



0687CH03



## UNIT 3

### Fundamental Skills of Kho-Kho

In this unit, we will learn about an exciting Indian sport called *Kho-Kho*. This game is interesting and helps us to work together as a team.

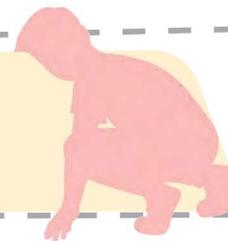
*Kho-Kho* is a sport where two teams compete. One team tries to tag members of the opponent team while they avoid being tagged. The game involves quick movement, agility, speed, leg strength and teamwork, with players taking turns to defend and chase.

Here's what we will do:

1. **Learn and Play:** We will have fun sessions where we will learn how to play *Kho-Kho* through interactive games and group exercises.
2. **Develop Skills:** We will do exciting lead up activities to develop *kho-kho* skills.
3. **Work as a Team:** We will focus on working together and supporting each other during the game.

Let's get ready to play, learn and enjoy the game of *Kho-Kho*!

# Sitting



Warm-up	Skill	Cool-down	Circle Time
On the spot run to fast feet Head to Toe Stretch	Sitting	Hamstring Stretch Calf Stretch Crossed Leg Toe Touch	Strength

## Sitting



### STANCE

- Stand at the designated block
- Look straight

### EXECUTION

- In a block drawn on the ground sit on your toes.
- Place your hands on the ground, forming a bridge with your fingers and thumb.
- Lean a little forward, the body weight should be balanced on both the toes and hands, as shown in the picture.



### LEAD-UP ACTIVITY

Organise competition between players to complete a circuit—  
20 seconds of *kho-kho* sitting stance, followed by 10 metres of frog  
jump and 10 metres of duck walk.

#### Circle Time – Strength

- In which body parts did you feel the stress during the activity?
- Discuss activities that will help in developing body strength and stamina.

#### Did You Know?

Measurement of *kho-kho* court for sub junior boys/girls is 14 × 24 square metre.

# Chasing



Warm-up	Skill	Cool-down	Circle Time
Lower Limbs Rotations High Knee and Butt Kick	Running	Floor Touch Calf Stretch Crouch Leg Stretch	Footwork

## Chasing



### INITIAL POSITION

- Chaser will start from the position (sitting stance) we learned in the previous session.

### FOOTWORK

- You should take out your left leg forward first for running in the left direction and right leg for running in the right direction.

### RUNNING TECHNIQUE

- Maintain an upright posture with your head up.
- Swing your arms naturally back and forth.
- Focus on defender.



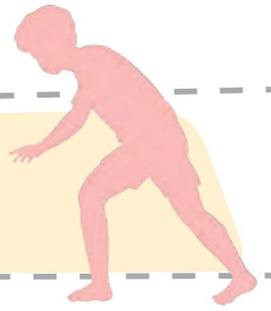
### LEAD-UP ACTIVITY

**Rise and Run:** Assemble on a starting line and sit in the *kho-kho* stance. Start running towards the finish line at the sound of the long whistle and sit down on the sound of the short whistle. The teacher will guide the students with every whistle. Sitting and rising on wrong whistle will be a foul.

### Circle Time – Footwork

- Discuss the footwork that you followed while getting up as described in the skill section.
- Elaborate the basic rules of *kho-kho* in your own words.

# Giving Kho



Warm-up	Skill	Cool-down	Circle Time
Jumping Squat Ankle Stretch	Giving <i>Kho</i>	Overhead Arm Stretch Torso Twist Crossed Leg Toe Touch	Anticipating the <i>Kho</i>

## Giving Kho



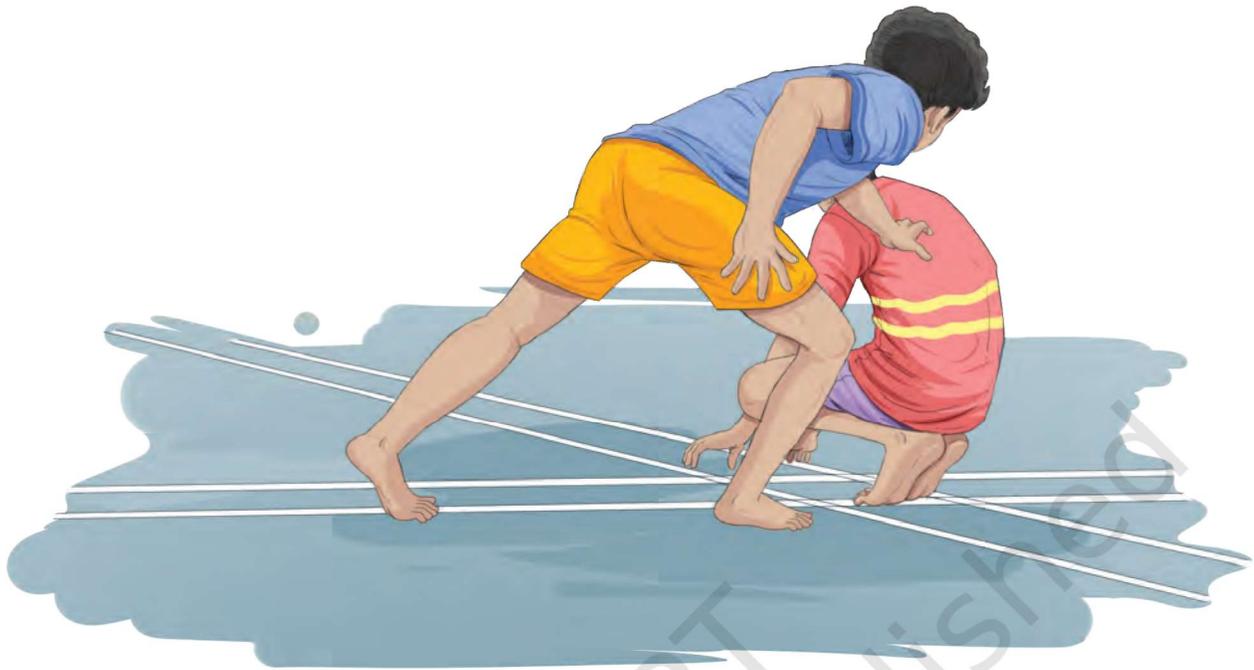
### ORAL AND TOUCH SIGNAL

*Kho* signal is given by tapping the back of the teammate and shouting *kho* at the same time. At the time of giving *kho* at least one of the legs should be behind the cross lane.

### KHO GIVING TECHNIQUE



## KHO GIVING TECHNIQUE



### LEAD-UP ACTIVITY

Form two teams of equal number of players practice giving *kho* in different techniques.

### Circle Time – Anticipating the Kho



How did you anticipate while playing *kho-kho* who is going to give you the *Kho*?

### Did You Know?

There are 3 types of giving *kho*

1. Simple touch *kho*
2. Early *kho*
3. Late *kho*

# Running on a Straight Line



Warm-up	Activity	Cool-down	Circle Time
Leaping and skipping Jumps Hip and Pelvic Muscle Stretch	Running on a Straight line	<i>Pashchimottanasana</i> Camel pose Pigeon pose	Realising mistake and how to improve

## Running on a Straight Line

### PROPER RUNNING FORM

- Maintain an upright posture, keeping your chest and head straight.
- Keep the movement of your hands straight and parallel to the ground.



### ACCELERATION DRILLS

- Practice drills of taking a quick start and gaining speed swiftly. This will improve your ability to chase swiftly.

### FOCUS ON FORWARD MOVEMENTS

- Use markers or cones to prepare the track, and encourage yourself to keep your eyes focused on the end-point to maintain a straight line.

## LEAD-UP ACTIVITY

**Modified Shuttle Run:** Draw parallel lines of 10 metres having 30 cm distance between them. Players will take a sitting stance. On the sound of the whistle they will get up and run straight towards the finishing line, and then come back towards the starting point. In case the feet touch the boundary lines or the body moves sideways, the player has to start again from the beginning. Finally, the one who finishes first wins the race.



### **Circle Time** – *Realising mistake and steps to improve*

Identify and understand the mistake that you probably made while the sound and visual signal for starting the run was given.

# Dodging



Warm-up	Skill	Cool-down	Circle Time
Sliding and Galloping Knee Hug and Quadricеп Stretch	Dodging	Forward and Backward Lunges Lower Limbs Rotations	Wrong footing a player

## Dodging

### DODGING (DEFENDER)

- It is a skill for defender in kho kho, as it allows them to move quickly and avoid the attempts of the chasers to get them out. Effective dodging involves a combination of quick footwork, agility and strategic movement.

### LEANING

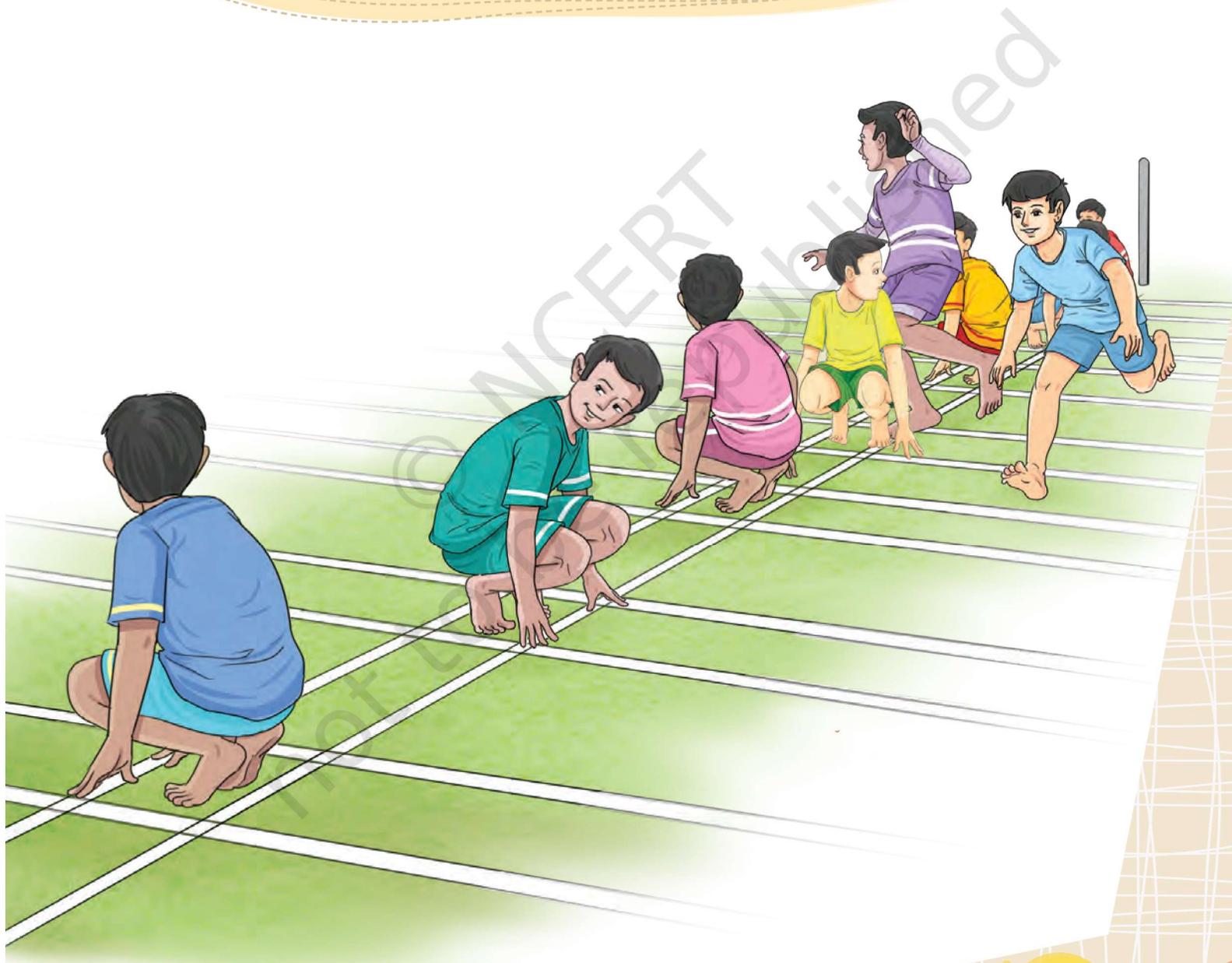
- Defender leans their body in one direction and runs in another direction to mislead the chasers about their intended direction. This can create an opening for the defender to slip past the chasers.

### QUICK TURNS

- Rapid turns and pivots can help you change the direction swiftly, making it difficult for chasers to anticipate your movement.

### CHANGING SPEED (CHASER)

- You can move at a consistent pace and then suddenly speed up or slow down to catch your opponent off guard.



## LEAD-UP ACTIVITY

### *Move to Safety*

- Mark a starting and finishing line 20 metres apart. Divide the players in two groups.
- Runners will stand on the starting line and the chasers will be at the centre.
- Runners have to run and dodge the chasers and reach the finishing line without getting tapped or caught.
- The number of people reaching the end-line will be the number of points scored by that team.
- Now change the roles and play again.



### **Circle Time** – *Wrong footing*

Elaborate your strategy to confuse a player by leaning and dropping your shoulder in one direction and moving in another.

# Zig-Zag Running



Warm-up	Skill	Cool-down	Circle Time
Lower Body Stretching, Lunge Jump, Single and both Legs Drills, Squat Jump	Zig-Zag Running	Pigeon Pose Child Pose Cobra Pose	Reaction Time

## Zig-Zag Running

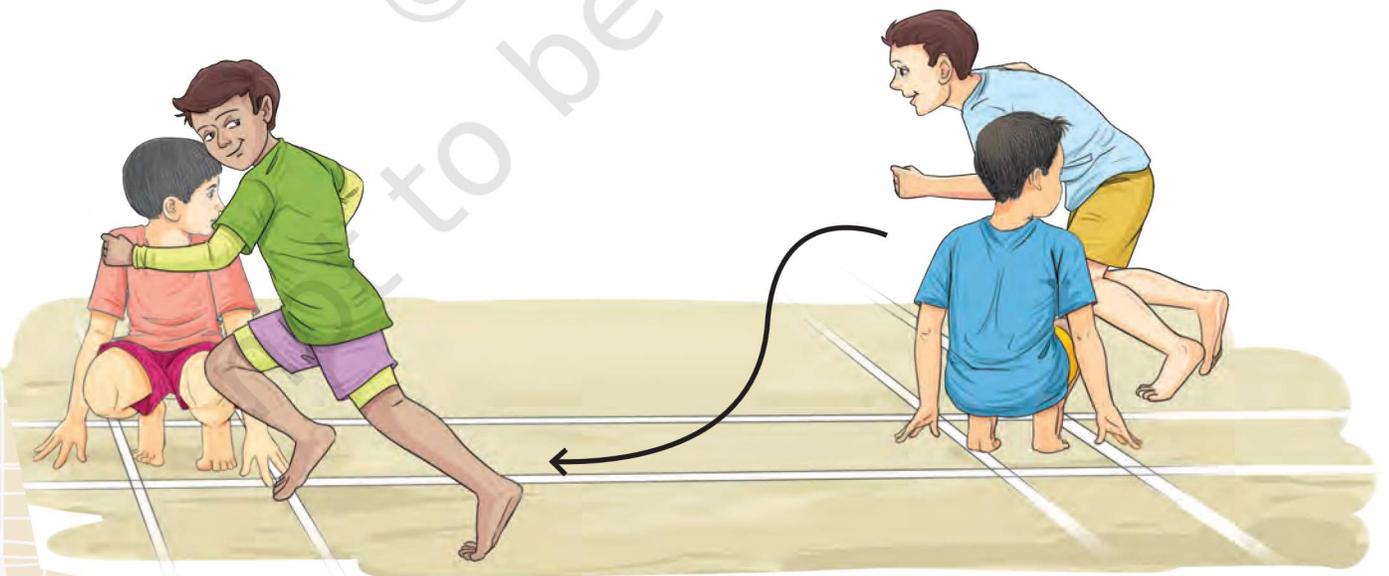
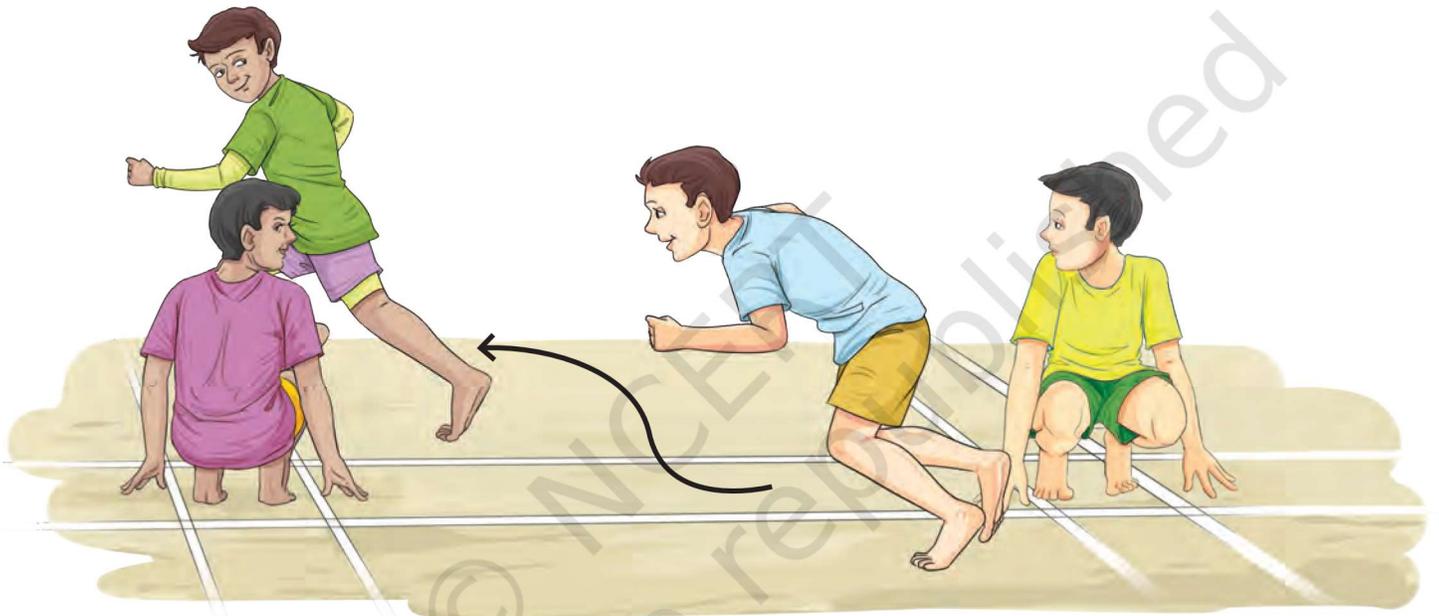
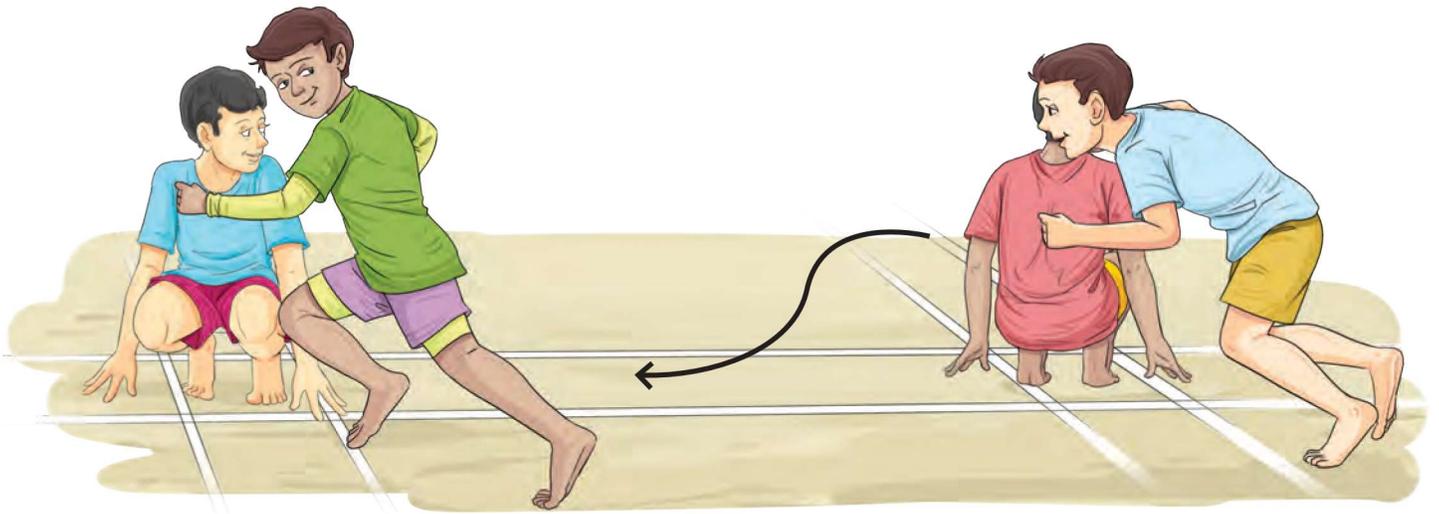
There are two types of zig-zag running that are used in the game of *kho-kho*. One is straight running and the other one is sideways running.

### START SLOW

- Begin with a slow-paced jog or walk through the zig-zag pattern. Focus on the proper footwork and changes in directions.
- Include specific *Kho-Kho* movements, such as, dodging, chasing and tagging in a controlled and gradual manner.

### INCREASE SPEED SLOWLY

- Players should gradually increase the speed of the zig-zag running. The emphasis should be on quick and controlled movements.



### LATERAL MOVEMENTS (SIDEWAYS MOVEMENTS)

- Practice lateral movements by crossing one foot over the other as you change direction between the cones. This helps in improving agility and coordination.

### RANDOMISATIONS (NO PATTERN)

- Once players are confident, the teacher will call out directions or use visual cues to prompt random changes in the zig-zag pattern, challenging the participants to react quickly.

## LEAD-UP ACTIVITY

Play *Kho-Kho* with single chain pole to pole running skill. The player covering the court in minimum time is the winner.



### Circle Time – Reaction Time

Share your experience while playing *kho-kho*. How did you anticipate the random visual signal for starting a movement?

# Pole Turn



Warm-up	Skill	Cool-down	Circle Time
Side Walk Back Walk Jogging Drills	Pole Turn	Bow Pose, Crocodile Pose Wheel Pose	Pole turning technique

## Pole Turn

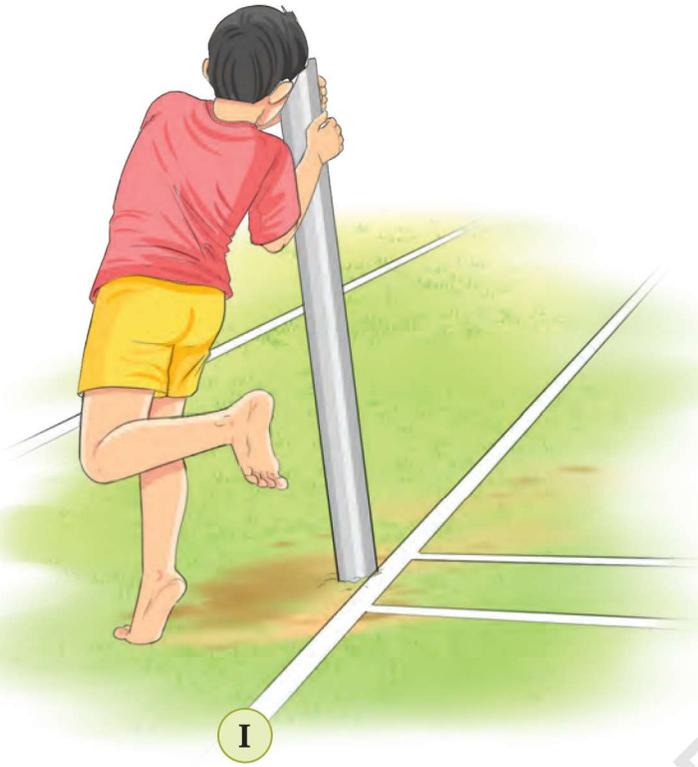
Pole turn is a skill used by the chasers to make quick turns and tag or tap the runners.

### APPROACH THE POLE

- As you approach the pole, maintain a controlled and balanced run. Keep your eyes on the pole when you intend to turn around.

### EXECUTION

- As you reach the pole, initiate the turn by planting your inner foot (the foot closest to the pole) firmly on the ground.
- Rotate your body in the direction of the turn by using a pivot motion on the planted foot.



- Simultaneously, swing your free leg around the pole in the desired direction of the turn.

#### **PUSHING OFF**

- As your turn is completed, push off the pole with the direction of the flow.

### **LEAD-UP ACTIVITY**

**Pole Shuttle Run:** Make two teams A and B. The team that completes the pole shuttle run in the minimum time wins. Ask the team members to sit in a row at a distance of 4 metres apart from the *kho-kho* pole. First player of the Team A runs towards the pole, completes the turn and comes back to give *kho* to the next player. The next player repeats the same. This goes on till all the players have completed the shuttle run. The time is noted both at the beginning and at the finishing ends of the run. Similarly, Team B players will repeat the same.



#### **Circle Time – Pole turning technique**

Discuss what happens each time when elbows are flexed and not flexed while making the pole turn.

# Covering Chase



Warm-up	Skill	Cool-down	Circle Time
Leaping and Skipping jumps Hip and Pelvic Muscle Stretch	Covering Chase	Chest stretch Shoulder Circles Cross Body Shoulder Stretch	Anticipation

## Covering Chase



### COVERING

- Covering helps the player to understand the importance of offensive (chaser) strategies that are in coordination with other players strategies. Also, they will learn the importance of maintaining proper position and effectively pursuing the defender.

### COORDINATE MOVEMENTS

- This involves reading the defender's actions and adjusting your approach accordingly. In this skill, the chaser gets up and walks toward the defender on a straight line and whenever the opportunity arises the chaser moves towards the defender by making a straight, left or right move.



### INDIVIDUAL PURSUIT DRILL

- Practice one-on-one pursuit drills where covering chasers try to chase a single runner. This helps in improving your skills such as speed, timing and the ability to anticipate the runners movements.

## LEAD-UP ACTIVITY

Covering Chase Relay - Make two teams A and B. Team that will finish the drill first wins the match. Team A first lines up for the sitting stance on the centre line. First player from Team A is in the sitting stance and gets a *kho*. Player walks in the cross line, takes 3 steps, attacks towards left and touches the cone placed at a 45 degree angle, makes a left turn and returns to give *kho* to the second player sitting in box number two. All players repeat this till the 8th player does it and comes back to touch the pole. Team B repeats the same. Similarly, same relay can be played by taking a right turn. The team that finishes the relay in minimum time wins the game.



### Circle Time – Anticipation

Pictorially elaborate the strategy for covering and chasing, how to anticipate the opportunity for covering and then attack.

#### Did You Know?

At the time of receiving *kho* both hands of chasers should be placed outside the centre line.

# Chain



Warm-up	Skill	Cool-down	Circle Time
Leaping and skipping Jumps Hip and Pelvic Muscle Strtetch	Chain	Torso Twist Calf Stretch Quadriceps Stretch	Reaction time

## Chain



### THE CONCEPT

- The team will work together to create a barrier that moves along with the runners. The objective is to corner the runner and prevent them from crossing the centre-line.

### POSITION

- Ensure that you understand your designated positions in the chain. Positions will be assigned based on the order in which players are lined up at the start of the match. Each player in the chain has a specific role to play in maintaining the barrier.

## COORDINATION AND TIMING

- You need to move together as a unit to maintain a strong defensive formation. Initially, practice the chain in slow motion and just focus on the action.



## HAND AND VERBAL SIGNALS

- Use hand and sound signal to start the chain. Players should be aware of when to start forming the chain and when to adjust their positions based on the movements of the runners.

## LEAD-UP ACTIVITY

**Sitting Relay Race:** Make two teams having nine members in each team. From each team one player will stand and others will sit in the *kho-kho* stance 2–3 metres apart. The one standing in front of the lanes will start the race by running towards the partner sitting nearest and then gives a pat (*kho*) on their back and the sequence will continue till the last teammate completes the race. The team that finishes first will be the winner.

### **Circle Time** – *Reaction time*

*Reaction time* – Elaborate how you anticipated the *kho* and how to reduce the time between the *kho* and standing up for a chase.

# Fake Kho



Warm-up	Skill	Cool-down	Circle Time
Sliding and Galloping Knee Hug and Quadriceps Stretch	Fake Kho	Pigeon Pose Child Pose Cobra Pose	Unpredictable fake kho

## Fake Kho



### FAKE KHO

- Fake is a strategy to mislead the defenders, create openings and gain advantage.

### TIMING AND UNPREDICTABILITY

- Timing and unpredictability are very crucial when executing fakes. You should be able to seamlessly integrate fakes into your overall game without disturbing the flow of your movements.

### REACTION TIME DRILLS

- Set up scenarios where you need to react quickly to cues or signals, incorporating fakes into your responses. This helps in making fakes more natural during the actual game.



### COMPETITIVE FAKING DRILLS

- Organise competitive drills that specifically focus on faking. For example, set up a one-on-one situation where you must use fakes to get past defenders.

## LEAD-UP ACTIVITY

**Ace-of-the-fake:** Form three to four teams of nine players in each team. Eight players from each team will sit in the *kho-kho* formation and one player will start the game. Target of each team is to give three actual *kho* and two fake *kho* as soon as possible and shout 'Pancham'. The team which finishes first wins the game.



### Circle Time – Unpredictable fake kho

Discuss ideas on how you can be unpredictable in giving fake kho.

#### Did You Know?

Fake kho may also be used near a pole.

# Pole Dive



Warm-up	Skill	Cool-down	Circle Time
Jumping Jacks and Frog Jump Chest and Back Quadriceps Stretch	Pole Dive	Overhead Arm Stretch Torso Twist Cross-legged Toe Touch	Footwork and safety for pole dive

## Pole Dive



### APPROACH

- As you approach the pole, maintain a controlled and steady pace, preparing for the quick movement.

### EXECUTION

- Keep your body low to the ground and slightly lean in the direction of the dive.
- As you reach the pole, If you are diving towards left, plant your left foot and grab the pole with right hand to make the dive, if you are diving towards right, plant your right foot and grab it with you left hand to perform the dive.
- Use your free arm and torso to generate the movement and get the player out.

### **PUSHING OFF**

- As the dive is completed, push off with the outer foot and both the hands. Rotate your non-planted foot around the pole to get out of the dive.



### **Circle Time** – *Footwork and safety for pole dive*

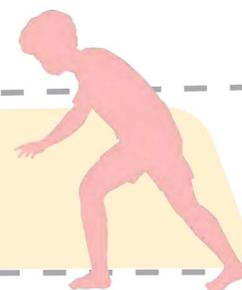
- Why is the footwork important for pole dive? Explain with appropriate examples.
- Write a set of instructions on avoiding head or leg collisions with the pole.

## LEAD-UP ACTIVITY

**Elbow Lock Challenge:** Make two teams. Line up both the teams facing each other on the opposing sides a distance of six metres approximately. One player from each team will come in the centre and will lock elbows with each other. Both players will sing one to two lines of any folk song while moving in a circle. As the first stanza ends, both the players will try to pull each other towards their own side. The player that successfully pulls the other player towards their side earns one point. Repeat the process until everyone gets their turn.



# Toe Tapping



Warm-up	Skill	Cool-down	Circle Time
Lower Limbs Rotations High Knee and Butt Kick	Toe Tapping	Lower Limbs Rotations Reverse and Forward Lunges Butterfly Pose	Stretch to reach

## Toe Tapping



### POSITION

- You will be in a sitting position as (we have learned previously), ready to react quickly to the movements of the defenders.

### FOCUS AND ANTICIPATION

- You need to focus on the movements of the defender and anticipate their next move by predicting the speed, direction and pattern.

### TIMING

- Timing is crucial. As the defender approaches, you should extend one arm forward, aiming to tap defenders toe or feet without falling over the centre line.



## LEAD-UP ACTIVITY

**Grab The Cone:** Mark a starting line and restraining line about three to five metres apart. Place three cones in a row one metre after the restraining line as shown below. Players will line up behind the starting line. Each player will run towards the cone and touch them as per instructions (Centre, Right, Left) without crossing the restraining line. The teacher can slowly decrease the time intervals between the instructions.



Do not cross this line for touching the cone ←..... Restraining line

Starting line

### **Circle Time** – *Stretch to reach*

Student will discuss the technique to be used for reaching the cone without falling over the restraining line.

# 3-2-3 Chain



Warm-up	Skill	Cool-down	Circle Time
Leaping and Skipping Jumps Hip and Pelvic Muscle Stretch	3-2-3 Chain	Forward Lunges and Backward Lunges	Appreciating Performance

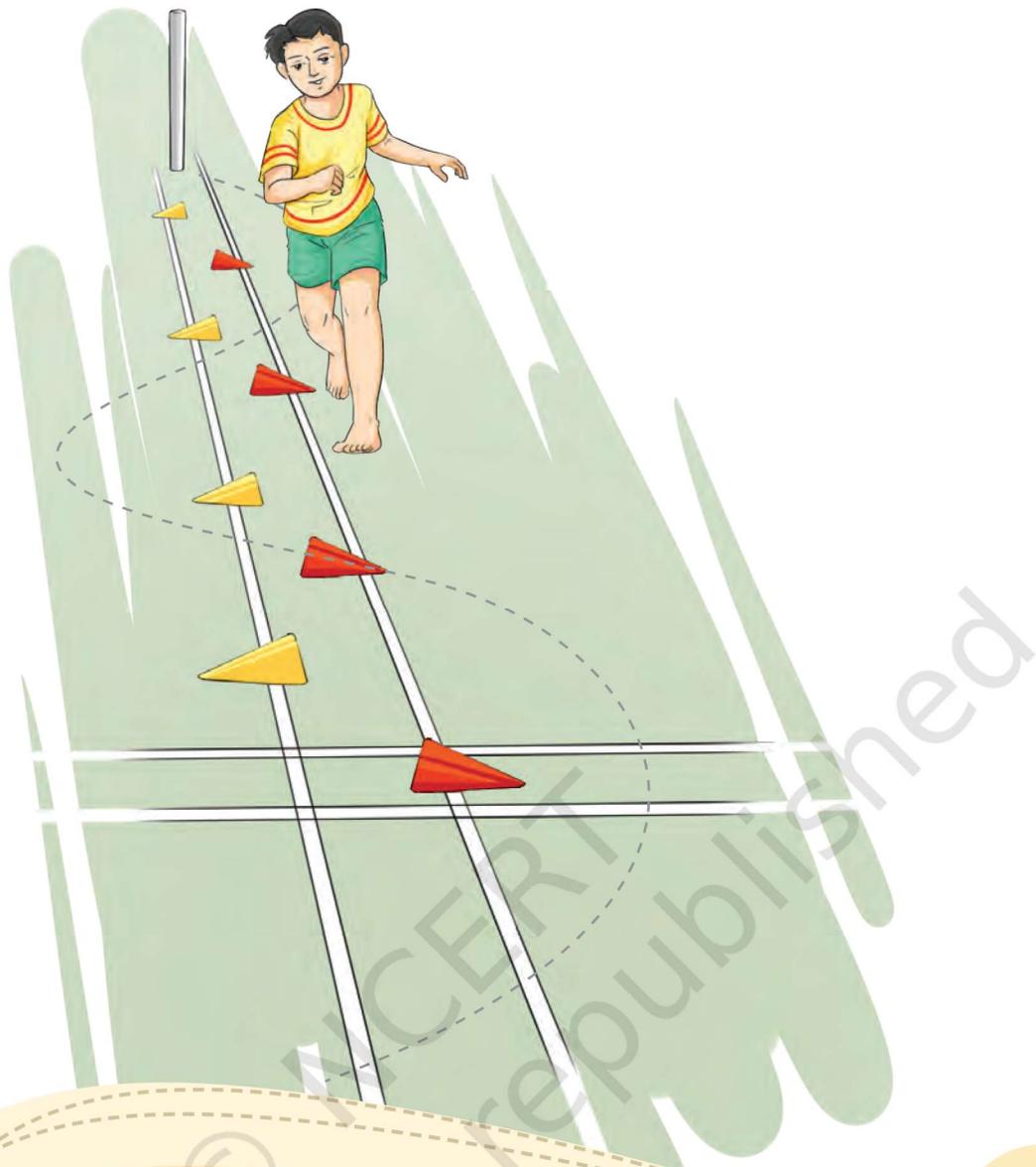
## 3-2-3 Chain

### CONCEPT

- The 3-2-3 chain in *Kho-Kho* involves a specific defense strategy where players form a chain with three chasers in the front, two in the middle and three at the back. This formation is used to create a strong defense barrier.

### POSITIONING

- Ensure that you have understood your designated position in the 3-2-3 chain. Positions are typically assigned based on the order in which players are lined up at the start of the match. Each player in the chain has a specific role to play in maintaining the barrier.



#### **DEMONSTRATION**

- Demonstration of the 3-2-3 chain formation will be done by your teacher to showcase the proper positioning. Highlighting the role of each player in the front, middle and back, and how they work together to chase the defender.

#### **PRACTICE**

- Begin practicing the 3-2-3 chain formation without the chaser initially. This allows you to focus on the technique of forming the chain and improving your movements without the pressure of the opponents.

## LEAD-UP ACTIVITY

**Standing Kho-Kho:** Form a circle. Form six groups and stand at the circle's border. One of you will be the chaser, while the other will be the runner. 'Chaser' can enter the circle, but the runner cannot. When the runner wishes to pass, then only entry is allowed in the circle and then the runner can stand in front of the lane. The runner will join the lane in which the last person will become the runner. If the chaser catches the runner, the runner turns into the chaser and vice versa.



### **Circle Time** – *Appreciating Performance*

Will you appreciate the performance of the opponent team player and why?