

ASSESSMENTS OF THE CURRENT USE OF EXERCISES TO IMPROVE THE EFFECTIVENESS OF THE DEFENDING TACTICAL FORMATION IN THE AREA OF 5: 1 IN COMPETITION OF MALE STUDENTS IN HANDBALL TEAM OF BAC NINH SPORT UNIVERSITY

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Abstract:

By method of of routine research, the topic of assessments of the use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University. The research results are the basis for evaluating the effectiveness of training and educating, contributing to improve the performance of male students in handball team of Bac Ninh Sports University.

Key words: Evaluate, exercises, effectiveness, defending tactical formation in the area of 5: 1, handball, male, students team, Bac Ninh Sport University...

INTRODUCTION

Tactical formation in handball competing used reasonably by teams with accordance of the level and the opponent in periods of the competition will bring a high performance in competition. The effectiveness of handball tactics is the interplay between positions with fast judgment of the situation in the game. To get the most out of the tactical formation in the competition, the use of appropriate exercises during training is essential. So we proceed to research "Assessments of the use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University".

RESEARCH METHODS

The research process uses these following methods: Analyzing and synthesizing documents; interviews and discussion; pedagogical observation; mathematical statistics.

RESULTS AND DISCUSSION

1. Assessments of the use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University

We assessed the use of the 5: 1 defending tactics with other defending tactics of male student handball athletes by observing the 2016 National Students Tournament (Table 1)

Table 1 showed that male students in handball team of Bac Ninh Sport University used lots of defending tactics in the game but mainly used the defending tactics of area 5: 1 (69.90%).

By observation, we can see that there are many reasons leading to ineffective use of defending tactics in general and use of defending tactics of area 5.1 in particular which are incompetent personal defending techniques, illogical tactics-applying ability, bad durability or mentality

Next, we assessed the current situation of using the exercises of improving the effectiveness of the 5: 1 defending tactics in competing of male students in handball team of Bac Ninh Sport University. The topic referred to training plans and interviews with experts, instructors and handball teachers. The results are shown in Table 2.

Table 2 showed that the current situation of using the exercises of improving the effectiveness of the 5: 1 defending tactics in competing of male students in handball team of Bac Ninh Sport University remains many disadvantages. Specifically, the use of exercises to improve the defending tactical formation in the area of 5: 1 is still poor, many exercises have not been put in training defending tactics for athletes. Some exercises are not frequently used. This greatly influenced the improvement of the

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Table 1: Current situation of using defending tactics in handball competing of male students in handball team of Bac Ninh Sports University

No	Tactics type	Number of matches	Number of performance	Percentage (%)
1	One-on-one defense	4	6	5.82
2	Mixed defense	4	8	7.77
3	Defense of area 6:0	4	17	16.51
4	Defense of area 5:1	4	72	69.9

Table 2. Current situation of using the exercises of improving the effectiveness of the 5: 1 defending tactics in competing of male students in handball team of Bac Ninh Sports University

No	Exercises	Regularly	%	Irregularly	%
1	Individuals moving horizontally, vertically, backward by sliding without countervailing	13	92.86	1	7.14
2	Pair tracing	12	85.71	2	14.29
3	Defending against player that has the ball, dribble ball and break through defender(1:1)	5	35.71	9	64.29
4	Tackling free ball	14	100	0	0
5	Exercises of ball blocking and breaking when the opponent is passing or dribbling	10	71.43	2	14.29
6	Personal defending against breaks through	8	57.14	6	42.86
7	Coordinating defense with nearby teammate	11	78.57	3	21.43
8	Coordinating defense with goalkeeper against long throw	11	78.57	3	21.43
9	Strength exercises	8	57.14	6	42.86
10	Fast reaction exercises	5	35.71	9	64.29
11	Professional durability exercises	5	35.71	9	64.29
12	1x1 competing in ½ court exercises	12	85.71	2	14.29
13	3x3 competing in ½ court exercises	11	78.57	3	21.43
14	3x3 competing in full court exercises	14	100	0	0
15	5x5 competing in full court exercises	14	100	0	0
16	6x6 competing in full court exercises	12	85.71	2	14.29
17	7x7 competing in full court exercises	11	78.57	3	21.43

defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University.

2. Select the criteria to evaluate the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University

Through factual event and found out in the process of training and participating in tournaments held for male students in handball team of Bac Ninh Sport University, we can see that the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team is still very low, demonstrated in the beginning of the first half, the team had good defense, but by the end of the

first half, the durability of the team dropped dramatically.

Through reading and reviewing the materials, through the process of training, we initially selected 4 criteria for assessing the ability of defending tactics of area 5: 1 in competition of male students in handball team of Bac Ninh Sport University, these are the criteria that are applied by many good coaches and experts and have a high repetition frequency in professional materials. In order to increase the credibility and objectivity of the selected results, we proceeded to interview experts, coaches, teachers with highly professional experience. With the total number of votes dispatched is 20 and the number of votes received is 18 as shown in Table 3.

Table 3. Results of the interview selecting the criteria for evaluating the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University (n = 18)

TT	Interview content	Agreed votes	Rate (%)
1	Moving horizontally, vertically, backward by sliding	9	50
2	6 x 6 Coordinated defense in ½ court	17	94.44
3	Coordinating defense with nearby teammate	10	55.55
4	Statistics of the use of the defending tactical formation in the area of 5: 1 in competition	18	100

Table 3. Results of the interview selecting the criteria for evaluating the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University (n = 18)

No	Team name	Number of matches	Number of attempts	Number of successful attempts	Efficiency (%)
1	Bac Ninh SportsUniversity.	5	76	25	32.89
2	Hanoi University of Physical Education and Sports	5	72	30	41.66
3	Vietnam National University	5	65	23	35.38
4	Vietnam University of Commerce	5	67	26	38.8

Based on the results of the interviews in Table 3 above, we recognized that the assessments of the use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 in competition are significantly higher evaluated by experts, specialists, coaches and teachers (94.44% and 100%). Then, we used these assessments for evaluating the use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University.

3. Evaluation of the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University

By factual observing and researching, gathering data at the 2016 National Students handball Tournament, we have collected figures about the frequency of usage, the amount of time used as well as the success of the defending tactical formation in the area of 5: 1 in handball competition of 4 participant teams. The results are presented in Table 4.

Table 4 showed that the use of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University was high

compared with the other teams (76 times), however with low efficiency.

CONCLUSION

The current use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 in competition of male students in handball team of Bac Ninh Sport University remains disadvantages. In particular, the use of exercises to improve the effectiveness of the defending tactical formation in the area of 5: 1 is still low, with some exercises that have not been put in practice to improve the defending tactics for students.

The current statistics about the ability of 5: 1 defending tactics in handball competition of male students in handball team of Bac Ninh Sport University in some tournaments showed that the usage of the 5: 1 defending tactics takes up high percentage, however with low efficiency.

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