

Basketball Training Characteristics and Teaching Strategies Based on New Curriculum Concept

Haitao Xue

Xianyang Normal University, Shaanxi, Xianyang, 712000, China

2694909512@qq.com

Keywords: New Curriculum Concept, Basketball Training, Basketball Teaching

Abstract: Basketball training is one of the important training contents in college physical education and is also an essential basic quality for students. Therefore, enough attention should be paid to basketball training. The traditional teaching mode has hindered the development of students' sports to a great extent, resulting in the students' loose and indifferent attitude towards the sports class. With the new curriculum reform being put forward, there are also some problems in college sports basketball training and teaching. Based on this, this paper explores the characteristics and teaching strategies of college sports basketball training under the background of the new curriculum concept..

1. Introduction

In the process of modern physical education, basketball teaching is an important sport. Good basketball training quality can not only effectively improve students' physical quality, but also cultivate students' team consciousness [1]. Correct and high-quality teaching methods and teaching objectives can guide students to the right path. Physical education curriculum focuses on promoting the healthy development of students' physical and mental health, so that students can form a good habit of loving sports. This development process is also a kind of mental experience and a positive process for educators and educated people to make common progress [2]. The teaching of basketball course can promote the all-round and healthy development of physical education in schools, and can enhance the love of students and teachers for schools. At this stage, the concept of the new curriculum concept has been deeply rooted in the hearts of the people, and the physical education curriculum reform in various colleges and universities is also developing in depth [3]. However, at present, the arrangement of physical education courses in colleges and universities is not very reasonable, and there are many restrictive factors hindering the development of basketball training. Teachers must change unreasonable situations in the teaching process to make students like basketball teaching more. With the proposal of new curriculum reform, there are also some problems in college sports basketball training and teaching. College basketball training is no exception, which hinders the reform of college sports basketball training and teaching in our country.

2. The Basic Situation of Basketball Teaching in Colleges and Universities under the Background of New Curriculum Concept

In recent years, with the gradual infiltration of the people-oriented educational concept into educational and teaching activities, some teachers have made unremitting efforts and practices to explore a teaching mode suitable for the new curriculum concept. However, many teachers are only keen on the reform of the curriculum form at the operational level in practice. They are too busy and active on the surface, and the students' internal emotions and learning motivation are not really activated [4]. The stratification of specific objectives of content is the development trend of the current curriculum background, but it is not a regulation. Under the influence of this kind of thought, students seldom carry out sports training. Even if students take part in basketball training activities, they only relax themselves after studying and will not carry out systematic training. Basketball

training, as a very important activity in physical education, will have certain influence on students' spirit and other aspects while exercising their bodies. Students are relatively monotonous in basketball training, and even many schools do not have professional basketball facilities for students to carry out basketball activities, which leads to the obviously low quality of basketball training and greatly affects the quality of basketball teaching and training.

3. Characteristics of College Basketball Training and Teaching at Present

3.1. There is a Certain Prejudice in the Concept of Basketball

In traditional physical education activities, professional education has always been the focus of teaching. All educational activities are focused on improving students' performance, and basketball teaching is neglected. Most of the students regard sports basketball training as a way to release pressure and relieve the pressure of learning, and do not pursue basketball learning thoroughly. Let students have trust in teachers, this kind of emotional closeness will make the cooperation and communication between teachers and students easier. In fact, the physical quality of students is the key to improve their basketball performance. Only with high physical quality can students complete a series of skills in the fierce and high-intensity basketball confrontation [5]. Physical education teachers should not only be teachers, constantly tap students' basketball potential in teaching, but also constantly stimulate students' interest and passion. However, at the present stage, college sports basketball training teaching usually only pays attention to students' imitation of a certain basketball movement, and does not explain it in detail from the technical level of movement, and does not pay attention to students' team-closing cooperation training. There is also a lack of necessary communication between schools and evaluation of basketball teaching. The lack of importance attached to the basketball curriculum in the leadership and the whole teaching system has resulted in the brain drain of basketball teaching professionals. Therefore, major colleges and universities need to step up the reform of basketball teaching and actively implement the idea of the new curriculum into educational and teaching activities.

3.2. Teaching Objectives are Not Clear Enough

In physical education, students are taught only the principle of physical exercise and the application of basketball techniques in the physical education class because they are taught mechanically and passively. They only emphasize how to teach basketball and how to do that action. Most colleges and universities have rich cultural activities, but there are great limitations in organizing sports group activities [6]. Nowadays, in the teaching process of college sports basketball, physical education teachers seldom explain the scientificity of a certain action to students from a technical point of view. They are all demonstrations of actions made by teachers for students, and then let students imitate according to their own demonstrations. In addition, in the current education system, basketball teaching has not attracted the attention of schools and teachers. Most schools do not even offer basketball courses, and students generally have free activities in basketball training classes. However, this rule is seriously violated in the college sports basketball training and teaching, and the students have less basic theoretical knowledge of basketball, which will bring negative influence to the students' learning of basketball.

3.3. Basketball Training Mode is Monotonous and Students Lack Interest

Basketball attaches great importance to team cooperation ability. In the process of competition, team members must pay attention to team cooperation even if their individual ability is strong and their skills are good. Otherwise, team members cannot win the competition even if their individual skills are good. According to this requirement, PE teachers in colleges and universities are required to change the traditional teaching methods and highlight the advantages of PE courses. For example, some PE teachers hope to show themselves and constantly demonstrate and emphasize in the limited classroom time. Competitive physical education deviates from the correct fitness purpose, violates the students' natural growth, development and development laws, and unrealistic demands

students to unilaterally pursue the transcendence of sports ability [7]. The number of basketball special physical education teachers is relatively small, many of them are all-round physical education teachers, they do not have a special understanding of basketball, they can only carry out simple teaching activities of shooting and dribbling, the teaching method is relatively traditional, and the students' competitiveness and interest are not high. Moreover, the training of students' psychological quality is not enough, and students' basketball potential cannot be deeply explored. This has seriously affected the quality and effect of basketball training and teaching, leading many students to like basketball but not PE basketball training.

3.4. Under the Background of the New Curriculum Standard, Basketball Teaching Has Not Been Popularized

Compared with the traditional syllabus, the new curriculum concept pays more attention to the people-oriented education concept and puts forward the basic concept of health and physical education curriculum reform. During recess, a few students can actively participate in basketball activities, and the vast majority of students have no chance to play basketball. The standardization of traditional PE teaching evaluation ignores the individual differences of students and hides the subjective efforts and progress of students. Teaching evaluation based on a general and uniform standard is neither encouraging nor fair. Usually, the emphasis is on dribbling, layup, fixed-point pitching, etc., while the training of these contents serves the physical examination, which is not only boring in form, but also fails to achieve the desired training effect. The vast majority of schools still follow the original teaching mode in the basketball teaching process. They still do not pay enough attention to the basketball discipline and neglect the exercise of students' physical quality. In the process of classroom teaching, teachers did not help students to set up the concept of attaching importance to basketball training, so the enthusiasm of students to participate in basketball training is generally not high.

4. Basketball Teaching Strategies under the Background of New Curriculum Concept

4.1. Update the Traditional Training Concept in Time

In the daily training process of basketball teaching, on the basis of paying full attention to physical fitness and skill training, we should continuously increase the intensity of training and explore some effective measures to organically integrate physical fitness training and tactical training. Physical education teachers should have clear goals, make full use of all the school's sports equipment, attach importance to basketball training and change the traditional teaching methods. In the process of teaching, teachers should not only teach students knowledge, but also teach students all the time in the aspect of being a human being or influence students imperceptibly by setting an example. We know that basketball is a relatively time-consuming sport, which is very precious to colleges and universities when time is golden. Therefore, as a physical education teacher, we should plan the time of physical education and optimize the teaching process. Setting up the teaching concept of life-long sports and coexistence of various sports forms; Fourth, we should fully create a democratic teaching atmosphere and mobilize students' initiative and enthusiasm in learning and exercising. To better improve the deficiency of physical education and promote the healthy development of basketball teaching in colleges and universities.

4.2. Clear Teaching Objectives and Enhance Students' Sports Skills

The change of the new course to basketball training in China's colleges and universities has provided huge development space, and basketball training teachers in China's colleges and universities have also made great achievements, but there is still a lack of professional basketball training teachers. Therefore, it is very necessary to make clear the teaching objectives, regulate the teaching contents, perfect the teaching with specific teaching plans, and make full use of the 45 minutes in the classroom so that students can get physical exercise and relaxation of psychological pressure. A scientific and efficient basketball training plan should be drawn up before training to

ensure the overall effect of training [8]. According to students' physical and mental characteristics, grasp the main factors in sports and simplify the rules. Some interesting events can also be added, such as bodybuilding, dancing, artistic gymnastics, etc. If the equipment cannot meet the training needs of the students, then the students should be organized to do exercises in groups, to carry out multi-channel teaching in the same class, and to achieve the final overall teaching effect through time difference. The selection and utilization of curriculum resources need to be consistent with the overall teaching objectives under the background of the new curriculum concept, so as to enhance students' physique and better promote students' all-round development.

4.3. Apply Game Teaching Methods to Teaching

Teachers must thoroughly innovate the original teaching mode and teaching method, so that students will be interested in teachers' teaching. The most effective way to stimulate students' interest in learning is to use the form of game teaching. What college PE teachers should do is to cultivate students' interest and let students have the willingness to actively experience basketball teaching content. For example, some students are timid, so they should be encouraged to demonstrate and improve their self-confidence. Change the past to "teaching" and "irrigation" as the main methods, pay attention to guidance and inspiration. Physical education teaching should be changed from "following practice" to "independent practice" by students in the past, so as to give priority to students, so that students can change from "want me to learn" to "I want to learn" and complete the change from "learn" to "learn". Therefore, in the actual teaching process, teachers need to actively innovate teaching methods and vividly present basketball teaching contents in front of students, so as to stimulate students' initiative and enthusiasm in learning basketball.

4.4. Perfect the Basketball Training Evaluation System

In carrying out the sports basketball training and teaching activities for college students, detailed planning should be made. It should be a high-quality talent with a combination of theoretical level and practical operation ability. At the same time, it should have extremely high sports accomplishment and personality charm to actively mobilize students' interest and enthusiasm in learning. Teachers should attach great importance to the internal psychological development of students, understand the level of students' ability in basketball, and provide high-quality teaching to students through reasonable teaching methods and contents so as to improve the efficiency of physical education classes. The content of students' physical fitness evaluation includes physical fitness related to the level of physical education and basketball skills, as well as physical fitness related to health. Teachers can effectively make use of students' spare time to provide extra-curricular guidance to students so as to better grasp the basic requirements of basketball. Therefore, the school should improve the basketball training evaluation system on the original basis in a timely manner and carry out periodic training evaluation on the students in the training process, which can also ensure the scientific nature of the training to a certain extent.

5. Conclusion

To sum up, the teaching concept advocated by the new curriculum concept is an inevitable trend in the reform of education and teaching. Basketball teaching is the focus of physical education activities in colleges and universities, which requires high attention from all colleges and universities. Teachers should encourage students more in the teaching process and cultivate students' sports spirit of fighting hard without fear of difficulties. At the same time, physical education teachers should set a good example, especially in the process of basketball training and competition, to be fair and just. The classroom teaching of college sports basketball training should be rationalized, innovated and standardized so that students can get healthy physical and mental development in a happy environment. Therefore, teachers must pay attention to their own teaching strategies in the process of college sports basketball training, so that the quality of college sports teaching can be improved and students can get better development.

References

- [1] Bao X.Y, Huang R. (2019). Exploring the characteristics of high school basketball training and teaching strategies. *Sports Fashion*, no. 9, pp. 37-37.
- [2] Zhang L.T. (2017). Characteristics of high school sports basketball training and analysis of teaching strategies. *Shenzhou*, no. 22, pp. 96-96.
- [3] Sui Y. (2017). Common training methods and improvement strategies for basketball teaching. *Modern Vocational Education*, no. 18, pp. 73-73.
- [4] Zhang J. (2015). Current situation and countermeasures of higher vocational sports basketball training teaching. *Contemporary Sports Science and Technology*, vol. 5, no. 16, pp. 39-40.
- [5] Yao Y.M. (2017). High school sports basketball training teaching strategy. *Curriculum education research: study of teaching methods*, no. 30, pp. 235-235.
- [6] Li P.W. (2018). Explore the characteristics of high school basketball training and teaching strategies. *Contemporary Sports Science and Technology*, no. 2, pp. 42-43.
- [7] Su T.T. (2019). Discussion on the problems and countermeasures of basketball teaching and training. *Stationery and Sports Supplies and Technology*, no. 8, pp. 148-149.
- [8] Ren S.Q. (2016). Basketball shoulder shooting technique teaching method and implementation strategy. *Journal of Chifeng University (Natural Science Edition)*, vol. 32, no. 11, pp. 183-184.