

## **BMYC's Youth Zone - INDIA**

### **(5+) Kokku Para Para**

**Materials:** None

**Requirements:**

- More number of players for more fun.
- It can be played anywhere depending upon the size of the group.

**How to play:**

- All the players need to sit in a circle with their hands touching the ground.
- One player in the group will be the commander and the other players should do actions according to the commands given by the commander.
- The commander should name an item along with the “para para” (Fly Fly), for Example if the commander says “Koku Para Para (Crane Fly Fly)” The kids should repeat “Koku Para Para” and shake their hands as crane will fly, and if he says “Plate Para Para” No actions will be made by the players as Plate will not Fly.
- The Players need to hear carefully what the commander says and should judge whether the commander is saying a flying object or a non-flying object and should act accordingly.
- If any of the players from the group makes any action for object that was called by the commander that does not fly, then that player will be out for rest of the game.
- The commander will command slowly at the beginning and will increase the speed in order to eliminate the players from the game. The last single player in the game is the winner of the game. The game gives the wide knowledge about the flying and not flying things, etc. The game teaches the kids to be cautious and to observe keenly. The game improves the kids observing power.
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- Then they start the game from the beginning for the second round.

**Significance:**

The game gives the wide knowledge about the flying and not flying things, etc. The game teaches the kids to be cautious and to observe keenly. The game improves the kids observing power.

### **(5-12) Lakhoti**

**Materials:**

- Marbles

### **How To Play:**

1. To decide which player gets the first chance, two lines are drawn on the ground – one about half a foot and the other three feet away from the hole. The players stand at the second line and try to throw the marbles into the hole. The person whose marble is closest to the hole gets the chance to play first.
2. One way of playing is by throwing the goli into the hole.
  - Each player contributes two marbles. The first player throws all the marbles aiming at the whole by one hand.
  - In those two marbles one may fall in the hole and other outside the hole or both outside the hole. Then the co players choose a marble, and then the first player is asked to hit the selected marble with another marble that belongs to him. If he succeeds, he wins all the marbles in the hole. If not, he gets the one with which he hits.
  - The next player takes his turn with the remaining marbles.
  - If all the player's marbles does not go into the hole at the first try then the second round starts where the players have to strike out the way of the marbles thrown by the other boys and try to push the marble into the whole.
  - The player who ends with the largest number of marbles is the winner.
3. The other way of playing marble is this:
  - The marbles are played in a triangle. A triangle is drawn on the ground with a chalk or with a stick. Then a line is drawn about 7 feet away from where each one tries to hit the marble.
  - So you have to hit the marble. How many ever you hit, those marbles are yours leaving less marble in the triangle for the other players to hit.

### **Aiming Technique:**

When you start aiming at the marble, the marble is held tightly in the forefinger. Then its stretched back like a bow and arrow by the pressure of the other hand's forefinger. Then the goti is shot by releasing the finger. While pushing the marble the thumb should firmly touch the ground.

### **Significance:**

Lakhoti is one of the most important traditional game which is played all over India. It is also known by Kancha, Gollu, Goti and Marbles (English). This game is considered as one of the street games and this game increases the aiming and concentration skills.

### **(12+) Kabaddi**

Kabaddi is a team game. Two teams, each having 7 in court players, compete with each other to get higher scores. Individual brilliance is exhibited when a player raids the opponent's court. The team spirit, the team togetherness and team strategy comes into play when an opponent raider enters your court. The most important player requirement is stamina and lungpower. You should be able to keep your breath for a long time without any break in between.

### **How to Play:**

1. Prepare the field. Kabaddi is usually played on soiled grounds where there is a lesser chance of injury during the tussle between the opposing teams. The dimensions of the kabaddi field are 12.5 m by 15 m with a line separating the field into two equal halves.
2. Prepare the teams. Kabaddi is played in shorts. No footwear is allowed. Players' nails must be properly trimmed and greasy substances, such as body lotion, are not allowed on the body. Items that can cause injury, such as metallic jewelry, must not be worn during the game.
3. Position the teams in their respective fields. Have the team captains advance for a coin toss. The team that wins the coin toss takes the first go at raiding the opposing team.
4. Select one of your team's players to raid the opponents. The selected player will march into the other side of the field chanting "kabaddi kabaddi" all the way over. He must touch one of the opponents and then flee back to his own territory. The opponents, who must be positioned together holding hands or shoulders, cannot stop your player until he touches one of them. As soon as one of the seven players is tapped, the opponents will rush to stop the player from fleeing to the other side of the field. If your player successfully makes his way back home without going out of bounds or being stopped by the other team, your team scores a point. If the other team captures and stops him, he will be out.
5. Start the next round with one player from the other team's side entering your field, tapping one of your players and then attempting to rush back.

### **Extra Information:**

What is a raid?

From your team you have to send, one player to the other teams court to raid. The raider starts from the centerline uttering aloud, "Kabaddi, Kabaddi, Kabaddi..." without any break. He would be actually running from one side to the other side of the opponent's court trying to touch either with his hand or leg an opponent. Once he touches an opponent, he will, without breaking the "Kabaddi, Kabaddi..." rhythm come [back to](#) his court through the centerline. The people he had

touched are his teams point scored. If he had touched one player, it is 1 point and if he had touched 3 players, it is 3 points to your team.

Defending and holding the raider:

The objective of your opponent, when your player is raiding them is different. They, as a team, would like to thwart the raider's effort to score by touching any member of the opponent's team and devise ways to trap and catch him without allowing him to get back to the center line and thence to his court. If the raider is caught and loses his chanting breath "...Kabaddi, Kabaddi, Ka..." he is considered out.

Lona:

If your team, because of its excellent efforts, makes all the players of your opponent out, your team is entitled to get 2 points as a bonus. This is known as "Lona".

### **Significance:**

The origin of kabaddi can be traced to the pre-historic times. In India, kabaddi was primarily devised as a way to develop the physical strength and speed in young men. During its inception, kabaddi was played to boost the self-defense skills and to develop quick responsiveness to attacks. It also sharpened the reflexes of counter attacks of the individuals, who mostly played in groups or teams. Kabaddi also finds place in Hindu mythology. The dramatized version of the great Indian epic, the Mahabharata, has made an analogy of the game, wherein the warrior Arjuna's son Abhimanyu faces a tough time, when he is trapped in the 'Chakravyuha' set by his enemies of the War.