

Analysis on the Application of Basketball Games in Basketball Teaching of Physical Education in Higher Vocational Colleges

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Abstract: Basketball itself is a professional and competitive sports. In higher vocational colleges, it is difficult for most students to learn basketball in physical education. In addition, the teaching mode of physical education teachers is relatively simple, which leads to the poor teaching effect of physical education, and limits the improvement of students' basketball professional level. Therefore, teachers can apply basketball games in basketball teaching in order to activate the learning atmosphere, build a new sports classroom, and stimulate students' interest in participation. Then, students can actively cooperate with teachers in basketball teaching activities, master appropriate basketball skills, improve professional level, and promote the overall development of students.

1. Introduction

Basketball teaching is one of the main programs for students to carry out physical exercises. It mainly aims to cultivate students to master some professional basketball-playing skills, train their physical flexibility and improve their physical quality. Because a certain flexibility and interest are attached to basketball games, its application in basketball teaching can gradually eliminate the problems existing in basketball teaching, build a good relationship between teachers and students, fully reflect the dominant position of students in the classroom, guide students to master certain basketball skills, and establish an interest in basketball, foster a lifelong sports spirit, and improve classroom teaching efficiency.

2. Imperfection in Basketball Teaching in Higher Vocational Colleges

2.1 Imperfection in the Aspect of Students

In the physical education teaching of higher vocational colleges, actions to carry out diversified sports exercise and to give students enough exercise time can improve their physical and mental quality and help them to develop healthily. In basketball teaching, the students' interest and cooperation determine the smooth progress of the teaching plan. However, through the analysis of most teaching practice, we know that the gender of students is one of the main factors affecting the teaching quality. Most of the boys are interested in basketball while only a few girls like it. Due to the different interests and hobbies, there are differences in the understanding of basketball between boys and girls, showing the characteristics of polarization in the classroom performance. Secondly, the physical quality of students is declining year by year. Some students' physical quality is weak, which is not suitable for strenuous exercise. There are also many obstacles in basketball learning, leading to unsatisfactory implementation of teaching plan.

2.2 Imperfection in the Aspect of Teachers

In higher vocational colleges, the teaching methods that some physical education teachers adopt are relatively traditional, which means that the courses are dominated by teachers while students passively accept the theoretical knowledge and skills of basketball. This backward teaching mode is not only difficult to stimulate students' interest in learning, but also has a great impact on promoting teaching plans and achieving teaching objectives. Secondly, in the aspect of teachers' classroom organization, although teachers have carried out the form of group learning, they ignore the

differences in students' foundation and physical quality, and lack of targeted guidance for students, which affects the efficiency of classroom teaching, and it is difficult to realize the reform and innovation of basketball teaching in the short term.

3. The Function of Basketball Games in Basketball Teaching in Higher Vocational Colleges

3.1 Stimulating Students' Interest in Sports

There are a certain flexibility and interest attached to basketball teaching. If it is applied to basketball teaching, choose appropriate basketball games according to the different stages of teaching and different needs, there will be many benefits, such as, meeting the psychological needs of students, stimulating students' interest in sports and guiding them to actively participate in basketball, cooperate with teachers to carry out a variety of teaching activities, reveal their own subjective initiative. And it can promote teaching activities with smooth procedures and improve the efficiency of classroom teaching.

3.2 Building a Good Relationship between Teachers and Students

Basketball games can build a good bridge connecting teachers and students for communication, enhance the interaction between teachers and students, and realize the blending of ideas of both sides. Through the way of communication, teachers can guide students to actively participate in a variety of basketball games and carry out experiential learning. Teachers can also activate classroom atmosphere, gradually closely bring teachers and students together, and build a good relationship between them.

3.3 Promoting the Improvement and Innovation of Basketball Courses

There are many problems in the traditional basketball classroom teaching. Both teachers and students need to change their ideas and deepen their comprehensive understanding of basketball teaching. The application of basketball games to the traditional basketball teaching requires teachers to learn some brand-new teaching modes. In the classroom, they need to add basketball games to their teaching, which can attract students' attention, bring students a new experience, create a new basketball classroom, promote the improvement and innovation of basketball courses, and gradually solve the problems existing in classroom teaching.

3.4 Improving the Overall Teaching Effect

The application of basketball games in basketball teaching can guide students to carry out in-depth learning activities, master their own learning methods, and improve the overall teaching effect. Teachers need to choose appropriate basketball games according to students' developmental characteristics and interests, guide them to master basketball-related knowledge and skills in the game, foster their interest in basketball learning, cultivate their basketball foundation, and lay a solid foundation for future study. In addition, teachers can carry out comprehensive evaluation towards students in terms of their performance in basketball games, cultivate their sports spirit, promote all-round development, and achieve the teaching objectives of the course.

4. The Specific Application of Basketball Games in Basketball Teaching in Higher Vocational Colleges

4.1 Specific Application in Warm-Up Activities

Before carrying out sports teaching and training in physical education, it is necessary to guide students to do some warm-up activities, and basketball teaching is no exception. Teachers need to create a more interesting learning atmosphere with the help of basketball games, stimulate students' interest and active participation in warm-up activities. Only when warm-up activities have been sufficiently complemented, can the safety and effectiveness of the following teaching procedures be guaranteed. Some ordinary warm-up activities are stereotyped and lack attraction to students, such

as running with teacher as a leader, warm-up gymnastics and so on. In view of this situation, teachers can divide the students into several groups and students in each group are asked to carry the ball in the form of frog leaping, passing it one by one. Applying the form of relay race, teachers can stimulate students' interest, guide them to make full preparation before exercises, so that students can quickly get into the state of basketball learning and training. This could create a good learning atmosphere and promote the progress of teaching plan smoothly.

4.2 Specific Application in Teaching Stages

The teaching stages mainly include theoretical knowledge teaching, technical action training, tactics explaining and so on. Consequently, teachers need to choose different basketball games according to different teaching contents, so as to promote the reform and innovation of teaching, and reflect the dominant position of students in the situation of teaching and learning.

4.2.1 Explanation of Theoretical Knowledge

The explanation of theoretical knowledge in basketball teaching accounts for a small proportion, but, to a certain extent, it can help to improve students' professional ability. Teachers add basketball games into the explanation of theoretical knowledge in order to activate the atmosphere, and stimulate students' interest in participation, so students would study seriously, master more basketball skills, rules and other theoretical knowledge, and lay a solid knowledge foundation. For example, teachers can hold a forum to ask the students to talk about their understanding of basketball, asking them to form a circle. In the circle, the teacher sits in the center holding a basketball in his hand and throws the ball to the students for transmission. Every time the teacher stops, whoever has the ball in his hand needs to talk about a knowledge point about basketball. Other students need to take notes and the teacher evaluates, explains, corrects and supplements according to the contents expressed by the students. Innovating the teaching form of theoretical knowledge explanation, can stimulate students' interest in learning. In such a forum above, students can absorb more theoretical knowledge, so as to lay a solid knowledge foundation for future study.

4.2.2 Technical Action Training

Technical action training is the key teaching content after the theoretical knowledge explanation. Teachers can build a brand-new basketball technology teaching atmosphere with the help of basketball games, guide students to master various technical actions in basketball and improve their basketball level. For instance, while teaching basketball technologies, teachers need to divide the students into several groups with balanced forces, and then the team leader will lead the students to carry out basketball games. Teachers place obstacles on the playing ground and ask members of each group to dribble through these obstacles. Once they make mistakes, they need to start again. After one finished, the next member can move on. Teachers can arrange these tasks in advance, leaving enough time for each group to prepare. In order to gradually improve the professional level of basketball, team leaders should make training plans according to the quality of members, teachers should give proper guidance, correct some students' problems in dribbling and standardize technical actions. In the game, teachers observe the performance of each group, record some problems existing in each member's dribbling. After the end of the game, teachers make a comprehensive evaluation in the light of the performance of students, construct a good feedback mechanism, guide students to find their own problems and seek the help of teachers and other students, make corrections, and gradually improve their own dribble level.

4.2.3 Tactics Explaining

In basketball teaching, the tactics explaining is also the most important part, which helps to cultivate students' competitive level and promote the improvement of students' basketball skills. In the selection of basketball games, teachers can combine theory and practice to explain, make tactical explaining more interesting, stimulate students' interest in learning, guide them to master all kinds of tactics skillfully, and flexibly apply to practice, so as to achieve the purpose of unity of knowledge and practice. For example, teachers can divide students into two groups and learn the

same set of tactics together. Make good division of work, one side for the offensive side and the other side for the defense, to carry out simulation competition of basketball games. The teacher will serve 10 balls in total, and, considering the amount, the one who succeeds in attack or defense wins. In the process of basketball games, teachers can do tactics explaining, guide students to implement in practice, and improve students' understanding ability and then effectively absorb theoretical knowledge. Students should realize the importance of tactics in the actual competition, actively participate in learning tactics, improve the level of practice, and lay a solid foundation for the comprehensive development in the future.

5. Conclusion

In a word, physical education teachers in higher vocational colleges should realize the importance of the application of basketball games in basketball courses, actively learn new teaching ideas, abandon the disadvantages of traditional teaching, pay attention to reflect the dominant position of students in teaching, and build efficient basketball sports courses. While selecting basketball games, teachers need to choose appropriate basketball games into teaching activities according to students' physical quality, basketball foundation, teaching content and other aspects, so as to stimulate students' interest in sports, reveal students' subjective initiative, guide students to prepare for basketball, actively participate in the teaching process, and master more theoretical knowledge, sports skills and basketball competition tactics, and improve the efficiency of teaching. Therefore, reasonably applying basketball games can build an efficient basketball course, achieve teaching objectives, and promote students' professional level.

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