

# SYLLABUS

of the

## Value-added Course

### ADVANCE COACHING IN KHO-KHO (PESSVAC006)

(w.e.f. 2022-2023)



Offered by:

THE DEPARTMENT OF PHYSICAL EDUCATION AND  
SPORTS SCIENCE

**Panskura Banamali College**

(AUTONOMOUS)

**Panskura R.S., Purba Medinipur**  
West Bengal – 721152

## COURSE INFORMATION IN BRIEF

<b>Course Name:</b>	<b><i>ADVANCE COACHING IN KHO-KHO</i></b>
<b>Course Contents:</b>	The Course consists of 1 theory and 1 practical paper: Theory : 'Method of Coaching in Kho-Kho' Practical : 'Hands-on training in Kho-Kho'
<b>Course Type:</b>	Value-added Course (Optional, additional, and not a part of the CBCS curriculum)
<b>Medium:</b>	Bengali, English
<b>Mode:</b>	Offline
<b>Intake:</b>	Minimum 10; Maximum 30
<b>Eligibility:</b>	+XII, Any interested candidate in Kho-Kho
<b>Duration:</b>	30 hours (to complete within a time span of 2 months)
<b>Course Fees:</b>	Rs. 300
<b>Coordinator:</b>	<b>SMT. SATABDI MONDAL</b>
<b>Contact:</b>	Department of Physical Education & Sports Science, Panskura Banamali College (Autonomous) <a href="mailto:satabdimondal01@gmail.com">satabdimondal01@gmail.com</a> 8902809245 (WhatsApp only)

## Structure & Contents

### **Group-A Theory (Method of Coaching)**

1. Introduction of coaching: Definition, means and methods, discussion on basic and fundamental skills of the game - demands of the game
2. Technical terms/ terminologies of playground, Terminologies of the game-rules & regulation
3. Type of giving Kho - Advance attacking & defensive movement of the game-tactics -defensive tactics/ Strategic movement

### **Group-B Practical (Hands-on training in Kho-Kho)**

1. Preparation of playground – Advanced attacking & defensive technique - preparation of score sheet- officiating with signals

### **Suggested Readings**

1. *Naval Kishore (2019). How to play KhoKho. Sports Publication, ISBN: 9789381867297.*