

Explore the Role of Mind Training in Badminton Skills Learning

Guohua Wang

Heyuan Polytechnic, Heyuan, Guangdong, China

Keywords: Mind training, Badminton skills, Psychology

Abstract: In the context of social development and progress, people have achieved a greater improvement in their living standards and a higher spiritual pursuit. In the process, badminton has achieved rapid development. Mind training is a more effective way in badminton training. It is based on the sense of movement and perception, and requires the use of psychology to promote the mastery of badminton skills.

1. Introduction

Mind training can also be called psychological recall training, which is a method for psychological training. It is based on the idea of exercise and the response of exercise as a result. It is implemented by means of memory and imagination. In this process, the combination of performance and self-suggestion will be effectively combined, that is, when performing mind training, based on past exercise experience, exercises will be performed in the mind, and then the creation, repetition and development of movements will be realized. In this way, the motion image is closer to reality [1].

2. The Positive Role of Mind Movement Training in Badminton Skills Learning

Mind training is special in features and has incomparable importance and effect compared to other training methods. Mind training plays a very significant role in badminton skills learning. When using mind training, you can use imagination in your mind to train, and trainers can form effective thinking in the process. In this process, the main way is to use thinking and training. Trainers need to pay attention to mastering the essentials of sports, and to deliberate and think on their own, and then practice according to specific situations, and then find their own shortcomings and defects in practice. And make corrections and adjustments according to specific problems, strengthen the personal feelings of trainers, and make the training more obvious.

At the same time, this training method can train the trainees' own psychological qualities, so that they can maintain a peaceful mentality in badminton learning. Therefore, in the daily training, we should pay attention to the implementation of psychological quality training, so that learners can give full play to their abilities and levels in the competition, and their tensions can be continuously relieved, so that their abilities and levels can be fully exerted in a peaceful state of mind [2]. Mind training and technology, tactics, and physical fitness are closely linked, interacting and promoting each other. It can enable trainers to have a certain sense of movement in learning, and to exert their agility and flexibility in sports. Get better exercise, and then gradually develop the ability that you should have in badminton training, and ensure psychological balance in training.

In addition, the implementation of mind training can promote the improvement of motor skills and the enhancement of motor memory. In performing mind training, physical training is often combined with it to obtain more obvious results [3]. In this process, the auditory and visual representations can be combined to form a comprehensive performance, and the use of thinking and imagination can effectively combine training and imagination, and fully mobilize various sports performances to promote Train personnel to master movements and techniques. In this way, trainers can be strengthened in memory and get better memory effect.

3. The Specific Countermeasures of Mind Training

Mind training can exercise the ability of trainers from multiple angles and levels, so that the quality and efficiency in badminton training can be fully guaranteed. The use of mind training in badminton training can improve trainers' physical literacy and trainees' psychological literacy. Generally speaking, mind movement training can be used throughout the badminton training process, and usually plays different roles at different stages.

In badminton training, the formation of sports thinking is very important. Trainers need to have agile and flexible response capabilities during training, and at the same time, they also have certain requirements for the physical fitness of trainers. The use of mind training in basic training can promote the development of trainees' sports thinking, so that they can be considered before formal training, and then practiced to deepen the impression of basic training content. For badminton, long-term training is needed to achieve practice and make perfect. When the venue is limited, trainers can use mind training as a basis, and after performing thought cues, execute relevant content to form memories on the muscles. In this process, effective adjustments to badminton training can be achieved, and teaching can achieve better results. In addition, when training basic skills, trainers can focus more and create good conditions for the subsequent implementation of technical training.

For badminton teaching, the method of mind training is widely used. For example, when a trainer performs feather training, the person in charge of training will first demonstrate the action as a whole for the trainer, and then explain the movement skills and action requirements during the demonstration. When the explanation is complete, train the trainers in slow motion [4]. At the end of the demonstration, leave enough time and space for the trainers to let them talk about the previously demonstrated actions, and to replay and think about the actions in their minds. In response to the problems of trainers, the trainees must answer them in time to gradually develop a comprehensive understanding of the training. After thinking about it, the person in charge of training can lead the trainer to perform the exercise. During the exercise, the corresponding time and space should also be provided to achieve effective supervision of the trainers and make them better fulfill the relevant requirements.

After basic training and skill training, trainers need to be trained on skills and strategies, and then tactical training after mastering the technology. When conducting skill training, it is also necessary to pay attention to the emotional training of athletes to promote the improvement of psychological quality of trainers. The implementation of mind training can realize the training of the tactical skills of the trainers, so that the trainers can adjust themselves for different situations. As far as badminton matches are concerned, they can be divided into two categories, one is a doubles game, and the other is a singles game. As far as singles competitions are concerned, athletes need to strengthen their training in skills and strategies, and build a corresponding sports mechanism, in terms of angle and strength of the training content. At the same time, it can also analyze and study the movement trajectory of badminton, and then make quick and accurate judgments in the mind, choose the appropriate angle and strength to hit back. As far as doubles matches are concerned, athletes should cooperate closely and tacitly. When encountering different situations, make strategic adjustments and use the training to focus on skills training. For example, when playing badminton, the coach can let the team members perform centralized training, so that the team members can understand each other during the training, so that the understanding and communication between the team members can be fully guaranteed. To be able to cooperate better. It can be seen that the implementation of mind training can promote teamwork in an efficient state and plays a very important role in the overall training process of badminton.

The use of mind training in proficient operations plays a very important role. Proficient operations are not just simple practical operations, but also training in thinking. As far as the current situation is concerned, badminton is more effective on the training ground, and the trainers are lacking in training practice [5]. In this case, if mind movement training is used in it, it can strengthen its grasp of the operation essentials, so that the proficiency of the practical operation in the specific implementation can be fully guaranteed. In this process, there are different training

requirements for different stages. For example, in the early stages of training, trainers tend to be more enthusiastic when participating in training, but afterwards, a kind of relaxation psychology often occurs. Therefore, the coach needs to pay attention to coaching the trainers, and use scientific and reasonable methods to remind the trainers to reduce the probability of slackness in training. In this case, the trainers can gradually realize that mind training is being implemented. The importance of time, at the same time the coach can also more clearly understand the psychological state of the trainees during training, and then conduct psychological counseling of the staff according to the actual situation. For some trainers, psychological problems often occur in the later stages of training, resulting in psychological changes, especially when facing competitions. Psychological fluctuations will be relatively large. The use of psychological guidance can keep personnel relatively peaceful. Mentality promotes the improvement of comprehensive literacy of trainers.

4. Discussion on Mind Training

Applying the mind training method to badminton training can promote the accuracy of ball hitting and the standard of movement of trainers. As far as high serve is concerned, it is not only necessary to instruct the trainers to perform direct shot training, but also to instruct the trainers to perform imaginary training. It is necessary to form a relatively fixed pattern in the mind during training and practice it in actual actions. Then realize the effective combination between imagination and reality.

In mind training, the feeling and practice tend to be the same, but in actual implementation, there is no need for real badminton, or the flight trajectory of badminton is presented. Trainers will reproduce the movement in their minds during training, and then obtain the corresponding internal experience from the mental level. When using mind training, in order to improve motor skills, we must not only focus on training in muscle groups, but also focus on training in brain skills, and then closely combine skills, physical strength, and intelligence. In fact, mind training can enable trainers to use the performance of the brain for training. The application of this method can play a positive role in psychological activities and strengthen the consolidation and formation of motor skills in psychological activities. In this process, it is necessary to fully realize that the production of sports image is based on the feeling of movement.

Related studies have shown that motor performance can change the skills in the body, and this change in function is similar to the change in activities. Pay attention to the following points when performing mind training: First, trainers must ensure that they are focused. Only by achieving full concentration can we effectively remember the appearance of action. Secondly, when using mind training, you cannot separate this training method from mind training. In order to improve the skills of trainers, the actual training needs to be given priority, and mind training is an important way to assist training. Therefore, practical training is an important basis for badminton training, but mind training has some advantages that actual training does not have. Therefore, when actual training is tired, you can use mind training to complete the corresponding training. This shows that mind training and actual training affect each other and promote each other, and the two can be carried out in a state of intersection.

Trainers will inevitably produce a kind of fatigue during long-term training. Therefore, it is necessary to pay full attention to the psychological state of the trainers during training, and mobilize the trainers' initiative and enthusiasm during training as much as possible to help them increase their confidence in learning. Under the influence of this training mode, the state of passive learning of trainers can be changed to a certain extent, and the will quality of trainers can be exercised. The use of mind training in badminton skill learning can promote the overall visual performance of trainers and the formation of kinesthetic images, and promote the continuous improvement of training effects. In short, the process of deepening movements and memory during mind training. In training, we also need to grasp the actual situation, so as to fully guarantee the quality of training. In the specific implementation, a combination of speed and slowness can be used, and trainers are encouraged to exchange their experiences and feelings with each other.

5. Conclusion

In short, in the study of badminton skills, through the use of mind training methods, it is possible to train the psychological quality of trainers, achieve physical fitness, strengthen the actual reaction ability of trainers, and meanwhile, it will be very important for future skills learning. Impact. In the implementation of mind training, according to the actual situation of the trainees, appropriate training methods should be used to effectively combine thinking and practice, pay attention to the psychological changes of the trainers, and adjust the psychological problems generated in time.

References

- [1] Qi Yue. Discussion on the role of mind training in badminton skills learning [J]. Contemporary Sports Science and Technology, 2018, 8 (31): 34, 36.
- [2] Qi Yue. Experimental study on psychological skills training in badminton general course teaching--Taking mind training method as an example [J]. Journal of Liaoning Institute of Science and Technology, 2018, 20 (5): 68-69.
- [3] Qi Yue. Experimental Research on the Training of Psychological Skills in the Teaching of General Badminton Courses--Taking mind training as an example [J]. Journal of Liaoning Institute of Science and Technology, 2018, 20 (5).
- [4] Li Zhicheng. On the application of mind training in badminton skills learning [J]. Stationery & Technology, 2019 (21): 240-241.
- [5] Sun Yefei. Exploring the Application of "Mind Training" in College Badminton Elective Courses [J]. Stationery & Technology, 2017, 2 (2): 181-182.