

On the Innovation of Basketball Teaching and Training Methods in Colleges and Universities under the New Situation

Yan FU

Jiangxi Vocational Technical College of Industry&Trade, Nan Chang, Jiangxi, China

mybaby20090221@163.com

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Abstract: In the context of quality education, basketball teaching and training in colleges and universities are facing more strict requirements, which make problems in the traditional teaching and training methods more prominent, affecting the implementation of quality education, but also not conducive to the overall development of students. In view of this situation, colleges and universities should recognize the importance of basketball teaching and training in the new situation, analyze the disadvantages in traditional teaching and training, and analyze some new teaching modes, realize the innovation of teaching and training, stimulate students' interest in learning and training, make them actively participate in various teaching activities, gradually improve their comprehensive quality and obtain a wider development platform.

1. Introduction

The new situation has made a lot of regulations on physical education teaching in colleges and universities to make it be more in line with the development of society and transfer more high-quality basketball players to the society. In the innovation of physical education teaching and training, colleges and universities should take students as the center, pay attention to the implementation of quality education, make effective teaching plans according to the development of students, introduce game teaching method, carry out thinking training and practical training to help students establish correct sports spirit, master appropriate training methods, gradually improve their basketball level, obtain more basketball knowledge and lay a good foundation for future development.

2. Problems in Basketball Teaching and Training in Colleges and Universities

2.1 Relatively Single Teaching and Training Mode

In the traditional college basketball teaching and training, the teaching mode is relatively single, mainly because the basketball teaching concept still stays on the traditional concept, without reform and innovation. Influenced by the tradition, teachers have been in the dominant position in teaching and training, and students passively accept basketball knowledge and basketball skills. Moreover, in the process of teaching, teachers put a lot of energy in teaching basic posture, basic technology, basic knowledge and other aspects, but in the following advanced practice, the teacher's guidance is insufficient, neglecting the student's dominant role. As a result, the whole class is boring, difficult to stimulate students' interest in learning, and students' basketball level has been staying at the basic level. Moreover, in the process of training, teachers mainly focus on demonstration, lack interaction with students, and lack effective communication between students and teachers, which affects the transmission of information and is not conducive to improving the efficiency of class teaching. At the same time, the improvement of students' basketball cognition and sports spirit is also limited.

2.2 Insufficient Emphasis on Live Operational Training

In the process of basketball training and teaching, teachers often pay attention to the penetration

of theoretical knowledge. Some basic movements, tactics and techniques are also taught by way of narration and demonstration. Students have less time for live operational training, which ensures that even if students have mastered basic knowledge, it is difficult to apply into practice. The live operational level is limited, which also restricts the overall development of students. Moreover, some teachers have certain utilitarian in teaching, so that their teaching and training are mere formality, and they often only pay attention to students' assessment results. Over time, students lose interest in basketball learning, but also lack a correct cognition, difficult to actively participate in the study of theory and practice, which limits the overall development of students.

3. Innovation of Basketball Teaching and Training Methods in Colleges and Universities under the New Situation

3.1 Pay Attention to Carrying out Teaching and Training in Combination with Practice

In order to carry out the innovation of basketball teaching and training under the new situation, it is necessary to enhance the emphasis of colleges and universities, guide them to realize the requirements of higher education in the new situation and pay attention to the implementation of quality education. When making a new training plan for innovative teaching, it is necessary to take students as the center, take all-round development as the guidance, abandon the shortcomings of traditional education, and promote the smooth implementation of the new plan. For example, in the new situation, basketball teachers need to carry out basic training, guide students to master the basic knowledge and basic movements of basketball. In this process, teachers should not only infiltrate basic knowledge, but also carry out physical training. Teachers can make targeted training plans according to the students' physical quality, basketball development level and other situations. They can reduce the exercise load of some students with poor physical quality, require them to persist in sports, improve their physical quality through exercise and then increase the exercise load. For some students with better physical quality and higher basketball level, teachers can make a gradual training process to guide them to constantly exceed themselves and improve their physical quality. Adopting the new teaching mode and training method of hierarchical teaching changes the present situation of traditional teaching, highlights the dominant position of students in the class, guides students to actively participate in basketball training, and improves the teaching efficiency and training quality of basketball.

3.2 Introduce Game Teaching Method to Stimulate Students' Interest

Game teaching method is widely used in physical education, and has achieved remarkable results. In the new situation, game teaching can also be applied to basketball teaching and training, to meet the requirements of the new situation for basketball teaching, innovate class teaching and enrich training content. At the same time, the application of game teaching method can also activate the class atmosphere, stimulate students' interest in learning, make students imperceptibly learn basketball knowledge and basic skills in the game, so as to improve the quality of training. First of all, teachers need to set up games with different degrees of difficulty and training emphasis according to the development of students, divide the students into several groups and form a certain competitive relationship, so as to encourage students to give full play to their own strength, participate in the game, complete the tasks assigned by teachers, and acquire more basketball skills as much as possible. For example, in learning the basic operations of throwing, dribbling and passing, teachers should not only cultivate students to master these basic operations, but also guide students to learn to stabilize the center of gravity, so as to better play these basic skills on the basis of stable gravity. Therefore, the teacher can divide the students into several groups with balanced strength, and distribute a basketball to each group. Each member is required to dribble for 50 meters, with a total of 100 meters in a turn, then pass the ball to the next member. In the process of passing, the ball can't fall off, and the dribble posture must be right. Some rules of basketball are also applied in this game and the team with the fastest delivery wins. This competitive game can not

only penetrate the knowledge of the posture and skills of dribbling, but also stimulate students' sense of competition and cooperation, so as to achieve the goal of cultivating students' sports spirit. In the process of the game, teachers also need to do a good job of observation, grasp some problems existing in the students' dribbling, and students' illegal behaviors. At the end of the game, teachers can carry out summary activities, lead students to analyze dribbling skills, correct some wrong behaviors of students, and facilitate students to master the correct dribbling operation.

3.3 Develop Thinking Training and Guide Students to Think

Thinking training is a new training mode after students have mastered certain technology and knowledge, mainly to stimulate students' running thinking, guide students to combine the knowledge and technology they have learned to formulate tactics, or to think about the specific application of the technology in live operation. Generally, this method is mainly combined with the practice training of students, especially in the process of teaching new technology, so that teachers can guide students to think about how to apply the new technology or how to use it with other technologies. Through thinking training and practice training, students' thinking can be active and their innovative consciousness can be cultivated. Meanwhile, it is also helpful for students to flexibly apply the technology and tactics they have learned to calmly deal with some unexpected situations in the competition, so as to improve the comprehensive ability of students. For example, after learning the basic skill of jump throw, teachers can assume some scenarios, lead students into practical training, guide students to implement the technology of jump throw in different situations, and set the other party to block it. Under various pressures, students can flexibly apply the jump throw and generate some new ideas. These are teaching effects that teachers can't get from traditional teaching, so the method is of great significance to improve the basketball quality.

3.4 Carry out Live Operational Training to Train Students' Practical Level

After a period of teaching and training, students' skills and physical fitness have been improved, and students have developed a certain sense of tacit understanding. However, students' live operational experience is insufficient, and their comprehensive level is not high. In view of this situation, teachers can carry out live operational training and divide the whole class into two teams. The teacher acts as the team's coach, allocates tasks, formulates techniques and tactics, and sets the date of the competition to make the two teams well prepared. Teachers can also invite other students of the school as the audience of this competition to provide students with a more real competition environment. In the competition, the teacher records the students' performance to provide the basis for teaching, such as guiding students how to play skills and tactics, how to deal with some unexpected situations. After the competition, students are required to summarize their feelings and their own performance, submit reports, so as to give full play to the educational value of live operation, guide students to attach importance to practical training. Teacher should give students enough time for practical training to improve their live operational level.

4. Conclusion

In a word, in the new situation, basketball teachers in colleges and universities should pay attention to the innovation of basketball teaching and training, take students as the center, and take the overall development as the guidance, formulate targeted teaching plans, choose appropriate teaching mode and training methods, and also can collect more teaching cases on the Internet to practice in the class, make appropriate adjustments according to the development of students, gradually explore the training scheme suitable for the overall development of students, stimulate students' interests, tap the potential of students, help students master the training methods suitable for themselves and establish sports spirit, and encourage students to strive for continuous improvement of basketball skills.

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