

APPLY EXERCISES TO DEVELOP ENDURANCE FOR FEMALE ATHLETES OF THE NATIONAL YOUTH PENCAK SILAT TEAM

Tran Kim Tuyen¹

Abstract:

Using routine scientific research methods selected topics are 19 strength development exercises for female national team Pencak Silat Young. Initial application of the selected exercises in practice has shown high efficiency in the development of durable strength for research subjects.

Key words: Exercise, strength durable, female athlete Pencak Silat Young Country.

INTRODUCTION

Sustainable development is very important in the training of athletes Pencak Silat in general and female athlete Pencak Silats National concentration in the training center athletes Bac Ninh sports University in particular.

However, in fact, the problem of developing strength for athletes is not properly concerned.

The problem of choosing the training system in training young Pencak Silat National athletes is not fully paid attention and implemented in a systematic, planned, scientific manner.

Therefore, choosing the right exercises to develop strength for athletes is essential.

RESEARCH METHODS

During the study we used the following research methods: Methods of analysis and synthesis of documents; Interview method; Method of pedagogical observation; Pedagogical examination method; Experimental method of pedagogy; Statistical mathematical methods.

RESULTS AND DISCUSSION

1. Choose strength training exercises for female athlete Pencak Silat national youth team

1.1. Choosing exercises

Selection of endurance exercises for female national team Pencak Silat Young players through the steps:

Selection through reference materials, pedagogical observation; Selection through direct interviews with experts, teachers, trainers; Wide choice by questionnaire. Selected results of 19 exercises in durable strength development for research subjects which were divided into 4 groups.

Group of general preparation exercises: 06 exercises

- Running 800m, performed once, intensity 70-80% maximum
- Jump speed 120s, done once, intensity 70-80% maximum
- Move the map of U, V 3 x 30s, resting between 60s
- Weight 30kg stand up to sit 60s, rest between the 60s
- Running speed 5 x 50m speed near the maximum, 1 minute break / nest, Between each nest 30s - 60s
- Take a 20m x 3 x 3m buggy, take a break between the 45s

2. Group of exercises: 13 exercises

- Round kick leg continuous in 60s, rest for 30 seconds
- Permanent two-legged swing 45s, Resting between 30s
- Round stone after 60s, after 60 seconds
- Stone blocks to the target 3 x 60s, Vacation between the nest 60s

1. PhD, Bac Ninh Sport University; Email: kt75psilat@gmail.com

- Combination of 3 straight kick stones, round stone and straight right punch, left on the target 3 x x 60s, resting between the 45s

The fall has a 60s server (sl), a break between the 60s

- Strike a combination of 3 attacks x 20s, 30s, 40s, rest between 40s

- Stone on the target move 3 times x 60s, Vacation between the nest 60s

- Scissors have 45s waiter, Holiday 90s nest

3. Combined assignment: 01 items

- Exercise exercises set time; Vacation between the 60s

4. Exercise exercises: 3 lessons

- Test matches, 3 minutes between matches
- Scrimmage, break between matches 3 minutes

- Competition

1.2. Select test

Proceed for the Pencak Silat Young Country Athlete's Endurance Performance Test by taking the following steps:

Selection through reference materials, pedagogical observation; Selection through direct interviews with experts, teachers, trainers; Wide choice by questionnaire; Determine the test message count; Determining the reliability of the test. The results were selected 05 test assess strength endurance exercise for female national team players Pencak Silat Young which is: Running 400m (s); Round stone strikes the target in 45 seconds (sl); Fall has a waiter 30s (sl); High scissors have 30s waiter (sl); 30s before slash (sl)

2. Apply strength strength exercises to female national team Pencak Silat Young players

2.1. Experimental organization

- Experimental time is 6 months and is divided into 2 periods according to the training cycle.

- + Phase 1 (3 months): From February 2014 - 4/2017.

The requirement of Phase 1 is to strengthen endurance exercises with high volume, moderate intensity exercises.

- + Phase 2 (3 months): From May 2017 to July 7, 2017

Requirements of phase 2: Continuation of the

exercises of stage 1, increase of intensity and volume, collision exercises are used much.

However, the applications of selected exercises will follow each lesson, according to the experimental process in the training program.

- Experimental method: Experimental pedagogic comparative method

After clustering, the experimental design was conducted to conduct experiments on both groups simultaneously and compare the number of lesson plans and progress in the training program for female National Pencak Silat Athletes. After clustering, the experimental design was conducted to conduct experiments on both groups simultaneously and compare the number of lesson plans and progress in the training program for female National Pencak Silat Athletes. The exercises develop durable strength that the subject chosen will be applied to the object of study in the 3rd, 5th, 7th.

These exercises are performed after performing complementary techniques or after a third of training sessions.

Experimental group of 05 athletes: Use 19 exercises that were selected by the research subject. During each exercise, conduct two to four exercises to develop durable strength

Control team 05 athletes: Training under the old lesson plan with the development of falling techniques prepared by the coach. The training conditions are relatively uniform.

2.2. Evaluation of experimental results

Prior to the experiment, we used the five selected tests to examine and compare the durability exercise differences of the two control and control groups. Results Prior to testing in all 5 tests, $t = 2.020$ at the probability threshold $P > 0.05$. The difference was not significant at the probability threshold of $P > 0.05$ or, in other words, the performance of the two groups was similar. This proves that, before experimenting, the durability of the two groups was evenly matched.

After 3 months of experimenting, we continued to use the 5 selected tests to test and compare the strength of the athlete. The results show that: After 3 months of experimentation,



Strength durability helps Pencak Silat athletes maintaining their strength activities through the competition duration

The application of endurance exercises that we selected initially was effective for women Pencak Silat national youth team but the results are not comprehensive.

After 6 months of experimenting, we continued to examine the results of the two groups with the five tests tested at stage 1. The results show that: After 6 months of experimenting, all 5 had a $t_{\text{score}} > t_{\text{table}} = 2,020$ at the probability level of $P < 0.05$. In other words, The application of the system of strength training in the development of fall techniques, which was selected after 6 months of experiment has shown the effectiveness than the control group in the development of fall techniques for men Pencak Silat National Youth Team. So, after six months of experiments we see in two experimental and control groups are the growth, but the growth rate in the experimental group is higher than the control group. Growth rate of the experimental group is larger than the growth rate of the control group. That again confirms: The new selected exercises significant development for female athletes durable power silat National youth teams better than the old exercises.

CONCLUSION

The study has selected 19 exercises and demonstrated the effectiveness of strength training exercises for the National Pencak Silat national youth team. Includes: Group exercises of general preparation: 06 exercises; Group of professor exercises: 09 exercises; Combination Skills: 01 essay and practice exercise: 3 essays. Initial application of the topic exercises in practice and evaluation of the effect. As a result, the exercises chosen topic was highly effective in developing the strength of expertise for research subjects.

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