

Sports Authority of India
Netaji Subhash National Institute of Sports



NS NIS PATIALA

SYLLABUS FOR DIPLOMA IN SPORTS COACHING

DISCIPLINE: KHO KHO

COURSE CODE : KH 15



Total Credits: 24	Semester - I	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		96	4	280	20	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				
	Semester - II	L	Assignment	P/FW	SW	TOTAL CREDIT UNITS
		96	4	280	20	12
		(L-Lecture, P-Practical, SW-Self Work, FW-Field Work)				

COURSE OBJECTIVES:

- To impart technical & tactical knowledge of teaching skills of Kho Kho.
- To provide curriculum based on modern terminology, modern coaching methods and training principals.
- To develop ability to prescribe Kho-Kho specific exercises to the trainees.
- To develop ability to demonstrate, explain and analyses Kho-Kho skills.

LEARNING OUTCOMES:

- Learn the basis, intermediate and advance skills of Kho Kho.
- Understand the methods of teaching the skills.
- Understand the technical & Tactical Knowledge of imparting coaching.
- Understanding the systematic preparation of athlete at various levels.
- Students will be able to design various Kho-Kho training programs based on the level of trainees.

SKILLS DEVELOPED:

- Ability to teach basic drills to trainees.
- Leadership qualities.
- Ability to teach tactical moves.
- Critical thinking.
- Talent identification.

DETAILED SYLLABUS - SEMESTER I

THEORY I

Total Credit: 4

Unit No.	Description/TopicsCovered	Teaching Method	No. of Hours (period)	Online/ Class room	Faculty
1.	History and Development	L	2	Online	Inhouse
	1.1 History background of Kho-Kho in India, Asia and International Level.				
	1.2 Present trend in the game at national and International level.				
	Structure and functions of different (02) controlling bodies:	L	2	Online	Inhouse/Guest
	2.1. International (IKKFI) and Asian body. 2.2 National Federation, State and District Associations 2.3 Relationship of National Federation with I.O.A., SAI etc.				
	Rules of The Game and Officiating	L	10		Inhouse/Guest
	3.1. Terminologies of Kho – Kho (New Version)				

	<p>3.2. Rules and interpretations.</p> <p>3.3. Qualities of technical officials and responsibilities of referee, umpires, scorers and time keeper.</p> <p>3.4. Rule Regarding Seven Side Attack in Kho-Kho (New Avatar)</p> <p>3.5. Principles and mechanism of officiating</p>	5			
	Organization, management and conduct of competition	L	9	Online	Inhouse/Guest
	<p>4.1. Competition system followed: International & National Championship and other level of Competitions.</p> <p>4.2. Formation of committees</p> <p>4.3. Duties and functions of different committees</p> <p>4.4. Preparation of Budget for conduct of tournament/competition</p> <p>4.5. Drawing of fixtures-General and Technical rules</p>				
	Preparation of playfield and it's maintenance	L	2	Online	Inhouse
	5.1. Preparation of different surfaces (Mud & Synthetic)	Assignment	1		

	-Flood light arrangement -Method of Marking of the Ground -Laying of synthetic surface - Merits and Demerits				
	Requirement of A Kho - Kho Player for High Performance	L	5	Online	Inhouse/Guest
	6.1. Physique 6.2. Physiological Qualities 6.3. Physical abilities 6.4. Technical Skills 6.5. Tactical abilities 6.6. Intellectual, Social, Mental and Moral Abilities 6.7. Special requirement are seven Side Attackers in Kho-Kho & Wazir.				
	Warming – up and warm down	L	3	Online & Field	Inhouse
	7.1-Aim 7.2 -Importance 7.3-Types 7.4-Methods and Means				
	Lesson plan	L	3	Online	Inhouse
	8.1- Teaching lesson plan 8.2- Training lesson plan	A	1		
	Techniques of Kho-Kho		4		Inhouse
	9.1-Introduction, importance and classification of techniques.			Online	

	9.2-Stages and principles applied for learning in Kho-Kho 9.3-Methodical stages of teaching techniques 9.4-Practice - hints – corrections - encouragement- discussion				
	Teaching, training and development of techniques		4		Inhouse
	10.1- Practice of technique under easy,different and complexConditions 10.2- Teaching and training aids, it's importance. 10.3- Methods and means of training technique 10.4- Reasons of committing faults, methods and means foridentification of faults & correction in technique Performance and feedback.				
	11. Small Area Gamesand Their Usefulness	L	5		Inhouse
		A	1		
	Means for Evaluationof Progress in Learning & Performance of Techniques				

	12.1-Skill tests 12.2-Statistics and records 12.3-Game recording and Observation	L A	7 1		Inhouse
	Importance, analysis with respect to movement Co-ordination mechanics and variation in techniques Kho-Kho defensive techniques:		43		Inhouse
	13.1-Combination chains and mixed chains 13.2-Chain game when advance Kho is given 13.3-Reaching, settling, turning and pushing the post 13.4-Reaching post without taking entry 13.5-Front and back ring with and without fake 13.6-Half ring, combination of half ring and chain 13.7-Converting short to medium ring 13.8-Medium ring to long ring 13.9-Pulti-close and wide pulti (back dodge) 13.10-Playing ring game (around the post) three				

cross lanes and post
 13.11-Maintenance of
 the ring game
 13.12-Pole Avoiding
 13.13-Counter for Pole
 Dive and Judgment Kho
 13.14-Counter for heel
 tapping

13.15 defensive
 technique Seven Side
 attacks.

OFFENSIVE

TECHNIQUES:

13.16-Method of sitting
 in the chaser's block

13.17-Methods of
 giving Kho and their
 variations

13.18-Advance Kho and
 its variations

13.19-Pole turning and
 its variations

13.20-Covering on the
 cross lane and its
 variations

13.21-Angle of attack
 and its variations

13.22-Attack on post
 line and its variations

13.23-Tapping shoulder,
 Heel

13.24-Pole Dive and its
 variations

13.25-Judgment Kho
 and its variations

13.26. Offensive
 technique of Seven side
 attack.

Internal assessment – 06 hours

Total Hours - 100

PRACTICAL I**Total Credit:8**

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/ Class room	Faculty
1.	Warming Up and Various Methods	P	20	Playfield	Inhouse
	<ul style="list-style-type: none"> • General and specific warming up • Free hand and Skipping rope exercises • Warm down exercises- procedures 				
2	Preparation, Marking and Maintenance of Ground	FW	4	Playfield	Inhouse
	<ul style="list-style-type: none"> • Natural surface and marking • Laying of synthetic surface and marking 				
3	Officiating and Organization of Competition	FW	12	Playfield	Inhouse
4	Development of General Conditioning Abilities	Practical	40	Playfield	Inhouse
	4.1—Development of endurance- Continuous method, Fartlek, Cross-country and interval method 4.2--Development of strength, Calculation of One RM, Weight training, partner exercises, own				

body exercises, medicine ball exercises, plyometric exercises, wall ball exercises, rope Climbing, mobility exercises, bench exercises and tier exercises.4.3-Development of speed uphill and downhill running, short sprints, strides, speed Forming Exercises and Use of signals during training.

4.4 -Development of flexibility active and passiveflexibility exercise, PNF stretching, swiss ball Exercises

4.5-Development of motor co-ordination Running, jumping, turning, rolling, sudden changing life Direction, sudden stopping, pivoting and different footwork.

- Stretching before andafter activity

4.6-Agility Training Exerciseto develop agility, sidewardrun Zigzag run, sudden change of direction, shuffling movement, Maze running, Obstacles run

4.7-Excercise to develop balance, kinesthetic perception and orientationand other required co-coordinative abilities

5	Motor Abilities Test	FW	4	Playfield	Inhouse
	5.1 -General 5.2 -Specific				
6	Development of personal performance and Demonstration, teaching and training abilities kho kho	Practical	166	Playfield	Inhouse
	6.1 DEFENSIVE TECHNIQUES: -Basic chains -combination chains -chain game when advance KHO is given -Reaching, settling, turning and pushing the post -Reaching post without taking the 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 6.1.(A) Defensive technique seven side Attacks.				

	6.2 OFFENSIVE TECHNIQUE -Method of sitting in chaser's block -Method of giving kho and its variations -Advance kho and its variations -Pole turning and its variations -Covering on cross lane and its variations -Angle of attack and its variations -Attack on post line and its variations -Tapping shoulder, Heel -Pole dive -Judgment Kho 6.2.(A). Offensive technique Seven side Game.				
7	Organization of Recreational Game, Lead-Up Games, Conditioned Game and Small Area Game	FW	32	Playfield	Inhouse
8	Pedagogic practice Development of teaching practice, commands, class control and organization of drills, correction and use of teaching aids.	SW	10	Playfield	Inhouse
9	Yoga and Meditation	Practical	8	Playfield	Inhouse
Internal Assessment – 24 hours					
Total Hours - 300					

DETAILED SYLLABUS - SEMESTER II

THEORY II

Total Credit: 4

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1.	Talent identification and Development of Talents	L	6	Online/Classroom	Inhouse
	1.1- Principles and procedures for selection of talents 1.2- Selection criteria based on scientific principles 1.3- Tests and measurements related to KHO- KHO, using of test results for monitoring and control of training load. 1.4- Development of talent on long term basis 1.5 -Training children of various age groups				

2	Planning and Periodization Of Training				
	<p>2.1 -Long- and short-term plan-importance - its aim, content, methods and means of Training</p> <p>2.2-Single, double and multi Periodization, its aim, content, methods and means of Training of various stages.</p> <p>2.3- Preparation of training plan</p> <ul style="list-style-type: none"> • Half yearly plan • Three month's plan • Monthly plan • Weekly schedule • Daily schedule • Session Plan • Team, group and individual training schedules 	L Assignment	10 2	Online/Classroom	Inhouse/Guest
3	Competition in Kho-Kho	L	5	Online/Classroom	Inhouse

	3.1-Planning for competition and schedule 3.2-Recovery before competition 3.3-Build up and Decisive competition				
4	Direct Preparation for Main Competition 4.1- Dates, timings and cycle of matches 4.2- Recovery during the tournament 4.3- Conditions of competition 4.4- Strong and weak points of opponent's teams and individual Players. 4.5- Means and methods of recording the performance, statistics, video analysis, observation, charts and tables	L	5	Online/Classroom	Inhouse

5	Evaluation of Competition Performance	L	4	Online/Classroom	Inhouse
	5.1-Individual player 5.2-Attack and defence 5.3-Success and failure 5.4-Various Methods and means of recording the performance. Special Reference to video analysis.				
6	Special Features of Training the Women Players	L	2	Online/Classroom	Inhouse
7	Psychological Preparation	L	4	Online/Classroom	Inhouse
	7.1- Long term preparations 7.2- Preparation during last Few days 7.3-Immediate preparations 7.4-Pep talk during interval 7.5-Specific Reference to the Handling of the team/players in coaching camp for Competition				

8	Common Injuries in Kho- Kho And Rehabilitation of Injured Players: Liaisoning With Physiotherapists	L Assignment t	4 1	Online/Classroom	Inhouse/Guest
9	Analysis of Specific Physical Abilities and Methods of Development 9.1-Requirement of games 9.2-Means and methods of development 9.3-Methods of evaluation of progress 9.4-Development of physical abilities as per the position (role) 9.5-Converting special abilities to meet the requirement of Game 9.6. Special Requirements of Seven Side Team	L	5	Online/Classroom	Inhouse
10	Selection of Players	L	5	Online/Classroom	Inhouse
	10.1- Selection of players from the coaching champs. a. Short terms b. Long terms				

	c. Developmental champs <ul style="list-style-type: none"> • Organization of selection trails • General methods of selecting the players • Selection of main team (for specific role) • Selection and qualities of a Captain 				
11	Advanced Defensive and Offensive Techniques in Kho- Kho 11.1- Counter action for pole dive, judgement kho, tapping and pole avoiding 11.2- Attacks at the post, pole dive, judgement kho and tapping 11.3- Avoiding strong players during chain game defence 11.4- Placing the Chasers. 11.5. Defensive Strategy and tactics of Seven Side Game.	L	4	Online/Classroom	Inhouse

12	Tactics and Strategies	L	6	Online/Classroom	Inhouse/Guest
	12.1-Definition, classification and development trends 12.2-Methodical phases of teaching and training tactics 12.3-Descriptive analysis of various basic and advanced offensive and defensive individual and group tactics 12.4-Tactics of attack and defence 12.5-Match tactics -according to situation				
13	Principles of play	L	20	Online/Classroom	Inhouse/Guest
	13.1- Principles of defense -Position, formation and movement at the beginning -Escapes (Individually and groups) -Escapes from clubbing				

	<ul style="list-style-type: none"> -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 and ring, positioning on central lane to escape -Selection of defender, order of defence/order of defence during tie break <p>13.2 Principles Of Attack</p> <ul style="list-style-type: none"> -Initial and subsequent attacks, using reverse kho, advance kho after pole turning -Attack on shifting defenders -Double attacks -Attack during Entry. <p>13.3. Offensive strategy for Seven side Game</p>				
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	-Use of clubbing, surprise attack and shifting of attack -Clubbing near the post, clubbing near the centre lane by using reverse kho, advance kho as tactics to clubbing -Surprise attack as tactic -Converting clubbing into surprise attacks -Surprise attack into clubbing -Attack during minimum chase -Substitution				
14	Means and Method of Training Tactics/Strategy	L	8	Online/Classroom	Inhouse/Guest
	14.1-Small area games 14.2-Functional training 14.3-Conditioned game 14.4-Coached practice				
15	Positional Play	L	2	Online/Classroom	Inhouse/Guest
	15.1-Requirements of				

	players for specific positions Nine & Seven Side				
Internal Assessment - 6					
Total Hours - 100					

PRACTICAL II

Total Credit: 8

Unit No.	Description/Topics Covered	Teaching Method	No. of Hours (period)	Online/Class room	Faculty
1	Warming Up	Practical	6	Playfield	Inhouse
	1.1-Stretching before and after training 1.2-Pre-game warm-up 1.3-Different methods of warming up				
2	Lead Up Games, Skill Drills for Techniques, Tactics, Group Drills, Team Drills, Recreational Games	Fieldwork	20	Playfield	Inhouse
3	Development of specific conditioning abilities through suitable means:	Practical	25	Playfield	Inhouse/Guest
	3.1-Development of strength, strength endurance, explosive strength 3.2-Development of speed endurance 3.3-Development of specific speed ability				

	3.4-Development of reaction speed, anticipation ability, complex reaction ability 3.5-Development of complex abilities through game, through different exercises 3.6-Development of special endurance (anaerobic power)				
4	Development of Personal performance, demonstration teaching and training ability defense	Practical	35	Playfield	Inhouse
	-Escape from pole dive -Escape from judgment kho in- between -Escape Tapping -Avoiding post OFFENSE -Pole dive -Judgment kho in-between -Flat dive -Reverse kho				
5	Functional Training for Different Positions in Different Situations: Practice of Techniques and Tactics Under Various Situations & Counter Moves	Practical	40	Playfield	Inhouse
6	Principles of Play	Practical	130	Playfield	Inhouse

	<p>6.1 PRINCIPLES OF DEFENSE</p> <ul style="list-style-type: none"> -Position, formation and movement at the beginning -Escapes (individually and groups) -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 defence/order of defence during the tie break. <p>6.1.(A) Seven Side defensive Tactical Moves</p> <p>6.2 PRINCIPLES OF ATTACK</p> <ul style="list-style-type: none"> -Initial and subsequent attacks, using reverse kho, advance kho after pole turning -Attack on shifting defenders -Double attack -Attack during entry 				
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	-Use of clubbing, surprise attack and shifting of attack - Clubbing near the post, clubbing near the centre 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 the tie break -Substitution. 6.2.(a) Offensive Tactics of seven side Move.				
7	Pedagogic Practice	SW	18	Playfield	
Internal Assessment – 26					
Total Hours - 300					

Training Books, Journals, Online Resources Prescribed for Trainees

Dr. Dheer.S. and Radhika Kamal (1991), "Organization and Administration of Physical Education", Friends Publication, Delhi.

Dr. Muthiah.C.M. (1989) "Strength Training" NIS, Publication, Patiala.

Frank W. Dick (1980) "Sports Training Principal" Lepus Books, London.

Singh Hardayal, (1991) Science of Sports Training" DVS Publication, New Delhi.

Tudor. O.Bompa, Theory and Methodology of Training.

Dr. Dietrich Haree, Principal of Sports Training, Sportsverlag Berlin, 1982.

Measurement and Evaluation in Physical Education, New Delhi, Dr. Madhuri T. Wagchoure, Friends Publication, India.

M.S. Tyagi & Sheetal Chouhan, "How to learn Kho Kho", K.S.K. Publishers and Distributors, New Delhi.

Dr. H.V. Nataraj "Basics of Kho-Kho" Sahaja Publication Bangalore.

Dr. H.V. Nataraj "Progress "Collection of Articles" Vijayalaxmi Publications- Mysore.

Dr. H.V. Nataraj "Manual of Kho-Kho and Kabaddi"

ASSESSMENT			
Semester	Theory/Practical	Internal	External
I SEMESTER	THEORY (4 credits) (200 Marks)	4 Periodical MCQ / Descriptive tests (4 x 20 marks = 80 marks) 2 quiz (2 x 10 marks = 20 marks) 2 Assignments (2 x 10 marks = 20 marks) (50 % of the total marks secured in the above three assessment components shall be the internal mark). (60 Marks)	At the end of the semester, (semester) examination shall be conducted for 140 marks with 3 hours duration. (140 Marks)
	PRACTICAL (8 credits) (400 marks)	4 Periodical Practical Assessment Tests (Demonstration & Execution of learnt techniques). (4 x 10 marks = 40 marks); 2 Teaching/Training ability assessment; (2 x 40 marks = 80 marks). (Total - 120 marks)	Practical examination (Demo & execution of learnt techniques) - 80 marks. Teaching/Training ability Assessment. - 160 marks VIVA VOCE-40 marks (Total - 280 marks)
II SEMESTER	THEORY (4 credits) 200 Marks)	4 Periodical MCQ / Descriptive tests (4 x 20 marks = 80 marks); 2 quizzes- (2 x 10 marks = 20 marks); 2 Assignments- (2 x 10 marks = 20 marks). (50 % of the total marks secured in the above three assessment components shall be the internal mark). (60 Marks)	At the end of the semester, (semester) examination shall be conducted for 140 marks with 3 hours duration. (140 Marks)

	PRACTICAL (8 credits) (400 marks)	4 Periodical Practical Assessment Tests (Demonstration & Execution of learnt techniques). (4 x 10 marks = 40 marks); 2 Training/Coaching ability assessment (2 x 40 marks = 80 marks) (Total - 120 marks)	Practical examination (Demo & execution of learnt techniques) - 80 marks. 1. Teaching/Training ability Assessment. - 160 marks VIVA VOCE - 40 marks (Total - 280 marks)
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