

LESSON - 2

KHO KHO

The following skills will be learnt in this lesson:

- Chasing skills
- Dodging skills

The game of Kho - Kho as Kabaddi is an indigenous game. This game was founded in India. This game develops physical abilities like speed, alertness, strength endurance and has unique skills of its own.

Skills in the game of Kho Kho : There are 2 main types of skills in kho-kho they are:-

* **Chasing skills** * **Dodging skills**

Chaser - One who is part of the chasing team.

Active Chaser - One who is actively chasing.

Dodger - Player who tries to dodge himself from the chaser to avoid getting out.

Chasing Skills :-

a) **Sitting in the box :-** Types of sitting in the box

1) Parallel toe Method: In this method the chaser sits in his box keeping both his feet parallel and in line with each other. In this method the Chaser sits in the centre of the box on his toes. The chaser keeps both his hands outside the center line out of the box without folding his arms. The thumbs should



fig. 2.1 Parallel toe Mathod

be facing inwards and other fingers facing the outward direction. The body is slightly bent forward and the whole body weight is equally distributed on the fingers of toes. The chaser uses this skill when the dodger uses the chain skill.



fig. 2.2 Bullet toe Method

Bullet toe Method: In this method the chaser sits on his toes, his strong feet touching the front line of the box and the other strong leg placed a little behind the strong leg. Both the hands should be placed as in the parallel toe method. This method is usually used when the dodger is using the ring method of dodging.

b) Giving Kho :-

There are two methods used to give Kho

1. Proximal Method 2. Distal Method

1) Proximal Method : In this method of giving Kho the chaser after getting a kho keeps the nearest foot outside the box at a short distance in the direction he has to move. He places this foot at 90° angle close with the center line. He then places his other foot ahead of his strong foot at a distance. Later he keeps his strong foot close to the next box and bends forward and uses his nearest hand give kho to his team mate. Junior and Short players

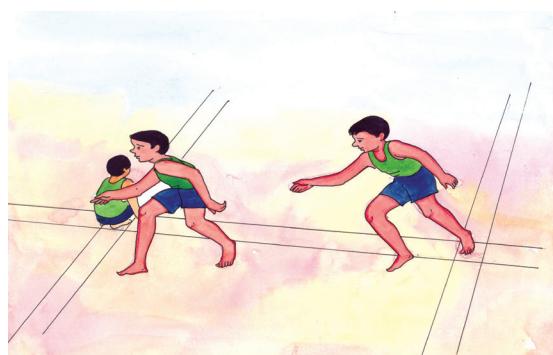


fig. 2.3 Proximal Method

while chasing uses this method more frequently. This skill is usually used when the dodger uses the chain method.

2) Distal Method: In this method of giving a kho the chaser after receiving a kho keeps the front leg outside the box in the direction he has to move. He then places the other leg close to the sitting box of his teammate and bend forward and gives kho using the nearest hand. The player should maintain his body balance when using this method. In this method the first step usually medium in size and the second bit longer. This method is more suited to experienced players. In this style the speed of the game is increased as kho is given using only 2 steps.

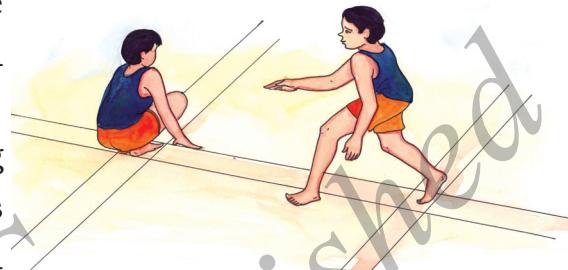


fig. 2.4 Distal Method

c) Cross line Covering : An active chaser uses this skill when a dodger is using the circle method or is away from the center line.

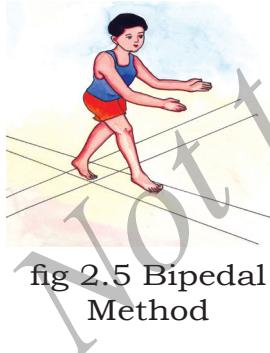


fig 2.5 Bipedal Method

1. Bipedal Method: In this method of covering when a chaser receives kho he gets up and starts walking with straight knees and his upper body slightly bent and his hands stretched straight and parallel to the ground.

1. Quadrupedal Method :

In this method of line cover the chaser watches the dodger and starts walking fast in a straight line with his body bent and keeping his hand sideways on the ground. The skill is used by the active chaser.



fig. 2.6 Quadrupedal Method

when the runner tries to escape. Further, this is used when there is an attempt to change the shoulder position of chaser.

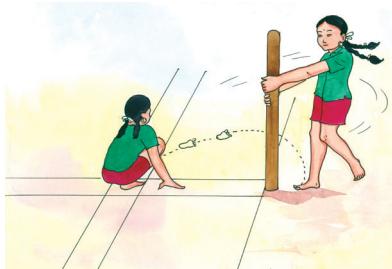


Fig-2.7 Pole Turn

d) Pole Turn : Pole turn is an important skill used by the chaser. The skill of pole turn helps to increase the speed of chaser or to change his direction. There are two types of pole turn.

* Proximal * Distal

1) Pole turn using proximal method : In this method the pole turn is done using 3 steps. In this skill the chaser first keeps ahead his leg close to the pole then takes a longer stride and keeps the other foot on the ground and simultaneously jump and firmly grips the pole. Then he takes the next step and turns on his toe in the free zone and starts running in that direction.

2) Pole turn using distal method : In this method the chaser sitting in the box next to the pole as soon as he gets a kho opposite leg towards the pole and he jumps from that foot and grips the pole with both the hands and places the other foot behind the pole in the free zone and turns in the other direction. During this skill the chaser should hold the pole firmly. Both palms should be in contact with pole and should not be placed one in the other.

Giving by kho : This is the skill of a chaser. In order to chase a active chaser, kho is given sequentially from one person to

another. The system of going kho is shown in the figure. Both proximal as well as distal method of giving kho can be used during this situation.

The active chaser gives kho to the first player sitting in the box from the pole. The player receiving the rushes to the right and gives kho. The second player receiving kho rushes to the right and gives kho. This method of giving kho from one person to another sequentially and speedily from one pole to the other is called by kho.

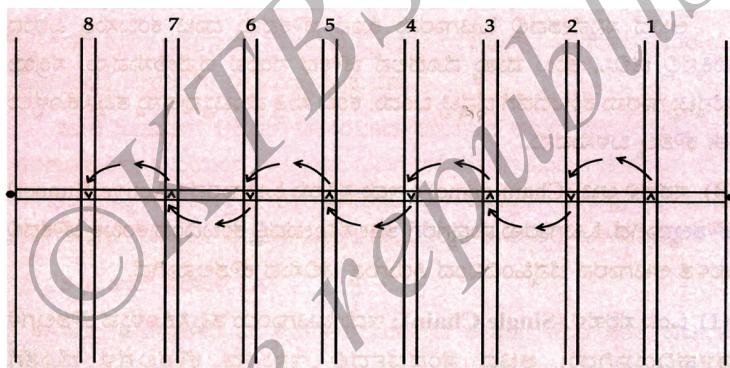


Fig. 2.8 Giving by kho

The still is used when the dodger runs in single chain

II. Dodging Skills :-

a) Entering in to the area between the pole and the first box:

b) Chain Game: In a game situation when the dodger is chased till the pole and the chaser makes a turn using the pole, the dodger uses this skill of cutting through the zone between the pole and first box to avoid being caught.

b) Chain Game: This skill is mainly used by the active dodger. In this skill the dodger runs close to the centre line cutting through each box from behind the of player sitting in the boxes.

c) Single Chain: This is one of the basic skills used by the dodger as per the situation. This is mostly used by the sub junior players.

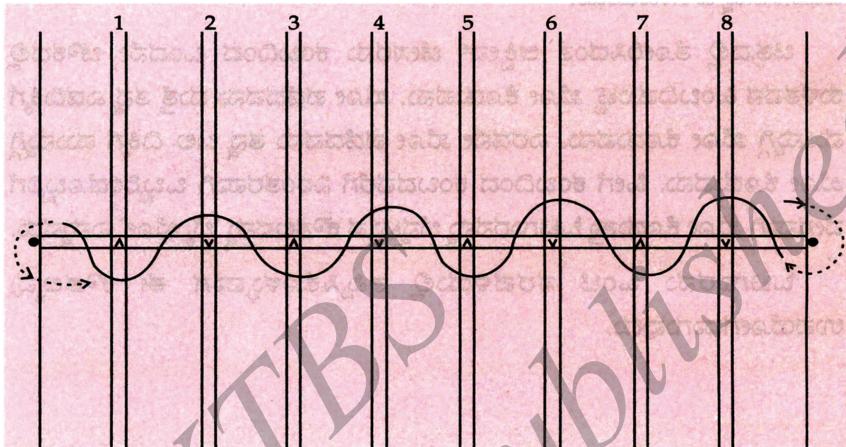


Fig 2.9 Single Chain

In this skill the dodger starts running from the first chaser and cuts through each box running close to the center line and running from behind each sitting chaser. The dodger runs through all the sitting boxes and after cutting through the last box again starts cutting through from between each box in a zig zag pattern.

While doing this skill the dodger has to keep safe distance from the active chaser and keep a watch on the kho being given. While doing so the dodger should run keeping a upper body slightly bent forward. If the player of the chasing team are slow then this skill is the best to be used.

d) 3-6 up Chain run : This is an important and affective skill used by the dodger. This skill involves continuous running and is more stable and safe. This skill helps to maintain safe

distance run from the chaser and all along the field, keeping an eye on the chaser movement.

As in the figure the dodger runs along the center line and cuts after crossing the third box and the fourth box and makes the chaser give a kho to the player sitting in the 3rd box. The runner then again runs straight and cuts through the 6th and 7th box and runs straight towards the pole. During this run the dodger constantly looks backs and keeps running to the front. Depending on which player gets a kho the dodger decides his pattern of run.

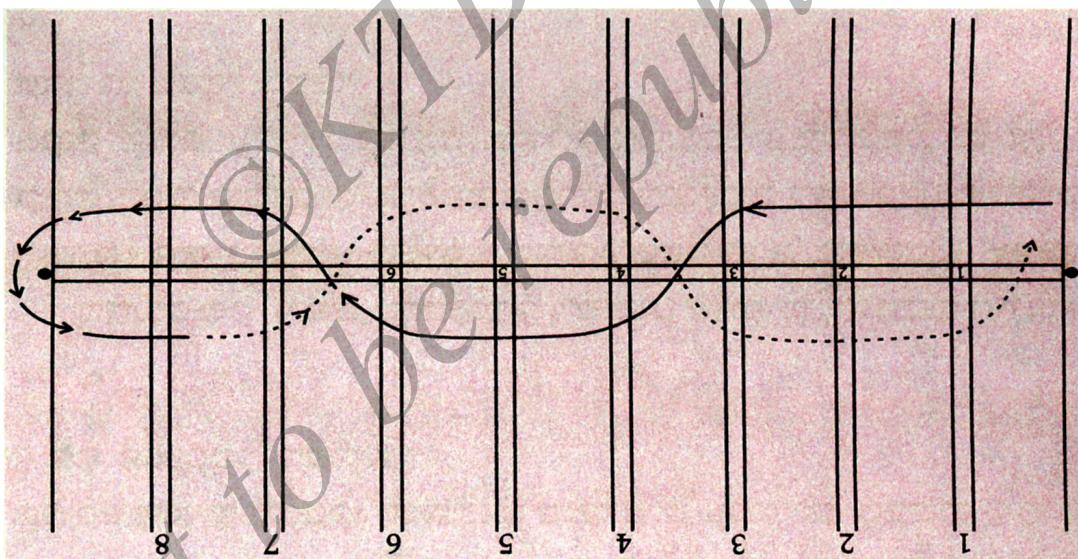


Fig 2.10 3 -6 up Chain Method

- chaser from the 6th box runs straight the dodger cuts between the pole and the 8th box and continues his run.
- If the chaser in the 6th box gives a kho to the chaser in the 7th box, the dodger runs towards the pole and stabilizes himself.

- If the chaser from the 7th box runs straight at the dodger, the dodger pushes the pole and runs in the opposite direction.
- If the chaser in the 7th box gives kho the player in the 8th box the dodger accordingly changes direction and starts running towards the other pole. During the 3-6 up chain run the runner should always stay away from behind the player sitting in the box and should always be 2-3 feet away from the center line.

a) Chasing during 3.6 up chain: The active chaser runs faster in order to chase the dodger running in 3.6 up chain. The chaser has to give kho to the chaser who is sitting ahead of the dodger running at the other side of center lane.

b) Dodging by the ring method : This is a skill used by this runner. This skill involves lot of techniques and is very difficult skill. In this method the runner does not get tired very easily. When the runner is running away from the center line or when the active chaser gives an advance kho or when the chaser in the center of the field are weak this skill can be used.

There are 3 variations in this skills :-

- **Short ring method**
- **Medium ring method**
- **Long ring method**

Runing in short ring method:

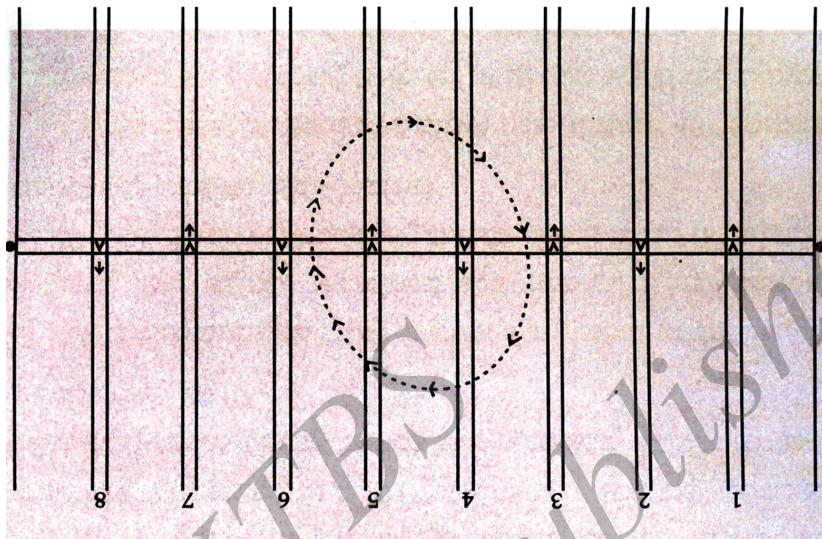


Fig 2.11 Short ring method

When the chaser in the 2nd box tries to cover the cross lane the dodger faces him and shifts back at 30°-45° angle to the centre lane towards the side line, while maintaining a safe distance.

The dodger should maintain his balance and give a body fake forcing the active chaser to change his shoulder line.

If this is not possible, the dodger should quickly cut across the centre lane between the 4th and 5th box and then quickly pivot and face the chaser again.

This situation is again repeated in the direction of the 5th box and again cutting the center lane from between the 4th and 3rd box. This ring continues at an approximate angle of 45°. This ring is about 1.5 mtr and hence called as the short ring.

ii. Medium ring : This is similar to the short ring. In this skill the dodger always tries to maintain a distance of around 2 mtrs from the center lane. When the active chaser is capable

of covering larger distance this skill is to be used.

a) Change of direction : This is a skill used by the dodger. This skill is used to cross lane the dodger uses a body fake and makes the chaser change his direction.

The dodger stands at 45° exactly opposite to the chaser running in the cross lane at approximately at a 4 to 6 mts mtrs and then we makes body fake to get the dodger thrown off balance.

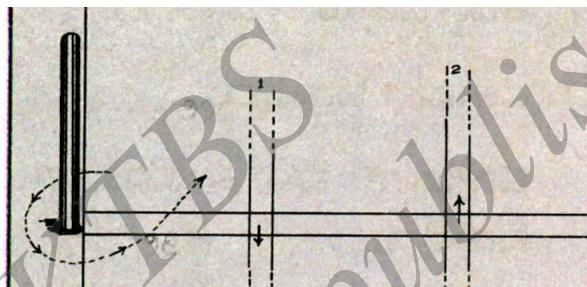


Fig 2.12 Running from the first square towards the pole

b) Running from the first square towards the pole :

This is a skill used by the chaser. As soon as an active chaser receives a kho the chaser runs towards the dodger standing near the pole.

c) Escaping when the chaser rushes to the pole: In this skill the dodger pushes the pole strongly and changes direction in order to escape from the chaser rushing towards him.

d) Single chain : To practise the skills provide about 2 min. Ask all the players of both the teams to perform this skill. The team that makes fewer number of fouls is the winner.

e) Pole turn : Allow 2 min for each team. Provide opportunity to all players to exhibit this skill. The team that makes fewer number of fouls is the winner.

S3-6 up chain skill: Allow 3 minutes for each team to practise running close to the center lane, change of direction, short ring and running towards the pole. The team that makes fewer number of fouls while exhibiting this skills is declared the winner.

Conditioning Exercises :

1. Running in a zigzag manner to the front, back and sideways.
2. Sprinting and running.
3. Bounding and running, swinging arms and legs alternately in the air.
4. Hopping, jumping on the spot, skipping, and performing frog jumps.
5. Running forward by bending and holding the toes with the fingers.
6. Start running on the blow of a whistle and then stop and sit on the ground on the second whistle and again jump up and start running at the next whistle.
7. Running using bipedal position and turning around the pole.
8. Sprints upto 50 meters.

Activity : Ask the students to practise the above skills.

Note :

While playing Kho Kho game students should wear shorts and jersey bearing a number.