

ANALYSIS OF FREQUENCY AND DISTANCE TECHNICAL FOR 100-METER-SPRINT NATIONAL CHIAYI UNIVERSITY AS AN EXAMPLE

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Abstract

The purpose of this study is the National Chiayi University track and field team A hundred meters sprinters as the object. Using the literature and video analysis of the school sprint runners and excellent contestants comparative analysis, to find the school player speed gap factors to provide coaches and players as a training reference. The results of this study: the six male players in the school compared with the Olympic Games for the best players, the male athletes and the Olympic Games is the biggest gap between stride length and stride frequency capacity gap and 40-50 meters to reach the

maximum speed after 40-50 meters after the rapid decline in the speed. Therefore, pay attention to front section step frequency, resulting in poor acceleration mode and the energy consumption of waste, and the almost complete implementation of the speed of endurance training in physical training, so in the latter part of the performance is not as expected, so only in the Strengthen training to get answers.

Key words: Stride length, Stride frequency, Sprint.

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THE STUDY ON THE TECHNICAL OF THREE-STAGES SKILL ANALYSIS OF DIFFERENT GRIP OF TABLE TENNIS

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Abstract

The study is based on the three-stage skill analysis of different grip skill performance from table tennis players, with taking the table tennis players who have different grip attending in World Table Tennis Champion Tournament and China Open in recent years as the research object. And players with pen-hold backhand and handshake grip from 47 games from 5 matches were chosen as the subjects of study. The data were analyzed by SPSS statistical software. The result showed that the stage of serve attack of the players with pen-hold backhand and handshake grip, the stage of receive attack and three stages of rally were the same important assessment method. Two different grip of three technical attack in the service attack stage, with 70.9% score rate in handshake grip player,

55.43% score rate in pen-hold backhand grip player. Good and qualified indicators of the scoring rate and utilization rate were achieved by players with pen-hold backhand and handshake grip at the stage of receive attack. The scoring rate of penhold backhand grip players were better than handshake grip players at the stage of rally. Thus the scoring rate of penhold backhand grip players were higher than the handshake grip players at stage of serve attack, it is the main key point of different grip nowadays.

Key words: Pen hold backhand, three-stage skill technical and tactical methods, Serve attack, Scoring rate.

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