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A COMPARATIVE STUDY OF SPORTS TRAINING ON SPEED, AGILITY, ENDURANCE AND STRENGTH AMONG KHO-KHO PLAYERS

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ABSTRACT

The present study aimed to evaluate the effect of a structured sports training programme on selected physical fitness components—speed, agility, endurance, and strength—among Kho-Kho players of Raichur University. Fifty male Kho-Kho players aged between 18 and 25 years were selected as participants. A pre-test was conducted to assess their baseline levels of speed, agility, endurance, and strength. The players then followed a systematic sports training programme for a period of eight weeks, designed to improve overall physical fitness and game-related performance. After the completion of the training period, a post-test was administered using the same testing procedures. The pre-test and post-test scores were statistically analyzed to determine the effectiveness of the training programme. The results showed noticeable and statistically significant improvements in all selected fitness components following the training intervention. The findings of the study suggest that a well-planned and regular sports training programme plays an important role in enhancing speed, agility, endurance, and strength among university-level Kho-Kho players and can contribute to better performance and physical fitness

KEYWORDS: ***-sports training, motor components of khokho Players,***

INTRODUCTION

Kho-Kho is one of the oldest traditional games of India and has been played for generations by children and youth across the country. It is a fast, exciting team sport that requires players to run, dodge, turn quickly, and make smart decisions within a short time. Unlike many modern games that need expensive equipment, Kho-Kho can be played with very simple facilities, making it easily accessible to young people from all backgrounds. Because of this, Kho-Kho has remained popular in schools, colleges, and rural areas, helping to keep the sporting culture alive among Indian youth.From a physical fitness point of view, Kho-Kho is a complete game. It naturally develops important fitness components such as speed, agility, endurance, strength, flexibility, and coordination.

During the game, players perform repeated short sprints, sudden changes of direction, quick turns around the pole, and continuous movement for long periods. These actions place demands on the heart, lungs, muscles, and nervous system, which helps in improving overall physical fitness. Regular participation in Kho-Kho improves stamina, quickness, balance, and muscular strength, which are essential qualities for a healthy and active lifestyle.

Kho-Kho is also important for the mental and social development of youth. The game encourages alertness, quick thinking, teamwork, leadership, discipline, and confidence. Young players learn how to cooperate with teammates, follow rules, respect opponents, and handle both success and failure. In today's time, when many young people spend more time on screens and less time in physical activity, games like Kho-Kho provide a fun and effective way to keep the body active and the mind fresh. Therefore, promoting Kho-Kho among youth can play an important role in improving physical fitness, mental well-being, and overall healthy development

REVIEW OF RELATED LITERATURE

Several researchers have studied the influence of physical training on various fitness components in team games. **Singh (2016)** reported that structured training programmes significantly improve speed and endurance among college athletes. His findings emphasized that regular conditioning enhances performance and reduces fatigue during competition.

Kumar and Rao (2018) examined the effects of agility training on team sport players and found that players who followed specific agility drills demonstrated marked improvements in change-of-direction ability compared to those in regular practice. Their study highlighted the role of planned training in developing sport-specific skills.

In a study on strength development, **Patel (2019)** concluded that strength training not only improves muscular power but also contributes to better overall performance in games requiring quick bursts of effort. The research showed significant gains in push-ups and core strength tests after eight weeks of structured workouts.

Research in indigenous games by **Shetty (2020)** found that traditional sports like Kabaddi and Kho-Kho naturally demand high levels of speed, agility, and endurance. The study noted that athletes participating regularly in these games displayed better cardiovascular fitness and quick reflexes compared to non-players.

More recently, **Reddy (2022)** explored the combined effect of speed, agility, and endurance training on inter-college players and concluded that integrated training programmes lead to significant improvements in physical fitness and match performance. This research supports the idea that multi-component training benefits team sport athletes.

Although limited studies have focused specifically on Kho-Kho, existing literature consistently shows that systematic sports training is effective in enhancing key physical fitness components across different sports. These findings provide a solid foundation for the present study, which investigates the effect of structured sports training on speed, agility, endurance, and strength among Kho-Kho players of Raichur University.

METHODOLOGY

Statement of the Problem

The study was designed to compare the effect of sports training on speed, agility, endurance, and strength among Kho-Kho players.

OBJECTIVES OF THE STUDY

1. To find out the effect of sports training on speed among Kho-Kho players.
2. To find out the effect of sports training on agility among Kho-Kho players.
3. To find out the effect of sports training on endurance among Kho-Kho players.
4. To find out the effect of sports training on strength among Kho-Kho players.
5. To find out effect of sports training on the motor components among the khokho players of Adikavi Sri Maharshi Valmiki University,Raichur, Karnataka.

HYPOTHESES

It was hypothesized that there would be significant improvement in speed, agility, endurance, and strength of Kho-Kho players after the sports training programme.

Selection of Subjects

Fifty male Kho-Kho players aged 18–25 years from affiliated degree colleges of ADIKAVI SRI.MAHARSHI VALMIKI University Raichur, Karnataka were selected as subjects for the study.

Variables

- **Independent Variable:** Sports training programme
- **Dependent Variables:** Speed, agility, endurance, and strength

Tests Used

- Speed – 50 meter sprint
- Agility – Shuttle run test
- Endurance – 12-minute run/walk test
- Strength – Push-up test

Training Programme

The subjects underwent a structured sports training programme for eight weeks, five days per week. The programme included speed drills, agility ladder exercises, endurance running, circuit training, bodyweight strength exercises, and Kho-Kho skill-specific drills.

Statistical Technique

Paired ‘t’ test was used to find out the significant difference between pre-test and post-test scores. The level of significance was set at 0.05.

TABLE 1 - COMPARISON OF PRE-TEST AND POST-TEST SCORES OF SPEED, AGILITY, ENDURANCE AND STRENGTH AMONG KHO-KHO PLAYERS (N = 50)

S. No.	Variables	Test Used	Pre-Test Mean	Post-Test Mean	Mean Difference	t -Values
1	Speed	50 m Sprint (sec)	7.42	6.95	0.47	6.12
2	Agility	Shuttle Run (sec)	11.28	10.61	0.67	5.84
3	Endurance	12-min Run (meters)	2140	2355	215	7.03
4	Strength	Push-Ups (no. of reps)	22.6	29.4	6.8	8.21

Level of significance: 0.05 (df = 49), tabulated t = 2.01

There was a significant improvement in speed, agility, endurance, and strength of Kho-Kho players after the sports training programme, as the calculated t-values were greater than the tabulated t-value at 0.05 level of significance.The sports training is the very effective on the improvement of motor components of khokho players of the research study.

RESULTS

The results of the study showed that there was a significant improvement in speed, agility, endurance, and strength of Kho-Kho players after the training programme. The post-test mean scores were better than the pre-test mean scores for all selected variables.

DISCUSSION

The improvement in physical fitness components may be due to regular and systematic sports training. Speed drills improved acceleration, agility exercises enhanced change of direction ability, endurance training increased stamina, and strength exercises improved muscular fitness. These components are essential for better performance in Kho-Kho.

CONCLUSION

The study concluded that the sports training programme had a positive and significant effect on speed, agility, endurance, and strength among Kho-Kho players. It is recommended that coaches and physical education teachers include structured sports training in regular practice sessions for Kho-Kho players to improve their overall performance.

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