

Research on Improving the Teaching and Training Effect of College Basketball Based on Combination Innovation Theory

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Abstract: With the deepening of China's education system reform, basketball courses in Colleges and universities have made some progress in both teaching and training, but there are still some problems that can not be ignored. Basketball training is also very helpful to the improvement of students' cooperation and adaptability. Attaching importance to technology is the most important thing in basketball teaching. It is undoubted that the improvement of basketball training technology is of great importance. However, in order to improve the quality of basketball teaching and improve the quality of Basketball Teaching in an all-round way, it is necessary to adjust the current concept of basketball teaching. Through the progressive basketball practice course teaching mode with the combination innovation theory as the main line, the basketball basic cooperation under the combination innovation theory is applied to the college basketball professional students. Research shows that the application of Combination innovation theory can effectively cultivate students' interest in learning and improve the method of mastering learning. It can not only exercise the body and mind, but also improve students' desire to use basketball as their lifelong sports.

1. Introduction

In school sports activities, basketball is popular with students. It is not only competitive and cooperative, but also provides a platform for students to communicate [1]. Improving college students' adaptability to society is an effective way to improve the level of basketball in China. The cultivation of College Students' spirit of unity and cooperation, ability of overall coordination and sports coordination is a good reflection of quality education in Colleges and universities. Attaching importance to the teaching and training of college basketball is of great significance to the cultivation and improvement of college students' quality [2]. The classroom atmosphere of basketball teaching is also active because of its interesting and competitive. Various basketball matches and performances make the students enthusiastically participate in them [3]. The basketball course as a basic course is popular among students in college physical education. College basketball teaching has also developed rapidly, but hidden under this rapid development speed is the old problem left by college basketball teaching. The existence of these drawbacks has seriously affected the effect of college basketball teaching and training [4]. In order to realize the students' comprehensive development goals, how to change the existing basketball teaching reforms in response to these problems and the reform requirements put forward by the "Guidelines" has become the key to promoting the healthy development of college basketball teaching [5].

Teaching theory has introduced the teaching mode of Combination innovation into teaching practice. By combining two or more independent principles or methods, a new theory with innovation, novelty and practicability has been formed [6]. The traditional teaching mode of basketball which focuses on skill training has been changed to focus on the cultivation of students' cognitive ability and learning interest. At the same time, in the process of applying Combination innovation theory to basketball teaching, teachers should first cultivate students' concept of basketball combat tactics [7]. In the process of portfolio innovation theory, we should dynamically adjust the relationship among technological innovation, organizational innovation and cultural innovation. On the one hand, technological innovation, organizational innovation and cultural innovation should adapt to the change of combinatorial innovation. On the other hand, with the change of technology, organization and culture, the process and mode of

portfolio innovation should be dynamically adjusted [8]. In a formal basketball game, players take offensive or defensive actions through a set of technical actions, and the use of technology is in the form of a combination, which is a comprehensive manifestation of combined technology [9]. The rich theoretical knowledge and body language can make students integrate into the teaching process well. Only when theory and practice are fully combined can the comprehensive development of basketball technology be improved, and the meaning of basketball learning will be better understood by students. Improve the disadvantages of college basketball teaching and training, enhance its teaching effects, deepen understanding of sports and life, and form correct values [10].

2. Materials And Methods

2.1 Current Situation of Basketball Teaching and Training in Colleges and Universities

In college basketball teaching and training, the guiding ideology of “health first, lifelong sports” should be truly implemented and put in place, so as to cultivate and realize the fundamental goal of “lifelong sports” consciousness of college students in physical education teaching. Learning methods are far more important than mastering actions. In the actual teaching process, teachers should inspire and guide students, not only to impart, but also to guide students to master the laws of sports, to understand basketball training knowledge in depth, and to turn passive learning into active exploration, so as to better improve students' learning enthusiasm. If one-sided emphasis on the systemic and normative nature of technology, the focus is on the dissemination of sportsmanship and other aspects while ignoring the sports spirit and the spread of basketball culture. In the long run, the overall improvement of basketball teaching will be affected. Neglecting the communication and communication between teachers and students, students are in a passive and passive state, and are forced to accept the information conveyed by teachers. The choice of repeated teaching in traditional college basketball teaching methods will only make students lose interest in learning basketball. Unable to improve basketball skills, forced to carry out the practice of consolidating technical movements, the classroom atmosphere is boring, killing students' interest in learning, and also violates the principle of teaching students in accordance with their aptitude, seriously weakening the effect of college basketball teaching and training.

2.2 Basketball Teaching and Training Based on Combination Innovation Theory

The theory of Combination innovation in college basketball teaching is not to simply add up and repeat several individual techniques, but to link up purposefully, pertinently and step by step according to the actual situation of the match. A “group” guidance model is constructed, which is mainly composed of instructors and supplemented by joint instructors. In the graduation design of students, the wisdom of “group” is concentrated, teaching resources are integrated, and the team of instructors is optimized. The students discuss each other according to the combinatorial innovative exercises designed by the teachers. The teachers enlighten and call on the students in the teaching process, so that the students can change from passive acceptance to active acquisition. It has played a positive role in promoting students to grasp the practice and theoretical knowledge of basketball technology and tactical coordination. The teaching method dilutes the skill of basketball and focuses on cultivating students' abilities and awareness. It is beneficial for students to adjust their technical ability according to their physical conditions and learning level. Teachers should strengthen communication and communication with students, take the initiative to understand what students want to get from basketball, and how much each student loves basketball, and what kind of ability they expect from basketball learning. Positioning better teaching according to your aptitude.

Let students realize the importance of basketball skills and tactics, understand the premises of skills and tactics and the problems to be paid attention to when using skills and tactics, help students establish a clear and scientific learning goal, let students use learning goals to guide their basketball learning. Choose the teaching methods of combination exercises, combination of transmission and cutting, combination of transmission and cutting, combination of cover, combination of transmission and cutting and fast-break tactics. The more times students touch the

ball in unit time, the stronger their ability to grasp technology quickly and accurately. Under the guidance of teachers, students participate in practical teaching design and make necessary updates. Focus on the combat awareness, trying to penetrate the combat awareness throughout the basketball teaching process; highlight the technical importance of basketball; pay attention to the form of basketball games, require students to strengthen the relevant skills of basketball in actual competitions. The combination of new and old technologies has effectively changed the frequency of stimulating neurons, continuously intensified the conditioned stimulation of incoming impulses, ensured that students learn new technologies on the basis of, but also consolidated the old technology. Strict training plan and reasonable training cycle are the preconditions for improving basketball team's level. Coaches should arrange staffing around the time of important matches and make training plan, because excellent sports results can only be created in the best competitive state of athletes. Highlight the entertainment of basketball, let students enjoy the experience of physical and mental pleasure in the process of learning basketball, and avoid practicing all kinds of difficult technical movements. However, teachers should pay attention to the accuracy of knowledge and skill transfer. On the basis of creating a good teaching atmosphere, it is necessary to consolidate students' basic knowledge and skills, and cultivate students' sense of cooperation and thinking.

Through designing the experimental class and the control class to carry on the contrast research, the experimental class uses the combination innovation theory under the basketball foundation coordination teaching, the control class uses the traditional way of teaching. The situation after the test is shown in Table 1.

Table 1 Comparing the score of basketball teaching match between two classes under the test

	Shield coordination	Fast break coordination	Defensive coordination
Experimental class	72±5.7	66±5.3	78±5.9
Control class	69±5.3	61±4.8	72±5.3

3. Result Analysis and Discussion

3.1 Reform the Assessment Method According to the Training Objectives

In the process of Basketball Teaching in Colleges and universities, students' interest in learning can directly affect their consciousness and enthusiasm in learning. Only when students are interested in something will they have a strong desire to know it and master it skillfully. A single teaching and training method can make students master basic skills step by step, steadily and steadily, but students' initiative is difficult to play, passive learning will inevitably reduce the quality of basketball teaching. The form of basketball teaching assessment overemphasizes the final evaluation mode of mastering basic technical skills. That is to say, at the end of the semester, the content of the required technical examination is assessed. Although the process and diagnostic evaluation are also used, the test index is too single. Under the increasingly perfect teaching evaluation system, college basketball teaching from a comprehensive perspective will more and more effectively provide guidance for training efficiency and improve the quality of basketball teaching. Teachers should make scientific and reasonable evaluation based on the specific situation of students. Standards, according to the students' physical quality, refer to students' learning attitudes and progress, and give them corresponding scores. Let students experience the joy and sense of accomplishment in basketball and stimulate their interest in learning, thus promoting the improvement of basketball teaching and training.

3.2 Improving the Effect of Basketball Teaching and Training in Colleges and Universities

The main purpose of Basketball Teaching in Colleges and universities is not only to teach students to play basketball and master the skills and qualities of their own skillfully, but also to cultivate the ability of independent innovation of College students. Through learning and training, students' physical and mental quality can be exercised and improved, and the effect of basketball teaching will be more obvious. The traditional teaching methods of oral explanation and action decomposition are no longer suitable for the present teaching. Only by guiding students to explore,

tapping students' potential and developing their abilities in an all-round way, can the comprehensive quality of students be better improved. Develop practical training programs, conduct real vocational training, and form an integration of teaching, learning, and doing; use training programs as a carrier to allow students to acquire empirical knowledge and infiltrate the teaching of theoretical knowledge in completing each training program. After the task, combine the theoretical guidance with the practical teaching with the theoretical knowledge, and strengthen the practical teaching under the guidance of the theory to help the students master the essentials of the movement, improve the technical level of the students, and teach the students the basketball skills. At the same time, instill students with strategic ideas to deepen students' understanding of the nature of basketball. Then combine theory with practice, strengthen practical teaching under the guidance of theory, let students correctly master the essentials of action under the guidance of theory, improve the level of skills and tactics, and thus improve the teaching effect.

In practical teaching, teachers should teach students the method of imagination, explain it carefully, clarify the goal of imagination deduction training, and link imagination training with practical training, verify each other and improve the effect of teaching and training. In the basketball basic cooperation teaching mode based on Combination innovation theory, the combination of pass-cut cooperation, pass-cut cooperation and cover cooperation, pass-cut cooperation and fast attack tactics is selected. The main role of students and the leading role of teachers should be organically combined, so that teachers and students can interact and improve the quality of teaching in the whole teaching activities. Let students like this teaching method in a competitive atmosphere. Through this way, students' basketball skills can be trained, and students' ability of unity and cooperation can be effectively improved. Competitive games can stimulate students' competitive consciousness. Only when students' motivation to learn basketball skills is based on their own interests and desires, can they take practicing basketball skills as their goal. Only in this way can students' interest in learning be aroused to the greatest extent and their learning desire be satisfied as much as possible. It is necessary to establish a strict system. Catching, dribbling, shooting, catching and rebounding are all different. For example, dribbling technique requires skilled grasping of various dribbling techniques, such as dribbling, passing, layup, etc. The movement image formed in the conscious mind can be used to speed up the mastery of movements, deepen the memory of movements, and establish and consolidate correct dynamic stereotypes.

4. Conclusion

This paper studies the improvement of basketball teaching and training effect in Colleges and Universities Based on the theory of combinatorial innovation. In order to further develop basketball in Colleges and universities, we must be aware of the shortcomings of current teaching methods and modes, and strengthen the research of basketball teaching and training methods in view of the problems. Based on the new situation and new students, find out the shortcomings of the past basketball teaching and training, and adopt new ways to make up for and solve the shortcomings of the past, so as to promote the development of basketball. We should pay attention to the combination of theoretical guidance and practical training. Theory originates from practice, and in turn guides practice. Practice is the only criterion to test whether theory is correct. They complement each other and cannot be used separately. In the training of students' daily comprehensive quality, the theory of complete system is added to lay a solid foundation for better achieving the teaching goal, and the face of basketball teaching will be completely new. Adopting the problem-setting situation-solving problem--the actual practice of teaching procedures, continuously improve the accuracy of coordination, and accelerate the formation of matching skills and movement stereotypes. The experimental class adopting the teaching mode of combination innovation theory is obviously better than the control class in improving students' basketball skill level, arousing students' learning interest and improving students' competition ability. It is worthy of being widely popularized in the teaching process of college basketball.

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