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III. Conclusion, recommendations.

1. Conclusion: For students of the University of Mining and Geology, when first learning the technique of low front hand serve, correctly identifying the basic weaknesses and causes affecting the ability to perform that technique is an important basis for finding solutions to improve training efficiency.

Performing supplementary exercises and technical exercises plays a particularly important role in helping players quickly improve their high-handed serving skills in volleyball.

2. Recommendations.

Through the results of the report, it is recommended that volleyball teachers can continue to apply the above exercises to new volleyball students to increase learning efficiency, gain experience and further confirm the effectiveness of the selected exercises.

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Nguyen Huy Thong

Ha Noi University of Mining and Geology

OVERCOMING COMMON MISTAKES OF STUDENTS OF THE UNIVERSITY OF MINING AND GEOLOGY WHEN PERFORMING SHORT RUNNING TECHNIQUES

Summary

Based on the common mistakes of students of the University of Mining and Geology when performing short running techniques, the author has proposed methods to overcome those mistakes for students of the University of Mining and Geology.

Keywords:

correct mistakes when performing short running techniques.

I. Problem statement

Short-distance running is a basic content in the Physical Education curriculum of many levels and schools as prescribed by the Ministry of Education and Training. Through the practice of teaching short-distance running techniques to students at my school, I have noticed that when performing the techniques, some students often make basic mistakes that affect their short-distance running performance. Within the scope of this report, I have provided students with additional short-distance running techniques and measures to improve their short-distance running performance through the Report:

(Overcoming common mistakes of students of the University of Mining and Geology when

performing short running techniques)

II. Report content.

II.1. 2. Short distance running technique (4 stages).

2.1. Departure:

2.1.1. How to close the pedal (3 basic ways)

a. *Normal way*: The front pedal is 1 - 1.5 feet away from the starting line. The back pedal is 1 shin (almost 2 feet) away from the front pedal.

b. *"Stretching" method*: The practitioner moves the front pedal back so that the distance between the 2 pedals is only 1 foot or less. The distance from the front pedal to the starting line is almost 2 feet (this distance is stretched).

c. *"Closer" method*: The practitioner moves the back pedal forward, keeping the front pedal the same so that the distance between the two pedals is only 1 foot or less. The distance from the back pedal to the starting line has been made closer.

Placing the 2 pedals close together ensures simultaneous effort from both legs when starting to run, creating greater acceleration in the first steps. The angle of inclination of the front pedal rest is 45 - 50°, the rear pedal rest is 60 - 80°.

2.1.2. Starting technique:

a. *Command "on the spot"*: The practitioner moves forward 2 pedals, sits down, and puts both hands on the starting line. Next, place the feet on the front pedals and then the back pedals, put the back knee on the running track, then bring both hands back and place them close to the starting line, with the thumb and the remaining fingers together to form an arch. Stretch both arms straight, resting on the running track shoulder-width apart. Upper body, head straight. Body weight is evenly distributed between the two hands, the front supporting leg, and the back knee.

b. *The command "ready"*: The practitioner stretches his legs, the back knee separates from the road surface, causing the center of gravity to move up and forward. At this time, the projection of the center of gravity on the ground must be 15 - 20cm from the starting line. The body weight is placed on the 2 hands and the front support leg, the two shoe soles are close to the pedal support surface, the hips are raised 10 - 20cm higher than the shoulders, the two calves are almost parallel to each other. The optimal angle between the thigh and the calves of the front leg is about 92 - 105 °, the back leg is about 115 - 138 °, the upper body and the thigh of the front leg is 19 - 23 °.

c. *The command "run" (or other starting signal)*: The practitioner pushes both feet hard against the pedals to create great pressure to push the body forward quickly, the arms swing quickly, and the pedaling time is very short.

2.2. Running after starting:

To achieve high performance in sprinting, it is important to quickly reach near maximum speed in the dash at the start. The correct and fast execution of the running steps from the start depends on the body's pitch at an acute angle to the road surface. The first step is completed by straightening the back leg away from the front pedal and simultaneously raising the thigh of the other leg, then actively lowering the leg down - back and turning into a strong back kick. The faster this movement is performed, the faster and stronger the next back kick will be. Along with increasing speed, the upper body tilt gradually decreases to switch to mid-distance running starting from the 25th - 30th meter, when reaching 90 - 95% of the maximum speed. At any level and age, in the first second, the athlete needs to reach 55% of the maximum speed, in the second second - 76%, in the third second - 91%, in the fourth second - 95% and in the fifth second - 99%.

2.3. Interval running:

When reaching the highest speed, the athlete's upper body leans slightly forward (72 - 78 °). When

kicking back, the upper body tilt increases, but during the flight phase it decreases. During this phase, running steps are often uneven because the strong leg's step is often longer, so it is necessary to develop the strength of the weak leg muscles. When running, the toes need to be pointed straight forward, otherwise it will negatively affect the efficiency of kicking back. The arms are bent at the elbow joint, swinging strongly forward - backward in accordance with the running rhythm. The arms swing forward are slightly inward, and when swinging back, they are outward. The angle of the elbow joint when swinging the arms forward is much bent, when swinging down - backward, it is slightly extended.

2.4. Finish:

The race is over when the athlete touches the vertical plane passing the finish line with his upper body. In the last step, the athlete needs to bend his upper body suddenly forward to touch his chest to the finish line. This is called "chest swing". If he bends his body and turns at the same time so that one shoulder touches the finish line, it is called "shoulder swing". For beginners, the technique is not good, so they should run across the finish line at full speed, without needing to perform the movement of hitting the finish line.

II.2. Common mistakes, causes and solutions

Common mistakes	The reason people make mistakes	how to fix
Starting Phase		
- Incorrect starting position, incorrect distance between front and back feet and starting line. Body posture, hips, shoulders, front and back foot angles are not appropriate.	Incorrect preparation posture is due to lack of concentration during the learning process, poor ability to imitate movements and form movement symbols in the student's mind.	- The teacher divided the students into groups that did not perform the preparatory posture correctly. - Demonstrate and correct movements in groups (4 students/group) 3-5 times
Post-start sprint phase		
The front and back pedals have inconsistent coordination of force, the body angle with the ground is a bit high in the first few meters (>75 degrees),	Not yet proficient in performing additional exercises. Poor coordination of movements.	Have students perform arm swings on the spot (body angle forward 45 - 60 degrees). Divide into groups of 3-5 students to practice the back kick technique (run 20m back kick 4-6 times)
Running between intervals		
Interval running speed is not high (not achieving overall results),	Student's physical strength is still weak.	Increase the running distance for students at the end of each class (800m for men, 500m for women), combined with relaxation.
Arm swing is not in the correct front-back direction, shoulder swing is often stiff, body angle is high (when running, body leans back), low step frequency.	Poor coordination of hand, foot and body movements.	Perform in groups of 5-10 students (run with high thighs in place, hands touching the wall, body 45-60 degrees) Have students perform arm swings on the spot (body angle forward 45 - 60 degrees).
Finishing phase		
Running closer to the finish line usually slows down.	Wrong view about speed (only think about running the distance)	The teacher emphasizes the speed at the finish line (requires students to run longer than the specified distance)

III. Conclusion, recommendations

Opposite to In the process of teaching basic short-distance running techniques, it is absolutely necessary to detect the mistakes of the trainees and choose exercises and methods to correct those mistakes. Only then can we improve the quality of teaching as well as learning of students with this technique.

Through the practice of teaching students at the University of Mining and Geology combined with reading and analyzing documents, I have found the basic mistakes that students at the University of Mining

and Geology often make when performing short-distance running techniques during the short-distance running course. From those causes, I have proposed specific measures and exercises to overcome those mistakes.

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