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A Study Of Adaptation Of Various Games Practice To Develop Skills 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 physical fitness components are very important in games like Atya-Patya, Langadi and Dodge ball for the improvement of kho-kho performance. The researcher himself is a kho-kho coach and working as a Director of physical education in a academic college since last 20 years. Also running two sports academies. Kho-Kho an ancient game of India played in every part of India. Controlled sprinting, dodging, diving, post dive, tapping, covering, post turning are a few attacking and defensive skills exhibited during the game. While performing some of the physical fitness abilities are important to get extraordinary result. In this study researcher has made two groups of 12 players each. Regularly one group has given practice of various games like Atya-patya, Langadi and Dodge ball along with kho-kho practice. And one group has given only Kho-kho practice regularly till 6 months to the subjects. Data were collected from both groups and calculated.

Keywords: Kho-Kho, Adoption of various games, skills, performance.

Introduction
The researcher himself is a kho-kho coach and working as a Director of physical education in a academic college since last 20 years. Also running two sports academies. Kho-Kho an ancient game of India played in every part of India. Controlled sprinting, dodging, diving, post dive, tapping, covering, post turning are a few attacking and defensive skills exhibited during the game. The game can be played on any surface. While performing some of the physical fitness abilities 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: Kho-Kho game originated in India. In India it is very popular rural game. At the very beginning Baroda hind Vijay Jimkhana, Akhli Maharashtra SharirikMandal, Hanuman VyayamMandakMandal, Kho-Kho federation of India took efforts to promote this game and framing rules and regulation step by step, and demonstrate this game out side the country. It is usually played on clay surface, but now day's synthetic mats are also used to increase its pace.

Rules and Regulations

- The running or chasing side is decided by the toss
- A team consist of 9 playing members play against each other alternately in four turns or quarters of 9 min each.
- Chaser teams takes a sitting positions in the cross lane with opposite back in 8 squares and one player stands near the pole
- Runner teams sends players for running, while other runners will wait for their turn in entry zone area
- Chaser team attempts to catch the running players while passing on kho from one player to another
- The points are awarded by the legal touch of chaser player to the running player

Method
In this study researcher has made two groups of 12 players each. Regularly one group has given practice of various games like Atya-patya, Langadi and Dodge ball along with kho-kho practice. And one group has given only Kho-kho practice regularly till 6 months to the subjects. Prior to give training to the players attacking and defense performance data had taken from the both groups, after every 2 months performance of the subjects of two groups taken as a data for this study.

Result
Data were collected from both groups and calculated. The group which had given mere Kho-Kho practice or training has not seen significant improvement in their performance. The group which had practiced Atya-patya, Langadi and Dodge ball along with Kho-Kho game, had shown tremendous improvement in their performance and various skills.

Discussion
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. While working in the Kho-Kho field it is notice that many physical abilities are very very important in the game Kho-Kho

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