

Development trend of dragon boat athletes' physical fitness training and innovation of training system

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Abstract. at present, dragon boat sport has attracted extensive attention all over the world, and has developed from traditional national sports to competitive sports. Physical fitness training is an important training content of Dragon Boat Sports, which directly affects the level of dragon boat athletes in the process of competition. Speed training, endurance training and flexibility training are the important contents of dragon boat athletes' physical training. The construction of the physical training innovation system of dragon boat athletes mainly includes two parts: setting up scientific and specialized training module and strengthening the professional quality construction of dragon boat training team.

Dragon boat sport is a traditional Chinese folk sports entertainment project, which originated in the Han Dynasty, and then prevailed in East Asia and Southeast Asia, becoming a popular folk activity. Historical records, Tang, song, yuan, Ming and Qing dynasties emperor has a water view of dragon boat entertainment. Visible, dragon boat racing in the palace or folk, people's lives add a wealth of fun. With the change of the times, the dragon boat race is constantly improved according to the environment, customs, entertainment and other factors, so that this activity keeps pace with the times and continues to develop. Dragon boat racing has gradually become a modern sports competition with systematic rules from the initial pure ceremony or entertainment form. In Dragon Boat Sports, scientific and effective training system can make athletes have excellent physical ability, can play well in the game. At the same time, this training system is constantly developing and innovating according to the change of athletes' physical fitness and sports rules, so as to promote the competitive level of Dragon Boat Sports effectively.

1. Physical fitness demand of Dragon Boat Sports

Dragon Boat Sports are both ornamental and competitive, and require extremely high physical fitness and other aspects of dragon boat athletes. According to the standard, Dragon Boat athletes should be well proportioned and of moderate weight. Too fat, too thin or too high or too short will have an adverse effect on the overall coordination of movements and rhythm. In addition, the key factor to win the arms length is dragon boat movement, with the water depth of it and the whole team into the water in the process of the oars have played a very important role. Dragon Boat Sport has the characteristics of high intensity and high energy consumption, which requires the Dragon Boat athletes to achieve certain standards in vital capacity, heart function, upper limb and waist and abdomen strength. In the race, starting at the starting point and the process beyond such action need good muscle explosive force and endurance athletes should pay attention to the muscle part of dragon boat training in peacetime training, to ensure that in sports competition can be normal or abnormal play. In summary, Dragon Boat athletes should have excellent physical quality, and make a team of each athlete weight difference as far as possible, this will make the greatest athletes to

show their strength in the game.

2. Development trend of dragon boat athletes' physical fitness training

With the deep integration of physical training in dragon boat race, the development of physical fitness training has become a key factor to promote the development of dragon boat sports. In order to pursue the goal of higher, faster and stronger competitive sports, the methods and means of physical training should also be improved and brought forth new ideas. For example, functional training into the Dragon Boat Sport routine, mainly concentrated in the vibration training, suspension training, proprioception training, core strength training, balance training and other aspects of the dragon, the physical quality of the athletes to improve the effect of very large. At present, the physical training of dragon boat athletes in China is still facing the main problems, such as insufficient attention, less training time and lack of training means. So, in the physical demands of the modern dragon boat competition more and more strong, more need to use physical training system and mode of scientific and effective use of scientific equipment and technical means to ensure the physical scientific training, the development of Dragon Boat Sports can have a better day after

3. The important content of dragon boat athlete's physical training

Dragon Boat sports require a high standard of physical fitness for athletes, so in the process of training, they should be careful and meticulous. Dragon Boat athletes physical training can be divided into speed training, endurance training, flexibility training and other training parts, each aspect of training will play an important role in improving athletes' physical fitness and physical quality.

(1) Speed training

Dragon Boat athletes need to combine the maximum strength, speed, movement technique and special speed together, and train them with comprehensive technical movements at the same time. Three. In addition, the reaction speed should be trained. In a word, the speed training can help to improve the effective competition in the sliding paddle frequency, shorten the reaction time of each link, to increase the fluency of cohesion, improve the movement frequency per time, shorten the completion time.

(2) Endurance training

Dragon Boat athletes need good endurance qualities. Endurance is simply the ability to combat fatigue, which can generally be divided into general endurance and special endurance. General endurance refers to the integration of the functions of various organs and organs of athletes, and is the basis of special endurance. Special endurance is the ability of the athletes to mobilize their ability and ability to overcome the fatigue caused by the special load in order to obtain the special results, that is to say, to complete the endurance of the Dragon Boat race.

(3) Flexibility training

Dragon Boat Sports also have certain requirements for the athletes' flexibility. Flexible quality is expressed by the rotation of a joint according to a certain axis of motion, which is divided into general flexibility and special flexibility. Generally refers to the flexibility to adapt to the needs of the general development of skills and flexibility, suitable for all projects; special flexibility refers to the special needs of special movement flexibility is essential for development of special motor skill.

4. Dragon Boat athletes' physical training innovation system

(1) Constructing scientific and specialized training modules

Physical fitness training is the core content of dragon boat training. The scientific and specialized dragon boat training is an important way to improve the competitive level of dragon boat race. With the rapid development of the dragon boat movement in recent years, the fierce competition of dragon boat sports field is increasing, which has improved the physical fitness requirements of

dragon boat athletes. Therefore, the scientific and professional physical training is the important content of the Dragon Boat athletes to improve the level of competition. According to the competitive characteristics of Dragon Boat Sports, its athletes' physical training can be roughly divided into two parts: land training and water training. In the process of specialized physical training, we should design and plan according to the athletes' quality and function needed in the competitive sports, and ultimately achieve the physical fitness of dragon boat athletes. In the process of training, to emphasize the musculoskeletal system, including the energy metabolism system and the nervous system of the body, the function of scientific training, on the other hand to emphasize professional physical training of special strength quality, special speed quality, endurance quality, special flexibility quality and special sensitive quality. Through professional physical training can make dragon boat athletes achieve coordinated development, and ultimately achieve excellent results.

(2) Strengthening the professional quality construction of dragon boat training team

Dragon Boat Sport, as a traditional national sport, has a long history, but with the development of this sport, dragon boat sport has become a worldwide competitive sport. However, in China, the development of competitive dragon boat sport is relatively short, and the composition of specialized dragon boat training team is mostly composed of local traditional dragon boat athletes. In this process, although they have rich game experience, but in theory, the technical level is still relatively backward, coaches coaching philosophy and the new theory of innovation in the course of training, the new technology of master degree is not enough, to a certain extent restricts the development of China's competitive dragon boat race. Therefore, today, with the rapid development of science and technology, it is an important way for the development of competitive dragon boat movement to train the modern and innovative high quality dragon boat coaches. In the process of training professional trainer team, on the one hand to use "please come in" and "going out development mode" in strengthening professional knowledge at the same time, the dragon boat sport field is more prominent in the development of core technology into the daily training. On the other hand, actively organize the Dragon Boat Sport Coaches professional training and professional learning exchange forum, the domestic and foreign advanced training technology applied in the teaching process, to achieve the Dragon Boat Sport Coaches professional quality and enhance the strength and lay the foundation for the Dragon Boat training.

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