

# The Ways and Methods of Cultivating Innovative Ability in Badminton Teaching Training

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**Abstract:** As a professional sports sport, badminton has great value in both international competitions and personal fitness. Badminton has strong professional skills and tactical tactics. It is fast and varied. Difficulty. In recent years, with the popularity of badminton, it has appeared frequently in college sports classrooms and has become one of the favorite sports of college students. This paper intends to analyze the main problems existing in the training of Chinese badminton teaching from the necessity of training students' innovative ability in badminton teaching and training, and to explore the method of training innovative ability in badminton teaching and training, aiming at exerting badminton teaching training in cultivating students' innovative ability.

## 1. Introduction

With the rapid development of badminton skill and tactics, the cultivation and training of innovation ability has become more and more important in badminton. Innovative ability is an important foundation for athletes to form and master sports skills. It reflects the ability of athletes to complete various difficult actions quickly, accurately and effectively, and to meet specific training objectives. That can be divided into general innovation capabilities and special innovation capabilities. The general ability to innovate is under the control of the central nervous system. The timing of the muscle groups participating in the work of each part of the body is reasonable, so that the action can coordinate, economic, and effective when dealing with instantaneous changes, and it is more scientific [1]. It mainly includes five aspects: reaction ability, time perception ability, space perception ability, adaptability adjustment ability and coordination mobilization ability. The special innovation ability refers to the innovation ability that athletes need when they complete the special sports. The composition of the team generally includes all aspects of the general innovation ability, but it has different emphasis depending on the special items [1]. Only by strengthening the training and training of athletes' innovative abilities, athletes can achieve excellent results in future competitions.

## 2. The main problems in the current Chinese badminton teaching and training

### 2.1 Weak sports awareness.

Under the long-term influence of exam-oriented education, most of China's students have developed the concept of "all things are in line with the results", too much pursuit of cultural achievements, ignoring the value and significance of sports, including badminton [1]. At the same time, school teachers also generally do not pay attention to the phenomenon of sports, often occupying badminton courses, which is very unfavorable for cultivating students' interest in badminton and the cultivation of innovative ability.

### 2.2 Scarce teaching venues.

The badminton project has been widely welcomed by students for a long time. However, according to actual surveys, some schools in China have not set up professional badminton teaching venues. Even some schools with weak economic conditions simply do not set badminton courts, but occupy football or basketball. The lack of teaching venues is one of the important factors hindering

the normal development of badminton teaching and training, and it makes students' innovation ability training greatly reduced [2].

### **2.3 The relatively boring content of the textbook.**

Most schools carry out badminton teaching and training, they will select teaching materials according to the actual teaching of the school, and will not adopt uniform teaching materials "one size fits all". Although the selection of textbooks is more scientific and objective, there are many problems in theory and practice. The theoretical knowledge of textbooks is too monotonous and boring. It lacks the entertainment and fun that badminton should have [2]. This situation greatly limits the improvement of students' ability to innovate.

## **3. The necessity of cultivating innovative ability in badminton teaching and training**

### **3.1 Improve the physical fitness of students.**

As far as students are concerned, because they are in a critical period of physical development, they need to promote healthy growth through reasonable physical exercise. As one of the many sports programs, badminton can effectively train multiple parts of the student's body, help students to achieve the so-called all-round movement, and enter a highly concentrated state of exercise that can help students [2]. Body growth. According to relevant research, students who often participate in badminton training not only have better physical fitness, but also have stronger resistance.

### **3.2 Enhance the psychological quality of students.**

From the perspective of students' psychological development, badminton can not only train the students' body, but also improve the overall psychological state of the students. Especially in the process of exercise, due to excessive physical exertion, students need to rely on strong psychological quality to support [1]. At the same time, in the process of catching the ball, the ability to respond to students' sensibility and responsiveness is also high, and students need to adjust with their own strong psychological qualities. Of course, more importantly, if students want to win the badminton competition, they must constantly innovate their sports style, improve their ability to defeat their opponents, enhance their psychological resistance, and achieve comprehensive and healthy development of mind and body.

## **4. Ways and methods of training innovative ability in badminton teaching and training**

In accordance with the needs of badminton teaching, colleges and universities must increase investment in physical education, improve the construction of physical education infrastructure, improve the badminton curriculum system, strengthen the construction of badminton teaching teams, and develop excellent sports culture to provide good conditions for badminton teaching and training. For example, based on meeting the badminton teaching of colleges and universities, colleges and universities can face the society, provide badminton venues for the public, and improve the efficiency of infrastructure utilization [4]. The badminton teaching team in colleges and universities is an important force relying on badminton teaching. The quality and level of badminton teachers are directly proportional to the level of badminton teaching and training.

The construction of the badminton course system focuses on the badminton elective course according to the needs of the students' individuality development. Colleges and universities should actively play the active role of school sports associations, associations and clubs in campus sports activities, organize badminton knowledge contests and competitive activities to enhance students' understanding of badminton and enable more students to actively participate in badminton learning and competition.

In order to better promote the innovative ability training effect of badminton teaching and training, teachers or coaches should infiltrate the relevant knowledge of educational psychology into badminton teaching and training, and analyze and grasp the psychological change process of students in the process of teaching and training [5]. Targeted badminton teaching training is carried out

according to the characteristics of students' psychological changes and actual training. In addition, the use of teaching psychology knowledge in teaching and training should try to satisfy the psychological needs of each student in badminton teaching and training, and cultivate the innovative ability according to the characteristics of each student, that is, to use the knowledge of teaching psychology. It is to teach students in accordance with their aptitude in badminton teaching and training [5].

#### **4.1 Badminton sports and other sports are organically integrated.**

The organic integration of badminton sports with other sports can provide more effective methods and training methods for the training of badminton training innovation ability. In the process of integration, badminton teaching and training can complement and learn from each other's training methods. By comparison, the shortcomings in badminton teaching and training can adjust in time, and it contributes to the innovation of teaching methods [6]. In addition, in the process of badminton teaching and training, there are many complicated training actions. Teachers should fully absorb the excellent training methods of other sports, and continuously optimize the training speed and training guidance, thus promoting the continuous improvement of teaching and training methods. .

#### **4.2 Focus on the development of various forms of badminton training exchanges.**

The purposeful and organized development of various forms of badminton training exchanges can provide powerful conditions for the reform and summarization of badminton teaching and training methods. Through the exchange meeting, it can play a very important role in promoting the transformation of teaching methods and changes in teaching routines [4]. The exchange meeting can also provide students with the possibility of diversified development, which is very important to promote the cultivation of the innovative ability of badminton teaching and training.

#### **4.3 Establish a new teaching and training concept to improve the quality of teaching.**

The innovation and development of any discipline begins with theory and then transitions to practice. Similarly, the innovation of college badminton should start from the concept innovation. Under the background of quality education, colleges and universities should take the guiding ideology of "health first", "lifelong sports" and "happy sports" as the starting point in physical education, and change the phenomenon of one thousand schools of physical education. In the teaching of badminton, it is necessary to actively carry out the discussion and research on the new concept of badminton teaching, and deeply explore the potential and role of badminton in the ideological and moral, mentality and frustration education of students [6]. Then, in line with the purpose of improving students' comprehensive ability, formulate a scientific badminton teaching plan, and in line with the "people-oriented" education concept. On the one hand, use high standards to ask students; on the other hand, appropriately dilute the competitive color of badminton teaching content, In the teaching of badminton, the focus is on cultivating team awareness and positive attitude, so that students' psychological quality and badminton technology level develop in parallel.

#### **4.4 Innovative badminton teaching content.**

The reform of teaching content is the focus of college badminton teaching reform. In recent years, the goals, contents and forms of physical education in colleges and universities have undergone significant changes, which has improved the quality of physical education in colleges and universities and met the sports needs of students. However, there are still many unsatisfactory places in college badminton teaching [7]. For example, the content of badminton teaching cannot fully reflect the requirements of modern physical education. The content of badminton teaching is monotonous, the practicality of teaching and lifelongness are not prominent enough. In view of this, in the future teaching, colleges and universities should put the reform of badminton teaching content in an important position, according to the basic objectives of the curriculum and the needs of students' development; reasonably adjust the proportion of badminton footwork, technical movements and tactical teaching, and psychology and nutrition. The relevant knowledge is integrated into the badminton teaching, and is closely related to the participation goals, sports skill goals, physical health goals, and mental health goals of badminton.

#### 4.5 Innovative badminton teaching mode and method.

The teaching mode is rigid and the teaching method is single, which is a common problem in college badminton teaching. For a long time, many teachers have been teaching and demonstrating in badminton teaching. The new curriculum standards for physical education in colleges and universities require that PE teaching in colleges should be people-oriented, student-centered, follow the law of student development, improve students' enthusiasm and participation, and promote the healthy development of students' personality [7]. This requires universities to innovate badminton teaching and training techniques in badminton teaching to promote the continuous development and improvement of badminton teaching.



Fig.1 Badminton new teaching mode

In the badminton basic footwork teaching, teachers can use the multi-ball combination to practice the students' speed, endurance and reaction ability. In the badminton forehand high-speed ball, forehand draw, backhand shot technique teaching, play the advantages of multimedia teaching. The teaching difficulties will be presented in the form of pictures and audio images so that students can understand and learn [3]. Of course, teachers can also apply teaching methods such as layered learning, game teaching and small competition to badminton technology teaching to enhance the pertinence and interest of technical teaching, as shown in Figure 1.

#### 4.6 Establish a team of professional coaches with comprehensive quality and ability.

It is an important guarantee to improve the teaching effect of badminton innovation ability by establishing a team of professional coaches with good professional theoretical knowledge, solid basic training techniques, rich teaching and training experience, and practical experience. The professional coaching staff can not only provide good badminton teaching and training methods, but also can brainstorm and innovate the means of badminton teaching and training [6]. In addition, professional coaches generally have a relatively broad vision and relatively open thinking, which provides a reliable basis for improving the teaching effect of innovation ability, and can guide students to carry out badminton training method innovation and related technological innovation.

#### 4.7 Enrich teaching methods.

As a professor and guide for the cultivation of innovative ability in badminton teaching, teachers use scientific and reasonable teaching methods to help students develop their innovative ability [7].

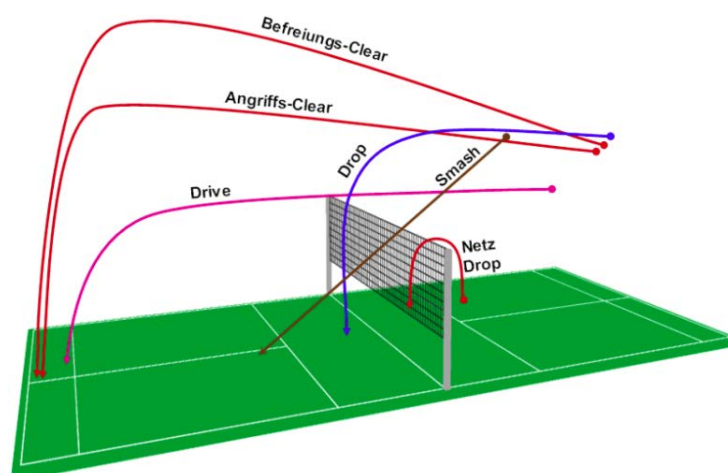


Fig.2 Theoretical teaching guidance

In the 21st century, as a new era of rapid development of information technology, badminton teachers should actively use multimedia teaching methods, especially when teaching course content such as badminton action and skills, they can give full play to the teaching advantages of multimedia, sound, image and text, shown as below Fig.2. Rich teaching content, real action demonstrations, and interesting action explanations, stimulate students' divergent thinking and strengthen students' innovative ability.

## 5. Summary

Overall, continuous innovation is the basic premise for all things to maintain long-term stable development. That is true for badminton teaching and training. Only by focusing on the cultivation of students' innovative thinking and innovative ability that can be high quality and high performance of badminton teaching and training be realized, and the theoretical foundation, practical skills and comprehensive quality of students can be effectively improved. Therefore, the use of scientific and reasonable badminton teaching and training measures to stimulate students' innovative ability to the greatest extent, has a function and role that cannot be ignored for the smooth development of students in the future.

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