

# Research on the Development Mode of Mass Badminton Based on Core Strength Training

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**Keywords:** Core Strength Training, Mass Character, Badminton, Pattern Conception

**Abstract:** Badminton is a sport that combines competition and entertainment. There are no strict requirements on the gender, age and physical health of the participants. Therefore, badminton has been widely welcomed and loved by the people. However, at present, the development of mass badminton in China is not satisfactory, especially its over-emphasis on competition and insufficient participation, which are the reasons that restrict the promotion of mass badminton. Based on the perspective of core strength training, this paper analyzes the current popularity of badminton among the masses in China, and then explores the problems and shortcomings faced by the mass badminton in China. Then, aiming at the above problems, it puts forward corresponding countermeasures to promote the development and popularization of mass badminton in China.

## 1. Introduction

With the continuous development of society and the continuous improvement of people's living standards, coupled with the continuous in-depth development of China's national fitness campaign, people's health awareness is gradually strengthened, and people pay more and more attention to health. National fitness has been attached great importance by the Party and the country, and the country has been promoting national fitness activities. Badminton, as a way of national fitness, has been increasingly welcomed by people [1]. With the implementation of the national fitness program, thousands of people have actively joined the ranks of badminton, which has become a highlight of the national fitness and fitness entertainment industry. Badminton is an intense sport, and athletes need to run and jump in the whole game [2]. Therefore, the coordination of athletes' whole body strength is needed, and only by strengthening core strength training can athletes' physical quality be improved. Core strength training can effectively improve the balance and stability of badminton players, and improve the ability of badminton players to play various techniques effectively. Based on the perspective of core strength training, this paper studies the development strategy of mass badminton, aiming at providing reference for better development of badminton in the future.

## 2. Subjective and Objective Factors Restricting the Development of Mass Badminton

### 2.1. Restrictions on Sports Venues

Badminton is an advantageous sport in China, which has a broad mass base. For a long time, most of the stadiums built by the government are used as basketball, volleyball or football venues, and few dedicated badminton venues are built. For the huge badminton hobby groups, the demand cannot be met at all, which seriously hinders the extensive development of badminton. For the development of mass badminton, the government should downplay policy management and focus on guiding the healthy development of this sport. The government should enhance the publicity of badminton so that more people can understand and participate in this sport [3]. This is simply unable to meet the growing demand of badminton for the growing badminton hobby group. There are very few venues built by our government for badminton, most of which are set up for football, basketball and volleyball, but there are very few real badminton venues, which is extremely unfavorable for badminton with a broad mass base.

### 2.2. The Understanding of Badminton Sports Conditions Is Biased

Some people are influenced by traditional competitive ideas, and many people still have backward ideas about badminton. They feel that badminton can only be played indoors, outdoors or in non-standard venues. Therefore, the competitive attribute of badminton should not be emphasized unilaterally. In the promotion process of badminton, more emphasis should be placed on the value of exercise, while winning or losing should be underestimated. When some people exercise badminton, they only pay attention to the winning or losing of the competition, but don't pay attention to the effect of exercise, which is very unfavorable to the promotion of mass badminton [4]. In the management of mass badminton, there are no sound rules and regulations in China, and there is a lack of a complete set of procedures from declaration, examination to registration. The provisions of management, evaluation and supervision are not clear, and there is a lack of overall planning and strategic planning for activities, thus limiting the development of mass badminton. In addition to mastering the essentials of movements, it takes a long time to "soak", so that the technical level can be perfect and advance by leaps and bounds, and the sports fun brought by this project can be better enjoyed.

### **2.3. Official Attention is Not Enough**

As far as the current situation is concerned, although Chinese officials strongly advocate people to actively participate in various sports events, they have also increased their investment in the popularization and development of badminton, but their attention to badminton is far from enough. In the face of the fitness value of the project and the enthusiasm of the masses to actively participate, although there are various competitions held in various forms and under various names, the proportion of competitions organized by the government is very small, and there is a great contrast between the government investment and the participation of many participants, which is far from meeting the needs of the masses [5]. When badminton is played, all the wrong movements are used, which is easy to get hurt, which has a very negative impact on badminton. It is difficult to grasp the qualifications of badminton players well and accurately during the competition, and there are great differences on how to measure the level of an amateur badminton player, which will affect the enthusiasm of the participants to a great extent, and is not conducive to the development and promotion of the whole badminton sport.

### **2.4. It Takes a Long Time to Train to Improve Skills**

Badminton is a fierce competition, and its offensive and defensive changes are changeable. Athletes' body positions are always in a changing state, which requires linear speed change and curve change. Therefore, athletes need to attack or defend in time according to the changing actual situation on the field, and keep good control over their bodies in the constantly changing competitions. For badminton, it is easy to get started, but if you really want to improve your skills and abilities, it will be difficult. You must have corresponding coaches to train and really master certain professional knowledge and action points, so that you can master the sport better. Therefore, the main direction of core strength training is not exactly the same as other sports. In this training process, it is necessary to use other instruments, such as swing plates and balance plates, to improve the mutual cooperation of athletes' own muscle groups through repeated stimulation. Although some badminton coaches have received professional training, their professional level and accomplishment are not particularly high, and there are also great problems in guiding students, which can not help students improve their level and avoid sports injuries.

## **3. Mode and Conception of Mass Badminton Development**

### **3.1. Vigorously Promote the Sports Value of Badminton**

In recent years, with the improvement of people's quality of life, people pay more attention to personal quality of life and health besides pursuing material life. People's participation in fitness activities not only enriches their daily life, improves their quality of life, but also gradually improves their health awareness. Badminton is an effective means of sports, which can be carried

out indoors or outdoors, and has low requirements on equipment and technology. In the process of sports, it can not only exercise but also feel the fun of sports [6]. To achieve this goal, it requires sports related workers to combine the physical and mental characteristics of the masses and the knowledge level of each crowd, carefully design and plan, and carry out targeted badminton activities; , rationally plan venues and facilities, conscientiously do a good job in planning suggestions for the layout and construction of stadiums and gymnasiums, and operators should strengthen research and market positioning; Strengthen the contact and communication between associations and clubs, formulate the competition regulations of badminton, and train coaches and referees. Do a good job of backup for mass badminton.

### **3.2. Carry Out Badminton Training to Improve Sports Level**

In badminton, the vast majority of the participants are amateur badminton enthusiasts. Because they have hardly received any professional training, their understanding of badminton is only superficial [7]. In the training of badminton players' core strength, athletes need to overcome their own gravity for strength exercises. Therefore, athletes should train in an unbalanced state and keep their body balanced. Therefore, by holding badminton training classes, we systematically explain the basic skills of badminton and the use of singles and doubles tactics, teach badminton competition rules and teach training methods, so that the majority of enthusiasts can master more badminton knowledge and skills through study. Teach people the corresponding basic technical knowledge and tactics of badminton, and teach some rules and methods in badminton, so that more people who love this sport can enhance their skills through learning, thus further stimulating their enthusiasm for continuing to study and exercise.

### **3.3. Strengthen the Construction and Utilization of Venue Facilities**

In the development of sports activities in China, the role of government support and unified planning can not be ignored. In addition to fully exploiting and utilizing the existing badminton venues and facilities to carry out mass badminton activities, we should increase capital investment in the construction of badminton venues and facilities. In the process of investing some funds and facilities, the government can not only rely on government revenue, but also rely on the strength of the whole society to raise funds through multiple channels and at multiple levels, so as to improve the construction conditions of badminton venues as much as possible. More badminton venues have been set up nationwide, the hardware facilities of badminton have been improved, and various effective measures have been taken to promote the utilization rate of these venues to be greatly improved. According to local conditions, more outdoor stadiums should be built by using relatively sheltered open spaces such as communities, squares, campuses and parks to meet the needs of the masses at any time and anywhere. Through urban planning, the number of badminton venues can meet the needs of badminton participants, and the layout can meet the average distribution of several districts. At the same time, with the help of government forces, the campus badminton venues can be popularized and opened to the public.

### **3.4. Strengthen the Construction of Mass Badminton Clubs**

Badminton club is an effective organizational form to promote the development of mass badminton. It can not only provide badminton lovers with a platform to make friends, learn from each other and enhance friendship, but also provide a basis for training badminton reserve talents. It is found that there is a great correlation between the general injury types of badminton and the lack of core strength. Although the injury ratio of upper limbs and lower limbs is high, the main injury factor comes from the deviation of the center of gravity, which leads to the imbalance of the center of gravity after rapid movement, flying and landing, and rapid rotation. In order to continue to develop people's passion for badminton and attract people of different ages to participate in the sport, it is necessary for different people to have fun in badminton. Mass badminton pays attention to mass sports, so that everyone should be integrated into the sport. Workers in various communities should actively organize and let more families and neighbors take part in it. As long as they are not registered in the National Badminton General Center, the overall quality of such

amateur competitions will be greatly improved, and players with general skills will not be able to participate or dare to participate.

#### **4. Conclusion**

To sum up, the development of badminton among the masses is often restricted and restricted by many factors, and measures should be taken to deal with it actively, such as actively promoting and publicizing the value and significance of the sport itself. We should also take a series of corresponding measures to solve the problem. The main purpose is to realize the strategic requirements of national fitness by vigorously publicizing sports value, improving facilities and conditions, holding training classes and setting up clubs. Therefore, we must attach great importance to badminton, find out the factors affecting its development in time, and actively seek ways to solve them, so as to promote the development of mass badminton.

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