

Analysis on the Application of Sports Games in College Basketball Teaching

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ABSTRACT. *College basketball teaching needs to be improved continuously. In the whole process, students' interest in learning needs to be stimulated. Through the application of sports games, students' enthusiasm can be enhanced and the teaching effect can be guaranteed. In this paper, combined with the characteristics of sports games, sports games in college basketball teaching application ideas.*

KEYWORDS: *Sports game; University; Basketball teaching; Application*

1. Introduction

Sports games come from people's production and life, which have obvious characteristics of entertainment and fitness, and are of great significance in education. The forms of sports games are more diverse. In college basketball training, the introduction of college basketball can not only play a good auxiliary role, but also solve the complicated problems in teaching, and promote the teaching effect to play and realize.

2. Sports Games

Based on the analysis of the characteristics of sports games, there are some interesting, intellectual, the increase of sports games, for some sports equipment is not complete schools to provide a good teaching form, as a diversified teaching means, conducive to the full play of the effect. The application of sports games in teaching can make students learn in a happy atmosphere and enhance their ability in competition. Therefore, the teaching method is very important, not only can stimulate students' interest in learning, give a variety of forms and a wide range of game content, can promote the completion of sports projects. Sports games also have a certain purpose, some games can ensure the improvement of personnel quality, some games can enhance their skills, to ensure that students are happier in learning. Some games can enhance students' psychological quality and moral quality, while others can regulate the teaching atmosphere and students' emotions. Not only that, the game will also play a good role in the warm-up, before the exercise to be fully prepared, which can not only reduce fatigue, but also change the students' muscle stiffness. In the actual development of sports games, there is great variability. In the game, the formation of action needs to be combined with the actual situation of students and teaching requirements, to give the overall positive adjustment. Especially the analysis of instruments and free hands. Under the rules of specification, although complex activities can also be simplified [1].

3. The Application of Sports Games in College Basketball Teaching

Sports games play an obvious role in college basketball teaching. First, they can promote the play of its warm-up function. In class, teachers prepare students in the traditional way, especially jogging, free hand exercises, etc. Although this kind of warm-up can also play a certain effect, but this kind of way will become boring in the long run. Therefore, the use of games can stimulate students' interest and promote the teaching effect. Second, it can cultivate students' sense of competition. The most obvious feature of sports is competition. While following the principles in activities, both sides strive to seek victory. This form of game can stimulate students' desire to win [2]. Third, make sure students master basketball skills. The formation of technical movements requires mastery of certain conditions, such as students' brains need to form awareness, increase excitement, but also provide strong motivation. The game has interesting characteristics, and its forms are more diverse. By participating in the game, students' brains are not only more excited, but also can quickly master basketball skills, which promotes the improvement of basketball skills. Therefore, in college basketball teaching, basketball skills should be changed and expressed in the form of games to guide students to strengthen their training in the games, which will not only enhance students' interest in learning, but also improve their skills

through in-game training. Fourth, it will ensure the improvement of students' physical quality. The essence of sports games is games, which have entertainment characteristics and are also the main form for students to give play to their intelligence and physical strength. In the teaching process, choosing different games, different teaching contents and different sports skills can promote the play and realization of teaching effects. In sports games, students are completed in the form of jumping and running, which can exercise students' physical quality and is conducive to the play of teaching effect. Fifth, relieve fatigue. After the end of physical education, it provides students with relaxing games to divert their attention, effectively channel their tension, strengthen physical exercise, promote the adjustment of students' physical functions and ensure the improvement of students' physical quality [3].

4. Sports Games in College Basketball Teaching Application Ideas

Games are produced from people's production and life, and there are some interesting. Sports games are based on the form of activities, to promote physical and mental exercise, as a form of sports. In recent years, with the improvement of people's production and living standards, the physical quality of some college students has been decreasing, and Chinese college students and foreign students are more differentiated. Basketball has been attached importance to by people, and there are many more groups in colleges and universities. Therefore, it is of great significance to take basketball teaching as the main means to improve students' physical quality in colleges and universities. In college basketball teaching, increasing the teaching of sports games can make students take the initiative to participate in and stimulate students' enthusiasm. At the same time, taking sports games as the main teaching method is also conducive to the improvement of teaching quality. In order to promote its role, in the following aspects to make a detailed analysis.

4.1 Reasonable Choice of Games

During the selection of sports games, students' actual situation should be considered. For example, for girls, combined with their physical and mental characteristics, students can choose some better games on speed and flexibility, such as passing from behind. For boys, strength, competition and endurance games can be taught in sports, such as non-stop backboard games. At the same time, in the process of game design, students' gender, age, physiological and psychological characteristics should be combined to divide and teach different games [4].

4.2 The Teaching Content is Consistent

Combined with the content of the textbook, the selected games are designed to promote the teaching effect. For example: in the teaching process of rebound, students can exercise the backboard, the game not only exercises the students' technical movements, but also promotes the improvement of students' overall physical quality. For example, when learning to pass and catch the ball, the game of pattern passing can be introduced to ensure that students' interest in learning can be stimulated in the game teaching and students can be guided to improve their skills.

4.3 The Combination of Interest and Content

College basketball teaching needs to focus on enhancing students' learning enthusiasm. In the actual teaching, can not be formed by the teacher's ideology, students need to take the initiative to participate in the game. Therefore, during the design of the game, teachers should analyze the existence of interesting games. At the same time, while stimulating students' interest in learning, it is also necessary to deal with and optimize problems based on students' feedback on the project, so that the whole classroom atmosphere can be more active [5].

4.4 Analysis of the Site and Climatic Conditions

In practice teaching, the actual conditions of the school for analysis and thinking. For example, optimize the selection of basketball venues, facilities and equipment, and promote the formation of college basketball sports game mode to ensure the play and realization of educational effects. Because the realization of sports game mode will also bring adverse conditions due to the influence of weather factors, so it is very important to discuss the factors. In spring and autumn, there are few weather factors. But in summer, the game is best set as a small amount of exercise, in order to focus students' attention, so that students can not only avoid participating in a

larger amount of exercise, but also will not consume a lot of physical strength. In winter, the design of sports games can increase the amount of exercise, but in the early need to ensure that students have enough warm-up, so as not to bring harm to themselves.

4.5 Pay Attention to Safety

The formation of sports games has a certain antagonism and competitiveness, so during the implementation, to ensure its safety, so as not to bring greater injuries and accidents. Under normal circumstances, accidents often occur because of inadequate preparation at the early stage of the campaign, lack of rigorous organization and execution, and lack of attention to ideas. Therefore, during the teaching period, teachers should emphasize the importance of safety, to ensure that students regulate the movement. Also need to check sports equipment, venues, etc. As for the difficulty of the game, it is necessary to ensure that it meets the actual demand. If there is a large amount of exercise in the game, it is necessary to make preparations in the early stage to control the physiological and psychological factors [6].

5. Conclusion

Based on the analysis, it is very important to find the application of sports games in college basketball. Sports and basketball will bring active classroom atmosphere for students, ensure the improvement of students' enthusiasm, while students master basketball skills, but also improve the teaching efficiency of college sports. Therefore, in the teaching, combining with the actual situation of students, to achieve the effective choice of sports games, strengthen the innovation of games, while strengthening students' sports skills, but also conducive to the overall development of students.

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