

## **Mental Visualization And Skill Specific Drills On Selected Motor Skill Related Fitness Variable Among College Badminton Players**

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### **Abstract:**

The purpose of the study was to find out the effect of mental visualization, and skill specific drills on selected motor skill related fitness variable of college badminton players, sixty college badminton players from chennai district acted as subjects for the study. The selected participants were randomly (simple random sample) assigned to one of three groups of twenty (n=20) each, such as experimental group I, experimental group II, and control group. The group I (n=20) underwent Mental Visualization, group II (n=20) underwent Skill Specific Drills and group III (n=20) acted as control. The subjects in control group were not engaged in any activity other their regular curriculum. Agility was selected as dependent variable for this study. All the subjects were evaluated with Illinois agility test. The following independent variables were selected for this study such as Mental Visualization, and Skill Specific Drills. The pre-test and post-test randomized control group design was used as experimental design. The collected data from the three groups prior to and immediately after the training programme on selected criterion variables were statistically analysed with analysis of co-variance (ANCOVA) was used to find out the significant difference between experimental and control groups. Whenever the 'F' ratio for adjusted test was found to be significant, the Scheffe's test was applied as post-hoc test to find out paired mean difference. In all the cases 0.05 level of significant was fixed to test the hypothesis.

The Mental Visualization, and Skill Specific Drills had significantly improved the participants Agility. The Skill Specific Drills had significantly outperformed than Mental Visualization on the participant's agility.

### **Keywords:**

Mental Visualization, Skill Specific Drills Badminton, Agility.