

## PREFACE

The purpose of the current study was to compare the effectiveness of shadow training on selected physical fitness variables in badminton and To compare the effectiveness of shadow training on physiological variables in badminton. The selected physical variables include Speed, explosive power, balance, flexibility, lower body strength and back power

A total of 60 subjects in the age category 10-14 & 15-19 of different academies in Surat district have been selected. Subjects of the research group were divided into four groups (two control groups & two experimental groups). Two groups will be consisting of 15 players each of the beginner level. First group was comprising of players of age 10-14 years on which the training schedule was implied followed by second group which was of the same age category of the advanced player. Third group was of 15-19 years' age category of the beginners followed by the fourth group which was having the advanced players of the same age category. The Training programme was administered on the experimental group four times in a week for a period of 12 weeks.

The data collected from two groups before and after experimental period was statistically analyzed for observing significant improvement by using T- Test. In order to observe the effect of Shadow Training on selected Physical & physiological variables of beginners and advanced badminton players Analysis of co- variance (ANCOVA) was used. Statistical significance was accepted at 0.5 level

The data showed that there was a significant difference in physical variables like speed, vertical jump, balance, lower body strength, and back strength. However, there was an insignificant difference in flexibility. The 't' values for all the significant physical variables were greater than the required 't' table value to be significant at the 0.05 level, while the 't' value for flexibility was less than the required value.

There was significant difference between the beginners and advance level badminton players. There was significant difference between the beginners and advance level badminton players in physical variables. There was no significant difference between the beginners and advance level badminton players in physiological variables.