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Intervention of Specific Package of Badminton Drills on Performance Variables in Badminton

S.Kalaimurugan¹ & Dr.R.Mohanakrishnan²

¹M.Phil., Research Scholar, SRM University, Chennai, Tamilnadu, India.

²Director of Physical Education, SRM University, Chennai, Tamilnadu, India.

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Abstract

The purpose of the study was to analyse the intervention of specific package of badminton drills on performance variables in badminton. For this purpose thirty men Badminton players who attended the state level coaching camp sports authority of Tamilnadu, Chennai were selected as subjects for this study. They were selected all random basis. All the subjects were experienced players who had already participated state level tournaments. The subjects were randomly divided into two equal groups and each group contains fifteen subjects. Group 1 acted as experimental group and group-2 acted as control group. Experimental group undergone specific package of drills in badminton for a period of six weeks. The control group not participated in such a programme. Their age ranged between 14 and 18 years. Performance Variables namely net drop shot, smash were tested with subjective rating and scored in maximum points. It was observed that specific packages of badminton drills significantly improved net drop and smash ability of the badminton players.

Keywords: Specific Package, Badminton Drills, Performance.

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Introduction

Over three thousand years ago, the Greeks realized the need to provide effective and efficient training for the athletes taking part in the Olympics games. But since 1950s many countries have recognized the importance of an effective sports training programme in a wide range of activities not only for the success in major International competitions but also for the development of healthy participants. Comprehensive sports training programme is the key factors in producing the skilful high performance. Day to day life needs graceful movement of the body segments in a normal men and much more in athletes. The efficiency of the human body depends upon many factors. Physical fitness is an important factor as it is pre-requisite to skill-teaching and performance in sports and games. In general usage, the term "training" is used to denote different things. In the broad sense, training today is used to mean any organized instruction whose aim is to increase man's physical psychological, intellectual or mechanical performance rapidly. In the field of sport we speak of training in the sense of preparing sportsman for the highest levels of performance.

Methodology

Purpose of the study was to analyse the intervention of specific package of badminton drills on performance variables in badminton. For this purpose thirty men Badminton players who attended the state level coaching camp sports authority of Tamilnadu, Chennai were selected as subjects for this study. They were selected all random basis. All the subjects were experienced players who had already participated state level tournaments. The subjects were randomly divided into two equal groups and each group contains fifteen subjects. Group 1 acted as experimental group and group-2 acted as control group. Experimental group undergone specific package of drills in badminton for a period of six weeks. The control group not participated in such a programme. Their age ranged between 14 and 18 years. Performance Variables namely net drop shot, smash were tested with subjective rating and scored in maximum points.

Statistical Techniques

To find out the effects of specific package of badminton drills on selected physiological and performance variables, the pre and post test scores were analyzed by using ANCOVA technique. analysis of covariance applied to determine the significant difference among the two groups namely experimental group and control group. the level of significant was fixed as 0.05.

Correspondence

S.Kalaimurugan

E-mail: kalaimurugan777@gmail.com, Ph. +9196882 46637

Results of Net Drop Shot

Table I. Computation of analysis of covariance on net drop shot

	EXPERIMENTAL GROUP	CONTROL	SOURCE OF VARIANCE	SUM OF SQUARES	DF	MEAN SQUARES	OBTAINED F
Pre Test Mean	31.40	31.80	Between	1.20	1	1.20	0.28
			Within	122.00	28	4.36	
Post Test Mean	33.87	32.20	Between	20.83	1	20.83	8.82*
			Within	66.13	28	2.36	
Adjusted Post Test Mean	33.95	32.12	Between	24.92	1	24.92	14.85*
			Within	45.31	27	1.68	
Mean Diff	2.47	0.40					

Table F-ration at 0.05 level of confidence for 1 and 28 (df)=4.20, 1 and 27(df)=4.21 * Significant at 0.05 level.

The pre test mean of experimental group was 31.40, and control group was 31.80 and the obtained F value was 0.28, which was less than the required F value of 4.20 to be significant. Hence, it was not significant and the groups were equal at initial stage. The comparison of post test means, experimental group 33.87 and control group 32.20 proved to be not significant at 0.05 level as the obtained F value 8.82 was lesser than the required table F value of 4.20 to be significant at 0.05 level. Taking into consideration the initial and final mean values adjusted post test means were calculated and the

obtained F value of 14.85 was greater than the required F value to be significant 4.21 and hence, there was significant difference. Thus, it was proved that experimental group gained mean difference on net drop shot 2.47 was due to Specific package of badminton drills given to badminton players, and the difference was found to be significant at 0.05 level. The initial, post and adjusted means values of experimental and control group on net drop shot is presented in Figure 1 for better understanding of the results of this study.

Analysis of Smash

Table II. Computation of analysis of covariance on smash

	EXPERIMENTAL GROUP	CONTROL	SOURCE OF VARIANCE	SUM OF SQUARES	DF	MEAN SQUARES	OBTAINED F
Pre Test Mean	27.87	28.27	Between	1.20	1	1.20	0.16
			Within	208.67	28	7.45	
Post Test Mean	30.33	28.80	Between	17.63	1	17.63	2.45
			Within	201.73	28	7.20	
Adjusted Post Test Mean	30.46	28.67	Between	23.97	1	23.97	5.69*
			Within	113.79	27	4.21	
Mean Diff	2.47	0.53					

Table F-ration at 0.05 level of confidence for 1 and 28 (df)=4.20, 1 and 27(df)=4.21. * significant at 0.05 level.

The pre test mean of experimental group was 27.87, and control group was 28.27 and the obtained F value was 0.16, which was less than the required F value of 4.20 to be significant. Hence, it was not significant and the groups were equal at initial stage. The comparison of post test means, experimental group 30.33

and control group 28.80 proved to be not significant at 0.05 level as the obtained F value 2.45 was of lesser than the required table F value of 4.20 to be significant at 0.05 level. Taking into consideration the initial and final mean values adjusted post test means were calculated and the obtained F value of 5.69 was greater than the required F

value to be significant 4.21 and hence, there was significant difference. Thus, it was proved that experimental group gained mean difference on, smash 2.47 was due to Specific package of badminton drills given to badminton players, and the difference was found to be significant at 0.05 level.

Conclusions

1. It was observed that specific packages of badminton drills significantly improved net drop shot ability among badminton players.
2. It was concluded that specific package of badminton drills significantly improved smash ability of the badminton players.

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