

# Relationships between Countermovement Jump and Change of Direction Performance in Badminton Players



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## Introduction

Change of direction (COD) illustrates the athlete's ability to rapidly accelerate, decelerate and reaccelerate in different directions. COD occurs frequently throughout a badminton match and includes jumps, lunges and rapid COD.

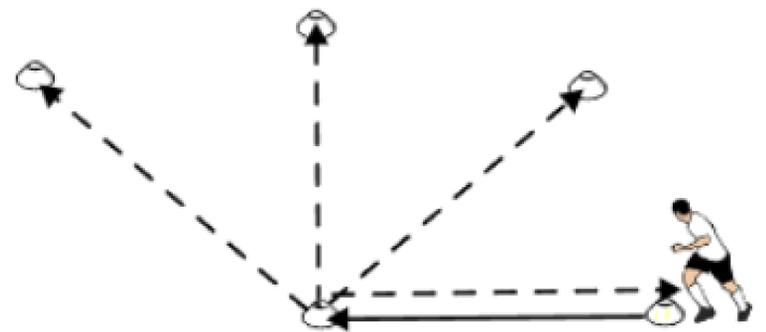
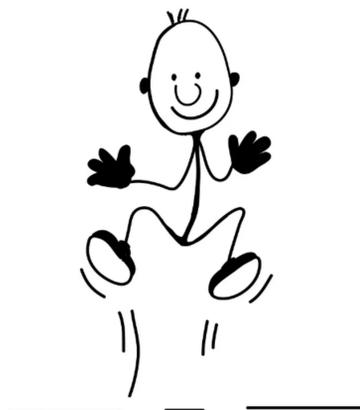


## Materials and methods

Eleven young badminton players took part in the study, including seven men and four women. They perform CMJ and 10 m COD tests with turns on the dominant limb at different COD angles (COD-45°, COD-90°, COD-135°, COD-180°).

## Aim

To investigate the relationship between CMJ height and peak velocity and COD performance.



## Results

Spearman rank order revealed a significant negative large to very large relationship between CMJ peak velocity and each COD angle ( $p < 0.05$  for all). In addition, only between CMJ height and COD-45° a significant negative large correlation was found.

## Conclusion

Findings from this study revealed that examined CMJ variables are associated with COD performance, while peak velocity seems to be more related than jump height to across various COD change angles.

## References

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