

Immediate Effect of Z-Drill versus SEMO Test to Improve Agility in Badminton Players.

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ABSTRACT

Introduction: SEMO agility test is suitable for the players to improve movement in multiple directions. It is widely acknowledged that agility (e.g., sprinting, jumping, leaping, lunging, changing direction rapidly, and stopping and starting suddenly) is an essential training element among badminton players. Z drill is used to improve sudden direction and movement changes accordingly.

Objectives: To improve agility in badminton players. To find immediate effect of SEMO test vs Z drill in badminton players.

Methodology: Study Design: experimental study. Study Setting: Ahmedabad badminton academy. Sampling Technique: convenient method. Study Population: age group between 18 to 25 years. Study Sample: 10 subjects. Inclusion criteria: Gender – male & female both. Age – 18 to 25 years. Previous history of playing badminton past 1 year. Free from upper extremities injuries. Exclusion criteria: They had a history of fracture or suffered any pain during the regime or if they were irregular History of any cardiovascular, musculoskeletal, & neurological problem. Method: 10 Samples selected based on inclusion and exclusion criteria. Informed consent of participants was taken before. Education was given verbally to participants. They were randomly divided into 2 groups. Each group has 5 players. T-test as well Illinois agility were taken as outcome measures. Group A with SEMO and ladder drill exercises, Group B with Zdrill and ladder drill exercises. Pre and post intervention was taken on the same day of the treatment

Result: Result analysis was significant $p < 0.001$ done using SPSS software. Pre and post comparison of all participants for Illinois and T-test was done using paired t test.

Conclusion: Study concluded that there was significant effect of SEMO test more than that of Zdrill in agility for badminton players.

Keywords: Badminton players, SEMO test, Zdrill agility test, T-test, Illinois test

