

The Effective Application of Core Strength Training in College Basketball Teaching

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Abstract: Basketball is a national sports project that participates in a wide range of subjects and is especially concerned by young people. It is of great significance to enhance the physical fitness of participants and promote sportsmanship. Core strength training is the key content of basketball teaching. It has a direct effect on enhancing students' comprehensive sports ability. In recent years, it has become an important topic of attention for college sports teachers. This paper starts from the significance of basketball core strength training, focusing on the current situation of core strength training in college basketball training, and provides reference for relevant teachers to improve teaching timeliness.

1. Introduction

Along with the state's constant attention to sports, colleges and universities in order to better respond to the various sports policies introduced by the state, it is necessary to improve the concept of sports training and sports training methods, in order to improve the level of students' sports, and also promote colleges and universities. future development. Basketball is the most popular sport in today's society, and it has a more important position in the hearts of most students. The core strength plays an extremely important position in the overall training stage of the athletes [1]. It can not only effectively improve the athletes' quality and ability, but also improve the athlete's control of the body strength, thus laying a good foundation for the future development of sports.

In the course of sports, basketball players not only need good physical quality, but also need effective coordination of various parts of the body, so that they can fully exert their basketball skills and achieve good sports performance [1]. However, from the actual situation, many college students often lack athletic coordination and balance during the basketball game, resulting in low exercise efficiency and even sports injuries. Therefore, college physical education teachers must attach great importance to the rational application of core strength training in basketball training to promote the overall level of college students' physical fitness.

2. Analysis on the problems existing in college basketball teaching

2.1 There is a bias in the understanding of basketball

Basketball sports itself has a large amount of exercise, and the requirements for physical strength and endurance of students are relatively high. Therefore, in the study and training, most of the boys are more, and the girls are less involved because they are weaker. In people's cognition, basketball men and women are divided. In addition to the spread of traditional Chinese thoughts, most of the current college basketball teaching systems in China are aimed at completing teaching tasks, ignoring their own teaching significance [2]. The current forms of physical education are mainly self-training, teacher guidance, theoretical knowledge, etc., which greatly reduces the charm of basketball itself, resulting in low participation and enthusiasm of students.

2.2 The student base is weak and the basketball level is uneven

In the current college basketball teaching process in China, the basketball skills of its students are

relatively weak, and some students have not been exposed to any form of basketball. In actual physical education, in most cases, students will select their favorite sports to carry out targeted training, which will lead to multiple levels of coexistence [2]. For example, for students who have not been exposed to basketball, they should improve their literacy; while students with weak basketball skills should promote the improvement of basketball level. Therefore, there will be a lot of students with different levels of basketball in a class, which will bring certain obstacles to the teaching of basketball.

2.3 Classroom teaching needs to be further optimized and improved

In basketball teaching and training, teachers may not be able to perform off-site training due to factors such as weather and time. In addition, teaching in the classroom, for example, in the teaching of basketball dribbling, ball control, etc., the content is relatively boring, boring, and thus greatly reduce the enthusiasm and participation of students. In addition, teachers do not have much to spread about basketball culture. In the traditional teaching situation, the teaching methods of teachers mainly stay in the teaching of teaching, and systematically teach students the theory and skills. There are very few applications such as situational exercises and game training that are suitable for modern teaching, which greatly reduces the interest of students [3]. For some colleges and universities in China, the teaching power of basketball teaching is relatively weak, teachers can not fully improve the physical and mental development of students, and the training of basketball skills is greatly reduced. This requires the continuous optimization of teaching content in Chinese universities.

2.4 Lagging behind the construction of assessment and evaluation system

Basketball teaching and training are not only for students to master basketball skills, but also to establish a sense of solidarity and cooperation, and cultivate national spirit as their responsibility. When the basketball assessment is conducted every semester, the assessment content is more general. For example, most colleges and universities in the evaluation of basketball knowledge, mainly based on students' usual grades, daily attendance to evaluate the basketball level of students [3]. The assessment results lack professionalism and no scientific ideas. It ignores the student's own basketball skills. In view of the current college basketball assessment content in China, it mainly focuses on the assessment of basic basketball skills, and the content covered by basketball-related knowledge and student performance is not comprehensive. In view of the above traditional assessment and evaluation system in China, it is relatively backward, which seriously hinders the long-term development of college basketball teaching.

3. The importance of core strength training in basketball training

3.1 Core strength concept

For core strength training, it mainly refers to training the whole body trunk muscle group, such as the spine, pelvic part and surrounding muscle groups of the upper and lower limbs of the human body. For the core strength, it mainly refers to strengthening the comparison part. Muscle groups, such as the waist, pelvis and hip joints, continuously enhance the stability and coordination of the muscle group, laying a solid foundation for the muscles of the distal muscles.

In basketball, there is a significant difference between core strength training and traditional strength training. In traditional strength training, the training part is mainly concentrated on the upper limbs and lower limbs [4]. In the case of sufficient upper and lower limb strength, it can be shot. Or create a convenient condition such as dribbling. Moreover, in the process of continuous development of sports theory, athletes with good lower limb strength have insufficient performance in basketball. The outstanding performance is often the athletes with better coordination of upper and lower limbs, and the core strength is also significant. Therefore, in college basketball, strengthening core strength training is crucial.

3.2 Core strength training is the foundation for completing standard basketball moves

Due to the lack of systematic professional training, many college students only regard basketball as a simple extracurricular activity, ignoring the relevant requirements of standard basketball movements. This misunderstanding makes the value of basketball sports limited. Starting from the basketball itself, a qualified participant should not only have a healthy physical fitness, but also be able to adapt to high-intensity sports needs. He should also master more comprehensive technical movements so that the body's "sports" truly meet the requirements of the standard requirements. To complete this series of requirements, athletes need to have a solid core strength level. Sports anatomy has proven from research that the core strength can stabilize the spine and pelvis of the participants, providing a basis for participants to maintain physical stability during intense confrontation, which is the only way for participants to complete standard basketball movements [4]. In addition, due to the dynamic nature of basketball itself, in the series of actions such as passing, shooting, and defensive, the athletes need to adjust their physical state in time to respond to complex stadium conditions with flexible movements. The human action chain constructed by the training center is of great significance to this realistic requirement. The training of core strength also provides a powerful driving force for the athletes to reduce energy consumption and enhance the aging of sports, which fundamentally guarantees the stable participation of each player on the dynamic court.

3.3 Improve exercise efficiency

Basketball requires athletic participants to devote themselves to the exercise process, and to use their muscle groups to achieve rapid power transmission. The core force has a dynamic effect on the transmission of power. It can be said that the participation and energy transfer of various parts of the body in basketball requires an important "media" of relying on core strength. Doing a good job of core strength training lays a solid foundation for improving individual movements and enhancing muscle efficiency, making the movement process full of dynamic and dynamic beauty, and maximizing the training goal of improving physical fitness in basketball [5]. Therefore, college basketball training should use core strength training as an important means to lead students into the basketball game.

3.4 Effective prevention of injuries during exercise

As a highly competitive and highly confrontational sport, the damage in basketball is an inevitable situation. Athletes need to complete high-intensity sports such as running with the ball, taking off the basket, jumping and blocking, etc., and the competition and defense between most athletes on the court often cause sports injuries such as collisions and falls. Therefore, it is necessary to Explore a way to reduce sports injuries from the roots and protect the physical functioning of exercise participants. College basketball teachers can effectively enhance students' stability and self-protection by investing in core strength before they enter the formal basketball game, so that they can reduce the occurrence of sudden damage on the basis of the rules of the course [5].

4. Application of core strength training in college basketball training

4.1 Optimizing the training mode of core strength training in college basketball training

At this stage, more and more colleges and universities have introduced core strength training in basketball training. The core training methods mainly include equipment training and non-device training. Suspension training and unbalanced equipment training are important components of equipment training. The former mainly uses the slings and other equipment to let the athletes hang in the air. The athletes need to mobilize their muscle groups to maintain the balance of the body in the air. In the long run, the athlete's muscle strength and balance will be greatly improved [6]. The unbalanced device training mainly uses the sports equipment such as the Swiss ball to train the stability and coordination of the athlete's body. When using these devices, the athletes need to constantly adjust their movements and strengths, accelerate the contraction of the human muscle group, and make the movement and body more stable.

In the process of introducing core strength training into college basketball training, the physical quality of basketball players can also be improved through non-device training. In addition to training athletes through regular sit-ups, the coaches can also allow basketball players to take a push-up position, assist the athletes to cross a single hand and foot, and perform flat-plate support training to guide the athletes to exchange movements repeatedly. In addition, the coach can also let the remote mobilizer fall down, and then let the far-moving side support the body with one hand and the leg, and repeatedly train [7].

4.2 Application mode of innovative core strength training in college basketball training

In recent years, core strength training has been continuously developed in college basketball training, but there are still problems such as lack of specific training and unreasonable training planning and design [6]. Therefore, when colleges and universities carry out core strength training in basketball training, they should be highly integrated to improve the effectiveness of college basketball training. In the training process, the coach should develop a scientific training program based on the physical condition and technical characteristics of the remote mobilization combined with the core strength training content. During the training process, basketball players should also continuously improve and adjust the core strength training, which is regarded as an important content in the athlete's physical training [7]. In daily training, the core strength training mode should be actively and actively used to target a certain part of itself. Training to enable the telemobilists to develop in a more professional direction.

4.3 Strengthening the management of core strength training in college basketball training

At present, many colleges and universities have limited teachers, professionalism and professionalism. In the process of guiding basketball players, there will be problems such as insufficient training intensity and random training. This is not only bad for basketball players. And it may cause distal muscle damage. Therefore, colleges and universities should strengthen the management of core strength training in basketball training, and further improve the scientific and pertinence of core strength training. Although the agility of college students' body muscles has always been the focus of core strength training, some students are not fully suitable for certain training methods, so coaches must selectively train in the core strength training process. Telemobilists should implement different training modes to improve the effectiveness of college basketball training [8]. For example, if some athletes have insufficient leg strength, they should strengthen their training on leg muscle strength, and strengthen training such as weight-bearing half-squatting, rear-stepping, and retreating.

4.4 Promote the combination of theory and practice

In applying core strength training to college basketball training, coaches should strengthen the theoretical research on basketball and core strength training, strive to explore the theoretical system of basketball core strength training in colleges and universities, and guide the training with scientific theories to improve the professionalism of training. And reasonableness. At the same time, colleges and universities can actively communicate and coordinate with local basketball associations or social organizations, and invite industry experts to guide and demonstrate [8]. In addition, colleges and universities, with sufficient resources such as capital and manpower, can set up a theoretical research group for college basketball core strength training, comprehensively collate, summarize and summarize relevant literature and research results at home and abroad, based on the actual situation of the university. In the situation, build a feasible and reasonable core strength training system to better guide the practical work.

5. Summary

In summary, in the context of the rapid development of college basketball, core strength training has been applied to college basketball training, which can support athletes to complete basketball movements, can reduce sports injuries, and has a positive impact on improving individual efficiency.

However, in the application process, we need to optimize the training method of core strength training in college basketball training, innovative application mode, carry out core strength training on the characteristics of basketball, and improve the scientific and pertinence of core strength training.

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