



Talk About the Application of the Three from One Training Principle in Badminton Training

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Abstract: The "three from one" training principle is based on the training guidelines put forward by China's sports workers in the long-term sports training practice, and plays a role in promoting China's competitive sports training. China's sports competition ability continues to improve, and the comprehensive quality of athletes themselves is also constantly strengthened, so there are many athletes who enter colleges and universities through high-level sports teams or single-move examinations. This paper uses the literature method and logical analysis method to study the application of the "three from one" training principle in badminton training, and analyzes the badminton training according to my preparation for the single move exam.

Keywords: three from one; badminton training; Training principles

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I. INTRODUCTION

The training principles of "three from one" include: difficulty, strictness, starting from actual combat, and large-scale sports training, which play an important role in China's competitive sports training. Badminton is a popular competitive sport that is widely popular in our country and involves a large number of people. The "three from one" training principle allows coaches to arrange training reasonably, athletes can effectively avoid injuries and diseases, and quickly improve sports performance. Reasonably combining training theory with practice can enrich the training system of badminton and provide a scientific theoretical reference for athletes and coaches in training.

II. RESESRCH METHODS

2.1 Documentation Act

By consulting CNKI, Wanfang Database and other resources, search for key words such as "three from one" and "badminton" to obtain relevant research materials.

2.2 Logical analysis

Through the logical analysis, induction and summary of the relevant data consulted and collected, it provides information for badminton training based on the "three from one" training principle.

III. RESESRCH RESULTS

When using the "three from one" training principle for training, it is necessary to improve the quality and training effect of training, and at the same time need to adjust reasonable training methods according to the athletes. The purpose of athletic training is competition, so starting from actual combat is the key to training principles. The "three from one" training principle is the theoretical basis of practical training, and it is necessary to combine the training content, load and plan to reflect the "three from one" training principle in badminton training.

Sun Yifei pointed out in "Analysis of the Principles of Physical Training of Basketball Youth in "Three from One" that China's basketball players have made a large number of mistakes due to physical decline in competition. The importance of being able to quickly improve physical fitness and physical training during adolescence was raised. Using the training principle of "three from one", coaches should clarify the training content and carry out scientific physical training deployment.

Zhong Bingshu and Li Shaodan pointed out in "Adhering to the Scientific Outlook on Development and Deeply Understanding the Training Principle of "Three from One" that I have many injuries and illnesses among high-level athletes, and the training principle of "three from one" can provide a scientific guidance for training. Scientific and reasonable training can prevent injuries and diseases and effectively improve training performance.

Zhang Kaiying and Chang Weijie proposed in "Re-understanding the Training Principles of "Three from One" and Its Application in Badminton Training" that "Three from One" can improve the quality and efficiency of training in badminton training. It is said that the training principle of "three from one" is the guarantee of training theory, and it has a guiding role in the development and improvement of badminton in China on the basis of theory and practice.

3.1 Application of the principle of "difficulty" in badminton training

3.1.1 "Difficulty" means that the physical training of athletes should be difficult

Physical training includes strength, speed, endurance, agility, flexibility, of which strength training is the basic, and maximum strength is the guarantee of strength. In my training with the provincial team, I have strength training twice a week, combining general and special training. First train the maximum strength, then practice the fast strength, and finally combine the special strength endurance training, which will require the intensity of the training through timing training. There are endurance training in the track and field twice a week, once is a 200-meter and 400-meter sprint run, training instant explosiveness; One is a 4,000-meter run, training general endurance; In training, combine full-field running, moving footwork, skipping rope, etc. to improve the endurance and speed of the specialty. Physical fitness plays a key role in badminton training, in the batting, the movement of the step will have an impact, strengthening physical training can reduce the athlete's own active mistakes in the game. For me in the preparation training, the physical training will be mainly strengthened in the early stage, and the appropriate amount of training will be maintained in the later stage.

3.1.2 "Difficulty" means that the athlete's technical training should be difficult

The technique will be different according to different projects, mainly divided into singles and doubles techniques. In my singles training, I mainly arrange one-on-one and one-on-two training content. One-on-one is mainly a combination of ball handling techniques and footwork in training, and at the same time, it also has certain requirements for the endurance of athletes; One-on-two is mainly two people playing one person, strengthening the opponent's ability and improving a person's ability to handle difficult balls when facing a more capable opponent. When training technology, improve the requirements for athletes, expand the running range of athletes, and improve the accuracy and stability of technical completion. Stable technique allows athletes to play some difficult balls in badminton, creating difficulties for opponents and providing opportunities for themselves to score.

3.1.3 "Difficulty" means that the athlete's tactical training should be difficult

Tactical training is divided into confrontational competition and tactical awareness training. At the end of each training, a confrontation competition will be held, which is not only a comprehensive application of testing techniques, but also simulating different opponents and playing styles to maintain the athletes' competitive ability. Make it more difficult for athletes in training, and face strong opponents in the competition to perform at the level of training performance.

3.2 Application of the principle of "strictness" in badminton training

3.2.1 "Strict" means that the training requirements should be strict

The training requirements include the management of the training team personnel and the establishment of a good team spirit. It is necessary to train rigorously, and be meticulous about every training, every movement, every relaxation, and every aerobic exercise. Strict team style has a certain impact on the performance of the training team. In provincial team training, coaches will ask to hand in their mobile phones before training, which is a management method for athletes to lure in mobile phones, so that athletes can concentrate on training; Strictly require training time, learn to be punctual, if you overtime will receive a certain penalty in the actual game check you need to watch the game time, and missing the specified time will lead to direct abstention. The above regulations are all to achieve the best training effect and improve the quality of training.

3.2.2 "Strict" means that the training arrangements should be strict

The training plan and time arrangement should be rigorous and rigorous, and by organizing each training content, we will get more training effects than others in the same time. On the contrary, if we cannot practice as required, it is just a waste of time and will not help us in any way to change our body. Badminton is a small ball

sport, which needs to maintain the feel and ball feeling, so the arrangement needs to be stipulated. The training plan is adjusted every day according to the preparation period and training effect. In provincial teams, after three high- or medium-intensity training sessions per week, there is an adjustment to allow the athletes to relax and maintain the feeling of training, usually on Tuesday and Thursday afternoons. The athlete's body can adapt to the training period of each time so that it can perform at its own level during the competition.

3.3 Application of the principle of "starting from actual combat" in badminton training

The purpose of athletic training is to compete, so it is most important when starting from actual combat. In the provincial team, there is a team round-robin at the end of each week, where athletes can stay competitive and can exercise their mental qualities to deal with different situations in the game. Actual combat is the most suitable training for actual competitions, and it is also the best way to test the training results of athletes, stimulate athletes' desire to win or lose during the competition, enhance the psychological pressure resistance of athletes to a certain extent, and prepare for official competitions. Before training, you need to fully understand every detail of your body, and then scientifically formulate a training plan for each stage. Be sure to start from your actual situation and do not blindly start the practice. Only those who understand what they have to do and can really do it are likely to bring a strong body through fitness.

3.4 Application of the principle of "large amount of exercise" in badminton training

Large amount of exercise is the most controversial in this principle, in training will pay attention to "hardship", when tired to continue to adhere to the completion of technical movements, and large amount of exercise will also make athletes become very tired, resulting in easy injuries when completing movements. In the early training, in order to improve physical fitness and maintain the basic reserve of physical fitness, the amount of exercise will be increased; In the later training, the coach adjusted the training load according to my level, and kept my movements without deformation and high completion while reaching the amount of exercise. In terms of time control of training, coaches should strictly adjust the number of training, load, time, etc. according to the physical condition of the athlete on the day. Moreover, long-term high-intensity exercise can easily lead to a decrease in the body's immunity, which is not good for the athlete's body. Therefore, large-scale exercise training requires scientific and effective medical supervision to ensure the safety of training, and at the same time can improve the function of various organs and systems of the human body at a certain time, stimulate muscle growth, and break through their own limits.

IV. CONCLUSION

As the guiding ideology of China's training, the training principle of "three from one" has achieved remarkable results after practice, and the level and systematization of training are more prominent, which can not only improve the training level with high quality, but also scientifically and effectively prevent injuries and diseases. When we purposefully start demanding ourselves, we will find that we have a training program. We will have different training goals at different times. This is not imposed on you by anyone, but an instinct, another pursuit and desire for life through the stage of fitness, a high-quality life state. Therefore, when we face training, we must constantly break through the difficulties and impact to a higher goal.

In training, we must always adhere to the difficulty, strictness, and actual combat, and strictly adjust the load, quantity and time of training according to our own level and the preparation cycle of the competition, instead of blindly insisting on large-scale exercise training. Coaches should formulate appropriate training plans and training methods, fully mobilize the physical functions of athletes, and strictly formulate the regulations of the training team to achieve the best training results; Athletes should follow the coach's plan arranged in training, communicate with the coach more, abide by the rules of the training team, and combine relaxation therapy and nutritional supplements after training.

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