

Analysis on the Teaching Principles and Teaching Methods of Football Clubs in Colleges and Universities

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Abstract: Football, as the most popular sport in the world, has received great repercussions in many sports, and it has attached great importance to the training of football and sports in the field of education. Even some colleges have established football clubs, but in college football clubs. There are some problems in the teaching principles and teaching methods, which makes many students unable to correctly understand the teaching principles and teaching methods of college sports clubs, and even have certain prejudice against physical education, which makes physical education teaching unable to achieve the expected results. At the moment of the continuous development of college physical education reform, ordinary colleges have increased their emphasis on football teaching, which has enabled China to have certain physical education courses in many stages of education, but it has not achieved the expected teaching effect. The background of the times, the analysis starts from the status quo of college football teaching, in order to improve the quality of overall physical education and promote the healthy development of college students' physical and mental health.

1. Introduction

The university sports football club has been teaching activities for a long time, and has achieved certain teaching effects in the early stage. However, with the constant changes and development of the times, a large number of teaching experimental data have been summarized and learned. The teaching of the sports club did not achieve the actual expected results, and the reasons for its analysis were mainly that there were certain problems in the methods and methods of teaching football in colleges and universities. Based on the above background, this paper will build on the current situation of college football teaching, and follow the principles of college football club teaching, and propose some scientific methods of teaching college football clubs. Using the teaching methods for students' characteristics, carry out targeted physical education, constantly improve teaching methods, create a relaxed and pleasant teaching atmosphere, and attach importance to the combination of theory and practice to improve teaching level and help students better master and apply football. Skills, let more students participate in the football, understand the spirit of football, in the process of learning will effectively improve the physical quality of students, but also in the process to achieve the innovation of football learning and teaching methods, enhance the feelings of teachers and students To promote the continuous development of football teaching in ordinary colleges and universities.

2. Analysis of the current situation of college football teaching

In the physical education curriculum of colleges and universities, students can choose a variety of physical education subjects. Football lessons are one of many sports subjects. Students can freely choose according to their own interests, and the space for selection is very large. According to the relevant data, there are many problems in the course of football teaching in ordinary colleges and universities. These problems will not be conducive to improving the actual teaching effect of the club's football class, which makes the number of students who choose football gradually decrease, which is not conducive to the development of physical education courses in colleges and universities. The problems that exist can be summarized as follows: First, the teaching objectives

have not been clarified, so that they are too formalized. There are even some football teachers who are not enthusiastic in teaching football and cannot stimulate students well. The interest in football learning will not be able to achieve the completion of teaching tasks. There are still physical education teachers who only explain theoretical knowledge in the classroom, sports training is only in the form, and can not carry out the actual physical training links well. The goal of college physical education curriculum will also not be able to achieve the skills of students to truly master football. Second, the pedagogy of physical education is too serious. For some colleges and universities, when setting up a football class, it is impossible to form a certain model of teaching standards for the physical education curriculum, so that it cannot be strictly monitored during the course of developing the physical education curriculum, so that the process tends to be And taking into account the flexibility of the physical education curriculum itself, if the characteristics of the students can not be targeted, the students with poor football base can not keep up with the teaching rhythm, so that some students who are not very good foundation lose their physical education. interest of. Thirdly, the football competition is poorly organized. Football is a competitive sports event. In the competitive sports competition, students will not be able to appreciate the true charm and fun of competitive sports. Even some ordinary colleges are in the process of teaching football. One-sided attention to tactical teaching and training, but failed to fully carry out the relevant football competition, which led to the students not really understand the true form of football, and will not be able to truly understand the spiritual value of football.

3. College football club teaching principles

Follow the principle of taking students as the main body in the physical education classroom. In any class, students should be the main body. The physical education classroom of the university is no exception. The teaching of the university physical education teachers should combine the characteristics of the current students with the characteristics of the students, and adhere to the concept of taking students as the main body and teachers guiding the teaching. Give full play to the leading role of students in the physical education classroom. In order to improve the interest of physical education, teachers inspire students' interest in learning, give full play to their teaching advantages, and improve students' interest in football and physical education. It is also necessary to strengthen communication and communication with students, always pay attention to the psychological dynamics of students, and realize the problems that can arise in the process of learning football in time, so that teachers and students can jointly discuss and realize problems in a timely manner in the process of discussion. It can increase the feelings of teachers and students and encourage them to participate more actively in football learning. When teaching the theoretical knowledge of football, it is necessary to combine the actual operation, try to stimulate students to take the initiative to acquire knowledge, and let the students personally demonstrate the action of football, so that students can truly understand the essentials of football, and the theoretical knowledge can also Let the students explain themselves to improve their learning and understanding of the theoretical knowledge of football, and then improve the practical implementation of the physical education teaching method, and ultimately improve the football teaching effect of the university sports club.

In the teaching of sports football, we should follow the principle of combining football technology with applied practice, organically integrate its technical theory and practical application, and promote the coordinated development of the two. This requires teachers not only to play football in the process of teaching football. In-depth understanding of the theory, but also in combination with the actual characteristics of students, to strengthen the football technical training for students. In the process of practice, the students' football skill level is continuously improved, and the teaching level of football is improved. Since any theory has certain difficulty, it is very difficult to really learn a theory, but combined with the actual operation, it will help to improve the effect of learning football. To this end, university physical education teachers should adopt a heuristic soccer teaching method to guide students to participate in the actual training of football, so that under the guidance of teachers, students can more deeply understand and master the football

skills in the competition. At the same time, the teacher decomposes the soccer action technology, and can also use the current multimedia teaching equipment to decompose the kicking action, so that the students can clearly see the action steps and feel the technical essentials, and combine a lot of practical training to improve the students' ability. Realizing students can integrate theoretical knowledge and action technology, fully demonstrate their individual football ability, and appreciate the charm of football learning.

In the process of football teaching, students should participate in simple or complex football skills training, and should be based on the signal stimulation of the ball, so that students can feel the existence of football, so that they leave a clear view of football in the corresponding parts of the cerebral cortex. Traces, improve the "ball sense", enable them to actively learn under the stimulation of the ball, mobilize the enthusiasm of students to learn, and thus improve the quality of teaching and learning. Adjust the content of the course according to the students' ability at different stages of learning. Football teaching is not simply to provide students with the skills to learn football, but also to develop their minds, but also to improve students' physical fitness and athletic ability. It is also necessary to combine teaching content and ball organically to enhance students' interest in learning and to stimulate students' potential.

4. Ways to continuously improve college football teaching

Aiming at the problems existing in the teaching methods and teaching principles of the college clubs in the process of physical education, the following will be discussed in depth to continuously improve the level of physical education in colleges and universities.

The teaching principles and teaching methods of college football clubs can be realized through the reflection of traditional college football teaching methods. With the continuous development and progress of the times, the physical education of football is no exception. It is necessary to change the traditional concept and method of football sports teaching, mainly because the traditional physical education teaching mode can not adapt well to the development and changes of the times. Nor can it adequately meet the changing learning needs of students. In order to effectively solve the problems existing in the process of college physical education, the teaching level of college club football sports is continuously improved. First of all, physical education teachers should innovate teaching methods, update teaching concepts to better adapt to the development needs of the times, and constantly change the teaching ideas, realize the innovation of teaching methods, and achieve effective improvement of teaching level. Therefore, in the teaching of teaching football teaching, university physical education teachers should combine the characteristics of current students, adhere to the concept of taking students as the main body and guiding teachers to teach, and give full play to the role of students in the physical education classroom. In order to improve the interest of physical education, teachers inspire students' interest in learning and give full play to students' enthusiasm for teaching football and sports. It is also necessary to strengthen communication and communication with students, and to discover problems that arise during the process of learning football. Teachers and students will jointly discuss and realize problems in a timely manner, prompting them to participate more actively in football learning. When teaching the theoretical knowledge of football, it is necessary to combine the actual operation, try to stimulate students' interest in acquiring knowledge actively, and let the students personally demonstrate the action, so that they can truly understand the essentials of their football, but also combine certain theoretical knowledge. And targeted sports teaching for different students, leading them to learn different content, and thus improve the practical implementation of physical education teaching methods, and ultimately improve the efficiency of football teaching in college sports clubs.

The teaching principles and teaching methods of college football clubs can be realized by improving the flexibility of college football teaching. In order to effectively improve the quality of physical education in football clubs, to achieve continuous innovation and development of teaching methods, to improve students' interest in football sports teaching. In the process of teaching football, physical education teachers should not only teach students basic theoretical knowledge and skill

movements, but also help students to understand the meaning and background culture of football, fully mobilize their subjective initiative, and actively participate in them. Football is going to learn and master the skills of football. In this regard, teachers are required to improve the teaching methods of football and improve their flexibility, so that students can apply each football skill to actual sports. In addition, teachers can lead students to use the online platform to watch high-level football matches together, to explain the football culture through the warm atmosphere of football, and to improve students' learning skills in football. It can be seen that in order to realize the teaching principles of college football clubs and the continuous innovation of teaching methods, it is necessary for physical education teachers to improve the flexibility of college football teaching.

Optimize the football training method in colleges and universities. In the process of football sports teaching, in order to improve the training effect of students, we must constantly optimize the training methods of college football clubs. Interest is the best teacher and rich football training methods, in order to fully mobilize students to learn football. The interest in improving the practical effect of college football teaching. Since the development of football, there are many training methods, and it should be applied to the teaching process of college football lessons according to the actual situation, enriching the teaching interest of football lessons. It can be realized in the following way, using the soccer ball practice instead of the traditional preparation activities, allowing the students to complete the prescribed distance in the prescribed time, not only realizes the sports theory and actual combination of the football, but also enhances the students' learning of football. pleasure. For example, group training is carried out in a multi-player relay with ball obstacles. During the group competition, the students' ball-carrying, passing and team-building awareness is exercised. However, it should be noted that for different football training methods, it is necessary to carry out the training in stages, and on the basis of continuously improving the basic skills of students' football, introduce new and more difficult training methods to avoid students' loss of interest due to improper training methods. Even injured in training.

5. Conclusion

University football teaching not only allows students to master basic football skills, but also allows students to learn the relevant knowledge and common sense of football sports, combined with relevant theoretical knowledge to improve students' high-quality football skills, teachers also need Master the prevention and treatment of sports injuries that may occur during football, in order to improve students' actual combat experience, they can play friendship games with other school football teams, and can combine some international events to discuss and promote with students. Constantly improve the students' horizons, and continuously improve the students' comprehensive quality development, and cultivate a large number of high-quality talents for the country. It is necessary to attach great importance to the club's physical education teaching methods and innovative development of teaching principles.

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