

The Application of Three-in-One Teaching Model in Football Teaching in Higher Vocational Colleges

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Abstract: Football teaching has always been a relatively important part in the physical education in higher vocational colleges, and it is also a kind of sports with high attention in the physical education system. It is of great significance for cultivating football talents to carry out football teaching in higher vocational colleges. In the higher vocational colleges, the quality of football teaching is closely related to the students' sports attainment, and it also plays an important role in the development of football. With the deepening of the reform of physical education, the relevant teaching concepts and teaching methods are also undergoing important changes. It is of great significance for the application of three-in-one teaching model in the teaching of higher vocational football to promote the development of higher vocational football teaching. This paper analyzes the relevant connotation and advantages of the three-in-one teaching model, studies the current situation and problems in the football teaching in higher vocational colleges, and discusses the practical application of the three-in-one teaching model in the teaching of higher vocational football.

1. Introduction

Football has unique charm in many sports and is also an important teaching resource in physical education in vocational colleges. In the background of the continuous deepening reform of physical education in China, many kinds of teaching models have been applied in football teaching, such as stratified teaching and progressive teaching. To a certain extent, these teaching models have played a positive role in the teaching of higher vocational football, but need further innovation are still needed. The three-in-one teaching model complies with the people-oriented concept in national quality education. In the teaching of football, students' visual, auditory and kinesthetic organs can be fully mobilized and effectively combined. Students can conduct independent learning and practice according to the relevant characteristics and laws of football, so as to cultivate students' interest in football, allow students truly become the main body of football teaching, effectively implement the relevant requirements of the new curriculum reform for college sports and improve the effect and quality of higher vocational sports teaching.

2. The current situation and problems in football teaching in higher vocational colleges

2.1. Teachers' understanding of football teaching is not comprehensive enough

For some football teachers in higher vocational colleges, their knowledge structure is relatively old for the current educational environment, which cannot meet the relevant needs of football teaching in the new environment. Some football teachers also have certain deviations in their understanding of football teaching. In the actual football teaching process, the teacher's purpose is only to improve the students' physical quality and to meet the needs of football teaching. The purpose of finding ways to improve students' interest in football is to make students master more

theoretical knowledge of football. In the ordinary football teaching, they are just more to teach students the basic action essentials, which is difficult to keep students' interest in football. As a teamwork sport, football emphasizes integrity. But in higher vocational football teaching, this aspect of teaching is not paid enough attention. As a direct participant in football teaching, teachers' awareness of football teaching has a direct impact on the quality of football teaching.

2.2. Football teaching conditions and facilities are not perfect, and the teaching content is not reasonable

In many vocational colleges, the teaching time of football lessons is not enough, and the content of teaching is mostly some basic action essentials. Most of these movements require long-term practice. However, it is difficult for students to master these basic movements skillfully in actual football classes. Due to certain restrictions on football teaching, it is far from meeting the students' demand for football in the current environment. Some vocational colleges do not have enough football facilities to provide students with autonomous training. Football generally requires more spacious venues, and some higher vocational colleges lack such standardized venues. Sports textbooks in some colleges are also very old, especially football can not meet the training requirements of students very well. These factors have had a certain impact on the implementation of football teaching. Especially with the increasing number of students who love football, if the current teaching environment is not changed, the quality of football teaching will be affected to a certain extent.

2.3. The methods and concepts of football teaching are relatively backward

Football is constantly evolving with the changes of society, especially in the real football competition, the new tactics that are advancing with the times are needed. However, in the football teaching in higher vocational colleges, the training of skills and movements is often emphasized. There is not much involved in the actual tactics of football in actual competitions. Even if there are tactics, there are too much explanation of traditional tactics with no innovations. And related teaching concepts and methods have not met the needs of modern football teaching. This also reduces students' interest in football to a certain extent, leading to a decline in the quality of football teaching.

3. The connotation of and the problems that should be noticed in "three-in-one" teaching model

3.1. The relevant connotation of "three-in-one" teaching model

It is an innovation that advances with the times in the current social background to apply the "three-in-one" teaching model in the football teaching in higher vocational colleges. This kind of teaching model refers that in the process of organizing football teaching, teachers can organically combine the teaching of football theoretical knowledge, the cultivation of students' practical ability and the needs of students' future development, forming a training mode that integrates students' knowledge ability and quality. The essence of "three-in-one" teaching model is that students can systematize and practise the knowledge explained by teachers in the course of football learning, so as to satisfy their own development, constantly add new knowledge to the original knowledge structure, forming a perfect theoretical system. Students can practice constantly Through the corresponding theoretical knowledge to form corresponding practical experience, thus continuously promoting their own development.

3.2. Problems that should be noticed in the application of "three-in-one" teaching model

In the application of "three-in-one" teaching model in football teaching in higher vocational colleges, teachers should pay full attention to making students the main body of teaching, and teachers' orientation in teaching is to guide and help students. In the "three-in-one" teaching mode of football teaching and training, the teacher does not need to inculcate the corresponding theoretical knowledge to students from beginning to end, and it can achieve twice the result with

half the effort for the teacher only to guide the students under appropriate circumstances. When the students watch the video of the football match, the teacher can explain the corresponding technical actions in a timely manner, and divide the students into corresponding groups in a targeted manner, encouraging the students to communicate boldly and helping each other. In the early stage of the application of the "three-in-one" football teaching model, teachers should appropriately set the corresponding teaching objectives, and continuously encourage students in the teaching process to improve students' interest in learning.

4. The application of "three-in-one" teaching model in higher vocational football teaching

4.1. It helps to cultivate students' interest in football.

Interest is the best teacher of a person and the driving force and source of all learning. When organizing football teaching activities, teachers should pay more attention to the cultivation of students' interest in football and enable students to maintain their love for football. By applying the "three-dimensional integration" teaching mode in the teaching of higher vocational football, students can achieve the purpose of visually and audibly infected by watching the corresponding football game videos, thus effectively stimulating students' enthusiasm for football. When students watch related football videos, they can imitate the movements of the athletes in the video, so as to carry out more realistic action training, creating a more relaxed and active atmosphere and promoting the development of students' football quality.

4.2. It helps to improve students' self-learning ability

Students who have been trained in the "three-in-one" teaching model tend to have a higher level of football than ordinary students. In the time of football learning and the accuracy of football movements, students trained in this model have certain advantages compared with students trained in the general teaching environment. In the "three-in-one" teaching mode of football teaching, teachers use the modern multimedia technology to use the corresponding football game video to teach to present the corresponding technical essentials to students in a form of actual combat by analyzing the professional movements of athletes in the football game, which helps the students to think more carefully, thus mobilizing the students' enthusiasm for learning, allowing the students to better understand and master the basic skills and tactics of football, laying a good foundation for the later development.

4.3. It helps to develop students' teaching ability

The "three-in-one" teaching model applied in the teaching of higher vocational football contains a group teaching form, and group teaching is also one of the more important organizational forms in the "three-in-one" teaching model. In the form of group teaching, students are divided into corresponding groups in the process of football teaching. For each group, different teaching students are selected for each class. The selected student will lead the team to study football. In this way, the students' knowledge of football and their action ability can be greatly improved, and the subjectivity of students in football teaching can be fully exerted. The corresponding practice has proved that by using the "three-in-one" teaching model of group teaching and by allowing students lead students to learn football can clearly find that the level of football of each group leader has been significantly improved, which also conforms to the corresponding principles of education. When using this model for football teaching, the selection of group teaching students needs to involve every classmate, which can stimulate each student's football learning interest and form a good learning atmosphere.

4.4. This model can effectively improve students' football innovation ability

In the teaching of higher vocational football, the improvement of students' innovation ability is generally reflected in the use of football techniques and tactics in actual football matches. The improvement of students' football innovation ability is inseparable from the accumulation of students' theoretical knowledge, practical ability and experience. While, the essence of the

application of the "three-in-one" teaching model in higher vocational football teaching is to form corresponding practical skills based on the corresponding theoretical knowledge of football, and constantly improve the corresponding football theory in actual football matches to form rich practical experience of football. In this process, the students' football skills and related practical tactical abilities will also be improved, prompting them continuous innovating on football related skills and tactics, and discovering the new rules of football.

4.5. It helps students to establish good interpersonal relationship

Today's social network information is developed, and the communication between people becomes more and more convenient. However, some college students have obvious interpersonal problems. Relevant research shows that students who regularly participate in sports such as football have stronger self-confidence than those who do not or rarely participate in sports. Students trained in the "three-in-one" vocational football teaching model are more confident than the students in the traditional teaching model. The reason is that the football teaching of "three-in-one" teaching model will involve the form of group teaching. In this mode, each group of students can fully communicate and exchange, and help each other in football learning, thereby improving the students' interpersonal skills, and students' self-confidence is also enhanced. By applying the "three-in-one" teaching model in the teaching of higher vocational football, it can not only effectively improve students' interest in football, but also help students to establish good interpersonal relationships.

In the "three-in-one" football teaching model, students are always in a subject position, which is more convenient for students to communicate more effectively. The orientation of teachers in teaching is to guide and help students. In the "three-in-one" teaching model, although the intensity of training is much higher than that of traditional football teaching, this mode uses modern audio-visual technology can effectively stimulate students' interest in football. The teamwork between the students can make the students not feel boring and tired during the football training, so that they can concentrate for a long time. After adopting the "three-in-one" teaching model, the students' self-choice behavior can be fully utilized in the teaching of football, so as to promote the overall development of the students' mind and body more effectively.

5. Conclusion

In summary, football teaching is an important part of physical education in higher vocational colleges, and it also receives high attention among students. The teaching of football is not only to enhance the physical quality of students and to improve their football attainment and ability, but also to cultivate students' spirit of unity and cooperation. The application of "three-in-one" teaching model in football teaching in higher vocational colleges can not only effectively stimulate students' interest in football and cultivate students' autonomous learning ability, but also help students establish good interpersonal relationships, thus promoting the overall development of students' body and mind.

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