

## PalArch's Journal of Archaeology of Egypt / Egyptology

### ISSUES ON SELECTION, TRAINING VIETNAMESE ATHELETES IN RECENT YEARS

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**Nguyen Duy Quyet. Issues On Selection, Training Vietnamese Athletes in Recent Yearsc -- Palarch's Journal of Archaeology of Egypt/Egyptology 18(8), 1705-1712. ISSN 1567-214x**

**Keywords: Recruitment, Training, Athletes**

#### **ABSTRACT:**

The results of the study have assessed the status of the network, the selection process, the training of Vietnamese athletes, as well as the inadequacies in the selection and training should be quickly overcome to sport. Vietnam soon integrates with other countries in the region and the world effectively.

#### **INTRODUCTION:**

The development of high-performance and professional sports plays an important role in the national sports development. In recent years, the selection and training of athletes has dramatically changed, but there are still many defects to quickly overcome. Therefore, this research evaluates the status of the foundation network participating in selection, recruitment process, selection results, training time after being recruited as well as the circumstances, conditions of training and competition, the mind of aspiring athletes ... also need to be researched and evaluated in time to quickly overcome weaknesses and promote the strengths for Vietnamese high-achievement sports to quickly be registered on sports maps Continents and the world.

#### **RESEARCH METHODOLOGY**

Methods of research in sports such as the method of analyzing and synthesizing documents; the method of sociological investigation and the mathematical and statistical methods are used to solve the set objectives.

## RESEARCH RESULT

### *The Network Foundation Participates in The Selection and Training of Sports Athletes.*

Currently, there are 6 organizations under the Ministry of Culture, Sports and Tourism are: Bac Ninh University of Sports and Physical Training; Hanoi National Sports Training Center; Ho Chi Minh City National Sports Training Center; Danang National Sports Training Center; Can Tho National Sports Training Center and the Institute of Sports Science and Sports, with 27 Federation, National Sports Association and 02 social organizations for physical training and sports are Vietnam Olympic Committee participating in selection and training of talented athletes. In addition, there are auxiliary sports centers: Sports Training Center in Hanoi City, Da Nang City, Ho Chi Minh City, Hai Phong City, and Can Tho City, and the People's Army Sports Training Center, Police Sports Training Center, 01 University of Culture, Sports and Tourism, 03 Sports Secondary Schools managed by provinces and cities, about more than 1,100 sports training centers, sports clubs, athletic gifted schools in 63 provinces in the whole of country participated in the selection and training of talents. The selection and training of sports talents is also through the sports movement in schools, will detect gifted children to take training.

### *Process Of Selection and Training Athletes*

The recruitment, training talented athletes are made in 3 following stages:

Stage 1. Preparation of preliminary sports: Starting from the age of primary school (in some sport may be earlier, for example, gymnastics, figure skating can be selected, trained from 4 to 5 years old). Training in this period is only an estimation, the training session is built mainly in the form of general physical training, with the widespread use of comprehensive and medium physical education and education facilities strength. Children are challenged in many different sports and guided by educators who choose to give them appropriate practice. This stage usually lasts 1-2 years. Finish this phase and move

Stage 2. Sports specialization initially: (or preparation of the establishment): This stage sets the foundation for future success; the initial specialization follows the general training tendency. In this period, athletes are specialized in multi-disciplines. In the period of initial specialization, sport also increased gradually. At the end of the initial specialization training is organized in accordance with the rules of high achievement in sports. This period lasts 3-4 years.

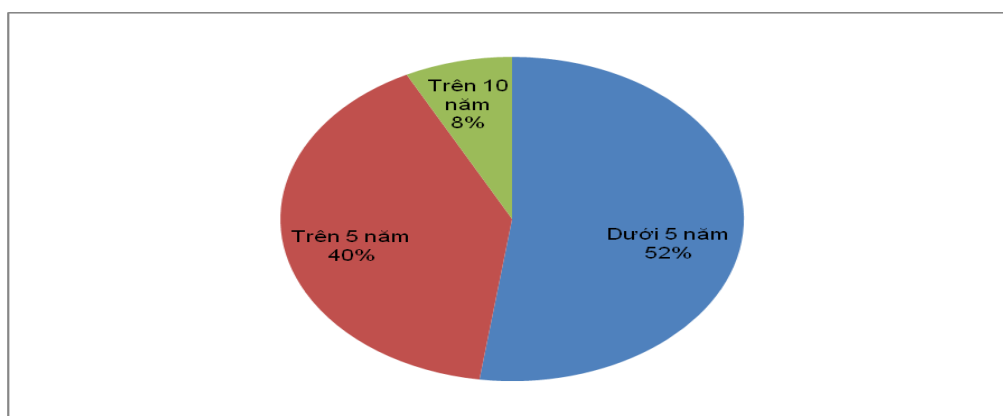
Stage 3. Deep finishing (maximizing ability): This is the most flourishing stage for sports practice, giving access to the pinnacle of talent for every athlete. In this period all the professional rules of sports training are clearly revealed, the training process has a full line of deep specialization, fitness, technical and tactical training, Professional psychology significantly increased

and dominated. The total volume and intensity increased at a high rate and reached the maximum level for each individual (usually in the first half of this period). At this stage, the athletes continue to differentiate: talented people will be recruited into the field of high-achievement sports, continuing the path of perfecting talents. Those who cannot enter the team can maintain the maximum achievement trend to the extent permitted. The deep finishing stage is divided into two periods: the age of "high achievement age" in which most sports are aged 18-22, 22-26 ... in some other sports of age. may be higher at the time of maintaining achievement.

Stage 1 and 2 of the selection and training of talented sports athletes are carried out at the Sports Training Centers and the local athletic gifted schools. Currently there are about 20,000 young athletes practicing and competing at local sports centers and athletic schools. These facilities are responsible for selecting, training and providing talented young athletes for national sports training centers. In the third phase, when the young athletes with special talents have been recruited and the sport can be selected as a means of competition in accordance with their abilities, they will be transferred to 4 National Center for National Training and Sports University of the North. Ninh. These facilities are responsible for training athletes of the national team to directly serve international competitions.

#### *The Status of Training and Competition of National Team Athletes.*

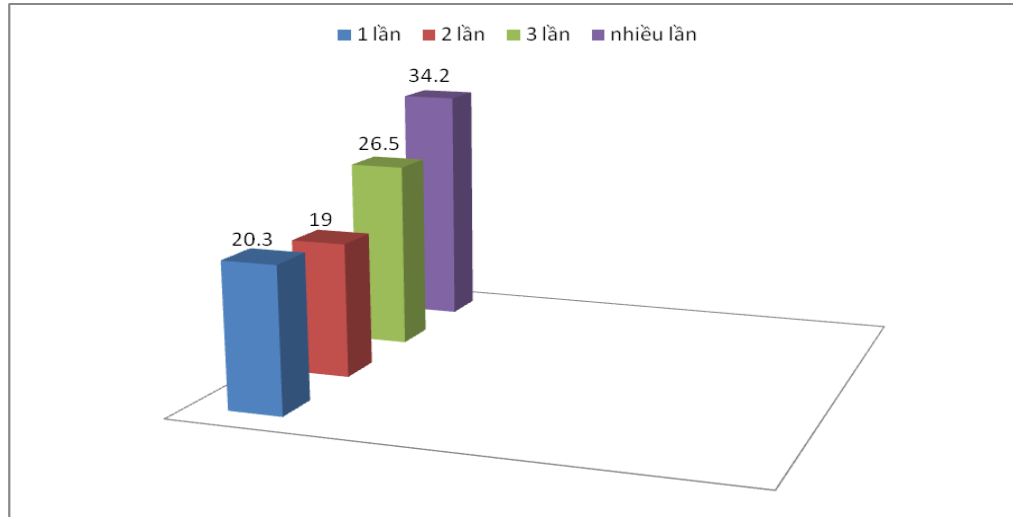
Through a field survey by questionnaire 291 athletes of the national team practicing at Bac Ninh University of Sports and Physical Training; Hanoi National Sports Training Center; The National Sports Training Center of Da Nang showed that athletes with aptitude for sports training were 39.5%; due to sports passion 68.7%; due to 2% family circumstances and 2% sports idols; athletes participating in training for less than 5 years 52%; athletes participating in training for over 5 years 40%; Athletes participate in training over 10 years 8% (diagram 1).



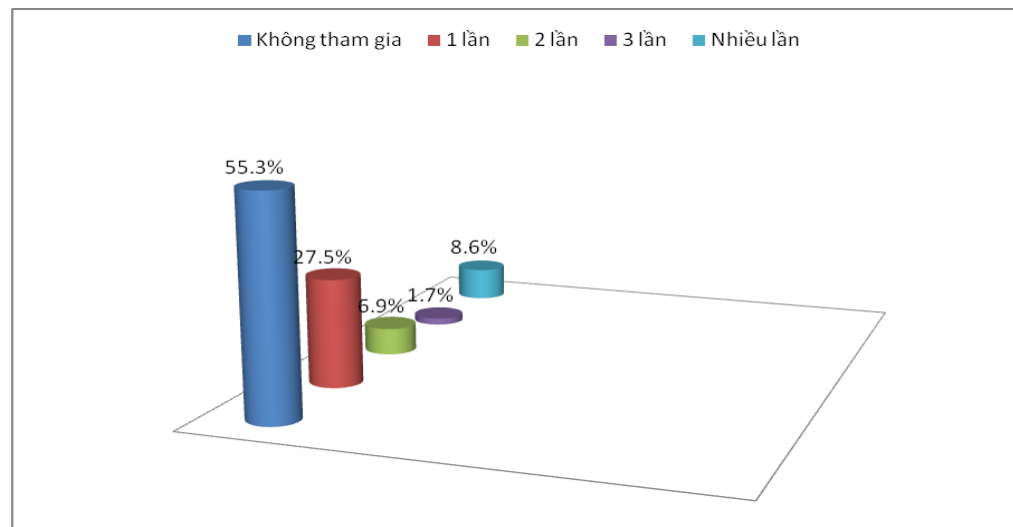
**Diagram 1.** Annual Professional Sports Training of Talented Athletes (N=291)

The achievement of competition has been achieved through the international tournament gold medal 20.2%; silver medal 8.2%; bronze medal 4.8%.

Each year, athletes can participate in learning knowledge classes 1 times 33%; 2 times 23.7%; 3 times 6.3%; 37% more times; athletes can participate in domestic competitions 1 time 20.3%; 2 times 19%; 3 times 26.5%; 34.2% many times (diagram 2). Athletes are allowed to participate in international competitions 8.6%; 3 times 1.7%; 2 times 6.9%; 1 time 27.5%; no international exam 55.3% (chart 3).

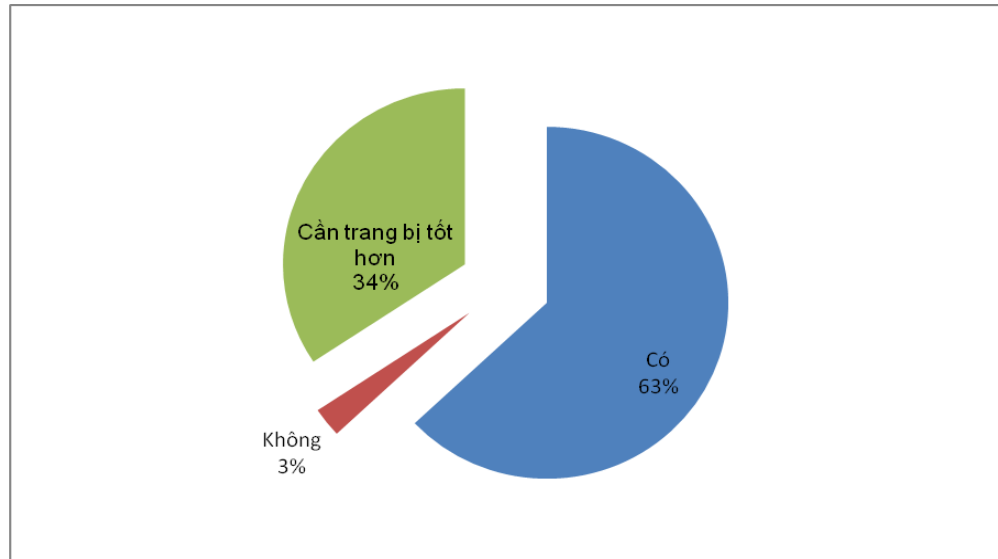


**Diagram 2.** The Frequency That Athletes Participating in Domestic Tournaments (N=291)



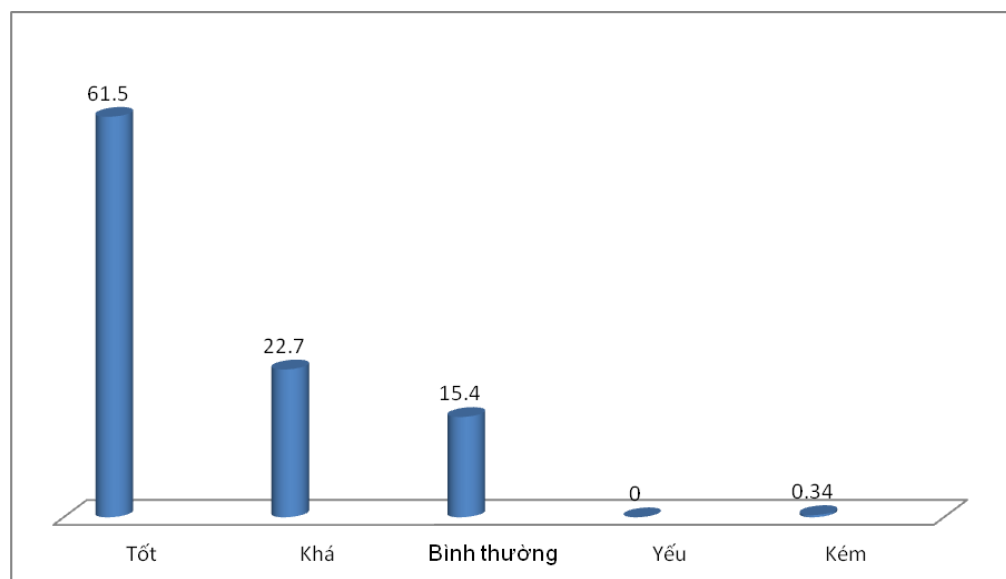
**Diagram 3.** The Frequency That Athletes Participating in International Tournaments (N=291)

Yard and tools meet 63% training requirements, Better equipped with 34.3%, "No" can meet, accounting for 2.7% (diagram 4).



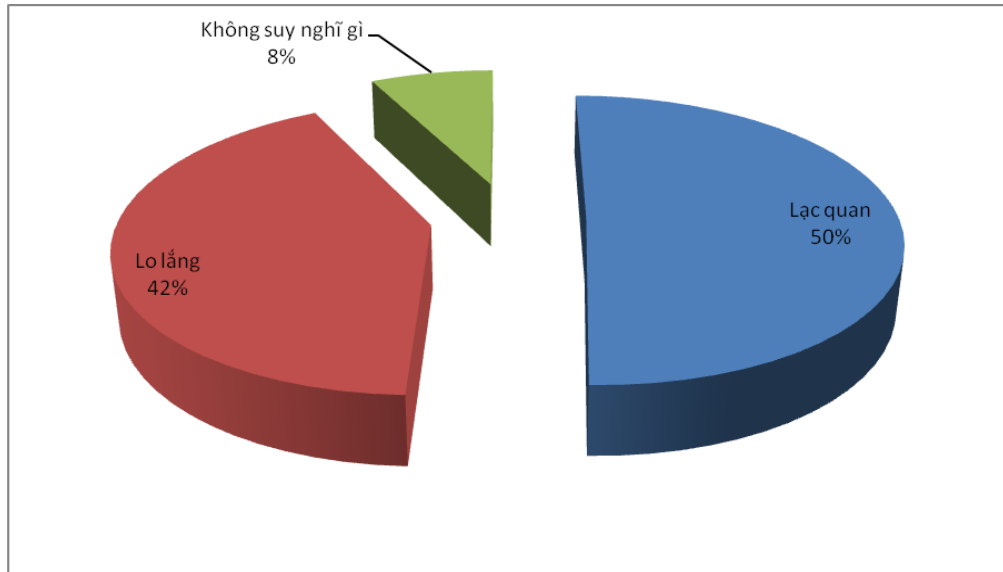
**Chart 4.** Status Of the Grounds, Serving Practicing Instruments of Athletes (N = 291)

The management and training of athletes is currently Good 61.5%, Quite 22.7%, Normal "accounts for 15.4%," Poor "accounts for 0.34% (diagram 5).



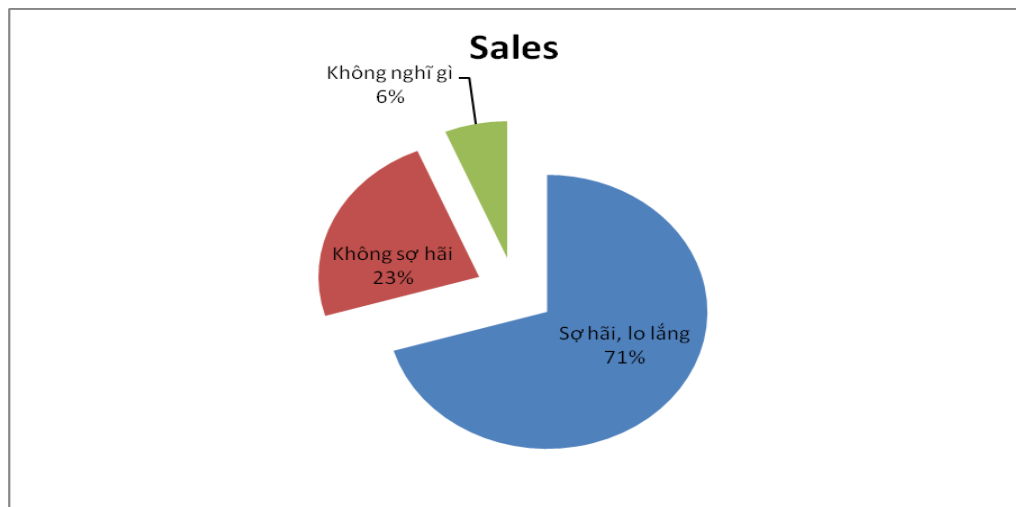
**Diagram 5.** Status Of Management and Training of Talented Sports Athletes (N = 291)

The process of practicing "Optimistic" athletes about their future 50.5%, Worrying "about their future 42%, Don't think anything" about their future 7.5% (Diagram 6).



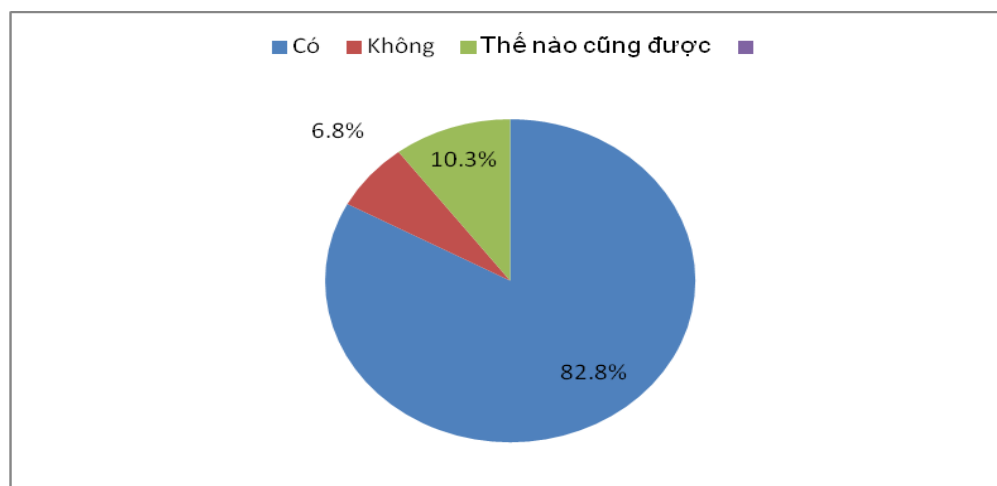
**Diagram 6.** Thinking Of Talented Sports Athletes About the Future (N = 291)

Injuries in sports do not scare athletes 23.3%, Fear 70.4%, not think 6.3% (diagram 7).



**Diagram 7.** Feeling Of Talented Sports Athlete on Training Injury (N = 291)

Of the 291 athletes asked, 97.2% wanted to go abroad to practice and compete, only 2.8% did not want to go abroad, and 82.8% of athletes wanted to practice with Any foreign expert, 17.1%, is fine or does not want to practice with a foreign expert (diagram 8).



**Diagram 8.** Athlete's Thoughts on Training with Foreign Experts (N = 291)

In 2017, the Sport Administration Department convened a training of 2,104 turns of athletes, (847 youth team athletes) to prepare to attend the 29th SEA Games, Asian Indoor and Martial Arts Games. in Turkmenistan and other international sports festivals and tournaments. The athletes of 32 key sports identified in Vietnam sports development strategy are regularly trained and focused all year. In addition to some of the above basic issues, 100% of talented athletes want to: Need more time in learning culture; more recovered treatments, more care about the athletes' life, increased wages because currently compared to prices, external costs, the wages of athletes are very low, looking forward to receiving money on time, more equipment, training instruments (repairing machines, engraving equipment in the room and adding fans in the summer), create conditions for going to school during the tournament, instead change in athletes' uniforms at the center, improved sports clothes on aesthetic as well as quality form, need training bullets, have a remuneration regime after the athletes are out of age or unable to ability to participate in training and competition due to injuries, need to be more concerned about accommodation, living and competition practice, increase training eating and drinking (at present, it is often the case when going back to the end of food), needing a long time to practice, 6 months or 1 year as currently is very difficult to develop, inappropriate, need to organize a tournament More competitions in the country so that athletes have more opportunities to compete abroad to open their eyes, plan to train in the country and abroad for a long time to improve capacity and desire. be rubbed against other teams more ...

### CONCLUDE:

The research process has achieved the following results:

1. Identify the grassroots network participating in the selection and training of sports athletes today.
2. Capture the process of selecting and training athletes including 03 stages similar to countries in the region and the world is: Prepare preliminary sports; Initial sports specialization and Deep perfection.
3. Evaluate the status of training and competition of national team athletes.

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