Research on Current Situation and Countermeasure of Badminton Team in Wuhan Sports School

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Abstract. Badminton is a sport that our people love very much at present. Badminton is simple and easy to use. Compared with basketball, football and other sports, the requirement of physical fitness is relatively small, because the atmosphere of badminton in our country is very hot. China is also a world power in badminton. Our athletes have won many championships in world competitions. In recent Olympic Games, Chinese badminton ranks first in the gold medal list. The level of badminton in Wuhan is very high in our country, and many world champions have been trained. The badminton level of a regional youth sports school determines the future development of badminton theory and direction, and is also a reserve badminton talent. This paper studies the current situation of badminton development in Wuhan Sports School, and puts forward some suggestions for the development of badminton in Wuhan.

Present Situation of Junior Badminton Team in Wuhan Sports School

Current Training Situation of Junior Team Athletes

According to the investigation, there are 45 young badminton players in Wuhan Sports School, including 33 male athletes and 12 female athletes. The training of young badminton players is still in accordance with the traditional training mode from spare-time sports schools to professional sports teams. The selection and training of athletes are basically based on Wuhan Sports School, receiving full-time training and learning in a semi-closed environment, and enjoying the salary and subsidies of the state. During the period of athletes' active service, professional training is arranged by coaches according to the specific conditions of sports teams. The study of cultural courses relies on the internal teaching of sports schools, but they are basically based on professional training. During the period of their study in sports schools, if their professional skills are high, they will have the opportunity to be selected into the national team, the National Youth team, the national youth team or the provincial team to continue their athletic career. After graduation, other athletes will choose to enter the University for further study, or enter the society for self-employment.

Echelon Culture Structure

Year-old Structure and Material Selection. According to the investigation, the members of the badminton juvenile team in Wuhan Sports School are between 10 and 18 years old. At present, there are 45 young badminton players, the ratio of male to female is 3:1. Because of various reasons, the selection and training of athletes are affected by many factors.

Echelon Construction Model. (1) Carry out spare-time training, cultivate autonomous transport into provincial teams;
(2) Selecting talents from provinces and municipalities all over the country.

Basic Conditions of Coaches

According to the survey, the basic situation of Badminton Coaches in Wuhan Sports School is as follows:
Table 1. Basic conditions of badminton Junior Team Coaches in Wuhan sports school.

| Age | total number of people | gender | educational background | professional title | professional training experience |
|-----|------------------------|--------|------------------------|--------------------|-------------------------------|
| 23  | 1                      | man    | undergraduate course   | Junior coach       | Wuhan badminton team         |
| 24  | 1                      | women  | undergraduate course   | Junior coach       | Guangdong badminton team     |
| 27  | 1                      | man    | undergraduate course   | Junior coach       | China badminton team          |
| 22  | 1                      | women  | undergraduate course   | Junior coach       | Wuhan badminton team         |
| ALL | 4                      |        |                        |                    |                               |

The survey results show that the age structure of the existing four coaches in Wuhan sports school's youth badminton team is younger, indicating that the coach team is very young, with a reasonable number and age structure, a moderate educational level and a slight shortage of professional titles. Although the advantage of young coaches lies in their ability to accept new things quickly, lack of work experience is their greatest deficiency. According to some data, the best age group for coaches is 40 - 50 years old. The ideal age structure for coaches should be a combination of old, middle and young people, with middle age as the main factor. Such a coach team can not only give full play to the advantages of young coaches in accepting new things, but also solve the problem of the alternation of old and new coaches, ensuring the inheritance and relative stability of coach groups, and can also maintain the best functional status of coach groups to a certain extent.

Training Conditions

Hardware Facilities. According to the survey, there are currently 17 professional badminton training venues in Wuhan sports school in terms of hardware facilities, and the equipment for strength training is complete, with all kinds of small strength training equipment and relatively perfect hardware facilities.

Software Facilities. In terms of software facilities, at present, the four coaches of badminton team in Wuhan sports school are young junior coaches with undergraduate education level. The theoretical basis of the coaches is superior to that of the older coaches, but they will be slightly inferior to the old coaches in terms of teaching experience, training methods and training methods, etc. all of which are in line with the development characteristics of modern badminton. On the basis of inheriting the traditional training methods and combining innovation, they will train according to the characteristics of badminton junior team.

Athletes' Learning, Training and Practice

Main Training Directions

Coaches give priority to training young badminton teams in basic skills, competition awareness and physical quality including speed, flexibility, endurance and explosive force. Coaches basically train athletes according to what they have trained.

Main Training Methods

The main training methods adopted are repetition training, decomposition training, imitation training, game training, intermittent training and multi-ball training.

Main Physical Fitness Training Contents

The training content of the youth badminton team in Wuhan sports school is mainly the training of endurance quality, strength quality, speed quality and strength of upper and lower limbs. The main means used are full squat, horizontal push, quick push and high turn of barbells of different grades.
The 400 meter sprint was × 5 with one minute interval in each group. Complete 4km endurance run in less than 20 minutes; Complete 3000 double-shaking rope skipping in 15 minutes.

Conclusions and recommendations

Conclusion

Training Mechanism Needs to Be Improved. The echelon structure and age structure of the badminton junior team of Wuhan sports school are reasonable, but due to the long-term "contradiction" between training and learning, the study of the junior team's cultural courses has not been paid attention to, objectively speaking, there is also a lack of certain teachers and teaching conditions, athletes' cultural knowledge learning time cannot be guaranteed, and their cultural level is generally not high. Only a small number of outstanding athletes can continue their career after graduation, while most athletes will choose to enter university or seek their own occupation with age and injury, but in a modern society, the lack of cultural knowledge will cause great troubles for them to adapt to society. And affected by many aspects, the reserve force is insufficient, the overall level needs to be improved, and the training mechanism for the young badminton team needs to be improved.

The Composition of Coaches is not Reasonable Enough. The four coaches have good academic level and professional training experience, but the team is too young and the coaches' age match is unreasonable. They are all junior coaches and lack of teaching experience.

Training Conditions Meet Basic Training Requirements. Wuhan sports school badminton hardware training conditions can basically meet the needs of the youth team, but for the training of the youth badminton team, strength training should not be carried out too much, besides basic strength training and technical training, attention should also be paid to the training of athletes' interests.

Training Methods Need to be Improved. Coaches focus on training young badminton team players in basic skills, competition awareness and physical quality. The training methods are not rich and diversified, and lack of comprehensive and unified training plan is not conducive to the all-round development of young badminton team players.

Recommendations

Improve the Concept of Running a School and Optimize the Echelon Construction. As with most amateur sports schools, the training mechanism of Wuhan sports schools has some problems, such as insufficient cultural background of athletes, high elimination rate of competitive sports, difficult employment after athletes retire, and lack of teachers, resulting in insufficient number of reserve talents, incomplete development, and shrinking of the number of students in the training team. As a teenager is the best time to learn knowledge, it is suggested that it cooperate with ordinary schools around it, strengthen the cultural study of badminton youth teams in sports schools, train all-round development talents, and rationally lay out the age structure to optimize the echelon construction of badminton teams. For the training of reserve talents, it is suggested that attention should be paid to the essence of competitive sports, give full play to the "leverage" role of competitive games, and select outstanding reserve talents by testing the training effect.

Strive to Strengthen the Training and Construction of Coaches. The coaches of the juvenile badminton team in Wuhan sports school are a young team with moderate educational background and strong professional and technical level, which has great advantages in accepting new things, but at the same time, because of their youth and lack of teaching experience, their teaching ability needs to be further strengthened. It is suggested that the coaches strengthen their professional ability level, understand the frontier dynamics of the discipline in time, summarize and reflect on problems arising in the training process in time, and consult with coaches with rich teaching experience.

Strengthen Scientific Research and Investment in Basic Training Facilities. The basic training of amateur sports schools is the foundation of the "pyramid" of competitive sports
development. Only when the foundation is solid and stable can the upper level stand up. It is suggested that the sports school strengthen the investment in basic training facilities, reasonably allocate the infrastructure construction of each training, and strengthen the scientific research efforts of internal institutions in order to make the training methods and training methods of the youth badminton team more scientific and systematic.

**Adopt Diversified Training Methods.** Badminton training methods are various, but not all training methods are suitable for the youth team. The coaches of the badminton team in Wuhan Sports School mainly pay attention to the training of basic skills, competition awareness and physical quality, and the training methods are rather adult. Therefore, it is suggested that coaches should not only focus on strength and thought for the training direction of young badminton team, but also pay attention to the cultivation of young badminton interest, which is the best teacher. As a teenager, children's basic skills are not firm, their attention cannot be focused for a long time, and monotonous and repeated training tends to produce resistance. Therefore, it is suggested that coaches should adopt more scientific training methods and diversified training contents according to their age characteristics, so as to improve the excitement of athletes and prevent training from becoming too adult. Too much strength training and too much competition are not conducive to the development of athletes themselves and the maturity of sports skills.

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