

Discussion on Footwork Training Skills in Badminton Teaching

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ABSTRACT. *Footwork, as an important content in badminton teaching, is a basic motor skill that students need to master. The effect of footwork training largely affects the badminton athletic ability of students and the level of badminton competition. In other words, if a badminton player cannot skillfully use footwork, it is bound to be difficult to achieve ideal results in an actual badminton game. Therefore, in badminton teaching, teachers should increase the effective attention to footwork training, and introduce corresponding footwork training skills to effectively improve students' mastery of footwork. This article firstly describes the characteristics of footwork training in badminton teaching, then discusses the necessity of footwork training in badminton teaching, and finally puts forward the footwork training techniques in badminton teaching.*

KEYWORDS: *Badminton teaching, Footwork training, Skills*

1. Introduction

With the continuous advancement of sports reform, Chinese colleges and universities have launched various special teaching courses for sports. Badminton, as a traditional excellent sports in China, is not restricted by sports conditions. Therefore, many students will choose badminton. In the long-term badminton teaching, teachers have been guiding students to complete the corresponding technical skills learning and physical fitness training according to the requirements of the syllabus. They did not pay attention to the importance of footwork training in badminton teaching, but combined with badminton. In terms of sports characteristics, the high-level use of a series of technical movements of badminton is inseparable from the strong support of footwork.^[1] In short, footwork training and teaching greatly affects the effectiveness of badminton teaching and the improvement of students' skills and tactics. It can be seen that exploring and researching the footwork training techniques in badminton teaching has very important practical significance.

2. The Characteristics of Footwork Training in Badminton Teaching

Footwork training in badminton teaching has a series of distinctive features. Specifically, the first is the flexibility. In badminton training and competitions, the athletes are required to maintain the necessary flexibility in their bodies. Only in this way can they gain enough time in the offensive and defensive transition and further gain a favorable position in the game. Therefore, in badminton footwork training, fast and flexible footwork is required. Inflexible footwork will not only affect the athlete's timing of hitting the ball, but also affect the athlete's overall level of performance, which will lead to a disadvantage in the competition. The second is the speed of footwork. In a sense, in the overall process of badminton footwork training, athletes are more or less required to show the characteristics of rapid footwork training. In other words, whether it is basic footwork or coherent integrated footwork, students should keep their movements as fast as possible. Only with fast footwork can the athlete win a relatively higher hitting point and obtain relatively more reaction time, and further ensure the quality of his own shot when the ball is returned. With faster footwork, you can lead your opponent, and it is easier to find the opponent's flaws. Therefore, fast footwork is not only a basic requirement for badminton footwork training, but also a major prerequisite for excellent results in badminton competitions. The third is the rhythm of footwork. Badminton is not only a fast sport, but also a sport that emphasizes rhythm. Sometimes, the rhythmic footwork may yield unexpected results. In the process of badminton hitting back and forth, there are often situations such as high and low, and fast and slow. This kind of rhythm change puts forward certain requirements on the athlete's control ability. And this kind of control of rhythm can be mainly reflected in badminton footwork training, that is, continuous up and down steps, both of which reflect the athlete's control of the rhythm. If you control the rhythm, you can better control the game in your own hands

3. The Necessity of Footwork Training in Badminton Teaching

Based on the characteristics of footwork training, it is particularly necessary to carry out footwork training in badminton teaching. First of all, footwork training can promote the improvement of students' badminton competitive level. Badminton is not only a combination of cyclical and non-cyclical mixed sports, but also a short, high-intensity and long-term, medium- and low-intensity interval of continuous exercise. Therefore, it puts forward stricter coordination and response capabilities of the athletes. Footwork plays a vital role in it. A high-level badminton player must be able to maintain agility in footwork, so that he can seize the initiative and effectively suppress the opponent; while in defense, in the face of the opponent's fast ball, by moving quickly and accurately, the player can also get the first opportunity and not easily lose points.^[2] Therefore, proficient badminton footwork can create greater performance space for athletes, whether on offense or on defense, so that the athlete's badminton competitive level has been significantly improved. Secondly, footwork training can improve students' physical fitness. Badminton not only puts forward stricter requirements on athletes' physical coordination and reaction ability,

but also puts forward higher requirements on athletes' physical fitness. In badminton teaching, good footwork training can effectively improve students' physical fitness and perseverance. Because badminton training has a certain intensity, and scientific and reasonable footwork training can not only effectively improve students' adaptability to the high-intensity characteristics of badminton training, but also effectively prevent students from physical injury due to improper use of footwork.

4. Footwork Training Skills in Badminton Teaching

4.1 To Carry out Targeted Teaching Based on the Types of Badminton Footwork

Badminton footwork can be divided into two types: basic footwork and comprehensive coherent footwork. The former includes double step, advance step, stride, and cross step. These footwork is usually used for smashing and catching the ball on the Internet; the latter is a comprehensive and continuous application of basic footwork, including footwork for surfing the Internet, backhand footwork, overhead footwork, etc. These footwork may appear in all stages of normal competition, and the level of mastery directly affects the final game result. Therefore, in badminton teaching, teachers must help students sort out the basic types of footwork and recognize the important role they can play. Based on the effective analysis of badminton footwork, teachers must guide students to carry out targeted teaching and improve footwork training efficiency.

4.2 To Enhance the Fun of Badminton Footwork Training

For badminton footwork training, it should not be too boring and dull. Instead, it should be combined with the actual situation of the students to enhance the fun of badminton footwork training, so as to arouse students' enthusiasm and initiative in learning badminton footwork. For example, in the process of passive footwork training, teachers can use the method of combining teaching with fun to organize students to play small games, that is, one person instructs one person to run and compete in groups, so as to effectively train students to be frozen ball after losing their center of gravity, stimulate students' interest in training and further improve the training effect.

4.3 To Promote the Effective Combination of Footwork Training, Technique Training, and Physical Training

In badminton teaching, teachers should not blindly implement technique training and physical training, which is bound to be detrimental to ensuring the effectiveness of badminton teaching. For this reason, teachers can promote the effective combination of footwork training, technique training and physical training. On the one hand, teachers should promote the effective combination of footwork training and technique training. The technique training mainly emphasizes receiving and

killing the ball. On the basis of mastering the necessary batting techniques, teachers should also improve students' effective mastery of badminton footwork, and achieve an effective combination of technique training and footwork training, and then achieve ease in the game.^[3] On the other hand, physical fitness training should also be strengthened. Good physical fitness is an important foundation for sports. Footwork training and physical fitness training have a complementary relationship, that is, footwork training requires physical support, and good footwork helps to save physical energy consumption. Therefore, to promote the effective combination of the three is a major skill in footwork training in badminton teaching.

5. Conclusion

All in all, it is very important to develop badminton footwork training to improve students' comprehensive badminton level. Therefore, physical education workers must strengthen research and analysis, clarify the characteristics and the necessity of footwork training in badminton teaching, combine the types of badminton footwork, carry out targeted teaching, enhance the fun of badminton footwork training, promote the effective combination of footwork training, technique training, and physical training, and actively promote the effective improvement of badminton teaching quality.

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