

WARADIS CHONGCHAI : EFFECTS OF FIVE-STEP STRATEGY TRAINING
ON LEARNING THE TENNIS SKILL. THESIS ADVISOR : ASST. PROF.
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The purpose of this research was to study effects of five-step strategy training on learning the tennis skill. Sixty males subjects were randomized by simple random sampling method from the college of Physical Education Lampang. Each subject was pretested with Hewitt's Tennis Achievement Test. They were matchedly assigned into three groups of twenty subjects as the control group, the experimental group I and group II, then all groups were practiced the tennis skill for 2 time a week for 12 weeks. The control group practiced only the tennis skill. The experimental group I and II practiced five-step strategy and the tennis skill. Then all three groups were tested the development tennis skill in 4, 8 and 12 week and each subject answered the five-step strategy rating scales. The obtained data were analyzed into means, standard deviations and One-way Analysis of Variance. The Scheffe' Test was employed to determine the significant differences.

The results indicated that :

1. The performance of the control group and the experimental group I has no significantly different at the .05 level.
2. The performance of the experimental group II between the control group and the experimental group I has significantly different at the .05 level.