INFLUENCE OF TRAINING EFFECT ON BADMINTON VOLLEY ABILITY AMONG BEGINNERS

[1]*Shailendra Rasaniya* [2]*Pradeep Singh Chahar*

[1]*Assistant Coach (Badminton), IIT Kanpur,India*
[2]*PhD Scholar, Lakshmibai National University of Physical Education, Gwalior, M.P., India*

ABSTRACT

The objective of this study was to analyze the summer training on volley ability among beginner badminton players. To achieve this, total of forty physically active and interested boys of Vth to XIIth standard with an age group of 10 to 18 years from different schools of Gwalior were selected as subjects for this study. The subjects were divided into two groups i.e., experimental and control group with each was having twenty subjects. The experimental group underwent the summer training programme for eight weeks, five days per week and a session on each day with 60 min duration. Volley ability was taken as variables for this investigation. All subjects were examined for volley ability which was measured for each subject with the help of Badminton Wall Volley Test made by Lockhart & Mcpherson. The data collected prior and after the experimental treatment was analyzed using analysis of covariance (ANCOVA). The result revealed that summer training had significant effect on badminton volley ability among beginners.

Key Words: *Badminton Players, Volley Ability, Experimental and Control Group.*

INTRODUCTION:

Training is the acquisition of knowledge, skills, and competencies as a result of the teaching of vocational or practical skills and knowledge that relate to specific useful competencies. Training has specific goals of improving one's capability, capacity, and performance. Training in games and sports is no longer a myth and it has no casual approach, but it provides opportunities for scientific process and verification. Training has been accepted as a highly specialized science. Physical education scientists are striving to understand the factor affecting skeletal and muscular activity during a variety of human movements with the help of electro-typography, and are engaged in analyzing the bio-mechanics of the performance of top athletes by focusing their attention upon the analysis of sports' skill.

The affective phase of skill performance refers to "attitudinal changes". Opportunities for affective skill performance have to be provided when children are on the formative years. Where

as effective learning pertains to the area, which consists of motor output of an individual. In other words, physical activities are the products of Skill Learning. The process by which an individual acquires motor skills is classified as effective learning.

The skill performance may be thought of as the rather permanent change in the skill performance brought about through practice. Sport skills are the combinations of various fundamental movement patterns adapted to specific sports implements, boundaries, rules and strategies. Consequently a good foundation can be established for sports skills in the instruction and generalized practice, which takes place in primary grades.

Badminton is becoming more and more popular and more and more students are taking up badminton as their main sport. Adults are also taking up badminton as their recreational activity in order to burn out calories and get fitter for day to day activities. A beginning badminton player needs to learn the basic shots that are useful in singles and doubles, as well as the stroking techniques employed to produce these shots. In preparation acquire some associated skills that accompany a good stroking technique. Before attempting stroking techniques, one must learn prerequisite skills of effective stroke production.

In any game be it indoor or outdoor, to have complete command, perfection is needed game of badminton is no exception this perfection comes out through certain skills and techniques. It is apparently clear that if a sportsman wants to declare his mastery over any game, he will have to be well equipped with the fundamental skills of that particular game. Therefore, the purpose of this study was to analyze the effect of summer training on volley ability of badminton players.

METHODOLOGY:

A total of forty boys of Vth to XIIth standard with an age group of 10 to 18 years from different schools of Gwalior were selected for this study. All the subjects were divided into two different groups having twenty subjects in each group i.e., experimental and control group. The experimental group underwent the summer training programme for eight weeks, five days per week and a session on each day with 60 min duration, while the control group was not exposed to any type of training. Subjects were randomly assigned to groups before administration of training program. Training was administered at the gymnasium of Jiwaji University, Gwalior in

morning session. Subjects were regular throughout the coaching camp so they could learn fundamentals of badminton skills. The volleying ability of subjects was measured with the help of Badminton Wall Volley Test made by Lockhart & Mcpherson.

Training session starts with warm up for conditioned there reflexes. After that various types of drills for improving the volley ability and other fundamental skills of badminton administered throughout the eight weeks. These exercises were performed for 60 min in a day and for 5 days/week. Pre and post test data were collected before and after eight weeks of training.

Descriptive statistics (Mean and Standard Deviation) and ANCOVA as statistical techniques were employed to analyze the raw data using SPSS 19 version.

ADMINISTRATION OF TESTS:

Before the collection of data the subject were explained the objectives of the study and methodology of each test. In order to measure badminton volley ability of the subjects, badminton wall volley test made by Lockhart & Mcpherson was used for the purpose of this study. Equipment required to perform this test were badminton racket, a shuttlecock, a wall space 10 feet high and 10 feet in length, a stop watch, score sheets, a 1 inch net line marked on the wall 5 feet above and parallel to floor, a starting line drawn on the floor 6 and ½ feet from the base of the wall and parallel to the starting line. During performing the test player was stood behind the starting line, holding the badminton racket in one hand and the shuttlecock in the other. On the signal "ready go" the shuttlecock was served in a legal manner against the wall on or above the net line. The shuttlecock was played as many times as possible against the wall in thirty seconds. Three trials were given to each player and rest was given in between these trials.

Only hits that placed the shuttlecock on or above the net line were considered good and awarded one point. After the shuttlecock has been served, the player may move up to the restraining line, if he wished. If the restraining line was crossed, the shuttle was still in play. If the shuttle was missed or went out of control, the player must retrieve it and continue by putting it back in play with a serve from behind the starting line. The score of the subject will be the number of legal hits made on or above the net line in the three trials.

RESULTS AND DISCUSSION:

The obtained data on volley ability of badminton players of experimental and control groups were analyzed by calculating descriptive statistics and ANCOVA which are presented below:-

Table – 1
Descriptive Statistics on Volley Ability of Experimental and Control Group

Groups	Post Mean	Standard deviation	Adjusted post mean
Experimental Group	62.40	17.7	55.18
Control Group	35.30	14.1	42.52

Table – 2
Analysis of Covariance of Volley Ability among Experimental and Control Group

Test	Experimental Group	Control Group	Sources of Variance	Sum of Squares	df	Mean Square	F	Sig.
Adjusted Post Test Mean	55.18	42.52	BG	1291.473	1	1291.473	53.903	.000
			WG	886.498	37	23.959		

*significant at 0.05 level
$F_{0.05}$ (1, 37) = 4.10

Table 2 reveals that there was a significant difference in volley ability between experimental and control groups due to training as calculated value (53.903) was found greater than that of tabulated value (4.10) at 0.05 level of significance with 1, 37 degree of freedom.

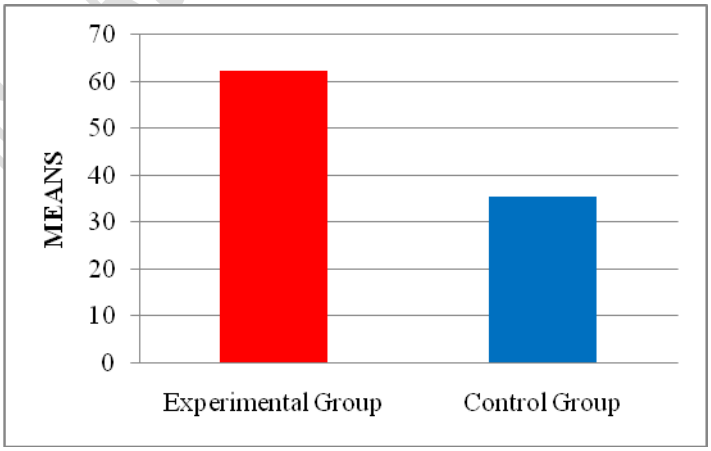

Figure 1 Graphical Representation of without Adjusted Post-Test Means of Volley Ability

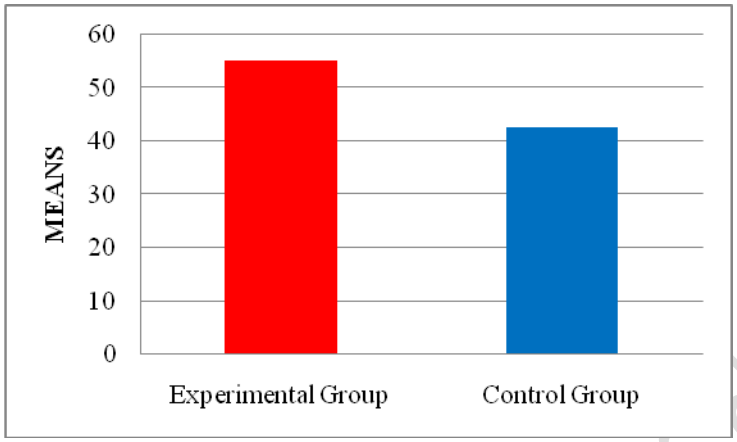

Figure 2 Graphical Representations of Adjusted Post-Test Means of Volley Ability

It was evident from the results that eight weeks of training programme contribute significantly in the improvement of badminton volley ability of skills among beginners as differences in the means exist between pre and post data as shown in figure 1. Above findings of the study is also in partial consonant with findings of Karen E. French et.al. (1996). Therefore, player that is supposed to start their carrier in badminton can improve upon different badminton skills by participated in the training programme at least for eight weeks. So, after getting perfection on fundamental skills they can work upon various tactics and strategy.

CONCLUSION:

Within the limitation and results of the study, it may be concluded that eight weeks training programme is enough for the improvement of badminton volley ability of beginners as there was a significant difference found between pre-test and post-test scores of volley ability due to eight weeks training. The results of this study may also help the physical education teacher and coaches to know the effect of progressive training exercise in the improvement of the badminton skills.

References

Training, retrieved on 04/12/2012 from http://en.wikipedia.org/wiki/Training.

Doris I. Miller and Richard C. Nelson, "Bio-mechanics of sports, (Philadelphia; Lea and tebiger, 1973): p.5.

M.L. Kamlesh, Psychology of Physical Education and Sports, (New Delhi: Metropolitan Book Co. Pvt. Ltd., 1983): p.p. 152-153.

Bryant J. Cratty, Movement Behavior and Motor Learning, (Philadelphia: Lea and Febiger, 1975): p.p. 10-11.

Badminton for Beginners, Retrieved on 27th November 2012 from http://www.fernandosbadminton.com/index.php?option=com_content&view=article&id=68&Itemid=71.

Margaret Varner Bloss and R.stanton Hales, Badminton, 5th ed. (lowa:wm.c.Brown Publishers, 1987): p.9.

Karim Salehzadeh, Ali Karimiasl, Saba Borna and Mohsen Shirmohammadzadeh, "The Effects of 8-Week Strength, Plyometric and Combinational Trainings on Dynamic Balance of Teenage Handball Players", Journal of Basic and Applied Scientific Research, 1(12) 2011: 3316-3321.

Karen E. French; Peter H. Werner; Judith E. Rink; Kevin Taylor and Kevin Hussey, "The Effects of a 3-Week Unit of Tactical, Skill, or Combined Tactical and Skill Instruction on Badminton Performance of Ninth-Grade Students", Journal of Teaching in Physical Education, Volume 15, Issue 4, 1996: 418-438.

Esther French and Evelya Stalter, "Study of Skill test in Badminton for College Women" Research Quarterly, 32 (October 1949): 257.

Noroma Jane Carr, " The Effects of Isometric Contraction and progressive body Conditioning Exercise on Selected Aspect of physical Fitness and Badminton Achievement of Physical Fitness and Badminton Achievement of College women" Completed Research in Health, Physical Education and Recreation,5(1963): 89.