

# STUDY OF EFFECT OF BEACH TRAINING PROGRAMME FOR THE PROMOTION OF AGILITY AND PLAYING ABILITY OF BOYS KHO-KHO PLAYERS

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## Abstract

Kho-Kho is a popular traditional sport in India, believed to have originated from the game of "Run Chase," and is known for its simplicity, low cost, and physical demands. The sport requires agility, strength, speed, and stamina, with a focus on dodging and rapid directional changes. Kho-Kho fosters qualities such as discipline, obedience, sportsmanship, and loyalty among teammates. Beach training, a form of exercise performed on unstable sand surfaces, is believed to enhance physical fitness, including muscle strength and agility, compared to traditional workouts. A study analyzing the effects of beach training on the agility of Kho-Kho players using ANCOVA found no significant difference in the agility test scores between the beach training and control groups when pre-test agility scores were considered as a covariate. The study concluded that beach training did not significantly improve the agility of Kho-Kho players compared to the control group.

## INTRODOCTION

Kho-Kho ranks as one of the most popular traditional sports in India. The origin of kho-kho is difficult to trace, but many histories believe, that it is modified form of "Run Chase", which in its simplest form involves chasing and touching a person with its origin in Maharashtra kho-kho in ancient times, was played an 'raths' and known an rathera. Like all india games, it is simple, inexpensive and enjoyed. It does however, demand physical fitness, strength, speed, stamina and large amount of agility. Dodging, feincing burst of controlled speed make this game quite trilling 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. The rules of the game were framed in the beginning of the 20th century. At gymkhana Poona, a committee was framed in 1914,

to frame its rules. The first ever on kho-kho were published from Baroda gymkhana, in 1924. In 1959-60 the first national kho-kho championship was organized in Vijayawada (Andhra Pradesh). The government has initiated the award for the game viz; Arjun Award, Eklavya Award for man, Rani Laxmibai Award for women, Veer Abhimanyu Award for boys under 18 years & Janki Award for girls under 16 years.

## IMPORTANCE OF BEACH TRAINING

Beach training holds several important benefits for physical fitness, mental wellbeing, and overall health. It offers a unique and challenging environment that can enhance various aspects of your fitness routine compared to traditional gym or outdoor workouts. Here are some key reasons why beach training is considered important: **Strengthening Muscles:** The soft and uneven sand on the beach creates an unstable surface, which engages more muscles in your body as you perform exercises. This leads to improved muscle activation, balance, and overall strength development. **Cardiovascular Health:** Training on the beach often involves activities like running or sprinting, which can boost your cardiovascular fitness. The resistance provided by the sand requires more effort, leading to increased heart rate and enhanced endurance. **Joint-Friendly:** The sand's natural cushioning effect reduces impact on your joints, making beach training a low-impact option for individuals with joint issues or those looking to minimize wear and tear on their joints. **Balance and Coordination:** The instability of the sand challenges your balance and coordination, helping to improve your proprioception (awareness of body position) and overall motor skills

## IMPORTANCE OF THE STUDY SPEED

Speed is a crucial attribute in the sport of Kho Kho. Kho Kho is a traditional Indian sport that emphasizes agility, quick decision-making, and rapid movements. Speed plays a significant role in various aspects of the game: **Chasing and Evading:** Kho Kho is a tag-based game where the defenders (chasers) attempt to tag the members of the opposing team (runners) as quickly as possible. Runners need to utilize their speed to evade being tagged, while chasers need to be fast in chasing and tagging the runners. Quick bursts of speed are essential for both offensive and defensive maneuvers.

Agility is a crucial and fundamental attribute in the sport of Kho Kho. Kho Kho is a traditional Indian tag game that requires speed, quick reflexes, and rapid directional changes. Agility plays a vital role in enhancing a player's performance and contributing to their success in the game. Here are some reasons highlighting the importance of agility in Kho Kho: **Quick Movements:** Agility enables players to swiftly change directions, accelerate, and decelerate. In Kho Kho, players need to evade opponents while trying to tag them, and agility helps in making these movements more efficient and effective.

Tagging and Dodging: Being agile allows players to avoid being tagged by opponents. Quick changes in direction and rapid movements make it challenging for opponents to catch or tag the player, increasing their chances of staying in the game for a longer period

## OBJECTIVES OF THE STUDY

1. To compare the mean gain Scores of Agility as measurement by 10x1 meter shuttle run test, of the experimental group and control group.

## HYPOTHESIS

On the basis of review of recent sports literature and researcher long standing fields experience in the area of kho-kho, it will be hypothesized as under.

1. HO : There was no significant difference in mean gain scores of Agility of the experimental and control group.

## OPRATIONAL DEFINITION

Agility is the ability to change the direction of the entire body in space body in space with speed and accuracy. Agility is generally defined as the ability to change the direction quickly and effectively while moving as nearly as possible of full speed 20 Speed. The ability to perform body movement's rapidly. According to Watson speed is the distance covered in given time.

## DESIGN OF THE STUDY

Experimental Method The present study will be conducted by adopting the experimental method of research design be the pre test and post test and controlled group design. The blue print of the design as under Experimental Method (The Pre test, Post test and Control group design) Experimental Group Control Group Pre Test Pre Test Training No Training Post Training Post Test.

## SELECTION OF THE SAMPLE

sample of fifty (n=50) male students belonging to selected. Will be randomly from divided into two equal groups.

Which is:- Group 'A' - Experimental Group (n=25)

Group ‘B’ – Control Group (n=25)

**SELECTION OF VARIABLES AND TEST –**

**DEPENDENT VARIABLE**

The following motor fitness component will be considered as dependent variable of the present study.

Agility 4 × 10 Meter Shuttle Run, Time in Seconds

**STATISTICAL PROCEDURE USED AND ITS JUSTIFICATION**

Since, there were two groups for this Experimental study viz. Beach Training Group and control group, where in the researcher has decided to compare the change in mean scores of pre-test and post-test of kho-kho Training Group and control group in order to see the efficacy of Experimental treatment, One way ANCOVA test was appropriately used for the data analysis. The analysis of the data collected by the researcher, before and after the training intervention has been presented in this chapter. The data is analyzed by ANCOVA. Change in mean scores of pre and post-test of kho-kho Training Group and control groups comparison was done by one way ANCOVA. The data is presented, analysed and interpreted in the following manner.

**TREATMENT WISE COMPARISON OF ADJUSTED MEAN SCORES OF AGILITY BY TAKING PRE-AGILITY AS COVARIATE OF CLUB STUDENTS OF BEACH TRAINING GROUP AND CONTROL GROUP**

The second objective was to compare adjusted mean scores of Agility of Students of Beach Training Group and Control Group by taking Pre- Agility as Covariate. The data were analyzed with the help of One Way ANCOVA and results are given in table

Source of Variance	Df	SS	MSS	Fy	Reamark
Treatment	1	0.89	0.89	0.858	P>0.05
Error	48.18	1.03			
Total	49				

From Table: it can be seen that the adjusted F-value is 0.858 which is not significant at 0.05 level with df=1/49 when Pre- Agility test was taken as covariate. It shows that adjusted mean scores of kho kho player of beach Training Group and Control Groups do not differ

significantly when Pre-Agility test was taken as covariate. Thus, the Null Hypothesis that there is significant difference in adjusted mean scores of Agility test of kho kho player of beach Training Group and Control Group by taking Pre-Agility as covariate is fail to rejected. Further, the adjusted mean score of Agility test of kho kho player of beach Training Group is 18.62 which is significantly lower than that of Control Group where adjusted mean score of Reaction Time is 18.93. It may, therefore, be said that beach Training was not found effective in improving 30 meter Agility test of kho kho players than Control Group where PreAgility test was taken as covariate.

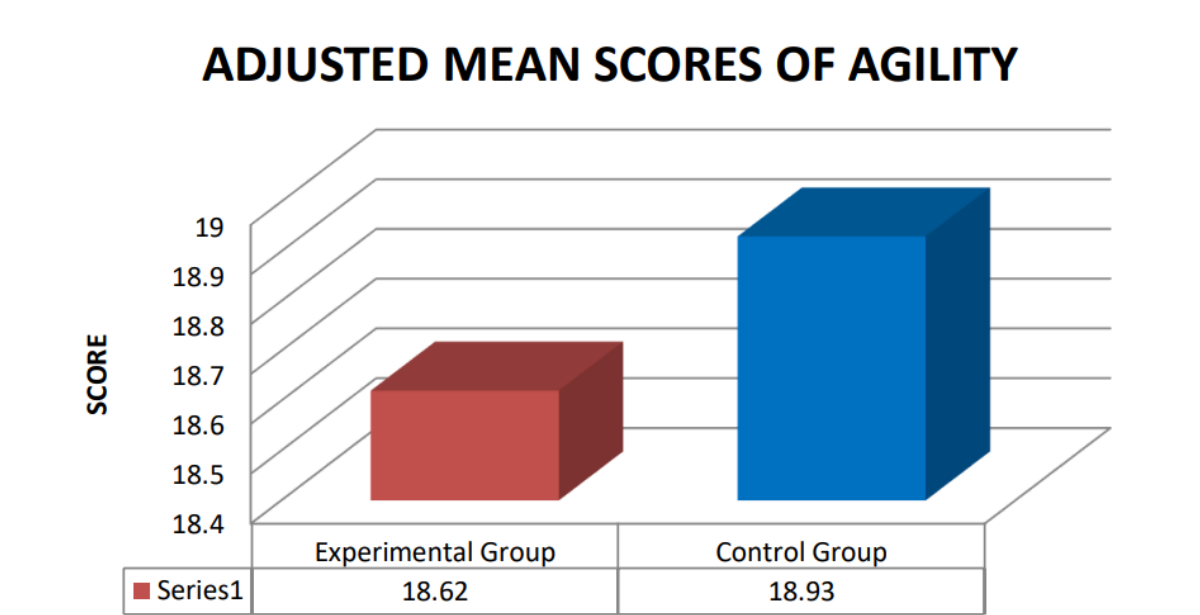


Figure 4.2 Comparison of Adjusted Mean Scores of Agility between Beach Training Group and Control Group

### FINDINGS

Findings on Skill Related Physical Fitness From the above analysis and interpretation of data following findings may be drawn-

- Beach Training significantly improves the Agility

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