

Saranrat Manunyanon 2011: The Effect of Different Size of The Matrix of Nine Square on Agility for Badminton . Master of Science (Sports Science), Major Field: Sports Science, Interdisciplinary Graduate Program. Thesis Advisor: Associate Professor Charoen Krabuanrat, M.Ed. 89 pages.

The purposes of this study are to examine and compare the effect of training on agility in badminton using different sizes of Nine-Square after four and eight weeks of training. Forty-eight female undergraduate between 18-20 years old were randomly selected by purposive random sampling. The subjects were divided into 3 groups. The control group only played badminton. The experimental group 1 performed 60 x 60 cm. nine-square training together with playing badminton. The experimental group 2 performed 90 x 90 cm. nine-square training together with playing badminton. All experimental groups participated in training 3 days a week (Monday-Wednesday-Friday) between 17.00-18.00 pm, and all subjects were tested on their agility before and after the 4th and 8th week of training. Data were analyzed using one-way analysis of variance and one-way analysis of variance with repeated measures. Then, the results of those two analyses were further analyzed using Tukey' s method.

The results revealed that all 3 groups, one control and two experimental, became more agile after eight weeks of training. The experimental group 1 and experimental group 2 achieved better average degree of agility after four weeks of training, but during the last four to eight weeks, they did not become more significantly agile at .05 level. When compared with other groups, the experimental group 1 achieved better average degree of agility than that of the control group while the experimental group 1 and experimental group 2 were not different in the average degree of agility at the .05 level. According to the results of this study, the average degree of agility for badminton is significantly developed after 60 x 60 cm. and 90 x 90 cm nine-square training. But only the 60 x 60 cm. nine-square training developed significantly better agility in the experimental group compared to the control group.

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Thesis Advisor's signature