

STATUS OF PHYSICAL CAPACITY DEVELOPMENT FOR BADMINTON YOUNG NATIONAL TEAM'S MALE ATHLETES IN TRAINING CENTER OF BAC NINH SPORT UNIVERSITY

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Abstract:

Using the common scientific research methods, the study has assessed the real status of physical capacity development for the Badminton national young team's male athletes in the Training Center of Bac Ninh Sport University. The results show that the development of physical strength for athlete has been paid attention. However, the effect is not really high. The main reason is lack of appropriate and effective exercises to develop athlete's physical strength.

Key words: real status, physical capacity development, athletes, Badminton, young national Badminton team, training center, Bac Ninh Sport University...

INTRODUCTION

Through the survey of physical capacity training for athletes in training centers, the localities, each team has different plans, methods and system of physical capacity training exercises for athletes, which depend on the coaches' point of view. However, the above issues are not consistent and less emphasis on the effectiveness of training. Therefore, research on the current development of physical capacity aptitude of Badminton athletes in Vietnam is very important.

RESEARCH METHODS

In the research, we have used the methods of document reference, interview, pedagogical observation, pedagogical test and mathematical statistics.

We have conducted the survey on 9 male athletes of Badminton national young team at Bac Ninh Sport University, in which 4 athletes at the age of 14 and 5 athletes at age of 15. The training time is from 3 to 4 years.

RESULTS AND DISCUSSION

1. Real status of physical capacity training program for Badminton national young team's male athletes in Training Center of Bac Ninh Sport University

We have evaluated the training program for the Badminton national young team's male

athletes in the Training Center of Bac Ninh Sport University through the analysis of training programs for the athletes and statistics of hours of training and teaching.

The result shows that the total training time in 2015 for the Badminton national young team's male athletes in the Training Center of Bac Ninh Sport University is 50 weeks, 25 hours per week corresponding to the total of 1250 hours. of which 375 hours in the preparation period; 445 hours of professional training (professional 1 and 2), 300 hours of competition (competition 1 and 2) and 125 hours of overtime. Thus, the total time of competition of athletes is relatively high (approximately 30% of the total training time), athletes have competed in many friendship matches, had favorable conditions for improving performance and got familiar with the psychology of competition. This is an important issue for athletes of this age. This is also the reason why the number of overtime hours is up to 125 hours (used to recover after the game and transit between the year- training periods)

2. Real status of applying physical capacity development exercises for Badminton national young team's male athletes in Training Center of Bac Ninh Sport University

By observing the physical capacity training

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sessions for Badminton athletes in the Center, analyzing lesson plans and directly interviewing experts and coaches at Bac Ninh Sport University, we have assessed the actual status to find out exercises regularly used in physical capacity training for Badminton athletes. We find out 21 exercises often used in training the strength of speed for the athletes.

The exercises used in the practice of physical capacity training for Badminton national young team's male athletes in the Training Center of Bac Ninh Sport University are relatively diversified and plentiful. However, in the development of science and technology, the training board has not applied the system of modern facilities to the training.

For the above reasons, the application of scientific and technical products to build the system of physical capacity development exercises for young Badminton athletes is essential.

3. Assessment of physical capacity level reality for Badminton national young team's male athletes in Training Center of Bac Ninh Sport University

3.1. Formulating criteria of physical capacity evaluation for Badminton national young team's male athletes in Training Center of Bac Ninh Sport University

We have used the methods of documents reference, pedagogical observation and direct interview with Badminton coaches, extensive interview by questionnaires, Spearman hierarchical correlation to determine the test's informative characteristic and repeated test to determine the test's confidence. As a result, we have selected tests of evaluating the physical

capacity level for Badminton national young team's male athletes in the Training Center of Bac Ninh Sport University. There are selected 6 test for evaluating the physical capacity of the athletes.

On such basis of selected tests, we have built a set of criteria for assessing the physical capacity for the athletes developed under rule 28. Calculated results are presented in tables 1 and 2.

3.2. Reality of physical capacity by Badminton national young team's male athletes in Training Center of Bac Ninh Sport University

To assess the physical capacity of Badminton national young team's male athletes in Training Center of Bac Ninh Sport University, the study has conducted a physical capacity examination of the athletes by 6 selected tests. Results presented in Table 3.

Table 3 shows that the level of physical capacity by national young Badminton team's male athletes is mainly average, the classification rate of very good and good are relatively low. Meanwhile, there are also athletes who rank weak. Therefore, it is necessary to improve physical capacity for the athletes.

CONCLUSION

1. Training program for Badminton national young team's male athletes have been built in 2 peaks corresponding to two major tournaments in the year. Total training time is distributed to technical, tactical, psychological and physical capacity training. At the same time, the density of training in all contents depends on the specific training period of the year. Among the

Table 3. Reality of physical strength of Badminton national young team's male athletes in Training Center of Bac Ninh University of Sports (n=9)

No.	Content of test	Very good		Good		Average		Weak		Poor	
		n	%	n	%	n	%	n	%	n	%
1	Skipping rope for 10 seconds (times)	2	22.22	2	22.22	4	44.44	1	11.11	0	0
2	Push up for 15 seconds (times)	1	11.11	2	22.22	5	55.56	1	11.11	0	0
3	1500m Running (minutes)	1	11.11	3	33.33	4	44.44	1	11.11	0	0
4	Move horizontally the single court 10 times (s)	2	22.22	3	33.33	3	33.33	1	11.11	0	0
5	Move forwards and backwards in half of court 10 times (s)	2	22.22	2	22.22	3	33.33	2	22.22	0	0
6	Move and exchange shuttles on 6 positions of the court for 5 rounds (s)	2	22.22	3	33.33	3	33.33	1	11.11	0	0

Table 1. Classification criteria of physical capacity evaluation content for Badminton male athletes aged 14 in Training Center of Bac Ninh Sport University

No.	Content of test	Very good	Good	Average	Weak	Poor
1	Skipping rope for 10 seconds (times)	≥26.78	24.43-26.77	19.73-24.42	17.38-19.72	≤17.37
2	Push up for 15 seconds (times)	≥23.37	21.36-23.36	17.34-21.35	15.33-17.33	≤15.32
3	1500m Running (minutes)	≤6.19	6.20-6.31	6.32-6.55	6.56-6.67	≤6.68
4	Move horizontally the single court 10 times (s)	≤13.69	13.70-14.90	14.91-17.32	17.33-18.53	≤18.54
5	Move forwards and backwards in half of court 10 times (s)	≤16.58	16.59-17.91	17.92-20.54	20.55-21.86	≤21.87
6	Move and exchange shuttles on 6 positions of the court for 5 rounds (s)	≤62.91	62.92-65.17	65.18-69.69	69.70-71.95	≤71.96

Table 2. Classification criteria of physical capacity evaluation content for Badminton male athletes aged 15 in Training Center of Bac Ninh Sport University

No.	Content of test	Very good	Good	Average	Weak	Poor
1	Skipping rope for 10 seconds (times)	≥27.47	27.46-25.18	25.17-20.60	20.50-18.31	≤18.30
2	Push up for 15 seconds (times)	≥24.30	24.29-22.19	22.18-17.97	17.96-15.86	≤15.85
3	1500m Running (minutes)	≤6.09	6.10-6.22	6.23-6.48	6.49-6.61	≤6.62
4	Move horizontally the single court 10 times (s)	≤13.39	13.40-14.63	14.64-17.11	17.12-18.35	≤18.36
5	Move forwards and backwards in half of court 10 times (s)	≤16.29	16.30-17.62	17.63-20.28	20.29-21.61	≤21.62
6	Move and exchange shuttles on 6 positions of the court for 5 rounds (s)	≤62.20	62.21-64.44	64.45-68.92	68.93-71.16	≤71.17

constituent components of volume of movement, physical capacity and technical training takes all most time and tends to decrease from the preparation 1 to the competition 2.

2. Exercises used in the practice of physical capacity training for Badminton national young team's male athletes in Training Center of Bac Ninh Sport University are relatively diversified and plentiful. However, in the development of science and technology, the training board has not applied the system of modern facilities to the training, which also significantly affect to athletes' physical capacity development.

3. The study has selected 06 tests to evaluate the physical capacity for Badminton national young team's male athletes in Training Center of Bac Ninh Sport University. At the same time, the study has formulated classification criteria for physical capacity evaluation for the athletes. On such basis, we have assessed the status quo of physical capacity level by Badminton national young team's male athletes in average level, the rate of classification of very good and good are relatively low, while there are still athletes classified as weak athletes. Therefore, improvement of the physical capacity for the athletes is necessary.

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