

Research on the application of imagery training method in College Basketball Teaching

Wenjie Fan

Jiangxi Vocational Technical College of Industry & Trade, Nanchang, China

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Abstract: with the rapid development of modern society, the country's sports demand for athletes is gradually increasing, which puts forward higher requirements for students' physical exercise. Imagery training method is a method to cultivate students' psychology. On this basis, this paper expounds the relevant knowledge of image processing method, as well as the questions and answers of applying image processing method in basketball teaching process. Then it explains how to effectively apply the imaging method in College Physical Education for reference and communication.

1. Generation and understanding of imagery training method

Imagery training method advocates that through action recall, language instruction, sensory rhythm and other methods, the action has a comprehensive image in the brain. In the activities of human cortex, the action process is continuous. The rational use of imaging methods can improve students' cognitive ability and perception ability. In order to improve their mastery of sports activities, basketball training methods are mainly used at present. In image training, in essence, image training method is an innovative psychological application method. Image processing method can also be divided into dynamic image and dynamic image. Dynamic image requires athletes or students to continue image training. Students participate in this process, and the visual image is the representation that athletes or students must describe by watching video or watching the game on the spot. Taking part in basketball courses can help basketball players to stand, block and walk accurately in competition or training, so that players can constantly reflect on their own ability and improve the coordination of movements. As a new training method, there is an imaging method that can help students understand their sports concept accurately and improve the level of basketball skills.

2. The problems that should be paid attention to in the implementation of imagery training in college basketball teaching

2.1 Investigate the characteristics of students

Teachers in teaching the use of imaging methods, not like the original training methods, must be combined with the actual situation of students, in order to analyze the training methods and constantly improve and adapt, different students' physique and interest are not the same, therefore, in the use of imaging methods for training, students choose their own project, which requires teachers to fully test in teaching. Considering students' interests and hobbies, teach students in accordance with their aptitude. For example, in basketball training and three-stage development training, some students choose their familiar qualified layups, while some students like to use their own bodies to resist typesetting and grading. Teachers should always pay attention to the details of these students and the differences between individual students, and actively design training methods suitable for most students, and In addition, to let students put down their hands to master the ability of basketball can form a long-term memory in the students' brain, which is the resource of students' image training. In the course of the course, teachers examine the characteristics of the individual in detail, and then develop a more suitable imaging method for students' training.

2.2 Let students actively participate in the training

As the main body of image training, the enthusiasm of students' participation directly affects the training effect. Therefore, teachers should make some plans to stimulate students' interest. For example, when teachers practice basketball, students may recall some sports actions in training, and take image training as the standard, let students evaluate according to their own test results and classify students. In addition, teachers can remind students to adjust their brain memory in their spare time and establish imaging system in time. In order to improve the status of image training in the eyes of primary school students, the initiative of students in image processing is not only necessary. To support from outside forces, we need our own efforts. To understand how to stimulate students' interest in basketball training in image training.

3. Imagery training methods in college basketball education

3.1 Actively create a positive learning environment

As image training needs the concentration of students, the education environment is very important. In the aspect of image training, teachers should take the initiative to create a high-quality education environment for students. In order to avoid communication with the outside world and ensure peace and stability, according to the requirements of the training site, indoor should be selected as far as possible to avoid dazzling sunlight and outdoor noisy environment. At the same time, teachers should always pay attention to the psychological status of students. Have an accurate overview, communicate with students appropriately, solve problems in the learning process with students, and adjust the course in time.

3.2 Perfect and correct basketball imagery training

In the current basketball education, teachers can explain the action in training by teaching modern technology, multimedia projection or playing video. It is an important part of teachers to make students see basketball actions intuitively and achieve the purpose of learning. If students do not have correct and appropriate basketball rules in their minds, they can't remember and show themselves, and they can't carry out image Training. Generally speaking, the appearance of the basketball team is carried out alternately according to the steps of shooting posture, and each link is step by step. Therefore, it is necessary for students to establish a complete and orderly basketball representation in the classroom, so that students can play an active role in the basketball court. The players are required to keep their own control state at all times in order to prevent the opponent from being robbed. In order to achieve the perfect cooperation of the players, it is necessary to let the students play an active role in the basketball field. Winning the game, the whole process is not successful, but also an effective promotion of the image training of the participants. For example, when teaching the free throw line, students must pay attention to the following points: first of all, students should standardize their movements to ensure that their feet should not step on the free throw line, and their feet should not jump when shooting, so that students can establish a correct image of the free throw line. Second, teachers should use language and behavior to teach students to set up a correct image when teaching standard movements. They must also develop students' theories.

3.3 The time of imagery training should be appropriate

For athletes participating in sports training, the time of image building should not be too long, and the repeated memory of some things or events should not be too long, otherwise the purpose of training will not be able to play at all. Memory is the premise of memory. If we do not remember, therefore, in the process of training students' basketball image, we should pay attention to the requirements of time and space. Always pay attention to the changes of these variables, it is necessary to train students' basketball image. Students are willing to store these training rules and memorize them after contacting the methods of basketball imaging. In this way, after a period of accumulation, we can learn to improve our mastery of the knowledge we have learned, and stabilize

our psychological quality through the knowledge we have mastered One of the fundamental advantages of basketball training is to limit the training time of basketball training method to a certain range. Its advantage is that students can often think and reflect, in order to improve the effect of memory and reflection, the introduction of basketball image training method should be more scientific and effective, so that students immersed in the joy of learning.

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