

Choose Exercises to Improve Official Efficiency with Left Cup Technique for Left Cuple Asters of Hanoi

Nguyen Cong Truong

Hanoi Metropolitan University, Vietnam

Received: 25 May 2022; Received in revised form: 17 Jun 2022; Accepted: 22 Jun 2022

©2022 The Author(s). Published by TheShillonga. This is an open access article under the CC BY license

(<https://creativecommons.org/licenses/by/4.0/>)

Abstract

Interview results have selected 61 exercises belonging to 6 groups of exercises to improve attacking efficiency with the left-hand cup technique for Hanoi men's soccer players, including: Group 1: Unused exercises instrument has 18 exercises; Group 2: Exercises with equipment and bridge with 10 exercises; Group 3: Movement exercises have 9 exercises; Group 4: The exercises to kick the shuttlecock into the standard object have 11 exercises; Group 5: Exercises with a waiter have 5 exercises and Group 6: Exercises with bridge have 8 exercises with approval at the level of agreement > 70% or more and have an average score of > 3.41 - 4.20 points.

Keywords— Exercise, improvement, efficiency, shuttlecock kick, left-hand cup technique, shuttlecock athlete, Hanoi.

SOURCE OF THE ARTICLE

The article is extracted from the research thesis of the same author. The thesis has been completed but has not been defended before the scientific council, with the name "Research on improving the efficiency of attack by left-hand cup technique for male Hanoi badminton players.

I. QUESTION

Developing basic techniques in shuttlecock in general and left-hand cupping techniques in particular will be the basis and foundation to help athletes not only play well but also score effectively in competition to win high results. The development trend of modern shuttlecock has required athletes to have the ability to adapt to a large amount of movement and a high ability to coordinate movements for a long time. Therefore, technical training for soccer players is very important.

According to the trend of modern football competition, it has been shown that tactics - tactics are always a key step to be able to win points during the competition. In other words, the technique is the cross-section to coordinate smoothly with the tactical transformation on the basis of skillful technique, in which the attacking technique is always taken as the foundation, which is represented by the bridge cup technique. left side. Therefore, conducting research to select exercises to improve the efficiency of attack by left-hand cup technique

for Hanoi men's shuttlecock is a necessary and urgent requirement.

II. RESEARCH METHODS

The research process uses the following research methods: Method of analysis and synthesis of documents; Method of pedagogical observation; Interview method; Statistical Mathematical Methods.

III. RESEARCH RESULTS AND DISCUSSION

Through the analysis of relevant domestic and foreign references, theses and dissertations on improving the effectiveness of coaching in soccer and other sports; through research on the use of exercises to improve attack efficiency by left-hand cup technique for Hanoi men's badminton players and through direct interviews with badminton coaches in Hanoi and other localities. other in the country. The thesis selected 66 exercises to improve attacking efficiency with left-hand cup technique for male Hanoi badminton athletes, divided into 6 groups, including:

Group 1: Exercises without equipment (Developing flexibility and increasing resilience): 22 exercises.

Group 2: Exercises with equipment and bridges: 11 exercises.

Group 3: Movement exercises: 9 exercises.

Group 5: Exercises with an attendant: 5 exercises.

Group 4: Exercises to kick the shuttlecock against standard objects: 11 exercises.

Group 6: Joint exercises with bridges: 8 exercises.

It is detailed in Table 1:

Table 1. Summary of exercises to improve attack efficiency with left-hand cup technique for male Hanoi badminton players

No	Group	Exercise	Name effect	Code convention
1.	Group 1: Exercises without equipment (Developing flexibility and increasing resilience)	Longitudinal compression (execute 90s/time * 3 times, rest 30s)	Helps stretch the thigh muscles, hip joints and the entire leg area to be more flexible and stronger.	N1.KDC1
2.		Horizontal plasticizer (do 30s / time * 3 times, rest 30 seconds)		N1.KDC2
3.		Kicking first (perform 60s/time * 3 times, rest 30s)	Helps to stretch muscles, thigh ligaments and hip joints to be flexible when performing cupping movements.	N1.KDC3
4.		Back kick (perform 60s/time * 3 rests between 30s)		N1.KDC4
5.		Cross kick (perform 60s/time * 3 rests between 30s)		N1.KDC5
6.		Tiptoes (do 90s/time * 3 rests between 30s).	Helps ankle flexibility and strength when performing contact movements with the bridge.	N1.KDC6
7.		Leg contractions (do 90s for about 30-35 times * 3 rests between 30s)	Helps to increase thigh muscle strength when kicking a bridge and maintaining body balance.	N1.KDC7
8.		Squeeze the ankle (perform 90s/time for about 15-20 times * 3 rests between 30s)	Help the ankle to be flexible and increase the bounce when performing a fast and strong cup.	N1.KDC8
9.		Squeeze shins and thighs (perform 45s/time * 3 rests between 30s)	Helps develop the muscles and ligaments of the ankle and thigh to increase strength, speed and amplitude when performing a cup.	N1.KDC9
10.		Bring one leg out in front, bend and extend the ankle (perform 45s/time * 4 times (with swapping legs) rest 30s).	Helps ankle flexibility and high bounce to go fast and strong.	N1.KDC10
11.		Bring one foot forward, rotate the ankle in a circle and figure 8 (perform 45s/time * 4 times (with swapping legs) rest 30s).		N1.KDC11
12.		Split legs to the sides and bend the torso (do 30s/1 time * 3 rests in between 30s).	Helps to stretch muscles, thigh ligaments, hip joints, back and abdomen to support cupping movements to speed up the bridge.	N1.KDC12
13.		Run in place raising the thighs (do	Helps strengthen thighs and	N1.KDC13

		30s/time * 3 rests between 30s).	shins with good bounce.	
14.		Kneel walking to lower the center of gravity (do 25-30 m/time * 3 rests between 60s).	Helps increase flexibility of the body and increase leg strength.	NIKDC14
15.		Jump frog (do 15 -20 m/time * 3 rests between 30 seconds).	Helps increase thigh muscle strength, flexible knee joints when contacting the bridge.	NIKDC15
16.		Cross legs (do 60s/time * 3 rests between 30s).	Helps strengthen thighs and ankles for good bounce.	NIKDC16
17.		Hop jumping (done 15-20m / time * 4 times (with changing legs) rest 30 seconds)	Helps strengthen thighs, shins, and ankles for good strength and bounce.	NIKDC17
18.		Lie on your back – sit up (do 30s/time* 3 rests between 30s).	Helps develop abs to increase strength when performing a cup.	NIKDC18
19.		Bend your knees high in place (do 60s/time for about 25-30 reps * 3 rests between 30s).	Helps increase ankle strength.	NIKDC19
20.		Lie face down - stretch (perform 45s/time, about 20-25 times * 3 rests between 30s).	Helps develop back muscles to increase strength when performing a cup.	NIKDC20
21.		Switch legs in place (do 60s/time * 3 rests between 30s).	Helps to stretch thighs and ankles with good bounce.	NIKDC21
22.		Run combined with jumping (do 25-30m / time * 3 rests between 30 seconds)	Helps move quickly and flexibly to pop the cup at the right time.	NIKDC22
23.	Group 2: Exercises with equipment and bridges	Two hands holding dumbbells rotate the body in a circular shape (perform 45s/time * 3 rests in between 30s).	Develop back, abdominal, hip muscles to keep balance to increase strength and dexterity when breaking the bridge	N2.CDC1
24.		Bend the legs on the gymnastic ladder (perform 60s/time for about 20 -25 reps * 3 rests between 30s).	Helps develop thigh, back, and abdominal muscles to maintain good balance in the air during the cup.	N2.CDC2
25.		Lift weights and jump continuously forward (do 15-20m/time *3 rests between 30s)	Helps to develop thigh muscles and increase ankle strength, increase bounce when off-ball.	N2.CDC3
26.		Move 3 steps in combination with a high jump with a standard object (do 25-30m/time *3 rests between 30s)	Helps increase flexibility, increase coordination ability and develop speed when moving on the court.	N2.CDC4
27.		Turn on the 50cm podium (do 1 time/ 30s * 3 rests between 30s).	Increase leg and ankle strength	N2.CDC5
28.		Jump over the gymnastics hurdles (do 30s/time * 3 rests between 30s).	Increase the strength of the legs and ankles	N2.CDC6
29.		Jump rope (perform 60 seconds /	Increase ankle strength and	N2.CDC7

		time * 3 times, rest 30 seconds).	speed	
30.		Continuous bounce (perform 60 seconds / time * 3 times, rest 30 seconds)	Make sense with the sphere to control the sphere at will.	N2.CDC8
31.		Continuous loop (do 60s / time * 3 times, rest 30 seconds)	Build a feeling with the sphere to control the sphere at will	N2.CDC9
32.		Continually push the ball with the inside of the foot (perform 60 seconds / time * 3 times, rest 30 seconds)		N2.CDC10
33.		Synthetic staphylococcal (perform 60s/time * 3 times, rest 30s)		N2.CDC11
34.	Group Movement exercises	3: Move to pick up the bridge (perform 60s/time * 3 times, rest 30s)	Develop speed strength and endurance	N3.DC1
35.		Move the slide step (do 60s/time * 3 times, rest 30s)	Develop speed and flexibility on the court.	N3.DC2
36.		Move the glide step (do 60s/time * 3 times, rest 30s)		N3.DC3
37.		Cross-court movement (do 60s/time * 3 times, rest 30s)		N3.DC4
38.		Move forward and backward (do 15-20 m/time * 3 rests between 30s)		N3.DC5
39.		Move sideways to the right, to the left (do 60s/time * 3 rests between 30s).		N3.DC6
40.		Move single step and simulate left cup jump (do 60s/time * 3 rests between 30s).	Develop speed, flexibility, coordination of movement, increased resilience and a sense of space.	N3.DC7
41.		Move the running step and simulate the left cup jump (do 60s/time * 3 rests between 30s).		N3.DC8
42.		Move the glide step and simulate a left cup jump (perform 60s/time * 3 rests between 30s).		N3.DC9
43.		Group 4: Exercises to kick the shuttlecock against standard objects		On the spot, jump and jump on the fixed suspension bridge (perform 45s/time * 3 rests between 30s).
44.		Single-step move - jump up and down the fixed suspension bridge (perform 45s/time * 3 rests between 30s).	Develop speed, flexibility, coordination of movement, increase bounce and accurate kicking.	N4.DC2
45.		Move the running step - jump and jump from the fixed suspension bridge (perform 60s/time * 3 rests between 30s).		N4.DC3

46.		Move the glide step - jump up and down the fixed suspension bridge (perform 60s/time * 3 rests between 30s).		N4.DC4
47.		Standing in place with your back to the net, jump and jump the fixed suspension bridge (perform 45s/time * 3 rests between 30s).		N4.DC5
48.		Stand in the middle, close and back to the net move single step to both sides of the fixed suspension cup (perform 60s/time * 3 rests between 30s).		N4.DC6
49.		Stand in the middle, close and turn your back to the net to move the step to the sides of the fixed suspension cup (perform 60s/time * 3 rests between 30s).		N4.DC7
50.		Stand in the middle, close, and turn your back to the net to move the gliding step to both sides of the fixed suspension trophy (perform 60s/time * 3 rests between 30s).		N4.DC8
51.		Stand close to the Antenna pole, and turn your back to the single-step moving net in the middle of the fixed suspension trophy net (perform 60s/time * 3 rests between 30s).		N4.DC9
52.		Stand close to the Antenna pole, and with your back to the net move, run into the center of the fixed suspension bridge net (perform 60s/time * 3 rests between 30s).		N4.DC10
53.		Stand close to the Antenna pole, and with your back to the net move, glide into the center of the fixed suspension bridge net (perform 60s/time * 3 rests between 30s).		N4.DC11
54.	Group 5: Exercises with an attendant	Passing the shuttlecock continuously in groups (exercise 120s/time * 3 rests between 30s).	Develop the ability to coordinate with teammates and control the ball well.	N5.PV1
55.		On the spot, jump the left cup to the specified point on the field (perform 45s/time * 3 rests between 30s).	Helps stabilize the left-hand cup technique into different defined positions on the field.	N5.PV2
56.		Single step move - jump left cup to	Helps to develop motor	N5.PV3

		the specified point on the field (perform 45s/time * 3 rests in between 30s).	coordination, speed, resilience and stability of left-hand cup technique in different defined positions on the field.	
57.		Move the running step - jump the left cup to the specified point on the field (perform 60s/time * 3 rests between 30s).		N5.PV4
58.		Move the glide step - jump left cup to the specified point on the field (perform 60s/time * 3 rests between 30s).		N5.PV5
59.	Group Coordination exercises with bridges	6: Toss the shuttle into the net on the spot - cup left to the specified points (perform 60s/time * 3 rests in between 30s).	Helps to stabilize the technique of cupping the shuttlecock in different positions on the field.	N6.PHC1
60.		Toss the shuttle high over the net, single move - left cup to the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC2
61.		Toss the shuttle high on the net, move the run - left cup to the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC3
62.		Toss the shuttle high on the net, move the glide - left cup to the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC4
63.		High loop on the net, on the spot - left cup on the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC5
64.		Loop high on the net, single-step move - left cup to the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC6
65.		Loop the ball high on the net, move the run - left cup to the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC7
66.		Loop the ball high on the net, move the left dash - cup to the specified points (perform 60s/time * 3 rests between 30s).		N6.PHC8

Interview for assignment selection

In order to select the appropriate and objective exercises in improving the attacking efficiency with the left-hand cup technique for male Hanoi badminton players, the thesis conducted interviews with experts, coaches,

lecturers and experts. football officials and referees by questionnaire. The number of ballots given out was 30, and the number of votes collected was 27. The interviewed experts included 27 people: 17 people football coaches

(62.96%), 6 experts in sports theory and methods (22.22%) with associate professor, doctorate degrees, 4-player football instructor (14.81%). Including: 2 associate professors, 6 doctors, 10 masters and 9 bachelors. Expert opinions are assessed on a 5-point Likert scale from $\mu = 1$ to $\mu = 5$: $\mu = 1$ to $\mu = 2$ – disagree; $2 < \mu < 3$ – partially

agree; $3 < \mu < 4$ – agree; $4 < \mu = 5$ – strongly agree. After analyzing and processing information obtained from experts ($n=27$), the criteria were selected with an average value of $\mu > 3$ with a selection rate of 70% or more. The results are presented in Table 2.

Table 2. Interview results on selection of exercises to improve attack efficiency with left-hand cup technique for male Hanoi badminton players ($n=27$)

No	Group	Code convention	Result			
			Total	(%)	Mean (μ)	Evaluate
1	Group 1: Exercises without equipment flexibility and increasing resilience) (Developing and increasing)	N1.KDC1	104	77.04	3.85	Agree
2		N1.KDC2	110	81.48	4.07	Agree
3		N1.KDC3	103	76.30	3.81	Agree
4		N1.KDC4	101	74.81	3.74	Agree
5		N1.KDC5	98	72.59	3.63	Agree
6		N1.KDC6	100	74.07	3.70	Agree
7		N1.KDC7	113	83.70	4.19	Agree
8		N1.KDC8	102	75.56	3.78	Agree
9		N1.KDC9	97	71.85	3.59	Agree
10		N1.KDC10	102	75.56	3.78	Agree
11		N1.KDC11	95	70.37	3.52	Agree
12		N1.KDC12	98	72.59	3.63	Agree
13		N1.KDC13	57	42.22	2.11	Disagree
14		N1.KDC14	54	40.00	2.00	Disagree
15		N1.KDC15	101	74.81	3.74	Agree
16		N1.KDC16	99	73.33	3.67	Agree
17		N1.KDC17	52	38.52	1.96	Disagree
18		N1.KDC18	102	75.56	3.78	Agree
19		N1.KDC19	98	72.59	3.63	Agree
20		N1.KDC20	99	73.33	3.67	Agree
21		N1.KDC21	49	36.30	1.85	Disagree
22		N1.KDC22	109	80.74	4.04	Agree
23	Group 2: Exercises with equipment and bridges	N2.CDC1	102	75.56	3.78	Agree
24		N2.CDC2	96	71.11	3.56	Agree
25		N2.CDC3	99	73.33	3.67	Agree
26		N2.CDC4	103	76.30	3.81	Agree
27		N2.CDC5	98	72.59	3.63	Agree
28		N2.CDC6	54	40.00	2.04	Disagree
29		N2.CDC7	102	75.56	3.78	Agree

30		N2.CDC8	99	73.33	3.67	Agree
31		N2.CDC9	100	74.07	3.70	Agree
32		N2.CDC10	98	72.59	3.63	Agree
33		N2.CDC11	97	71.85	3.59	Agree
34	Group 3: Movement exercises	N3.DC1	101	74.81	3.74	Agree
35		N3.DC2	105	77.78	3.89	Agree
36		N3.DC3	97	71.85	3.59	Agree
37		N3.DC4	103	76.30	3.81	Agree
38		N3.DC5	96	71.11	3.56	Agree
39		N3.DC6	101	74.81	3.74	Agree
40		N3.DC7	100	74.07	3.70	Agree
41		N3.DC8	96	71.11	3.56	Agree
42		N3.DC9	102	75.56	3.78	Agree
43	Group 4: Exercises to kick the shuttlecock against standard objects	N4.DC1	98	72.59	3.63	Agree
44		N4.DC2	98	72.59	3.63	Agree
45		N4.DC3	99	73.33	3.67	Agree
46		N4.DC4	101	74.81	3.78	Agree
47		N4.DC5	97	71.85	3.59	Agree
48		N4.DC6	100	74.07	3.70	Agree
49		N4.DC7	98	72.59	3.63	Agree
50		N4.DC8	98	72.59	3.63	Agree
51		N4.DC9	97	71.85	3.59	Agree
52		N4.DC10	98	72.59	3.63	Agree
53		N4.DC11	100	74.07	3.70	Agree
54	Group 5: Exercises with an attendant	N5.PV1	97	71.85	3.59	Agree
55		N5.PV2	95	70.37	3.52	Agree
56		N5.PV3	101	74.81	3.74	Agree
57		N5.PV4	97	71.85	3.59	Agree
58		N5.PV5	98	72.59	3.63	Agree
59	Group 6: Coordination exercises with bridges	N6.PHC1	100	74.07	3.70	Agree
60		N6.PHC2	98	72.59	3.63	Agree
61		N6.PHC3	98	72.59	3.63	Agree
62		N6.PHC4	95	70.37	3.52	Agree
63		N6.PHC5	97	71.85	3.59	Agree
64		N6.PHC6	100	74.07	3.70	Agree
65		N6.PHC7	97	71.85	3.59	Agree
66		N6.PHC8	102	75.56	3.78	Agree

Table 3... shows that, there are 61 exercises with agreement level > 70% or more with average score > 3.41 - 4.20 points. The remaining 5 exercises with Disagree < 70% with average score < 2.60 points, are exercises: N1.KDC13- Running in place to raise thighs; N1.KDC14 – Walking knee lowers center of gravity; N1.KDC17- Hopping and N1.KDC21- Switching legs in place; N2.CDC6-Fitness hurdles jump.

Thus, the thesis will use 61 exercises to develop a research plan and put it into practical application to improve the efficiency of attacking with left-hand cup technique for male Hanoi badminton players.

IV. CONCLUSION

Through the results of the interview, 61 exercises of 6 groups of exercises to improve attack efficiency by left-hand cup technique were selected for Hanoi men's shuttlecocks with agreement at the level of agreement > 70% or more. up and have the average score > 3.41 - 4.20 points.

REFERENCES

- [1] Duong Nghiep Chi, Tran Duc Dung, Ta Huu Hieu, Nguyen Duc Van (2004), Sports Measurement, Sports Publishing House, Hanoi.
- [2] Trinh Trung Hieu, Nguyen Sy Ha (1994), Sports training, Sports Publishing House, Hanoi.
- [3] Dang Ngoc Quang (2003), Textbook of shuttlecock, Pedagogical University Publishing House, Hanoi.
- [4] Dang Ngoc Quang (2008), Research on basic techniques of shuttlecock and shuttlecock and teaching methods - initial training for young soccer players, PhD Thesis, Institute of Gymnastics Science sports, Hanoi.
- [5] General Department of Sports, Department of Mass Sports (1994), Badminton, Sports Publishing House, Hanoi.