

Research on the Cultivation of Students' Interests in College Football Teaching

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Abstract: The fundamental foundation of learning is interest. If you are not interested, you can't learn well, as is the study of football. In the context of the new era, the effective training of students' interest in football will have a direct impact on the quality of football in schools. This requires colleges and universities to pay attention to the students' interest in football and increase some basic configurations. Only by continuously innovating teaching modes, adding new teaching elements, and continuously improving the teaching guidance and professional level of football teachers can we make the football course more colorful. This paper analyzes the necessity of football teaching in colleges and universities and the current situation of football teaching in colleges and universities. It also analyzes the problems existing in the process of football teaching and how to cultivate students' interest in the teaching process of college football.

1. Introduction

With the continuous development and progress of the society, the teaching of football courses in colleges and universities has great benefits for students' physical health, and also provides a comfortable environment for complicated learning, helping students to relax the pressure of learning. Interest is a psychological tendency for human beings to show positive attitudes in activities, and football plays an important role in the metabolism of the human body. It can improve the whole body function of the heart and the respiratory system to a certain extent. Therefore, the school must pay attention to the students' interest in football and regard it as an important part of the college football teaching curriculum.

2. The necessity of teaching football

Under the requirements of the new curriculum standards, it emphasizes a comprehensive education for students, so that students can become a comprehensive talent of morality, intelligence, body and beauty. For students, learning is important, but having a healthy body is more important. Football is a large-scale sport with strong confrontation and high requirements for members. Members of the entire team must have certain team spirit; in addition, football can also exercise the will of students, strengthen and cultivate the spirit of hard work^[1]. In an ever-changing football field, it is also important to perform agile judgments. Students can experience fierce competition in the competition and can improve their environmental adaptability. This also shows that students can promote the physical and mental health and intellectual training of students to a certain extent in a moderate football game. This requires the colleges and universities to strengthen the cultivation of students' interest in football, thus realize the demand for educational development.

3. Basic Status of Football Teaching in Colleges and Universities

3.1 The status quo of students learning football

Students are a social group, and there will be a certain degree of differences between people. Of course, the level of their football skills will be even more uneven. In addition, at present, most of the students in the education and teaching of colleges and universities in China have put academic focus on the first place. They do not have the opportunity to contact some of the more professional football training and learning, which makes the football teaching in colleges and universities have

more problems and challenges. In addition, some students choose football courses because of credits, but not their own interests and hobbies. This leads to the phenomenon of misconduct in the process of football learning. And there is a certain gap between girls and boys in sports. There are a large number of girls who are not willing to try to participate in football. In addition, football is a sport that requires repeated practice. Only in this way can football be leveled. Constantly improving, however, this will also cause some students to feel boring. Over time, students lose interest in learning^[2].

3.2 The basic status of football teaching

Generally speaking, in the process of teaching football, teachers will teach from the basic operations of stopping, kicking, passing and jumping, and then let the students conduct certain ground-passing training. In order to continuously improve the level of the student's football skill, it is necessary to carry out the repeated training of the ground passing. Compared with other ball games, football is both boring and monotonous, which seriously hinders students' enthusiasm for learning football. In addition, teachers' teaching is a teaching mode in which teachers explain and demonstrate an action, and then students repeatedly practice. This limits the time of teaching. In such a limited time, it is difficult for teachers to pass on the essence of football to students. This leads teachers to teach students some basic learning content in the classroom.

Even if students have a basic grasp of these actions, it is difficult to achieve a qualitative leap. As far as the current teaching situation is concerned, when teachers are teaching, their methods are relatively simple, they have more theoretical knowledge, and they lack some exciting competitions. This makes students who are eager to see a variety of teaching content disappointed. The interest in learning gradually lost. Considering the basic situation of education in China, Chinese education is currently a test-oriented education, which makes the lack of flexibility and diversity in the teaching process of football. It is difficult to mobilize the enthusiasm of students, making the development of football education more difficult^[4].

4. Problems in the process of football teaching

4.1 Teaching mode is relatively old

At present, in the teaching of football, there is a single teaching method, which makes students lose interest in football learning. To this end, the following aspects are analyzed: The first, football is an entertaining sports project. In many colleges and universities, football teaching is still based on teachers, and teachers are too strict in teaching to make certain changes in the nature of football entertainment. In the second aspect, football is a relatively unified movement in practice. During the teaching process, the teacher will let the students practice the basic movements of the football repeatedly, which will break the integrity of the football and have a certain impact on the quality of the teaching. Third, due to the limitations of the football course time, the teacher in the process of teaching, students need to learn certain theoretical knowledge and long-term practice of single football action, which leads to less time for students to practice on their own, which has caused certain obstacles to the free development of students. The teaching environment will inevitably inhibit students' interest in learning football^[5].

4.2 The lack of systematic tactical teaching content

From the point of view of the syllabus, there is no specific content of football teaching, and there is no systematic teaching and skill demonstration in the football course of colleges and universities. From this point of view, it is difficult for teachers to set teaching objectives in a scientific and effective way, and they can only blindly explore. In this way, football teaching does not have a solid theoretical basis to support it, so how can the teaching level of teachers be improved? Not to mention arousing students' interest in learning football.

4.3 Students have a one-sided understanding of football

Because most of the students used to be in the "one heart read-only sage book" environment,

they would not correctly understand the meaning of football. Students do not understand the practical skills and theoretical knowledge of football at all, and do not understand the relevant rules in football competitions. It is very difficult to cultivate students' interest and improve the quality of learning ^[6].

4.4 Reasons for the physical fitness of students

Recently, news about the unfortunate death of college students after the movement has spread, which shows that modern Chinese students have a relatively weak physical condition. Football is a highly professional sport. Its competitiveness and confrontation are relatively strong. This requires football players to have strong high-speed running ability, tenacious willpower and good flexibility. However, at present, the physical quality of many students does not meet the basic requirements of football, so that students will inevitably have a feeling of inferiority for a long time, which is very unfavorable for cultivating students' interest in football ^[7].

5. How to cultivate students' interest in the teaching process of college football

5.1 Understand the psychological characteristics of students and stimulate interest

As everyone knows, interest is the best teacher. For teachers, teachers should help students transform external constraints into the inner motivation of students' learning, thus stimulating students' interest in learning. With the promotion of interest, students will have a strong curiosity and actively learn new knowledge. The study of any subject should be carried out under the support of interest. This is especially true for physical education. In the actual teaching process, teachers must have a certain language charm, which can transform boring and tasteless knowledge into things of interest to students. Students have a strong interest in football. In addition, each student has different interests in football. Teachers should guide students according to different students to guide the students' interest in football. In short, only the correct guidance and understanding of students' interests and psychological characteristics can achieve the purpose of teaching, and thus reflect the significance of football teaching.

Football is an exciting sport, and its excitement lies in the rapid changes in its playing field. Football itself has the characteristics of high technology and high intensity, so that in football matches, football players must have good psychological quality and a high degree of flexibility. However, modern college students' psychological changes are more complex and diverse. They focus on self-education and growth, and have sufficient interest and curiosity about things they like, and their self-esteem is also strong. Therefore, in the teaching activities, teachers should pay special attention to the psychological changes of students, master the students' enthusiasm, curiosity and enthusiasm for teaching, and use the familiar football stars or related events as the starting point to stimulate students' interest in learning ^[8].

Students like to learn while playing. Therefore, in the teaching process, teachers should develop some interesting games according to the characteristics of football, so as to stimulate students' enthusiasm and enthusiasm for football. Especially when practicing a single boring football action, teachers should pay more attention to the fact that the implementation of the game teaching method can not only stimulate the students' interest, but also improve the quality of teaching.

5.2 Reasonably matching the content of the textbook

When choosing the content of football teaching, teachers should use the practical principles, representativeness, basicity and feasibility as the basic principles to screen the teaching content. This teaching content not only has a certain promotion effect on the development of students' physical and mental health, but also enables students to master some professional skills. Therefore, teachers should focus on cultivating students' creativity and ensuring the characteristics of their entertainment and fitness when formulating their teaching goals. While teaching, teachers should not blindly carry out the teaching of theoretical knowledge and the specific practice of individual soccer action. They should also hold some small football matches to consolidate the basic skills that

students learn and put students in actual combat. The ability to cope with it is effectively improved.

5.3 Schools should focus on football courses

At this stage, many colleges and universities have not given enough attention and support to football teaching, which will lead to many difficulties and challenges in the process of football training, which will have a serious impact on students' interest in learning football. Therefore, in order to respond to the need for comprehensive training of students, the school has a sufficient degree of support for the teaching of football, and the relevant departments organize regular football matches to enhance the students' football skills.

5.4 Improving the professional quality of teachers

Teachers with higher professional qualities have an important role in stimulating students to learn football and promote football development. This requires the school to provide teachers with relevant knowledge lectures on a regular basis to facilitate communication with teachers. Teachers should also go to other schools for further study, thereby improving their teaching level and continuously strengthening the teachers' own quality and professional level, and improve the degree of improvement in the school's football teaching and teaching quality.

5.5 Enhancing interaction between teachers and students

The new curriculum standard emphasizes that teaching is the process of interaction between teachers and students. Therefore, football teachers need to communicate and interact with students in the classroom to improve students' enthusiasm. This requires teachers to ask questions that students can think independently so that students can think independently. As a guide to the classroom atmosphere, teachers should cultivate students' enthusiasm for learning and strong interest in learning, thus improving teaching efficiency and enabling students to learn more knowledge, rather than easily forgetting. Only by fully mobilizing the enthusiasm of the students so that they can fully participate in the study, the learning of the football class can be full of vitality and passion.

6. Conclusion

In summary, the fundamental foundation of learning is interest, and it is also the driving force for students to learn effectively. Whether it is the direction of teaching or the content of teaching changes, it is very important to cultivate students' interest in learning. With the promotion of interest, students will have a strong curiosity and actively learn new knowledge. For the current situation that many students do not like football, it is crucial to cultivate the interest of contemporary college students in learning football, which also lays a solid foundation for promoting the development of football education.

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