

The Reform Way of Basketball Basic Movement Skills Teaching Based on Sports Image Analysis

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Abstract: The development of basketball guidance enriches students' sports life. Teachers should strengthen basic sports ability and improve students' basketball ability. The application of sports imagery can enhance students' memory of basic motor skills and create psychological education to guide them. It shows the peculiarity of sports image. Through the analysis of the current situation of basketball basic sports skills guidance, this paper summarizes the problems of students' training stereotypes, neglected sports appearance, lack of training methods and training time. At the same time, it elaborates the promotion of sports imagery skill guidance. The basic movements of basketball promote the guidance of sports skills, the change of guidance methods, the study of sports images, the implementation objectives of the call, and the representative point of view began to establish reform proposals f basic sports ability and increase students' basketball basic ability.

1. Introduction

Basketball is very popular in China. Through basketball, we can exercise and improve our sports ability. Basketball is a multi-person competitive sport, so in the process of basketball match, it can improve competitive ability and cultivate team spirit. In addition, the introduction of national sports, through the development of basketball guidance, the establishment of basketball education courses, improve the collective awareness of students, and promote the healthy way of students. The basic movement skills are the important points and basic of basketball guidance. Sports imagery is a new guidance and training method proposed in recent years. It is applied to basketball teaching and promotes the development of basketball. The application of sports image in basketball skill guidance can deeply remember students' basic sports skills and improve their training effect.

2. An Overview of Motion Representation

Appearance is a psychological concept, the formation of which is based on one's own actions. The concrete reflection of past behavior in the process of image formation. By recalling repeatedly, you can deepen your memory of something and something [1]. In this way, the emergence of sports and the use of sports imagery to improve the efficiency of sports are put forward. This means that after exercise, your brain will be able to remember your movements and respond to them at a specific time. When the operation, specific time, geographical location and movement mode occur after the occurrence, the memory representation of one stage of the action is clearly expressed. By using the method of sports representation, you can know the detailed direction and direction of movement used in the process of sports. The formation of motor imagery is a motor sensory system. Motion perception system is used to store the motion process, receive the motion information generated by the main body during the movement, and then respond to the storage part of the brain to form the motion image memory [2]. In this process, the visual system plays an important role. Visual system is through its own characteristics, with the feeling of painting to form the cognitive movement. It is fed back to the brain and combined with the memory of the perceptual system to form specific motion images. There is no specific requirement for the formation of sports image. Everyone can form a sports image. However, in sports teaching, sports image is divided into two kinds, one is teaching sports image, and the other is learning sports image. The difference between the two is different. There are different meanings and methods of use in sports. The image of

teaching sports is to demonstrate the students' behavior, and to show the teachers' sports by observing the students' physical movements and forming their knowledge of sports. Learning motor imagery is the exterior basis of the teacher's call. It means that the motor nerves and muscle tissues of the body are these memories. That depends mainly on the formation of perceptual systems. Therefore, the application of physical education in sports representation plays a certain role in revitalizing sports. It is very important to use sports image in physical education to guide students. Students can use their own cognition to analyze their physical reactions in sports. Deepen the memory of these reactions and be able to clearly understand your training [3]. In this case, the appearance of sports is applied to the basic sports skills of basketball in order to correctly understand the basic sports skills of basketball.

3. Problems in the Teaching of Basic Basketball Movement Skills

3.1. The teaching method is single, neglecting the sports appearance

The basic basketball action is the basketball player should have the basic ability and the basketball development foundation [4]. With the popularity of basketball in Physical Education in China, how to improve basketball basic movement skills is the focus of teachers' teaching. But in the actual guidance, there are still problems in the guidance of basic basketball skills to improve basic sports ability. First of all, basketball is a part of sports. In the process of education, teachers can't concentrate their teaching attention, carry out special basketball teaching activities, students learn the basic trend of basketball, guide the special basketball physical education activities, learning attitude is incorrect, serious basketball guidance, basic skills and skills gradually improved. Secondly, the unification of teachers' basic basketball technology teaching methods will have an impact on the improvement of students' basketball ability. In basketball basic sports skills, teachers still use traditional training methods to train students' basic basketball[5]. The unification of educational methods also reflects the fact that teachers do not teach with the most basic basketball techniques. Reasonably carry out resource education to create students' basketball learning atmosphere. Thirdly, in basketball basic sports skills, teachers pay too much attention to improving students' ability, ignoring the psychological problems students encounter in basketball education. This enables teachers to fully grasp the psychological state of students and coordinate teachers. Finally, the appearance of sports is neglected in a basic basketball skill instruction. Teachers' mastery of the specific content of sports imagery is too one-sided. As a result, teachers can not use sports externality to develop sports skills training for students. Basketball coaches, on the other hand, do not give full play to their sports image as a support for learners' learning.

3.2. The students' training is rigid and the training time is vague

In the process of training students' basic basketball skills, his students are the main body of guidance. However, some students can not fully play their subjective initiative in the training process. She will actively receive basic exercise training. In this process, students will only accept the basic action training plan formulated by the teacher. The ability to ignore their own basketball is constantly changing and growing [6]. In the process of training, the traditional learning methods can not enable students to use basic motor skills flexibly. Teachers also do not allow students to understand the sports image in order to help basketball training. Therefore, students can use sports skills to recall the most basic sports skills, or summarize the shortcomings of their own sports skills, or to improve their basketball ability by comparing with teachers' sports.

4. The Promotion of Sports Image to the Teaching of Basic Motion Skills in Basketball

The application of sports imagery in basic basketball skill guidance has injected new vitality into basic basketball skill guidance and provided new teaching ideas for teachers. Sports imagery has changed the traditional education mode, through psychological guidance and psychological intervention mode [7], to guide students to recall basic sports skills. In this process, the relationship between teachers and teachers has been improved, teachers' learning psychology and learning

problems can be fully understood, and leadership methods can be coordinated. In addition, the use of sports imagery in basketball guidance improves students' learning autonomy, and students use sports imagery to help themselves learn. Deepening the memory of sports skills and comparing their actions with those of teachers can find their own inappropriateness and promote the steady improvement of basic motor skills. See Table 1.

Table 1 Teaching steps and means used in the experiment

Teaching Method	Content of courses	Teaching steps and means	Is Basketball Height Changing
Routine Teaching	Penalty shot	1. Holding the ball and preparing for the situation 2. Simulating practice of shooting in situ 3. Self-volunteering and self-receiving exercises with one hand 4. Shooting exercises are done opposite to each other. 5. Free throw practice	Unchanged
	Lay up	1. Jogging, striding, jumping, right hand touching the monitor board 2. Make a right-handed shoulder-to-shoulder TouchBoard shot step below the basket 3. Students cross right suspicion while walking or jogging and lay up with the ball in the teacher's hand 4. Take a bat to catch the ball step by step and lay up 5. Serve and dribble the ball to the basket by oneself	Unchanged
	Jump shot	1. Holding the ball and getting ready to marry 2. Practice jumping shooting in situ with bare hands 3. They do jump shooting exercises in situ opposite each other. 4. Basketball practice	Unchanged
Increasing Basketball Frame-high Teaching	Lay up	With conventional teaching	change
	Penalty shot	With conventional teaching	change
	Jump shot	With conventional teaching	change

5. The Reform Way of Teaching Basic Motion Skills in Basketball

5.1. Change the educational method and master the sports image

Basketball is an important part of competitive sports. In order to improve students' condition, we must take good care of students' learning differences in front of the classroom. Non-uniform students are required to be physical education teachers in the course of lectures, and pay attention to the inspection and evaluation of students' "first learning" so as to effectively achieve students' learning goals. Secondly, teachers can report to a small number of students and implement it. Other students can observe their actual feelings and combine them. Teachers will eventually summarize the students' identification and evaluation [8]. Pay attention to the problems in class and improve

the quality of teaching. You can enhance the attractiveness of physical education teaching by simulating the role of the game, testing, points competition and goal stratification, so as to enhance the charm of education. To achieve the purpose of mobilizing students' enthusiasm and active classroom atmosphere.

5.2. Consolidation of interaction after class

In all the “flip classroom” guidance process, teachers must immediately find classroom problems and revise the teaching preparation and guidance content after the end of the lecture. This will complete the next lesson more comprehensively. For teachers, online education platform is used to conduct the same education evaluation and after-the-event guidance, while implementing appropriate types of sports activities. Promote students to absorb sports content in order to promote sports interests. For students, we must give priority to physical education, arouse interest, create atmosphere, actively feedback their learning situation, and actively explore the teaching difficulties of teachers and students[9].

6. Summary

Through SWOT analysis, we can understand the advantages, disadvantages, opportunities and challenges of “flip classroom” in the implementation of propaganda teaching in Colleges and universities, and the specific adaptability of “flip classroom” in the process of teaching. In the specific practical education, it is beneficial to choose a reasonable teaching method. Obviously, the application of flipped classroom is to help, promote and challenge the traditional public education in Colleges and universities, and to help students observe the physical education curriculum in all aspects. We should fully develop sports interest, establish good physical exercise habits, and improve the educational effect of College Physical Education classroom. At the same time, the implementation of “flip classroom” teaching in Colleges and universities is still facing the influence of traditional teaching mode on “flip classroom” teaching, lacking of physical education teaching. Looking through the practical experience of the classroom, teachers lack the ability to produce teaching resources and micro-videos.

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