

The Innovative Exploration of Football Training in Physical Education

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Abstract: Football is a good physical and mental health development of the sport, play a great role in physical education. Under the new curriculum, football training needs to be further thought and innovation. This paper deeply considers the value of innovative football training and the shortcomings of traditional football training, and puts forward some appropriate innovative ideas of football training, hoping to inject a force into the reform of football teaching.

1. Introduction

Football is the most influential sport in the world with the largest number of participants. There is a certain student base in itself. Football training needs to be gradual, the training process is relatively slow, emphasis on persistence, in order to get teaching results. Teachers should be patient enough to teach students to fall in love with football from the bottom of their hearts.

The traditional football teaching often has no more scientific training ideas and methods, the teaching method is single and boring, the students' participation is not high, the knowledge of football is not enough, and there is no great interest in football under the heavy homework at the same time. Innovation and reform of football training should strengthen teaching ideas, enrich teaching methods, increase teaching evaluation mode, internal and external management in place, will be able to effectively improve teaching results, help students cultivate football interest, healthy sports, and comprehensive development. In addition, actively reforming and innovating football teaching training will make the physical education teaching structure more complete, transmit correct football knowledge for students, and stimulate students' initiative in sports football training to the greatest extent.

2. Shortcomings in Current Football Training

2.1 Disjointed from Practical Teaching and Training

In the traditional physical education, teachers only teach students some basic football training skills, the purpose of which is still simply to strengthen students' physical ability, and not to try to make students close to the direction of competitive football. On the contrary, football itself is a very competitive sport, which can help people to strengthen their cooperation ability, and its competitive ability can also enhance students' interest in football and enhance students' awareness of learning football autonomously.[1].

2.2 Training is Single and Boring

The traditional methods of football training are not supported by scientific and perfect teaching system, the training method is single and the training content is boring. Because of the large number of people, teachers are weak, in football training often can not be based on their own characteristics to allocate the appropriate position, and formulate the corresponding practical teaching training, teaching results are not ideal. Students are unable to develop their skills in traditional training methods.

2.3 Lack of Awareness of Teaching Ideas

Because the population base of our country is large and the competition is fierce, the students and teachers pay more attention to the culture and education in the early years, but neglect the students' sports construction to a certain extent. Although people have gradually realized the importance of physical education in recent years, the concept of football teaching and training in many schools is still relatively backward, without systematic and scientific planning, students often passively accept football related knowledge, and can not give full play to the subjective initiative of individual learning in physical education, which pays attention to the actual teaching effect.

3. Innovation and Reform of Football Teaching and Training

3.1 Strengthen the Propaganda of Football Sports and Create an Atmosphere of Active Football

There are many kinds of physical education programs, not only football. Therefore, in order to make football teaching have a good environment and resources in practical training, we have to pay attention to strengthening the propaganda of football culture to help attract students' interest in learning. The school can use the base station such as campus radio, cultural corridor, campus website to publicize football culture and training, and combine the characteristics of the school to form the characteristic campus football culture, and realize the combination of football and modern information technology.



Figure 1 Football

3.2 Strengthen Students' Awareness of Football Training and Encourage Students to Participate in Daily Training

Teachers can encourage students to participate in the daily life of football training, exert students' subjective initiative, realize students' self-discipline and study, and improve their teaching effect. Teachers manage students according to their individual and characteristics, training ability and learning status. Or students can participate in the football training management work independently, cooperate with the school teachers to complete the daily football training task [2]. In this way, students and teachers will build a bridge of friendly communication, students in the actual process of football training ideas and problems, will be timely feedback to the teaching teachers, to help football training teaching work in an orderly manner.

3.3 People-Oriented, Innovative Football Training Teaching Concept

Rome is not built in a day, the same is true of football training, football training needs to be gradual and steady. When teaching, teachers should make clear the following points: First, stick to people-oriented, help students cultivate the spirit of physical education such as hard struggle, not afraid of hardship, positive enterprising, help some students overcome their fear of unknown harm in football training, fall in love with football, help students relieve their stress and pay attention to their physical and mental health. Second, teach students the basics of football to attract students to love the sport. Football is a competitive sport, teachers should adhere to people-oriented, penetration of the spirit of football to students, so that students really like this sport, rather than the

teacher single output, students passively accept.

3.4 Strengthening the Training of Sports Football Teachers

Teachers are people who directly teach students football knowledge and basic ideas, need to have a professional level, rich knowledge. The level of teachers' professional skills and the degree of attention to football training can directly affect the teaching effect of football training. When choosing to recruit football training teachers, we should carefully investigate the teachers' professional knowledge and football skill level, and ensure that teachers can teach with professional knowledge and serious attitude. At the same time, the school should carry out regular inspection of the vocational skills of the teachers who have already taught football training, or carry out regular communication and learning through association with other schools, so as to improve the teaching level of teachers and help students to learn what is truly useful. Football trainers should also pay attention to self-improvement and enrichment.



Figure 2 Sports football training

3.5 Innovation and Improvement of Football Teaching and Training Facilities

The role of teaching facilities can not be underestimated. In order to improve the teaching effect, there should be abundant football teaching funds, perfect teaching equipment and high demand football training ground. If a workman wants to do his best, he must do his best. In particular, football itself is a more critical of the environment, in the teaching facilities to invest more money and attention is essential, teaching hardware level in order to maximize the ability of teachers and students to ensure the effectiveness of teaching. At the same time, the venues and facilities between schools are essential when football competitions are held between the schools [3].

4. Innovation of Football Training

4.1 Interactive Teaching for Teachers and Students

Teachers should always pay attention that students are always the main body of teaching and occupy a major position in training. Teachers should take the initiative to establish a good teaching relationship with students and create an active teaching atmosphere. Teachers and students respect each other and cooperate with each other, so that teachers can teach students professional knowledge seriously in practical teaching, encourage and guide students to learn independently and have a strong interest in football; students should actively ask teachers when they have problems, have the courage to express their doubts and take the initiative to improve their own football skills. In the actual teaching process, teachers can use group cooperation to guide everyone to think positively and learn cooperatively. Teachers can also organize small games in some trouble football between classes to enhance the classroom atmosphere and attract students to take the initiative to participate.

4.2 Multimedia Assistance in Teaching

In keeping with the trend of the times, football teaching can also be carried out with the aid of multimedia. Because of the innovation of science and technology, more and more people find that

physical education is closely related to scientific data, and students' physical fitness can be adjusted actively and effectively according to relevant data. In addition, it may be difficult for teachers to explain the essentials of football clearly in the course of teaching, so it is necessary to use the video or pictures to explain to the students, effectively solve the problem of the traditional method because of the large number of teachers can not take into account all the problems. After the teacher explains the key points of the action, if he is still in doubt, he can read the PPT breakdown of the teacher's preparation.

4.3 Psychological Training

Football is a sport full of competition and challenge, requiring athletes to be healthy while also considering the psychological quality of athletes. In fact, one of the inevitable problems for football trainers is that there are always students who don't like the sport or are afraid of being hurt in the unpredictable way in football training, and can not overcome the fear in their heart; even some students with high football level will have problems such as psychological tension in the competitive field, which indicates that it is essential for students to be prepared in advance [4]. Teachers need to improve students' comprehensive quality through new psychological training for athletes, ensure students' physical and mental health development, and encourage students to overcome their fears bravely.

4.4 Competition League Teaching

Football not only tests students' individual football skill level, but also tests the ability of group cooperation among students. Therefore, it is necessary to actively develop internal and external leagues. Physical education classes are often difficult to meet the requirements of the student league, teachers can combine the school, in the extracurricular active development of the school football league, to help students accumulate practical experience, timely recognition of their own advantages and disadvantages. Teachers can also participate in activities to give students professional technical guidance, and teachers can also use the league and combine the individual characteristics of students to train some students technical backbone to ensure the smooth progress of the league.



Figure 3 Competition league teaching

5. Conclusions

Young strong China strong, China's football needs more professional skills, strong cooperation ability to develop. Football training teachers should actively improve and innovate football training methods. Send a group of young people who love football and have excellent skills to help the motherland realize the great goal of sports power at an early date.

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