

STUDYING THE ACTUAL SITUATION OF TEACHING DRIVE TECHNIQUE FOR SECOND YEAR STUDENTS MAJOR IN TABLE TENNIS, PHYSICAL EDUCATION FACULTY IN BAC NINH SPORTS UNIVERSITY

Tran Thi Hong Viet⁽¹⁾; Tran Huyen Trang⁽¹⁾
Ho Manh Truong⁽²⁾

Abstract:

By the method of regular scientific research, we have evaluated the status of teaching drive technique for second year students major in Table Tennis, Physical Education faculty of Bac Ninh Sports University. The results show that the status of teaching drive technique for second year students major in Table Tennis, Physical Education faculty is still limited, the level of drive technique of specialized students is only fair, has not met the current high quality training requirements.

Keywords: Technique, drive, Table Tennis, students, Bac Ninh Sports University ...

INTRODUCTION

Innovating teaching methods and facilities is a key issue for lecturers, contributing to improving the effectiveness of teaching, identified in Party and State documents that the Ministry of Education and Training is directing the implementation to meet the requirements of the new educational objectives and content. The drive technique is the most important and most widely used technique in modern table tennis. Therefore, the correct assessment of the situation of teaching and learning the drive technique for students major in Table Tennis is being paid attention by the subject and the university, thereby helping the subject to apply the methods, appropriate support facilities to increasingly improve the training quality of Bac Ninh Sports University in general and of Table Tennis in particular.

RESEARCH METHODS

During the research process, we used the following research methods: Method of analyzing and synthesizing documents, method of interviewing seminars, method of pedagogical observation, method of pedagogical examination, method of pedagogical experiment, method of statistical mathematics

RESULTS AND DISCUSSION

1. Actual situation of teaching drive technique program for second year students

major in Table Tennis, Physical Education faculty in Bac Ninh Sports University

Through the combination of specialized materials, based on the latest course curriculum, we have the statistics on the actual use and evaluation of the level of drive technique of second year students major in Table Tennis, Physical Education faculty in Bac Ninh Sports University as follows:

Specialized students will learn the forehand drive and backhand drive techniques from the beginning in about 4 to 6 periods. During that study period, the requirement of the course curriculum is to complete the technique including all steps from learning from the beginning to perfecting the technique (teacher analyse, observe, guide the students in practicing to students practice technical simulation, practice with the ball in active and passive conditions, play rallies on the table). Thus, in 4 to 6 periods, the process from learning from the beginning to improving techniques to apply well in competition will inevitably make the ability to implement the movement structure incorrectly, inaccurately, some mistakes will easily be made.

When observing specialized classes of different Table Tennis courses at Bac Ninh Sports University, the exercises used in learning the drive technique are shown in Table 1.

(1) Master, Bac Ninh Sports University

(2) PhD, Bac Ninh Sports University



A table tennis class at Bac Ninh Sports University (photo by: upes1)

Table 1. Actual situation of the use of advanced drive technique training exercises for second year student major in Table Tennis, Physical Education faculty of Bac Ninh Sports University

No.	Term	Exercise	Hour(s)
1	Term 3	Forehand drive with ball spinning from 1 point to 1 point	6
2		Backhand drive with ball spinning from 1 point to 1 point	6
3		Left push step around forehand drive	4
4	Term 4	Move, forehand drive from 2 points to 1 point with topspin ball	6
5		Left push step around forehand drive and rush to the empty corner	4
6		Forehand drive with underspin ball	4
7		Backhand drive with underspin ball	4

Table 1 shows that: The number of exercises used to improve the quality of the drive technique (including forehand drive and backhand drive) for second year students major in Table Tennis is very small (7 exercises). Moreover, the methods used to organize the above exercises are not diverse, mainly using the method of repeated practicing, and play rallies on the table with servers.

Therefore, for those who have slow learning skill, even though there are still unfinished exercises in the comprehension of movement techniques, they must move on to other techniques, so the grasp of the right techniques is still limited. Most teachers have not focused on mastering the movement techniques of

students. This affects the practicing process later as well as the training quality of the subject in particular, the university in general.

Moreover, according to the grading scale of the subject, the students' study results will be achieved through a score of playing rallies on the table well (counting times) plus the technical level score (A, B, C, D, E) to give a final grade for each exam content.

2. Actual situation of applying methods and means in teaching the drive technique students major in Table Tennis, Physical Education faculty at Bac Ninh Sports University

In order to assess the current situation of the application of methods in the teaching of drive techniques for second year specialized students,

Table 2. Actual situation of using drive technique learning methods of K51 specialized students at Bac Ninh Sports University (n = 14)

No.	Methods	Level of use (n = 14)					
		Regular		Occasional		Do not use	
		m _i	%	m _i	%	m _i	%
1	Read and refer to specialized books	2	14.3	3	21.4	9	64.3
2	Self-practice in extra-curricular hours	12	85.7	2	14.3	0	0
3	Refer through friends	7	50	5	35.5	2	14.3
4	Learn and refer through teachers	8	57.1	6	42.9	0	0
5	Use visual aids: drawings, photos, diagrams...	1	7.1	3	21.4	10	71.4
6	Use support tools: wheels, ball shooting machine...	0	0	0	0	14	100
7	Learn techniques on the internet	2	14.3	5	35.5	7	50
8	Other means of support	1	7.1	2	14.3	11	78.6

Table 3. Actual situation of the application of supplementary means in teaching the drive technique for students major in table tennis at Bac Ninh Sports University

No.	Means	Level of use (n = 12)					
		Regular		Occasional		Do not use	
		m _i	%	m _i	%	m _i	%
first	Natural performance and indirect performance (including self-modeling and simulation)	12	100	0	0	0	0
2	Use visual aids (photos, diagrams)	4	33.30	6	50.00	2	16.70
3	Use models and dioramas	0	0	0	0	12	100
4	Use support devices (wheels, catapults)	1	8.30	2	16.70	9	75.00
5	Use videos and clips	2	16.70	3	25.00	7	58.30
6	Using information technology (software for technical analysis)	0	0	2	16.70	10	83.30
7	Orientation method (direction, amplitude, orbit)	0	0	0	0	12	100

we conducted an interview for K51 second year specialized students major in table tennis at Bac Ninh Sports University. The students' use of methods in improving the quality of learning and training is expressed in three levels: regularly, sometimes, do not use. The results are presented in Table 2 .

The results of Table 2 show:

+ The students mostly learn from friends and teachers and practice by themselves during extra curricular hours (at regular and occasional levels are more than 50%).

+ Students specialized in table tennis only read, learn specialized books, photos, drawings or learn techniques through the internet sometimes.

+ The use of supporting devices such as: ball shooting machines, wheels, dumbbells ... are not actively used in the training process, possibly due to the objective factor that they can hardly equip personal training equipment for themselves, they can only practice when there is a teacher in the class hours.

Next we proceed to inquire on the status of the use of teaching means for specialized students at Bac Ninh Sports University, we have conducted interviews indirectly by questionnaire with 10 trainers, coaches, Table Tennis specialists at the university. This situation is expressed in 3 levels: Regular, occasional, do not use. Results are presented in table 3.

The results of table 3 show:

Table 4. Actual situation of the drive technique levels of K51 students major in Table Tennis, Physical Education faculty at Bac Ninh Sports University

No.	Test	Test results									
		Excellent		Good		Fair		Average		Weak	
		n%	n%	n%	n%	n%	n%	n%	n%	n%	n%
1	Forehand drive with ball underspinning from 1 point to 1 point in left diagonal in 1 minute (number of balls)	1	7.14	3	21.40	7	50	3	21.40	0	0
2	Backhand drive with ball underspinning from 1 point to 1 point in left diagonal in 1 minute (number of balls)	2	14.2	4	28.60	6	42.9	2	14.20	0	0
3	Move, combine forehand drive and backhand drive with ball underspinning from 2 points to 1 point in 1 minute (number of balls)	1	7.14	3	21.40	8	57.1	2	14.20	0	0

+ The supporting means in teaching techniques are applied very little and not diverse. Only natural and indirect demonstration means (including modeling and simulations) are used frequently.

+ Therefore, we can see that the means used in teaching and learning drive technique are not abundant and uniform, visual aids and support tools, which are 2 means to inspire and help students acquire highly effective comprehension in learning and training are not used much.

+ Starting from practice shows that the means and support tools used in teaching and training are still very limited, which will affect more or less the acquisition of techniques and movements in Table Tennis.

3. Actual situation of the drive technique levels of second year students major in Table Tennis, Physical Education faculty at Bac Ninh Sports University

To assess the status of the drive technique levels of K51 university students major in Table Tennis, Physical Education faculty, Bac Ninh Sports University, we tested 14 students from K51 table tennis class, Physical Education faculty. Test results are presented in table 4.

The results obtained in Table 4 show that the level of the drive technique of second year students major in Table Tennis, Physical Education faculty of Bac Ninh Sports

University is quite high. Although the above result has met the set goals of the subject, it cannot meet the increasing requirements of society.

CONCLUSION

+ The means applied to teach and learn the techniques are very limited, not lively and have not created excitement for learners.

+ Specialized students do not have many means of scientific and practical support in learning and practicing table tennis techniques.

+ The drive technique level of the second year students major in Table Tennis, Physical Education faculty reached fair level and did not meet the requirements of the society.

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