

Analysis on the Main Characteristics and Training Innovation of Modern Basketball Training

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Abstract—Modern basketball toward high-speed, high-altitude advantage, virtuosity, full and intense confrontation direction of development, and a team of high and low competitive level playing field or from the improvement and reflect the scientific level of exercise training. Our basketball in order to enter the ranks of the world's people, is worthy of scientific training, but this is not a light and easy thing, many issues still need to be studied and explored, there are many experiences, lessons need to sum up. This paper discusses the main characteristics of the modern basket for the more intensive training. In basketball and training in innovation, seize the stage of innovation, ideas, innovation conscious application of the law to continue to carry out scientific innovation, is now a problem in the future and exercise training vital.

Keywords—basketball training raining characteristics, ovation

I. INTRODUCTION

Modern basketball develops in the direction of high speed, high altitude, superior skills, and full and intense confrontation. "Fast", "high", "quasi", "all", "change" and "female masculine", the use of "technique " in technology and tactics reflects the general development trend of basketball in the future. Conditions in the future in order to become a world basketball teams must have the following areas: high-level and scientific training, management of high level coaches intelligent structure; star players have a comprehensive type of quantity and quality; the members of the team as a whole tall The number and quality of team members; the level of the individual team and overall psychological accomplishment. The structure and level of coaches and the level of scientific training and management are the key. Basketball Training is also around this trend to study, explore, practice, so basketball continue to move towards higher and new stage of development. Thus, the problem of scientific training basketball, basketball is our way into the ranks of teams in the world will follow. However, scientific training is by no means an easy task. Many problems still need to be studied and explored. Many lessons and lessons need to be summarized and summarized. This paper discusses the main characteristics of modern basketball training, the problems existing in basketball training in China, and puts forward the countermeasures to solve the problem of basketball training in China through theoretical analysis.

II. THE MAIN FEATURES OF MODERN BASKETBALL TRAINING

A. *Emphasizing the Overall and Comprehensive Improvement of the Athletic Ability of Athletes and Sports Teams*

In modern sports, each project has its own characteristics. Some are better than physical strength and some are better than skills. But any game requires athletes to have overall strength. The overall improvement of athletic ability is the decisive factor in winning in the modern high-level basketball game. Competitive ability includes the use of skills and tactics, physical fitness, tactical awareness, and psychological quality. As far as basketball is concerned, the individual athletic ability of the athletes should be comprehensive, and the improvement of the overall athletic ability of the whole team is more important. Therefore, basketball training must take the road of all-round development and highlight its strengths on the basis of comprehensive development. These are determined by the characteristics of basketball sports. Only through a comprehensive solid training, improve the overall athletic ability athletes and sports teams, to be invincible in the game. Practice shows that rely on a few key players and team technical expertise of a particular wanted to get good grades is almost unthinkable.

B. *Highlighting the Load Intensity of Training*

From a biological standpoint, exercise training load is applied to the organism stimulating the organism to generate adaptive changes. In basketball, the increased levels of body functions, is not suited to stimuli from the gradual transition to a process of adaptation. To achieve further improvement, it is necessary to raise the level and increase the load. The exercise load includes the load and the load intensity. The effects of the two on the stimulation of the organism are different. The load intensity has a greater impact on the body's stimulation and the traces are deeper. In the basketball game, 10 players competed on the ground and space for high speed and strong confrontation on a limited field. The offensive and defensive transition was fast, the physical contact was frequent, and the exercise intensity was quite large. Therefore, the characteristics of a basketball game decisions should be more emphasis on the training load intensity.

C. *Recovery after Load after Training to Become An Important part of*

Due to the continuous increase in modern sports training load and load intensity, it is particularly necessary to prevent overloading. The training and the recovery after the match, so that the athletes bear a new and greater load, and the prevention of sports injuries has become an indispensable part of the coach's plan and implementation plan. In addition, due to the changes in the basketball game system, the lengthening of the competition period, and the increase in the competition density,

the role of recovery training in load training becomes even more prominent. In such a situation, if the athlete cannot adjust the competitive state well, it will directly affect the play in the game.

III. THE MAIN FACTORS AFFECTING SPORTS TRAINING INNOVATION

Sports training innovation is first of all a development concept, and it is a materialistic view of knowledge. Human behavior is the result of the interaction between the individual and the environment. Innovation activity is a kind of human behavior and the result of interaction between the individual and the environment. The innovative ability that a person demonstrates in an innovation activity depends on both the subjective factor and the objective factor, that is, the external environment that affects the external factors and conditions that the innovator exerts.

A. *Mental quality.*

Training innovation requires that the innovation subject should be a person with positive individual psychological quality, because the positive personality psychological quality is crucial to the impact of innovation activities.

B. *Enterprising.*

It is a state of mind that is not satisfied with the status quo and is consistently pursuing new goals. In sports training them, positive team culture, unity and cooperation is crucial, if not as a good athlete or training beyond the others in the race, never winning technology psychological Army in the athletic how can it be based? Therefore, we should have to do good at learning, the courage to practice the courage to break the shackles of the old frame, to explore through their own research and seek new approaches, the status quo means the beaten track, lazy, and just will punish hinder training moving forward.

C. *Self-Confidence.*

Self-confidence is the mental state in which an innovator believes that he can achieve a certain pursuit and achieve a certain goal. Self-confidence can enable innovators to strengthen their innovation needs and innovation motives, and is full of hope for the success of innovation, which can mobilize the intellectual factors of innovators. In order to fully realize the intellectual effect in order to achieve new goals, as an athlete, especially a basketball player, when the coach requests to play, he certainly has his intentions. Maybe you have certain talents that can be shown in this game. You must have confidence in playing. When I shoot, I think I can make a shot. These are all from the usual training. How to improve the coach's self-confidence for the athletes, this requires the coaches to be close to them, understand them and take a targeted approach to overcome their psychological barriers. Dare to break through the old regulations and achieve innovative results.

D. *Willpower.*

Willpower is a psychological process in which people consciously determine goals and consciously and have a plan to dominate the actions to overcome difficulties in order to achieve the intended goals. "There are aspiring things to happen" is an old Chinese saying. Willpower is the prerequisite for successful innovation, and it has an important incentive and direction for innovators. In the practice of sports training, innovation is often accompanied by greater risks, because innovation means challenging the traditional thinking, so the willpower is not only the insurer's goal to maintain the psychological support, but also to achieve the goal of maintaining the psychological Power is the psychological guarantee for innovators to overcome setbacks and failures.

IV. BASKETBALL SPORTS TRAINING INNOVATION MEASURES

A. *Strive to Improve the Degree of Scientific Training*

To improve the scientific level of training, the first thing that must be solved is the conceptual and cognitive issues. It is the only way for China's basketball to go to the world to firmly follow the confidence of the scientific training road. The basketball coaches of all levels in China are basically retired athletes. They have very rich experience in basketball practice. This is a very valuable asset. If we rely entirely on experience to implement training so that training stays at the level of experience training, then our country's basketball training will not only fail to break through, but in the long run it will only lead to a gradual decline in the level of training. In fact, empirical training and scientific training are not in contradiction, and successful experience in accordance with the law is a valuable asset, but it is still in the perceptual stage of cognition. It is not yet a conscious and conscious training behavior and needs sublimation as the theory. Become rational knowledge. Only by mastering the rules of modern basketball training and combining with the experience of rising to rational knowledge, we continuously study and innovate continuously. We use scientific instruments and methods to measure data and indicators to check the quality of movement, training effects, and control load. Psychological, technical and tactical aspects have been fully coordinated and developed. Through the monitoring of changes in various indicators, the training process has been reasonably controlled, and the reasonable arrangements for the exercise load, the division of the training cycle, and the training recovery have been tackled. In order to truly achieve the level of scientific training and achieve the best training results.

B. *Do a Good job in Training Basketball Reserve Forces*

It has become the consensus of the people that 10 outstanding scientific trainings for seedlings have been successful. Without good seedlings, no matter how good the training conditions are, it will be difficult to cultivate high-level talents. Therefore, we must scientifically select materials and cultivate them early. Basketball players usually mature in the age of 20, and training takes about 10 years, so that they will start training at the age of 10. We must correctly handle the relationship between popularization and improvement. In particular, we must do a good job in the popularization of basketball and use the

favorable conditions for the gradual warming up of the basketball market. We must take effective measures to attract young people to watch basketball, love basketball, practice basketball, and encourage them actively. They participated in the amateur training of basketball and opened up a vast talent market for the training of reserve forces. Only the number of young people participating in basketball games, combined with scientific guidance and training, can finally solve the shortage of basketball reserve forces and make the success of basketball in China. Someone. After the reform of the competition system in the past few years, the introduction of foreign capital has spent a lot of money on the competition. Can we use some money to do the popularization of basketball, and actually set up some basketball schools in various provinces and cities across the country to sprinkle seeds for Chinese basketball. With a strategic vision, grasp the opportunities in front of us, fully mobilize the enthusiasm of grassroots basketball workers, and do a good job in the training of reserve talents.

C. Strive to Improve the Level of Coaches

The coach is the leader in practical training. Therefore, cultivating and cultivating a group of excellent coaches with rich practical experience and mastering modern scientific knowledge is a strategic task for promoting and developing China's basketball career. The growth of coaches cannot be based on practice alone, but also requires learning, learning and continuous exploration and research. There are many problems to be solved to improve the scientific level of training, but the most important and most critical issue is the level of coaches. The level of coaches depends on their level of quality and knowledge structure. Only coaches who know specific items and do not have comprehensive knowledge can hardly make a difference in modern basketball training. After the basketball reform, the competition system leveraged, and the training work was ignored. It is not the entire training that can be neglected in training but the person who trains and trains people, that is, neglects the training of coaches. Coaches play an important role when any project is good. Therefore, the competent department must effectively strengthen the training of basketball coaches, and it must be implemented. It is necessary to train the coaches, especially the youth coaches. Only by improving the quality of coaches, can we really improve the scientific level of China's basketball training.

V. CONCLUSION

The training of basketball is carried out by all aircraft layers and units. We must master the characteristics of training, find its rules, break through some conventional techniques, and work hard under the training innovation. I believe that in today's competitive society, innovation is inevitable. Become the main theme of the future era, be brave in innovation, and inculcate innovative ideas in the hands of coaches, athletes, managers, researchers and even team doctors and nutritionists, enrich training methods and methods, and make basketball players' physical training more reasonable and scientific. Sports is also moving towards a scientific development period. It will no longer be a simple physical ability competition, but a competition in psychology, thinking, innovative ability, and science and technology. Therefore, we will continue to learn and look for laws. In the current and future sports training, find the breakthrough, and realize the sports training to a higher level.

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