

Introduction to the Training of the Basketball Teaching and Promotion Strategy

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Abstract: Basketball, which has been carried out in China for many years, is a sport with a broad mass foundation, and basketball teaching is also an important content in the teaching system of college physical education courses. Through the effective development of basketball teaching activities, the physical quality of students can be enhanced, and the team consciousness and adaptability of students can be enhanced by participating in basketball games, which has an important impact on students' participation in study and work, and is conducive to the healthy development of students' physical and mental health. At present, there are some problems in the training methods used in college basketball teaching practice, which have greatly hindered the quality of basketball teaching and indirectly affected the realization of sports teaching objectives.

Key words: basketball teaching; Basketball training; Promotion strategy

1. INTRODUCTION

Basketball is a popular sport among the masses. Playing basketball can not only strengthen the physique, but also help to cultivate the athletes' strong quality, fighting spirit and sense of teamwork. It is more and more popular that that basketball game play a more serious situation in the context of the fast development of sport undertakings in our country, especially in the course of the course of the reform of the new curriculum, the problems that exist in the training of basketball teaching in college and universities are gradually coming out, influencing the college basketball teaching and training validity, therefore, it is necessary to carry out systematic analysis on the problems of basketball teaching and training methods in college and universities, and to promote the continuous and healthy development of basketball teaching training in colleges and universities.

2. CONTENTS OF BASKETBALL TEACHING AND TRAINING

In college basketball teaching and training, technical and tactical training is the main training content, effective training of technical methods can lay a solid foundation, so that students can play a better technical level when participating in basketball sports, and tactical training needs to be based on technical training, through the cooperation with other players, complete the tactical organization and application, and win the game.

(1). Basketball Techniques Teaching and Training.

In the teaching of basketball technology, there are a total of nine professional technologies, each of which has a certain positive transfer effect. Therefore, the learning of each technical action is of great importance to the training of basketball skills. As there are certain differences in students' physical quality, skill mastery ability and basketball foundation, the benign transfer effect and impact are different. The focus of training is to familiarize students with the movements and key points, and to master dribbling and dribbling breakthrough techniques. On the basis of proficiency, students' perception of basketball can be further cultivated, and skills such as layup, shooting, passing and catching the ball can be trained. Through this gradual training method, students can lay a solid foundation. After completing the basic training, students can focus on their perception, passing and dribbling skills at different levels of time and space. The basketball technology can be gradually strengthened, which is conducive to laying a foundation for students' learning of other technologies. In short, the technology of college basketball teaching should adhere to the idea of gradual progress, grasp the benign transfer rules between different technologies, deepen the technical action and key points layer by layer, and obtain good training effect.

(2). Basketball Tactics Teaching and Training

In the teaching and training of basketball tactics, it is necessary to solve the two key problems of the organization and application of tactics. Only by ensuring that the technology in the course of basketball matches can be organized quickly and effectively, and through the cooperation of athletes to complete the organizational tactics and play the role of tactics, can the score points for the competition results. The cooperation and cooperation between the athletes will also directly influence the organization and application effect of the tactics, so in the tactics training of the basketball teaching in colleges and universities, the main task is to strengthen the students' technical training, to focus on the basic training of the students' catch, pass, quick stop shoot and shoot break-through technology, and to strengthen the team consciousness of the defense and the positions, to strengthen the students' team consciousness, to make the good cooperation at any time, to form the tacit tactics between the players, and to make a positive cooperation with the teammates even if the tactics are not implemented in advance. In actual combat competitions,

there are often scuffles between the organizational tactics and the training tactics at ordinary times, which is related to the athletes' ability to master technology and organize tactics. Therefore, when organizing tactics, we should make sure that they can get the cooperation of all athletes, and ensure the effective application of tactics on the basis of giving full play to the talents of the main players.

3. THE PROBLEMS EXISTING IN THE BASKETBALL TEACHING PRACTICE

At present, most of the methods used in college basketball teaching and training are the teaching demonstration, the model of the students, and the training of repetitions, so as to realize the students' mastery of technology and skills. In this kind of training, students can learn some basic techniques, but they don't know much about how to apply these moves and techniques, and the repeated training will discourage students from participating in the basketball movement, and it's a great influence on basketball teaching. Specifically, the problems in basketball teaching and training can be summarized as the following aspects:

(1). Hysteresis of Training Contents.

Influenced by previous exam-oriented education thought, including the content selection of basketball teaching and training aspect is relatively backward, mostly in the form of basketball moves, the ball, dribbling, shooting, action and technology. And the way of teaching is to demonstrate, the way the students imitate, the systematic theoretical study of basketball technology and tactics, so the student can only be able to remember the movements, the key to the movement, and the ability to use it in the basketball game. At the same time, the long-term use of mechanical imitation and memory training has greatly reduced the enthusiasm of students to participate in basketball learning. Students cannot feel the pleasure of sports from basketball sports.

(2). Ignore Students' Individual Differences.

In recent years, the expansion of high school policy has allowed the number of students to grow rapidly. However, due to different regions and environments, there are great individual differences among students. Some of the students have been playing basketball and other sports in high school, so they have a strong physical quality, and they have a basketball foundation; Some students have never taken part in any sports activities. From the teacher's point of view, due to the increase of class capacity of the class, it is not possible to focus on each student in the classroom teaching, so the individual differences of the students are ignored. In this case, it's still the same training, the same standard of training, and the basic students feel that the training is not strong enough, and there are no basic students to adapt, even to exercise damage, which has a big impact on the motivation and the initiative of the basketball game.

(3). One-way Teaching Method Ignores the Effective Communication Between Teachers and Students.

The goal of basketball teaching and training, in order to make the students master the basic behavioral essentials, and combining with the basketball practice, improve the student's ability to use techniques and tactics, so as to better participate in basketball sports. Unidirectional teaching is a common phenomenon in China's classroom teaching model. In basketball teaching and training, most of them are teachers' demonstration and students' imitation. However, students can only imitate actions, and they don't know enough about the main points of actions and the application of technology, which not only causes a lot of physical energy and energy expenditure of students, but also fails to practice the goal of basketball teaching and training. At the same time, the mode of attention of the single direction ignores the effective communication between the classroom and the students, and the classroom environment is boring, tedious and greatly affects the students' interest in studying.

(4). Ignoring the Teaching of Basketball Theory.

Basketball is a competitive sport. When you participate in basketball games, you should follow the corresponding rules. If you break the rules, you will be punished accordingly. In practical basketball teaching and training, many teachers ignore the teaching of basketball theory and believe that as long as they master the essentials of action technology, they can win the basketball game. Therefore, many students have great randomness in participating in basketball. They are not capable of organizing attacks, making mistakes in defense and ignoring the rules of basketball, which is closely related to students' lack of understanding of the theory of basketball system. Teachers excessively pursue the training of students' movements and skills, and ignore the guiding role of theoretical teaching in practice. Naturally, students cannot understand and apply basketball tactics.

(5). Reasons for the Problem of Basketball Teaching and Training Methods. The backward education concept With the continuous progress of the new curriculum reform, it has become the ultimate goal to cultivate the comprehensive quality of students. From the perspective of basketball teaching, students should not only master the theory and skills of basketball, but also enhance their physical quality by participating in basketball training, so as to promote their physical and mental health development. And a lot of the teachers' education ideas didn't change in time, so that the goal of the final exam, it was to focus on the skills, the mastery of the motion, and the whole teaching activity was to meet the objective, which led to the lack of science in basketball teaching.

(6). Lack of Scientific Textbooks.

At present, the teaching materials for basketball teaching and training are the uniform physical training materials for colleges and universities. Basketball teaching and training is only one part of the content, and there is no specific teaching material for basketball teaching and training. Therefore, when teachers carry out teaching activities, they also lack effective basis, which will

naturally affect the effectiveness of teaching.

(7). The Professional Level of Teachers needs to be Improved.

From the point of current college basketball teachers team, a lot of basketball teaching activities are carried out by the existing physical education teachers, they have a wealth of experience in sports teaching, but the lack of study of basketball teaching. Therefore, basketball teaching and training can only carry out some teaching of movement and skills, and lacks the knowledge system structure for the development of basketball, the development history of basketball and basketball teaching and training, which hinders the improvement of basketball teaching quality to a certain extent.

4. IMPROVEMENT STRATEGY OF BASKETBALL TEACHING AND TRAINING

The effectiveness of basketball teaching and training methods has a direct impact on the quality of basketball teaching. Based on the objective analysis of common basketball teaching and training methods, effective improvement strategies should be adopted, as long as the following aspects are included:

(1). The Application of Game Training Method.

The game training method is to systematically arrange the teaching content to form different types of games so that students can complete the learning of knowledge in the process of participating in the game. In order to stimulate the enthusiasm of students, students can also enhance the understanding and memory of knowledge. In the course of basketball teaching, it's a reasonable application of the game, which allows the student to actively participate in the basketball class, to stimulate the atmosphere, to increase the efficiency of the teaching. When setting up the game, first of all, it is necessary to take into account the students' mastery of basketball knowledge and skills, and respect the individual differences of students. On this basis, combining the training content, the game teaching method can achieve better results. Secondly, it is necessary to make clear the goal of the application of the game teaching method, ensure the setting of the game has certain antagonism, stimulate the interest of students, and strengthen the physical quality and basketball skills of students in the process of basketball confrontation. When students participate in the basketball game with the consciousness of confrontation, the atmosphere of participating in real games can be formed. On the one hand, it can strengthen students' ability to master and apply basketball techniques and tactics; on the other hand, it can also exercise students' psychological quality, so that they can get used to the rhythm and environment of the game and have a more stable psychological state when participating in real basketball competitions. In the end, when you're in the game of basketball, you have to guide your students in the habit of analyzing and thinking. Make a summary after each game and make comments on students' performance and overall performance. On this basis, we will carry out some practical training

organized by tactics, so that students can develop good sports habits, enhance their sense of responsibility and sense of collective honor.

(2). Understanding the Application of Training Methods. Compared with the traditional basketball training method, the application of the comprehension training method is to guide students to understand its strategy and tactics in the actual basketball training, and to make students realize that the learning of basketball is not a rigid action training and learning, but a flexible application of all skills and movements, giving full play to the advantages of different technical movements, and helping them win the actual combat. At the same time, the comprehension training method breaks through the limitation of traditional teaching thinking, weakens the fixed and unified basketball technical movements in basketball teaching training, and pays more attention to the cultivation of students' basketball consciousness. Therefore, in the process of grasp the application of training method, the key is to guide students to form a passion for basketball and interest, make them to be involved in the naturally formed in the process of basketball training technical and tactical application consciousness. First of all, students should understand the characteristics of basketball through systematic explanation, and master relevant basketball techniques, so as to achieve good results in the follow-up practical training. Secondly, we should pay attention to cultivating students' tactical awareness and infiltrate the cultivation of tactical awareness into every link of basketball training. Finally, to actively carry out actual combat training, so that the students in actual combat training to strengthen against the consciousness and competition consciousness, in actual combat training gradually grasp the basketball technique and tactics, can achieve better results.

(3). Enhance Resistance and Combat Training. Basketball is a sport with obvious antagonism and competition. The development of basketball teaching and training is in order to lay a good foundation, so that the students can participate in the regular basketball game, do not tokenistic gesture. Therefore, in the teaching and training of basketball, it is necessary to strengthen the training of resistance and practicality. From the current teaching and training activities of basketball, most of the training content is repeated basic movements and technical training. Some teachers don't realize the importance of practical training, and there are teachers who are afraid that the students are going to get hurt and they don't want to schedule the actual practice, and they think that as long as the students have a solid foundation, they can participate in practical training. In fact, participating in actual combat is an essential part of basketball teaching and training. Therefore, we should pay attention to strengthening the training of resistance and combat. It can run the way of group confrontation, and divide students into groups according to different technical mastery conditions and tactical organizing ability, so as to keep the balance of component allocation

between each group and carry out confrontation training, which can significantly improve the students' confrontation ability and practical ability. At the same time, it can strengthen the cultivation of students' basketball consciousness and promote the improvement of China's basketball level by praising the excellent team and leading students to analyze and summarize the process of confrontation between two groups.

(4). Demonstration and Explanation Combine Effectively. The reform of the new curriculum emphasizes the respect of the student's primary status, the teacher as the leader and the organizer of the class, and the development of the teaching activities should stick to the subject of the student, to improve the teaching efficiency. In basketball, there are many complicated technical movements, and only when the movements are properly connected and coordinated can a good effect be achieved. Therefore, when training, teachers should combine demonstration and explanation effectively. If the simple demonstration is not explained, what students see is only the action itself, but do not understand the action essentials, only mechanical memory; If students only explain without demonstration, they will have no intuitive feeling for the action, which will also affect the training effect. In practical training in basketball teaching, demonstration and explains the main content of the is dribbling, catch, pass and shoot a few key points, dribble before, during and after the need to demonstrate different directions around dribbling, and interpretation of the dribble when the force direction of arm, wrist, catch and pass two people to cooperate, teachers can specify two students to catch and pass the action and demonstration, at the same time how to judge each other's dribbling right direction, and how to correct the ball, shooting training can demonstrate jump and not jump shooting action distinction, and guide students to practice shooting skills, Improving students' shooting accuracy.

(5). The Cultivation of Basketball Consciousness. Basketball consciousness is the basic quality that basketball players should possess and also the spiritual factor that affects the healthy development of basketball. To participate in basketball, we should not only have good physical quality, master the skills and skills of basketball, but also have a strong sense of basketball. We should realize the importance of basketball awareness to athletes, and the connotation of basketball awareness is very rich. Only by forming correct basketball consciousness can we guide the effective development of basketball activities. For college students, gradually strengthening their basketball awareness training in basketball teaching and training can help them better master the development history of basketball and understand the importance of basketball in the development of national sports and the cultural life of the masses. In training, the basketball consciousness can help the student to better judge the practical and the changing of the pass, work with the team, enhance the student's ability and confidence to participate in the field. The cultivation of basketball consciousness, first of all, is to infiltrate in the usual teaching and training activities,

to consciously cultivate the understanding of basketball technology at the level of consciousness, and secondly, to improve the student's ability to control. Finally, it is necessary to strengthen the students' sense of teamwork in the training, and realize that basketball is a collective activity. Only the tacit cooperation between players can bring the basketball skills and tactics to the maximum.

5. CONCLUSION

In view of that above, basketball teaching is an important content of the physical education system in China, and the training way of basketball teach is directly related to the validity of basketball teaching, which also influences the student 'enthusiasm to participate in basketball training. Therefore, it is necessary to objectively analyze the existing problems from the current training methods of college basketball teaching. On this basis, effective improvement strategies should be adopted to improve the effectiveness of basketball teaching and training, so as to improve the quality of college basketball teaching.

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