

# The Application of “Soft Ladder Training” in College Physical Education

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**Abstract:** With the development of the society, the progress of the times and the reform, and deepening of the education system, it provides more help for the development of college physical education, but also puts forward higher requirements. College physical education is an indispensable key component of education, and its task is to require students to improve their physical quality and master more than two sports skills. Therefore, for practical teaching, using scientific and effective methods is extremely important. As is known to all, the teaching goal of colleges and universities is to train more talents needed by the society and strengthen their physical pitch, so that they can contribute to the development of the society. According to the actual situation at present, college students are not interested in participating in sports and lack of the strength and initiative to participate in, so in this case, physical education is very hard to carry out smoothly. However, what kind of PE teaching methods can be used to make students more interested and to promote the orderly development of PE teaching? Based on this, it makes a careful research and analysis on the application of “soft ladder training” in college physical education teaching in this paper.

## 1. Introduction

In the Opinions of the State Council of the CPC Central Committee on Enhancing Youth Physical Education and Strengthening Youth PE System, it has clearly stated that only strengthening the ideology and goal of school physical education, implementing and strengthening the task of school physical education, promoting the healthy development of students’ physical and mental health, enhancing students’ PE system, vigorously carrying out all kinds of sports can we constantly improve the students’ physical health. The purpose of the physical education course is mainly to promote the physical health of college students and to master the professional sports skills. Therefore, teaching method is undoubtedly the key to the development of physical education. At present, some advanced concepts and methods abroad have been introduced into the physical education of our country, among which the soft ladder training method has been widely used. Soft ladder, also known as the rope ladder and the sensitive ladder, is a new training method, which can play its role in the practical teaching and is more easily accepted by students. However, according to the actual situation, the soft ladder training method still remains in practice, and there is no empirical data to support it. Therefore, on the level of establishing scientific practice, it analyzes the characteristics of the soft ladder training method in this paper, and only scientific and reasonable application of this method can make a difference and help to improve the physical health of college students in a real sense.

## 2. Characteristics and Advantages of Soft Ladder Training in College Physical Education

### 2.1 Able to Reduce the Competitive Ability in Traditional Physical Education

Soft ladder training method can reduce the competitive content of traditional college PE teaching and highlights the health characteristics of sports. In traditional physical education teaching, teachers only focus on the description of project skills and male objective evaluations, and the evaluation criteria only stay in the students’ mastery of several projects or several movements, as well as the

speed, height and distance that can be achieved in the project <sup>[1]</sup>. In the traditional teaching mode and grading system, both teachers and teaching system neglect the fundamental significance of school's PE course, and it is not clear that the establishment of PE course is to continuously improve the physical quality of college students, so that they can have a healthy body. Soft ladder training method can improve the current situation, enables teachers to understand the real value and effect of PE course, breaks the competitive nature of PE teaching under the premise of sports activities, enables students to consciously participate in it, makes them more interested in PE learning, and then continues to cultivate students have a healthy way of using.

## **2.2 Able to Stimulate the Enthusiasm of University Students**

Traditional PE teaching method is single and dull, and in actual PE teaching, only teachers talk endlessly, while students stand by and listen to teachers. Occasionally, teachers can attract student's attention when demonstrating movements, but once the demonstration is over, students' thoughts and ideologies will leave teacher's explanation. The whole PE teaching does not embody the students' subjectivity, and teachers are the authority of the whole classroom; moreover, there is no scientific and effective method to make students concentrate, which leads to the loss of the significance of physical education, and the fundamental significance of physical education, so students' learning enthusiasm is not high, and physical education is only a form, then its effect can be imagined <sup>[2]</sup>. Sports games are students' favorite teaching methods and links no matter which age they are targeting, so in actual PE teaching, integrating soft ladder training method with the enjoyment of games can stimulate college student's enthusiasm for PE course, and enables the students to actively participate in them. In the process of using soft ladder training method to carry out PE teaching, teachers should make use of game-based teaching according to local conditions, and make reasonable selection and application of games according to the hobbies and characteristics of most students, so that students can not only arouse interest in learning, but also find joys in sports and activities, which not only can improve teaching effectiveness, but also plays a positive role in promoting students' physical and mental health.

## **3. Research Results of Domestic Scholars on Soft Ladder Training**

In *Analysis of the Influence of Soft Ladder Training on Taekwondo Athletes' Footwork Movement Speed*, Zhang Wei has explained that soft ladder training method can help to improve the movement speed of Taekwondo, improve the athletes' concentration of time in competitions or courses, strengthen the coordination and flexibility of athletes' bodies, stimulate the sensory organs of human body, enhance confidence, constantly improve efficiency in efficiency, has an obvious training effect, and avoid baldness and vapidness in training. Wu Hang also concluded in the study that soft ladder training can improve students' interest and initiative in PE learning, and the soft ladder training method is relatively novel and can be accepted by students, and combining the actual training with games can stimulate students' interest and enthusiasm in learning. In *Influence of Soft Ladder Training on the Agility of College Formula Racing Athletes*, Zhu Wenfeng and Huang Dazhi pointed out that the application of soft ladder training method can train the agility of formula racing athletes, and through training, the agility of lower limbs and hip joints can be improved, and the training effect is much higher than the original method, but this method is not recommended for training the agility of upper limbs. In the study of soft ladder training, Yu Xi pointed out that it has a very significant effect and influence on the agility of female college basketball players, and enables athletes to better control their bodies and strengthen their ability to change direction while improving the agility of athletes, which is the best way to train the agility of athletes.

From the above-mentioned research results of domestic scholars on soft ladder training method, it is not difficult to see that, whether it is basketball, volleyball, badminton, table tennis or some sporting items, athletes can not leave the training of agility in actual practice, and also for college students, although they are not required to be as sensitive as athletes, they still need to master the basics. In order to improve the quality level of PE teaching, the discipline of physical education in

our country should be brave enough to break the bondage of traditional training modes and methods, improve the enthusiasm of theoretical research and practice of training, and constantly explore and innovate. On this basis, PE teachers also should have a deep understanding on the practical operation and principle of the soft ladder training method, proficiently teach, explain and demonstrate to students, and pay more attention to the role of the soft ladder training method, so as to better improve teaching.

## **4. Practical Application of Soft Ladder Training in College Physical Education**

### **4.1 Method of Basic Soft Ladder Training**

The purpose of using soft ladder to do forward and lateral split-stepping migration training is to strengthen the flexibility and movement speed of college students. When using the soft ladder training, students are required to stand in the first lattice of the soft ladder, move their left foot out of the lattice to the outside of the left frame, and then move their right foot forward to the next lattice, and follow up with their left foot in time. The opposite way is to move the right foot out of the right frame, move the left foot forward quickly to the next lattice, and follow up with the right foot quickly, so as to continue the cycle. In the practical application of soft ladder training method, students are required to bend their knees and lower their body center of gravity and land their forefoot on the ground, so only by accurately grasping the method can the practicability and safety of the training be guaranteed<sup>[4]</sup>. This is only one-foot training method, and the training of double-foot jump is the key, which can improve the sensitivity of college students. The actual operation is that, the students are required to stand in front of the soft ladder, naturally separate the feet but not larger than shoulder width, push the soles of the foot forcefully to the ground, then move quickly to the next lattice, and swing arms naturally with the movements of lower limbs, so as to cycle the forward jumps. When students are done this movement, teachers should remind students not to have too long contact with the ground.

### **4.2 Method of Game-type Soft Ladder Training**

Firstly, PE teachers should prepare two soft ladders and divide the students into two groups with equal numbers. Each group consists of two students, and the two students in each group are required to jump to the other end of the soft ladder with the feet in the “Z” shape, then their body moves horizontally from both sides of the soft ladder to the starting point, and clap their hands with the next student to complete the game. The game is finished until the last student is completed in the form of relay race, and the group with shortest time wins. Secondly, the application of game-type soft ladder training method in physical education teaching can continuously improve the reactivity and sensitivity of college students. The PE teacher has to prepare four soft ladders, and rounds them into a square, then the students stand in to middle of the square. The task of the PE teacher is to issue different instructions, and students do different movements and move in different directions according to the instruction given by the teacher. Before the PE teacher gives the next instruction, the students should keep their original posture and speed moving forward with a group of four times, and students who make mistakes or react slowly in the process will be punished. Through the form of game-type soft ladder training, it can stimulate students’ initiative, enables them to participate in it actively, and can not only master the PE knowledge and get physical training, but also enhance endurance in training, which is conducive to promoting the healthy development of their body and mind.

## **5. Suggestions on the Application of Soft Ladder Training in College Physical Education**

To a certain extent, the development of physical fitness has a positive effect on the related physical fitness, and the agility reflects the comprehensive qualities of speed, flexibility, strength, coordination and balance. Soft ladder training method is also the best training method to improve the

agility, which scientifically and reasonably uses the soft ladder to train, and enables to train the sports quality of specific needs with the help of its elastic belt and trackless puller to produce resistance, assist and pull, and among them, basketball, football and volleyball require athletes to have good flexibility, so it not only promotes the movement speed of athletes' footsteps, but also constantly improves the core stability of athletes . In actual PE course, increasing the intensity of exercise is actually to achieve fast exercise, improve the non-oxygen metabolism ability of college students, and strengthen the improvement of speed quality, so it can be seen that soft ladder training method can achieve the training of various qualities, and has a supporting effect. In addition, soft ladder training can not only be used as pre-class preparatory activities to prevent students from injury caused by excessive exercise, but also enhance the interest of the classroom and strengthen students' physique, which is also the main reason why many scholars advocate this method. In the actual PE teaching, the use of soft ladder training in the easy training link is basically similar to its role in the important link. After a lot of exercise or intensive training, soft ladder training can be used as an effective strategy for the recovery of enthusiasm, and it can be used not only during the training period, but also after the training, thus realizing the transition from intensive training to rest recovery.

Through the application of the soft ladder training method in PE teaching, there is a big difference between the traditional training method in the aspect of physical quality indicator test, and in the actual process of practice, by comparing the results, it can be seen that the soft ladder training method has a strong advantage in college students' physical quality, special quality and so on. And in the process of practice, it will be found that the soft ladder training method is more popular in students' mind, can stimulate their interest and enthusiasm in sports.

## **6. Summary**

To Sum up, the soft ladder training method plays an important role in college physical education. According to its novel and unique ways, it has been widely used in the actual PE teaching, and it is easy for students to accept, so as to stimulate the enthusiasm of college students for PE learning. Compared with the traditional training methods, the soft ladder training method not only can improve the flexibility, coordination and speed of students, but also is a key factor to promote the agility innovation and development of college PE teaching. In addition, the soft ladder training method doesn't change the student's body shape much, which is related to the students' own physical development characteristics, and is in line with the actual situation. Although there is no difference in cardiopulmonary function, it also needs to increase the mean value, which has a significant effect on the improvement of students' cardiopulmonary function. Through the scale test before and after the practice of soft ladder training, it can be seen that the soft leader training method also has obvious effect and efficacy on promoting students' emotional experience and improving interpersonal relationship. In PE teaching, the application of soft ladder training method can make students feel the joy of sports, cultivate students' good will quality, strengthen team cooperation ability, and shape healthy character and morals. It is not only in physical education, but also helpful in their growth, which enables them to face people and things with healthy attitude, so as to achieve faster growth and further development.

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