

Analysis of the Nordic Fashion Sport Floorball Introduced into College Physical Education

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Abstract—Floorball is not only a new sport, but also a comprehensive group international sport. The development of Floorball in colleges and universities in China is just in its infancy. By using literature review and field visits and training methods, this paper studies the introduction of this new sport into physical education in colleges and universities, focusing on the current high level. The present situation and existing problems of physical education teaching in Colleges and universities, as well as the characteristics of Floorball, are introduced into the university campus for analysis of its sports value and advantages. The teaching reform ideas and some pertinent teaching suggestions of Floorball in colleges and universities are put forward in order to better promote and develop Floorball in colleges and universities. It is expected to provide some practical reference value for Floorball and attract more teachers and students and other groups to participate in this new sport.

Keywords—Floorball, College physical education, Teaching suggestions

I. INTRODUCTION

Floorball, also known as "Fule Ball", is a new international sport and a fashionable sport in Nordic. It is shown in the form of team competition. By fully displaying individual skills and tactics, team cooperation and physical fitness, the players can attack the ball into the opponent's door, which is an effective service. Exhibition of physical fitness, technical skills, but also can fully reflect the youth vitality, positive upward, teamwork of comprehensive group sports. China Floorball Federation and China Floorball Development Center adopt a win-win development model. Meanwhile, Floorball clubs selectively adopt creditor's rights, external, long-term and short-term financing models, raise funds from various aspects, and continue to expand the domestic market, regularly organize training courses for coaches and referees, and promote project expansion and promotion. It will enrich the outdoor sports culture and promote the national fitness campaign. Its introduction is simple, easy to use, rich in fancy play, and rich in tactical cooperation, so it is highly sought after by young people [1-2]. Competition is divided into men's group, women's group or mixed group of men and women, with different age groups, the official competition each team has six players, including a goalkeeper [3]. Floorball has gradually entered the physical education curriculum of all kinds of schools because of the convenience of sports venues. Besides the regular indoor venues, grassland, sandy land and even cement land are all convenient places to carry out Floorball. At present, there are only several cities in China such as Beijing and Shanghai to carry out this sport. Our school is the first one to carry out Floorball in all colleges and universities in Zhejiang Province. It is the first school to introduce Floorball into physical education classroom teaching. This is an attempt of physical education curriculum reform and also a content of physical education curriculum. Innovation will become one of the characteristics of our college physical education curriculum.

II. THE CURRENT SITUATION AND PROBLEMS OF PHYSICAL EDUCATION IN COLLEGES

At present, the physical education courses in our colleges and universities mainly focus on the traditional three big balls, three small balls; yoga, martial arts, aerobics and other items, each item has its own characteristics, but also has its own shortcomings. There are some students in the physical education courses in Colleges and universities who are not interested in sports, and tend to be gentle, indoor and personal. The physical exercise of interested projects has limitations [3, 7-8].

1) Team cooperation: Basketball and football in the three major balls are fierce and interesting, but the technical and physical quality requirements are also higher. In addition, there are more girls in our school. There are not many people who like basketball and football. Yoga and aerobics are more suitable for girls to be liked by girls, but lack of competition is not suitable for boys. Most of the three small balls, yoga, martial arts, aerobics and other items are individual sports. There is little interaction among the players. There is a great lack of collective sense in teamwork and cooperation. Especially, most of the post-90s generations are only children. They are only seedlings in the eyes of their parents from an early age. They develop the habit of working alone and enjoying themselves. Badminton and table tennis Ball, yoga, aerobics and other individual events are relatively deficient in cultivating students' interpersonal communication, teamwork and collective sense of honor. Floorball from Nordic is a fashionable sport suitable for both men and women, young and old. It pays attention to the cooperation between players and players, and the integration of players and the whole. The competition is between the players and the opposing teams.

2) Interestingness and Participation: If you are interested in doing anything, you will do it actively, conscientiously and persistently, and you will do well. Because there are more girls and fewer boys in our school, and girls gradually become disinterested in sports after they go to high school and university. Nearly half of the girls are not interested in any sports, and a few students with poor physical fitness and low sports skills are disinterested in sports, because they differ greatly from other students

in physical fitness and sports skills. So I don't like to participate in sports.

The greatest feature of dry land is its strong interest, fierce competition, fast entry, regardless of the level of technical level can participate in, but also can be mixed with men and women competition, when students hold a club, there is a desire to try, to chase the ball to play. Even people who don't like sports can't help running and chasing, and love it for its fierce competition and fun.

3) The number of venues is limited: all sports are relatively limited by the venue, basketball must have a basketball court basketball rack in order to play and match, volleyball is the same, Aerobics in the physical room to accompany music. But Floorball is not restricted by the venue. It can be played on basketball courts, volleyball courts, lawns, plastic runways, cement fields and so on. The venue can be large or small, and the number of people can be large or small.

4) Exercise effect is better: at present, in the optional teaching of colleges and universities, due to the excessive subdivision, some items because of their own project characteristics, it is obvious that students' exercise intensity is not high, the amount of exercise is not large, the effect of exercise is not obvious, the competition is not fierce, the average heart rate and effective heart rate duration of the whole class cannot reach the physical education class.

Compared with other sports, the competition of Floorball is more intense, and the amount of sports and intensity are greater. The amount of 4 minutes in a game exceeds 1000 meters, and the amount of girls reaches 800 meters. And in the speed, sensitivity, endurance, reaction, hand, foot, eye and body coordination have a special exercise effect.

At present, most colleges and universities have not offered Floorball course, which is a popular fashion sport in Nordic countries. It is only carried out in Beijing and Shanghai and other major cities. Therefore, we should introduce Floorball into the classroom to explore and develop the schools that this fashion sport promotes among college students [4-6, 9].

III. ADVANTAGE ANALYSIS OF INTRODUCING FLOORBALL INTO COLLEGES' CLASSROOM

Let's know some characteristics of Floorball. Floorball is flexible and full of speed and passion, which is popular among popular people. The characteristics of Floorball are: (1) it is a new sport in China; (2) the participation cost is low, it only needs ordinary sports clothes, sports shoes and a single shot to participate in the sport; (3) it is a suitable activity for men and women, old and young, but mixed competition is the biggest feature of this sport; (4) The number of players on the court can vary according to the needs of sports; (5) the venue is not limited, whether indoor or outdoor venues, or sand, grass, cement can exercise; (6) easy to learn, 10 minutes of teaching can master the basic skills; (7) most of the impact on carbon fiber light clubs, hollow out light plastic. It is safe to avoid direct collision between the body and the body. (8) It is a team sport, which is more challenging, entertaining and interesting. So, Floorball, as a new and easy-to-use sport, is especially suitable for schools. Whether in kindergartens, primary and secondary schools or universities, it can be added to the physical education curriculum. The advantages of Floorball on colleges' campus are as follows [7-8].

1) the venue is easy to set up and the rules of the competition are simple and flexible. The equipment is less invested and only needs one club, one ball and two goals. The site is easy to find, as long as there is an open space, it can be wooden floor, plastic floor, parking lot, grassland, beach, cement and even mud. With less investment and strong feasibility, the campus infrastructure can meet the development of this sport. It is very simple and feasible. Compared with basketball and football, which need special venues and facilities, this sport has its unique advantages. In addition, the number of Floorball players can be changed, 3V3 or 5V5, each side can choose to add a goalkeeper (or no goalkeeper). The flexibility of personnel changes can effectively control the attendants, especially for young children, under the reasonable allocation of teachers, can fully mobilize their enthusiasm, in the solid. Changing the area does not delay the progress of the competition, so that every student can have the opportunity to participate in the competition.

2) fast entry and easy access to sports. There is no need for specific skills at the beginning. The rules are simple and easy to follow. Basically, it is clear that the rules need to be tried several times. In foreign countries, small to 5 or 6 years old, to more than 60 years old, basically everyone can play Floorball. Different age groups have different effects. Primary and secondary school students can fully exercise their running and jumping ability and the ability of flexible body control, which is very important for the healthy growth of a child. For senior students, the antagonistic and fast-paced atmosphere between teams is enough to mobilize their enthusiasm, so that they can quickly integrate into the Floorball.

3) strong organization and high safety. Floorball is a collective sport. It is very important for players to coordinate and cooperate with each other in the competition. The role of players in each position can be fully played only in the cooperation of the team. The importance of team cooperation in Floorball is fully reflected in both attack and defense. When attacking, players cooperate with each other by means of interpolation, coping, covering, passing and cutting, in accordance with the unified tactical requirements. And the importance of teamwork is more obvious in defense. Team cooperation is needed for team defense, complementary defense, and co-defense, pinch and so on.

4) the role of moral education is obvious and the mental health of students is promoted. Students can express their natural instincts, release bad emotions and pressures through competitions, and improve team cooperation ability and cultivate team consciousness through passing and receiving cooperation in Floorball. As a highly competitive competition, let students know that winning or losing is a routine matter, exercise their ability to resist setbacks, so as to maintain a positive and optimistic attitude towards life, experience the passion and happiness brought by the competition. Anti-frustration education is a very

important required course for children nowadays. After learning and training in Floorball, students can gain a greater positive impact on physiology and psychology. From the beginning of basic technical learning to the practice of confrontation on the field, the physical and mental qualities of participants are tested and exercised differently at every stage and level of learning. Through this long-term learning and exercise, students' courage, perseverance, willingness to struggle, unity and cooperation can be cultivated, and maturity can be formed. Steady and positive quality promotes students' mental health.

5) high entertainment value. In the course of competition, students can perform various technical movements. In teamwork, the completion of attack and defense again and again, so that athletes have a happy inner experience, and the audience can enjoy the beauty of watching the game, thereby increasing the love of this sport.

6) develop students' lifelong sports habits. The introduction of Floorball into physical education in Colleges and universities meets the basic requirements of "sports participation, sports skills, physical health, mental health and social adaptation". In Floorball, the main status of students is fully reflected. Each player performs his or her duties, cooperates with each other, plays his or her own power in sports, and actively invests in sports. The college students' consciousness of body-building is stronger; their consciousness of participating in physical exercise and the possibility of cultivating lifelong sports habits will get greater.

IV. IDEAS AND SUGGESTIONS FOR TEACHING REFORM

A. Floorball Teaching Reform Ideas.

Floorball is a fashionable sport popular in Nordic. It is a sport with strong interest, fierce competition, easy entry and low requirement for physical fitness and technical level of participants. However, it has a good effect on students' psychology, teamwork, cooperation with others and physical exercise in all aspects. In 2007, it was introduced into China, and now it is only carried out in Beijing, Shanghai and other major cities. Our school is the first school in Zhejiang Province to introduce Floorball into the classroom and promote it among college students. We are committed to introducing this new sport into our school's physical education curriculum, instead of sticking to traditional sports. Aim: Introduce new, good, attractive and helpful sports to students' psychological and physiological development boldly.

As this is a new sport, there is neither teaching material nor teaching training, which requires us to constantly collect all kinds of teaching materials and experience at home and abroad, combine with the problems we find in teaching to carry out reform and innovation, form a set of scientific, practical and comprehensive teaching reform experience, and summarize and summarize it, and rise to Theoretical courseware, micro class, teaching materials, etc.

B. Floorball Teaching Suggestions.

1) Coach training is the most important thing for Floorball to enter the campus. At present, there are some Floorball Coaches and referees training in several colleges and universities from time to time, but the relative scale is small and the time is short. Therefore, in order to launch this promising sport, more teachers need to participate in it and participate in teaching throughout the country. Training of trainers and referees and training more excellent coaches is also the most urgent task at present.

2) Open Floorball courses in the whole hospital, and gradually increase the number of classes and teachers of Floorball courses. Teachers often observe classroom teaching, exchange with each other, learn from each other's strengths, complement each other's weaknesses, and cooperate in division of labor. In exploring teaching methods, parallel class control teaching method is adopted to compare which method is more scientific, more reasonable and more suitable for the actual situation of students in our school. In view of the same teaching content, elaborate design of different teaching methods, different teaching methods, teaching in different classes, teaching effect comparison and comparison, analysis of advantages and disadvantages, select the most suitable teaching methods.

3) Try to combine classroom teaching with extracurricular sports associations and competitions. Taking the students who have learned Floorball physical education in class as the technical basis, tutoring other students who have not participated in Floorball courses, and holding the college Floorball league tournament in units of departments, to promote the improvement and popularization of Floorball technology, as well as to promote students' interest and love for Floorball. On this basis, a Floorball Club will be established, so that students who really like Floorball can have more opportunities to play Floorball, while doing extra-curricular physical exercises, students' sports skills and skills of Floorball have also been improved, their emotions and energies have been released, their psychology is healthier, and their teamwork spirit is stronger.

4) Floorball is a new sport with low popularity and inadequate publicity. Many people don't know about it at all. If we want to better promote it and attract the attention of teachers and students, we can hold some competitions or more public welfare activities of Floorball inside and outside schools as a push hand. Increase the audience and audience areas of Floorball.

V. CONCLUSIONS

It is feasible for colleges and universities to carry out Floorball, and it is also suitable for the development of campus sports culture and the needs of College Students' physical and mental development. Because our school is the first university in Zhejiang Province to introduce Floorball into colleges and universities, and is also the first university to offer Floorball courses, so in teaching we are learning while teaching while summing up experience while reforming, each progress is made in our teaching reform, each classroom teaching method design, practice. The arrangement of study contents is an innovation. In the process of

reform and innovation, we should constantly improve teaching methods and curriculum contents, so that this sport item with strong competitiveness, ornamentally and entertainment can be introduced into college physical education teaching, which can not only exercise students' body, enhance their will quality, but also cultivate them. Their sense of teamwork helps them to establish a correct outlook on life and values. I hope that with the strong support of schools and the effective organization of teachers, the charm of Floorball itself will attract the participation of students and become a truly promotional sport.

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