

The Idea and Training Method of Basketball Training in Colleges

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Abstract. With the reform of college physical education, college basketball teaching is also gradually adapted to the current development trend. Basketball as athletic sports for the healthy growth of students has an important role in how to set up a new teaching concept in basketball teaching, training new training methods for the colleges and universities is essential. This paper mainly analyzes the present situation of basketball teaching in the current stage, and then puts forward the relevant training idea to train the training method, so as to help the actual basketball teaching.

Introduction

In colleges and universities, basketball as an important compulsory course for sports, for the healthy growth of students and the cultivation of competitive spirit has an important role. However, in the specific teaching practice, basketball teaching and training there are still a series of problems, which will not only have an impact on basketball teaching, but also further hinder the development of basketball. To this end, we should combine the specific problems, the current basketball teaching problems in-depth analysis, and find the right way to solve, in order to better promote the development of college basketball.

The Significance of Basketball Teaching and Training in Colleges and Universities

College basketball is a set of competition, collective, entertainment in one of the sports activities, which is also welcomed by college students an important reason [1]. Basketball, not only can help students improve their own physical health, but also can help students ease learning pressure, thereby enhancing the feelings between students. For basketball teaching, good basketball teaching and training can not only help students improve their basketball skills, enhance students' love of basketball, but also to maximize the avoidance of injury in the actual basketball, which for basketball teaching, Very favorable.

Problems in Basketball Teaching and Training in Colleges and Universities

Under the influence of the traditional teaching mode, some colleges and universities in the actual teaching of basketball teaching model is relatively single, more just focus on the infusion of basketball knowledge, and not the flexibility of knowledge applied to the specific practice of teaching, such a teaching model, Not only reduces the enthusiasm of students for basketball knowledge learning, and relatively single teaching model, will also make students concerned about the decline in basketball [2]. To know that in the actual teaching, the teacher is no longer just a knowledge of the teachings, more is to learn to communicate with students, and guide students to actively engage in the actual basketball training, and then focus on student basketball skills Of the training, so, better help students improve their comprehensive ability.

In the actual college basketball training, because the teacher's teaching direction is relatively simple, usually the teacher for a particular technical operation and teaching content to explain in detail, and then let the students for a certain action to carry out repeated training to imitate. The

teaching method, although it helps students to learn basketball skills, but also spent a lot of unnecessary time to do repetitive action exercises, for basketball students is relatively good, this training does not need to spend so long Of the time, the extra time can be used to learn the new practice skills [3]. In this case, if the teacher can communicate effectively with the students. Understand the students' basketball skills to master the situation, you can personalize the activities of students to allocate, it will avoid the waste of time. One-way basketball teaching, coupled with the lack of effective communication with students, can not effectively promote students to improve basketball skills, but also to a certain extent, affect the actual quality of teaching.

In the college basketball teaching guidance, some teachers did not do the specific theory and practice teaching a very good combination. Some students for the actual classroom theory teaching is not fully digested and absorbed, coupled with the intensity of training in practice teaching strength is not in place, it is difficult to learn the specific theoretical knowledge and teaching practice a very good combination, and in practice teaching Among them, because the number of teachers is small, may not be able to fully explain the problem of each student in detail, so that the students do not master the theoretical knowledge is more difficult to grasp the actual practice of teaching content, let alone the two very good combination The Long down, students do not understand the problem more and more, will gradually lose interest in basketball learning, and then the quality of basketball teaching a serious impact.

Teaching Ideas of Basketball Teaching in Colleges and Universities

As the basketball itself has the characteristics of confrontation, then in the usual basketball training, as a basketball training teacher, we must let students a profound understanding of this point. Through the series of PK training between students to help students better understand the confrontation of basketball. As a qualified basketball player, its most important quality is to have a strong ability to resist and react, the teacher in the actual teaching and training to continue to develop students' stress resistance, as well as in the actual basketball How the game goes beyond the opponent. Students to get the final victory not only requires superb professional skills, but also need a strong psychological quality [4]. In this regard, the basketball coach to train students in the actual tactical skills, but also pay attention to the ability to adapt to the psychological quality of students training. For example, in the basketball course teaching, the coach can explain the actual combat skills of the classroom, the students can be grouped and then let the corresponding game, in which the coach can analyze the actual combat ability of students, and then for most The student's situation, make the appropriate skills to amend the next time to help students to correct over; Moreover, through the game, the teacher also let students for their ability to sum up, for their own lack of positive correction, and then for the future game bedding.

Targeted training refers to the basketball coach according to the actual situation of students to carry out the appropriate training mode, in line with "people-oriented" teaching philosophy. According to the special circumstances of different students, to carry out targeted basketball training, for example, can be more excellent basketball skills students to carry out more advanced skills training or technical guidance, and for relatively low level of technical students can help them find the right training Methods to strengthen their training skills to help them improve the level of skills, and then the overall basketball skills to integrate students to promote better training to carry out basketball [5]. For cyclical training, its main means to carry out a cycle, regular basketball training. Periodic training is mainly divided into large and small cycle of two, each cycle is divided into preparation, competition, adjust the three main stages. The above-mentioned cyclical training is not for professional basketball training, but that for the school organization of the major basketball game, the teacher can organize students to carry out periodic training, and make a specific cycle plan, and then implement a Regular, cyclical basketball training. For example, a school will be in the celebration activities, the organization of the college to participate in basketball games, as a basketball training teacher, to the students to carry out periodic training, and the development of each day of the day's basketball training program, and thus help students better respond Upcoming events.

With the maturity of college students, their behavior in the above have their own way of thinking, basketball coach according to the characteristics of students to develop students suitable for the development of teaching methods, and actively mobilize students to participate in basketball training autonomy, so , Many teachers in the actual teaching will take an open approach to the teaching of students, combined with the students' own preferences, blindly follow the recommendations of students. But this training concept in fact did not achieve the best results, in order to change the status quo, the teacher needs to establish a set of standardized training guidelines. Such as allowing students to regulate their behavior in training and to recognize the importance of the collective. And then according to the corresponding action requirements, standardize the action standards, and then in a more accurate way to teach students.

And in terms of their own students, in order to further enhance their basketball skills, not only in strict accordance with the requirements of teachers for regular basketball training, but also in accordance with the corresponding skills standards for professional training, and thus continue to strengthen their professional skills. For example, students can work in their spare time for their own skills to carry out long-term practice, but also with the students in the form of competition in the form of training, in short, through different forms to strengthen their own basketball skills, and then enhance their own Basketball technical level.

Teaching Methods of Basketball Teaching in Colleges and Universities

The eight-character training method is an old-fashioned basketball training method, which has different requirements for the actual training of students because of its intermittent, circular, continuous, and other forms, in which continuity is mainly required for students to learn the action Continuous practice, and thus to ensure that basketball technology is more stable [6], thereby enhancing the students skilled in action, and thus ensure that every student can accurately grasp the appropriate basketball skills; intermittent mainly refers to the athletes in the actual training Can be close to the official characteristics of the game, or to make the actual training more difficult than the level of competition, and thus to strengthen their own professional skills training; cycle mainly refers to the tactics and technology for effective integration, mainly for tactical upgrade, to further improve the athletes Its own body function; combination of rules in the actual basketball training to use the integration of the way to mobilize the body of the system functions, combined with the appropriate tactics to better carry out basketball training.

Comparing teaching methods and other ways of teaching basketball is different, it is mainly to master the characteristics of basketball and improve students 'strategic awareness as the focus of basketball teaching, and stressed that to focus on the students' basketball awareness and interest as a training The most important [7]. Because, if the students themselves have a high awareness of basketball, and like the basketball of the sport, then, its own in the actual basketball training will invest a lot of time, and consciously independent of its basketball energy Step by step. For the training of teaching methods, in the specific implementation of the need to pay attention to: First, we must strengthen the understanding of the characteristics of basketball. Grasp the characteristics of basketball is the basis of the practice of teaching, only the characteristics of basketball to master, in order to better basketball skills training and learning, and then to allow students to better skills to apply; Second, to help students develop tactical awareness. Will this consciousness deeply penetrate the students in the entire basketball training. Third, in the actual teaching training to clearly show the best basketball tactics, and as a major skill training. Fourth, strengthen the actual exercise, to continue to strengthen the students of the actual exercise, and strive to strengthen the students in the actual understanding of tactics.

The method is mainly the game and the specific combination of basketball technology effectively, and then cause students to pay attention to mobilize students to participate in basketball skills training initiative. The use of game training method, allows students to personally feel the joy of basketball training, which is the latest college education and teaching philosophy is very fit. Therefore, colleges and universities in the actual basketball training, through the introduction of the form of the game to further develop basketball skills training, by stimulating students interest in

basketball, and then mobilize the enthusiasm of students to participate in basketball training, so as to help teachers better carry out basketball training activities , To promote the further development of basketball training [8]. For example, in the actual teaching, the teacher can organize students to play the game, the game lost to the appropriate basketball skills training, or the teacher organization of different students to shoot the game, for the poor performance of the group of specialized skills training, To strengthen their own basketball skills.

This method is the effective combination of psychological consciousness and tactical consciousness. In the practice of basketball, the method mainly refers to the student's memory of the basketball skills learned by the help of the coach, imagining it and combining it with the concrete concept, Technology and so on, and finally make students deeply understand and understand the meaning of technical action, and then master the skills on the basis of the corresponding skills innovation, and then in the actual game to obtain the corresponding initiative. Moreover, students should also be a certain degree of psychological training, so that not only can help teachers improve their practical training efficiency, but also can help students develop a positive sense of competition [9]. In the training of consciousness, the teacher must play a corresponding guiding role, and appropriate to master the actual psychological dynamics of students, and then use a positive and effective psychological hint to infect students, and then strengthen the sense of cooperation of students to avoid students into the psychological Astray.

Conclusion

In summary, this paper discusses the current college basketball training concept and training methods, to the students' competitive ability and practical combat capability to enhance. With different basketball training methods to enhance the overall quality of students, and then help colleges and universities to cultivate more basketball talent.

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