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An evaluation of eight weeks training with incorporation of new strategy and tactics on playing ability of CBSE school girls of kho-kho discipline

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Abstract

Background: Kho-kho demands physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members.

Objective: The objective of the study was to determine the effect of eight weeks training on the playing abilities of kho-kho players by incorporating of various strategies and tactics.

Methodology: Total sixty (N =60) subjects were participated in this study. Thirty (N=30) subjects were chosen randomly from class-vi and class-v for experimental group for this study. Another thirty (N=30) subjects were selected in the same way for the control group. The subjects were student of Hem Sheela Model School of urban area of Durgapur, Burdwan District. The age range of the subjects were 10 to 12 years (Mean = 11 ± 1 Yrs.). For detection of kho-kho playing abilities pole dive, pole turn, zig zac run, shuttle run, fifty yard dash, 600 yard run and standing broad jump were conducted through standard test.

Statistics: one way ANCOVA were done in this study for data interpretation at the 0.05 level of significant.

Results: Result of present study revealed that there is significant development in Pole Dive, Zig Zac, Pole Turn, Standing Broad jump Shuttle Run and 600 yards run and walk but not in the 50 yard dash of advance kho-kho players.

Conclusion: It can be concluded from the results of this study that kho-kho playing abilities may be increased by eight weeks training with incorporation of new strategy and tactics but not the speed.

Keywords: Playing, ability, kho kho

Introduction

The game, Kho -Kho demands physical fitness, strength, speed and stamina, and a certain amount of ability. Dodging, feinting and bursts of controlled speed make this game quite thrilling. To catch by pursuit - to chase, rather than just run - is the capstone of Kho-Kho. The game develops qualities such as obedience, discipline, sportsmanship, and loyalty between team members. S S Sharma and N B Shukla (1992) ^[1] established that The mean age at menarche of sportswomen (athletes) in different sports specialities was higher than that of non-athletes (control). It is noticeable that mean menarcheal age of the combined group is 13.56 years, while in the control the menarche occurs earlier at 12.7 years. Menarche is delayed by more than 2 years in some of the sportswomen. The maximum delay (2.5 years) occurred in kho-kho (15.2 years) and the minimum (0.2 years) in table-tennis players. Comparing the values for the various categories of sportswomen and those of the control group indicates that menarcheal age is significantly delayed in all sportive categories except table-tennis players.^{1,2,3,4,5} The researchers from the review it is found that kho-kho is a game of agility, speed and stamina. From this point of view the researchers thought it is a major game. Therefore there may be any influence of new strategy and tactics on kho-kho playing abilities.

Method & material

Subjects: Total sixty (N =60) subjects were participated in this study. Thirty (N=30) subjects were chosen randomly from class-vi (N=15) and class-v (N=15) for experimental group for this study. Another thirty (N=30) subjects were selected in the same way for the control group.

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Study location: The subjects were student of Hem Sheela Model School of urban area of Durgapur situated in Burdwan District, West Bengal, India.

Age Range: The age range of the subjects were 10 to 12 years (Mean = 11 ± 1 Yrs.).

Design of the study: This is an experimental, prospective randomized control trial study. In this study two group namely experimental and waitlist control group stayed in the surrounding area of the school and their diet pattern, life style were not different in nature. Before introducing of new strategy and tactics both the groups' initial data (baseline) of all parameters were recorded. After completion of one month of regular practice (6 days/week) again all the variables were measured for the two groups. Then after two months of regular practice finally all the variables were measured for the two groups. During the period of experiment the control group was maintained similar daily routine of the school and observed practice of the experimental group in the practice time but not participated.

Training protocol: The experimental group had an hour practice of single chain system for chasers and pole dive for runner with new strategy and tactics in the initial week. New strategy and tactics were practiced in every week up to three months. They practice 6 days per week (Sunday closed) for total 12 weeks in the kho-kho field of the school ground.

Assessment criteria: For playing ability assessment Pole Dive, Zig Zac, Pole Turn, Standing Broard jump, Shuttle Run, 600 yards run and walk and 50 yard dash were measured by the standard method.

Pole Dive: Pole dive ability was measured by the distance cover by the player holding the pole by one hand on the free zone inner line stamp. Three trails were given. Best of three was the score.

Zig Zac: The zig zac running ability was measured by the time elapsed for going in the zig zac way from one pole to other and come back. Three trails were given. Best of three was the score.

Pole Turn: Pole turning ability was measured by the time elapsed for turning the pole from behind the last chaser up to touch the wicket settled on the inner line of the free zone. Three trails were given. Best of three was the score.

Standing Board jump: The kho kho players stand behind a take off line with his feet several inches apart. Before jumping, the player dips at knees and swings the arms backward. He then jumps forward by simultaneously extending the knees and swinging the arms forward. Three trails are permitted. Measurement is from the closest heel mark to takeoff line. The score is the distance between the takeoff line and the nearest point where any part of the player's body touches the ground.

Shuttle Run: Agility was assessed by the time elapsed for execution of 4×10 yards shuttle run. Subjects were done 3 trails with a gap of 10 minutes between two trails. Best of the three trails was considered as final score (AAPHER Youth Physical Fitness Test Item).

600 yards run and walk: Cardio Vascular Endurance was measured by the time elapsed to cover 600 yard by walking or running. Only one attempt was taken which is the final score. (AAPHER Youth Physical Fitness Test Item).

50 yard dash: Speed was measured by using 50 yards dash (AAPHER Youth Physical Fitness Test Item). Subjects were tested in 3 trails. The best of the three trails was final score.

Statistical analysis: Analysis of covariance (ANCOVA) was used for analyzing data analysis. Simple percentage was also calculated from the mean value to see the quantitative changes in variables.

Results and discussion

Speed was increased in the experimental group but not in control group after 8 weeks (Fig. no. 01 and Table no.01).

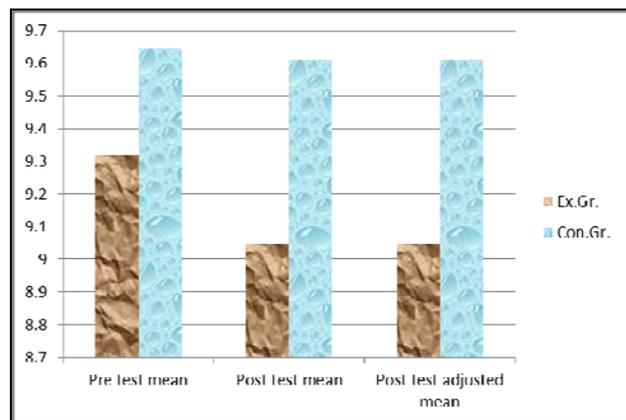


Fig 1: Comparison of Mean of 50 yard dash

Table 1: Mean of 50 yard dash

Group	Pre Test Mean	Post Test	Adjusted Post Test Mean
Experimental Group	9.318	9.049	9.0487 ± 0.76999
Control Group	9.646	9.613	9.6127 ± 1.03011

Significance value in the post test was 0.043 and value of calculated F-ratio was 4.298 which imply it was not significant at 0.05 levels.

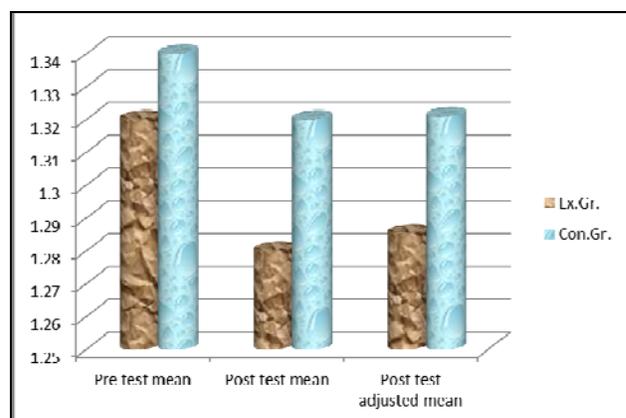


Fig 2: Comparison of Mean of Pole Dive

Table 2: Mean of Pole Dive

	Pre Test Mean	Post Test	Adjusted Post Test Mean
Experimental Group	1.32	1.28	1.2853 ± 0.11904
Control Group	1.34	1.32	1.3210 ± 0.13576

Pole dive ability was decreased in the experimental group and also in control group after 8 weeks (Fig. no. 02 and Table no.02). Significance value in the post test was 0.319 and value of calculated F-ratio was 1.010 which implies it was significant at 0.05 levels.

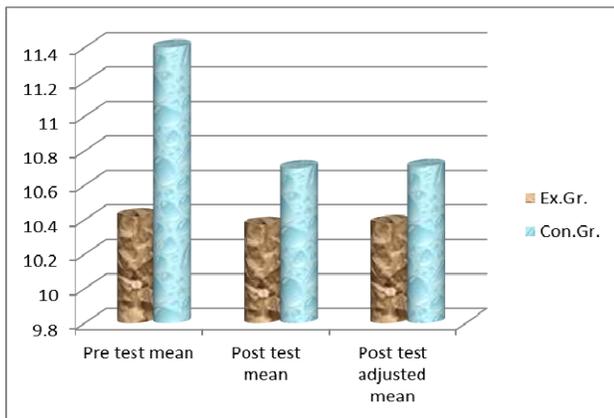


Fig 3: Comparison of Mean of Zig Zac Run

Table 3: Mean of Zig Zac Run

	Pre Test	Post Test	Post Test Adjusted Post Test Mean
Experimental Group	10.42	10.37	10.3793 ± 0.78312
Control Group	11.40	10.70	10.7080 ± 0.84725

Zig Zac running ability was increased in the experimental group and but decrease in control group after 8 weeks (Fig. no. 03 and Table no.03). Significance value in the post test was 0.471 and value of calculated F-ratio was 0.526 which implies it was significant at 0.05 levels.

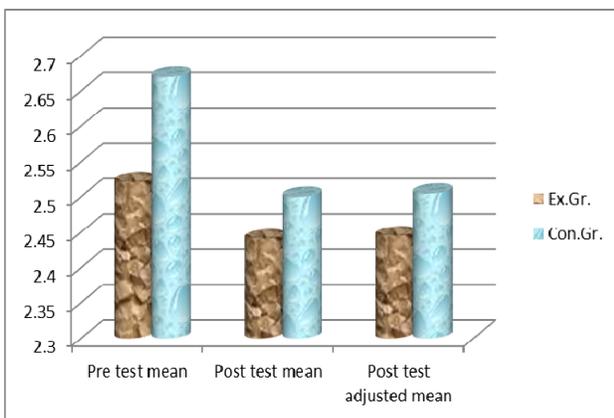


Fig 4: Comparison of Mean of Pole Turn

Table 4: Mean of Pole Turn

	Pre Test	Post Test	Post Test Adjusted Mean
Experimental Group	2.52	2.44	2.4440 ± 0.22471
Control Group	2.67	2.50	2.5047 ± 0.29252

Pole Turn ability was increased in the experimental group and also in control group after 8 weeks (Fig. no. 04 and Table no.04). Significance value in the post test was 0.958 and value of calculated F-ratio was 0.003 which implies it was not significant at 0.05 levels.

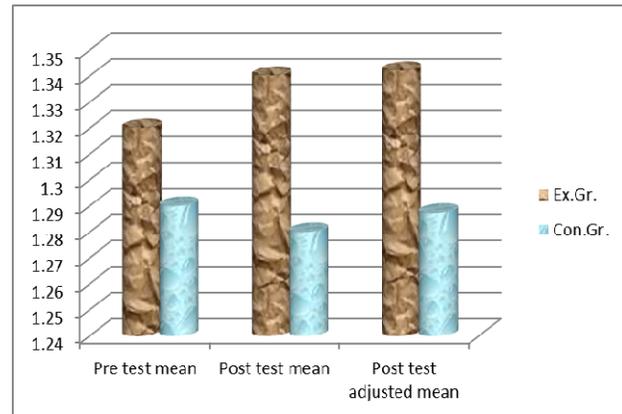


Fig 5: Comparison of Mean of Standing Broad Jump

Table 5: Mean of Standing Broad Jump

	Pre Test	Post Test	Post Test Adjusted Mean
Experimental Group	1.32	1.34	1.3420 ± 0.14740
Control Group	1.29	1.28	1.2873 ± 0.16649

Explosive leg strength was increased in the experimental group but decreased in control group after 8 weeks (Fig. no. 05 and Table no.05). Significance value in the post test was 0.307 and value of calculated F-ratio was 1.062 which implies it was significant at 0.05 levels.

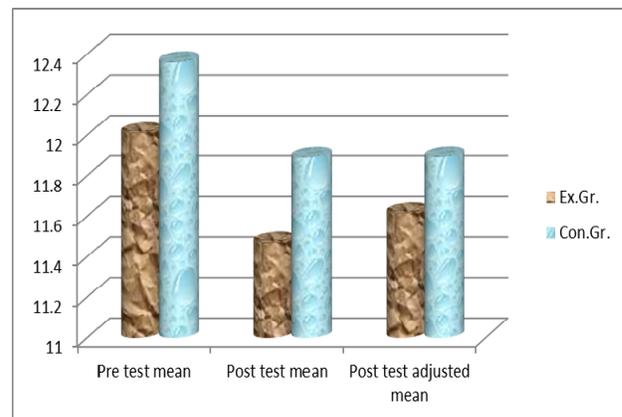


Fig 6: Comparison of Mean of Shuttle Run

Table 6: Mean of Shuttle Run

	Pre Test	Post Test	Post Test Adjusted Mean
Experimental Group	12.01	11.47	11.6147 ± 0.89359
Control Group	12.36	11.89	11.8917 ± 0.87852

Agility was increased in the experimental group and also in control group after 8 weeks (Fig. no. 06 and Table no.06). Significance value in the post test was 0.401 and value of calculated F-ratio was 0.715 which implies it was significant at 0.05 levels.

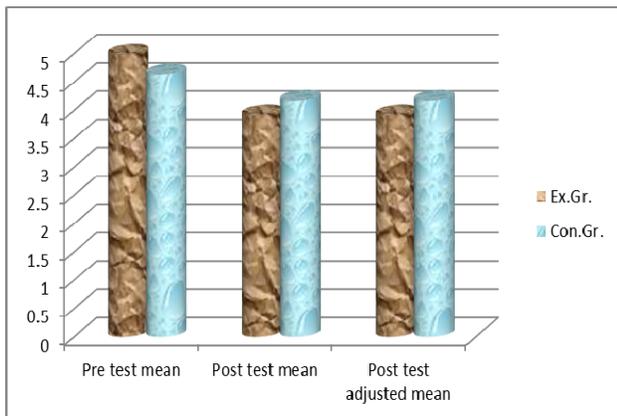


Fig 7: Comparison of Mean of 600 yards run and walk

Table 7: Mean of 600 Yard Run and Walk

	Pre Test	Post Test	Post Test Adjusted Mean
Experimental Group	4.98	3.91	3.9100 ± 0.62220
Control Group	4.64	4.17	4.1700 ± 0.58554

Cardio-vascular Endurance was increased in the experimental group and also in control group after 8 weeks (Fig. no. 07 and Table no.07). Significance value in the post test was 0.285 and value of calculated F-ratio was 1.167 which implies it was significant at 0.05 levels.

Conclusion

It may be concluded that imposition of new strategy, technique and tactics affects performance levels positively but in some cases negatively.

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