

This chapter includes the summary of procedures used in this study, conclusions and the recommendations for application and further research.

### **SUMMARY**

The present study was undertaken to investigate the Effect of Shadow Training on selected Physical variables of Beginners and Advance Badminton players. 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 comprise 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 study has a clear purpose in studying the Effect of Shadow Training on selected Physical variables of Beginners and Advance Badminton players.

Badminton is a game in which performance is based on skills and techniques in which different complicated, elements are involved such as high level of physical and physiological abilities. Sports psychology also helps a lot in assessing the performance of badminton players. Though all the variables involve in the study plays an important role in enhancing performance in badminton and decides the winning and losing of the team.

The physical characteristics of badminton players have been described by several coaches and eminent personalities in the field of sports. Presently coaches and physical educators have become more conscious and concerned about the physical aspect of sports rather than depending on merely psychological aspects. They realises

that physical and physiological characteristics of the participants contribute more towards their success than mere psychology, therefore to satisfy above, the present study seeks to discover and examine whether physical and physiological variables influence the performance of badminton players.

A major issue in the present study was how coaches, administrators can prepare a good or winning good teams or players. The study was taken to know the effect of shadow training on selected Physical variables of Beginners and Advanced level Badminton players. To remove the major obstacle in improvement of sports activities is compulsory to understand the physical characteristics of badminton players so this study would be of great theoretical as well as practical interest and important to investigator.

### **CONCLUSIONS**

With the limitations of the present study following conclusions may be drawn:

1. 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.
2. There was significant difference between the beginners and advance level badminton players.
3. There was significant difference between the beginners and advance level badminton players in physical variables.
4. There was no significant difference between the beginners and advance level badminton players in physiological variables.

**RECOMMENDATIONS**

1. Attention should be paid towards the sports training in badminton players to achieve more heights in sports.
2. The future studies may be conducted in the same area involving more sports disciplines.
3. The results of the study can be helpful for the self-evaluation of badminton players.
4. Similar type of study may be conducted on different level of achievements.
5. Qualified sports trainers should be attached with the teams in order to take out maximum potential from the players.
6. Similar type of study may be conducted involving different age groups and different level of achievements.
7. A similar study may be conducted involving other variables in relation to physical and physiological.
8. The results of the study can be used by the physical education teachers and coaches as an aid in screening and selecting prospective badminton players.
9. Since the anthropometric variables have a relevance to the performance in badminton game, influence of measurements of different parts of body other than those employed in the study and their effects on performance may be a worthy area of study.
10. It is recommended that similar study may be repeated by selecting subjects belonging to age groups and level of achievements other than those employed in the present study.
11. It is also recommended that similar study may be conducted by using psychological variables.