Study on the Optimization of Football Classroom Teaching and Extracurricular Training Mode for College Students

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Keywords: University, Football, Classroom Teaching, Extracurricular Training, Research.

Abstract: Colleges and universities respond to the call of the state to carry out physical education in teaching, which has a very great role in promoting the improvement of students' physical literacy. But at present, colleges and universities fail to achieve good teaching results in the actual teaching, which makes it difficult for physical education teaching and training mode to play a role, and has no too much effect on the cultivation of students' comprehensive quality and physical literacy. In order to solve this teaching problem, this paper will divide the current situation of football teaching in Colleges and universities, and also put forward some solutions, hoping to improve the quality of students The school optimizes the football classroom teaching and the extracurricular training pattern, promotes the physical education quality to have the certain help.

1. Introduction

The purpose of introducing football into the teaching of colleges and universities in our country is to exercise the body of college students and improve their physical quality. The current education is very different from the previous teaching requirements. It pays great attention to the cultivation of the comprehensive quality of students. In this regard, we must pay attention to physical education when we consider funny. The relevant departments of the state also explicitly stipulate in the education documents The requirements of football teaching, colleges and universities must be football teaching and training together, which can highlight the outstanding performance of physical education teaching on the cultivation of students' physical quality.

2. The Present Situation of Football Teaching in Colleges and Universities

It is not difficult to find that the teaching work has not achieved good results from the current teaching in Colleges and universities. This situation has a direct relationship with the teaching plan set by teachers. Teachers need to lead students to learn football knowledge according to the teaching plan and participate in teaching activities in class, but there are still many minor works that have not been done in place, which makes it difficult to achieve good football teaching Results.

First of all, physical education teachers in Colleges and universities do not pay attention to the activity objectives. The activity objectives have a strong directionality, which is the content that physical education teachers need to focus on when they carry out physical education activities. Teaching work must be scientific and reasonable. There are many courses that college students need to learn. Physical education teachers should make flexible use of classroom teaching time to complete the content that football teaching needs to implement Only in this way can we show the effect of physical education on Strengthening Students' physical quality. Not only teachers need to correct their teaching attitude, but also colleges and universities should attach importance to football teaching activities according to the performance of students in each class. The following figure 1 shows the football field of a college, which is narrow and small. It can be seen that the leaders of colleges and universities do not attach importance to football teaching. In addition, football teaching is carried out in the way of theoretical knowledge and technical training, and it is carried out purely for the purpose, without paying attention to the emotional tendency of students, which will
undoubtedly increase the difficulty of physical education teaching, and it is also difficult to cultivate students to form good football literacy through football teaching.

Secondly, colleges and universities carry out football activities, but do not reserve enough funds to introduce sports equipment. In the teaching stage, we should pay attention to the introduction of sports venues and teaching equipment, old sports equipment and students' needs can not be met. At the same time, from the current development trend of higher education, we can find that the number of students in the future will only gradually increase, under this trend However, colleges and universities still use old equipment. Figure 2 and figure 3 are the campus sports equipment of a college. From the pictures, we can see that colleges and universities despise football teaching. Colleges and universities must change this state of development, change the wrong view of football education, so that students can gradually like sports through campus sports resources, actively participate in football teaching, strengthen their physique through training, and become all-around talents needed by the society.

Finally, teachers should improve the interest of football teaching, so that students can understand

Figure 1 Football teaching

Figure 2 Sports equipment

Figure 3 Sports equipment
the importance of this course from knowledge, and also need to change the previous teaching system that emphasizes theory but neglects practice. Teachers should show the flexibility of football teaching content, and at the same time, flexible theoretical teaching and practical activities should be organically combined to improve students' physical quality. It can also enhance students' knowledge of football. The old teaching mode is not only related to teachers' teaching attitude, but also directly related to teachers' teaching ability. The relevant departments of the state also clearly stipulate the requirements of football teaching in the education documents. Colleges and universities must combine football teaching and training together, which can highlight the outstanding performance of physical education on the cultivation of students' physical quality.

Through the investigation, it is found that many colleges and universities do not have good and solid football knowledge in their teaching. In this way, it is inevitable that there will be some omissions in their work. In addition, physical education teachers in Colleges and universities, although they have solid theoretical knowledge, will not show students the correct dribbling posture, which will also hinder football teaching greatly. In the future, it is necessary to put forward solutions to the problems existing in teaching in time. Colleges and universities can organize teaching and research activities to guide physical education teachers. In addition, colleges and universities can recruit teachers who have solid theoretical basis and can master many techniques perfectly. When recruiting students, colleges and universities must pay attention to the training experience of teaching, which is also very important Reference items.

3. An Effective Way to Optimize Football Teaching and Training in Colleges and Universities

3.1. Scientific Design Teaching Plan

When designing teaching plans, PE teachers must design teaching plans, arrange sports activities and make training plans from the perspective of students. Football is not an application that all students love. When the PE teachers carry out teaching in groups, they must understand this situation. After designing teaching plans, introducing other elements, attracting students' attention to football teaching and cultivating students' interest in football are effective ways to smoothly develop football teaching and make students willing to participate in football training. Physical education teachers should also understand the physical condition of students in this period, follow the physiological law of human body to set up teaching activities, let and teachers should closely link the theoretical knowledge in football teaching with the practical activities in class, at the same time, teachers also need to transfer the physical spirit and culture in the activities, which can not only deepen students' understanding of football knowledge, but also Let students improve their physical quality in the activity.

3.2. Training Students' Football Consciousness

PE teachers should pay attention to the formation and establishment of students' football consciousness when they carry out this activity. The formation of consciousness is a long time. Teachers need to think about the teaching work from the reality. At the same time, teaching should also master the physical condition of middle school students in the class. From this condition, design training plans and cultivate students' physical ability. This is also one of the effective ways for students to form football consciousness. In the activity, teachers should let students communicate with each other more, and improve students' humanistic quality through the activity. Teachers also need to emphasize the importance of activities for the improvement of students and the cultivation of comprehensive quality, so that students can understand the benefits of participating in activities for themselves, so as to solve the problem of students' low enthusiasm for participating in activities to a certain extent. Teachers can organize more collective activities in class, so that students can train and compete in collective activities, so that students can form enough in accumulation At the same time, teachers should also carry out targeted training.
3.3. Explain Safety Training Knowledge

Teachers should also divide a part of time for training and safety knowledge explanation during the teaching period, and participate in sports activities, so it is difficult to avoid bruises and bruises in the activities. If students are injured, they should know how to deal with the injured parts. It is necessary to design physical education teaching plans, arrange physical activities and make training plans from the perspective of students. In addition, physical education teachers should also teach students some skills in activities and training, pointing out common sense mistakes that students are prone to make in activities. Wrong ways of activities will not only make it difficult for students to improve their physical quality through exercise, but also may affect their physical development. Therefore, teachers must guide students to participate in sports activities with correct body posture, and at the same time, they should be healthy. Teachers also need to point out the mistakes of students in time when they are training, standardize the movement posture of students, and improve the effect of training.

3.4. Innovation of Football Teaching Mode

Although football course is added in the teaching of colleges and universities, there are still many tasks to be followed up by teachers. Teachers need to understand the requirements of physical education course after the new curriculum reform. Starting from the teaching objectives, teachers need to design the teaching content. At the same time, they need to take into account the psychological factors of college students, innovative teaching models and methods. Physical education teachers should innovate teaching methods in teaching, so as to solve the problem that students are difficult to learn the content of the class in physical education class. Physical education teachers need to set up activities flexibly according to physical education knowledge points. In order to improve the interest of teaching, physical education teachers can also introduce games to carry out physical education activities, which can stimulate students' interest in physical education teaching content. It is also an important premise for students to actively participate in football activities and improve training. In addition to game teaching, teachers can also use layered teaching and other methods to improve the interest of sports teaching, so that students can actively participate in sports activities.

4. Conclusion

During the football teaching and training in Colleges and universities, it is necessary to understand the problems existing in the promotion of football teaching, find out the reasons why the training mode is difficult to improve the physical quality of students, and college administrators need to pay attention to the cultivation of students' ability by football teaching, allocate funds to purchase sports equipment, hire those with professional skills and rich football experience. Football teachers, update the teaching mode, so as to improve the effectiveness of football teaching and training mode, can make good use of teaching time, train students, make them have football awareness and strong physique, let students participate in football activities, can also cultivate students' team cooperation, communication, communication and other abilities through activities, which is very important for the future development of students.

References

