

## Six-Point Specific Movement Training on Agility in Badminton Players

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### Abstract

**Introduction:** Agility is important in the sport played on court or field. In badminton, agility refers to the ability to move to the approaching shuttle with a correct footwork. Specific movement training for agility in badminton players focuses on the change of direction speed, perceptual, and decision making aspect. Therefore, six-point specific movement training program on agility in badminton players were examined.

**Methods:** The participants were ten males, age between fifteen to eighteen-year-old, and badminton players of Thayang District Badminton Club, Phetchaburi, Thailand. All participated performed the six-point specific movement training program combined with the daily normal training program, three days a week for an eight-week period. At baseline and after eight-week specific movement training program is completed all participants were tested on badminton-specific movement agility test (sideways and four corners agility test) for agility component.

**Results:** The result shows that significant difference decreasing of time between baselines and after six-point specific movement training on sideways and four-corner agility test.

**Conclusions:** From the data has been found that the addition of six-point specific movement training program can use for improved agility in badminton players.

**Keywords:** Specific movement, Agility, Badminton players