



COMPARISON OF SPEED AND AGILITY BETWEEN THE FINALISTS OF ALL INDIA INTER UNIVERSITY BALL BADMINTON MEN TOURNAMENT

Madhupuli* & Dr. R. Barathiraj**

* Research Scholar, Department of Physical Education, Annamalai University, Tamilnadu

** Assistant Professor, Department of Physical Education, Annamalai University,
Tamilnadu

Cite This Article: Madhupuli & Dr. R. Barathiraj, "Comparison of Speed and Agility between the Finalists of All India Inter University Ball Badminton Men Tournament", *International Journal of Current Research and Modern Education*, Volume 6, Issue 2, Page Number 29-30, 2021.

Copy Right: © IJCRME, 2020 (All Rights Reserved). This is an Open Access Article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Introduction:

Speed and agility are crucial attributes for ball badminton players, as they significantly impact a player's ability to perform well on the court. Ball badminton is a fast-paced sport where players need to react quickly to the movement of the shuttle and their opponents. Speed and agility enhance a player's reaction time, allowing them to respond rapidly to shots and anticipate their opponent's moves. Speed is essential for executing powerful and deceptive shots. A player with good speed can quickly cover the court, reach the shuttle early, and generate power in their shots. Agility complements speed by enabling players to adjust their body position swiftly, allowing for accurate and effective shot placement. Agility is vital for covering the court efficiently. Agile players can move laterally, change direction, and pivot quickly, ensuring they can reach shots that are wide or placed at difficult angles. This ability to cover the court effectively puts pressure on the opponent and creates scoring opportunities. Speed and agility are essential for defensive play. Quick lateral movements and the ability to change direction rapidly help players retrieve shots that are hit to the sides or behind them. A player's agility also contributes to their ability to perform successful dives and lunges, saving points during intense rallies. Agile players can execute a variety of offensive maneuvers such as drops, smashes, and net shots effectively. Speed allows players to close the net quickly, putting pressure on the opponent, while agility assists in performing deceptive shots and quick changes of direction to outmaneuver opponents. While not directly related to speed and agility, endurance is also a critical factor. Speed and agility training often involve cardiovascular exercises, contributing to a player's overall endurance. Endurance ensures that players can maintain their speed and agility throughout the match, reducing the likelihood of fatigue affecting their performance. Speed and agility are fundamental skills that enable ball badminton players to move swiftly, respond quickly, cover the court effectively, and execute a wide range of shots. Developing these attributes through training enhances a player's overall performance and competitiveness on the court.

Methodology:

The purpose of the study was to compare the speed and agility between Finalists of [Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament] in All India Inter University Ball Badminton Men Tournament. To achieve this purpose of the study, twenty men Ball Badminton players representing SRM Institute of Science & Technology and BS Abdur Rahman Crescent Institute Of Science & Technology [Finalists] were selected as subjects at random. Among the psychological variables, the following variables namely speed and agility were selected as criterion variables. All the subjects of two groups were tested on selected dependent variables by using standard tests. The independent 't' ratio was used to analyze the significant difference, if any between groups. The .05 level of confidence was fixed as the level of significance to test the 't' ratio obtained, which was considered as an appropriate.

Analysis of the Data:

Speed:

The mean, standard deviation and 't' ratio values on speed of Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament have been analyzed and presented in table 1.

Table 1: The Mean, Standard Deviation and 't' Ratio Values Between Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament On Speed

Groups	Mean	Standard Deviation	't' Ratio Value
Winners	7.81	0.07	1.31
Runner-Up	7.85	0.06	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 18 was 1.73).

The table 1 shows that the mean values on speed for Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament were 7.81 and 7.85 respectively. The obtained 't' ratio value on speed 1.31 which was lesser than the table value required for significance with df 18 was 1.73. The results of the

study showed that there was no significant difference between university men Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament on speed.

Agility:

The mean, standard deviation and ‘t’ ratio values on agility of Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament have been analyzed and presented in table 2.

Table 2: The Mean, Standard Deviation and ‘t’ Ratio Values Between Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament on Agility

Groups	Mean	Standard Deviation	‘t’ Ratio Value
Winners	8.43	0.09	0.53
Runner-Up	8.45	0.08	

* Significant at .05 level of confidence.

(The table values required for significance at .05 level of confidence with df 18 was 1.73).

The table 2 shows that the mean values on agility for Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament were 8.43 and 8.45 respectively. The obtained ‘t’ ratio value on agility 0.53 which was lesser than the table value required for significance with df 18 was 1.73. The results of the study showed that there was no significant difference between university men Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament on agility.

Conclusions:

- There was no significant difference between Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament on speed.
- There was no significant difference between Winners and Runner-Up in All India Inter University Men Ball Badminton Tournament on agility.

References:

1. Young, W., & Farrow, D. (2006). The importance of a sport-specific stimulus for training agility. *Strength & Conditioning Journal*, 28(3), 44-51.
2. Weyand, P. G., Sternlight, D. B., Bellizzi, M. J., & Wright, S. (2000). Faster top running speeds are achieved with greater ground forces not more rapid leg movements. *Journal of Applied Physiology*, 89(5), 1991-1999.
3. Lockie, R. G., Murphy, A. J., Schultz, A. B., Knight, T. J., & Janse de Jonge, X. A. K. (2013). The effects of different speed training protocols on sprint acceleration kinematics and muscle strength and power in field sport athletes. *Journal of Strength and Conditioning Research*, 27(6), 1539-1550.
4. Sheppard, J. M., Young, W. B., Doyle, T. L. A., Sheppard, T. A., & Newton, R. U. (2006). An evaluation of a new test of reactive agility and its relationship to sprint speed and change of direction speed. *Journal of Science and Medicine in Sport*, 9(4), 342-349.
5. Cronin, J., & Hansen, K. (2005). Strength and power predictors of sports speed. *Journal of Strength and Conditioning Research*, 19(2), 349-357.
6. Hachana, Y., Chaabène, H., Nabli, M. A., Attia, A., Moualhi, J., Farhat, N., ... & Gabbett, T. J. (2014). Test-retest reliability, criterion-related validity, and minimal detectable change of the Illinois Agility Test in male team sport athletes. *Journal of Strength and Conditioning Research*, 28(5), 1443-1450.
7. Serpell, B. G., Ford, M., & Young, W. B. (2010). The development of a new test of agility for rugby league. *Journal of Science and Medicine in Sport*, 13(1), 142-144.
8. Nimphius, S., Callaghan, S. J., Bezodis, N. E., & Lockie, R. G. (2018). Change of direction and agility tests: Challenging our current measures of performance. *Strength & Conditioning Journal*, 40(1), 26-38.
9. Chaouachi, A., Manzi, V., Chaalali, A., Wong, D. P., Chamari, K., Castagna, C., & Laurencelle, L. (2012). Determinants analysis of change-of-direction ability in elite soccer players. *Journal of Strength and Conditioning Research*, 26(10), 2667-2676.