

## **M.P.E – 106 (B) GAME OF SPECIALIZATION-KHO-KHO**

### **UNIT-I**

#### **COACHING PHILOSOPHY**

- 1.1 Principles and objectives of coaching
- 1.2 Techniques of coaching – pep talk, coaching –pre match, during and post match, Individual and group coaching
- 1.3 Coaching schedule –seasonal, daily, weekly, monthly and yearly
- 1.4 Talent identification to select the winning combination – the offense and the defense
- 1.5 Team building
- 1.6 Coaching lesson plan

### **UNIT-II**

#### **COMPETITION PLANNING**

- 2.1 Long – term and short – term preparation for the decisive Kho-Kho competitions
- 2.2 Psychological qualities and prepare of a Kho-Kho player
- 2.3 Team system and tactical training
  - Offensive system in a play
  - Defense system in a play
  - Individual, group and team tactics
- 2.4 Diet and nutrition for a kho-kho player
- 2.5 Coordination among the coach, doctor, psychologist and players

### **UNIT-III**

#### **SCIENTIFIC APPLICATIONS**

- 3.1 Anthropometrical and physiological considerations
- 3.2 Biomechanical analysis of skills

### **UNIT-IV**

#### **TRAINING LOAD AND ADAPTATION**

- 4.1 Principles of load and adaptation
- 4.2 Fatigue, recovery and super compensation
- 4.3 Overload and its management

### **UNIT-V**

#### **INJURIES IN KHO-KHO**

- 5.1 Ankle sprain , shoulder dislocation, knee displacement
- 5.2 Preventive and safety measures
- 5.3 Rehabilitation

### **REFERENCES**

#### **KHO – KHO**

- Chakrabarty, G., *kho Aveloken* , Delhi, Khel Sahitya Kendra, 2002.
- Panday ,I., *kho – Kho Sarvaswa*, New Delhi Metropolitan, 1982.