

REALITY AND SELECTION OF MEASURES FOR TIME DISTRIBUTION TO OVERCOME SEINOT IN CHESS GAMES OF CHESS MAJOR STUDENTS AT BAC NINH SPORT UNIVERSITY

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Abstract:

By the common scientific research methods, the study has assessed the current situation of time distribution skills in Chess games of students at Bac Ninh Sport University, thereby known causes and proposed measures.

Key words: Physical Education, Chess, time

INTRODUCTION

In chess, time is defined as one of tactical factors. If a player does not know the skill of time distribution or both players have the same level, at the end of the game, the shortages of time will inevitably happen. The study of current situation of time distribution skills and finding the causes and measures to overcome the shortages of time in the game (Seinot) will help improve the performance and enhance the level of Chess students, contributing to improving the quality of training in the University.

RESEARCH METHODS

The study uses the methods of document analysis and synthesis; interview and discussion; Pedagogical observation; Game analysis; Mathematical statistics

RESULTS AND DISCUSSION

1. Reality of time distribution skills in Chess games of students at Bac Ninh Sport University

1.1. Analyze reality of time distribution in phases of games by Chess major students

With the support of the Chessbase 9.0 software, the study has assessed the current situation of time distribution in the games of 20 male Chess major students (3 grandmasters, 1 first- class, 16 second- level students) at the Traditional Chess Games at Bac Ninh Sport University 2016 (in each game, each side has 90

minutes to complete the game). Content of analysis includes reasonable time distribution between the phases of games; frequency of Seinot in the competitions; scores achieved during Seinot (performance during Seinot).

The results show that the ability of time distribution by students at Bac Ninh Sport University is still very limited. At the opening, the time spent on thinking is 35.61 ± 2.58 (minutes), accounting for 39.57% of the time of the game. It is unnecessary because it will affect the time of the middlegame and the endgame. This resulted in a total time of 82.69 ± 2.06 (minutes) (accounting for 91.98% of the time of the game).

On the other hand, the proportion of time distribution in comparison with the standard time distribution is not good. In which, distribution of time in the game by the students at the opening is 39.57%, higher than the standard of 24.57%, while at the middlegame is 43.24%, less than the standard of 16.76% and at the endgame is 9.07, less than the standard of 5.93%.

An interesting issue is that at the end of the middlegame, the left time is only a few minutes, almost students do not distribute the reasonable time. At the same time, they do not know how to simplify the game and trade pieces to the endgame. This can also be explained that the

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features of the game is a standard Chess game (length of 90 minute), but at the endgame it changes into rapid chess and blitz chess. Thus, students often make many mistakes in particular they are often drawn to the calculation of complex options, while such limited time of the game does not allow to find the best moves in a long time. In some cases, students do not have next plan to play, which also means that they must calculate many different options. As a result, time runs out.

1.2. Reality of frequency of time shortage in game

The results show that the frequency of Seinot increases in the later rounds, especially in Round 6 to Round 9 (frequency of Seinot is 14 to 15 times). This can be explained that at the final rounds of the tournament is intense rounds, the players must focus with high spirits, thinking time will be longer. In addition, the tournament is held in the Swiss-system form of form in which the principle is the athletes of equal level will be matched. At the same time, the final games is often dramatic, creating high psychological pressure on athletes, then the frequency of Seinot will be higher than the round of the first stage. The results show that levels of Seinot is at 3 levels (low, medium, and serious). Hereby, the level of serious Seinot appears more in the Round 6. Thus, coordination of time in these rounds should be reasonable unless they fall into serious Seinot situation, which is not good for player

1.3. Performance in Seinot situation of male Chess students at Bac Ninh Sport University

The study results show that the performance of the grandmaster and first-level students is 73% better than performance by the second-level students (only 46.79%). This proves that the training of playing skill in Seinot situation for second level students is not good, students also make many mistakes in handling situations under the limited time. This has a direct impact on the results and performance.

By analyzing relevant documents and interviewing 25 teachers and coaches, the study has determined the causes of time shortage situation with approval by Chess teachers and

coaches (over 80%). Unreasonably distribute unreasonable time between the phases of the game (92%), Spend more time on the opening phases (100%), Calculate complex options (96%), Do not have clear plan to play (100%), Do not know to simplify the game (88%) and Do not know to make use of opponent's time (92%) are the causes. This is the basis for selecting solutions to time shortage situation for Chess students at Bac Ninh Sport University.

2. Select measures to improve efficiency of time distribution for Chess students

The study has interviewed teachers of Chess Department and Chess coaches in the Northern provinces (25 participants). The results show that the majority of options (over 70%) select the following measures:

1. Good preparation for opening outline: This measure not only initially studies the options of the opening outline, but also clarifies all strategic intentions of the system and options. Especially, it is necessary to study the games of grandmasters to understand the tactical ideas, strategy of game.

2. Improvement of technical and tactics: This is a useful way to help students deal with situations in the game quickly and effectively (in tactical aspect). Hereby, the measure should give typical tactical lessons and exercises in the opening.

3. Improvement of calculation technique: Calculation is the process of identifying specific predictive moves and selecting the best options. The students should clearly know methods and principles of the calculation to improve the technique. Students should be equipped with branch- circuit calculation exercises from easy to difficult ways.

4. Improvement of piece trade technique: This requires students to understand the most basic purpose of piece trade of the two parties in all three phases of the game (for example, at the opening, the most basic purpose of both sides is to develop forces quickly.

5. Use of Blitz Chess training forms: we can use a variety of training forms such as Blitzing competition according to the chosen opening outline or Blitz round-robin tournament to



Time allocation is very important in chess competition (Photo: chess lessons at Bac Ninh Sports University)

consider the performance in Seinitz.

6. Reservation of 5 minutes for the last move: Spilman advises that player should reserve 5 minutes the last move. Many Chess students do not pay attention to this rule.

7. Increasing control of the time during the game: It is necessary to set a plan of time consumption for a series of moves, for example 15 minutes for the first 10 moves and 45 minutes for the next 10 ones. This method allows students to be aware of the time-keeping track. However, it is unreliable to use this method when it is impossible to predict when the game will appear most difficult.

8. Think of opponent's turn: This trick is easy to guide but difficult to implement. Player always feels stressful in the turn of his opponent and most of them are unable to maintain the same amount of movement. This is very rare – in the most stressful of times during the game. Thinking of opponent's turn often ineffective, another part is the consideration of unrealistic plans.

9. Quick play in opening: This is a "weapon" is often used by grandmasters Polugaievski and Suetin. To do this, it is necessary to equip the students with opening principles, tactics and strategies.

CONCLUSION

- The skill of time distribution in the game by Chess major students at Bac Ninh Sport University is weak with high Seinitz frequency, and average competition performance in the Seinitz. Unreasonably distribute unreasonable time between the phases of the game, Spend more time on the opening phases, Calculate complex options, Do not have clear plan to play, Do

not know to simplify the game and Do not know to make use of opponent's time are the main causes.

- The research has selected 9 measures to overcome Seinitz for Chess students. That is 1, Good preparation for opening outline; 2, Improvement of technical and tactics; 3, Improvement of calculation technique, 4, Improvement of piece trade technique, 5. Use of Blitz Chess training forms; 6, Reservation of 5 minutes for the last move; 7, Increasing control of the time during the game; 8, Think of opponent's turn; 9, Quick play in opening.

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