

Effective Methods of Basketball Training in Vocational College Physical Education through Internet

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Abstract: The rapid development of information technology has penetrated into various industries and fields, while also affecting modern education. The Internet has become a social norm, inevitably promoting the upgrading of traditional industries. For physical education in vocational colleges in the new era, the use of Internet technology can achieve better teaching results, help promote the reform and innovation of education models, and meet the educational needs of the new era. Basketball teaching, as an important discipline, not only helps to improve the physical quality of students, but also cultivates their perseverance and strong will. At the same time, it helps to enhance their sense of cooperation and team spirit, enable them to develop a positive and optimistic attitude, and promote their overall development. Therefore, physical education teachers in vocational colleges should clarify the important value of the Internet for modern education, and use its advantages to carry out basketball teaching work. Based on this, this article conducts research on effective methods of doing a good job of basketball training in vocational college physical education through the Internet.

1. Introduction

Basketball, as a sport that many students enjoy very much, is an important component of physical education. Traditional basketball teaching only focuses on the teaching of court knowledge and movement essentials, allowing students to imitate the teacher's actions to complete relevant skills and movement training. This rigid and single training method cannot mobilize the enthusiasm and enthusiasm of students in basketball learning, which leads to the problem that some students, although they like basketball, are unwilling to participate in basketball classes. This phenomenon is obviously very detrimental to the improvement of students' basketball learning quality, interest, and ability, and affects the effectiveness of basketball training. In order to solve this problem, it is necessary for teachers to utilize modern technologies, such as Internet technology innovation, improve the current basketball teaching mode, cultivate and exercise students' awareness of autonomous learning, improve basketball training efficiency, and ensure teaching quality on the basis of mobilizing students' enthusiasm for basketball learning and participation in basketball activities.

2. The Influence of Internet on Basketball Training

Traditional education is accomplished through "blackboard writing+dictation". This approach can only ensure that students remember theoretical knowledge, but it cannot ensure that students can digest and understand theoretical and practical skills. Currently, basketball teaching uses the method of "blackboard writing+dictation" to explain theoretical content, and uses the method of teacher demonstration to demonstrate basketball actual combat skills and actual combat skills. It seems reasonable and scientific, but there are many problems. For example, although students memorize their skills through the theoretical explanation process, the teacher's demonstration process does not help students digest and understand the correct use of skills. This teaching method not only cannot help students master basketball skills, but also can cause students to lose interest because the content and process are too tedious and boring. Many technical teaching content teachers cannot stimulate students' imagination, creativity, and creativity simply by demonstrating

actions. For example, if the teacher simply dictates the three step layup and uses one action demonstration to inform the students that they will no longer care, it will be difficult for some students who do not observe carefully to ensure their learning effectiveness. Static language teaching of skills, rules, concepts, and knowledge is a very common practice and situation in basketball education in China. This common basketball training mode cannot provide empirical support for students. Students will fall into a state of confusion in the face of such training, which cannot guarantee the training effect of students. The Internet not only conforms to the requirements of the times, but also embodies the principles of quality education and student orientation. Students can gain more advanced and rich knowledge as well as more diversified training methods through the Internet. In order to meet the pace of the development of the times, it is necessary to balance the relationship between the Internet and education, and have Internet thinking, so that the forefront and universality of basketball education can be controlled and guaranteed.

3. Effective Methods of Basketball Training in Physical Education in Vocational Colleges by Using the Internet

3.1. Changing Teachers' Teaching Philosophy

Teachers should let students watch Internet plus basketball to improve their professional ability and keep up with the trend of the times. Internet plus has strengthened students' interest in basketball learning and allowed students to imitate it accordingly. Teachers should give students time to learn basketball and improve the effect of basketball teaching. Internet plus closely follows the requirements of the national basketball syllabus. Teachers should have a deep understanding of basketball movements through multimedia technology and video. Students can punch in and out of class groups every day. Teachers can set daily practice tasks for students, allowing them to independently complete and upload them to the network. Teachers can provide guidance through the upload status of students' exercises and conduct organic linkage to make basketball teaching more efficient. For example, basketball can allow students to create a rich and diverse life and exercise their physical and endurance through changing circumstances, time, and many other conditions. Teachers should effectively improve students' sports cultural literacy and basketball appreciation ability, which has important significance and value in promoting basketball culture. Teachers should understand students' interests and hobbies and integrate them into Internet plus training. Vocational college students should use fragmented training methods to improve the effectiveness of training. Teachers should collect basketball teaching resources through Internet plus to avoid the waste of teaching resources. Internet plus has established a public network teaching platform for students. Students can watch professional basketball curriculum resources released by teachers, and students can join basketball interest groups, which is conducive to the construction of basketball campus culture.

3.2. Creating a Network Training Platform

There are a large number of teaching resources on the Internet that can be used by teachers. Teachers need to use these resources to explore appropriate teaching methods based on the quality, ability, and level of students, and to transform teaching models and methods. Replace traditional indoctrination methods with interesting teaching activities, treat students as the core of the education process, and comprehensively design teaching processes around students. Firstly, create a network training platform, constantly enrich and improve teachers' educational concepts, and improve their comprehensive teaching level. Teachers need to understand the diverse characteristics of students, pay attention to hierarchical training, innovate and improve training models, and strengthen the dominant position of students. Secondly, in the process of using the online training platform, teachers need to respect each student, thereby establishing close communication and interaction with students, and mastering all students' learning abilities, training issues, and training needs. Finally, the online training platform has injected new vitality, vitality, and elements into basketball teaching, improving students' team awareness and collaborative ability. The impact of

network platforms on the quality of student training is very prominent. Currently, most basketball moves can be mastered by students themselves, and students can even create unique moves based on their personal abilities. Teachers need to provide targeted training to students to ensure that the quality of their training can be continuously improved.

3.3. Building a Network Resource Library

A basketball training network course resource library should be built, whether it is produced by schools or teachers themselves or collected on the network, including training videos, documents, and so on. Of course, these resources often provide specialized explanations and exercises for certain techniques in the field of basketball, which are not all about basketball, but also include tactical and other aspects. Therefore, basketball training resources should be divided into levels according to certain standards, and ultimately form a complete set of teaching resources covering basketball skills and tactics. The following methods can be used to classify physical training resources such as strength training, endurance training, and coordination training into basic training resources. Incorporate breakthroughs (various breakthrough techniques), dribbling, and projection into technical level resources. At the same time, a higher level is set up, specifically incorporating live game videos, and giving tactical explanations. After all, basketball is a team sport, and tactics are also very important. Currently, resources can be presented in the form of micro classes or MOOC. Of course, it is best to create a series of micro courses according to the standards of MOOC for students to learn freely. Multiple single micro videos should be organized into a relatively complete and systematic curriculum system in a certain order in accordance with students' cognitive rules and the inherent logic of basketball courses, in order to synchronize offline teaching.

3.4. Implementing Appropriate Teaching Methods

The best way to do a good job of basketball training through the Internet is for students to learn online courses, practice offline, solve problems, correct errors, and even organize competitions in classroom teaching. Generally, flipped classes are better, concentrating students' fragmented time for learning online courses, and then practicing them in the classroom. Based on this model, in teaching, online courses are mainly used for preview and review. Preview emphasizes that students learn first. Teachers distribute teaching content through the teaching platform. Teachers understand students' learning conditions through the platform, assign assignments, and monitor learning effects at any time. During interactive communication with students, they collect students' problems in the learning process, and organize typical questions to facilitate targeted Q&A during offline teaching.

Online teaching can set class hours to synchronize with offline teaching, facilitating centralized teaching. At the same time, attention should be paid to improving the evaluation method. Basketball courses are conducted in the form of MOOC. The previous evaluation method of "attendance+midterm test+final exam" is obviously inappropriate. Therefore, based on the MOOC platform, after completing a class hour, the effect of the class hour should be checked, and the results of each examination should be included in the total score as a normal score. Practical assignments should be arranged, such as having students record a basketball confrontation video for teacher evaluation. This pays more attention to the learning process and practicality.

Taking dribbling as an example, teachers can follow the following five steps to conduct basketball training and teaching. The first step is to let students learn the key points of dribbling based on online courses. Teachers should use social media as a guidance hotline and even a platform for pushing teaching content. Teachers and students establish a real-time communication platform based on social media that is not limited by time and space. After watching the teaching video, students come down to practice on their own and feedback the exercise results to the teacher at any time. The second step is to import basketball resources on the Internet (as shown in Figure 1) or game videos. Teachers should note that if using video, appropriate editing should be made based on the teaching content. Here, the flashing dribbling breakthrough in the game should be highlighted, allowing students to experience the joy of dribbling. The third step is for students to carry out targeted exercises under the guidance of the teacher according to the key points in the micro curriculum, and communicate with the teacher and students about the problems arising from

their extracurricular exercises to jointly solve these problems. Of course, the formation of dribbling ability has a long cycle, and it is obviously impossible to achieve it overnight. Therefore, the teaching resource library is crucial. Recommend appropriate teaching videos to students at the appropriate time to enable them to learn, imitate, and apply them. The fourth step is to organize students to play basketball games. For example, one of the most important aspects of dribbling is the ball sensation, that is, the feeling of the hand towards the ball. It is necessary to understand parameters such as the ball's elastic weight to better control the ball. To this end, organize students to play with the ball in class, such as bouncing the ball with both hands, throwing and receiving the ball, and throwing and receiving the ball in front of (behind) high fives. The fifth step is to evaluate and refine the essence of the classroom, sublimate the classroom, check and fill gaps, and focus on breaking through key and difficult points.

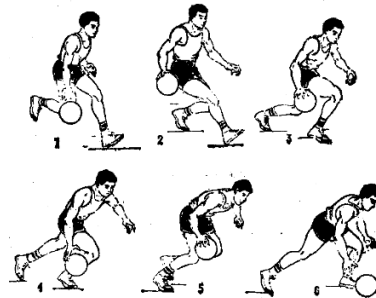


Figure 1 Picture data of dribbling training

4. Conclusion

Under the influence of Internet technology, today's basketball education has ushered in new development opportunities. In order to meet the development of the times, it is necessary for teachers to use the Internet to learn advanced educational ideas, master international basketball technology and related knowledge, and improve the timeliness and effectiveness of training and teaching.

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