

## Effect Of Wall Practice Training On The Performance Development Of Badminton Players

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### Abstract

*Badminton is a racquet sport played using racquets to hit a shuttlecock across a net. Although it may be played with larger teams, the most common forms of the game are "singles" and "doubles".*

*Keywords* Badminton, Teams, Shuttlecock

### Introduction

Badminton first appeared in the Olympic Games as a demonstration sport in 1972 and as an exhibition sport in 1988. At the 1992 Games it became a full-medal Olympic sport, with competition for men's and women's singles (one against one) and doubles (two against two). Mixed doubles was introduced at the 1996 Games.

Modern badminton can be traced to mid-19th century British India. It was created by British military officers stationed there. A net was added to the traditional English game of battledore and shuttlecock.

Badminton is a popular sport in India. It is the second most played sport in India after cricket. Badminton in India is managed by Badminton Association of India. Indian shuttlers Saina Nehwal, Srikanth Kidambi, and Pusarla Venkata Sindhu are ranked amongst top-10 in current BWF rankings.

Badminton can help to burn the extra fat and get rid of excess cholesterol in your body, ultimately strengthening the heart muscles and preventing the risk of heart attack. Badminton helps to increase levels of HDL in your body, which is known as the good cholesterol while decreasing the levels of bad cholesterol.

### Skills of playing Badminton

Always having the right stance when playing makes it a lot easier to minimize the movements you need to make to hit a shot. The ready stance done by putting your non-racquet leg a step forward and about shoulder width away from your racquet leg. Slightly bend both knees with your weight balanced

between both legs. Slightly bend forward from the hip, keeping your back straight, and lift your racquet up with your racquet-hand in front of you slightly above your shoulder and the head of the racquet to be right above your forehead. Raise your non-racquet arm to help improve your balance.

Having the right grip is crucial in helping new players control their shots better and protects from possible injury from putting too much pressure on the wrist. The simplest way to grip your badminton racquet is by imitating a handshake. Your thumb should press against the handle while the rest of your hand and four fingers wrap around the racquet. This handshake should be a friendly one. Don't grip too tightly because you need to retain flexibility in your wrist. It is recommended that you opt to put a wrap around your grip to make it more comfortable and less slippery.

Footwork is basic badminton skill that a lot of new players often overlook. But having the right footwork makes the game so much easier as it allows you to cover more ground around the court while using less time and energy. Lateral steps are the best way to move around the badminton court as it allows you to cover a lot of ground and change direction fast, while putting less strain on your knees. By practicing the right footwork, you'll feel that it is easier to recover to hit shuttles that are flying towards the other side of the court. Some basic drills to improve your lateral movement can be very effective in helping train yourself to move around the court better.

**Wall practice for Badminton**

The wall being a hard surface offers a lot of resistance and no bounce at all. Due to this, you have to hit the shuttle hard enough and even with some direction in mind, so that it actually comes back towards you.

The shuttle needs to be guided by you correctly and hit on the wall in such a manner that you can keep on going 20 to 30 to 50 times without stopping. Wall practicing can make our game more better.

**Review of Literature**

Badminton is a fun active sport which is an easy game to practice with few painless rules. It boosts up your muscles, adds strength to the muscles, improves blood flow rate and the benefits are endless. Apart from physical benefits there are mental advantages of badminton too.

Continues movements and hits in badminton strengthens your heart muscles. It also improves the blood flow through our veins and pumps the heart up. It decreases the cholesterol level and reduces the risk of heart attacks or strokes. This also unclogs the blocked walls of the heart and increases the blood flow.

Badminton has a rich and interesting history, and its popularity is always increasing with the availability of inexpensive equipment and places to play, almost anyone can enjoy Badminton. New competitions are being planned including the development of a SuperSeries and some one-off “Spectaculars.”

**Methodology**

- 1) You need a few shuttlecocks and a wall for this drill.
- 2) When you first practice the drill, hit it softly. Try to keep going and hit as many times as you can without letting the shuttle drop on the floor.
- 3) Practice hitting with both your backhand and your forehand.

**Wall practice**

- 1) Once you are comfortable with hitting at moderate strength, you can increase the difficulty by hitting harder against the wall.
- 2) This will cause the shuttle to come back to you faster and force you to react quicker.

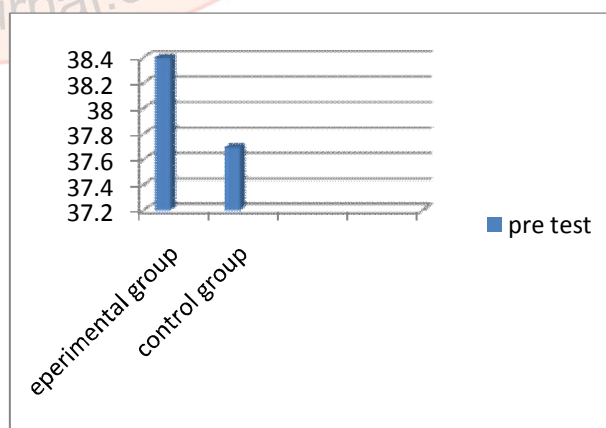
3) Hitting harder will also train your forearm and grip strength. You may feel soreness in your forearm after awhile.

- Keep your racket in front of you and try to hit the shuttle far out in front of you. It is difficult to generate power if the shuttle is close to your body.
- It is better to prepare with a backhand grip for this drill as it gives you a wider range of shots to play compared to forehand. (This applies to defending in doubles game as well.)
- Try to generate power mainly from your fingers and forearms. Keep your shots short and sweet. Do not swing your entire arm wildly as this will take you longer to get ready for the shot.
- Holding your grip higher can give you better control and help you react quicker to the shuttle.

**Analysis of data**

Sr. no	G r o u p	Test	N	M	S D	M D	t, v a l u e
1	E G	Pre test	15	38.4	2.96	0.7	0.50
2	C G	Pre test	15	37.7	4.47		

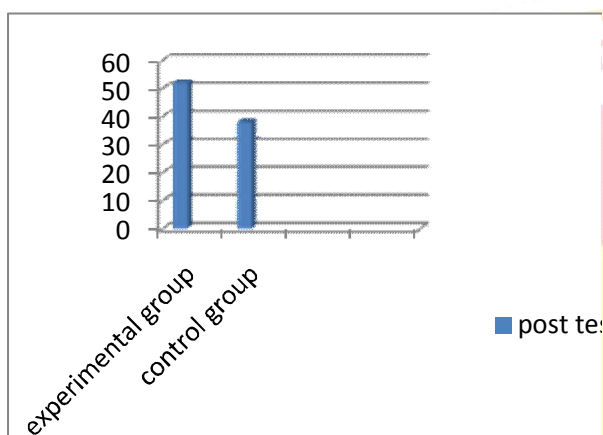
**Graphical representation**



Mean differences between the post test score of experimental and control groups for badminton performance

S r. n o	Grou p	Te st	N	M	SD	M D	't' valu e
1	EG	Pos t test	15	52.3	1.57	14.1	13.17
2	CG	Pos t test	15	38.2	3.64		

**Graphical representation**



Impacts of Wall Practicing for badminton

The wall rally drill or wall practice as it is popularly called among badminton players is a drill where a player should stand in front of the wall and continuously hit the shuttle on the wall.

A player can start with their forehand and aim to hit the shuttle as many times as possible on the wall.

The wall being a hard surface offers a lot of resistance and no bounce at all. Due to this, you have to hit the shuttle hard enough and even with some direction in mind, so that it actually comes back towards you. The shuttle needs to be guided by you correctly and hit on the wall in such a manner that you can keep on going 20 to 30 to 50 times without stopping.

Wall practice is beneficial for players in a lot of different ways. During the wall practice drill, in order to successfully return most of the shuttles, the player needs to be on their toes.

They can't just stand up straight and expect to successfully return the shot. Being on your toes is very essential during a game of badminton as it keeps you ready and alert.

Wall practice plays a big role in strengthening one's arm and forearm. Continuously hitting the shuttle on the wall will load the muscles that are used in sending the shuttle across the net. By doing this drill religiously, one will find that they are able to send the shuttle back with more ease and force.

**Conclusion**

After 6 weeks training the results were statistically analysed . The study revealed that wall practice training have a considerable effect on the performance development of badminton players. There was a significant effect on performance development of badminton players after six weeks wall practice training program.

The wall rally drill can be performed anywhere and you do not need to depend on other players to be present. You do not even need to go to the badminton court, you can perform this rally anywhere.

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