

On the Ideas and Methods of Basketball Training in Higher Vocational Colleges

Bin Huang

Jiangxi Vocational Technical College of Industry & Trade, Nanchang, Jiangxi, China

huangbin0907@163.com

Keywords: Basketball teaching in higher vocational colleges, Training idea, Training method

Abstract: Basketball is very popular among students for its characteristic of competitiveness and body building. Moreover, playing basketball can improve the athlete's strength, speed, stamina, sensitivity, etc., so basketball training takes a very important part in sports training. However, in the basketball teaching of higher vocational colleges, due to the outdated training ideas, non-targeted and ineffective training methods, and the insufficient professional equipment, the training efficiency and the improvement of students' professional ability has been seriously affected. Considering this situation, innovation and reform need to be carried out from the perspectives of ideas and methods, and the personal situation of students need to be combined to formulate targeted training plans, improve students' strength, speed, sensitivity and stamina, strengthen their psychological quality, and improve professional competence.

1. Introduction

In sports education of higher vocational colleges, basketball course is one of the important parts. But compared with other colleges and universities, basketball teaching in higher vocational colleges is relatively weak, the teaching ideas are relatively outdated, and the training methods are not targeted. Therefore, in the future, higher vocational colleges should pay attention to the ideas and methods innovation in basketball teaching, propose correct basketball training ideas, formulate targeted training programs according to students' physical fitness and potentials, and gradually improve students' Physical fitness and professional skills so as to create efficient basketball class.

2. The Current Situation of Basketball Teaching in Higher Vocational Colleges

2.1 The Relatively Outdated Training Ideas

The training ideas reflect the basic attitude that physical education teachers and athletes hold towards basketball training, and they are the effective guarantee for physical education teachers to carry out efficient training. However, in the current basketball training class, there is a common problem of emphasizing training and neglecting education. Teachers pay too much attention to the training of professional skills and neglect the theoretical knowledge. As a result, the foundations of some students are not consolidated and the training effect is not ideal. Secondly, the humanistic care for students and the subject position of students are ignored in class, resulting in unclear training focus, excessive or insufficient training intensity, therefore, the advantages of basketball training cannot be fully presented, and the teaching efficiency will also be reduced.

2.2 The Non-Targeted and Ineffective Training Method

The training methods that adopted by teachers are relatively traditional and single, non-targeted and ineffective. Generally, in training class, students are mainly asked to do a lot of shooting and dribble practice to form a certain muscle memory. This method is not suitable for all students, besides, there are differences in students' physical fitness and potentials, so this method obviously lacks effectiveness. In some professional skill drills, teachers only explain the essentials of some skills orally. And insufficient practice hinders the improvement of students' professional skills.

2.3 Lack of High-Quality Teachers

In some higher vocational colleges, physical education has not been paid enough attention, and talents introduction still needs to be strengthened. It is impossible to build a high-quality teaching group under the current situation. What's more, with no regular training, physical education teachers lack opportunities for further study, so the improvement of their comprehensive quality is restricted. And lacking of enough qualified teachers causes the low teaching efficiency of basketball training, makes it hard to cultivate a high-level basketball team, and is not conducive to the quality education in basketball teaching.

2.4 Insufficient Professional Equipment

China's basketball teaching in higher vocational colleges starts late. Schools put more energy into the construction of the curriculum system, and pay less attention to the venue and equipment. Because of the funds shortage, the basketball courts are relatively simple, indoor basketball courts are less, and professional basketball teaching equipment is not enough, all these factors limit the standardization of basketball training.

3. Basketball Training Ideas and Methods in Higher Vocational Colleges

3.1 Innovation of Training Ideas

The innovation of basketball training ideas in higher vocational colleges mainly refers to the idea innovation of physiological training and psychological training. Physiological ideas are mainly about theoretical knowledge teaching, training practice and functional feedback. While psychological training mainly focuses on students' subject position, humanistic care, and care about students' mental health.

3.1.1 Physiological Training Idea

In physiological training, teachers should first realize the importance of basic theoretical knowledge, abandon the traditional training idea of emphasizing training and neglecting education, and consolidate students' theoretical knowledge foundation. Secondly, training on students' basic skills should also be strengthened, for example, passing, receiving, dribbling, shooting, moving, defense, offense and other basic skills, so as to lay a solid foundation for student' further development. Thirdly, teachers should have time awareness, recognize the importance of teamwork and confrontation in basketball training. Strengthen the physical training, and simulate the competition environment to realize the practicality of class training. In addition, teachers should also have the feedback awareness, build a good feedback mechanism in the training class, observe students' training performance and acceptability to this mechanism, and guide students to actively give opinions and questions and express their ideas. Teachers sort out opinions through the feedback mechanism, make adjustments of the training plan, so that the training plans can be more targeted can efficient.

3.1.2 Psychological Training Idea

Psychological training idea means that teachers should recognize the subject position of students in class, pay attention to the psychological state of students in training and competition, and combine skills training with humanistic cultivation. What's more, teachers should also guide students to feel the joy of basketball training, stimulate students' enthusiasm and initiative, and meet their psychological needs. At the same time, teachers should also guide students in psychological adjustment, so as to improve their psychological quality and promote the overall development of students.

3.2 Training Methods and Skills

3.2.1 Strength Training

In basketball competitions, the athlete's muscle strength determines whether his basketball skills

and tactics can be fully presented, so strength training is very important in basketball teaching. Teachers need to formulate physical training plans based on the physical fitness and potentials of higher vocational students. And they need to implement muscle group training every week to strengthen the muscles of fingers, wrists, and arms, which can effectively guarantee the full play of shooting, passing, receiving, and dribbling skills. For students, they get all the strength from the waist and abdomen muscle groups, so it is also necessary to strengthen the training of this muscle group to ensure the coordination of their body. In addition, the basic strength training of students needs to be carried out through various forms such as leapfrog weight-bearing, by gradually increasing the weight, certain muscle memory can be formed to efficiently complete the strength training.

3.2.2 Speed Training

Speed training mainly includes the training of students' reaction speed and movement speed. Reaction speed training enable students to respond in a short time according to the actual situation, adjust the coordination of limbs and body by exerting muscle strength, and skills and tactics will be completed in the meantime. This kind of training mainly focus on students' perception training and physical coordination. In movement speed training, basic training of students will be strengthened, usually by sprinting and fast running. Fast running training plan will be made according to the students' physical fitness, and training intensity will be gradually increased in order to improve the students' movement speed.

3.2.3 Stamina Training

Stamina training is mainly about the ability of oxygen inhaling and breath adjustment, it can help athletes maintain the best state of exercise until the last minute, adjust physical strength, and ensure the full play of skills and tactics. In this kind of training, teachers also need to take students' physical fitness into consideration, start from the basic leapfrog and running to consolidate the physical fitness of the students. Then shooting and dribbling training can be added to improve students' stamina and professional competence through round-trip training.

3.2.4 Sensitivity Training

Sensitivity training is mainly to carry out training for students' leaping ability and flexibility, with the purpose of exercising students' joint muscles or soft tissues, relevant instruments are usually involved in this kind of training. Stretching exercises for muscles, joints and soft tissues can also be done during physical training. In daily training, leaping ability can also be improved through leapfrog, running and jumping.

3.2.5 Psychological Training

The psychological training mainly includes attention and mental endurance training. Attention is the reflection of students' awareness. Teachers need to strengthen the basketball training awareness, so that students' awareness of basketball training can be improved, and can be able to concentrate and give full play to skills and tactics in basketball games. In the training of mental endurance, teachers can continuously encourage students to build self-confidence in daily courses. When encountering problems in daily training, teachers can provide certain guidance and suggestions to strengthen psychological counseling and psychological relaxation, thereby eliminating psychological burdens. Teachers can also simulate the real competition environment for students, let students participate and feel the real competition atmosphere. In this process, teachers need to record students' performance, analyze students' psychological problems and causes, and come up with corresponding solutions, so that students' mental endurance can be gradually improved.

4. Conclusion

All in all, in the basketball training of higher vocational colleges, teachers should update training ideas and training methods in a timely manner, recognize the subject position of students in class,

and give them humanistic care. Besides, teachers should also strengthen the training of students' theoretical knowledge, basic skills, strength, speed, sensitivity, stamina, etc., improve students' physical and psychological qualities, and ensure that students can give full play to their technical and tactical skills in actual competitions and be more advantageous. Through the innovation of training ideas and training methods, the teaching quality and quality education of basketball teaching in higher vocational colleges can be promoted, and the sustainable development of higher vocational colleges can also be realized.

References

- [1] Wu Aihua. A Brief Analysis on the Ideas and Methods of Basketball Training in Higher Vocational Colleges. *New Curriculum Research* (Mid-month - bimonthly), No.6, PP.41-42, 2019.
- [2] Zhang Hucheng. A Brief Discussion on the Ideas and Training Methods of Basketball Training for Students in Higher Vocational Colleges. *Sports*, No.6, PP.125-126, 2019.
- [3] Fan Difeng. Discussion on the Ideas and Methods of Basketball Training for Higher Vocational Colleges Students. *Science and Technology Information*, Vol.16, No.1, PP.237-238, 2018.
- [4] Fu Fanfei. Research on New Methods of Basketball Teaching and Training in Higher Vocational Colleges. *Science and Technology Innovation Herald*, No.4, PP.189, 191, 2017.