

## The Impact of Full-Body Strength Training on Badminton Performance in Under 19 Intermediate Players in Aloysius Collage

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Badminton is a dynamic racket sport where players use shuttlecocks to score points by hitting them over the net. This study aimed to identify the impact of full-body strength training on badminton performance which analyses the power, speed and agility of intermediate players in St. Aloysius College (SAC). The data from the pilot survey revealed that young players' full body strength falling behind in their ability to court movement and shot accuracy, and viewed this as a key issue to improving the game performance of the players. Twelve weeks of training program with three sessions per week were scheduled, and fifteen (n=15) players were chosen using random sampling. They were split into two groups treatment (n=10) and control (n=5). In three phases which were pre-test, mid and post-test the Standing Long Jump Test, 30m Sprint Run Test, Southeast Missouri (SEMO) Agility Test and 300m Run Test to analyze the performance of the players. The data were analyzed pairwise using paired sample T-test and results have shown that the treatment group has a significant ( $P < 0.05$ ) difference between Pre, Mid, and Post-tests in all tests. Also, the control group did not have any significant ( $P > 0.05$ ) difference between Pre, Mid and Post-tests in all the tests. As a result, the study came to the conclusion that the treatment group's notable improvements in the Standing Long Jump Test, 30m Sprint Run Test, SEMO Agility Test, and 300m Run Test are signs of improved physical qualities like explosive power, speed, agility, and endurance, which are likely to have a positive impact on overall badminton performance when incorporated into a training program of the players.

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