

Discussion on the Effective Ways to Improve the Basketball Training Skills of Higher Vocational Students

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Abstract: In the form of the modern concept of national sports, sports training has become the focus issue concerned by people from all walks of life. In many sports training projects, basketball has become the first choice of many universities, middle schools and primary schools, and its advantages in the field of competitive sports are more and more obvious. Therefore, we should pay enough attention to the sports training and development of basketball. For higher vocational students, their physical conditions have been relatively strong, which provides a good advantage for basketball training and learning. How to effectively improve the basketball training skills of higher vocational students is a problem that we need to pay more attention to. After all, good basketball skills can not only rely on the advantages of higher vocational students, but also focus on the cultivation of skills. Therefore, this paper first investigates and analyzes the current situation of higher vocational students' basketball training, and then analyzes the improvement strategies of corresponding skills according to the current training situation.

1. Introduction

In the current higher vocational colleges, basketball training has generally become a physical training course, which is not only a course, but also a way of physical exercise that is very popular. Basketball training has been an indispensable training project in many physical exercise projects. With people's deeper and deeper understanding of basketball training, the number of participants is also growing rapidly, which provides a good foundation for China's national sports and promotes the healthy development of basketball training to a great extent. Vocational college students are a special group, who are the potential skilled personnel who are about to enter the society. Cultivating the basketball training skills of vocational college students can not only promote the students' physical fitness, but also effectively guarantee their all-round development to enter the competitive society with a better appearance.

2. Current Situation of Basketball Training Skills of Higher Vocational Students

2.1 Influence of Basketball Teachers on the Improvement of Basketball Training Skills of Higher Vocational Students

From the current situation of global sports, the competitive sports in the construction stage of our country are at a low level, especially in the collective sports, the shortage is the most prominent. Basketball is one of the low-level competitive sports training at present. However, the current higher vocational colleges do not pay much attention to the training of students' basketball skills, which leads to the lack of support for the basic conditions of higher vocational students' basketball training. To be more specific, the lack of attention to basketball training in higher vocational colleges is reflected in the lack of attention to the teaching staff of basketball major and the lack of strict requirements for their skills. Most of the teachers in higher vocational colleges are masters, and doctors are relatively few, but basketball teachers can't be compared with them. First of all, some basketball teachers are not qualified enough, and some basketball teachers are not basketball major, but to guide the training of specific basketball skills. It can be imagined that under such

guidance and training, students' training skills will be greatly restricted and incorrectly guided, which brings a lot of unfavorable factors to the improvement of basketball training skills of higher vocational students and seriously hinders the effective improvement of students' basketball skills. Moreover, the teaching concept of basketball teachers in some colleges and universities is relatively backward. They only focus on students' mastery of theoretical knowledge, as well as the decomposition of actions and the results of competition, but ignore the effective improvement of students' basketball training skills, which leads to the stagnation of students' basketball training skills and greatly affects their improvement.

2.2 Influence of Related Equipment on the Improvement of Basketball Training Skills of Higher Vocational Students

Basketball training is a sports project, loved by many higher vocational students. There are many students willing to play basketball in their spare time, but these students' basketball in spare time belongs to their own hobbies, and they know little about the relevant skills and knowledge, which requires higher vocational colleges to pay attention to basketball training, and strengthen the students' understanding on the basis of students' interests. Therefore, it needs relevant equipment and field support, and a good environment for basketball training field will provide basic guarantee for higher vocational students' basketball training. But the current actual survey results show that in the environment and equipment of students' basketball training of the current vocational colleges, there are serious deficiencies. Some colleges do not have training venues, and the number of basketballs can't even meet the needs of students' training. Under normal circumstances, when carrying out basketball training activities in higher vocational colleges, students are often targeted for specific training exercises, which usually include physical training, ball practice, catching practice and dribbling practice, as well as dribbling and rebounding practice and other related training contents. The above normative practice is greatly helpful to improve basketball training skills of higher vocational students. Therefore, to effectively carry out the promotion activities of basketball training skills in higher vocational colleges, a good training environment and training equipment are necessary, and the non-standard situation will seriously affect the improvement of basketball training skills of higher vocational college students.

3. Effective Ways to Improve Basketball Training Skills of Higher Vocational Students

3.1 Improve the Guiding Ideology of Basketball Training Skills of Higher Vocational Students

At this stage, basketball training in higher vocational colleges has been popularized to a certain extent, and more basketball fans are constantly joining and improving themselves. In order to improve their basketball training skills, students in higher vocational colleges will choose relevant courses for learning and training. Although these relevant training courses have also brought some help to students, the improvement of basketball training skills are not good in the current higher vocational college students, almost standing still, which can only meet the amateur interest and can't achieve the skill improvement. In this case, higher vocational colleges should not only strictly control the teachers' qualifications, but also strengthen and improve the specific goals and correct thinking of students' basketball training skills. The improvement of basketball training skills is a skill improvement, and any skill improvement needs to be obtained from practice. Every physical exercise project has its unique characteristics, and basketball training is no exception. In order to achieve the improvement of professional skills, there must be strict systems and ideas to support and guide, and a variety of training practice activities should be carried out to promote students learn more skills and experience in practice. In the process of improving basketball training skills, we should have a detailed understanding of students' personal situation, integrate various factors to improve students' own skills, formulate appropriate goals and guiding ideology according to different periods and different stages to gradually improve students' basketball training skills. Only by improving the training skills, can we meet the healthy development and progress of basketball as

a competitive event. Vocational college students are skilled students, who are about to enter the society as a special group. Good team spirit is not only the spiritual requirement of basketball training, but also the professional requirement in social workplace. Establishing a good team spirit for students and improving the guiding ideology of basketball training skills promotion is an important link to achieve skill improvement, and is the spirit gas station to promote students' good condition. Where there is a goal and a thought, there is a direction. Good team spirit and correct goal thought will become the important cornerstone of improving basketball training skills of higher vocational college students.

3.2 Integrate New Ideas into Basketball Skills Training

Basketball plays an extremely important role in improving the physical quality and all-round development of vocational college students. Although more vocational college students are willing to participate in basketball training, it does not promote the good development of basketball training, which is a practical problem worthy of deep thinking. The reason is not difficult to find that the number of participants in basketball training is optimistic, but their skills are completely opposite, which is worrying. This is also the fundamental reason for the improvement of higher vocational students' basketball training skills. Basketball is a very good physical exercise project, and we can't only focus on participation, but ignore its skills improvement and long-term development, which needs continuous improvement. Therefore, it is an effective way for higher vocational college students to improve their basketball training skills by paying more attention to the improvement of basketball training skills and integrating new ideas on the basis of traditional training. In the current higher vocational colleges, imagination skill promotion method is worth promotion. In short, its skill promotion principle is to carry out practical skill training according to the relevant theoretical knowledge and students' own imagination of training skills, and deepen students' brain memory and operation characteristics of basketball skills through students' repeated consideration of basketball skills and scene reproduction, so as to promote students' basketball skills training in the brain. This form of skills training is of great help to vocational students in the actual basketball training skills. Imagination skills promotion method is carried out in colleges and universities. In order to promote students' better understanding and absorption, it is necessary to carry out specific guidance in basketball skills training, so that students can form correct skills training methods in the brain. According to the actual training degree of students, the daily and weekly training items and time should be formulated to promote students' effective mastery of imagination training method, which is, in fact, the efficient integration of actual basketball skills and imagination skills. Good and correct brain imagination training needs demonstration of practical skills. Therefore, in the actual basketball training skills operation, teachers should first show the correct and standardized skills training methods to the students, emphasize the key actions, and repeat the oral explanation and skills operation, and then let the students imagine. Such repeated imagination skills training is of great help to improve the basketball training skills of higher vocational students.

4. Conclusion

Higher vocational colleges are to cultivate professional students as the main object, which are important institutions of technical personnel training in our country. The improvement of basketball training skills in colleges and universities can not only improve students' physical quality, but also improve their overall quality and strengthen their comprehensive ability. However, in basketball skills training, with its own development and strong, there will be some difficult problems, which need colleges to maintain a firm belief, adhere to find a breakthrough and new training concept, to promote the good, sustainable and healthy development of basketball.

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