

EFFECT OF SPECIFIC TRAINING ON SELECTED BADMINTON SKILLS

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Abstract

The study aimed to investigate the effect of specific training on selected Badminton skills in beginners Badminton players. Sixty badminton players aged 08 to 12 years from R.P.L Badminton academy ,Ghaziabad, participated in the study. Two groups are made of 30 participants in each group Experimental and Control Group. The study followed a pre-test, post-test experimental design .The French Short Service test , Hick Drop test And hick Smash test was administered in this study. The t-test was used for statistical analysis for finding the difference between pre-test and post-test after a Twelve weeks training programme. The level of significant was set 0.05 confidences. The analysis of data revealed that statistically there was significant difference on Short service and Cross Drops and Smashes for pre-test and post-test on experimental group. the findings suggest that targeted training for selected badminton skills can affect the performance of the players

Introduction

One of the most well-liked racquet sports in the world today is badminton. 1992 saw the addition of badminton as an Olympic sport. The world's participation in this sport surged when it was added to the Olympic Games. Similar to other sports (squash, tennis, and volleyball), it is played by two or four players and has a temporal structure that is characterized by repetitive actions of short duration with high speed and technical skill on the court but great intensity (Lees, 2003; Manrique and Gonzalez-Badillo, 2003). Speed, power, agility, flexibility, strength, and technical skill are all necessary for badminton, in addition to anaerobic and aerobic conditioning (Lees, 2003; Lieshout, 2003). In badminton, agility is a crucial attribute that denotes the capacity to move to the oncoming shuttle with proper footwork. Numerous agility performance tests exist.that have been created in accordance with the characteristics of the various sports—football, rugby, and netball—and which emphasize direction change, speed, and perception/decision making. In addition to all other skills, service is crucial to the match's outcome. Without a high-caliber serve, winning a game is quite tough. In the modern game, service , drops, smashes are becoming more and more crucial, particularly in doubles. It establishes the player's game's success. For example, flick service, high service, Cross Drops, and back half smash and full Smash. The high serve is regarded as a defensive serve since it allows the player enough time to react while the shuttle is in the air at a high altitude and drives the opponent back to the base.

Methodology

The study aimed to investigate the effect of specific training on Selected Badminton skill 60 participants aged 08 to 12 years from R.P.L Badminton Academy Ghaziabad were selected as participants

Variables

Short Service , Cross drops and Smashes skill of badminton were selected for the badminton skill test

Design Of the Study

Pre test and Post test used for the both experimental and control Group

Statistical Technique Employed

To determine the significant difference ‘t’ test was employed to analyze the data of pre-test and post-test of selected Badminton skills in R.P.L Badminton male Players and for testing the hypothesis the level of significance was kept at 0.05 level of confidence.

Criterion Measures

To collect the data, short service and cross drops and smash for twelve week training program were determined on the skill performance of the subject. Pre-test and Post-test randomized single group design was employed.

Result

The analysis was done SPSS version 16. The skills before and after 12 weeks was compared using T test

Mean	Std deviation	Std error mean	T value	df	Sig tailed 2
-2.70000	6.27062	1.14485	2.358	29	0.25

Table 1 showed that there was a significant difference on Smash for pre and post-test experimental group in R.P.L Badminton players. The obtain‘t’ ratio value 2.358 was greater than tabulated ‘t’ value (2.045) at 29 degree of freedom at 0.05 level of confidence

Mean	Std deviation	Std error mean	T value	df	Sig tailed 2
-1.613	8.08034	1.47526	10.936	29	0.00

Table 2 showed that there was a significant difference on Short service for pre and post-test experimental group in R.P.L Badminton players. The obtain‘t’ ratio value 10.936 was greater than tabulated ‘t’ value (2.045) at 29 degree of freedom at 0.05 level of confidence.

Table 3 Pre test And Post Test Analysis Of Cross drops Of Experimental Group					
Mean	Std deviation	Std error mean	T value	df	Sig tailed 2
-4.23333	7.07927	1.29249	3.275	29	0.03

Table 3 showed that there was a significant difference on Cross Drops for pre and post-test experimental group in R.P.L Badminton players. The obtain 't' ratio value 3.275 was greater than tabulated 't' value (2.045) at 29 degree of freedom at 0.05 level of confidence.

Discussion and Findings

On the basis of the findings, the study shows that there are significant differences in pre-test and post-test selected Badminton skills of R.P.L players for 12 week training. The significant improvement in short service cross drops and smash was may be due to the effect of specific training schedule to the players. this study supports the findings of **Munto buro (2009)**, that skill specific training affect the skills of badminton .

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