

APPLYING AND EVALUATING THE EFFICIENCY OF THE TRAINING PLAN FOR STUDENTS BADMINTON TEAM AT BAC NINH SPORT UNIVERSITY YEAR 2012 – 2013

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Abstract:

By the method of regular scientific research, the topic has evaluated the actual situation of the training plan of the Badminton Student Team of Bac Ninh Sport University from 2012 backwards. Thereby, bases on this to build and evaluate the effectiveness of the training program of the Badminton student Team of the University.

Key words: Training plan, team, students badminton, Bac Ninh Sport University,...

INTRODUCTION

Developing and renovating training plan that meets scientific and practical requirements, at the same time bring up high effectiveness in sport training of sports teams in general and badminton in particular, are always requirements for the teachers who are doing the training. By assessing the actual situation of coaching badminton students team of Bac Ninh Sport University from 2012 backwards, the topic has conducted to build a training plan for the year 2012-2013. During this year, the training for the team is always in accordance with the plan developed. The effectiveness of applying the training plan will contribute to bringing new achievements for the Badminton students team of the University.

RESEARCH METHODS

Topic used research methods during study process: Analyzing and synthesizing materials, interviews and discussion, pedagogical experiment, pedagogical examination and mathematical statistics.

RESULTS AND DISCUSSION

1. Develop a yearly training plan for the Badminton students team of Bac Ninh Sport University

During the process to build the training plan for the Badminton students team of Bac Ninh

Sport University, the topic has based on scientific and practical basis as follow:

The scientific basis includes: Based on the principles of training, based on the method of building training plan.

Practical basis include: Training subjects, training time and other conditions (facilities, equipment, coaches ...).

From the scientific and practical basis above, the topic has developed a training plan for the Badminton students team of Bac Ninh Sport University. The results are shown in Table 1:

2. Apply the training plan developed

By the method of analyzing and synthesizing documents, the subject has synthesized 13 tests of professional examining for the badminton students team which will be included in the interview. Through interviews with 15 teachers, coaches and experts, we have selected out 08 reliable tests to be used in examining and evaluating the training effectiveness through the application of the new plan. There are 04 tests of skills, tactics and 04 tests for physical fitness.

After building the training plan, together with selecting tests, the coach has applied it on the school's Badminton students team with the identified objectives in the plan. The training period started from September 2012 to the end of August 2013 (after the end of National

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Table 1. Training plan year 2012 – 2013 of the Badminton students team at Bac Ninh Sport University

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Note: + : Tournament level 3; *: Tournament level 2; **: Most important tournament Illustrating the amount: _____ Intensity: _____

student Badminton Tournament). In order to be able to determine the efficiency of the training, the topic has conducted the initial examination, final examination of the preparation phase 1 and the final examination of the preparation phase 2 on the members of the team. The results are shown in the following table:

From the above comparing results, the topic has the comments as follow:

At the end of preparation phase 1 of the training plan, all athletes' performances had significant growth, in which 7/8 tests content of their performances was much better in compare with the origin at the probability threshold of $P < 0.05\%$. Only the speed test (Move and pick up shuttlecocks on 6 positions on the court), although there is a growth, but not enough necessary reliability.

It shows that, at the end of the preparation phase 2 of the training plan, the training of the badminton students team under the new plan has brought the significant results for all athletes according to the tests. 100% of the team members have the test results superior to the initial results presented in $t_{\text{calculate}} > t_{\text{control}}$ at the probability threshold of $P < 0.05\%$.

CONCLUSION

The research results of the topic have set up the training plan for the Badminton students team of the University, and also selected 8 tests to evaluate the training achievement of the Badminton students team according to the built training plan.

The exam results of the mid and end of the training period of the students are all much better than those of the initial tests before the implementation of the plan. This result allows the assessment of the new training plan that had a positive effect on the work of training.

REFERENCES

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Table 2. Comparison of the initial examination results and final examination results of the preparation phases of the badminton students team members

No.	Test	Subjects	Examination phases	Examination results ($\bar{x}$)	s	t ₁₋₂	t ₁₋₃	t _{control}	P
1	Combining short serve, backward, jump and smash into the box 10 times	Male, female	Beginning	13.4	0.87	4.18	6.18	1.96	<0.05%
			End of preparation phase 1	16	0.71				
			End of preparation phase 2	17.5	0.73				
2	Combining long serve, go near the net and do hairpin net shot into the box 10 times	Male, female	Beginning	13.9	0.75	3.76	5.76	1.96	<0.05%
			End of preparation phase 1	16.5	0.84				
			End of preparation phase 2	18	0.85				
3	Combining clear shot and slice drop shot into the box 10 times	Male, female	Beginning	13.5	0.88	3.88	5.88	1.96	<0.05%
			End of preparation phase 1	15.5	0.76				
			End of preparation phase 2	18.5	0.78				
4	Combining drop shot, jump and net kill into the box 10 times	Male, female	Beginning	13.2	0.79	4.54	6.54	1.96	<0.05%
			End of preparation phase 1	15.5	0.82				
			End of preparation phase 2	18.5	0.87				
5	Move and pick up shuttlecocks on 6 positions for 2 rounds (s)	Male	Beginning	27"5	0.8	2.21	5.21	1.96	<0.05%
			End of preparation phase 1	26"3	0.75				
			End of preparation phase 2	23"5	0.77				
		Female	Beginning	29"12	0.8	2.23	5.26	1.96	<0.05%
			End of preparation phase 1	28"10	0.75				
			End of preparation phase 2	26"30	0.79				
6	30s double rope skipping (times)	Male	Beginning	56	0.87	4.22	6.22	1.96	<0.05%
			End of preparation phase 1	62	0.76				
			End of preparation phase 2	68	0.78				
		Female	Beginning	48	0.77	4.01	6.13	1.96	<0.05%
			End of preparation phase 1	54	0.86				
			End of preparation phase 2	58	0.83				
7	Clear shots (m)	Male	Beginning	13.8	0.77	4.35	5.35	1.96	<0.05%
			End of preparation phase 1	14.4	0.81				
			End of preparation phase 2	14.6	0.84				
		Female	Beginning	13.2	0.72	5.65	6.25	1.96	<0.05%
			End of preparation phase 1	13.7	0.88				
			End of preparation phase 2	13.8	0.85				
8	Move to two sides of the single court 15 rounds (s)	Male	Beginning	49"35	0.72	5.67	6.67	1.96	<0.05%
			End of preparation phase 1	47"65	0.85				
			End of preparation phase 2	45"35	0.72				
		Female	Beginning	55"23	0.74	4.67	6.37	1.96	<0.05%
			End of preparation phase 1	53"73	0.87				
			End of preparation phase 2	51"45	0.81				