

Efficacy Of Specific Ladder Drills On Selected Skill Test Performance Among Inter-Collegiate Badminton Players

Dr. P. Kumaravelu

Assistant Professor, Department of Physical Education, Tamilnadu Physical Education and Sports University, Chennai, Tamilnadu, India.

ABSTRACT

The purpose of the study was to find out the efficacy of specific ladder drills on selected skill test performance among men badminton players. To achieve the purpose of the study five badminton players from Tamilnadu Physical Education and Sports University for men and five badminton players from Indian Institute of Information Technology Design & manufacturing, Kancheepuram were selected as subjects. Their age ranged from 18 to 25 years respectively. The selected subjects underwent ladder agility training for alternative three days per week up to six weeks. The skill related variable selected as criterion variables were tested by using Lockhard-McPherson Badminton test. All the subjects were tested on dependent variables prior to and immediately after the training period. The selected criterion variables were statistically analyzed with dependent "t" test to find out the significant improvement between pre and post-test means of experimental groups. In all the cases. 05 level of significant was fixed to test the hypothesis. The experimental group namely ladder agility drill training had achieved significant improvement on Badminton playing ability.

KEY WORDS: Playing Ability, Ladder Agility Training and men Badminton

INTRODUCTION

Badminton is a great sport for all-round fitness. The sport demands excellent fitness: players require aerobic ability, agility, strength, speed and precision. It is also a technical sport, requiring good motor coordination and the development of sophisticated racquet movement. Finally, strength and explosive power conditioning should form a fundamental part of a badminton training program, necessary to maximize speed on the court and powerful overhead smashes.

Ladder agility drills are an excellent way to improve foot speed, agility, coordination and overall quickness. The agility ladder is a time tested and proven effective tool for improving our footwork. The training effect is similar to jump rope, but with several advantages. First, agility ladder training is multi-directional. In most sports, we are not staying in one sport. We are moving forward, sideways and sometimes backwards, second, our feet are also allowed to move independently in more complex patterns than jump rope allows. And third, the cycle time can be reduced so that you can train your feet to move quickly through complex footwork patterns. Ladder training requires the co-ordination of several muscle groups to sustain the precisely timed and rhythmic movements that are integral to the exercise. It's the coordination of these muscle groups that increases the athlete's capacity for dynamic balance, the ability to maintain equilibrium while executing complex, vigorous, and Omni directional movements. Therefore, the purpose of this study was to find out the efficacy of specific ladder drills on selected skill test performance among men Badminton players.

STATEMENT OF THE PROBLEM

The purpose of the study was to find out the efficacy of specific ladder drills on selected skill test performance among men Badminton players. Based on the purpose of the study, the hypothesis framed in this study was that there would be a significant improvement on selected dependent variable (playing ability) due to the influence of ladder training of men badminton players.

METHODOLOGY

To achieve the purpose of the study five Badminton players from Tamilnadu Physical Education and Sports University and five badminton players from Indian Institute of Information Design & Manufacturing, Kancheepuram were selected as subjects. Their age ranged from 18 to 25 respectively. The selected subjects underwent ladder agility training for alternative three days per week up to six weeks. The skills related Variables selected as criterion variables were tested by using lockhard-mcpherson badminton test. All the subjects were tested on experimental group (ladder agility training) was given their respective training programme. Three alternative days in a week for six week duration in addition to the regular physical education activities of the department as per the curriculum.

Pre-test was taken after that six week specific ladder agility drills were given then post-test was conducted. The subjects were free to withdraw their consent in case of feelings any discomfort or injuries during the period of their participation, however there were no drop out in the study. The selection criterion variables were statistically analyzed with dependent "t" test to find out the significant improvement between pre and post –test means of experimental group. In all the cases 0.05 level of significant was fixed to test the hypothesis.

TRAINING SCHEDULE

During the training period the experimental groups underwent their respective training programme in addition to their regular physical education programme of the course of study as per the curriculum. Experimental group namely ladder agility drill training underwent their respective training for three alternative days per week for six weeks. The duration of training session in all the days was between 45 to 60 minutes approximately. All the subjects involved in this study were carefully monitored throughout the instruction programme. None of them reported with any fear.

TABLE – I
TRAINING SCHEDULE FOR EXPERIMENTAL GROUP

S.NO	LADDER AGILITY DRILLS	1 TO 2 WEEKS	3 TO 4 WEEKS	5 TO 6 WEEKS
1	HOP SCOTCH DRILL	4 REP	7 REP	10 REP
2	IN-OUT DRILL	4 REP	7 REP	10 REP
3	LATERAL FEET DRILL	4 REP	7 REP	10 REP
4	TANGO DRILL	4 REP	7 REP	10 REP
5	FIVE COUNT DRILL	4 REP	7 REP	10 REP

RESULT AND DISCUSSIONS

The analysis of dependent 't' test on the data obtained for skill performance of pre and post-test means of Badminton skills have been analyzed and presented in Table II.

TABLE II
THE SUMMARY OF MEAN AND DEPENDENT 'T' –TEST FOR THE PRE AND POST TESTS ON SKILLS TEST PERFORMANCE OF EXPERIMENTAL GROUP

TEST	NUMBER	MEAN	STANDARD DEVIATION(+_-)
PRE TEST	10	11.3	1.88
POST TEST	10	12.6	1.64
't' TEST	6.09*		

*Significant at .05 level. (Skill performance in Number)

(The table value required for .05 level of significance with df 9 is 2.26)

The table II shows that the obtained pre and posttest mean values of experimental group was 11.3 and 12.6 respectively and the obtained dependent 't'-ratio values between the pre and posttest means of experimental groups was 6.09. The table value required for significant difference with df 9 at .05 level is 2.26. Since, the obtained 't' ratio value of experimental groups was greater than the table value, it is understood that ladder training had significantly improve the performance general skill performance of badminton players. The mean values of ladder training group on skill performance were graphically represented in the figure I.

DISCUSSION ON FINDINGS

The result of the study indicates that the experimental group namely ladder training had significantly improved the selected dependent variables namely badminton skill performance. It was hypothesized at the beginning of the study that there would be significant improvement on selected dependent variables due to the influence of ladder training of Badminton players. The result of the present study was in accordance with the hypothesis. Hence, the research hypothesis of the investigator was held true and the null hypothesis was rejected. It was hypothesized that there would be a significant improvement on selected dependent variable (playing ability) due to the influence of ladder training of badminton players. Hence, the research hypothesis of the investigator was accepted and the null hypothesis was rejected.

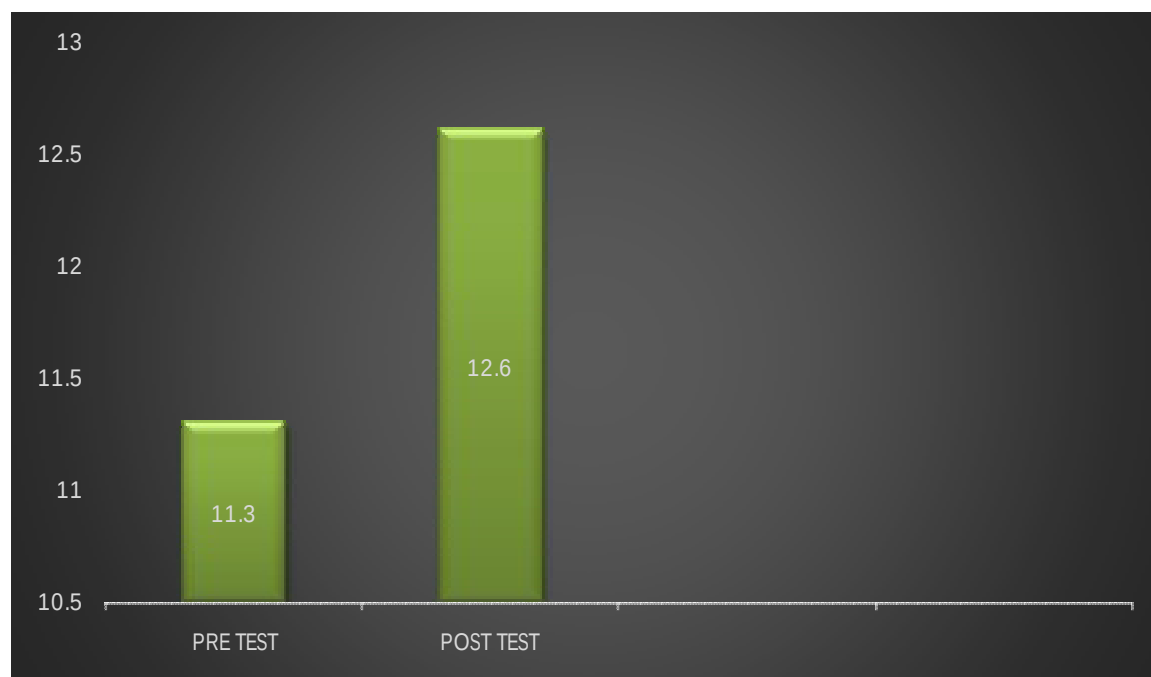


FIGURE -1
THE PRE AND POST TESTS ON SKILL TEST PERFORMANCE OF
EXPERIMENTAL GROUP

CONCLUSION

Six weeks of ladder agility drill training had achieved significant improvement on badminton playing ability among men college Badminton players. Comparison of mean values of pre and post test results on playing ability also emphasis the differences in a positive way. Further, the result of the study was in accordance with the results of Simeonov,et.al., (2013) and Lombardi, et.al.,(2011).

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