

A stylized globe with a map of Asia highlighted in a darker shade. The globe is set against a background of a green field under a blue sky. A yellow horizontal band is visible on the left side of the globe.

Sustainable

Asia's Problems and Prospects

■ EDITORS

Dr. Praful N. Kadu
Mr. Umesh J. Gawande
Dr. Rajesh Gedam

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"Innovation" The Important Factor Contributing To Develop Practice Drills "Chakravuha" In Kho-Kho Game

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Abstract:

Kho Kho the traditional Indian sport is more than a game. It is a personal development tool for the one who loves to take up the challenge in his life. It is one of the most popular traditional sports in the country. Kho Kho is an inexpensive but highly enjoyable game. Some of the interesting facts about the game: The position of the players sitting is random; one will never find the same set of players sitting in the same order as when the game starts. The game requires immense agility, speed, endurance and stamina. It is one of the famous game of our country. Kho-Kho games roots are as old as the epic Mahabharata, with plans and strategies likely derived from the epic itself. On the 13th day of the war, the Kaurava Guru Dronacharya planned the rare tactics 'Chakravyuh', a special defensive plan broke by Abhimanyu. He died as he had to fight alone against 7 warriors. His style of fighting reflected the concept of ring play a defensive tactic in the game. The references one can find of this example of "Chakravyuh" in the Kho-Kho books as well as on Google search, i.e. Internet. Researcher himself is Kho-Kho national player as well as qualified N.I.S. coach. He has got vast experience in the field of Kho Kho of coaching and many conducts of tournaments. He has curiosity to to develop Chakravyuh type practice drill to trap the opponents in the game of Kho-Kho. Hence the study is about Innovation of the Practice Drill Chakravyuh in Kho-Kho game. This study is carried out at Tuljai Bhawani Sports Club, Paratwada, Dist. Amravati, Maharashtra. There are

many famous Kho Kho players in India who have taken this game to another level. Same efforts are being made by researcher by developing this practice drill.

Key word: Chakravyuh, Tactics, Strategy

Introduction:

Kho Kho the traditional Indian sport is more than a game. It is a personal development tool for the one who loves to take up the challenge in his life. It is one of the most popular traditional sports in the country. Kho-Kho is an inexpensive but highly enjoyable game. Some of the interesting facts about the game: The position of the players sitting is random; one will never find the same set of players sitting in the same order as when the game starts. The game requires immense agility, speed, endurance and stamina. It is one of the famous game of our country. Kho-Kho games roots are as old as the epic Mahabharata, with plans and strategies likely derived from the epic itself. On the 13th day of the war, the Kaurava Guru Dronacharya planned the rare tactics 'Chakravyuh', a special defensive plan broke by Abhimanyu. He died as he had to fight alone against 7 warriors. His style of fighting reflected the concept of ring play a defensive tactic in the game. The references one can find of this example of "Chakravyuh" in the Kho-Kho books as well as on Google search, i.e. Internet. The Deccan Gymkhana of Pune tried to lend a sense of reliability and recognition to the

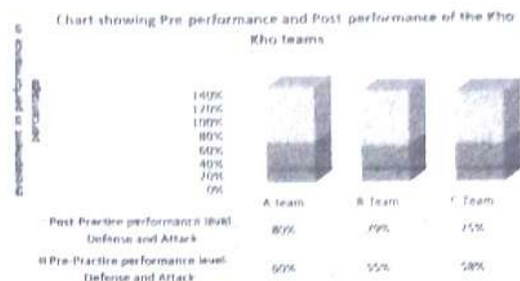
game by introducing certain rules and regulations to make it more formal. As a result, countries such as Pakistan, Bangladesh, Nepal, Sri Lanka, and the Maldives also participated in the game. Researcher himself is Kho-Kho national player as well as qualified N.I.S. coach. He has got vast experience in the field of Kho-Kho of coaching and many conducts of tournaments. The modern-day game was invented in the Indian state of Maharashtra. This drill will be developed for practice which will give drastic change in performances of players at the time of performing in the matches. It will work as "chakravyuvh" tactics. The name "Chakravyuvh" is also given by researcher

Method: Investigators completed all statistical analyses using observation method, Questioners and conducted interviews, which were taken from the former players, experts actively working in the field of Kho-Kho game. Study was conducted at Paratwada. Total 36 Players actively participated in the Kho-Kho practice drills developed by investigator. Total three months continuous vigorous practice was taken in the developed drills.

Matches also were conducted to see the proper effect of the drill. Observers kept a hawk's eye on the movement and performance of the players. Pre-practice data were collected through the score sheets. Post study data was also collected to see the change in performance level. Five types of Drills were practiced and developed for this study. (01) One circle with one defender (02) One circle- with Two defenders, (03) Two circles with four defenders (04) One Circle with all defenders. Here circles are considers as a "Chkravyuvha". All the rules pertaining to the game were followed when

Chart showing Pre-Practice performance level- Defense and Attack and PostPractice performance level- Defense and Attack

Teams Name	Pre-Practice performance level- Defense and Attack	Post-Practice performance level- Defense and Attack
A-team	60%	80%
B-Team	55%	79%
C-Team	58%	75%



Conclusion:

(01) It was found that the drills which were developed were worked good results. It has given lots of benefit to the defenders as well as attackers. The main reason behind the progress is, they all are practicing in difficult situations. Players have to balance themselves; take curvy path to balance and same time perform. Many times they have to control their speed, balance and control from falling down in a central lane. Here they are not in straight line, so physically they have to adjust themselves in the circle. Players are getting clubbing practice in the drill. So when they play matches, that time in a clubbing condition they perform nicely. Single chain skill is developed due to this drill. Even attackers are getting practice of controlling their speed, and adjust themselves from falling down in central lane. All the components of physical fitness get developed through this innovation. Both attackers and defenders are getting many benefits due to this "Chakravyuvh" kind of Drills. This "Innovation" factor is very important to contribute in Kho-Kho sports to give it good exposure..

Recommendations:

- (01) Drills developed must be mastered for better performance.
- (02) All the rule and regulation of Kho-Kho must be followed.
- (03) Load should be increased by putting more defenders.
- (04) Additional circles can be added to utilize the time.
- (05) Number of attackers and number of defenders include for practicing this drill.

(06) Through this drill matches must be played.

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