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## The effect of game specific training on selected badminton skills

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### Abstract

The purpose of the study was to determine the effect of game specific training on selected Badminton skills in School Badminton players. The total 15 Badminton male players were selected from Don Bosco School, Dibrugarh for the study. The age group of the subject were ranged 10-15 years. The French Short Service test and Poole long Service test was administrated in this study. Pre-test and post-test randomized Single group design was employed to collect the data. The t-test was used for statistical analyse for finding the different between pre-test and post-test after six weeks training programme. The level of significant was set 0.05 confidences. The analysis of data revealed that statically there was significant difference on short service ((tabulated  $t_{0.05} (14) = 2.145 < 6.33$ ) and high service (tabulated  $t_{0.05} (14) = 2.145 < 4.32$ ) for pre-test and post-test on experimental group.

**Keywords:** Badminton players, short service and high service

### Introduction

Today Badminton becomes one of the most popular racquet sports in the world. In the year 1992 Badminton becomes Olympics Game. By including this sport in Olympic Games increased participation in the world. It is played by two or four people with a temporal structure characterized by repetitive actions of short duration with high speed and technical skill within the court but great intensity like other sports (squash, tennis, and volleyball) (Lees, 2003; Manrique and Gonzalez-Badillo, 2003) Badminton requires a combination of aerobic and anaerobic fitness, speed, power, agility, flexibility, strength and technical skill (Lees, 2003; Lieshout, 2003). Agility is an important quality in badminton which indicates the ability to move to the approaching shuttle with a correct footwork. There are several agility performance tests that have been developed according to the nature of the different sports namely rugby, netball and football which focuses on the change of direction speed and perceptual/decision making. Apart from the all Skills, Service plays an important role in the success of the match. It is very difficult to win a game without a good quality serve. Service is becoming more and more important in the modern game, especially in doubles. It determine success of the player's game. Such as forehand short service, back hand short service, high service, flick service etc. The high serve is considered as a defensive serve, it gives sufficient time to the player while the shuttle is high up on the air and it forces opponent back to the base line and open up court. On the other hand the low serve are used when a player wants to attack. Most attacking players in singles uses the low serve because they have to keep their shots low so that it will open up an opportunity for the kill. The low serve is also used when opponent's attack is strong because they will have less opportunity to attack when one keep the shuttle low. Doubles player often uses this serve to force their opponent to lift up the shuttle. Most of the experienced players use the low serve when the speed of shuttle is fast. It is also better for players to use the low serve when they are actually playing in an air conditioned hall with the drift effect as it will reduce the chances of serving the shuttle out. It is most important to master the badminton serve. The lack of quality of badminton serve may affect the improvement of the game.

**Methodology**

Total fifteen (N=15) Badminton Players were selected from Don Bosco School, Dibrugarh of Assam as subjects for the purpose of the study. The age of the subjects were ranging between 10 to 15 years.

**Variables**

Only short service and long service skill of Badminton were selected for the Badminton Skill test.

**Design of the Study**

Pre-test and Post-test randomized single group design was employed.

**Statistical Technique Employed**

To determine the significant difference ‘t’ test was employed to analyse the data of pre-test and post-test of selected Badminton skills in Don Bosco School 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 high service for six week training program were determined on the skill performance of the subject. Pre-test and Post-test randomized single group design was employed.

**Training Programme**

The game specific drill training was given to the experimental group for 6 weeks in the morning from 6 a.m. to 7 a.m. and 4 p.m. to 5 p.m. in the evening for two days in a week on Saturday and Sunday, following the principle of progressive load. The experimental load was fixed according to the capacity of the subjects. The following training programme is presented in the below table.

Period	Training	Duration (1 hour)
Saturday (Morning session)	Short service with number of Repetition from Right court to Right Court and left court to left Court.	6am to 7am
Saturday (Evening session)	Long service from Right court and left court	4pm to 5pm
Sunday (Morning session)	Short service with number of Repetition at fixed area	6am to 7am
Sunday (Evening session)	Long service with number of Repetition with accuracy	4pm to 5pm

**Results and Discussion**

**Table 1:** Comparison between mean, Standard Deviation and ‘t’ ratio of pre-test and post-test short service of Don Bosco School Badminton players.

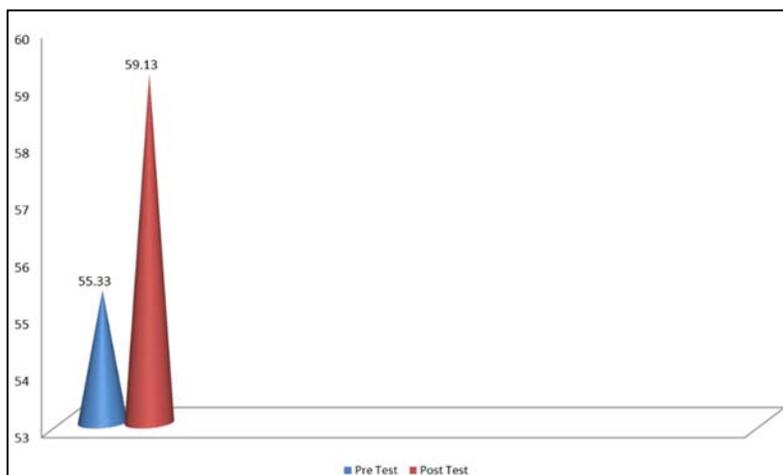
Short service	Mean	S.D	MD	SE	‘t’ ratio
Pre Test	55.33	1.89	3.80	0.60	6.33*
Post Test	59.13	1.36			

Significant at 0.05 level of confidence

Tabulated ‘t’<sub>0.05 (14)</sub> = 2.145

Table-1 showed that there was a significant difference on short service test for pre and post-test experimental group in Don Bosco School Badminton players. The obtain ‘t’ ratio

value 6.33 was greater than tabulated ‘t’ value (2.145) at 14 degree of freedom at 0.05 level of confidence.



**Fig 1:** Comparison between mean, Standard Deviation and ‘t’ ratio of pre-test and post-test short service.

**Table 2:** Comparison between mean, Standard Deviation and ‘t’ ratio of pre-test and post-test high service of Don Bosco School Badminton players.

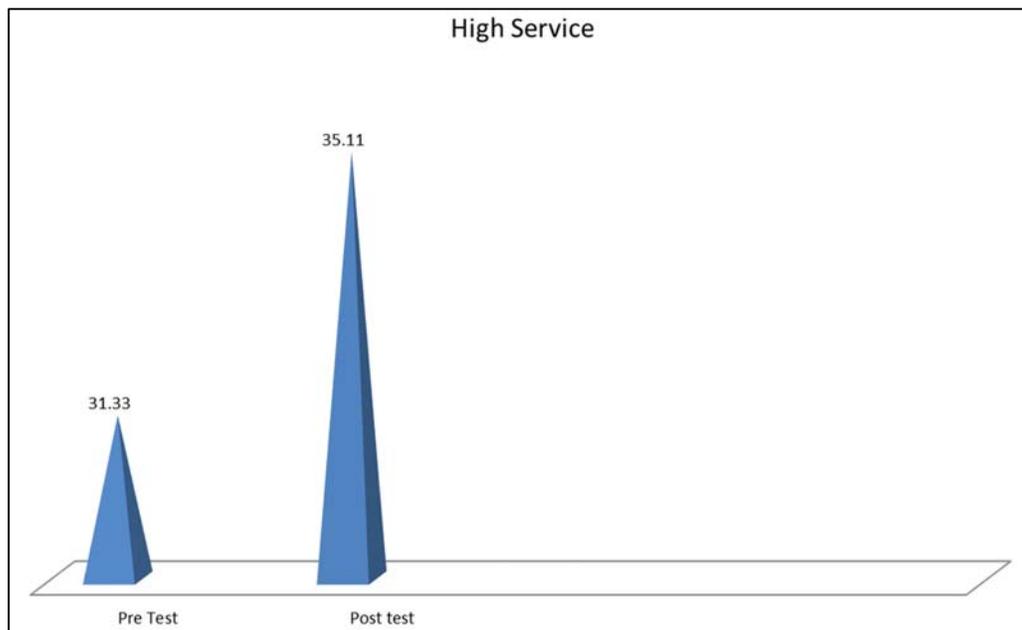
Long service	Mean	SD	MD	SE	‘t’ ratio
Pre Test	31.33	1.89	3.80	0.88	4.32*
Post Test	35.11	2.88			

Significant at 0.05 level of confidence

Tabulated ‘t’<sub>0.05 (14)</sub> = 2.145

Above table-2 again indicates that there was a significant difference on high service test for pre and post test experimental group in Don Bosco School Badminton

players. The obtained 't' ratio value 4.32 was greater than tabulated 't' value (2.145) at 0.05 level of significance at 14 degree of freedom.



**Fig 2:** Comparison between mean, Standard Deviation and 't' ratio of pre-test and post-test high service

**Conclusion**

On the basis of the findings, the study shows that there are significant differences in pre-test and post-test selected Badminton skills of school players for six week training. The significant improvement in short service and high service may be due to the effect of specific training schedule to the players

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