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## Effect of 6 week shadow forehand skill progressive training for tennis players

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### Abstract

Tennis can be rooted back to the 12th century France, where French Monks used to play a crude handball against their monastery walls or over a rope strung across a courtyard. The game was named as jeu de paume, meaning "game of the hand". The purpose of the study was to find out the effect of 6 week shadow forehand skill progressive training for tennis players. The investigator selected nineteen students on university as subjects. The age group was 21 to 28 years, as per the university record. Experimental group which was under 6 weeks of shadow training. In order to find out the significant difference the collected data was statistically analyzed by applying 't' test and the level of significance was fixed at 0.05 level of confidence. the obtained mean value for pre test is 44.79 and post test is 60.78. The obtained 't' ratio 4.78 is higher than the table value hence, the obtained 't' is significant. Based on the result we understood that forehand shadow practice is improving the forehand skill for young tennis players.

**Keywords:** Tennis, forehand skill, shadow training

### Introduction

The history of tennis can be rooted back to the 12th century France, where French Monks used to play a crude handball against their monastery walls or over a rope strung across a courtyard. The game was named as jeu de paume, meaning "game of the hand." However, it is also said that the game of tennis is derived from the French tenez, which meant something to the effect of "take this," said as one player would serve to the other. As the game became more popular, courtyard playing areas began to be modified into indoor courts, where the ball was still played off the walls. Later, players began using a glove, and then either a glove with webbing between the fingers or a solid paddle, followed by webbing attached to a handle—essentially a racket. Tennis history can also be traced back between 1859 and 1935, where Major Harry Gem and Augurio Perera introduced a game that combined components of rackets and the game called pelota. Including two local doctors, they established the world's first tennis club in Leamington Spa in 1872. According to the record of the origin of tennis the first tennis tournaments was held in July 23, 1884 in the grounds of Shrubland Hall. However, in December 1873, Major Walter Clopton Wingfield designed and patented a similar game, which he called sphairistike meaning "skill at playing at ball", and was soon known simply as "sticky" for the entertainment of his guests at a garden party on his estate of Nantclwyd, in Llanellidan, Wales. He likely based his game on the evolving sport of outdoor tennis including real tennis.

### Statement of the problem

The purpose of the study was to find out the effect of 6 week shadow forehand skill progressive training for tennis players.

### Delimitations

- The study was restricted to nineteen students.
- The study was restricted to tennis players in Prist University.
- The age of the subjects selected for this study was 21– 23 years as per their records.
- The training programme consisted of shadow skill training on forehand.
- The training was given three days in a week for six weeks.

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- The study was delimited for the following variables:
- Forehand skill

**Limitations**

- Subjects included in the study were not controlled with regard to their life style, diet and habits which may have influenced their performance.
- The subjects have engaged themselves in different type of games and the effect of those activities on their playing ability could not be controlled
- Subject’s body type and the economic status of the tennis players were not taken into consideration.
- Variations in the environment conditions like temperature, humidity and atmospheric pressure during the training and testing period were recognized as limitations.

S. No	Variables	Test
1	Tennis – Forehand Skill	The Broer-Miller Forehand Drive Test

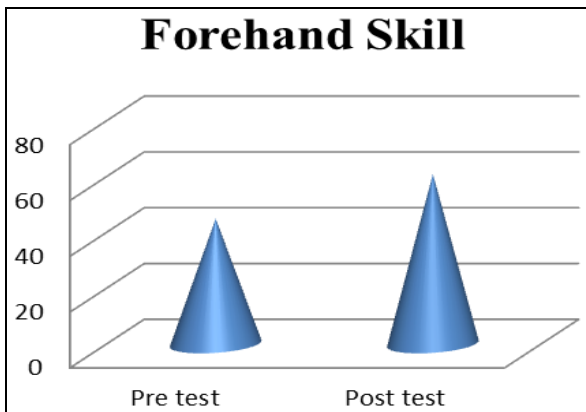
**Table 1:** Computation of ‘t’ Ratio of Forehand Tennis Performance

Test	Mean	S.D	S.Error	S.E.Mean	‘t’ ratio
Pre test	44.79	9.98	2.43	2.85	4.78*
Post test	60.78	6.89	1.54		

Significant at 0.05 level at confidence.

Required table value at 0.05 level is 2.101 for 18 degrees of freedom. It may be seen that the obtained mean value for pre test is 44.79 and post test is 60.78. The obtained ‘t’ ratio 4.78 is higher than the table value hence, the obtained ‘t’ is significant at 0.05 level of confidence.

**Graphical Presentation**



**Summary, conclusions and recommendations**

The purpose of the study was to find out the effect of 6 week shadow forehand skill progressive training for tennis players. The investigator selected nineteen students on university as subjects. The age group was 21 to 28 years, as per the university record. Experimental group which was under 6 weeks of shadow training. In order to find out the significant difference the collected data was statistically analyzed by applying ‘t’ test and the level of significance was fixed at 0.05 level of confidence.

**Conclusion**

Based on the result we understood that forehand shadow practice is improving the forehand skill for young tennis players.

**Hypothesis**

It was hypothesized that there would be a significant improvement in tennis basic skill (Forehand) performance, resulting from the effect of 6 week shadow forehand skill progressive training for tennis player Prist University student.

**Selection of subjects**

The purpose of the study was to determine the nineteen students of tennis specialization are selected from Prist University, their age ranged between 21 and 23 years. The nature and important of this study was explained the subjects and they were expressed their willingness to participate as subjects for this study.

**Selection of variables**

**Recommendations**

- The same study may be conducted on different players with different games.
- The study can be conducted with different skill test items.
- The study can be conducted after providing systematic training to the subjects.
- Same study may be carried out with different age group and different sex.
- A similar study may be conducted at college, state and national level players.

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