

Analysis of the Cultivation of Basketball Players' Collaboration

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Abstract: Basketball is a sport full of much competition, which emphasizes the cooperation among the players. It can be said that except for the basketball team's own outstanding technical and tactical ability and physical quality, the ability to complete the team collaboration is a magic weapon to win the competition. In this paper, the literature method is adopted to analyze the cultivation of basketball players' collaboration, which is proposed to provide the reference suggestion for the development of basketball sport.

As a collective project of confrontation in the same field, basketball is featured by non-cycle. In the modern high-level basketball competition, it is not only the physical and technique and tactical confrontation, but also the competition in the collaboration. The so-called team cooperation ability, refers to the ability to build on the basis of the team, exert the team spirit, complement each other to achieve the team's maximum work efficiency. For the team members, not only to have personal ability, but also need to have in different positions to do their best, and the ability to coordinate with other members. The core of collaboration is the individual cooperation [1]. Teamwork is influenced by the team goals and environment. When the team members have certain knowledge and skills and the intention to cooperate with others, the teamwork may succeed. The centripetal force and cohesion of all team members is an important sign of advancing to the team from the scattered personal collection. It is important for all members with a common goal to encourage them to strive for it. However, the centripetal force and cohesion between individuals come from the inner power of team members. In the team, they will be more active and more positive; meanwhile, the centripetal force and cohesion are also the values shared by individuals. Through the cooperative intention and way in the team, individuals form a good atmosphere of team, such as mutual trust, dare undertake responsibility, and willing to give oneself.

1. Overview of basketball teamwork ability

As a typical team item, the role of basketball collaboration is particularly prominent. Teamwork refers to the process in which a collective team cooperate and support for each other to achieve the same objective. It can bring out the individual intelligence and wisdom in a team, and get rid of injustice to a large extent and reward everyone who contributes to the team, and form a durative cohesion to escort the team's development. After all, the individual power is limit, but if placed into a team, it can be infinitely amplified. Not only that, those who understand team can also have a unique personal charm and win the trust and support of the surrounding persons [2]. For the ball sports, especially basketball, offence and defense, advance and retreat, passing and shoot the ball are focused which needs team to succeed. In a basketball match, the players' cooperation with each other in performing tactical skill determines the final result. It's impossible for a basketball team who doesn't know how to cooperate as a team and has constant internal disputes to win the match. As a basketball player, only when unifying their own goals to team members' and making consensus can they understand the great significance of teamwork spirit in basketball match. Only by fully understanding the significance of teamwork can the players exert their own ability as far as possible, maximize individual contribution, which allows the whole team to achieve outstanding achievement in the basketball match.

From the perspective of the basketball nature, it is a collective sport itself. No two players can play singly to complete basketball match. In a team, if each player can tolerate with each other harmoniously mentally, their goal is firm, the action is consistent, the team's fighting ability will be enhanced greatly. Obviously, enhancing consciousness of basketball players' collaboration is the behavior of $1+1>2$. Specifically, the consciousness of basketball player's team is embodied in such aspects as the goal, the quality, the ability and the will. What the great abundance shows is the spirit of the basketball team.

2. Significance in cultivating the basketball players' collaboration

As a popular sport, basketball has much participation among the youth. But many people play basketball just for fun and don't realize the true significance of the match, which leads them to neglect teamwork. Driven by this mental attitude, they only focus on individual performance in the match, gaining and losing scores, which is clearly not enough from the viewpoint of basketball sport [3]. With the nature of basketball as a collective event, only when the team's tactical and strategic deployment is implemented to the single players actively can they achieve the team's success. Individual profession should be aligned with the team's strategic deployment. In terms of basketball, the collective outstanding performance is a good demonstration of individual ability. Cultivating the players' teamwork is also beneficial to establishing the sound values for the players, to make up for the blank in the quality education, and shape the perfect personality. Students experience collective sense of honor and individual sense of honor in basketball game. The role of individuals in the collective is the objective of basketball teaching.

In the basketball sport, it is necessary to cultivate the players' teamwork ability and even students. China's economy develops in a sustained, steady and prosperous way which has strengthened economic and trade exchanges between China and the rest of the world. All tasks are detailed and specific, how to cooperate with each other and how to divide responsibility clearly make the system sounder [4]. The teamwork spirit has become a necessary quality for modern people to stand in the society. Now many young people live in the well-off family with parents' spoil, they never have worries about the life, gradually form the values of individualism, do not know how to contribute to the group and undertake responsibility. The general trend of lacking of the collective awareness, and team awareness has had a negative impact in enhancing social productivity. Only when the individuals cooperate with each other and make a consensus on thought and action can the team survive in the fierce social competition. It is quite important for personal development.

After the reform and opening-up, people's concepts have changed hugely, the sense of competition is obviously stronger than before, but the concept of teamwork is weakened. Younger group including players and students are more susceptible to this change. It is also necessary to cultivate the concept of students' teamwork in basketball teaching to conform to the construction of socialist core values [5]. In the section of basketball teaching, let the student participate in the basketball sports personally, which not only can help them to discover own potential gift, also contributes to developing consciousness of the teamwork, so as to improve their all-round ability of physical coordination, confidence, combat effectiveness. Let students improve the physical quality, and also cultivate a sunny, positive, happy personality.

3. Countermeasure of cultivating basketball player's teamwork spirit

The formation of collaboration is a long-term and systematic process in life, match and training. It needs the running-in between the team members, the team members and the coach.

3.1 Enhancing the coaches' overall quality

From the viewpoint of coach, it is necessary to create a team with the efforts. If the coach is indifferent to the team, it will inevitably generate the indiscipline team with losing the soul core. Therefore, the coach is heart-steadied stone for a team to form the cohesive anchor. In order to improve the players' team spirit, the coach must put abundant energy and emotion into the team. As

a coach, it's necessary to constantly improve the overall quality of their individuals, sum up the experience and lessons for the players, do a good job in leading and setting an example. This is a prerequisite for cultivating players teamwork spirit.

3.2 Seriously interpreting the essence of basketball matches and competitions, and developing teamwork ability

Through the basketball match, the ability of teamwork can be significantly improved. In the basketball training, whether the team members can form a tacit understanding is the most challenge. Without guidance to players, it is difficult to realize the long-term significance of teamwork for the team's development. Therefore, the coach should change the student's thought fundamentally from the concept. Coach should carefully interpret the basketball matches and competitions, explore deeply the feature of basketball techniques and tactics, while players should be specially trained according to their individual features. Whether the students' active learning ability can be cultivated in basketball teaching activity is the key to test the teaching effect. The core of team consciousness is how to deal with the relationship between individual and organization. Essentially, the team consciousness is actually to clarify individual responsibility and role, and the team's needs through the positive interaction between ego and others. So, the interaction should be strengthened to cultivate students' teamwork ability in the basketball match. Such interaction not only means the ability to communicate information, but also emotional interaction in which students can form an instinct of dedication to the collective.

In order to seriously interpret basketball match and competition, it is necessary to construct a complete knowledge system of basketball training and know the key and difficult points in each training link. Meanwhile, we should not only focus on interpreting books, but also building different training patterns boldly and innovatively, so as to improve the interest in players' participation and allow them to participate in training actively and assiduously. In the traditional basketball training mode, few players can realize the importance of teamwork, did not play a good advantage of educating person through sports from the coach to the team. The coach should master each student's basketball accomplishment and the physical condition, make the corresponding training plan for them, and then allow the players to participate in the training positively, thus enhances the consciousness of teamwork and develop the habit of team.

3.3 Not adhering to the traditional training mode rigidly and cultivating the collaboration of the players in a form of group cooperation

The coach should give full play to their guiding role in team and not adhere rigidly to the traditional training mode. They try to give the players some opportunities for teamwork and cultivate the spirit of team in the form of group cooperation. Apart from the team, it's not possible to assess the individual players' basketball ability solely by means of skill, only in the real match, and the process of interaction with other players can it be truly presented. Coaches should participate in the whole training process. At the beginning of the training, the teaching plan should be designed in detail and the groups should be divided reasonably and scientifically; In the process of training, it's necessary to answer the players' difficult questions timely, correct their wrong actions, and let them experience the advantages of teamwork actively. At the end of the training, it's necessary to do a good job in teaching feedback, and conduct the encouraging evaluation. When arranging for the specific group, the coach should balance each group's strength according to the player's character and mutual ability. After the groups are established, it's necessary to select the players with leadership, responsibility and self-confidence as team leader to lead the ability of team cooperate and improve the training efficiency. Externally, the coach gives the careful guidance, he set an example to take the lead internally, can play the role in twice the result with half effort in terms of the coach's training effect. Coach can also play videos of basketball matches and famous basketball players' speeches, so that the players understand the gap between themselves and elite players, and inspire students to train hard and improve their morale. In the observation of the players' psychological activities, students are guided towards the objective of basketball education. In order to prevent the players from generating the bad mood, the coach should not carry out the

ideological education on the whole staff, but should infect the team members' idea imperceptibly in the daily teaching. Actually, both watching and participating in the matches are very beneficial. But the coach should arrange the team members to compete more, let the players feel the teammate's importance in the intense athletic field atmosphere.

3.4 Coach should complete reflection and summary in the training link

During basketball training, the ability of students or players' teamwork is cultivated. The coach should fully encourage players to participate in the training and complete reflection and summary. In order to achieve the good teaching goal, it's necessary for the coach to not only make unremitting efforts, but also the player solidly cooperate with him [6]. Players should deeply recognize the necessity of teamwork to self-improvement and growth. It needs the coach not only to do a good job in technical guidance and supervision in group training, but also do a good job in students' moral and ideological education, so that players can cooperate with the coach in teaching. Besides, the coach should also evaluate the players' performance in an effective way to make players aware of their own shortcomings and actively correct them. They should also be properly encouraged and praised, only when allowing players to feel their own growth and team progress into one body can they truly understand the value of teamwork. In addition, the coach should guide the players to discuss the field experience after the simulated matches, and solve the problem in the process of their reflection and recollection.

4. Conclusion

As economy and society constantly develops, collaboration is playing more and more important role in the real life. Cultivating collaboration is beneficial to enhancing communication and cooperation among team members, and promote their friendship. Actually, the cultivation of competition consciousness and teamwork consciousness are unified and dialectical. Cooperation can promote competition while competition can enhance cooperation conversely. Basketball is a sport filled with much competition itself, and can stimulate students' explosive power and potential. Especially when you're faced up with an opponent with the teammate, the sense of competition comes into being naturally, and the necessity of bonding with your teammates is evident without word. The coach should adopt diversified teaching methods to cultivate the players' collaboration, so that players deeply understand the essence of spirit and enhance team consciousness.

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