

DEVELOPING PHYSICAL AND TECHNICAL EVALUATION STANDARDS FOR FUTSAL ATHLETES OF KARDIACHAIN SAIGON FC

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Abstract:

Using basic research methods: synthesizing and analyzing documents, interviews, pedagogical tests, statistical mathematics; researching and selecting indicators and building a physical and technical evaluation scoreboard for male athletes of KardiaChain Saigon FC; contribute to improving the effectiveness of training and competition in the national tournament.

Keywords: Fitness, technology, build scoreboards, futsal, KardiaChain Saigon FC ...

INTRODUCTION

Futsal KardiaChain Saigon FC club was established in 2010 and participates in national tournaments with significant achievements. In 2019, Fustal KardiaChain Saigon FC ranked in the top 4 teams leading the national championship, 3rd national cup. In 2018, the young athletes force is always inherited. In futsal, the peak performance of the athletes depends heavily on two physical and technical factors, the two factors serve to meet the coach's tactics. That is the reason why we chose to study: "Developing physical and technical evaluation standards for male athletes KardiaChain Saigon FC".

RESEARCH METHODS

In the research process, we used methods of analyzing and synthesizing documents, interviewing methods, pedagogical examination methods, statistical math methods.

RESULTS AND DISCUSSION

1. Selecting test of the physical and technical qualification for the futsal male athletes of KardiaChain Saigon FC

Through searching documents and the systematization of tests, interviewing experts and testing the reliability of the selected tests, the study selected 13 test assessing of physical and technical evaluation. These tests scientifically and objectively ensures the reliability to assess the physical and technical

level for male athletes Futsal KardiaChain Saigon FC at the Sports Center of District 8, Ho Chi Minh City, including:

Physical assessment (08 tests): 30m Running XPC (s); 5x30m Running (s); Run through the pile 20m (s); T Running test (s); 1500m Running (s); Zigzag running in the shape of a pine tree (s); Long jump(cm) and Rope jumping in 2 minutes (times)

Technical evaluation (05 tests): Lifting the ball (times); Shoot into the goal 6m from the goal (times); Shoot into the goal 9m from the goal (times); Leading the ball 30m (s) and Pass the ball to goal.

2. Developing a scoreboard to assess physical and technical qualifications for futsal athlete of KardiaChain Saigon FC

The study was conducted to build a scoreboard to assess the physical and technical level of male athletes of KardiaChain Saigon FC on a scale of C. After the test preparation, the determination of the achieved score is conducted by: Comparing the Set results in the table drawn to determine points of that criteria presented in Tables 1 and 2.

3. Formulating the combined physical and technical evaluation standards of the male futsal athlete of KardiaChain Saigon FC

From the results obtained in Tables 1 and 2, the study was conducted to build a synthetic evaluation criteria of physical strength and

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volleyball lesson at Bac Ninh Sport University (illustration, photo by: upes1)

Table 1. Test’s point ladder of physical tests of male athlete in KutsiaChain Saigon FC

No	Content	Point ladder										
		0	1	2	3	4	5	6	7	8	9	10
1	Running 30mXPC (s)	5.5	5.37	5.25	5.12	5	4.87	4.75	4.62	4.5	4.37	4.25
2	Running 5x30m (s)	17.86	17.64	17.43	17.21	17	16.78	16.57	16.35	16.14	15.92	15.71
3	Running through the pile 20m (s)	5.14	5.04	4.95	4.85	4.76	4.66	4.57	4.47	4.38	4.28	4.19
4	T running test (s)	11.06	10.98	10.91	10.83	10.76	10.68	10.61	10.53	10.46	10.38	10.31
5	Running 1500m (s)	373.0	367.8	362.5	357.3	352.0	346.8	341.6	336.3	331.1	325.8	320.6
6	Zigzag running in the shape of a pine tree (s)	23.92	23.82	23.72	23.62	23.52	23.42	23.32	23.22	23.12	23.02	22.92
7	Long jump (cm)	215	222	229	236	243	250	257	264	271	278	285
8	Rope skipping in 2 mins (times)	156	178	201	224	246	269	292	314	337	360	382

Table 2. Test’s point ladder of the technical qualifications of male soccer player KutsiaChain Saigon FC

No	Content	Point ladder										
		0	1	2	3	4	5	6	7	8	9	10
1	Lifting ball (times)	37	65	93	122	150	178	206	234	263	291	319
2	Shoot into goal from 6m (times)	0	1	2	3	4	5	6	7	8	9	10
3	Shoot into goal from 9m (times)	0	1	2	3	4	5	6	7	8	9	10
4	Leading the ball 30 m (s)	6.12	5.99	5.86	5.73	5.6	5.47	5.34	5.21	5.08	5.21	4.82
5	Pass the ball into the goal 1m (times)	0	1	2	3	4	5	6	7	8	9	10

Table 3. Classification of physical and technical qualifications of futsal athletes KardiaChain Saigon FC

Level	Points		
	Physical	Technique	Total points
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

technique of male athletes in KardiaChain Saigon FC on a scale of 130, with 5 levels: Good, fair, average, weak and poor, results are presented in Table 3.

This standard table, which allows a general assessment of physical and technique for male athletes futsal KardiaChain Saigon FC, is also an important basis for coaches in the selection of athletes and assessment in training process. Since then there are adjustments in the content, form and appropriate amount of training.

CONCLUSION

Through the study, 13 tests were identified including 08 fitness assessments and 05 professional technical tests used for male futsal KardiaChain Saigon FC. Through the research process, a comprehensive scoreboard was established to assess the physical and technical level of male futsal athletes of KardiaChain Saigon FC.

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