

Construction of combined forehand and backhand underarm clear with net shot in badminton

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■ ABSTRACT

The purpose of this study was to construct combined forehand and backhand underarm clear with net shot test in badminton. Forty male badminton players who participated in Inter-collegiate and Inter-district badminton Tournaments 2010-2011 of Devi Ahilya University, Indore were randomly selected to serve as subjects for this study. Validity (0.745) of the test was established by correlating the scores obtained on combined forehand and backhand underarm clear with net shot test with Lockhart and McPherson Badminton Test scores. Inter class correlation coefficient by analysis of variance method was employed to compute reliability of the test (0.950) through three trials administrated by the same tester. Objectivity of the test was (0.916) through three trials administrated independently by three different testers.

■ **Key Words** : Forehand underarm clear, Backhand underarm clear, Net shot, Validity, Inter class correlation

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Badminton has become a popular game in India and a number of changes in rules and practice have taken place (Roger, 1970; Downey, 1980; Ballou, 1982). The forehand and backhand underarm clears are the strokes in which the shuttle is sent high and deep into the air above the opponent's court. The underarm clear is principally a defensive shot and is normally used for gaining time to regain a good defensive position. Conversely, when an opponent has been caught off – stride, it can be turned into an attacking shot. The purpose of this study was to construct combined forehand and backhand underarm clear with net shot test in badminton.

■ METHODOLOGY

Forty male badminton players from different colleges of Devi Ahilya University, Indore who participated in Inter-collegiate and Inter-district badminton Tournaments conducted by Nirbhaya Singh Patel College of Science, Indore in the University, Gymnasium Hall from 12th to 13th August 2010 and Inter-district from 20th to 21st August 2010 were

randomly selected to serve as subjects for this study. The criterion measure for this study was the playing ability scores obtained by administering the Lockhart and McPherson Badminton Wall Volley Test.

The investigators initially conducted a pilot project by constructing three variations of the test *i.e.* combined forehand and backhand underarm clear with net shot test, combined forehand and backhand underarm clear with net shot test-1, combined forehand and backhand underarm clear with net shot test-2. Among these combined forehand and backhand underarm clear with net shot test was selected because its validity was higher than the other two tests.

The coaches and managers of the teams were consulted at personal level to conduct the test on badminton players, and a rapport was established with them for the testing programme. All those incharge of teams, coaches and managers were made fully conversant with the study. Tentative times were finalized with them. The researchers approached each player after giving proper and timely information before the test was conducted.