

**Effects of Badminton Training on Physical Parameters of Players**Mehmet Fatih Yuksel<sup>1</sup>, Asim Cengiz<sup>2</sup>, Erdal Zorba<sup>3</sup> and Kadir Gokdemir<sup>4</sup>*Gazi University, Physical Education Department, Gazi Mahallesi Abant Sokak No. 12, 06330 Yenimahalle, Ankara, Turkey**E-mail: <sup>1</sup><awesome77@gmail.com>, <sup>2</sup><erdalzorba@gmail.com>, <sup>3</sup><fatihmehmet@gazi.edu.tr>, <sup>4</sup><kgokdemir@gazi.edu.tr>***KEYWORDS** Balance. Badminton. Jumping. Beginners. Power. Children

**ABSTRACT** The objective of this study was to analyze 8 weeks of a basic technical badminton training program on some fitness parameters of beginner level badminton players. After two months of training it was determined that the vertical jump increased for the experimental group ( $t = -5.467$ ). It was determined that the standing broad jump performance showed a significant improvement in performance for the experimental group ( $t = -5.045$ ). Interestingly, the control group's vertical jump ( $t = -2.091$ ) and standing broad jumping jump ( $t = -2.214$ ) values were found to increase significantly after 8 weeks. The total balance scores in the experimental group significantly decreased on a firm surface ( $t = 6.048$ ), foam surface ( $t = 6.7621$ ), ( $t = 8.505$ ) after the training. The total BESS ( $t = -1.437$ ) scores statistically did not show any significant difference after the training. The result of this study could be of help to coaches and athletes to improve performance through selection and adjusting to a suitable training program.