

# Influence of Training of Sensitivity and Coordination on Learning Football Techniques

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**Abstract:** Football is a national sport, and is one of the favorite sports of contemporary college students. For students majoring in football, training for sensitivity and coordination is an indispensable process. So in this paper, we will select 100 students majoring in football as the research objects to study the impact of sensitivity and coordination training on the learning of football techniques.

## 1. Introduction

In the process of sports, sensitivity and coordination are the basic abilities of athletes, which produce an important impact on the mastery of sports technology and the application of tactics. Especially, ball players have good sensitivity and coordination, which promote their own sports performance to be significantly improved.

## 2. Research Objects and Methods

### 2.1 Research Objects

The objects of this study are 100 sophomores majoring in football in a sports university, who are all male and aged between 18 and 21. 100 students are randomly divided into experimental group and control group. According to the results of their basic investigation, we can see that there are no significant differences in body shape, football experience and injury among all students. So  $P > 0.05$ , which can be seen in Table 1 below. It meets the requirements of comparison.

Table 1 Comparison of Basic Data between Two Groups of Students

Group	n	Age(year)	Height(cm)	Weight(kg)	Football Experience(year)
Experimental Group	50	20.7 $\pm$ 1.8	174.6 $\pm$ 4.2	72.7 $\pm$ 2.2	2.1 $\pm$ 0.7
Control Group	50	20.4 $\pm$ 2.1	173.5 $\pm$ 5.1	73.2 $\pm$ 1.4	2.0 $\pm$ 1.1
t		2.034	1.425	3.774	2.458
P		>0.05	>0.05	>0.05	>0.05

### 2.2 Research Methods

#### 2.2.1 Literature method

This paper applies various ways to search and consult the literature on football sensitivity and coordination training, reads and analyzes relevant materials, and masters the research status and results of this study.

#### 2.2.2 Experimental method

Each semester includes 18 weeks. The experimental students have a football lesson every day. Each lesson is 90 minutes. Training starts from the fourth week of semester and every two weeks. Each training time is 30 minutes. In the course of experiment, students in the experimental group should carry out exercises on sensitivity and coordination, such as jumping movements combined with various parts of body, marking and escaping exercises, quick reaction racing practices, etc. While students in the control group normally carry out routine preparatory activities, such as

jogging warm-up, football special exercises and so on. In addition, before and after the experiment, two groups of students should be tested for football techniques, including penalty kick, 25-meter kick, 15-meter dribble across the bar and timing broken line running. Attention should be paid to ensure that all students are scored by the same technical evaluation group and that the criteria for judging the results of four techniques are unified.

### 2.2.3 Data analysis method

SPSS software is used to analyze the data obtained in this study.

### 2.2.4 Contrastive analysis

The data changes of two groups before and after the experiment are compared and analyzed in order to understand the laws.

## 3. Results

### 3.1 Analysis of Four Indicators of Technical Scores of Two Groups of Students before the Experiment

Before the experiment, the technical scores of penalty kick of students in the experimental group and the control group were ( $63.52 \pm 6.89$ ) and ( $61.44 \pm 5.84$ ) respectively, the technical scores of 25m kick ( $58.43 \pm 6.51$ ) and ( $60.27 \pm 6.05$ ), scores of 15m dribble across the bar ( $56.55 \pm 6.67$ ) and ( $59.16 \pm 7.03$ ), and scores of timeline broken line running ( $58.16 \pm 7.33$ ) and ( $57.14 \pm 6.31$ ). So,  $P > 0.05$ , which can be seen in Table 2 below.

Table 2 Technical Scores Analysis of Four Indicators of Two Groups of Students before the Experiment ( $\bar{x} \pm s$ , score)

Group	n	Penalty Kick Technique	25-meter Kick Technique	15-meter Dribble across the Bar	Timing Broken Line Running
Experimental Group	50	$63.52 \pm 6.89$	$58.43 \pm 6.51$	$56.55 \pm 6.67$	$58.16 \pm 7.33$
Control Group	50	$61.44 \pm 5.84$	$60.27 \pm 6.05$	$59.16 \pm 7.03$	$57.14 \pm 6.31$
t		2.352	3.761	2.745	4.312
P		$>0.05$	$>0.05$	$>0.05$	$>0.05$

### 3.2 Analysis of Four Indicators of Technical Scores of Two Groups of Students after the Experiment

After the experiment, the technical scores of penalty kick of students in the experimental group and the control group were ( $76.92 \pm 7.05$ ) and ( $71.73 \pm 6.03$ ) respectively, the technical scores of 25m kick ( $78.75 \pm 6.21$ ) and ( $70.03 \pm 7.18$ ), the scores of 15m dribble across the bar ( $76.89 \pm 5.77$ ) and ( $72.36 \pm 5.36$ ), and the time broken line running scores ( $75.43 \pm 6.75$ ) and ( $70.06 \pm 7.03$ ). So  $P < 0.05$  which can be seen in Table 3 below.

Table 3 Technical Scores Analysis of Four Indicators of Two Groups of Students after the Experiment ( $\bar{x} \pm s$ , score)

Group	n	Penalty Kick Technique	25-meter Kick Technique	15-meter Dribble across the Bar	Timing Broken Line Running
Experimental Group	50	$76.92 \pm 7.05$	$78.75 \pm 6.21$	$76.89 \pm 5.77$	$75.43 \pm 6.75$
Control Group	50	$71.73 \pm 6.03$	$70.03 \pm 7.18$	$72.36 \pm 5.36$	$70.06 \pm 7.03$
t		12.354	10.742	11.445	13.068
P		$<0.05$	$<0.05$	$<0.05$	$<0.05$

### 3.3 Evaluation

The control group students had 30 minutes of traditional preparation time in each class, while the experimental group students replaced it with sensitivity and coordination training. According to the results of study, we can see that the football technical effect of the experimental group is significantly better than that of the control group. The comparison between two groups has produced significant differences.

### 4. Discussion

When sensitivity and coordination are clearly defined, in order to promote the development of football teaching, it is necessary to enhance students understanding of football and their coordination so as to promote the development of coordination exercise and the enhancement of football techniques.

To improve the facilities of public football stadiums, the local government and relevant departments are required to plan the local public football service pattern rationally, and formulate the construction and management plan of the facilities of public football stadiums in combination with the land planning of provincial urban-rural fringe and public football service needs of the local people. In addition, relevant departments need to expand outdoor sports venues, promote the construction of fitness squares and fitness activity centers, create special fitness circles for local people, and provide better public football services through perfect public football venues and facilities, thereby meeting local people's public football service needs <sup>[3]</sup>.

Relevant departments are also expected to actively guide local public football stadiums to balance public football service personnel, so as to promote the optimum balance of public football service personnel in terms of age, gender and educational background. At the same time, it is important to actively explore professional public football service personnel and carry out professional training for existing public football service personnel. In addition, relevant departments and local public football stadiums need to be aware of the impact of the professional level of public football service personnel on the development of public football service. Public football service personnel can provide guidance for the masses to participate in football activities, and play a leading role. Through penetrating into the actual football training process of the masses, it closes the distance between the masses and gain the trust of the masses, help the masses to improve their enthusiasm and initiative to participate in football activities, and significantly improve the professional level of the public football service personnel in the process of getting along with the masses <sup>[3]</sup>.

Local governments and relevant departments are required to combine the demand and supply of public football services in the provincial urban-rural fringe, and actively explore new ways of football activities, such as marathon and healthy walking, while holding traditional football activities and matches. At the same time, the public football service needs of people of different ages are also should be taken into consideration, so as to truly guide the whole people to participate in football activities and really improve the local people's awareness of football exercise <sup>[4]</sup>.

In the Internet era, to publicize football activities, there are a variety of ways that can be applied for local governments and relevant departments, such as Wechat Public Number, official micro-blog, website, electronic screen, etc. Meanwhile, they can also solve the problems encountered by the masses in daily football exercises by means of football information platform and mobile phone software, so as to increase the publicity of public football services. At the same time, through effective propaganda methods, it is feasible to build a sound supply platform of public football services in urban-rural fringe, and comprehensively promote the construction and development of public football services in urban-rural fringe.

The application of sensitivity and coordination is undoubtedly one of the key factors affecting the development of football teaching reform in colleges and universities. Firstly, it is necessary to constantly reform and innovate teaching reform methods. In the practice of teaching reform, it is required to use reasonable teaching reform methods according to specific situation. Football can be

divided into indoor and outdoor forms. In indoor football, reform can be carried out in the teaching of football skills and knowledge theory, give comprehensive answers to the questions raised by college students, and make correct reform methods to implement them. For the reform of outdoor football teaching, it is to combine theoretical knowledge and practice to enable college students to develop good exercise habits, have a normal understanding of football and football teaching reform, cultivate football awareness, and integrate football exercise with physical health<sup>[2]</sup>.

The quality of teaching environment also directly determines the overall quality of football teaching in colleges and universities. Secondly, it is necessary to improve the environment and facilities of football teaching reform and improve the construction of football teachers. Strong teaching staff and good educational environment are the basis and premise of football reform and teaching reform in colleges and universities. That is to say, the effect of football classroom teaching reform is directly related to the comprehensive quality of teachers. As an educational base for cultivating students' ability and comprehensive quality, colleges and universities should increase financial support, attach importance to football education and innovate football teaching reform situation, making students study in a relaxed and pleasant teaching reform environment and giving full play to the subjective initiative of students. Colleges are also suggested to establish a variety of venues or swimming pools to meet the needs of college students and teaching reform. In addition, it is essential to constantly improve the teaching staff and the level of teaching reform, in order to better serve our education industry. As football teachers, they are required to have strong language expression ability and teaching plan writing ability. They also need to improve their professional quality. For example, colleges should provide football teachers with fair opportunities to participate professional skills and professional literacy training and learning, help them strengthen language expression ability and professional literacy while learn from foreign teachers' on-the-job training experience, innovate teaching and research activities, train high-quality football teachers, strengthen the monitoring and evaluation of teachers' quality, and formulate perfect awards, laying a good foundation for the smooth development of football teaching reform.

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