

# DEVELOPMENT OF TECHNICAL AND PHYSICAL EVALUATION STANDARDS FOR BADMINTON FEMALE ATHLETES AGED 14-15 IN DONG NAI PROVINCE

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## Abstract:

Through the research methods of analysis and synthesis of documents, interviews, pedagogical tests, statistical mathematics; we have researched and selected criteria and built technical and physical evaluation transcript for Badminton female athletes at the age of 14-15 in Dong Nai province; contributing to improving the efficiency of technical and physical training for the athletes.

**Keywords:** Technique, physical strength, transcript, Badminton, Dong Nai.

## INTRODUCTION

Badminton is not just a sport to bring health and entertainment to the players but also a high-performance competition sport by Vietnam in the Southeast Asian sports. At present, Badminton is one of the most developed sports compared to other sports in Dong Nai province, gains remarkable achievements as participating in tournaments in the region and all over the country, young athletes always have inheritance. From that fact, with the desire to contribute to the training of young Badminton athletes to add to Badminton teams in particular and high performance sports of Dong Nai province in general. Therefore, we choose the research: "Development of technical and physical evaluation standards for Badminton female athletes aged 14-15 in Dong Nai province".

## RESEARCH METHODS

During the research, we have used the methods of analysis and synthesis of documents, interviews, pedagogical tests, statistical mathematics.

## RESULTS AND DISCUSSION

### 1. Selecting tests to evaluate technical and physical level for Badminton female athletes aged 14-15 in Dong Nai province

Through the steps of document analysis and test systematization, expert interview and

reliability assessment of the selected tests, the study has selected 14 tests of physical and technical evaluation. The tests ensure the scientific, objective and reliability to evaluate the technical and physical level for Badminton female athletes at the age of 14-15 of the Center of Sports Training and Competition in Dong Nai Province. They are:

#### *Test of technical evaluation: 07*

Test 1: High and long forehanded service to the back of the court, service court 80 x 80 cm, 20 shuttles (shuttle)

Test 2: High and long forehanded hit in the straight line to the back of the court, service court 80 x 80 cm, 20 shuttles (shuttle)

Test 3: High and long forehanded hit in the cross line to the back of the court, service court 80 x 80 cm, 20 shuttles (shuttle)

Test 4: Forehanded smash in the straight line along the sidelines, service court 80 x 80 cm, 20 shuttles (shuttle)

Test 5: Forehanded smash in the cross line along the sidelines, service court 80 x 80 cm, 20 shuttles (shuttle)

Test 6: Forehanded drop in the straight line below the net, service court 80 x 80 cm, 20 shuttles (shuttle)

Test 7: Forehanded drop in the cross line below the net, service court 80 x 80 cm, 20

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illustration  
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**Table 1. Scale table of tests to evaluate technical and physical level for Badminton female athletes aged 14-15 in Dong Nai province**

Score \ Test	Test 1	Test 2	Test 3	Test 4	Test 5	Test 6	Test 7
Technical evaluation							
10	20	20	19	20	20	20	19
9	19	19	18	19	19	19	18
8	18	18	17	18	18	18	17
7	17	17	16	17	17	17	16
6	16	16	15	16	16	16	15
5	15	15	14	15	15	15	14
4	14	14	13	14	14	14	13
3	13	13	12	13	13	13	12
2	12	12	11	12	12	12	11
1	11	11	10	11	11	11	10
Physical evaluation							
10	4.4	22.8	45	166	213.6	26	21
9	4.5	23	44.2	165	211.2	25	20
8	4.6	23.2	44.1	163	208.4	24	19
7	4.7	23.3	43.2	160	206.2	23	18
6	4.8	23.5	43.2	159	204.3	22	17
5	4.9	23.8	42.8	157	202.2	21	16
4	5	24	42.4	156	200.3	20	15
3	5.1	24.2	41.9	155	198.5	19	14
2	5.2	24.3	41.5	154	196.3	18	13
1	5.3	24.4	41	153	194.6	17	12

**Table 2. General qualifications of technical- physical level by Badminton female athletes aged 14-15 in Dong Nai province**

No.	Type	Classification				
		Very good	Good	Average	Poor	Very poor
1	Technique (7 test)	63 - < 70	49 - < 63	35 - < 49	21 - < 35	0 - < 21
2	Physique (7 test)	63 - < 70	49 - < 63	35 - < 49	21 - < 35	0 - < 21
3	General (14 test)	126- < 140	98 - < 126	70 - < 98	42 - < 70	0 - < 42

shuttles (shuttle)

**Test of physical evaluation: 07**

Test 1: Run 30m (s)

Test 2: Shuttle run 5x30m (s)

Test 3: High jump (cm)

Test 4: Jump rope for 1 minute (times)

Test 5: Standing long jump (cm)

Test 6: Move horizontally in single court for 1 minute (times)

Test 7: Move forwards and backwards for 1 minute (times)

**2. Developing transcript to evaluate technical and physical level for Badminton female athletes aged 14-15 in Dong Nai province**

The study has conducted to build a transcript to evaluate the technical and physical level for Badminton female athletes at the age of 14-15 in Dong Nai province on a scale of C. After the test preparation, the determination of the achieved score conducted by comparing the results of the tested criteria and the result of the criteria in the table to determine the achieved score of that criteria. Results presented in Table 1.

**3. Developing standards of general technical and physical evaluation for Badminton female athletes aged 14-15 in Dong Nai province**

From the results in Table 1, the study has conducted to develop standards of general technique and physical evaluation for Badminton female athletes at the age of 14-15 in Dong Nai province on a scale of 140 with 5 levels, including very good, good, average, poor and very poor. The results presented in Table 2.

This standard table allows a general assessment of technique and physical strength for Badminton female athletes at the age of 14-15 in Dong Nai province, at the same time this is an important basis for coaches in the selection

of athletes and more thorough evaluation the training. Since then there are appropriate adjustments to the content, form and volume of training.

**CONCLUSION**

Through the research, the study has identified 14 selected tests including 07 physical evaluation ones and 07 technical evaluation ones, at the same time developed a general transcript to evaluate the technical and physical strength level for Badminton female athletes at the age of 14-15 in Dong Nai province.

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