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Effects of seven weeks training programme on playing ability of sub junior badminton players

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Abstract
The purpose of this study was to determine the effect of seven weeks training programme on playing ability of sub junior badminton players. For the purpose of the study 20 male and female badminton players who were participated in the summer coaching camp held at Lakshmibai National Institute of Physical Education, Guwahati with age ranged 12.9 ± 2.1 years. For determining the badminton playing ability, "Lockhart & McPherson Badminton Wall Volley Test" was used as criterion measure. Pre-test data were collected at the start of the seven weeks training programme and also Post-test data were collected after the completion of the seven weeks training programme. Descriptive statistics and Independent t-test were used as statistical techniques for the study. Result of the study revealed that the seven weeks training had significantly improved the playing ability of junior badminton players.

Keywords: Playing Ability, Badminton, Lockhart & McPherson, Independent t-test

1. Introduction
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. Whereas 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.

Badminton is a game of graceful perfection, the stretch and bend of leg and back, the flick of wrist and sudden quick leap into the air. The shuttle, guided by delicate drop shots or deep tosses to the base line, just clears or shuttles precisely on the third line, out of reach in the backhand corner. There is an almost symmetrical beauty to the game for all its elegance and grace, hard and cruel, dart to the net, and then the scramble back; the constant, relentless effort of stretching left and right; the sudden smash coming hard at the body or the agony of being caught on the wrong foot and once again, lunging forward or leaping backwards. The legs ache and shoulders droop, breathing is short and gasping and there is no energy left for the finishing smash it is this combination, this need for absolute control and perfection, coupled with complete stamina and subtle strength that makes badminton such a wonderful game to play and to watch.

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 skills and strategy of that particular game.

Evaluating the amount of knowledge achieved skills developed, and an attitude formed is an important function of teaching any subject and discipline. The extent of its importance can be visualized by the never ending schemes and reports on examination reforms in the academic education as the factors affecting in learning physical skills are too numerous such as physical fitness, motor fitness, motivation, intelligence, besides instruction got from well-planned schemes of lessons further the criterion behavior in evaluating physical skills is not amenable to easily grading objectively especially in the skills of sports and games which are dependent equally on the circumstances of playing and the physical skills of the players.

2. Methodology
For the purpose of the study 10 male and 10 female badminton players (N=20) who were participated in the summer coaching camp held at L.N.I.P.E, Guwahati were selected. The age of the subjects ranged between 12.9 ± 2.1years. For determining the badminton playing ability, "Lockhart & McPherson Badminton Wall Volley Test" was used as criterion measure. Pre-test data were collected at the start of the seven weeks training programme and also Post-test data were collected after the completion of the seven weeks training programme. Descriptive statistics and Independent t-test was used as Statistical Technique for the study.

3. Training Protocol
The training schedule was divided into three parts, Physical Part, Skills Part and Game Part. The training programme lasted for seven weeks; every day in the morning from 6:30 am to 8:00 am and 5 (five) days a week, Monday to Friday. Saturday and Sunday were observed as rest Day.

i) Physical Training Part: At the beginning of the training physical training was made to perform for 20 minutes continuously.

ii) Skills Training Part: After performing the physical work

out, following skills were made to perform for 30 minutes.

- Service
- Clear
- Drop
- Lift
- Smash
- Drive
- Net Play etc.

iii) Game Part: After performing skills training subjects were made to play game for last 40 minutes.

4. Statistical Analysis

To find out the significant difference on playing ability between pretest score and post test score of junior badminton players, Statistical tool was used for accurate and systematic results. Descriptive statistics and Independent t-test was use as Statistical Technique. The level of significance was set at 0.05.

5. Results and Findings

Table 1: Descriptive analysis of Playing Ability between Pre Test score and Post Test score of Junior Badminton Players.

	Group	N	Range of Scores		Mean	DM	SD
			Min	Max			
Playing Ability	Pre Test	20	37	61	46.85	32.40	7.45
	Post Test	20	65	94	78.25		9.31

Table-1 reveals that the playing ability of junior badminton players, range of pre test scores ranged from 37 to 61 whereas post test scores are from 65 to 94. Mean value of playing ability of pre test score (46.85) is less than the post test score (46.85). The standard deviation of post test scores (9.31) is more than the standard deviation of pre test scores (7.45) of junior badminton players.

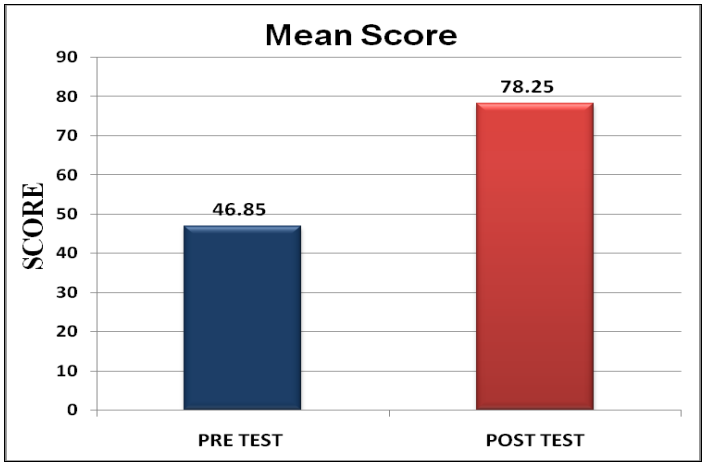

Fig 1: Mean Graph of Pre Test & Post Test in Lockhart & McPherson Wall Volley Test

Table 2: Independent t-test on Playing Ability between Pre Test score and Post Test score of Junior Badminton Players

Group	N	Mean	S.D	t – value	Table Value
Pre Test	20	46.85	7.45	11.76*	2.093
Post Test	20	78.25	9.31		

*Significant at 0.05 levels

Table – 2, reveals that t-value is 11.76 and critical value is 2.093. It shows that calculated t-value (11.76) is more than tabulated value (2.093), which is statistically significant at 0.05 levels. Hence from the above analysis it is known that there is difference on Playing Ability between Pre Test score and Post Test score of Junior Badminton Players.

6. Discussion of Finding

Badminton is a highly competitive dynamic sport. At elite level, it is suggest that badminton is characterized by repetitive efforts of a lactic nature and great intensity which are continuously performed throughout the match. As an explosive sport, badminton performance can be enhanced from resistance training. Effective resistance training programme requires a systematic process of analysis, implementation and evaluation to ensure maximum adaptation and improvement. Badminton players are often required to perform speed, agility, flexibility, endurance, and strength capabilities at their limit. Basically there are four types of service and all these serve have its purpose in different situation against different types of opponents. Some other skills like clear, drop, lift, smash, drive, net play required a lot of practice for the perfection and these skills were improved through day by day practice. For determining the performance, "Lockhart & McPherson Wall Volley Test" was administered to find out the skill performance.

It was revealed from the result that the seven weeks training programme contributes significantly in the improvement of badminton playing ability among the subject as difference in the means exist between pre and post data shown in figure no.

1. Above finding of the study is also in partial consonant with the finding of "Shailendra Rasaniya", IJBSMS, Vol. @, Jan 2013, Issue- 1.

Therefore, the badminton playing ability can be improve upon different badminton skills by participating in the badminton training programme of at least seven weeks, so that they can get them perfection on the fundamental skills and then work upon various tactics and strategy.

7. Conclusion

With above mention limitation and results of the study, it may be concluded that seven weeks of training which included physical training, skills training and game have enough for the improvements of badminton playing ability as there was a significance difference found between the score of pre-test and post-test of seven weeks training.

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