

DEVELOPING FITNESS AND TECHNICAL EVALUATION CRITERIA FOR FEMALE TABLE TENNIS PLAYERS AGED 10-11 OF TIEN GIANG PROVINCE

Tran Thi Kim Huong⁽¹⁾; Nguyen Le Truong Son⁽²⁾
Dang Minh Man⁽³⁾

Abstract:

Using basic research methods, we have selected 13 physical and technical evaluation criteria for table tennis players aged 10-11 in Tien Giang province, and built a table synthesizing points assessing physical and technical qualifications for research subjects.

Keywords: Standard, physical strength, technique, table tennis, Tien Giang ...

INTRODUCTION

In recent years, Tien Giang children's and table tennis talents also have certain achievements, in which the children with many female athletes with good technical skills promises to be the pillars in the future of Tien Giang team is on its way back to the top position. However, the understanding and evaluation of the status of physical and technical qualifications for female table tennis players is limited. Based on that, we conducted "Developing standards for physical and technical evaluation for female table tennis players aged 10-11 in Tien Giang province".

RESEARCH METHODS

During the research process, we used research methods including: Methods of analyzing and synthesizing documents, interviewing methods, pedagogical testing methods, statistical math methods.

RESULTS AND DISCUSSION

1. Selecting a test to assess the physical and technical level of female table tennis players aged 10-11 in Tien Giang province

Through documents, combining interviews with experts and testing the reliability and notification, we have selected 13 tests, including 8 tests to assess fitness and 5 tests to evaluate technique. Specifically:

Stamina: 30m XPC running (s); 1500m

Running (s); Handed weight bearing 30s (s); Left-hand weighting bearing 30s (s); Handed throw a badminton 30 s (ball); Popping in one spot (m); Lie on your back with your stomach folded (times); Jump rope 2 minutes (times)

Technique: Passing the ball for a maximum of 1 minute (times); Strikes the ball forward diagonally for 1 minute (times); Go 2 sides 1 minute on the left corner (times); Serve 3 types of 15 ball into the box (s); Move to pick up a 3m x 21 ball (s).

2. Develop a scoreboard to assess the physical and technical level of female table tennis players aged 10-11 in Tien Giang province

The study conducted to build a scoreboard to assess the physical and technical qualifications of female tennis players aged 10-11 in Tien Giang province on a scale of C. After the test preparation, the determination of score is conducted by this way: compare the results of the criteria to look up the table and determine the score of that indicator is presented in Tables 1 and 2.

3. Formulating a combined evaluation criteria for physical and technical skills of female table tennis players aged 10-11 in Tien Giang province

From the results obtained in Tables 1 and 2, the study conducted to build a standard evaluation criteria for physical and technical

(1) PhD, Ho Chi Minh City University of Sports and Physical Training; (2) Master, Can Tho University

(3) Master, Department of Culture, Sports and Tourism of Tien Giang province

Table 1. Scale of tests on assessing initial fitness level of female table tennis players aged 10-11 in Tien Giang province

No	Content	Point ladder										
		0	1	2	3	4	5	6	7	8	9	10
1	30m XPC running	6.11	6.01	5.92	5.82	5.73	5.63	5.54	5.44	5.35	5.25	5.16
2	Chạy 1500m	644	628	612	597	581	565	549	533	518	502	486
3	30s handed weightlifting	9	11	14	16	18	20	22	24	26	29	31
4	30s left handed weightlifting	9	11	12	14	15	17	19	20	22	23	25
5	Handball badminton	5.38	5.47	5.56	5.65	5.74	5.83	5.92	6.01	6.1	6.19	6.28
6	Popping in one spot	94	103	111	119	128	136	144	153	161	169	178
7	Lie flat on your back	12	16	21	25	30	34	38	43	47	52	56
8	2 minutes rope jumping	226	238	250	263	275	287	299	311	324	336	348

Table 2. Scale of tests on initial technical qualification of female table tennis players aged 10-11 in Tien Giang province

No	Content	Point ladder										
		0	1	2	3	4	5	6	7	8	9	10
1	Passes the ball for a maximum of 1 minutet	19	23	27	31	34	38	42	45	49	53	57
2	Jerk the ball handed diagonally for 1 minute	8	12	15	19	23	27	31	35	39	42	46
3	Hold the ball on both sides for 1 minute to the left	16	18	21	23	26	28	30	33	35	38	40
4	Serve 3 types 15 balls into the box	1	2	3	5	6	7	8	9	11	12	13
5	Move to pick up 3m x 21 balls	68.22	66.24	64.26	62.28	60.3	58.32	56.34	54.36	52.38	49.5	48.42

skills of female tennis players aged 10-11 in Tien Giang province on a scale of 130, with 5 levels degrees: Good, fair, average, weak and poor, the results are presented in Table 3.

This standard table, allows a general assessment of fitness and technology for female players aged 10-11 in Tien Giang province, and this is also an important basis to help coaches in selecting athletes and evaluating the training process more closely. Since then there are adjustments to the content, form and amount of training and mobilization.

CONCLUSION

The study has identified 13 selected tests including 08 fitness assessments and 05 professional technical tests used for female table tennis players aged 10-11 in Tien Giang province. Through the research process, a comprehensive transcript to assess the physical and technical level of female table tennis players aged 10-11 in Tien Giang province has been built.



illustration (photo by: upes1)

Table 3. General classification of physical and technical qualifications of female table tennis players aged 10-11 in Tien Giang province

Level	Composite score		
	Physical	Technique	Total point
Good	72 - 80	45 - 50	117 - 130
Fair	56 - < 72	35 - < 45	91 - < 117
Average	40 - < 56	25 - < 35	65 - < 91
Weak	24 - < 40	15 - < 25	39 - < 65
Poor	0 - < 24	0 - < 15	0 - < 39

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 Main responsible: Tran Thi Kim Huong
 Email: crabbytran@gmail.com)