

SPORTS AUTHORITY OF INDIA
NETAJI SUBHAS SOUTHERN CENTRE. BANGALORE

DIPLOMA COURSE IN SPORTS COACHING

REVISED SYLLABUS 2015-16

THEORY AND SCIENCE OF KHO-KHO

I SEMESTER

THEORY PAPER – I	Theory Hours
I.HISTORY AND DEVELOPMENT	06
1.1History and development of Kho-Kho in India & Asia	
1.2.Present trend in the game at national and Inter national level.	
2. STRUCTURE AND FUNCTIONS OF DIFFERENT CONTROLLING BODIES:	06
- World body	
- Asian body	
- National Federation	
- State and District Association	
- Relationship of National Federation with I.O.A., SAI etc.,	
3. RULES OF THE GAME AND OFFICIATING	46
- Terminologies of Kho – Kho	
- Rules and interpretations	
- Signs and Signals used in officiating	

- Qualities of technical officials and responsibilities of referee, umpires and table officials
- Principles and mechanism of officiating

4. ORGANISATION, MANAGEMENT AND CONDUCT OF COMPETITION 20

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a) Competition system followed in:

Asian Championship

National Championship and other level of competitions

4.b). Formation of committees:

Preparation of Budget for conduct of tournament/competition

Duties and functions of different committees

Drawing of fixtures

General rules

Technical rules

Facilities and Equipment

- Marketing of the game
- Public relationship

5. PREPARATION OF PLAY FIELD AND IT'S MAINTENANCE 06

- Preparation of different surfaces

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- Flood light arrangement
- Method of Marking of the Ground
- Laying of synthetic surface – Merits and Demerits
- Acoustics, ceiling wall in indoor hall
- Fixing Kho-Kho post in Indoor hall

6. REQUIREMENT OF A KHO – KHO COACH

08

- Philosophical concept of Coach and Coaching
- Qualities, qualification and abilities of a coach and responsibilities
- Knowledge of method of teaching and coaching applied in game
- Class control
- Supervision
- Class management
- Personal performance
- Skill drills
- Identification and Rectification of mistakes
- Use of teaching aids
- Lesson plan
- Teaching methods and methodical organization
- Public relationship

7. REQUIREMENT OF A KHO – KHO PLAYER FOR HIGH PERFORMANCE

10

- Physique
- Physiological Qualities
- Physical abilities

- Technical Skills
- Tactical abilities
- Intellectual, Social, Mental and Moral abilities

8. WARMING – UP AND WARM DOWN

08

- Importance
- Principles
- Methods
- Means
- Types
- Stretching before and after activity

110

THEORY PAPER – II

1. TECHNIQUES OF KHO-KHO:

10

- Introduction, importance and classification of techniques
- Stages of motor learning and principles of motor learning applied for learning in Kho-Kho
- Methodical stages of teaching techniques
- Practice – hints – corrections – encouragement – discussion

2. TEACHING, TRAINING AND DEVELOPMENT OF TECHNIQUES:

08

- Practice of technique under easy conditions
- Practice of technique under different and complex conditions
- Skill drills
- Teaching and training aids, their importance and application and trends in development
- Methods and means of training technique
- Reasons of committing faults, methods and means for identification of faults & correction in technique performance.

3. SMALL AREA GAMES AND THEIR

USEFULNESS: 02

4. COACHING HINTS: 04

5. MEANS FOR EVALUATION OF PROGRESS IN LEARNING & PERFORMANCE OF TECHNIQUES: 06

- Skill tests
- Statistics and records
- Game recording
- Observation
- Rating scales
- Rating by coach

6. IMPORTANCE, ANALYSIS WITH RESPECT TO MOVEMENT CO-ORDINATION & BIO MECHANICS AND VARIATION IN TECHNIQUES

KHO-KHO:

DEFENSIVE TECHNIQUES:

40

- Basic chains
- Combination chains and mixed chains
- Chain game when advance Kho is given
- Reaching, settling, turning and pushing the post
- Reaching post without taking entry
- Front and back ring with and without fake
- Half ring, combination of half ring and chain
- Converting short to medium ring
- Medium ring to long ring
- Pulti – close and wide pulti (back dodge)
- Playing ring game(around the post) three cross lanes and post
- Maintenance of the ring game
- Pole Avoiding
- Counter for Pole Dive and Judgment Kho
- Counter for heel tapping

OFFENSIVE TECHNIQUES:

40

- Method of sitting in the chasers box
- Methods of giving Kho and their variations
- Advance Kho and their variations
- Pole turning and their variations
- Covering on the cross lane and their variations
- Angle of attack and their variations
- Attack on post line and their variations
- Tapping shoulder, Heel

- Pole Dive and their variations
- Judgment Kho and their variations

110

PRACTICALS

1. WARMING UP AND VARIOUS METHODS

42

- Stretching before and after activity
- General warming up
- Specific warming up
- Free hand exercises
- Skipping rope exercises
- Various stretching exercises
- Warm down exercises – procedures

2. CLASS ORGANISATION:

06

- Class formation
- Class control
- Commands
- Methodical organization

3. PREPARATION, MARKING AND MAINTANENCE OF GROUND 04

- Natural surface
- Indoor Kho-Kho
- Marking

4. OFFICIATING AND ORGANISATION OF COMPETITION:

40

5. DEVELOPMENT OF GENERAL CONDITIONING ABILITIES:

40

- Development of endurance, Continuous method, Fartlek,
Cross Country and interval method

- Development of strength
 - Calculation of IRM, Weight training, partner exercises, own body exercises, medicine ball exercises, plyometric exercises, wall bar exercises, rope climbing, mobility exercises
- Development of speed
 - Uphill and down hill running, short sprints, strides and speed forming exercises
- Use of signals during training
- Development of flexibility
 - Active and passive flexibility exercises, PNF stretching, swiss ball exercises
- Development of motor Co-ordination
 - Running, jumping, turning, rolling, sudden changing the directions, sudden stopping, pivoting and different footwork.
- Agility training
 - Exercises to develop agility, Sideward run Zig-Zag run, Sudden Change of direction, Shuffling movement, Maze running, Obstacles run
- Exercises to develop balance, kinesthetic perception and orientation and other required co-coordinative abilities.

6. TRAINING LOAD AND RECOVERY:

10

- Increase and decrease of load
- Control of load
- Calculation of training load, method of taking pulse, using pulse rate to monitor training load.
- Means and methods of recovery

7. MOTOR ABILITIES TEST:	14
- General	
- Specific	

8. PEDAGOGIC PRACTICE:	30
- Development of teaching practice, commands, class control, and organization of drills, corrections and use of teaching aids.	

9. DEVELOPMENT OF PERSONAL PERFORMANCE AND DEMONSTRATION, TEACHING & TRAINING ABILITIES

KHO-KHO:

DEFENSIVE TECHNIQUES:	100
- Basic chains	
- Combination chains	
- Chain game when advance kho is given	
- Reaching, settling, turning and pushing the post	
- Reaching post without taking entry	
- Front and back ring	
- with and without fake	
- Half ring, combination of half ring and chain	
- Converting short to medium ring	
- Medium ring to long ring	
- Pulti – close and wide pulti	
- Playing ring game (around the post) three cross lanes and post	
- Maintenance of the ring	
- Pole Avoiding	
- Counter for Pole Dive and Judgment Kho	

- Counter for tapping

OFFENSIVE TECHNIQUES: 100

- Method of sitting in the block
- Methods of giving kho and their variations
- Advance kho and their variations
- Pole turning and their variations
- Covering on the cross lane and their variations
-
- Angle of attack and their variations
-
- Attack on post line and their variations
-
- Tapping shoulder, Heel
- Pole Dive
- Judgment Kho

10. ORGANISATION OF RECREATIONAL GAME, LEAD-UP GAMES, CONDITONED GAME AND SMALL AREA GAME: 12

396



II – SEMESTER

THEORY PAPER – I

1. TALENT IDENTIFICATION AND DEVELOPMENT OF TALENTS: 20

- Principles and procedures for selection of talent
- Selection criteria based on Scientific principles

- Tests and measurements related to Kho-Kho, using of test result for monitoring and control of training load
- Development of talent on long term basis
- Training children of various age groups
- Monitoring of progress, development of talent in different aspects from time to time as per the need.

2. PLANNING AND PERIODISATION OF TRAINING: 20

- Long term plan – importance – stages of long term plan
- Short term plan – its aim, content, methods and means of training
- Organization of load and recovery including re-habilitation
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3. ANNUAL PLAN: 10

- Single periodisation
- Double periodisation
- Multiple periodisation – aim and content of training for various stages, methods and means of training of various elements in different periods.
- Preparation of training plan
 - Half yearly plan
 - Three month’s plan
 - Monthly plan
 - Weekly schedule
 - Daily schedule
 - Session plan
 - Team, group and individual training schedule

4. a. COMPETITION IN KHO-KHO : 10

- Planning for competition
- Competition schedule
- Recovery before competition
- Build up competition
- Decisive competition

b. DIRECT PREPARATION FOR MAIN COMPETITION: 10

- Dates, timing and cycle of matches
- Recovery during the tournament
- Conditions of competition
- Strong and weak points of opponent teams and individual players
- Means and methods of recording the performance, statistics, video analysis, observation, charts and tables

C. EVALUATION OF COMPETITION PERFORMANCE: 10

- Individual player
- Attack and defense
- Success and failure
- Various methods and means of recording the performance

5. SPECIAL FEATURES OF TRAINING THE WOMEN PLAYERS: 10

6. PSYCHOLOGICAL PREPARATION

- Long term preparation
- Preparation during last days
- Immediate preparation(before the start of the match)

- Pep talk-during interval and time out
- Handling of the team/players in coaching camp & competition.

7. COMMON INJURIES IN KHO-KHO AND REHABILITATION OF INJURED PLAYERS: LIAISONIN WITH PHYSIOTHERAPISTS. 04

THEORY – II

1. ANALYSIS OF SPECIFIC PHYSICAL ABILITIES AND METHODS OF DEVELOPMENT: 08

- Requirement of games
- Means and methods of development
- Methods of evaluation of progress
- Development of physical abilities as per the position(role)
- Converting special abilities to meet the requirement of the game

2. SELECTION OF PLAYERS: 06

- Selection of players from the coaching camps
 - a. Short term
 - b. Long term
 - c. Developmental camp
- Organization of selection trails
- General methods of selecting the players
- Selection of main team (for specific role)
- Selection of captain

- Requirement of a captain

**3. ADVANCED DEFENSIVE AND OFFENSIVE TECHNIQUES
IN KHO-KHO: 20**

- Counter action for pole dive, judgment Kho, tapping, and pole avoiding
- Attacks at the post, pole dive, judgment Kho, and tapping
- Avoiding strong chasers during chain game defense
- Placing the Chasers

4. (a) TACTICS AND STRATEGIES: 10

- Definition, classification and development trends
- Methodical phases of teaching and training tactics
- Descriptive analysis of various basic and advanced offensive and defensive individual and group tactics.
- Tactics of attack
- Tactics of defense

- Match tactics – according to situation.

4 (b) PRINCIPLES OF PLAY: 40
Principles of defense

- Position, formation & movement at the beginning,
- Escapes (individually and group)
- Escapes from clubbing
- Shifting position, disturbing the rhythm of attack
- Entry during game
- Positioning and shifting

- Order of running, placing the chasers, use of substitutes
- Shifting position to safe place
- Combination of chain & ring, positioning on central lane to escape
- Selection of defender, Order of Defense / order of defense during tie break

Principles of attack

- Initial and subsequent attacks, using reverse Kho, advance Kho after pole turning
- Attack on shifting defenders
- Double attack
- Attack during entry
- Use of clubbing, surprise attack and shifting of attack
- Clubbing, clubbing near the post, clubbing near the center lane by using reverse kho, advance kho as tactics to clubbing.
- Surprise attack as tactic,
- Converting clubbing into surprise attack
- Surprise attack into clubbing
- Attack during minimum chase
- Substitution

4 d) MEANS AND METHODS OF TRAINING

TACTICS/STRATEGY:

10

- Small area games
- Functional training
- Conditioned game
- Coached practice

4(e) POSITIONAL PLAY:

06

- Requirements of players for specific position

5.SPORTS MARKETING :

20

(a) Introduction to Sport Marketing

- **Definition and Explanation and Marketing Pioneers, unique features of Marketing**

(b) Consumer Behaviour

- i) Sports Consumers (Professional Setting, Educational setting, Recreational Setting)**
- ii) Internal and external Influences**
- iii) Decision – Marketing Process**
- iv) Consumer Motives, consumer satisfaction**

(c) Public Relations and Sponsorship

- i) Media & Community Relations, Public Relations tools, image enhancement**
- ii) Sponsorship Trends, Endorsement, Planning & Sales process, Sales Promotions, Advertisement event promotion**

6. COMPUTER APPLICATION:

20

There shall not be any examination for topics number 5 & 6.

PRACTICALS

1. WARMING UP:

30

- Stretching before and after training
- Pre-game warm-up
- Different methods of warming up

2. LEAD UP GAMES, SKILL DRILLS FOR TECHNIQUES, TACTICS, GROUP DRILLS, TEAM DRILLS, RECREATIONAL GAMES: 20

3. DEVELOPMENT OF SPECIFIC CONDITIONING ABILITIES THROUGH SUITABLE MEANS: 30

- Development of strength, strength endurance, explosive strength
- Development of speed endurance
- Development of specific speed ability
- Development of reaction speed, anticipation ability, complex reaction ability
- Development of complex abilities through game, through different exercises
- Development of special endurance (anaerobic power)

4. DEVELOPMENT OF PERSONAL PERFORMANCE, DEMONSTRATION, TEACHING AND TRAINING ABILITY: 40

**a) KHO-KHO
DEFENSE**

- Escape from pole dive
- Escape from judgment Kho in-between
- Escape Tapping
- Avoiding post

OFFENCE 40

- Pole dive
- Judgment Kho in-between
- Flat dive
- Reverse Kho

**5. FUNCTIONAL TRAINING FOR DIFFERENT POSITIONS
IN DIFFERENT SIUTATIONS : 40**

**7. PRACTICE OF TECHNIQUES AND TACTICS UNDER VARIOUS
SITUATIONS & COUNTER MOVES: 30**

**8. DEVELOPMENT OF DEMONSTRATION AND TEACHING ABILITY
IN TEAM TACTICS THROUGH TRAINING, ANALYSING AND
IMPROVING PERSONAL PERFORMANCE**

KHO-KHO

4 (b) PRINCIPLES OF PLAY: 70

Principles of defense

- Position, formation & movement at the beginning,
- Escapes (individually and group)
- Escapes from clubbing
- Shifting position, disturbing the rhythm of attack
- Entry during game
- Positioning and shifting
- Order of running, placing the chasers, use of substitutes
- Shifting position to safe place
- Combination of chain & ring, positioning on central lane to escape
- Selection of defender, Order of Defense / order of defense during tie break

Principles of attack:

70

- Initial and subsequent attacks, using reverse Kho, advance Kho after pole turning
- Attack on shifting defenders
- Double attack
- Attack during entry
- Use of clubbing, surprise attack and shifting of attack
- Clubbing, clubbing near the post, clubbing near the center lane by using reverse kho, advance kho as a tactics to clubbing.
- Surprise attack as tactics,
- Converting clubbing into surprise attack
- Surprise attack into clubbing
- Attack during tie break
- Substitution

8. PEDAGOGIC PRACTICE:

40

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SYLLABUS

KHO-KHO

DIPLOMA IN COACHING

