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IMPACT OF SPECIFIC SKILL TRAINING ON SELECTED SKILL PERFORMANCE VARIABLES OF COLLEGE BADMINTON PLAYERS

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ABSTRACT :

The purpose of the study was to look into how certain skill training affected particular skill performance metrics of collegiate badminton players. Enhancing skill performance development through targeted skill training is the aim of the study. Thirty (N = 30) collegiate badminton players from Tamil Nadu, India's Coimbatore district participated. The participants in this study were chosen at random. The age range of the group was 18–21 years old. The subjects were split up into two groups: the experimental group and the control group. Every group has fifteen members. The target zone smash test was used to analyze the skill performance characteristics, and the poole forehand clear test was used to evaluate the forehand clear. The "t" ratio is the statistical instrument utilized in this investigation. After five weeks of specialized skill training, the study found that skill performance characteristics had significantly changed. The experimental study's findings demonstrate that college badminton players' skill performance factors, such as smash and forehand avoidance, significantly improve with targeted skill training.

Keywords: Smash, forehand clear, specific skill training and badminton players.

INTRODUCTION

A special combination of technical talent, tactical acumen, physical fitness, and mental focus is required for badminton, a fast-paced, dynamic racquet sport. Players must exhibit speed, agility, coordination, endurance, and precision when playing this sport, which is played for fun as well as for competition. The ability to perform precise and well-timed strokes can affect the outcome of each rally, making technical competence one of these factors that determines success. For players at the collegiate level, where competition is frequently fierce, mastering certain abilities like serves, smashes, drop shots, clears, drives, and net play becomes crucial. The capacity to successfully combine these strokes with appropriate footwork and court location is equally crucial.

Instead of concentrating only on basic physical conditioning, specific skill training is a focused strategy to practice that aims to enhance performance in specific game characteristics. It consists of organized drills and exercises that isolate and hone specific tactics so that players can use them accurately, consistently, and adaptably in game situations. In addition to improving technical skill, this approach gives players a better grasp of shot selection, tactical diversity, and opponent anticipating. Repetitive smash drills, for instance, can increase power, accuracy, and confidence in finishing points, while a concentrated net play training session can enhance reflexes, touch, and deception. Given the growth stage of their careers, specialized skill training is especially important for collegiate badminton players. At this level, a lot of players are moving from basic abilities to highly skilled competitive performance. Training that is methodical and systematic aids in closing the gap between fundamental proficiency and superior performance. Additionally, opponents in collegiate competition may have different playing styles, necessitating flexibility and a broad skill set. Players can execute intricate motions with little conscious effort thanks to muscle memory, which they build through consistent and purposeful repetition. This frees up cerebral energy for tactical decision-making.

The effectiveness of such training can be quantified using skill performance characteristics like as shot accuracy, speed of execution, consistency, response time, and tactical efficiency. Better match results are strongly correlated with improvements in these areas because players are able to react to game events more precisely and with more control. Improved shot accuracy raises the possibility of winning rallies, while quicker and more effective footwork enables players to reach the shuttle earlier and improve shot placement. Finally, by combining mental preparation, tactical awareness, and physical conditioning, specific skill training improves not just individual technical ability but also overall game performance. This targeted strategy gives collegiate badminton players a competitive advantage and guarantees they are prepared to meet the demands of elite competitions. Players may consistently improve and convert training efforts into success on the court by methodically expanding their technical repertoire and honing performance variables.

RESEARCH METHODS

Determining the effect of certain skill training on particular skill performance factors of collegiate badminton players is the goal of the experimental study. Thirty (N-30) male college badminton players were chosen at random from the Coimbatore area of Tamil Nadu, India. Two groups of fifteen (n=15) participants each were formed from the participants. The experimental group received specialized skill training to improve their skill performance variables level so that the male badminton players' students could participate in badminton activities, whereas the control group participants received regular training.

TRAINING SESSIONS

Training sessions lasted for five weeks. The experimental group received 45 minutes of training each day. Eight minutes of warm-up, thirty minutes of targeted skill training, and seven minutes of warm-down make up those forty-five minutes. 10% additional training was added each week, with training levels ranging from 30% to 60%.

DATA COLLECTION

The experimental group and the control group's participants were examined on a few skill performance variables; smash and forehand clear were examined and tested prior to the interventions, and the results were recorded and stored with the corresponding units as pre-test scores. For five weeks, the experimental group participated in the corresponding, specialized skill training program. Participants in the experimental group had received a variety of training sessions and therapies by the end of the five-week training period. Following the treatment of certain skill performance variables, a post-test was administered. Ultimately, the gathered information was statistically examined to determine the effects of certain skill development on collegiate badminton players.

ANALYSIS OF DATA

The pre and post-test averages, standard deviations, and dependent t-test values for the control and experimental groups on smash and forehand clear of particular skill training are shown in Table I.

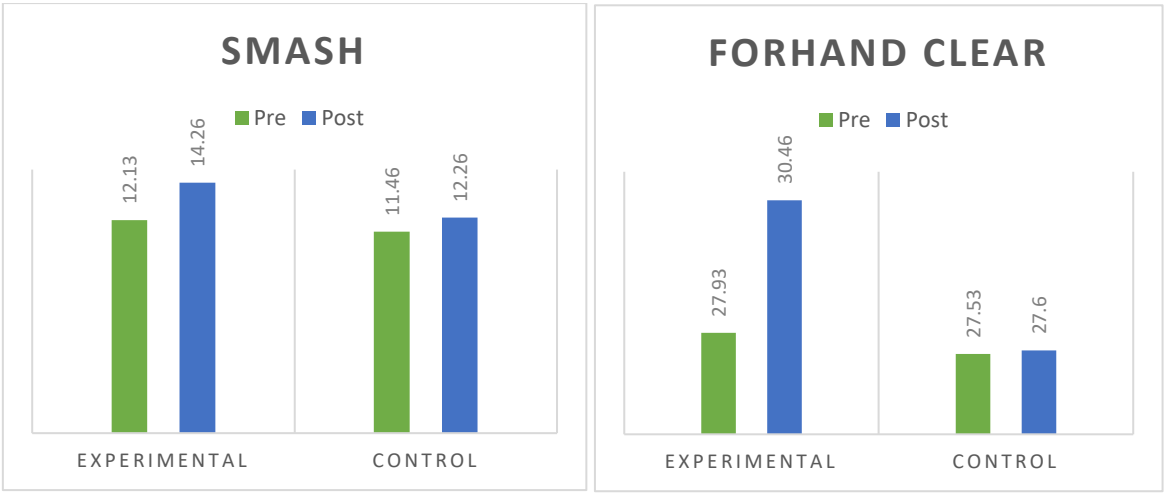
TABLE 1

STATISTICAL ANALYSIS OF PRE-TEST AND POST TEST SCORES AND MEAN ON SELECTED SKILL PERFORMANCE VARIABLES OF CONTROL AND EXPERIMENTAL GROUPS

Group	Variables		Mean	SD	MD	SE	t- ratio
Experimental Group	Smash	Pre Test	12.13	1.76	2.13	0.56	**3.75***
		Post Test	14.26	1.48			
	Forehand Clear	Pre Test	26.73	3.67	2.93	1.23	**2.38***
		Post Test	29.66	3.13			
Control Group	Smash	Pre Test	11.46	1.92	0.80	0.75	1.06
		Post Test	12.26	1.98			
	Forehand Clear	Pre Test	26.33	3.71	1.06	1.43	0.74
		Post Test	27.40	3.66			

The mean, standard deviation, and 't' ratio for the experimental group's chosen skill performance variables—smash and forehand clear—are calculated in Table 1. For smash and forehand clear, the corresponding 't' ratios were 3.75* and 2.38*. For degrees of freedom 1 and 15, 2.14 was the necessary table value at the 0.05 level of significance. The acquired 't' values were determined to be statistically significant for the experimental group because they exceeded the necessary table value. Additionally, the control group's mean, standard deviation, and "t" ratio were calculated for the chosen variables, smash and forehand clear. The 't' ratios that were obtained were 1.06 and 0.74, respectively. For degrees of freedom 1 and 15, 2.14 was the necessary table value at the 0.05 level of significance. The computed 't' values were determined to be statistically insignificant for the control group since they were below the necessary table value.

Figure: The bar diagram shows the mean pre- and post-test values for smash and forehand clear variables in the experimental and control groups



Discussion on Finding

Based on the current study, collegiate badminton players' selected skill performance characteristics significantly improved with particular skill training. These gains were probably facilitated by targeted workouts that focused on technical execution, agility, response time, and hand-eye coordination. These findings are consistent with earlier studies showing that sport-specific training improves performance in both physiological and technical domains by simulating game-like scenarios (Phomsoupha & Laffaye, 2015; Kaur & Singh, 2017). Additionally, skill-based programs that are progressive and systematic can improve tactical awareness and motor learning, which eventually improves match performance (Bompa & Buzzichelli, 2019). These results highlight how crucial it is for badminton teaching programs to include skill-specific training.

Conclusion

According to the study's findings, collegiate badminton players between the ages of 18 and 21 showed notable gains in their smash and forehand clear after completing a five-week targeted skill training program that was methodical and scientifically planned. Additionally, it was found that college badminton players can improve their smash and forehand clear through the use of specific skill training.

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