

# Research on the Formation and Effective Training of Basketball Teams in Higher Vocational Colleges

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**Abstract:** In recent years, China's education has paid more and more attention to the development of physical education. Therefore, it has put forward higher requirements for sports events in various colleges and universities. For higher vocational colleges, the formation and training of basketball teams is a new challenge they face. From the formation of the basketball team to effective training, it is necessary to guide in a scientific and reasonable way, so that under the leadership of the basketball team, students can truly have a chance to develop physically and mentally, and promote the existence of basketball teams in higher vocational colleges.

## 1. Introduction

In order to respond to the call of “National Fitness and Improve Physical Fitness”, all higher vocational colleges have launched sports education activities for basketball teams. Through the formation and training of the basketball team, a group of basketball teams with high basketball skills are cultivated. While enriching students' study life, transferring pressure and releasing emotions, it also deeply reflects the school's emphasis on physical education. Therefore, this paper discusses the formation and training of basketball teams in higher vocational colleges, and then puts forward some effective training methods to provide reference.

## 2. Problems in the training of current basketball teams in higher vocational colleges

### 2.1 The uneven quality of the players

In higher vocational colleges, each student comes from a different place, combined with the reasons of regional differences, resulting in the quality of the players in the basketball team is uneven [1]. Some players have superior physical qualities before, so the difficulty in training is not big or even difficult for them. Some players are poor in their physical fitness, so they feel very difficult during training. And some players with basketball dreams may not be very good, but still know a little. Therefore, in the face of players of different quality levels, the same training content will have different consequences. If the foundation is good, it will feel nothing new, so that it can not attract interest, and the poor foundation may feel that the training content is still difficult for them. . Under such a stalemate, the training of the basketball team cannot be carried out smoothly.

### 2.2 The causal training attitude

Attitude determines everything, and the attitude of the team during training determines his mastery of basketball skills. However, in the basketball team training of many colleges and universities, some people only blindly pursue basketball and enjoy the game, but neglect the organized training process, and when training, the attitude is not serious, and often opportunistic. Some people do not pay attention to training, and often feel free to find an excuse to not train during training. In addition, there are also coaches in the basketball team who are too perfunctory in training. They will arrange some training content at will, and then they will do their own thing, seriously ignoring the quality of team

training.

### **2.3 The biased training method**

Under normal circumstances, the basketball team's training is arranged after the basketball team is established, but this method of eagerly training without considering the quality level of each team member and other specific situations is seriously lack of scientific and rational.

## **3. The formation of basketball teams in higher vocational colleges**

### **3.1 Pay attention to the physical quality of athletes**

Before the formation of the basketball team, it is necessary to attach great importance to the selection of basketball players, because as the main body of basketball, they will directly determine the overall quality of the basketball team. For basketball, this is an urgent need for physical exercise. It is necessary to pay attention to the athlete's physical fitness, such as the strength of the upper and lower limbs, the trunk, the running speed, the jumping power and the sensitivity of the reaction. As long as you have a certain physical quality, you will be able to quickly master the essentials of training in the later training, and you will soon learn some of the skills that basketball needs.

### **3.2 Pay attention to the height of the athlete**

Basketball also has height requirements for players. Generally, the height is about one meter nine. Because people with heights in this range have certain advantages in shooting, jumping, and center archers, they can explode in the later games. Therefore, they are the focus of the basketball team.

### **3.3 Pay attention to the basic skills of athletes in basketball**

The basic skill of basketball is the foundation of basketball training, but there are very few people who can master the basic skills of basketball. Therefore, we must pay attention to the basic skills of athletes' basketball. Even if some players do not have an advantage in height, they have more basic basketball skills and play a considerable role in selecting players.

### **3.4 Pay attention to the psychological quality and ideological style of athletes**

For an excellent basketball team, the level of basketball and skill is one aspect, but its own psychological quality and ideological style are also extremely important. A truly qualified basketball player needs good psychological quality and ideological style [2]. Especially on the basketball court or during training, the players' every move is the best time to reflect their psychological quality and ideological style. When forming a basketball team, you need to observe the players' presence on the court, the mentality of seeing the score at the last minute of the game, the psychological quality when the game is hot, and the countermeasures in the face of emergencies.

## **4. The effective training of basketball teams in higher vocational colleges**

### **4.1 Training content**

#### **4.1.1 Physical fitness training**

Because it is a vocational college, the physical fitness of students is usually different from that of professional players, and it is generally low. Therefore, the training of the basketball team needs to start from physical training. The coach should pay attention to the importance of physical fitness in the training of the basketball team, and carry out corresponding training according to the physical fitness of the students. First of all, running is the most common form of physical training, allowing students to run regularly every day to give the body a process of overall relaxation and fever. Secondly, it is a heavy-duty exercise with weight-bearing pick-up, bell-raising, and snatch as the main content, mainly to enhance the strength of the upper and lower limbs of the students and

improve the jumping ability. In addition, it is speed training. For example, the coach can let the students stand on the same starting line, and then react when they hear the command whistling. They can carry out repeated training, so that the student's reaction speed is continuously trained. Finally, you can train the speed, strength, flexibility and flexibility of the students by skipping, jumping, and ringing, which can enhance the overall jumping ability of the students.

#### **4.1.2 Psychological quality training**

The training of psychological quality is extremely important in basketball training because it directly determines the player's play level and the outcome of the game. Therefore, it is necessary to increase the training of psychological quality in training. The first is attention training. The coach should let the students concentrate. In the whole process, they only pay attention to the same certain target, such as basketball box or basketball. They are not interfered by external factors and truly “turn a blind eye” and “listen to hear”. effect. Attention training helps students maintain a high concentration on the basketball court and play normally on the court. Secondly, the will training, the coach can strictly require the students during training, increase the obstacles and obstacles of the outside world, thus increasing the difficulty of training for college students. For example, you can stand up in the hot weather, as the number of days increases, you can improve the standing time, so as to continuously exercise the willpower of students. Finally, psychological adjustment training. In this respect, students can use muscle relaxation, breathing regulation and self-suggestion. For example, the muscle relaxation method can reduce the energy released by the student's body to regulate the tension. The breathing adjustment method is a method used when the player has poor breathing when running on the court too fast, and the breathing is adjusted to eliminate the tension. The self-suggestion method is to cheer for yourself in the bottom of my heart, telling myself to “be relaxed, to be calm” and “not to be nervous”, so as to encourage yourself to actively relax and face the game with a positive and optimistic attitude.

#### **4.1.3 Basic technical training**

In the basketball game, its basic skills include foot movement technology, basketball pass-and-go technology, dribble technology, shooting skills, rebounding and rebounding techniques. Therefore, when training, the coach can teach the basic skills to students through demonstration and multimedia video. For example, in the explanation of foot movement technology, the coach can demonstrate it for yourself first, then let the students learn it with their own movements, and then let the students repeat the movements in rows and rows, and finally do it collectively. For example, the explanation of shooting techniques, the coach first dictated the basic movements: the two hands and five fingers naturally open, the two thumbs into a figure-eight shape, with the finger above the root holding the ball, the palms are empty, the two elbows naturally droop, put the ball on the chest, Look ahead and look at the basket. The two feet are open front and rear or left and right, the two knees are slightly curved, and the center of gravity falls between the two feet. When shooting, first two feet squat, waist and abdomen stretched, arms extended forward and upward, then both wrists turned outward at the same time, the thumb pressed the ball slightly, the index finger and the middle finger kicked the ball, and the ball was thrown at the same time. The coach can separate the movements and do it step by step, so that the students can learn step by step. Or when students are difficult to understand, the instructor can use multimedia technology to show students the video of relevant technical training, allowing students to carefully observe the specifications and details of the movement, so as to further master the basic technology.

#### **4.1.4 Tactical awareness training**

In a basketball game, a good tactical awareness can help the team win the final victory, so in terms of tactical awareness, training is also required. First of all, train students to watch the game's movements in the ever-changing arena, pay attention to the defensive changes in order to make the quickest response and action, and always look for opportunities for offense and teammates who can cooperate with themselves. For example, the team members must grasp the timing of the cut-in

according to the situation, decisively get rid of the opponent quickly, and pay attention to the pass of the companion at any time. Passers must use fake moves to attract opponents. When the player has got rid of the opponent and is in a favorable position, he should pass the ball to him in time and accurately. Secondly, it is necessary to train students' judgment ability on the court. At the time of the intermission, the team's offensive style is changed according to the offensive characteristics and methods of the other teammates, and the offensive routes of each teammate are changed. For example, when holding a ball attack, it is necessary for the student to judge whether to continue the attack or the ball according to the situation of the defender, which will directly determine the score to stay. In the offensive and defensive aspects to make corresponding countermeasures, thus occupying a certain advantage in the game. Finally, train tactical thinking. Let students conduct thinking tactics in their respective positions and routes as well as offensive methods, so as to carry out tactical training under effective tactical thinking. For example, when you are attacking and moving, you need to consider whether your own movement is reasonable, whether you can get effective offensive opportunities for the team, rather than blindly tampering, disrupting the entire team's offensive plans and tactics. From this point of view, there is a need for a clear and targeted tactical awareness in offensive and defensive positions to improve the team's chances of winning.

## **4.2 Effective training methods**

### **4.2.1 Develop a systematic and effective training plan**

Effective basketball training needs to be carried out under a systematic and complete training program to allow students to clarify the goals of the training. Under normal circumstances, it is necessary to adopt the method of “morning training as the supplement and afternoon training as the main” to effectively use the time to improve the quality of training. And to train for a long time, can not be lack of training in the middle, or training with the attitude of “three days of fishing for two days”, we must ensure the long-term and integrity of training [3].

### **4.2.2 Arrange the training load reasonably**

Training requires a certain amount of flexibility, such as small-load training in the early stage, allowing students to enter an adaptation phase. Then in the later stage, it is necessary to gradually increase the load of training, and arrange the training load according to the physical quality and actual situation of the students. A reasonable training load will not only reduce the difficulty of training, but also improve the quality of training.

### **4.2.3 Mobilize students' enthusiasm and consciousness**

In training, you can't just pursue the final effect of training and ignore the training attitudes and emotions of students. Therefore, we must ensure that the enthusiasm and consciousness of students are constantly mobilized during training. For example, in the training, you can use the rich and interesting training methods to stimulate the enthusiasm of the students, or take some rewards and punishments to attract students' interest. When designing a training program, the coach can create some interesting and interesting training methods, such as training methods for the competition, such as reaction speed competition, three-step layup, shooting, etc., so that the students can compete in small groups and then in each The group selects the winners. After the individual competition, the top three will be selected, and finally a small gift will be awarded to express the reward and praise. In this innovative way, not only the students have presented different training content, but also stimulated the enthusiasm of students' training.

## **5. Conclusion**

Under the inevitable trend of promoting new education reform, the basketball team of higher vocational colleges needs to start from both the formation and training, go deep into every link of the formation work, pay attention to the scientific and rationality of training, and let the students Under

the guidance of innovative thinking and innovative methods, consciously carry out effective training. So that we can truly master the basic skills and basic qualities of basketball, and finally train into a group of basketball teams with both strength and ideological style.

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