International Journal of Physical Education, Vol. 4 No. 1 (April, 2011) : 5-7

Research Paper :

Effect of different training methods on forehand drive in Table-tennis using special fabricated gadget (Robert machine)

S.K. YADAV

Received : *June, 2010;* **Accepted :** *October, 2010*

Correspondence to:
S.K. YADAV
School of Physical Education,
Devi Ahilya University,
INDORE (M.P.)
INDIA

ABSTRACT

The purpose of the study was to determine the effect of different training methods on forehand drive in Table-tennis using special Fabricated gadget. Forty male students from School of Physical Education, Devi Ahilya University, Indore who attended the coaching sessions from 15th March to 27th April 2010 served as subjects for this study. The subjects, who knew the basic skills of Table-tennis were selected randomly and assigned to four groups. Group A was Fabricated gadget practice group, Group B was Fabricated gadget and on Table practice group, Group C was on table practice group, and Group D acted as controlled group. Three qualified experts in Table-tennis judged the effectiveness of Forehand drive of the subjects. Fabricated gadget and on Table practice group was effective than the other training programmes. All the training groups improved significantly in forehand drive in Table-tennis after practicing for 40 training sessions.

Yadav, S.K. (2011). Effect of different training methods on forehand drive in Table-tennis using special fabricated gadget (Robert machine). *Internat. J. Phy. Edu.*, **4** (1) : 5-7.

Key words : Special fabricated gadget, Forehand drive, Training

Training of sports is conceived as the organization and conduct of learning experiences in a particular sport. Training serves to bring the pupil in to a learning environment and to enhance the efficiency of learning process (Kamlesh, 1994). Table-tennis truly is a sport for the masses and its widespread adoption around the world is a testament for its versatility (Barness, 1972). Drives, a light topspin stroke that produces a low-ball trajectory, are the primary offensive strokes in Table-tennis. A good Table-tennis, fabricated gadget can be the key to the success, provides with most of the practice situations encountered and helps to improve the game rapidly.

METHODOLOGY

Forty male students from the School of Physical Education, Devi Ahilya University, Indore who attended the coaching sessions in Table-tennis, held at School of Physical Education gymnasium hall from 15th March to 27th April 2010, served as subjects for this study.

The present syudy was conducted on a forty training session programme to know the effect of training on forehand drive in Table-tennis. The subjects were randomly selected and divided into four groups of ten subjects in each group by lot.

The subjects were equally assigned into three experimental groups and one controlled group with ten subjects in each group. The operation of the machine was controlled by the investigator, at speed 4 and frequency of the balls served at 2 was adjusted with touch key on control box, 1 is lowest stage (30 balls/min), and 9 is the fastest stage (85 balls/min). The group A practiced on Fabricated gadget, Group B practiced with Fabricated gadget and on table, Group C practiced on Table, and Group D served as controlled group for forty training sessions. The training for Forehand drive in Table-tennis was imparted to Group A, B and C.

OBSERVATIONS AND DISCUSSION

In order to find out the comparative effects of the three different experimental training programmes and the controlled group, analysis of covariance was applied and the results pertaining to this has been presented in Table 1 and 2.

Table 1 of analysis of covariance for the experimental groups and the controlled group on forehand drive in Table-tennis reveals F-ratio of 3.977 for post-test means. The F-ratio was significant as it was greater than the F-ratio of 2.87 required for significance at 0.05 level. The F-ratio for the adjusted final means also indicated a significant value of 5.17, thereby indicating