STUDYING METHOD OF ADJUSTING SPEED CHANGES IN 100M RUNNING FOR ATHLETES OF ATHLETICS TEAM OF BAC NINH SPORTS UNIVERSITY

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Abstract:

Through the Speedlight TT system, we have selected 7 measures to adjust speed in 100m running for athletes of the Athletics team of Bac Ninh University of Physical Education and Sports, from which we build a training plan and application to apply those measures in training to improve the achievement of research subjects.

Keywords: Measure, speed, 100m, Athletics, Bac Ninh Sports University.

INTRODUCTION

Improving the quality and effectiveness of training with the ability to apply technology in training process, accurately check the performance at the running stages, greatly influences the assessment of speed changes to select measures to improve performance in training and competition during the training process, so we conduct research on the subject: "Studying measures to adjust the speed changes in 100m running for athletics students of Athletics team at Bac Ninh Sports University".

RESEARCH METHODS

To solve the task of the project, in the process of implementation, we use the following research methods: Methods of synthesizing documents; Method of interviewing seminars; Pedagogical observation method; Experimental methods of violation; Method of pedagogical examination; Statistical math method.

RESULTS AND DISCUSSION

1. Identify the specific characteristics and factors affecting the 100m running performance of athletes of the Athletics team at Bac Ninh Sports University

During a 100-meter running training for athletics athletes, the coach's views and requirements on the speed distribution will guide the content and training methods, which will be directly affecting the effectiveness and performance of athletes, as well as determining the physical qualities to select appropriate exercises during the experiment. The thesis has identified the specific characteristics that influence the athletes directly on their performance in 100m running and the level of influence on the performance that insists the running length and the running frequency affect the performance. However, the speed distribution on each running distance equally is also important, followed by the running technique, and finally the running lane. The speed distribution on each running distance is one of the three most important factors affecting the 100m running performance of a athlete, so during training, coaches need to pay attention to this factor to improve the running distance record for athletes.

2. Selecting the evaluation plan and the option in speed distribution of 100m distance running for athletes of the Athletics team at Bac Ninh Sports University

In order to evaluate speed of 100m distance running for Athletics team of Bac Ninh Sports University, bar marking of setting Speedlight TT to evaluate speed changes are: - Position 1: Starting; - Position 2: 30m; - Position 3: 80m; - Position 4: Destination (100m). Starting from the principle of 100m distance running with the starting stages of rushing, midway and finishing: The rushing stage usually lasts up to 25-30m, the period of mid-way running :45-50m, and finally finishing stage, the athlete are required to maintain speed endurance at this stage. To determine the optimal plan for speed

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distribution for runners in 100m distance running, it is advisable to select a speed distribution plan depending on characteristics and capabilities of each athlete. Being fully equipped with physical characteristics, function in 100m running, athletes can meet the demand of equal speed distribution. Details are shown in chart 1.
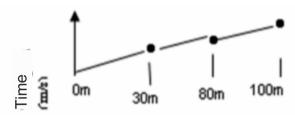

Figure 1. Plan for speed distribution in 100m running for Athletics team at Bac Ninh Sports University (n = 20)

Thus, it can be said that this speed distribution plan are selected by most of the trainers and coaches in 100m running training.

3. Selecting speed adjusting method in the 100m running for athletes of Athletics team of Bac Ninh Sports University

In order to adjust the speed changes in 100m running for athletes of the Athletics team of Bac Ninh Sports University with the task of improving the achievement in practice and competition, the topic lists some suitable and practical measures. These measures contributing primarily to improving the achievement in training include:

1. Evaluate the speed changes of 100m running through the Speedlight TT system

2. Improve the performance and adjust the speed changes of 100m running through the application of professional exercises

3. Increase the use of training means and methods in 100m running

4. Strengthen competitions activities with other teams, training teams at school, neighboring provinces and specialized schools with 100m running teams

5. Train your speed self-assessing ability, feel your speed on training distance and 100m distance running

6. Regularly cheering and encouraging athletes during training and competition

7. Analyzing and explaining to the athletes about the meaning and importance of the speed in 100m running.

After adjustment, measures and plans are selected to evaluate the speed in 100m running, we evaluate the speed changes in 100m running for athletes of Athletics team of Bac Ninh Sports University through the Speedlight TT system to get the most accurate results and apply technology in the experimental process:

4. Results of speed changes in 100m running testing using the Speedlight TT system of the Athletics team at Bac Ninh Sports University

Test results of 100m speed running after

Figure 2. Some pictures of the 100m speed running through the Speedlight TT system

Table 1. Results of speed changes in 100m running of athletics team of Bac Ninh Sports University for 1st and 2nd time (n = 5)

Ethlete	Bar marking (m)	Achievements at bar marking (s)		Stage length (m)	Stage achievement (s)		Average achievement (m/s)	
		1st	2nd		1st	2nd	1st	2nd
1	30	4.24	4.2	30	4.24	4.2	0.14	0.13
	80	10.17	10.11	50	5.93	5.83	0.11	0.1
	100	12.77	12.67	20	2.6	2.5	0.13	0.11
2	30	4.26	4.16	30	4.26	4.22	0.14	0.12
	80	10.19	10.16	50	5.93	5.93	0.11	0.11
	100	12.64	12.54	20	2.45	2.45	0.12	0.12
3	30	4.25	4.23	30	4.21	4.11	0.13	0.12
	80	10.19	10.19	50	5.95	5.85	0.12	0.11
	100	12.87	12.77	20	2.7	2.6	0.13	0.12
4	30	5.25	5.24	30	5.25	5.24	0.17	0.16
	80	12.01	12	50	6.83	6.73	0.15	0.14
	100	13.27	13.17	20	3.1	3	0.14	0.13
5	30	5.28	5.25	30	5.28	5.25	0.18	0.17
	80	12.21	12.18	50	6.91	6.81	0.16	0.15
	100	13.3	13.28	20	3.5	3.4	0.15	0.14

applying measures to improve achievements as well as adjusting speed changes for athletes of Athletics team of Bac Ninh Sports University, and evaluating and comparing the effectiveness of the application of measures through the 1st and 2nd Speedlight TT systems (before and after the application of measures to adjust the speed changes) are shown in the table1.

The athletes have overcome the disadvantage of slowing down in the middle of the race and finishing with a short training time, lack of lesson plans are unable to completely overcome the disadvantages in training process and application of optimal speed changes of option . However, in training process, we need to pay more attention to longer time of training, more lesson plans and maintain practice of applying exercises and methods to get more effectiveness for athletes in adjusting speed changes to achieve high performance in practice and competition. Through practice, we also confirm the superiority of the Speedlight TT system in the inspection - performance evaluation of 100m speed running of Athletics team at Bac Ninh Sports University. The topic has contributed to improving the performance of 100m running, as well as determining the plan to adjust the speed changes for the athletes.

CONCLUSION

The thesis has identified specific characteristics and factors affecting the performance, thereby choosing the option of evaluating speed distribution, the 100m speed running of athletes of Athletics team at Bac Ninh Sports University using Speedlight TT system. As a result, 7 measures adjusting speed and exercises; training plan and application of measures are selected to improve the performance and adjust the speed changes to help the athletes to be effective to adjust speed changes in100m running content of Athletics team at Bac Ninh Sports University.

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