

Teaching Points of Professional Skills in Basketball Teaching

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Abstract: As a competitive sport, basketball is of great significance in teaching. Appropriate introduction of Basketball Teaching in teaching can activate the atmosphere and effectively improve physical quality. Mastering the basic knowledge, skills and rules of basketball is the basic three elements of learning basketball well. In addition, the most important thing to learn basketball well is to practice basic skills, cultivate their own basketball consciousness in actual practice, and cultivate their confidence in various competitions. Basketball teaching is different from other training, so it needs to be flexible and changeable, teach students in accordance with their aptitude, organize in a variety of ways, and learn skills and tactics with a happy mood in the basketball teaching organization. Passing technology is one of the most important offensive techniques in basketball. It is the link between players and the engine of attack and defense conversion between teams. It is the concentrated expression of basketball charm. This paper mainly analyzes the significance and teaching skills of basketball training, and summarizes the rules in daily basketball teaching, thus improving the quality and efficiency of basketball teaching.

1. Introduction

Basketball can effectively improve physical fitness, but also to develop flexibility and teamwork ability. In the high-intensity competition, physical fitness has been improved to meet the psychological confrontation, more love for basketball, it can be said that basketball teaching and training as a new means of education, effectively improve the quality of teaching [1]. Based on the regularity of teaching, the best teaching effect can be obtained with the least manpower, financial resources and time expenditure. It can be seen that the core of effective teaching concept is the quality and efficiency of teaching [2]. To master the basic essentials and rules of basketball, we can master the skills of basketball step by step through the training of basic movements such as dribbling, passing, running position, defense, layup and shooting. At the same time, we should give necessary personal protection explanations before basketball teaching [3]. How to cultivate basketball passing skills and skills in basketball teaching. According to the personal teaching practice, talk about the role of passing technology in the game and the cultivation of passing consciousness. The modern basketball teaching emphasizes the students mainly, emphasizes the cultivation of basketball skills and basketball concepts, and the autonomy becomes stronger. It also pays more attention to the flexible use of teaching methods, which greatly enhances the enthusiasm, observation, thinking and imagination of the students [4].

The fierce, confrontational, complex and changeable characteristics of basketball determine that the game is changing rapidly. The most important thing to play basketball well is basketball skills. At the same time, it is also the focus and difficulty of basketball teaching. Passing, as one of the basketball skills, is the most used technique in the game. It can be divided into two hands, chest, head, side, shoulder, back, hook pass [5]. Effective passing will not only make the opponent defensive, make the offense full of vitality, increase vitality, but also covert and changeable. The so-called "behavior" refers to the external activities embodied by people under the control of ideology. And "teaching behavior" refers to teachers' behavior activities in order to achieve teaching objectives under the control of certain teaching concepts [6]. Shooting skills and shooting percentage are the key to the success of basketball matches. While the level of modern basketball is constantly improving, we must strengthen the training of shooting skills. Only by using scientific and reasonable shooting skills, the shooting percentage can be continuously improved [7].

Basketball teaching is different from basketball training. Teaching needs to be flexible and changeable. In accordance with the aptitude of teaching, not only must the basic skills and tactics of the students be taught in basketball teaching, but also the students should experience the colorful basketball fun and carry out various skills and tactics with a happy mood. Learning. Cultivate a good and healthy mentality, use basketball teaching and earnest training, enrich your own basketball sports knowledge and skills, so as to achieve the purpose of comprehensive improvement of comprehensive quality [8].

2. Attaching importance to grasping and explaining the essentials of basketball technical movements

In ordinary basketball teaching, basketball ball practice is separated from preparatory activities, but ball practice is an indispensable part of basketball. To play basketball well, first of all, we should try to contact basketball as much as possible in a limited time, and incorporate ball practice in the part of preparatory activities. For an excellent basketball player, it is their basic requirement to master the passing techniques of various passing modes. Any player in different positions on the court should choose the appropriate passing modes to achieve different passing effects under different circumstances. The tactical awareness of basketball is the awareness of athletes to understand and reasonably use the basic laws of basketball. The exertion of basketball tactical awareness requires good physical quality, which is the basis for learning basketball well. Attention should also be paid to observation, analysis and judgment at the moment of shooting. For example, shooters must judge whether there is a chance to shoot for themselves through a series of factors such as the position of the defender and his distance, the purpose of the defender and his movements.

Increasing the interesting of basketball teaching will make students love basketball more and improve the overall quality of basketball players with twice the result with half the effort. Generally speaking, in the teaching and training of basketball, the most important activities are innovation and repetitive training. In teaching, we should use modern educational technology to constantly try new technologies and tactics according to the actual situation. The control of shooting power must be gradually formed through long-term training and experience of shooters. Therefore, the shooter must be able to fully perceive the strength of the basketball shot, understand the body to participate in activities; secondly, when the ball can not shoot the hoop, make a sense of the strength used at this time. The practice of foot movement is a rather boring and hard exercise, which needs to be combined with the way of games. The practice of footwork can be divided into offensive footwork and defensive footwork. In the practice of the offensive step, for the variable speed run, you can practice with the chasing game. Passing the ball during the pass is fast and powerful. The speed of the ball in the air can make the opponent's defenses invincible. The suddenness of the action should be consistent with the rhythm of the game. The speed of the ball should be determined according to the distance of the attack and defense. Generally speaking, the distance from the far ball is faster and vice versa.

In basketball teaching, in addition to the necessary theory and action explanation, most of the time should be understood and practiced by the students themselves. Under such circumstances, basketball teachers should give more play to the role of supervision and guidance, supervise and control the learning process of students, and guide the problems existing in their learning. The tactical consciousness of basketball originates from the elementary understanding process of the changing objective things in training and competition, and from the advanced understanding process of the essence and development law of the sports that the players are engaged in. The purpose of basketball professional training is to play a higher level in actual combat. Therefore, coaches can guide students to do more combat training. To do a good push, stretch and lift action, the aim of shooting process is to increase shooting power, especially in long-distance shooting, this action is more important. In addition, the completion of this action can help the shooter to control the center of gravity of the body and increase the coordination of the body. Through the practice of basketball, it is found that the chest pass of both hands is often used for the rapid ball advancement

of the position when the attack of the peripheral players and the passing of different distances in order to facilitate the use of the same shooting and other techniques. In order to more accurately move the basketball to the intended direction, it is easier to understand the direction of the basketball and then squeeze the basketball and send it to the next stage. It is easier to understand the combination of the three principles of the dynamic energy conversion principle and the strength. According to the defensive positions on the basketball court and the defensive characteristics of opponents, the arms can be extended or shortened at will, dribbling can be high or low, movements can be large or small, and rhythm can be fast or slow. The combination of variable speed dribbling and feinting during dribbling achieves the goal of breaking through defense.

3. Key Points and Notices in Teaching Basic Basketball Movements

The most direct purpose of basketball teaching is to make students master certain skill reserves through physical exercises, improve the level of sports skills, enhance the ability of using sports skills, learn the methods of exercise, and lay a foundation for lifelong sports. In order to prevent harmful actions from harming themselves or their classmates, training should also be done step by step so that students' physical fitness can gradually adapt to the changes of basketball, which is beneficial to improving cardiopulmonary function and musculoskeletal training. Only by scoring constantly in the match can the students' interest in basketball be better enhanced and lifelong basketball be persisted in. The basic skill of shooting is the most important part of teaching. Shooting practice is also the most interesting practice content for students. The rationality of the student's shooting style should be strictly controlled. In a basketball game, the ability of the defender directly affects the success of his own shooting. Therefore, it is necessary to make an accurate judgment on his defensive ability, including psychological state and physical quality. Basketball skills training, first of all, dribble training, dribbling, dribbling, etc., after mastering the most basic basketball knowledge and basketball skills, you must practice strength, especially to exercise arm strength and leg strength, arm strength The stronger, the higher the hit rate of a typical shot.

In the teaching competition, the students feel the pressure and competition intensity of the competition, and gain valuable experience in the field and actual combat. In the accumulation of these experiences, the confidence of the students has been strengthened, and ultimately break through the self-obstacle. In teaching, we should not only emphasize the standardization of dribbling, but also be good at guiding the students to carry out active training. Starting from the students' physiological and psychological characteristics, we should pay attention to the regularity of the students' physiological functions and psychological activities, so that the students can have their own understanding and find their own dribbling and breakthrough modes in practice. The purpose of concealment of passing is to attack opponents effectively and gain initiative and advantage. Athletes are required to have broad vision, good foresight, accurate judgement, strong observation ability and proper hand-eye coordination. On this basis, he is good at using various skilled passing skills to disrupt or confuse opponents, so as to create their illusion. In the defensive step practice, the main practice of sliding steps includes: left and right sliding practice, front and rear sliding practice, sliding step and step practice, sliding step and cross step practice, and sliding step and cross stepping. Understand the part of the body to participate in the interaction, and analyze the difference between the time of the shot; once again, the perception of the strength of the ball through the ring, the part of the body to participate in the activity, the difference between analysis and casting. Find a fixed shooting power by repeatedly feeling and contrasting the shooting practice.

The wider a basketball player's field of vision is, the more comprehensive the observed information is. After the observed information enters the brain, it is possible for the basketball player to produce correct actions after integration. Otherwise, actions are often blind and will also result in the failure of the overall attack and defense. After mastering the dribbling technique while walking, gradually transition to dribbling while running, and speed up the dribbling

movement to full speed. Head up when dribbling so as to observe the situation on the field at all times. Standardization means that the technical movements must be correct to ensure that the shooting movements conform to the scientific movement structure and human body structure, and conform to the requirements of mechanical principles. During the decomposition, the demonstration of steps should be clear. bend your knees and lean forward, push the ground fast and effectively, coordinate your arms, and stride from small to large. Secondly, the focus of technical action should be explained repeatedly. For example, it is necessary to make the students clear that the origin of the starting technology is the key link to speed up the students' mastery of the action technology. Around the free throwing circle or the middle circle chasing the basketball court, after the whistle is heard, the chasing person and the chased person immediately change their identity, then the whistle student role is changed again, and the student's change direction and reaction ability are repeatedly practiced. All the students who have been chased are eliminated from the game and exercised appropriate physical fitness exercises. In the competition, these rules will be applied directly. The students mastered these rules when they experienced the fun of basketball, and they were applied and strengthened in the form of competitions, which made the participants aware of the importance and practicality of the rules of the game.

4. Conclusion

This paper studies the teaching points of professional skills in basketball teaching. As an important part of pedagogy, the so-called professional development of basketball teaching simply means the development of teaching ability and research ability. It can be said that professional development is closely related to effective teaching behavior. We should teach students at different levels according to their individual conditions, and teach them in accordance with their aptitude. Only through a large number of practical training can we really help students improve their comprehensive level. After the students have mastered the basic knowledge and skills required for basketball skills, they can teach basketball skills and methods, so that gradual practice can continuously improve the students' basketball skills and skills. Focus on the use of shooting skills, but also requires basketball players to strengthen personal training, gradually find the sense of success in shooting, so as to stabilize their own shooting methods, guide the direction of training, effectively improve the skills of students. In basketball learning, if you want to innovate in learning, a solid foundation is the source of inspiration. It is necessary to use some advanced teaching methods, take the students as the main body, and give the students the choice of learning. Students need to have space for self-learning and growth, and instill their own thoughts centered on themselves. And in the game teaching method, you can observe the student competition, develop reasonable tactics, lay the foundation for the official competition, and constantly improve the shooting rate, which is also the responsibility of basketball teaching.

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