



KHO KHO UGANDA

NATIONAL COMMUNITY OUTREACH, CAPACITY BUILDING AND CLUB DEVELOPMENT PROGRAMME REPORT



CAMON 30 •

23mm f/1.8 1/100s ISO54

Reporting Period: November 2021 – June 2026

Prepared By:

Kho Kho Uganda



Mubende Woman Mp in Gomesi and Town Clerk Mubende Municipal

FOREWORD

The development of any sport begins at the grassroots level where awareness is created, capacities are built, and opportunities for participation are established. Since the introduction of Kho Kho in Uganda in 2020, Kho Kho Uganda has remained committed to promoting and developing the sport across the country through structured community outreach, capacity building, and club development initiatives.

This report documents the journey, achievements, impact, and lessons learned from the nationwide outreach programme implemented from November 2021 to June 2026. It highlights the deliberate efforts undertaken to introduce Kho Kho to communities, train technical personnel, establish clubs, and create sustainable structures for long-term growth of the sport.

The report further demonstrates the commitment of Kho Kho Uganda to promoting good governance, inclusivity, youth empowerment, and compliance with both national sports legislation and international technical standards governing the sport.

EXECUTIVE SUMMARY

KhoKho Uganda implemented a nationwide Community Outreach, Capacity Building, and Club Development Programme from November 2021 to June 2026 with the objective of introducing, promoting, and institutionalizing Kho Kho as a recognized sport throughout Uganda.

The programme emerged from efforts initiated by Ugandan sports practitioners who received international Kho Kho training in New Delhi, India, in 2020. Following their return, a strategic decision was made to establish the sport through grassroots engagement, technical training, awareness campaigns, and organizational development.

The first official national coaching and capacity-building programme was conducted in Butambala District in November 2021. This landmark activity marked the beginning of organized Kho Kho development in Uganda and served as the foundation upon which subsequent outreach initiatives were built.

Over the reporting period, Kho Kho Uganda implemented activities in multiple districts across the Central, Eastern, Northern, and Western regions of Uganda. These activities included coaching courses, officiating clinics, school sensitization programmes, community demonstrations, leadership development workshops, stakeholder consultations, and club formation exercises.

Particular emphasis was placed on community empowerment and institutional development between February 2026 and June 2026 through a nationwide club formation campaign. The initiative resulted in the establishment and strengthening of community-based Kho Kho clubs that now serve as local centers for participation, talent development, leadership development, and competition.

The club formation process was implemented in accordance with the National Sports Act, 2023, which provides the legal framework for sports governance, club establishment, and federation development in Uganda. The programme also

adhered to internationally recognized technical standards and training methodologies prescribed by the International Kho Kho Federation and other recognized international Kho Kho structures.

The achievements recorded during the reporting period demonstrate significant progress toward establishing a sustainable national Kho Kho movement capable of supporting athlete development, organized competitions, and future international representation.

1. BACKGROUND

Kho Kho is one of the world's oldest traditional tag sports, renowned for its emphasis on speed, agility, teamwork, strategic thinking, physical fitness, and discipline.

Although the sport has enjoyed significant popularity in Asia for decades, particularly in India, it remained largely unknown in Uganda until 2020.

The introduction of Kho Kho into Uganda can be traced to the participation of five Ugandan sports practitioners in an International Kho Kho Coaching Course conducted in New Delhi, India, in 2020. These were led by Nsubuga Mustapha, Ephraim Makubuya, Oroma Sharon, Lumala Reagan and Ramla. The course provided participants with extensive theoretical and practical knowledge on coaching, officiating, competition management, player development, and organizational structures required for successful sport development.

Following the completion of the training, five members of the delegation returned to Uganda with a shared vision of introducing and establishing Kho Kho within the country's sporting ecosystem.

Despite challenges associated with limited awareness, inadequate resources, and the effects of the COVID-19 pandemic, efforts commenced to popularize the sport through community engagement and technical training programmes.

A significant milestone was achieved in November 2021 when the first national Kho Kho coaching course was organized in Butambala District. This programme marked the official launch of structured Kho Kho development activities in Uganda and laid the foundation for future expansion.

Since then, Kho Kho Uganda has pursued a deliberate strategy focused on grassroots development, institutional strengthening, technical capacity building, and community ownership.



A group photo of some trainees of Butambala Pose for a group photo in 2021

2. RATIONALE FOR THE PROGRAMME

At the time of its introduction, Uganda lacked virtually every structure necessary for the development of Kho Kho.

There were:

- No recognized Kho Kho clubs.
- No certified coaches.
- No trained referees.
- No organized competitions.
- No athlete development pathways.
- No governance structures.
- No public awareness of the sport.

Recognizing these gaps, Kho Kho Uganda developed a comprehensive outreach and development programme aimed at creating a strong foundation for the sport through grassroots engagement and institutional development.

The programme was designed to ensure that communities become active participants and owners of the sport rather than passive beneficiaries.

3. PROGRAMME GOAL

To establish and develop KhoKho as an inclusive, sustainable, and nationally recognized sport through community outreach, capacity building, and grassroots institutional development.

4. SPECIFIC OBJECTIVES

The programme sought to:

- Introduce KhoKho to communities throughout Uganda.
- Build technical capacity among coaches, referees, teachers, and administrators.
- Promote youth participation in organized sports.
- Establish sustainable KhoKho clubs in schools and communities.
- Strengthen leadership and governance structures.
- Promote gender equality and social inclusion.
- Identify and nurture sporting talent.
- Create pathways for district, regional, national, and international competition.
- Support the establishment of a national governing federation/Association.



Instructor Nsubuga Making a Demonstration on sitting Block

5. LEGAL, GOVERNANCE AND POLICY FRAMEWORK

The implementation of all outreach and club development activities was guided by Uganda's legal and policy framework for sports development.

Particular reference was made to the National Sports Act, 2023, which provides for the organization, registration, governance, and regulation of sports clubs, sports associations, and national sports federations in Uganda.

In line with the provisions of the Act, Kho Kho Uganda ensured that newly formed clubs embraced:

- Membership registration systems.
- Gender inclusivity.
- Community participation.

- Good governance principles.

The club formation programme was further designed to contribute towards the establishment of a broad national footprint required for future federation recognition and registration.

The programme therefore represented not only a sports development initiative but also an institutional development strategy aligned with national sports governance requirements.

6. COMPLIANCE WITH INTERNATIONAL TECHNICAL STANDARDS

To ensure quality and consistency, all technical training activities conducted under the programme were delivered in accordance with internationally recognized Kho Kho rules and standards.

Training curricula were developed based on internationally accepted principles covering:

Coaching Education

- Fundamental skills and techniques.
- Tactical systems.
- Team preparation.
- Physical conditioning.
- Performance analysis.

Officiating and Refereeing

- Rules of the game.
- Match procedures.
- Scoring systems.
- Referee positioning.
- Competition protocols.

Competition Management

- Tournament organization.
- Event administration.

- Athlete registration.
- Results management.

Athlete Development

- Injury prevention.
- Safe sport practices.

This approach ensured that Ugandan coaches, referees, and players acquired competencies consistent with international best practices.



Teachers in Iganga Demonstrate on how to Sit on the Block



Khokho Instructor Ms. Oroma Sharon at Mubende Training.

7. IMPLEMENTATION APPROACH

The programme adopted a participatory, community-centered, and phased implementation model.

Phase I: Community Mobilization and Awareness

Communities were introduced to Kho Kho through:

- Community meetings.
- Public demonstrations.
- School visits.

- Sports festivals.
- Stakeholder engagements.
- Media outreach.

These activities generated interest and encouraged local participation.



Hon. Hope Granier Nakazibwe Woman MP for Mubende addressing Community Khokho Coaches in a Green Cape is Mubende Municipal Town Clerk

Phase II: Technical Capacity Building

Training programmes were conducted for:

- Teachers.
- Community coaches.
- Youth leaders.

- Sports officers.
- Referees.
- Volunteers.



Teachers of Fortportal City in a training Session at St. Peters and Paul P/S

Phase III: Club Formation and Institutional Development

Interested communities were guided through formal club establishment processes.



Capacity Building in Wobulenzi taking Place

8. GEOGRAPHICAL REACH

LIST OF DISTRICTS COVERED DURING THE OUTREACH PROGRAM

NO	District		
1.	Kampala	21.	Masaka City
2.	Buikwe	22	Rakai
3.	Kalungu	23	Wakiso
4.	Kayunga	24	Bugiri
5.	Mukono	25	Bugweri
6.	Butambala	26	Iganga
7.	Gomba	27	Jinja City
8.	Kasanda	28	Kaliro
9.	Mityana	29	Luuka

10.	Mpigi	30	Mayuge
11.	Mubende	31	Namayingo
12.	Kiboga	32	Namutumba.
13.	Luweero	33	Manafwa
14.	Nakaseke	34	Mbale
15.	Nakasongola	35	Namisindwa
16.	Kyankwanzi	36	Sironko
17.	Bukomansimbi	37	Busia
18.	Buvuma	38	Butaleja
19.	Kyotera	39	Pallisa
20.	Lwengo	40	Tororo.
40.	Masaka DLG	62.	Kapchorwa
41.	Ntoroko.	63.	Kween.
42.	Kabale	64.	Amuria
43.	Isingiro	65.	Bukedea
44.	Rubanda	66.	Kaberamaido
45.	Rukungiri	67.	Katakwi
46.	Ibanda	68.	Kumi
47.	Mbarara City.	69.	Ngora
48.	Amuru	70.	Serere
49.	Gulu	71.	Soroti
50.	Kitgum	72.	Soroti City
51.	Gulu City	73.	Hoima

52.	Omoro	74.	Hoima City
53.	Pader	75.	Kiryandongo
54.	Apac	76.	Masindi
55.	Lira City	77.	Bunyangabu
56.	Otuke	78.	FortPortal
57.	Nabilatuk	79.	Kabarole
58.	Nakapiripirt	80.	Kasese
59.	Madi-Okollo District	81.	Kyegegwa
60.	Pakwach District	82.	Kyenjojo
61.	Arua City	83.	Kapchorwa
84.	Koboko	91.	Mbarara
85.	Nebbi	92.	Yumbe
86.	Lira District	93.	Obongi
87.	Kaberamaido	94.	Bundibugyo
89.	Adjumani		
90	Maracha		

The programme continues to expand into additional districts and communities.



Group Photo at Iganga Boys PS



Khokho training at Mbarara Army SS.



Joyous Mood at Mbarara Army SS as participants display their Certificates



Khokho trainees at Hoima



9. CLUB FORMATION AND GRASSROOTS DEVELOPMENT

Nationwide Club Development Campaign (February 2026 – June 2026)

Recognizing that clubs form the foundation of sustainable sports development, Kho Kho Uganda launched an intensive club formation campaign beginning in February 2026.

The campaign focused on establishing community-owned and community-managed structures capable of sustaining participation beyond outreach interventions.

Club Formation Methodology

Each club was established through a systematic process involving:

Community Sensitization: Residents were introduced to the sport and its benefits.

Technical Orientation: Interested participants received introductory training.

Leadership Development. Interim management committees were established.

Governance Structuring. Constitutions and governance systems were developed.

Membership Registration. Clubs established membership databases and records.

Recognition and Compliance. Clubs were guided on governance requirements under the National Sports Act, 2023.

Ongoing Mentorship. Technical and administrative support was provided after establishment.



Club formation Meetings with a section of Khokho Coaches in Mukono, Kampala and Kayunga Districts



Outcomes

The campaign led to the creation and strengthening of multiple Kho Kho clubs across different districts.

These clubs now function as:

- Community participation centers.
- Training hubs.
- Talent identification centers.
- Leadership development platforms.
- Competition units.

10. KEY ACHIEVEMENTS

The programme has recorded significant achievements including:

Expansion of the Sport. KhoKho has been introduced into numerous districts where it was previously unknown.

Human Resource Development. A growing pool of coaches, referees, and administrators has been developed.

Club Establishment. Community-based clubs have been formed and strengthened.

Increased Participation. Youth participation in organized sport has expanded considerably.

Talent Identification. Athletes with potential for regional and national representation have been identified.

Institutional Growth. Structures necessary for federation development have been strengthened.

Community Empowerment. Communities now actively participate in the management and promotion of the sport.

Sebei

Region



A Group photo of Trainees at Kapchorwas SS



Training at St. Marys Ediofe PS Arua City



Capacity building at Olio Seed SS

11. CHALLENGES ENCOUNTERED

Key challenges included:

- Limited financial resources.
- Inadequate transport for outreach activities.
- Equipment shortages.
- Limited access to suitable playing facilities.
- Low awareness in newly reached communities.
- Geographic distances between outreach locations.
- Limited number of trained technical personnel.

Despite these challenges, implementation continued through volunteerism, partnerships, and community support.

12. IMPACT OF THE PROGRAMME

The programme has generated significant social, sporting, and institutional impact.

Social Impact

- Increased youth engagement in constructive activities.
- Improved community cohesion.
- Promotion of healthy lifestyles.

Educational Impact

- Enhanced school participation in sport.
- Development of leadership and teamwork skills.

Sporting Impact

- Expansion of participation opportunities.
- Development of technical expertise.
- Creation of talent pathways.

Institutional Impact

- Establishment of sustainable clubs.
- Strengthening of governance structures.
- Progress toward federation development.

13. LESSONS LEARNED

The programme generated several important lessons:

- Grassroots ownership is critical for sustainability.
- Schools are effective entry points for sport development.
- Continuous mentorship strengthens club performance.
- Local leadership improves participation and retention.
- Community partnerships accelerate sport adoption.

14. FUTURE STRATEGIC PRIORITIES

Kho Kho Uganda intends to:

- Expand outreach to all districts of Uganda.
- Increase the number of registered clubs.

- Strengthen regional structures.
- Organize district, regional, and national championships.
- Train additional coaches and referees.
- Develop athlete pathways.
- Strengthen governance systems.
- Complete federation establishment processes.
- Pursue regional and international affiliations.
- Prepare national teams for international competitions.



Sports Officer Kiryandong Second left sitting pose with Khokho President and Trainees after the Workshop

15. CONCLUSION

The Community Outreach, Capacity Building, and Club Development Programme has been instrumental in laying the foundation for the growth of Kho Kho in Uganda.

Since the first coaching course conducted in Butambala District in November 2021, the programme has steadily expanded across the country, introducing the sport to new communities, building technical capacity, developing local leadership, and establishing sustainable club structures.

The nationwide club development campaign undertaken between February 2026 and June 2026 represents a significant milestone in the institutionalization of Kho Kho in Uganda. Through compliance with the National Sports Act, 2023 and adherence to international Kho Kho technical standards, Kho Kho Uganda has established a strong framework for future growth.

The achievements recorded demonstrate the sport's potential to contribute meaningfully to youth development, community empowerment, talent identification, and national sports development. With continued support from stakeholders, partners, and communities, Kho Kho is poised to become an important component of Uganda's sporting landscape and a source of future national and international sporting success.

Prepared By

Harriet Margaret Apolot
General Secretary