

An Analysis of the Characteristics of the Times of Basketball Style

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Abstract: This paper first analyzes the style of basketball, and then introduces the characteristics of the times of basketball style, including the era of outstanding characteristics and obvious style and the era of hegemony and diverse styles in order to create a pluralistic and dualistic era. We hope to provide effective reference for relevant people.

1. Introduction

In the past, the style of basketball mainly developed in the direction of strong confrontation with high altitude advantage, high score and high intensity. By analyzing the current development situation, it gradually presents a fierce, accurate, comprehensive, flexible and fast basketball style, which highlights the characteristics of the times. Multi-element or dual-element styles such as high speed, flexibility and comprehensiveness gradually ban the single style, highlighting the characteristics of world basketball in the new era.

2. Basketball Style

Technical style in sports field is mainly a technical system formed by related sports teams or athletes, which is effectively distinguished from other teams and athletes, and shows a stereotyped mature feature, which not only covers tactical and technical factors, but also contains people's fighting style, behavior morality and ideological quality. Style is also a direct embodiment of the overall strength and sports characteristics of a certain sports team. It is formed by long-term polishing training of related sports styles, tactics and techniques, which gradually tend to be perfect and can perfectly defeat opponents. Competition is the main driving force to promote the development of basketball, and the contradiction between offensive and defensive teams can be reflected in the development of tactics and techniques. Basketball style is also formed under this condition, which is formed by playing games with each opponent. Basketball style is also the condition that a certain team contacts its own skills and physical quality. It can be effectively distinguished from other stable tactics and techniques through long-term training and competition, and can comprehensively show the style of competition. From the perspective of logic philosophy, the related styles of basketball can also be decomposed into the collective performance of a certain group and team, which is completed by many people, and the collective style is formed by many people with the same characteristics. After major competitions and long-term training, the style is beyond the norm. Style can restrain opponents and help them win the competition.

3. An Analysis of the Characteristics of Basketball Style in the Times

3.1 An Era with Outstanding Characteristics and Obvious Style

In the development of basketball for hundreds of years, its style features have gradually changed from low-level to high-level, from natural formation to subjective creation. At the beginning, the style of basketball was formed naturally and simply, and then developed to the advanced stage. There were artificial subjective factors in the formation of style, and different style systems were formed at the same time. The overall strength of a certain basketball team can be directly reflected in the team style, and it is also the result of the team style, tactics, techniques, etc after a long period of training and training. Looking back at the history of basketball development, the initial style is

height advantage, while the disadvantage of body is to highlight its own characteristics in speed. Later, shooting accuracy further defined the style direction of basketball development, and accuracy became the core of basketball style.

The earliest style born in basketball style is high, which is a unique advantage in people's eyes. Two-meter athletes can master the right to play in the air by virtue of their height advantage, and people are forced to look up to them, while names such as Jabbar and Chamberlain are formed by virtue of their height advantage. People sum up this period as the center winner wins the world.

With the rapid development, height has a direct impact on world basketball. The number of tall players has gradually increased, and some changes have taken place in international basketball. In addition to the extensive participation of tall players, international basketball revised the rules in 1927, set the scope of attack restrictions, and changed the current situation of no time limit for attack. 30 seconds and 24 seconds in the later period laid a certain foundation for the rapid development of basketball in the later period. Fast style is a unique style formed by short players in basketball field combined with their own technical and physical advantages. Strong confrontation, high altitude advantage, high score and high intensity were the main style advantages from 1980 to 1991. During this period, high-altitude advantage and fast advantage have also become the main styles in world basketball.

Accuracy belongs to the core technology of basketball. In the 1950s, the American Athletes Development Department made jump shots, and accuracy always accompanied the development of basketball style. Cosic and Jordan's shooting accuracy reached a very skillful state.

At the early stage of the development of basketball style, because people mainly understand basketball with intuitive attitude, basketball style is in a state of constant experiment. However, basketball style can make the team highlight its own strength and achieve the highest pursuit of basketball. The development of flexible, accurate, fast and comprehensive style makes basketball more exciting.

3.2 The Era of Competing for Hegemony and Diverse Styles

From 1992 to 2003, it was the era of competing for hegemony. During this period, basketball styles took on various forms, and defensive, comprehensive, accurate, positive, tenacious, fierce and fast styles were born one after another, forming a scene of a hundred flowers blooming. Any style is not the patent of a certain country, nation or team. Everyone can form their own unique style on the basis of self-awareness, which is characterized by high skill, accuracy, antagonism and rapidity. Among the better basketball teams, they have over 50% two-point hit rate and 30% to 40% three-point hit rate. Strong teams in the world are both offensive and defensive, with balanced strength inside and outside each position, random cooperation in attack, flexible play and flexible tactics, and their defense presents a kind of close, tight, hard and malicious features.

While each country develops its own style, its own basketball strength has also been significantly improved, showing a phenomenon of competing for hegemony. Basketball teams such as Spain, Russia, Lithuania, France, Brazil, the United States and Argentina have made great efforts to develop their own basketball styles.

3.3 Creating a Pluralistic and Dualistic Era

The overall style of basketball mainly includes six characteristics, which are changeable, strong, tall, flexible, fast and accurate. These six characteristics are also defined as six elements. If two of them are promoted to combine organically, they will be transformed into combined characteristics, which cover the quasi-precision, spirit and speed, as well as the strong and tall with higher advantages.

At present, on the basis of continuous development of accurate, comprehensive, flexible and fast related styles, basketball has gradually developed from a single element to a dual-element style. After the end of Beijing Olympic Games, especially in London Olympic Games, there are multiple factors and dual factors. The style of a certain team is not only accuracy or rapidity, but accuracy plus rapidity. After integration, it will become accuracy and rapidity, or internal and external, defensive, fierce and rapid integration. To promote the organic integration of multi-element styles is

multi-element style, which presents two or more styles and develops towards diversified styles. In this way, the combination of elements of this style further enhances the power of modern basketball competition, and makes the whole competition more exciting and intense, especially the combination of multiple elements such as fast and changeable, accurate and flexible, powerful and accurate, high and fast can form stronger combat effectiveness. In this style, the team usually starts to help implement the creation of multi-structure or dual structure, and it is also the realization of two lineups in the team. It constitutes a diversified basketball tactical style and forms a pluralistic or dual style era. In London Olympic Games, we can see the flexible, strong, accurate and fast American team and the accurate, fast and strong Spanish basketball team, besides, there are also the flexible, fast Argentine team and the accurate and high Russian basketball team.

4. Conclusion

To sum up, by reviewing the changes of London Olympic Games and Beijing Olympic Games, the most impressive thing in people's memory is the change of basketball style, which gradually forms an accurate, comprehensive, flexible and fast basketball style, highlights the contemporary basketball style, and promotes the basketball style to gradually change towards diversified and multi-element style. Therefore, China needs to combine the development trend of the times to form its unique basketball style as soon as possible.

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