result.

Review: Relationship of anthropometric measurements, physiological variables and physical fitness with the performance of collegiate Kho-Kho players is studied.

History of the game: At the very beginning Baroda hind Vijay Gymkhana, Akhil Maharashtra Sharirik Mandal, Hanuman Vyayam Prasarak Mandal, Kho-Kho federation of India took efforts to promote this game and framing rules and regulation step by step, and demonstrate this game outside the country.

Method:

Sports, wear, sports kit, body posture, regular practices, knowledge of the rules and regulations, study of the officials way of working, venue, spectators, opponent study,

body language, advantage of lie appeal, skill, techniques, tactic and strategies, these are some important points can make strong impact on opponent psychologically, so these methods can be applied to extract quality performances of the kho-kho players.

Result:

Kho-Kho coaches and fraternity learn the above important points through their experience on field and accordingly use the above methodology which can extract good performance from the players.

Discussion : While working in the Kho-Kho field it is notice that many psychological things are very very important in the game Kho-Kho which should be properly discussed among coaches ,sports fraternity and players so that improvement in the knowledge will take place.

Recommendation: Along with high level physical fitness and practice Kho-Kho game, emphasis on the above methodology is very important and also it is recommended for using practically on Kho-kho field.

Conclusion: It is observed that in the region or any part of India Kho-Kho game is played. Many players practicing regularly and taking part in University, school, National and Inter-National level, more lacking part is no qualified coaches are

working, that is why the above points are neglected in the field. So it is important that these points are made known to the players and used so that there will be drastic change in the performance of Kho-Kho players.

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