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Current state of factors affecting the coaching of the basketball team of students at Hanoi University of business and technology

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Abstract

Through regular scientific research methods, the thesis has assessed the status of effected factors to the coaching of the Basketball team of students at Hanoi University of Business and Technology through various aspects: Training plan; infrastructure; teachers, coaches; selection of team members; inspection and evaluation.

Keywords: effected factors, coaching, basketball team, Hanoi University of business and technology

Introduction

Over the years, the training and coaching work for the Student Basketball team of the Hanoi University of Business and Technology has achieved certain results. However, besides the positive reasons such as the support of university leaders, training facilities and equipment, teachers, coaches etc., the coaching plan is still many limitations, leading to unclear effects on students during the practice. The assessment of the current state of the factors affecting the coaching for the Student Basketball team is an important basis for proposing and applying scientific professional exercises to improve the training effectiveness and team competition.

Research Methods

During the research process, we have used the following research methods: Method of references, method of interview, method of pedagogical observation and method of statistical mathematics.

Research Results and Discussion

1. Attention of the university leaders to the Student Basketball team

The policy of the university to establish student sports teams, including basketball, is the right decision, creating favorable conditions for training as well as developing sports activities in the University. Membership of the team is changed every year, it is an opportunity for all students in the university to strive and improve academic achievement, especially the results of basketball sport to be ranked in the university team. Practicing is held regularly throughout the university year. According to the regulation of 2 sessions/week, it creates important conditions for each member of the team to practice actively, improve their own and the team's achievements during their study at the university.

The university's interest in the Student Basketball Team is reflected in the investment in serving the practice as well as participating in competitions organized by the university and the major are shown in the following statistics:

Table 1: Funding investments for the Student Basketball Team of Hanoi University of Business and Technology from 2014 – 2018

Year	Training fund (million VND)	Competition cost (Million VND)
2014 - 2015	10	15
2015 - 2016	11	17
2016 - 2017	12	18
2017 - 2018	15	20

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Table 1 shows that: The training fund for the Student Basketball team is provided in full according to the issued regulations. This issue has created a strong source of encouragement for Basketball team members to eagerly practice to improve their qualifications.

2. Composition and force of team coaches

2.1. Athletes force

The selection of the Student Basketball Team has always been concerned by the subject of Physical Education and has a regular change with each university year. Firstly, through lecturers who detect and introduce, then it based on the competition results through the University's internal tournaments to recruit students to the Team. Therefore, the efficiency of selection depends on the number of students who have registered for the exam and are admitted to the university every year. The number of team members is concentrated at 12 students, but the force is still focused on the target movement (7 - 8 students).

2.2. Teacher – Trainer force

Up to now, the Subject of Physical Education of Hanoi University of Business and Technology has been staffed with 07 lecturers, including 05 masters and 02 graduate students. Although the Subject has only 1 lecturer in charge of coaching, most of the lecturers in the Subject are willing to contribute comments on the selection and training for the Team to develop.

3. Current state of developing a Student Basketball Team coaching plan

Based on the regulations of the University and the Ministry of Education and Training, as well as the actual study plan of students, the Student Basketball Team training plan is built based on the time of 40 weeks/year and divided for 2 semester (20 weeks/ 1 semester). There are 2 sessions per week, 2 hours per session, corresponding to a workout lesson plan. Based on time to develop a training plan. The coaching plan of the Student Basketball Team of the Hanoi University of Business and Technology is in table 2.

Table 2: The coaching plan of the Student Basketball Team of the Hanoi University of Business and Technology

TT	Coaching content	Week																																																	
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40										
I	Skill																																																		
1	Movement	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+						
2	Defense	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+					
3	Attack		+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+					
II	Tactic																																																		
1	Area	+		+																																															
2	Whole yard		+		+																																														
3	One on one			+		+																																													
III	Fitness																																																		
1	Power	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+				
2	Speed	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+			
3	Capacity to coordinate advocacy		+		+																																														
4	Endurance	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+	+		
IV	Competition																																																		
1	Friendly internal match			+																																															
2	Outside match																																																		
3	Industry match																																																		
V	Check																																																		

The table 2 shows that: The form and content of the coaching plan has not been developed according to the coaching stages. Theoretically, the coaching plan consists of 3 stages, with each need to set specific requirements and goals. Therefore, with the form and content of the coaching plan develop by the Subject of Physical Education as above, it is not possible to determine the requirements and goals of each specific coaching period.

The coaching content does not clearly reflect the coaching principles. Specifically: It is not show clearly the principle of ascending, the principle of inheritance in the coaching stages. With this plan, the lecturers and coaches do not have enough scientific bases to prepare a coaching lesson plan, so it will certainly affect the quality of the team training.

4. Current state of checking and evaluating the effectiveness of the coaching

4.1 Test content

The specific test contents are as follows:

Test 1: Free throws 20 times. (Dunk shots)

Test 2: Dribble with forward and backward hook 20 times. (Dunk shots)

Test 3: Go over the back 20 times (10 - forward, 10-cross) (Dunk shots)

Test 4: Dribble to spin 360° and change hands (second)

Test 5: Run 100 times x 20m (minute)

Through 5 tests above, we found that the periodic test content for the Team only focused on a number of specific techniques and tactics, not yet comprehensive. Especially the physical requirements must ensure the team members have the ability to play well in stressful situations lasting when participating in the tournament. Therefore, the number of tests, content and time of testing need to be adjusted to suit the requirements and purposes of the coaching plan.

4.2 Evaluation criteria

Based on the test results, coaches usually evaluate athletes according to the following 5 levels: Good, fair, average, weak and poor. Evaluation results are based on the following criteria:

Table 3: Evaluation criteria of test results of student basketball team athletes according to the prescribed tests

TT	Test Content	Gender	Mark									
			Excellent		Good		Average		Weak		Poor	
			10	9	8	7	6	5	4	3	2	1
1	Free throws 20 times. (Dunk shots)	-	15	14	13	12	11	10	9	8	7	6
2	Dribble with forward and backward hook 20 times. (Dunk shots)	-	18	17	16	15	14	13	12	11	10	9
3	Go over the back 20 times (10 - forward, 10-cross) (Dunk shots)	-	16	15	14	13	12	11	10	9	8	7
4	Dribble to spin 360° and change hands (s)	Male	18''	19''	20''	20''30	21''	21''30	22''	22''30	23''	23''30
		Female	20''	21''	22''	22''30	23''	23''30	24''	24''30	25''	25''30
5	Run 100 times x 20m (p)	Male	8'	8'30	9'	9'30	10'	10'30	11'	11'30	12'	12'30
		Female	9'10	9'40	10'10	10'40	11'10	11'40	12'10	12'40	13'10	13'40

Through the fact, the results of the evaluation and classification of the athletes of the Student Basketball team of the University according to the above criteria table show that: The evaluation criteria table has ensured the objectivity and the science during the evaluation process. Specifically, the test has been classified and assessed the level of each athlete, helps the coach get an overview of the team to make timely changes in each training period.

Besides, as we all know, athletes' training level is assessed through 5 criteria which are: Function, fitness, technique, tactic and psychology. Thus, the content of test and evaluation of the coaching effectiveness as above only assesses the physical, technical and tactical factors. And the element of function and competition psychology of the athletes has not been paid attention. This will significantly reduce the accuracy of the coaching evaluation.

Conclusions

Leaders of the Hanoi University of Business and Technology are always interested in and facilitated the coaching of the Student Basketball Team. The coaching plan is still limited, it has not divided the coaching stages, not shown clearly the increase, continuity, and succession of the coaching process.

The content of test and evaluation of the coaching effectiveness is not comprehensive, leading to the evaluation results do not ensure accuracy and objectivity.

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