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Research for establishment of special standards of standards for Futsal Football Men - University of Da Nang

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Abstract
Using conventional scientific research methods, the study selected 03 pedagogical tests to assess professional endurance for male Futsal football athletes - University of Danang, and at the same time developed classification standards categories and a synthetic scoreboard to assess the quality of professional endurance for research subjects.

Keywords: Standards, evaluation, professional endurance, male athletes, fusal football, University of Danang

1. Introduction
Fitness of fusal soccer players in soccer practice and competition. In the system of specialized physical training, endurance occupies one of the leading positions. Futsal football is a sport that competes continuously with high speed ..., so professional endurance is a specific and especially important quality in training and competition for futsal football athletes.
Futsal football is one of the sports that the Faculty of Physical Education - the University of Danang cares about and focuses on. The testing and assessment of physical qualities of futsal footballers is currently at the University of Danang, although there are already some evaluation criteria for general and specialized physical qualities. However, there is not yet a standard, scientific and accurate evaluation scale for professional endurance for male futsal football athletes at the University of Danang. Therefore, the topic was conducted "Research to develop standards for evaluating professional endurance of male futsal football athletes - University of Danang".

2. Research Methods
To solve the tasks posed, the study used the following research methods: method of document analysis and synthesis; interviews, seminars; pedagogical observations; pedagogical examination; statistics mathematic.

3. Research Results
3.1 Selection of test to assess professional endurance of male futsal football athletes – University of Danang.
3.1.1 Principles of selection of test to assess professional endurance of male futsal football athletes - University of Danang
Through reference and analysis of relevant documents, it is found that the process of selecting evaluation tests must adhere to the following three principles:
Principle 1: Selected tests must comprehensively assess physical, technical, psychological (interest) and biomedical...
Principle 2: The selection of tests must ensure the necessary reliability and informativeness of the research object.
Principle 3: The selection tests must have specific evaluation criteria, have a simple organizational form suitable to practical conditions in the training of futsal football athletes.

3.1.2 Selection of test to assess professional endurance of male futsal football athletes – University of Danang

By referencing documents and finding out the actual situation of assessing the professional fitness level of male futsal football athletes. The topic has selected 04 tests capable of assessing the professional endurance of the research subjects and all meet the requirements from a pedagogical perspective, including: Test 1: Running 4x30m(s); Test 2: Running momentum 05m on 10 consecutive ball kicks (s); Test 3: Leading the ball at a speed of 3x30m (s); Test 4: Kick the ball far (after the first half) (m).

For the purpose of selecting application tests to assess the professional endurance of male futsal football athletes, the study conducted interviews with 31 coaches, experts, and trainers. The results of the interviews are presented in Table 3.1.

Table 3.1: The results of the interview to select the test to assess the professional endurance of male futsal football athletes – University of Danang (n=31).

Order	Test	Agree	%	disagree	%
1	Run 4x30m(s)	29	93.55	02	6.45
2	Running momentum 05m, kicking the ball 10 times continuously (s)	27	87.10	04	12.91
3	Leading the ball at a speed of 3x30m (s)	30	96.77	01	3.23
4	Leading the ball at a speed of 3x30m(s)	12	38.70	19	61.30

From the results obtained in Table 3.1, it shows that: there are 03 selected tests and all are rated at the level of agreement in testing and assessing the professional strength of male futsal football athletes (from 80.00%). comments or more options), which are the following tests: - Run 4x30m(s); - Running momentum 05m, kicking the ball 10 times continuously (s); - Leading the ball at a speed of 3x30m (s).

3.1.3 Determining the informability and reliability of tests assessing the professional strength of male futsal athletes – University of Danang

* In formativeness of tests to assess professional strength of male futsal athletes – University of Danang.

To determine the notification status of the selected tests through interviews, the topic selected the Run 4x30m test as a reference test (this is a test used by many coaches, trainers, and experts to test) and proceed with the test. determine the correlation between the selected tests and the reference test.

The topic has conducted a preliminary test on research subjects (14 male athletes) through 03 selected tests. The results are presented in Table 3.2.

Table 3.2: Correlation between tests to assess professional strength of male futsal football athletes – University of Danang (n = 14).

Order	Test	Result test ($\bar{x} \pm \delta$)	Run 4x30m (s) ($\bar{x} \pm \delta$)	Correlation coefficients (r)	P
1	5m momentum, 10 consecutive kicks (s)	26.45 ± 1.26	18.15 ± 1.26	0.764	< 0.05
2	Leading the ball at a speed of 3x30m (s)	14.45 ± 1.15		0.722	

The results obtained in Table 3.2 show that: all three selected tests of the research subjects have a strong correlation and are fully informed (/r/ > 0.6 with $p < 0.05$)

* Determining the reliability of the tests to assess the professional strength of male futsal athletes – University of Danang. To determine the reliability of the selected tests, to ensure objectivity, we double-check each test with a 2-week interval on 14 male soccer players. The results are presented in Table 3.3.

Table 3.3: Results of determining the reliability of tests to assess professional strength of male futsal football athletes – University of Danang (n = 14).

Order	Test	Test results ($\bar{x} \pm \delta$)		r	P
		Time 1	Time 2		
1	Run 4x30m (s)	18.18 ± 1.28	18.14 ± 1.25	0.86	< 0.05
2	Running momentum 05m, kicking the ball continuously 10 balls into the goal (s)	26.55 ± 1.29	26.42 ± 1.23	0.81	
3	Leading the ball at a speed of 3x30m (s)	14.48 ± 1.19	14.45 ± 1.14	0.83	

tests are reliable. Thus, the selected tests are fully informed and highly reliable, so they can be used to test and evaluate the professional strength of male futsal football athletes - the University of Danang. test requirements. Those tests are: 1- Run 4x30m(s); 2 - Running momentum 05m, kicking the ball 10 consecutively (s); 3 - Lead the ball at a speed of 3x30m(s).

3.2 Developing standards for assessing professional strength of male futsal football athletes – University of Danang.

In order to develop standards for assessing the professional strength of male futsal football athletes - the University of Danang, suitable for the research object, the study proceeds according to the following route:

3.2.1. The current situation of professional strength of male futsal athletes in the central provinces

To develop standards for assessing professional strength for research subjects, the topic of a large sample survey (testing the current status) of 40 male futsal football players in the central provinces (Da Nang, Binh Dinh, Gia Lai). The results are presented in Table 3.4.

Table 3.4: Current status of professional strength of male futsal athletes in the central provinces (n = 40).

Order	Test	$\overline{X}$	δ	C_v (%)	ε
1	Run 4x30m (s)	18.18	1.32	2.59	0.018
2	Running momentum 05m, kicking the ball continuously 10 balls into the goal (s)	26.55	1.31	3.15	0.014
3	Leading the ball at a speed of 3x30m (s)	14.48	1.25	4.14	0.022

The results obtained in Table 3.4 show that the data in the tests are quite uniformly distributed (Cv < 10%) and the mean value found in the survey sample is representative of the overall mean (ε < 0.05). This is an important condition that allows the use of an estimate of the overall mean of the study population.

To develop evaluation criteria, according to measurement theory, it is necessary to first test the normal distribution of the data. The test results based on rule ± 2δ show that the data in the tests (table 3.4) are in the normal or near normal distribution (90% - 95% of the data in each test are in the range to , or 5). % of figures are outside that range). With this result, allows the topic to build evaluation standards of the three tests mentioned above based on standard scales.

3.2.2 Develop criteria for classifying test results according to each test to assess the professional strength of male futsal football athletes - University of Danang

The topic of building evaluation criteria is classified according to method ± 2δ for evaluation. The classification is conducted according to 5 levels and according to the following standard framework, table 3.5.

Board 3.5. Ratio of fertilizers by method ± 2 δ.

Classification standards	Evaluate	Ratio %
Above $\overline{X}$ + 2δ	Good	2, 3
$\overline{X}$ + δ arrive $\overline{X}$ + 2δ	Rather	13, 55
$\overline{X}$ - δ arrive $\overline{X}$ + δ	Medium	68, 3
$\overline{X}$ - δ arrive $\overline{X}$ - 2δ	Feebleness	13, 55
Below $\overline{X}$ - 2δ	Least	2, 3

That way, the project classifies and evaluates the professional strength of male futsal football athletes - University of Danang according to each test. The results are presented in the table 3.6.

Board 3.6. Standards for assessing professional strength of male futsal athletes – University of Danang.

Order	Test	Classify				
		Least	Feebleness	Medium	Rather	Good
1	Run 4x30m (s)	≥ 20.83	16.87 – 20.82	19.50 – 16.86	16.85 – 15.54	≤15.53
2	Running momentum 05m, kicking the ball continuously 10 balls into the goal (s)	≥ 29.18	27.87 – 29.17	25.24 – 27.86	25.23 – 23.93	≤23.92
3	Leading the ball at a speed of 3x30m (s)	≤ 16.99	15.74 – 16.98	13.23 – 15.73	13.22 – 11.98	≥11.97

The results obtained in Table 3.6 above are very convenient to use in assessing and classifying the level of each test to test the professional strength of male futsal football athletes.

2.2.3 Determining the benchmark to evaluate the professional strength of male futsal football athletes – University of Danang

The topic used the standard scale C, which is a 10-point standard scale used for evaluation. The results are presented in Table 3.7.

Board 3.7. Scoreboard assessing the professional strength of male futsal athletes – University of Danang

Test	Point evaluation									
	1	2	3	4	5	6	7	8	9	10
Run 4x30m (s)	23.46	22.14	20.82	19.5	18.18	16.86	15.54	14.22	12.90	11.58
Running momentum 05m, kicking the ball continuously 10 balls into the goal (s)	31.79	30.48	29.17	27.86	26.55	25.24	23.93	22.62	21.31	20.00
Dẫn bóng tốc độ 3x30m (s)	19.48	18.23	16.98	15.73	14.48	13.23	11.98	10.73	9.48	8.23

3.2.4 Building a synthetic scoreboard to assess the professional strength of male futsal football athletes – University of Danang

Through referencing and synthesizing documents, the topic developed a scoreboard to evaluate the professional strength of male futsal football athletes - the University of Danang. The results are presented in the table 3.8.

Board 3.8. Summary scoreboard assessing professional strength of male futsal football athletes – University of Danang.

Classification	Pass score
Good	≥ 27
Rather	21 – 26
Medium	15 – 20
Feebleness	09 – 14
Least	≤ 08

4. Conclude

1. The topic has identified 03 tests that are reliable enough to accurately assess the professional strength of male futsal football athletes - Danang University, specifically the following tests: - Running 4x30m(s); - Run the momentum of 05m and shoot 10 balls continuously into the goal (s); - Leading the ball at a speed of 3x30m (s).
2. The project has built 03 scoreboards to assess the professional strength of male futsal football athletes - University of Danang, including:

- Classification of professional strength of male futsal athletes according to each test.
- Evaluation table of professional strength of male futsal football athletes according to each test.
- General scoreboard to assess the professional strength of male futsal football athletes - University of Danang.

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