

BUILDING PROFESSIONAL ENDURANCE EVALUATION CRITERIA FOR HIGH-CLASS WOMEN VOLLEYBALL ATHLETES IN VIETNAM

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Abstract:

By using the common scientific research method, the study has selected tests and built professional endurance evaluation criteria for high-class women volleyball athletes in Vietnam. Presented tables are important database in evaluating endurance of these athletes as well as the basis for adjusting the training program to suit with the purpose, gradually applying science in training process in order to improve athletic achievement.

Key words: Endurance, professional, athletes, Volleyball.

INTRODUCTION

Examination and evaluation are important parts of the training process. The results found the basis for planning, controlling and adjusting sports training. The purpose of performance tests is to determine athletes' development level in skills and qualities making achievement. The other purpose is to evaluate the effectiveness of training means and methods. Therefore, building the professional endurance evaluation criteria for women high-class Volleyball athletes is very necessary.

RESEARCH METHODS

In the research, we have used methods of Analysis and Synthesis of documents, interview, talks; Expert method; pedagogical examination; mathematical statistics.

RESULTS AND DISCUSSION

Based on the results of the determination of information and confidentiality, we have selected five specialized tests using to test and evaluate professional endurance for women high-class Volleyball athletes in specialized positions. The development of professional endurance based on the results of observing 35 female Volleyball athletes in the annual training

cycle. They are outstanding athletes of the national strongest Volleyball clubs and centers (including female athletes of the national team).

Criteria for classifying SBCM assessments in each test

Using the obtained results, we have classified tests of professional endurance for women's high-class Volleyball athletes into three groups of specialized positions (Hitters, Middle Blocker and Libero) at the beginning of the preparation phase I and after the end of the preparation stage III (preparation for the competition stage) with 5 levels: Very good, good, average, weak, and poor. Which base on 28 principle. Calculated results are in tables of evaluation criteria of professional endurance test for 03 groups of Vietnamese women Volleyball athletes using for training reality. The results are in Table 1 and Table 2.

Point scale on professional endurance in each test

Based on the statistical results, we have developed the C -point scale (scale of 10 point) for each selected test at the beginning of the preparation phase I and after the end of the preparation phase III (preparation for the competition stage), the results are in Table 3 and

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Table 4. On the other hand, based on the classification tables for each test (Tables 1 and 2), the classification levels will also be used as a basis for searching, ranking for each test.

Determining the total standard point of professional endurance evaluation

Based on the results in Tables 3 and 4, calculation of total point for each individual, we have developed the table of total classification evaluation criteria of professional endurance for three specialized positions of Vietnamese women high-class Volleyball athletes in 5 levels: Very good, good, average, weak, and poor. Specify the criteria for each test to five

levels: Very Good (9 to 10 points); good (from 7 to 9 points); Average (5 to 7 points); Weak (3 to 5 points); Poor (From 0 to <3 points).

In evaluation tests of professional endurance for Vietnamese women high-class Volleyball athletes, the group of Hitters athletes have 05 tests with total maximum point of 50 points on the scale of 10 points (level C). The group of Middle Blockers has 05 tests with total maximum point of 50 points on the scale of 10 points (level C). The group of Libero athletes has 03 tests with total maximum point of 50 points on the scale of 10 points (level C). To develop the general criteria for professional

Table 1. Criteria for professional endurance classification in each test for Vietnamese women high-class volleyball athletes - Starting time of preparation phase

No.	Tests	Classification				
		Poor	Weak	Average	Good	Very good
I	Hitters					
1	Run between cones (s)	>27.87	27.87-26.44	26.43-23.61	23.60-22.19	<22.19
2	Run from the center of the court to four positions (s)	>28.36	28.36-26.88	26.87-23.89	23.88-22.40	<22.40
3	High jumping with hands	<41.85	41.85-44.73	44.74-50.52	50.51-53.41	>53.41
4	Beat the ball in the direction of the momentum for 2 minutes (times)	<12.81	12.81-13.57	13.58-15.10	15.12-15.87	>15.87
5	Competitive productivity	<69.54	69.54-74.14	74.15-83.39	83.40-88.00	>88.00
II	Middle Blockers					
1	Run between cones (s)	>27.02	27.02-25.75	25.74-23.16	23.15-21.88	<21.88
2	Run from the center of the court to four positions (s)	>27.41	27.41-26.14	26.13-23.59	23.58-22.31	<22.31
3	High jumping with hands	<42.18	42.18-44.76	44.77-49.95	49.96-52.54	>52.54
4	Beat the ball in the direction of the momentum for 2 minutes (times)	<11.75	11.75-12.39	12.40-13.72	13.73-14.37	>14.37
5	Competitive productivity	<64.75	64.75-68.56	68.57-76.19	76.20-80.01	>80.01
III	Libero					
1	Run between cones (s)	>27.44	27.44-26.06	26.05-23.29	23.28-21.90	<21.90
2	Run from the center of the court to four positions (s)	>27.25	27.25-26.08	26.07-23.71	23.70-22.53	<22.53
3	Competitive productivity	<60.32	60.32-64.32	64.33-72.35	72.36-76.36	>76.36

Table 2. Criteria for professional endurance classification in each test for Vietnamese women high-class volleyball athletes - Ending time of preparation phase

No.	Tests	Classification				
		Poor	Weak	Average	Good	Very good
I	Hitters					
1	Run between cones (s)	>26.23	26.23-25.16	25.15-22.98	22.97-21.90	<21.90
2	Run from the center of the court to four positions (s)	>26.31	26.31-25.35	25.34-23.39	23.38-22.42	<22.42
3	High jumping with hands	<45.21	45.21-47.43	47.44-51.91	51.92-54.15	>54.15
4	Beat the ball in the direction of the momentum for 2 minutes (times)	<13.75	13.75-14.32	14.33-15.50	15.51-16.08	>16.08
5	Competitive productivity	<74.69	74.69-78.37	78.38-85.77	85.78-89.47	>89.47
II	Middle Blockers					
1	Run between cones (s)	>25.19	25.19-24.27	24.26-22.39	22.38-21.46	<21.46
2	Run from the center of the court to four positions (s)	>25.70	25.70-24.67	24.66-22.58	22.57-21.54	<21.54
3	High jumping with hands	<46.20	46.20-47.93	47.94-51.42	51.43-53.16	>53.16
4	Beat the ball in the direction of the momentum for 2 minutes (times)	<12.62	12.62-13.13	13.14-14.17	14.18-14.69	>14.69
5	Competitive productivity	<69.06	69.06-72.47	72.48-79.31	79.32-82.72	>82.72
III	Libero					
1	Run between cones (s)	>25.40	25.40-24.36	24.35-22.26	22.25-21.21	<21.21
2	Run from the center of the court to four positions (s)	>25.72	25.72-24.67	24.66-22.53	22.52-21.47	<21.47
3	Competitive productivity	<66.19	66.19-69.37	69.38-75.77	75.78-78.96	>78.96

endurance evaluation based on the above-mentioned convention, to determine the upper boundary and the lower boundary at the aggregated rating grades. The results are in Table 5.

In order to achieve the total point, it is not necessary for athletes to achieve the point as high as the test point. They can take the high point of the high test to cover the low point of the other tests, so that the total score is within the range of the overall classification (table 5) as long as no more than 1 test is weak and poor.

CONCLUSION

The evaluation of professional endurance for high-class Volleyball athletes must be evaluated according to the specialized positions (hitter athletes, middle blocker athletes and Libero

athletes), which is one of the trends in modern Volleyball. Based on that fact, we have selected professional endurance tests for women high-class Volleyball athletes in Vietnam ensuring the information and reliability, in which 05 tests for Hitter athletes, 05 for Middle Blocker athletes and 03 for Libero athletes. Meanwhile, we have built 02 tables on criteria for classification, 02 tables on evaluation criteria for each test and 01 table on classification for professional endurance.

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Table 3. Evaluation total point of professional endurance in each test for Vietnamese women high-class Volleyball athletes - Starting time of the preparation phase

No.	Tests	Points									
		10	9	8	7	6	5	4	3	2	1
I	Hitters										
1	Run between cones (s)	22.19	22.9	23.61	24.32	25.03	25.74	26.45	27.16	27.87	28.58
2	Run from the center of the court to four positions (s)	21.66	22.4	23.15	23.89	24.64	25.38	26.12	26.87	27.61	28.36
3	High jumping with hands	53.41	51.97	50.52	49.08	47.63	46.18	44.74	43.29	41.85	40.4
4	Beat the ball in the direction of the momentum for 2 minutes (times)	16.25	15.87	15.49	15.1	14.72	14.34	13.96	13.58	13.19	12.81
5	Competitive productivity	90.31	88	85.69	83.39	81.08	78.77	76.46	74.15	71.85	69.54
II	Middle Blockers										
1	Run between cones (s)	21.23	21.88	22.52	23.16	23.81	24.45	25.09	25.74	26.38	27.02
2	Run from the center of the court to four positions (s)	21.68	22.31	22.95	23.59	24.22	24.86	25.5	26.13	26.77	27.41
3	High jumping with hands	53.84	52.54	51.25	49.95	48.66	47.36	46.06	44.77	43.47	42.18
4	Beat the ball in the direction of the momentum for 2 minutes (times)	14.7	14.37	14.05	13.72	13.39	13.06	12.73	12.4	12.07	11.75
5	Competitive productivity	81.92	80.01	78.1	76.19	74.29	72.38	70.47	68.57	66.66	64.75
III	Libero										
1	Run between cones (s)	21.21	21.9	22.59	23.29	23.98	24.67	25.36	26.05	26.75	27.44
2	Run from the center of the court to four positions (s)	21.93	22.53	23.12	23.71	24.3	24.89	25.48	26.07	26.66	27.25
3	Competitive productivity	78.37	76.36	74.36	72.35	70.35	68.34	66.33	64.33	62.32	60.32

Table 4. Evaluation total point of professional endurance in each test for Vietnamese women high-class Volleyball athletes - Ending time of the preparation phase

No.	Tests	Points									
		10	9	8	7	6	5	4	3	2	1
I	Hitters										
1	Run between cones (s)	21.36	21.9	22.44	22.98	23.52	24.07	24.61	25.15	25.69	26.23
2	Run from the center of the court to four positions (s)	21.93	22.42	22.9	23.39	23.88	24.36	24.85	25.34	25.83	26.31
3	High jumping with hands	55.27	54.15	53.03	51.91	50.8	49.68	48.56	47.44	46.32	45.21
4	Beat the ball in the direction of the momentum for 2 minutes (times)	16.37	16.08	15.79	15.5	15.2	14.91	14.62	14.33	14.04	13.75
5	Competitive productivity	91.31	89.47	87.62	85.77	83.93	82.08	80.23	78.38	76.54	74.69
II	Middle Blockers										
1	Run between cones (s)	20.99	21.46	21.92	22.39	22.86	23.32	23.79	24.26	24.72	25.19
2	Run from the center of the court to four positions (s)	21.02	21.54	22.06	22.58	23.1	23.62	24.14	24.66	25.18	25.7
3	High jumping with hands	54.03	53.16	52.29	51.42	50.55	49.68	48.81	47.94	47.07	46.2
4	Beat the ball in the direction of the momentum for 2 minutes (times)	14.95	14.69	14.43	14.17	13.91	13.66	13.4	13.14	12.88	12.62
5	Competitive productivity	84.43	82.72	81.01	79.31	77.6	75.89	74.18	72.48	70.77	69.06
III	Libero										
1	Run between cones (s)	20.68	21.21	21.73	22.26	22.78	23.31	23.83	24.35	24.88	25.4
2	Run from the center of the court to four positions (s)	20.94	21.47	22	22.53	23.06	23.6	24.13	24.66	25.19	25.72
3	Competitive productivity	80.56	78.96	77.37	75.77	74.17	72.58	70.98	69.38	67.79	66.19

Table 5. Criteria for overall classification evaluation point of professional endurance for Vietnamese women high-class Volleyball athletes in specialized positions

Classification levels	Total point in specialized positions		
	Hitters athletes (Total maximum point is 50)	Middle Blockers athletes (Total maximum point is 50)	Libero athletes (Total maximum point is 30)
Very good	≥ 45.00	≥ 45.00	≥ 27.00
Good	35.00 → < 45.00	35.00 → < 45.00	21.00 → < 27.00
Average	25.00 → < 35.00	25.00 → < 35.00	15.00 → < 21.00
Weak	15.00 → < 25.00	15.00 → < 25.00	9.00 → < 15.00
Poor	< 15.00	< 15.00	< 9.00

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