

# STUDY ON PHYSICAL ASSESSMENT CRITERIA FOR THE DEFENDER POSITION OF THE VIETNAMMALE U23 FOOTBALL PLAYERS

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## Abstract:

The selection of appropriate methods, means and measures, based on scientific basis, along with regular examination and evaluation of training results of U23 Vietnam male footballers in the position of defender is one of the most important stages in the training process. The study and selection of criteria to assess the physical level of male footballers in the position of U23 Vietnam defender is an extremely important and necessary task. This provides the coaches with a benchmark to compare and evaluate the training status of the athletes and thereby build suitable lesson plans, achieving the highest efficiency.

**Keywords:** Criteria, physical assessment, Football, U23 Vietnam.

## INTRODUCTION

Regularly assessing and evaluating the training results of a football player is one of the important stages of the training process. The information obtained through the test will significantly be of practical help to the coaches, allowing them to understand the training status of the athletes and thereby build suitable lesson plans, achieving the highest efficiency. In sports coaching science, many scientists as well as coaches have explored, researched and proposed many different methods and tests suited to the characteristics of football competition. However, the research to develop a standard to assess the physical level of male Vietnamese football players in the defender position is still limited and has not been conducted scientifically and comprehensively. Therefore, researching and selecting a set of criteria to assess the physical level for U23 Vietnam men's football players in the defender position is an important and extremely necessary task.

## RESEARCH METHODS

During the research process, the author has used the following research methods: Interview

method, Psychological test method, Pedagogical examination method, Statistical mathematical methods.

## RESULTS AND DISCUSSION

To select the criteria to assess the physical level of U23 Vietnam men's football players in the defender position, the author has conducted an investigation on the actual situation of the forms, the content of the test and criteria that are often applied in checking and evaluating physical strength of male Vietnamese football players in the defender position, through the form of interview by questionnaire.

The research results have selected the system of 12 tests(criteria) to assess the physical level of U23 Vietnam men's football players in the defender position. These tests (criteria) are monitored during the research process, and have the correlation level of reliability, notification, and stability according to the playing position of the study subjects.

During the research process, the pedagogical examination is conducted periodically on the subject of the defender position research;

From the results obtained in Table 1, the

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In football, every position has its own specific physical requirements (photo by: upes1)

author classifies each physical evaluation criteria of the defender position in the male U23 Vietnam football team into 5 levels: Verygood, Good, Fair, Poor, Very poor according to the 2 sigmas rule: Very good:  $> \bar{x} + 2\delta$ ; Good:  $> \bar{x} + 1\delta$  to  $\bar{x} + 2\delta$ ; Fair: from  $\bar{x} - 1\delta$  to  $\bar{x} + 1\delta$ ; Poor: from  $< \bar{x} - 1\delta$  to  $\bar{x} - 2\delta$ ; Very poor:  $< \bar{x} - 2\delta$

The results are shown in Table 2.

Based on the statistical results in Table 2, the author builds a score-board according to the C scale (scale of 10) for each selected criterion and test. The results are presented in table 5. In the practice of evaluation,

Table 1. Criteria for classification of physical ability of the Vietnam U23 male football players by each category – defenders

No	Test	Levels				
		Very Poor	Poor	Fair	Good	Very Good
X1	Standing height (cm)	<171.08	171.08-164.67	174.68-171.88	175.89-175.48	>178.48
X2	Quetelet index (g/cm)	<343.09	343.09-359.97	359.98-393.74	393.75-410.63	>410.63
X3	30m high start run (s)	>4.35	4.35-4.27	4.26-4.08	4.07-3.99	<3.99
X4	60m high start run (s)	>7.36	7.36-7.18	7.17-6.79	6.78-6.60	<6.60
X5	12 minutes run (m)	<2589.73	2589.73-2700.69	2700.70-2922.66	2922.67-3033.63	>3033.63
X6	Jumping header (cm)	<56.72	56.72-58.14	58.15-60.99	61.00-62.42	>62.42
X7	30m dribble then shoot (s)	>7.50	7.50-7.35	7.34-7.02	7.01-6.86	<6.86
X8	Throw-in with run-up (m)	<18.96	18.96-19.40	19.41-20.33	20.34-20.78	>20.78
X9	Vital capacity (liter)	<3.75	3.75-3.84	3.85-4.05	4.06-4.15	>4.15
X10	Pulsefrequency after 1 standard exercise (times)	>166.87	166.87-162.78	162.77-154.59	154.58-150.49	<150.49
X11	Anaerobic threshold speedVanT (m/s)	<3.71	3.71-3.80	3.81-4.01	4.02-4.11	>4.11
X12	PWC170 (KGm / min)	<255.50	255.50-261.68	261.69-274.07	274.08-280.26	>280.26

**Table2. General transcript of physical ability evaluation of the Vietnam U23 male football players by each category – defenders**

Test	Score									
	10	9	8	7	6	5	4	3	2	1
Standing height (cm)	187.28	185.48	183.68	181.88	180.08	178.28	176.48	174.68	172.88	171.08
Quetelet index (g/cm)	419.07	410.63	402.18	393.74	385.3	376.86	368.42	359.98	351.54	343.09
30m high start run (s)	3.95	3.99	4.04	4.08	4.13	4.17	4.21	4.26	4.3	4.35
60m high start run (s)	6.51	6.6	6.7	6.79	6.89	6.98	7.07	7.17	7.26	7.36
12 minutes run (m)	3089.12	3033.63	2978.15	2922.66	2867.17	2811.68	2756.19	2700.7	2645.21	2589.73
Jumping header (cm)	63.13	62.42	61.71	60.99	60.28	59.57	58.86	58.15	57.43	56.72
30m dribble then shoot (s)	6.77	6.86	6.94	7.02	7.1	7.18	7.26	7.34	7.42	7.5
Throw-in with run-up (m)	21.01	20.78	20.55	20.33	20.1	19.87	19.64	19.41	19.19	18.96
Vital capacity (liter)	4.2	4.15	4.1	4.05	4	3.95	3.9	3.85	3.8	3.75
Pulse requency after 1 standard exercise times)	148.45	150.49	152.54	154.59	156.63	158.68	160.73	162.77	164.82	166.87
Anaerobic threshold speedVanT (m/s)	4.16	4.11	4.06	4.01	3.96	3.91	3.86	3.81	3.76	3.71
PWC170 (KGm/min)	283.35	280.26	277.16	274.07	270.97	267.88	264.79	261.69	258.6	255.5

because there are results that are not at the delimitation level, the asymptotic method was used, that is, we take whichever score then number in a criterion is closer to.

From the research results as presented above, the author has conducted the evaluation standard synthesis in assessing the physical ability of the defender position, according to the proportion of corresponding influence component factors: Figure, General fitness - expertise:

$$\text{Defenders: } 21.60 + 47.50 + 22.90 = 92.00 \text{ Points.}$$

Based on the results of the proportion of influence of the component factors that have been identified, the author conducted the

conversion of the score scale of the group of component factors in assessing the physical level of the study subjects according to the respective proportion of influence (table 3).

From the results in the tables 3, the author has built a standard table for grading physical levels of male U23 Vietnamese football players in the defender position with 5 levels: Very good, Good, Fair, Poor and Very poor. The results are shown in Table 4.

**CONCLUSION**

Based on the selected tests, the author has researched and built a system of classification tables, aggregate score-boards and fitness

**Table3. Conversion table of components factors in assessing the physical level of the defender position in the Vietnam U23 male football team from the scale of 10 to a scale with proportion of influence**

№	Conversion result					
	Figure		Psychomotor		General fitness and expertise	
	Score on the scale of 10	Converted score	Score on the scale of 10	Converted score	Score on the scale of 10	Converted score
1	20	21.6	60	47.5	40	22.9
2	18	12.24	54	42.75	36	13.41
3	16	10.88	48	38	32	11.92
4	14	9.52	42	33.25	28	10.43
5	12	8.16	36	28.5	24	8.94
6	10	6.8	30	23.75	20	7.45
7	8	5.44	24	19	16	5.96
8	6	4.08	18	14.25	12	4.47
9	4	2.72	12	9.5	8	2.98
10	2	2.16	6	4.75	4	2.29

**Table 4. Criteria for aggregate grading assessment of physical ability of U23 Vietnam male football team's defender by specialized position, counting proportion of influence**

Level	Aggregate score, counting the proportion of influence By specialized positions
	Defenders(maximum = 92.00 points)
Very good	$\geq 82.80$
Good	64.40 $\rightarrow$ <82.80
Fair	46.00 $\rightarrow$ <64.40
Poor	27.60 $\rightarrow$ <46.00
Very poor	$\leq 27.60$

evaluation criteria for Vietnam U23 male football players in the position of defender. These are criteria with adequate scientific basis, reliability, and accuracy and can assess the fitness condition of research subjects with specific instructions for their practical application.

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