

Analysis of Basketball Training Strategy Based on the Perspective of Confrontation in Sports Field

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Abstract: In the basketball game, athletes need to complete the comprehensive contest of body, technique and tactics in order to win the game. Because basketball is competitive and cooperative, it is loved by teachers and students. At the same time, basketball plays a significant role in improving students' physical fitness, regulating students' emotions, and cultivating students' self-control ability and unity and cooperation ability, which is also beneficial to the cultivation of students' lifelong sports consciousness. Today, the overall level of sports teaching theory in China has been greatly improved, and basketball teaching theory has also followed the pace of the development of the times, from the perfection of theoretical knowledge to the teaching practice. This paper analyzes the formation rules of basketball skills from the perspective of confrontation in sports field, and expounds the training strategies of basketball skills, including the training of cooperation consciousness and physical quality.

1. Introduction

In the basketball game, athletes need to complete the comprehensive contest of body, technique and tactics in order to win the game [1]. By analyzing the practice of basketball games, we can find that excellent basketball players not only have good physical quality, but also can skillfully cooperate with teammates, which can highlight certain aggressiveness and pertinence in action. As one of the compulsory physical education courses in high schools and universities, basketball is not only a sport, but also integrates skills and tactics, and embodies the ability to cooperate with others [2]. However, there are some problems in teaching and training activities, which affect the smooth development of basketball teaching activities and hinder the realization of college physical education teaching objectives. This paper mainly analyzes the problems existing in students' basketball training, the strategies to solve the problems of students' basketball training and the comprehensive training of students' basketball players, hoping to help students improve their basketball training level and promote the rapid development of basketball.

2. Analysis on the Formation Process of Basketball Tactical Consciousness

2.1. The Formation of Motion Perception

In the process of competition, if athletes want to realize their strategic intentions, they must first observe the situation clearly and accurately. However, due to the rapid changes in the competition, athletes use visual perception to judge the situation on the spot. The cultivation of basketball skills is no exception, and the formation of basketball skills needs a long and repeated training process, which needs to go through basic learning stage, skill consolidation and promotion stage and practical application stage. The purpose of basketball teaching and training is not only to let students master the basic action essentials, but also to communicate with teachers and students, students and students, so that students can promote their physical and psychological qualities through basketball [3]. In the teaching of sports drift, physical education teachers didn't pay attention to letting students establish the concept of basketball, but simply gave a general explanation, and then let students start mechanical training, which greatly reduced students'

enthusiasm for learning basketball.

2.2. The Formation of Tactical Thinking

Basketball is a collective sport. In the competitive process, the cooperation between players is the key to success. Therefore, in basketball teaching, attention should be paid to the cultivation of students' cooperative ability. Therefore, the formation of tactical thinking is also the basis for the formation of athletes' tactical awareness. Tactical thinking has certain flexibility, which can help athletes gain the ability to formulate countermeasures. In order to make students' bodies work better in this process, scientific exercises should be carried out on all the joints involved in basketball, and the quality of students' physical fitness can not be separated from the role of joints of various parts of the body. Therefore, in practice, it is necessary to design and train students' foot joints, knees, shoulders, hips, upper limbs, torso and head with comprehensive reference. It is necessary to arrange basketball training more scientifically and reasonably, and make the training content more interesting, so as to better arouse students' learning enthusiasm and enthusiasm. Therefore, when imparting athletes' tactical training to students, we should formulate tactics according to athletes' own technical characteristics, and the tactics should take the outstanding points of athletes' personal skills as the tactical application goal.

2.3. The Formation of Sports Intelligence Features

In basketball game, any coordination and action depends on the correct reflection, judgment and observation ability of teammates around. In basketball, students want to move faster and bounce higher, and gravity is always the biggest enemy. Therefore, athletes with good psychological quality can often use tactical thinking flexibly in competitions, and then complete correct judgments and reactions in a short time [5]. We should focus on cultivating students' preliminary cognition of technical movements and familiarity with technical essentials, and training students' perception of basketball in dribbling and dribbling techniques, so that students can recognize the relationship between people and balls from the perspective of physical perception. The capture of these opportunities requires athletes to judge the situation on the court, that is, athletes need to quickly observe the situation on the court. In the stage of skill consolidation and upgrading, we can not only further master the essentials of skills. Therefore, the training subjects arranged by teachers for students, whether it is ideological education or technical training, should take the role of team as the main goal, and constantly improve the cooperation ability among students.

3. Training Strategy of Basketball Skills based on the Perspective of Confrontation in Sports Field

3.1. Pay Attention to Physical Training

Basketball needs a sport that integrates speed, coordination and flexibility. If you want to improve your basketball skills, you must first have good physical fitness [6]. It is necessary to arrange according to the basic technical actions and essentials to form different games, so that students can participate in the training in the form of games. Make full use of all sports equipment in schools and attach importance to basketball training. To change the traditional teaching methods, we can use some NBA video materials to continuously strengthen the training of students' basketball skills. Teachers should pay enough attention to it, consciously and skillfully strengthen the cultivation of tactical awareness, and make students realize the importance of tactics by watching the video of elite athletes. Teachers can increase the load that students can just bear, and carry out routine training, so that students' physical function can gradually adapt to the high-intensity training content and improve students' physical function. In the process of playing games, students will be stimulated their self-potential and mobilize their learning autonomy, so as to achieve the deep teaching purpose and improve the teaching quality and efficiency.

3.2. Cultivate and Train Students' Basketball Technical Consciousness and Action

The skilled process of basketball skills is completed through training over a long period of time.

Through this process, students have the correct motivation to finalize the design. By imitating the skills of professional athletes, teachers revise them, so that students' basketball skills gradually mature. Therefore, we should pay attention to the technical training of players when there is no ball, master the adaptability when there is a ball, establish the overall concept according to the actual situation in the game, and effectively organize and cooperate with the attack. Teachers can show students some classic NBA games, and let students feel what is the true sportsmanship. In the process of competition, athletes can quickly complete the response and reflection by extracting similar experiences from memory, and then complete tactical actions at the moment of competition. In every training, the training of body joints and balance should be carried out to strengthen the coordination and limb movement ability of students. Psychological awareness training is an indispensable and important content in basketball teaching and training. Good psychological awareness training can help students develop a stable psychological state, so that they can face calmly when participating in basketball confrontation. At the same time, the school can also organize colorful sports activities, arouse the enthusiasm of learning participation, enhance the teamwork ability among students, and promote the development of students' sports basketball training and teaching.

3.3. Cultivate Students' Good Awareness of Observation

In basketball game, any coordination and action depends on the correct reflection, judgment and observation ability of teammates around. Therefore, in basketball training, it is necessary to strengthen the training of students' vision and tactical thinking. This is the foundation of team cooperation. Only when students have good tactical thinking and broad vision can tactics be applied well and cooperation be brought into full play. At this stage, athletes should first learn the knowledge related to personal skills, and then link tactical knowledge with tactical application through practice. Strengthen the training of students' ability to lower their center of gravity, because in the process of dribbling or passing the ball, it is necessary to ensure that the basketball is not taken away by the other side, so it is necessary to reduce their center of gravity as much as possible to protect the basketball in their hands, and at the same time, when bouncing, they can jump higher with the help of soil fertility to the greatest extent. Reasonable awareness training can stimulate students' enthusiasm and initiative to participate in sports, so that students can think about techniques and action essentials on the field, and quickly find solutions through systematic analysis and generalization, so as to realize the rational use of basketball skills.

3.4. Strengthen Students' Ability to Cope With Emergencies

Adaptability is the premise of implementing tactics and cooperation. During training, students are required to base all sports on observation and judgment. Athletes who skillfully complete the application of tactical methods in the competition can be transformed into stable competition experience, and then analyze and react consciously in their minds. Make full use of the skills learned during the competition, and combine them to improve their initiative and antagonism. Teachers' scientific and reasonable explanation and demonstration can promote students' clear and intuitive understanding of basketball, master the basic rules of basketball and promote students' memory and understanding of basic movements. In teaching, we should constantly tap the students' basketball potential, and constantly stimulate students' interest and passion in learning. Teachers should give appropriate guidance and necessary encouragement in teaching activities. Enhance students' boldness in exploring knowledge. And after the students practice the teaching content, help them understand the practice content. Both offensive and defensive skills are important components of basketball. Teachers should focus on training students' footwork and sense of the ball, so as to better carry out dribbling, passing and catching.

4. Conclusion

To sum up, only with a certain tactical awareness can students use their bodies, techniques and tactics reasonably, thus making an important contribution to the team's victory. Basketball has a

positive impact on cultivating students' healthy physical quality and good psychological condition. In the current college basketball teaching and training activities, reasonable training methods should be adopted to cultivate students' basic basketball skills and actively create a relaxed and pleasant sports environment for students, so as to effectively improve the achievements of basketball teaching and training. Combining innovative ideas in basketball teaching, we should sum up experience from conventional training methods and promote the progress of basketball education in a brand-new way combining with actual development needs. Therefore, in basketball training, teachers should choose highly targeted training strategies according to students' characteristics, and carry out practical training with high professional requirements, so as to enable students to have good professional qualities.

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