

Application Analysis of Combination Training Method to Football Teaching in Colleges and Universities

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Abstract: Only by enriching teaching content and improving teaching elements can we achieve the comprehensive requirements and objectives of students' growth. With the improvement of football teaching system in colleges and universities, the shortcomings of traditional football teaching methods have become increasingly prominent, and the cultivation of students' connotation and spiritual accomplishment is particularly inadequate. Therefore, it is extremely important to choose a teaching method that fully incorporates various concepts and connotations. Combination training method is a training method which combines students' physique, psychological quality, football skills and game tactics. Therefore, the effective application of this teaching method to football teaching will provide important help for improving the quality of students' training and teaching effect. Combining with the actual situation, this paper mainly analyses the basic situation, shortcomings and specific application of combination training to college football, so as to promote the sustainable development of college football teaching.

1. Introduction

2017 is the second anniversary of the launch and implementation of Football Reform Program. In the past two years, under the leadership of the State General Administration of Sports, the National School Football and other relevant departments, China has made remarkable achievements in the development of football in China and youth football. In order to respond to the call of the state, promote the rise of Chinese football and help the development of youth football, college football training is constantly reforming and developing. Therefore, combination training method is introduced into college football training, which plays an important role in improving the level of college football training in terms of physical fitness, technology and tactics. Combination training method plays an important role in improving the efficiency of college football training as well as teaching efficiency in process of college football training. It is necessary to constantly explore and update the theory and practice of football training, combine theory and practice guidance, and give full play to the advantages of combination training in college football training, so as to achieve the desired goal.

2. Basic Survey of Football Combination Training

2.1 Concept and Development History of Football Training

Football training is a process from being low to high and from being easy to difficult in physical, technical, tactical and psychological aspects. It is a process of gradual improvement. Only teachers scientifically and reasonably formulate the training plan for students and let students strictly follow the almost regular training can the skill and level of trainees be effectively improved. With the rapid improvement of Chinese football level, colleges and universities have raised the requirements for students' level and ability. Therefore, colleges and universities are expected to actively explore ways to effectively improve the level of athletes.

2.2 Theory of Combination Training

The so-called combination training method refers to the application and effective combination of

different training methods. The implementation of combination training method is mainly based on the relevant teaching laws and objectives. It combines multiple combination actions and other behavioral factors that affect practice organically. It focuses on the systematic integration of the comprehensive factors that affect football teaching, so as to achieve teaching objectives and teaching results. Football combination training is a training method to enhance the training effect by repeatedly practicing football movements in various ways. Compared with traditional teaching methods, combination training has many advantages in training theory, mainly in the following aspects. Firstly, the concept of combination training is different. The concept of training is the trainee's rational understanding of football, which plays an important role in actual training. Secondly, training theory refers to the relevant training methods and rules summarized according to the characteristics of football. There are three levels in the actual training, namely, the theory embodied by trainees in sports, theory reflected through language and writing and theory proved by practice. In addition, training means refer to the feasible measures taken to help trainees to improve their abilities. It not only improves the trainee's skills, but also helps the trainee to achieve training objectives reasonably and effectively.

3. Current Situation, Existing Problems and Deficiencies of Football Teaching in Colleges and Universities

3.1 Football Teaching Content is not Perfect

The common problem in football training is that the content of football tactics teaching is not systematic and perfect. The main reason is that the teaching goal only stipulates the basic skills of students, ignoring the importance of football tactics, while students' football consciousness is relatively lacking. In addition, in football teaching, there still lacks the cultivation and improvement of students' psychological quality, which makes college football teaching as a single teaching subject for a long time and unable to effectively integrate the goals and requirements of contemporary football development. Therefore, colleges and universities should strive to explore the formation of a systematic football training system. At present, football teaching lacks necessary experience in improving teaching content and integrating related teaching activities, and lacks systematic integration in the cultivation of students' physical and psychological qualities, which makes it difficult for college football teaching to deepen from a single teaching subject to a diversified and systematic teaching subject. Meanwhile, football teaching also lacks effective integration with the requirements of the development of the times. Most teachers have insufficient innovative thinking and awareness of keeping pace with the times. They neither fully and effectively integrate teaching activities nor give full play to its advantages and values of the times, thus greatly affecting and restricting the innovative development of college football teaching. Moreover, most colleges and universities have not yet formed a good cultural atmosphere of campus football, resulting in students' lack of environmental support in participating in football.

3.2 Professional Level of Football Coaches is Limited

According to the current situation, football teaching is not innovative enough and teaching theory lacks rich connotation. At present, football teaching lacks professional teachers and the existing teachers do not update their ideas in time, which makes the core of football training not prominent and teaching connotation not rich enough. According to the survey results, 40% of college football teachers have not reached any coach level, 35% of teachers the second-level coach level and only 20% of football teachers the first-level coach. At present, most teachers have not participated in any form of football training for a long time since teaching. This is the main reason why teachers lack innovation, knowledge and concept update slowly. Therefore, it is necessary to improve the level and ability of football teachers.

3.3 Football Training in Colleges and Universities is Insufficient

According to statistics, only 10% of colleges and universities insist on football training. Most

sharpen the spear only before going into battle and train athletes strictly. This way only cares about speed, but neglects the mental and physical condition of athletes. It is not a systematic training method mainly due to the lack of training time and relevant experience, which has seriously hindered the progress of football sports.

4. Application of Combination Training to College Football Training

4.1 Analysis of Combination Training Method to Physical Fitness Training

Football is a sport that consumes a lot of physical energy. Only with sufficient physical fitness, athletes are able to give full play to the level of techniques and tactics and adapt to their characteristics. Therefore, in the teaching activities of football in colleges and universities, the application of combination training method needs to start from the physical training of students and do a good job in physical fitness training. Firstly, in order to combine the intensity and amount of physical training with the objective reality of students and achieve the ideal effect of physical training, it is necessary to control the intensity of physical training and arrange physical training scientifically and rationally, starting from the actual bearing degree of students in combination with the maximum carrying capacity required in actual competition. Once the amount of physical training is too intense, it is likely to affect the health of students. Secondly, physical fitness should be closely combined with football teaching and training. Effective training needs to be carried out according to the rules of football and intensive training is required to be closely around the characteristics of its projects, so that physical fitness can serve and provide guarantee for participating in football activities. However, football is also a kind of competition requiring high explosive force and strong participation, in which aerobic sports and anaerobic sports are closely integrated. Its competition time is long, the requiring venue is large, the attack and defense is strong and the rhythm is fast, requesting the participant not only to have the basic physical ability as guarantee, but also to carry on specialized quality training according to different positions on the field. Therefore, according to the characteristics of football sports, physical training programs must be formulated.

4.2 Application of Combination Training Method to Training Tactical Quality

A good tactics can make the overall game of icing on the cake, which requires teachers to pay attention to the training of students' tactical level, so that students are able to be flexible and open up their thinking. Of course, teamwork among students is indispensable in the competition, which is an important guarantee to give play to tactics. At the same time, it is also essential to cultivate students' tactical awareness and make them have perfect tactical thinking. Combining with students' characteristics, teachers need to stress the cultivation of team cooperation consciousness, formulate tactical principles suitable for students, and give full play to the value and effectiveness of tactics for students to learn football. Secondly, strengthen the training of students' tactical awareness and thinking, through targeted tactical training and football match activities, it is necessary to constantly strengthen students' tactical awareness, so as to achieve the sustainable development and steady improvement of students' tactical level.

4.3 Analysis of Combination Training Method to Psychological Quality Training

Football is not only a contest of competition but also a contest of fighting wit and courage. The situation of competition is varied and fierce. Everywhere needs a good mood and state of mind. Excellent psychological quality is the guarantee of the effective competing. In carrying out football teaching and training activities, systematic training of students' psychological quality not only effectively improves students' football level, but also greatly improves and optimizes students' psychological quality, providing important help for the overall improvement of students. Therefore, in the application of combination training method, teachers should pay attention to the importance of psychological quality in football training, take effective measures to cultivate students' positive attitude towards the game, and correctly guide students to establish correct concepts and

consciousness. Meanwhile, teachers are suggested to take psychological quality training as the basis to teach students to face setbacks and failures positively and the ability to effectively reduce stress. To improve students' comprehensive quality through football training, in the process of applying combination training method to college football teaching, first of all, it is required to attach importance to the cultivation of students' special psychological quality, consciously cultivate students' awareness and mentality towards football matches, so as to enable students to establish correct concept of competition and sense of struggle. Secondly, it is necessary to guide students to gradually form positive and active innovative thinking and creative consciousness. Finally, it is important to focus on the cultivation of psychological quality, educate students to correctly understand setbacks and pressures, guide them to actively look at competition, and achieve their development and progress by participating in football matches.

4.4 Application of Combination Training Method to Technical Training

Compared with other sports, football has different characteristics in technology while technology is the key factor that decides whether a football match wins or loses. Therefore, in the process of football training, teachers need to strengthen the training of technology, and update the concept in time to innovate and improve the existing technology. At the same time, students are suggested participate in training step by step, and gradually improve the level from simple movements. Moreover, in order to let football players improve and develop together in technology and body, it is necessary for teachers to simulate game scenes, so that football teaching is more realistic and scientific. Therefore, when carrying out football training, teachers should give full play to the advantages of combination training method from college football training, and scientifically improve the technical level of trainees.

5. Conclusion

To sum up, in view of the existing problems in football teaching in colleges and universities, combination training method plays a positive role in solving these problems, which is helpful to cultivate students' football awareness and improve the football teaching effect. In college football teaching system, the application of combination training method not only enriches football teaching theory and methods, cultivates students' positive spiritual connotation, but also gives full play to the role of campus football and trains football talents to meet social needs. In addition, when analyzing the unfavorable factors affecting college football teaching, this paper talks about factors such as teachers' strength, but ignores the role and influence of coaches' level and other social factors, which is mainly limited by my research level. Other researchers are expected to get new research results in this regard.

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