

## **Study on Strategies of Cultivating Students' Tactical Awareness in College Basketball Teaching and Training**

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**Abstract:** in recent years, sunshine sports, healthy sports, lifelong sports have become the trend of the development of modern sports. in college basketball teaching and training, it is very urgent to explore the strategy of cultivating students' tactical consciousness, and to carry out targeted training to improve students' tactical consciousness in combination with students' reality. this paper interprets the concept of basketball tactical consciousness, analyzes the importance and present situation of cultivating basketball tactical consciousness, and puts forward several strategies on how to cultivate students' basketball tactical consciousness.

### **1. Introduction**

Basketball tactics refers to the general name of the offensive and defensive methods of both sides in basketball confrontation, namely the offensive techniques and defensive techniques. It includes tactical awareness, maneuvering Movement, thought. In the basketball game, it is reflected by the cooperation of the two sides through the players. The awareness of basketball tactics is the understanding of the regularity of the application of tactics in the game, which is accumulated in the brain of the basketball players in the practice of basketball for a long time, and they can consciously and actively guide their offensive and defensive tactics in the game. Generally speaking, consciousness governs action, and action reflects consciousness. The awareness of basketball tactics cannot be achieved overnight, and it needs long-term training to accumulate and enrich gradually.

### **2. The Importance of Cultivating Students' Tactical Consciousness in College Basketball Teaching**

Tactical awareness plays an active role in improving students' basketball skill level. An excellent basketball player must not only have superb basketball Technical, good psychological quality, and to have a strong observation and analysis ability, as well as a scientific and reasonable distribution of their own technical comprehensive ability, this ability is the tactical awareness of basketball. If the lack of tactical awareness, will affect the play of basketball skills, it is difficult to win in the fierce competition.

Tactical awareness plays a dominant role in students' basketball knowledge and skills. In a tight game, the awareness of the players on the field reflects their appreciation of the game Control.

By cultivating students' tactical consciousness, students' comprehensive ability of basketball can be improved. An invincible basketball team must have superb technical level, strong tactical awareness and adaptability to the scene, and be able to cope with the complex and changeable situation on the court [1].

### **3. Present Situation of Sports Tactical Awareness Cultivation in College Basketball Teaching**

Students lack of awareness of tactics. Lack of understanding of the meaning of tactical awareness. No attention was paid to the cultivation of tactical awareness. It focuses on the mastery and application of basketball skills. Students do not pay enough attention to basketball theory knowledge. Light weight training theory, only a few students of basketball theoretical knowledge learning as a regular learning and activities, most of the students are to cope with sports theory test,

so its in the basketball theoretical knowledge and scientific and cultural knowledge is relatively scarce, unable to effectively combine theoretical knowledge with practice, unable to understand the connotation of the tactical awareness. At present, there are still many college students' basketball thinking is still in the primary stage, usually only pay attention to the skills and tactics of both sides of the game and the intensity of the competition, failed to grasp and analyze the overall situation of the game on the macro, failed to find out the key problems in time and effectively. The above problems make the college basketball teaching to cultivate students' awareness of sports tactics seem to have a long way to go. Although the students had good skills and physical strength in the competition, they made many mistakes and failed to achieve the desired effect [2].

#### **4. Strategies of Cultivating Students' Tactical Consciousness in College Basketball Teaching Present Situation of Sports Tactical Awareness Cultivation in College Basketball Teaching**

##### **4.1 Strengthen the Cultivation of Students' Basketball Theory and Cultural Quality**

Theoretical knowledge can help students understand the development trend, characteristics and basic skills of basketball sports technology, inspire students' tactical thinking, and promote Students can consciously and actively into the training. Nowadays, college basketball teaching mainly focuses on basketball skills and students' physical quality training, neglecting students' cultural accomplishment and theoretical knowledge, and students lack of comprehensive physical education, which makes it difficult for them to cope with the constantly developing situation of basketball.

The accumulation of theoretical knowledge is the foundation of students' thinking activities. Without the support of theoretical knowledge, students' thinking ability is difficult to form tactical awareness. So teachers should pay attention to the accumulation of students' theoretical knowledge when organizing basketball training. At the same time, pay attention to cultivate the students' thinking ability, observation ability, strain ability, judgment ability, self-control ability. Through the mastery of theoretical knowledge and the cultivation of ability, students can form a fixed tactical consciousness thinking.

Cultural accomplishment, special knowledge and the cultivation of basketball tactical awareness complement each other, is indispensable. With the development of modern physical education, physical education and other disciplines gradually penetrate and merge .Strengthening the cultivation of students' basketball theory and cultural quality can promote the sustainable development of China's sports cause [3].

##### **4.2 Pay Attention to the Training of Students' Basic Skills4.3 Strengthen the Cultivation of Students' Basketball Theory and Cultural Quality**

One of the important prerequisites for the formation and development of students' tactical consciousness is to have solid basic skills of basketball. Therefore, in order to train students effectively It is necessary to strengthen students' basic skills and physical training effectively. In the training of skills, emphasis should be placed on the regulation and repetition of basketball movements, so that students can fully grasp the basic theoretical knowledge of basketball, so that they can correctly determine the nature of mobility, and slowly develop tactical awareness in the specific training. In the process of physical training, teachers should scientifically formulate targeted physical training plans, focusing on improving students' endurance and explosive power, organize students to carry out long sprint training before each basketball training, stretch ligaments and carry out high leg training, so as to exercise students' physical coordination ability.

##### **4.3 Strengthen the Standard Training of Tactics**

The tactical consciousness of basketball players can reflect the level of basketball skills. The formation of basketball tactical awareness is inseparable from the skilled foundation Technique and a lot of training. Therefore, in college basketball training and teaching, basketball players must master the basic skills and skills. Carry out a lot of tactical standard training, so that their basketball skills to reach the "intelligent" degree, in the fierce and changeable game environment to use tactics

to achieve the level of consciousness, initiative. At the same time, strengthen the training of tactical awareness, basketball skills and basketball tactical awareness in the training of synchronization, with tactical awareness in the training of skills. Therefore, physical education teachers in colleges and universities should work out reasonable training plans and implement standardized training methods. Only in continuous training can students better use knowledge to improve their tactical awareness and be able to flexibly change tactics in actual matches [4].

#### **4.4 Strengthen the Cultivation of Students' Thinking Ability and Observation Ability**

It is an important way to cultivate the awareness of basketball tactics to improve the students' ability of thinking and observation. In basketball tactical awareness, the ability to think and observe

Plays an important role. It is necessary for basketball players to have strong thinking ability and observation ability to grasp the complex and rapidly changing situation on the basketball court. With good observation and thinking ability, players can take the initiative and reasonably use their own strategic skills, cooperate with teammates to attack and defend, and get the initiative on the field. In actual combat, in an instant changing uncertain environment, the use of tactics, it is difficult to predict the opponent, there are also uncertain factors for themselves. All rely on the players with keen thinking and observation of the moment on the opponent, the situation on the field to observe and judge, skillfully use tactics to control the situation on the field to win. Examination-oriented education has caused many college students to have a single way of thinking, thinking ability is not strong, improve the students' thinking and observation ability, has become a difficult problem for teachers, so teachers should organize basketball teaching through special training to strengthen the cultivation of students' thinking ability and observation ability.

#### **4.5 Promote Tactical Awareness through Multimedia Examples and Actual Combat Analysis**

A game, you can see the comprehensive quality of the players, tactical awareness in the fierce confrontation can be fully reflected. Practical competition has become the main way to cultivate students' tactical consciousness in colleges and universities. Teachers in colleges and universities only organize students to participate in competitions, and ask students to reflect on and summarize the competitions, find out the successes and shortcomings and correct them, so that students can improve their tactical awareness and level in the process of continuous summary and reflection. In order to achieve more intuitive, the image of the teaching effect, teachers can use multimedia broadcast in the basketball teaching practice video and real video, a combination of theory and practice, so that the students by watching video, watch what tactics which player was adopted, which players tactical awareness is strong, what deficiencies, analyze each case summary, to imitate good players, achieve the purpose of increasing your tactical awareness [5].

#### **4.6 To Improve Students' Tactical Proficiency**

When cultivating college students' awareness of basketball tactics, it is a key to improve students' proficiency in basketball tactics. In the actual training link, ask to teach Division can explain the connotation of tactics comprehensively and carefully, including the principle of tactics, training objectives and application opportunities, so as to ensure that students can fully grasp the essence of tactics, and then better integrate the cultivation of tactical awareness into the training of tactics. In this way, students' actual mastery of the tactical level can better promote their tactical awareness.

#### **4.7 Pay Attention to the Accumulation of Students' Basketball Game Experience**

Paying attention to the accumulation of students' basketball game experience plays a certain role in promoting their ability to predict. Only through actual combat can be effectively tested Test the students' tactical consciousness formed in the peacetime training, and through the actual combat test, the students' tactical consciousness can more effectively guide their tactical behavior in the course of the competition. In addition, students can gain more valuable game experience in a high level basketball match. No matter the experience of failure or success, it is helpful to improve the level of students' tactical awareness. Therefore, in the daily training process, teachers need to pay attention

to the actual combat training. After the training, students need to analyze and summarize the experience of the competition immediately. Let students gradually form various conditional reflexes in many basketball matches, enrich their game experience, and better improve their basketball tactical awareness level [6].

## 5. Conclusion

To sum up, it is a long process to cultivate students' tactical consciousness, and teachers need to strengthen the basketball theory of students in the basketball teaching and training. Cultivation of cultural quality, strengthening the standard training of tactics, strengthening the cultivation of students' thinking ability and observation ability, paying attention to the cultivation of students' good game mood, more actual combat analysis, promoting the training of tactical awareness and sports skills to the same position, so that the students' tactical awareness will be greatly improved.

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