



## **EFFECT OF STRENGTH TRAINING PROGRAMME ON FOREHAND AND BACKHAND DRIVE SKILL PERFORMANCE ON LAWN TENNIS PLAYER**

**Ganesh Narayanrao Kadam**

Asst. Prof. , College of Agriculture Naigaon (Bz.) Dist. Nanded.

**Abstract:-** The purpose of this study was to determine the difference among two groups of tennis players on the variables of from and skill scores of tennis forehand and backhand drive. The forehand and backhand drives are tested on the same court at the same time. The student will stand in the receiving position at the center mark of the baseline. The teacher will be on the other side of the net hitting balls to the student being tested.

**Keywords:**Strength Training Programme , Lawn Tennis Player , crucial stroke .

### **INTRODUCTION**

In Lawn Tennis the drive is a crucial stroke to a good start, generates confidence in the player and this is very important for the rest of the player's game. There is more individual interpretation of the drive than almost any other stroke in the game but this does not affect the fact that good drive is based on sound basics. In tennis, strength is utilized to generate speed, power and endurance. The purpose of the study was to assess the effect of specific strength training programme on the drive energy system of district level lawn tennis.

### **METHODOLOGY :**

30 male lawn tennis player age ranged 17 to 19 of Nanded District Lawn Tennis Association were selected as subject for the study. All subject were assigned to the experimental randomly control group each were consisting of 15 subjects.

The experimental group was given specific strength training programme of 20 minits. AlterNet day in the morning for 8 week as a experimental treatment. The training programme is composed of 4 specific strength exercises they are as following.

#### **1. Chin up :**

To develop strength endurance of the back and arm musculature, particularly latissinus darts which is a prime mover in the generation of velocity during stroke production.

#### **2. Shuttle run:**

The shuttle run is easy way to add some high intensity drills into a basic exercise program while you build speed, stamina and endurance.

#### **3. Medicine ball side throws:**

To help you develop strength, coordination, balance, power and core stability. The movements often combine balance strength and utilize a wide variety of muscle groups.

#### 4. Skipping:

Skipping improves the muscle tone in the legs and lower body and also in the upper body as your shoulders and arms work the rope.

#### DATA COLLECTION :

To find out the effect of the specific strength training programme on the forehand and backhand drive ability of lawn tennis district level players. Hewitt tennis forehand and backhand drive test was selected. The test is composed of two test items 1) Forehand 2) Backhand drive test. This test was used to measure the accuracy of a subject's forehand and backhand of a drive tennis ball.

The data was collected for each variable administering their respective tests the test was administered at tennis court on Nanded District Lawn Tennis Association Nanded. To ensure that the data was reliable each subject was allowed 10minits of warm up time on a court other then test court. The subject given test demonstrations and each subject was given 10 trials to perform the respective test for each variable. The data was collected giving the experimental treatment and at the end of treatment and end of training period.

#### DATAANALYSIS

For data analysis mean, standard deviation and 't' test were computed.

The analysis of data are presented in table 1 and 2

Forehand and backhand drive test for accuracy of placement.

**Table – 1**  
**Comparison between pre test of control and experimental group**

Test	Mean	Me an Difference	Standard Division	't' value
1. Control group	14.43	12.07	4.46	7.35
2. Experimental group	21		4.21	

Significant level 0.5 >

**Table – 2**  
**Comparison between post test of control and experimental group**

Test	Mean	Me an Difference	Standard Division	't' value
1. Control group	15.93	16.27	3.05	25.94
2. Experimental group	32		2.85	

Significant level 0.5 >

#### RESULT OF THE STUDY :

The specific strength training programme develops the forehand and backhand drive accuracy of district level lawn tennis players. Whereas control group does not develop forehand and backhand drive accuracy as experimental group.

#### CONCLUSION :

The specific strength training programme of 8 week on experimental group result following conclusion.

It is evident from the findings that the specific strength training programme develops the forehand and backhand drive ability of district level lawn tennis players. Whereas control group does not develop forehand and backhand drive accuracy as experimental group.

**REFERENCES :**

- 1.From 1984 through 1998, women played first-to –win-there-sets in the final of the year-ending WTA Tour Championship.
- 2.Fuch,A.H.(2009) psychology and baseball : The testing of Babe Ruth In C.D. Green & L.T. Benjamin (Eds) Psychology gets in the game (PP.144-167) Lincoln. NE: University of Nebraska Press.
- 3.Gardner H(1983) Farmer of mind New York : Basic Books.
- 4.Gilbert, D.T. (1991) How mental systems believe, American Psychology, 46,107-119.
- 5.Gilovich, T, Ballone, R & Tversky, A. (1985).The hot hand in basketball: on the misperceptions of random sequences. Cognitive Psychology 17,295-314.
- 6.Goleman,D (1998) working with emotional intelligence New York Bantam Books.
- 7.Hahn, Thomas (1995) Sir Gawin : Eleven Romances and Tales, medieval Institute Publications.
- 8.Heider,F (1946) Attitudes and cognitive organization Journal of Psychology, 21 107-12.
- 9.Hewstone, M (1989) Causal Attribution: From cognitive processes to cognitive beliefs, Oxford: Blackwell.
- 10.Insko. C.A. and Schopler, J (1972) Experimental social psychology New York : Academic press.
- 11.Jecker, J and Landy, D (1969) Likin a person as function of doing him a favor. Human Relations. 22,371-378.



**Ganesh Narayanrao Kadam**

Asst. Prof. , College of Agriculture Naigaon (Bz.) Dist. Nanded.