

STUDY ON BASIC TECHNICAL DEVELOPMENT OF MEN'S FUTSAL TEAM OF INDUSTRIAL UNIVERSITY OF HO CHI MINH CITY AFTER ONE – YEAR TRAINING

Nguyen Quang Son¹; Pham Hong Ha²

Abstract:

The article focuses on identifying the test of assessing and clarifying the basic technical development of the Men's Futsal Team of Industrial University of Ho Chi Minh City after one- year training.

Key words: Basic technique, test, standard, futsal.

INTRODUCTION

Currently, the futsal movement has developed strongly with the participation of many clubs such as Thai Son Nam, Tan Hiep Hung, Hai Phuong Nam, etc. From 2011 to now there have been many futsal tournaments held for students in Ho Chi Minh City and across the country such as the U-League, VUG. The Industrial University of Ho Chi Minh City (IUH) has joined the futsal since 2012, but its achievements are limited. One of the major influential causes is the basic technical training. Therefore, research on the basic technical development of the IUH Men's Futsal Team is very necessary.

RESEARCH METHODS

The research has used the methods of references; interview by questionnaires; pedagogical test and mathematical statistics.

The study subjects include 12 male athletes in IUH Futsal Team.

RESULTS AND DISCUSSION

1. Identify basic technical assessment tests of IUH Men's Futsal Team

We have synthesized the researches of authors Duong Nghiep, Nguyen Danh Thai (2002), Truong Thi Thu Thao (2011), Truong Hue Kham - To Kham (2001). At the same time, basing on the characteristics of development of constitution, psychophysiology and age, we have selected 7 tests of assessing basic technique. Then, we have interviewed 30 experts about the frequency of use (regular used and unused). Through results of 2 interviews,

the study has carried out the verification as squaring (χ^2). The results show no difference, χ^2 from 0.01 to 1.32 with $P > 0.05$. At the same time, 6 out of 7 selected tests with "regularly used" opinion range from 75.87% to 100%; 1 out of 7 test has been removed due to the approved rate $< 75\%$.

We have determined the reliability through the research objects at 6 tests at 2 times of examination separated by 5 days. Then we have calculated the coefficient of relation (r) according to the Pearson of criteria between the 2 times. As a result, the coefficient of relation (r) ranges from 0.82 to 0.98 with $P < 0.05$. This shows that the system of tests is reliable and feasible to evaluate the basic technique of male athletes in IUH Futsal Team.

We have examined the informative characteristic of the tests with the ranking total score of each research object as criteria for determining the correlation. As a result, the coefficient of relation (r) ranges from 0.80 to 0.98 with $P < 0.05$. Thus, all 6 tests of assessing basic technique ensure the necessary informative characteristic.

In summary: Through the research steps, we have defined 6 reliable and informative enough tests in order to examine and evaluate the basic technique of male athletes in Futsal Team of IUH. They includes: (1) Juggle (times); (2) Kick ball for 10m (times); (3) Drill ball between cones for 30m (s); (4) Lob ball on center circle (times); (5) Pass ball into goal (times); (6) Pass ball into 2 targets (times).

1. PhD, Ho Chi Minh city University of Sport

2. Master, Industrial University of HCMC

2. Assess basic technical development of IUH Men's Futsal Team after one-year training

After a year of training, we have tested basic technical development by 12 male athletes in IUH Futsal Team. Results of evaluating the growth rate of the basic technical development at all tests are in Table 1.

The results in Table 1 show that growth rate (W) in all 6 tests have significant growth after

one year of training, from 6.33% to 59.60%. The verification of t of 6 tests after one year of training shows that there is a significant difference, $t_{\text{calculation}}$ is from 10.41 to 24.89 and greater than t_{table} at $P < 0.05$.

The evaluation of the average growth rate of the basic technical development by each male athlete in IUH Futsal Team at all tests after a year of training is in Table 2.

Table 1. Evaluate growth rate of basic technical development in all tests after one year of training (n = 12)

No.	Test	$\bar{x} \pm \delta$		W	t	P
		Beginning	After 1 year			
1	Juggle (times)	196.17 $\pm$ 19.18	231 $\pm$ 19.22	16.45	13.78	<0.05
2	Kick ball for 10m (times)	4.75 $\pm$ 0.43	7.42 $\pm$ 0.64	43.67	10.41	<0.05
3	Drill ball between cones for 30m (s)	9.92 $\pm$ 0.36	9.31 $\pm$ 0.33	6.33	20.00	<0.05
4	Lob ball on center circle (times)	3.83 $\pm$ 0.37	6.67 $\pm$ 0.62	53.74	11.76	<0.05
5	Pass ball into goal (times)	4.75 $\pm$ 0.43	7.50 $\pm$ 0.65	44.89	15.33	<0.05
6	Pass ball into 2 targets (times)	3.83 $\pm$ 0.37	7.08 $\pm$ 0.64	59.60	24.89	<0.05

Table 2. Average growth rate of basic technical development by each male athlete in IUH Futsal Team at all tests after a year of training

No.	Athletes	Test						W
		1	2	3	4	5	6	
1	N°1	9.76	33.33	6.58	40	33.33	54.55	29.59
2	N°2	16.5	66.67	6.34	40	46.15	66.67	40.39
3	N°3	22.12	54.55	6.63	54.55	54.55	54.55	41.15
4	N°4	21.95	46.15	7.79	40	46.15	66.67	38.12
5	N°5	16.14	66.67	5.33	66.67	33.33	66.67	42.47
6	N°6	14.55	33.33	5.8	54.55	33.33	54.55	32.68
7	N°7	14.46	46.15	4.84	54.55	57.14	54.55	38.62
8	N°8	14.68	46.15	6	54.55	54.55	66.67	40.43
9	N°9	22.94	33.33	8.5	54.55	54.55	66.67	40.09
10	N°10	20.22	18.18	6.63	40	46.15	54.55	30.96
11	N°11	13.33	33.33	5.58	90.91	33.33	54.55	38.51
12	N°12	10.75	46.15	5.94	54.55	46.15	54.55	36.35

The results in Table 2 show that: After one year of training, the development in all 6 tests of basic technique assessment for 12 male athletes in IUH Futsal Team has growth rate with the lowest of 29.59% and the highest of 42.47%.

CONCLUSION

Through the research process, we have identified 6 reliable and informative tests to evaluate the basic technique for male athletes in Futsal Team of Industrial University of Ho Chi Minh City.

The evaluation results after one year of

training show that the development of basic technique by male athletes in Futsal Team of Industrial University of Ho Chi Minh City has significant progress.

REFERENCES

1. Duong Nghiep Chi (1987), "Methods of developing test for training level assessment in sports", Sports Science Institute, No. 6, pp. 6.
2. Vietnam Football Federation, Sports Science Institute, "Football training program for youth aged 11-18", Sports Publishing House.