

INDEX

CHAPTER- I INTRODUCTION	1 – 16
CHAPTER- II REVIEW OF THE RELATED LITERATURE	17 - 37
CHAPTER-III PROCEDURE	38 - 77
CHAPTER- IV ANALYSIS AND INTERPRETATION OF DATA	78-100
CHAPTER-V SUMMARY, CONCLUSIONS AND RECOMMENDATIONS	101-103
BIBLIOGRAPHY	104-107
PUBLICATIONS	
CERTIFICATE	

LIST OF TABLE

Table No.	Particulars	Chapter Page No.
3.1	Badminton shadow group weekly training program	75
4.1	Descriptive Statistics on Physical variables for 10-14 years age group players	78
4.2	Descriptive Statistics on Physical variables for 10-14 years advance level players	80
4.3	'T' test Comparative Statistics on Physical variables of 15-19 years age group players	82
4.4	Descriptive Statistics on Physical variables of 15-19 years age group advance level players	84
4.5	'T' test Comparative Statistics on Physical variables of For 10-14 years age group players	86
4.6	'T' test Comparative Statistics on Physical variables of 10-14 years age group advance level players	87
4.7	'T' test Comparative Statistics on Physical variables of 15-19 years age group players	88
4.8	'T' test Comparative Statistics on Physical variables of 15-19 years age group advance level players	89
4.9	Descriptive statistics on Physiological variables for 10-14 years age group players	90
4.10	Descriptive statistics on physiological variables of 10-14 years age group advance level players	91
4.11	Descriptive statistics on physiological variables of 15-19 years age group players	92
4.12	Descriptive statistics on physiological variables of 15-19 years age group advance level players	93
4.13	'T' test Comparative Statistics For 10-14 years age group players	94
4.14	'T' test Comparative Statistics group players	94
4.15	'T' test Comparative Statistics ggroup3	95
4.16	'T' test Comparative Statistics group4	95

LIST OF FIGURE

Fig. No.	Particulars	Chapter Page No.
4.1	Descriptive statistics on Physical variables of 10-14 years age group players	79
4.2	Descriptive statistics on Physical variables of 10-14 years age group advance level players	81
4.3	Descriptive statistics on Physical variables of 15-19 years age group players	83
4.4	Descriptive statistics on Physical variables of 15-19 years age group advance level players	85
4.5	Descriptive statistics on physiological variables of 10-14 years age group players	90
4.6	Descriptive statistics on physiological variables of 10-14 years age group advance levelplayers	91
4.7	Descriptive statistics on physiological variables of 15-19 years age group players	92
4.8	Descriptive statistics on physiological variables of 15-19 years age group advance levelplayers	93

LIST OF PHOTO

Fig. No.	Particulars	Chapter Page No.
1	Speed 20 meters dash	40 - 42
2	Vertical Jump	43 - 52
3	Flexibility	54 - 59
4	Lower Body Strength	60 - 61
5	Back Strength	62 - 63
6	Shadow Training	65 - 75