

Research on the Application of Football Games in College Football Teaching

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Abstract: In the new historical period, as a part of higher education, college football education has also ushered in new challenges and opportunities. According to the author's own years of teaching practice and research, the author thinks that the introduction of football games into college football teaching can improve college students' interest and improve the level of college football education and teaching, which is bound to achieve twice the result with half the effort. Firstly, the author points out the application significance and function of football game in college football teaching. Secondly, it analyzes the application characteristics of football game in college football teaching, and the specific problems that should be paid attention to in college football teaching. Finally, the specific implementation path of football game in college football teaching is proposed from three aspects.

1. Introduction

In the new historical period, China's higher education is facing unprecedented opportunities and challenges, and the reform of higher education is deepening. As a part of higher education, college football education has also ushered in new challenges and opportunities. In the new era, how to speed up the reform of college football teaching and provide excellent football reserve force for the country is an urgent problem to be solved by university sports workers in the current period, and also a direction of current university football teaching research. According to the author's own years of teaching practice and research, the author thinks that the introduction of football games into college football teaching, teaching in fun, to improve college students' interest in football and improve the level of college football education and teaching, is bound to play a good effect.

2. Application Significance and Function of Football Games in College Football Teaching

Football is one of College Students' favorite sports. Therefore, in college football teaching activities, through the introduction of football games, students can constantly master the basic knowledge and skills of football in the game, which has certain application value and significance.

First of all, the application of football games is conducive to improving the teaching effect and level of college football teaching. Football itself is a highly tactical and competitive sport. Therefore, although many people like football, they are often reluctant to participate in it due to physical reasons. In college football teaching, proper integration of the elements of football games is bound to increase the interest of football classroom, and then stimulate students' learning enthusiasm and initiative, so that they can be willing to participate in it. Of course, the game itself can make the students' learning mood be well regulated and relaxed, which is very conducive to the overall development of students' morality, intelligence, physique, beauty and labor.

Secondly, the application of football games contributes to the physical and mental health of college students. At present, there is a common negative phenomenon in football class among college students: many students are not interested in the basic theories and skills taught by teachers, but are willing to bow down and play mobile phones and games whenever they have time. This phenomenon is very harmful to the physical and mental health of college students. The integration of football game teaching mode in football class opens a new field for students to learn football. Students are bound to be full of curiosity and willing to participate in it. In football games, on the one hand, students can exercise a strong physique and enhance their own physical quality. On the

other hand, football game itself needs a strong sense of team cooperation. Through cooperation in groups, students will inevitably develop a good character of mutual trust and help, and then establish a harmonious interpersonal relationship and form their healthy psychological quality.

Third, the application of football games is conducive to the cultivation of college students to establish the concept of lifelong physical education. As the saying goes, it's never too old to learn, never too old to struggle. If college students want to become useful talents of the country and society, they must have the concept of lifelong learning. Football is a sport that can stimulate individual potential, regardless of age and gender, can participate in it for life. Football games can make college students have great interest in football, which is bound to make students interested in other sports. When students regard football and other sports as an interest and hobby, the concept of lifelong sports is naturally formed.

3. Analysis on the Application Characteristics of Football Games in College Football Teaching

As a new college football teaching mode, football game can stimulate students' learning enthusiasm and initiative and play a good teaching effect in the process of college football teaching, which is inseparable from its own characteristics, which is specifically reflected in the following aspects.

First, football games have the characteristics of flexibility and diversity. In the process of organizing classroom teaching, college physical education teachers can choose different forms of football games according to different teaching contents, and they can also flexibly design game modes according to the conditions of field equipment. Of course, the football game is not restricted by the number of people, which is also the specific performance of its flexibility and diversity.

Second, football games have educational characteristics. As a kind of teaching mode, football game is endowed with certain education. According to the needs of teaching content, football teachers present the specific teaching content to the majority of students in the form of football games, so that students can better grasp the basic knowledge, skills and tactics of football, which profoundly reflects the educational characteristics of football games.

Thirdly, football games are interesting and entertaining. Football itself is a form of game. No one doesn't like games. All games are interesting and entertaining. Therefore, in football games, students can relax and enjoy themselves.

Fourth, football games have certain competitive characteristics. Football game itself is a form of football, so its basic feature is competitiveness. Football teachers in classroom teaching, through the design of certain football games, to promote the communication between students, teachers and students. The competitive characteristics of the game itself are conducive to the cultivation of students' collective sense of honor, responsibility and team spirit. More importantly, through the confrontation of football games, students' fighting spirit can be stimulated, which is also in line with the characteristics of College Students' psychological development.

4. Analysis of the Specific Problems in the Application of Football Games in College Football Teaching

It is a new teaching idea to introduce football games into college football teaching. However, the effective implementation of college football curriculum is not a simple football game can be completed. In other words, in college football classroom teaching, the choice of football games should be analyzed in detail, and various factors should be considered.

First, in college football teaching, we should choose the appropriate football games according to the characteristics of students' physical and mental development. The choice of football game must be targeted. College students are in the formative stage of physical and mental development. Teachers should choose different football games according to their gender and physical quality. For example, for female students or students with poor physical fitness, they can choose sensitive games such as cushion, ball around the pole for training. For boys, you can choose high-intensity games such as fast dribbling or continuous kicking. To enable different students to participate.

Secondly, in college football teaching, we must design all kinds of football games according to the teaching content. College football course is carried out around certain teaching objectives. Therefore, the arrangement and design of football games must be carried out around the teaching syllabus. It is not allowed to play for the sake of games, so that football games can be divorced from teaching practice. In other words, football games must be combined with the syllabus, so as to have certain practical significance and achieve good teaching effect.

Thirdly, in college football teaching, the choice of football games must be closely combined with the course content. First of all, at the beginning of the course, teachers can choose some football games to warm up the field. On the one hand, it can improve students' interest in learning, and on the other hand, help students teach good joints. For example, the general jogging warm-up activities can be designed as jogging with the ball game, changing the boring of general jogging. Secondly, in the process of football teaching, we can rely on football games to eliminate students' sense of tiredness, so that students always keep excited, because repeated football action practice will inevitably make students feel boring, and reasonable combination of football action and game can make students full of enthusiasm. Finally, at the end of the football teaching, teachers can choose some small load football games, so that students in a highly excited and nervous state slowly transition to a relatively quiet state.

5. The Specific Implementation Path of Football Game in College Football Teaching

Through the analysis of the characteristics of football games in college football teaching and the specific problems that should be paid attention to, the author thinks that the introduction of football games in college football teaching is mainly implemented in the following three links.

First, the introduction of football games in the warm-up stage of college football teaching. Before the university football teaching, the teacher will arrange the student to carry on the suitable warm-up movement. In this link, football games can be embedded in it. For example, teachers can group according to the situation of the teaching class, arrange the students to pass and compete for the ball, of course, for the class with more girls, they can arrange a slightly less difficult throwing and catching game. Through these football games, students' internal body organs can be stretched out, and the level of their internal physiological skills and sports system can also be improved to a certain extent. In this way, students' mentality and body can be adjusted in place, which is conducive to the learning and exercise of football courses with higher intensity.

Second, the introduction of football games in college football teaching knowledge and technology teaching stage. In the process of college football teaching, teachers still use the traditional teaching methods, which will cause students' boredom to a great extent, and then hinder the improvement of football teaching quality. On the contrary, if in the process of teaching football knowledge and skills, the introduction of football games related to teaching will certainly play a good teaching effect. For example, when teachers teach the training of head touching skills, they can reasonably divide them into several groups according to the different football levels of students, and then carry out pushing football game, top far football game or head passing game within the group, which greatly improves the probability of students' head touch and trains students' head skills, so as to make the whole football teaching play a half role. The effect of work times.

Third, in the process of college football tactics explanation and training, reasonable use of football games. Football is a highly tactical collective activity. The orderly progress of the activities requires the close cooperation and cooperation of all players in the process of attack and defense. The realization of effective cooperation depends on good tactical level. Therefore, in the teaching process of football tactics, college football teachers can introduce football games related to tactical training to enhance the interest and entertainment of training. For example, we can organize football games such as three-on-three and man-to-person to create a relaxed football tactical environment, so as to improve students' physical confrontation and coordination, deepen students' understanding of various tactical points, and finally improve students' overall tactical ability in football matches.

6. Conclusion

In short, football game is a new football teaching method and idea. The introduction of football game into college football teaching conforms to the physical and mental development characteristics of current college students, and follows the law of higher education and the concept of lifelong education. College football teachers should fully understand the rich characteristics of football games, and reasonably introduce football games into all aspects of college football teaching, so that classroom teaching is full of interest, education and competitiveness, and constantly improve their own physical education and teaching level.

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