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## A comparative study different running Strategy in Kho-Kho

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### Abstract

This study was conducted with the objective of determine and compare the different running techniques in kho-kho. 75 female intercollegiate female kho-kho players were selected as subject for this study. Zig-Zag run, shuttle run, oval run, distance run and set on the pole are the 5 tests were selected to measure the various running techniques i.e. single chain, ring game, shuttle run, linear run and pole turning in this study. One-way Anova and post-hoc (LSD) were the statistical tools used to analyse the data of present study at level of confidence 0.05. significant difference was found among the different running strategies in Kho-Kho. On the basis of the results and findings it was concluded that linear run is the most appropriate running strategy in intercollegiate kho-kho players.

**Keywords:** Linear run, distance run, pole turning, ring game and oval run

### Introduction

The sports skill are evaluated and measured with the help of various standardized psychomotor tests which are developed often individually. The achievement of performance in sports skill is measured by a specific skill tests, skills and sports performance etc. These tests unable to measure change in trainees psychomotor behaviour in the form of a variety of sports skill like Basketball passing, modern dance, volleyball serving, archery shooting, football forward pass, gymnastic skill, tumbling skill, achromatic skill and handball services placement, soccer dribbling/ juggling, swimming skill, tennis rallying etc. Testing in sports skill is based on skill test which are standardized by creating and environment similar to the respective game environment.

Kho-Kho is the most popular indigenous team games of India. The game of Kho-Kho is based on natural principals of physical developments. It is vigorous and fosters a health combative spirit among youth. It is not merely running with speed but its CHASE a natural instinct to overtake, to pursue to catch a kill. In game of kho-kho, there are offensive and defensive skills are required to command over the game. If Kho-Kho players want to know their progress in a game, he has an idea about his own skill level. Appropriate skill tests can assess an ability of player's.

Fast running, Change of the direction, quick movements are the different elements that requires in the game of Kho-Kho for dodging, escaping as well as changing the opponents in the running movement which requires various running techniques. Among these number of running techniques which one is most effective in Kho-Kho can be find through the comparison with the help of running ability tests. Various Sports specific skill test have been developed for various games like Handball (Singh and Kumar 2008) [5], Yadav and Dudhale 2012) [6], Basketball (Mohaimin and Kishore 2014) [1], Field Hockey (Kumar and Malhotra, 2015) [3], badminton (Kumar and Kalidasan 2013) [2], Taekwondo (Kaur and Baldeena 2019) and Wrestling (Khodadad and Tojari 2014) [9] to evaluate players skills. Further, Singh and Singh (2013) [7] developed test for Kabaddi, Kho- Kho & Wrestling players on the selected physical fitness variables to measure their physical fitness. Rao and Kishore (2014) [4] test measures the reaction ability of the Kabaddi players. Furthermore, Waghchoure and Bera (2000) [8]. Construction and standardization of a battery of Kho -Kho skill test for school level students. Using the element of these tests, this study was undertaken to compare the different strategies through various running test like zig-zag run, distance run, shuttle run, oval run, and pole turning in Kho- Kho for female players.

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**Purpose**

The purpose of the study was to compare the different running strategies in Kho-Kho (single chain, ring game, shuttle run, linear run and pole turning).

**Methodology**

**Selection of Subject:** Total 75 female players of Delhi University who represented in 2002-03 at intercollegiate level were randomly selected as the subject for the present study with the age range of 17 to 25 years. The subjects were selected through random sampling technique.

**Selection of Variables**

Running technique (single chain, ring game, shuttle run, linear run and pole turning) was the selected variables for the study.

**Table 1:** Criterion Measures

S. No.	Variable	Tests	Scoring
1.	Single Chain	Zig-Zag Test	Seconds
2.	Shuttle	Shuttle Run Test	Seconds
3.	Ring Game	Oval Run Test	Seconds
4.	Linear Run	Distance Run Test	Seconds
5.	Pole Turning	Set on The Pole	Seconds

**Collection of Data**

The data on the Running technique (single chain, ring game,

shuttle run, linear run and pole turning) in kho-kho were collected on the university ground of IGIPSS with the permission of the ground authority. All the information regarding the administration of the test was provided to the subjects before conducting the test.

**Statistical Technique**

The inferential statistics one way ANOVA and post-hoc (LSD) test was applied for the comparison of running technique (single chain, ring game, shuttle run, linear run and pole turning) of female kho-kho players IGIPSS. Further, the level of significance was set at the 0.05 level.

**Table 2:** One Way ANOVA among different Test Selected for Running

Source	Sum of Square	Degree of Freedom	Mean Score	Calculated F Value	Tabulated F Value	p-value
Between Groups	17161.05	4	4290.26	5645.08	2.50	0.05
Within Groups	54.14	71	0.76			

Table 2 demonstrate the analysis of one way ANOVA of selected running technique variables of kho-kho female intercollegiate players were found highly significant as the obtained F – value (5645.08) were greater than the required value of 2.50 at 0.05 level of confidence.

**Table 3:** Post-Hoc (LSD) on Running Technique in Kho-Kho among Female Intercollegiate Players of IGIPSS

Variables	(I) game	(J) game	Mean Difference (I-J)	Critical Difference
Single Chain	Zig-Zag	Shuttle run	-0.52*	0.28
		Oval run	-5.96*	
		Distance run	7.01*	
		Set on Pol	-13.28*	
Shuttle	Shuttle Run	Oval run	-5.44*	
		Distance run	7.53*	
		Set on Pol	-12.76*	
Ring Game	Oval Run	Distance run	12.97*	
		Set on Pol	-7.39*	
Linear Run/ Pole Turning	Distance run	Set on Pol	-20.29*	

Post-Hoc pair-wise mean comparison through LSD of the running technique variable among kho-kho female intercollegiate players of IGIPSS, University of Delhi were exhibited in Table no 3. The critical difference values (0.28) which are higher than 0.05 in bold figures with \* denotes that the mean of Zig-Zag less than the mean of shuttle run, Oval run, and set on pol but zig-zag mean is higher than distance run. Further, the mean of shuttle run is lower than oval run and set on pol but shuttle run mean is higher than the mean of distance run. Furthermore, oval run mean is lower than set on pol but higher than distance run. The mean comparison between distance run and set on pol, the mean of set on pol is higher than distance run at the level of significance 0.05. Further, it was interpreted that the linear run technique in female kho-kho intercollegiate players is greater than single chain, ring game, shuttle run, and pole turning of IGIPSS, University of Delhi. Whereas, there is statistically significant difference between single chain, ring game, shuttle run, linear run and pole turning, in kho-kho female players at intercollegiate level.

**Discussion of Findings**

This study was conducted to compare the various running strategies in kho-kho. Table 2. exhibited the analysis of

ANOVA revealed significant difference between zig-zag test, shuttle run test, oval run test, distance run test and set on the pole on single chain, ring game, shuttle run, linear run and pole turning in female kho-kho intercollegiate players of IGIPSS, University of Delhi at 0.05 level of confidence. Furthermore, after applying LSD post-hoc test it was founded that the linear run technique in female kho-kho intercollegiate players is more effective running technique rather than single chain, ring game, shuttle run, and pole turning in kho-kho among female intercollegiate kho-kho players of IGIPSS, University of Delhi. This is due to fact that Kho-Kho is a semi-skilled sport linked with all out short burst of maximum acceleration sprinting ability in linear path in minimum of time for example - when the chaser is chasing and the runner as a strategy increasing the distance from the chaser to defend herself or himself.

**Conclusion**

The findings of this study revealed statistically significant difference among the different running strategies i.e. single chain, ring game, shuttle run, linear run and pole turning in female kho-kho intercollegiate players of IGIPSS, University. Based on the present study results and findings, it is concluded that linear run technique is more effective

running technique rather than single chain, ring game, shuttle run, and pole turning in kho-kho among female intercollegiate kho-kho players.

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