

Analysis of Basketball Physical Training Skills and Methods in College Physical Education

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Abstract: *In the era of rapid development of sports industry, various basketball events are gradually popularized. It is particularly important to master the physical training and methods and skills of basketball. College sports teaching activities should focus on the skills and methods of basketball physical training, improve college students' awareness of basketball training, and effectively improve college students' physical quality, in order to ensure that college students get excellent results in various competitions. This article mainly discusses and analyzes the methods and skills of basketball physical training in physical education teaching, hoping that the scientific and benefit training methods proposed can effectively improve the physical training level of college students.*

Keywords: *Physical Education Teaching, Basketball, Physical Training, Skill, Method*

1. Introduction

Basketball is a well-known sports event for the public. Basketball has also been recognized and concerned by many college students, and has become a very important sports event in life.[1] At present, the physical quality of college students has been concerned by all walks of life. Strengthen the physical quality exercise of college students to improve their awareness of basketball sports. We should grasp scientific sports methods and skills to maximize the quality of college students in all aspects. Strengthening college students' physical quality is an important basis for the development of college students' sports work. The article summarizes and analyzes the skills and methods of basketball at this stage, hoping to promote the improvement of college students' physical quality.

2. Problems in current basketball teaching

For a long time, the training of basketball in China has mostly taken the form of teaching and demonstration, and some achievements have been made in some stages. However, with the development of the times, traditional teaching methods have been difficult to adapt to the current social development. This is mainly reflected in the traditional college basketball teaching, which simply emphasizes the teaching of sports skills while neglecting the penetration of sports in sports majors, resulting in the sports skills mastered in sports teaching can not meet the requirements of sports competitions. In basketball, all techniques can not be used without good physical ability. Without good physical ability, many technical actions will not be played in the game, especially in high-level games. Therefore, in college basketball teaching, teachers should pay attention to cultivating and guiding students' physical ability, so that college students can realize the important role of physical ability in basketball teaching, thus arousing students' interest in sports, thus stimulating college students' enthusiasm and enhancing their physical quality.

The concept of sports training is an important idea that affects the effect of college students' basketball specific physical training. It is reflected in the coaches' subjective views and cognition of basketball specific training items, activities and processes, or in the process of independent interpretation and analysis of basketball specific physical training items to clarify the basic physical training items and content, so as to better improve the effect of specific physical training. But at present, in the special physical training of college students' basketball, the concept of physical education teaching lags behind, and the concept of physical education teaching lags behind. For example, when training college students, some coaches tend to focus on the technical and tactical aspects, while ignoring the physical training. In fact, this is a big mistake, because coaches did not realize that modern basketball is a very fierce sport, and sports competitions also have high requirements for college students' physical quality.

3. The significance of physical training in basketball teaching

In physical education teaching, physical training is an important part of physical education teaching. It can give full play to students' subjective initiative and lay a solid foundation for future development. Good physical quality is an important guarantee for college students to keep a good attitude in competitions and training. During this period, college students constantly improve their skills in continuous practice. If they do not have a good physical foundation, college students will be tired after a long period of training, and their mental state will fluctuate, resulting in fear, or even rejection, which cannot guarantee the quality and effect of future training, So as to affect the overall effect of the whole basketball game.[2]

Good physical quality is that college students can carry out high-intensity sports in high-intensity sports. Reasonable physical exercise can prevent college students from being injured, regulate their sports methods and reduce the occurrence of dangerous situations. In basketball, college students will complete various movements such as jumping, stopping and rising. During this period, college students' bodies will be constantly impacted. If they do not have good physical ability as a basis, with the training, college students will suffer more and more sports injuries.[3] The main reason is that college students' physical quality is not very good. If the physical fitness of college students is good enough, they can complete some movements through muscle support, thus reducing the damage to bones and muscles. With good physical quality, we can complete all the movements of basketball very well. The quality of completion is very high, which can effectively reduce the occurrence of injuries.

4. Analysis of basketball physical training skills and methods

4.1. Bouncing training

In physical training, college students should stretch all joints of their bodies every day, so that their flexibility, speed, coordination and flexibility can be fully exerted. High intensity exercise should be done twice a week, but not more than four times. The body should have time and space to recover, but it should not be interrupted. Standards should be met in action. The ways to practice jumping include: squatting high jump, jumping from the top to the ground at least 20-25cm high, and raising your toes to the highest place above the ground. We can step type connection: put one leg on the seat, keep it 90 degrees, and put the other leg on the seat while soaring up, and repeat this process. Jumping practice, this method is to straighten the feet, and students shoulder width, do not put the knees together, do not open.

4.2. Exercise of pectoralis major

The method of practising pectoralis major can be achieved by doing push ups, which is the easiest way to exercise pectoralis major. Secondly, the underdeveloped triceps brachii can not train the strong pectoralis major when practicing the triceps arm. To practice the speed of horizontal push, it is best to shorten the lifting and recovery time between 2 and 3 seconds. It is inappropriate to lift too fast or too slowly. The practice of lying down and pushing is mainly to exercise the pectoral rib of pectoralis major and increase the elasticity of the chest. The most common is barbell horizontal push. In barbell practice, the weight of the barbell, the use of the dumbbell, the distance of the dumbbell, the angle after lifting the dumbbell, the speed of lifting, the number of times of lifting and other factors have a certain impact on the pectoralis major muscle. Practice lying breathing can increase the number of cells storing energy and oxygen, thus promoting the generation of strength.

4.3. Back muscle exercise

The way to exercise the back muscle is: single arm dumbbell rowing. In the basic training of back muscles, the most basic action is the dumbbell with one arm. It can exercise the muscles on the back and both sides, especially the upper back muscle group, to make the back thicker. The second is to pull the chest backward and downward, mainly to increase the muscle of latissimus dorsi and the width of the back. The third method is to use single arm paddling, which can enhance the control of the nervous system on the latissimus dorsi by exercising the latissimus dorsi, so as to achieve the purpose of contraction and extension. The fourth is the prone side lift, which can not only exercise the shoulders, but also the triangle muscles.

4.4. Improving the understanding of basketball physical training

In order to make the healthy development of basketball college students' health education, we must strengthen the sports quality education of managers, improve the management system of sports teaching and the management system of sports teaching, in order to ensure the effective implementation of sports teaching activities. In the traditional college physical education teaching, the effect of basketball physical training is not satisfactory. Teachers pay attention to the teaching of basketball skills and rules, but ignore the training of basketball physical ability. Therefore, we should change the traditional teaching concept, fully realize the importance of basketball in college physical education, and take conscious sports, running and other measures to improve college students' physique. In the process of training students, we should give them more opportunities to exercise and cultivate their good training habits. For example, students can be organized to run in the evening, run in the morning, campus basketball, sports meet, etc., and some awards can be given to the winning teams, so as to stimulate the enthusiasm of college students to learn, so that the physical quality of college students can be constantly improved to achieve a comprehensive effect of physical exercise.

4.5. Combining theory with practice

In college physical education teaching, basketball physical fitness training should first pass on the technical knowledge of basketball to students in the classroom, and then be practiced by college students according to these skills to ensure that college students get better exercise results. In order to ensure the normal operation of basketball, teachers must pay close attention to the training of college students. If students are found to have non-standard behaviors, they should be reminded and corrected in a timely manner. In addition, according to the physical condition of basketball students, we should adjust some sports training programs, such as some sports training methods, and some more suitable for long-term sports. At the same time, the key movements in basketball should also be explained in detail, and students should be guided by sports demonstration to ensure the smooth progress of the sport and the overall effect of the sport.

5. The Classification and Methods of Physical Training in Basketball Teaching

Physical exercise in basketball includes ordinary physical exercise and special physical exercise. They are usually conducted in two ways, one is ordinary physical exercise, and the other is special physical training. Special physical training refers to the physical exercise related to the special physical exercise for the athletes in the training, so as to improve the sports quality of the athletes in the whole project. Special physical training has high requirements for the quality of athletes. Basketball professional physical training needs to improve the ability of athletes to fight against others and complete the quality of movements quickly in actual combat.

Athletes' strength, speed, endurance, agility, flexibility and other qualities are all important means of physical exercise. Strength mass refers to the ability of the nervous and muscular system to resist resistance. General physical fitness refers to the ability to overcome resistance shown by the neuromuscular system when completing non-special movement patterns, or by the nervous and muscular system to overcome resistance when completing a specific technique. Ordinary physical fitness is a macro concept, and special physical fitness is a special project, athletes in sports not only to regular physical training, and special physical training, such as weight lifter strength quality is very high, but it is difficult to play their own strength, this is because the weightlifter strength is a special ability, and on the basketball court, they need more is special strength, the two abilities complement each other.

Strength is the realistic demand of basketball. In basketball, especially in the confrontation with the strong European and American teams, athletes are often at a disadvantage in the game due to their physical quality, thus leading to failure. There are two main reasons for this phenomenon. One is the problem of training concept. The traditional training methods pursue high-intensity training, and the lack of scientific and reasonable training, resulting in long-term accumulation of injuries, thus affecting the further improvement of strength. Another major problem is that the major training camps do not pay much attention to their own physical quality, but ignore their own physical quality, which causes a lot of problems. For example, in the jumper, if the athletes' physical fitness does not meet the requirements, then it is difficult to improve their jumper skills.

Physical exercise is divided into two kinds of equipment and without equipment. The equipment training means that the athletes take exercise while overcoming the resistance of external equipment to

improve their physical quality. Non-equipment training refers to a method for athletes to conduct physical exercise under overcoming their own gravity. Generally speaking, the higher the level of training, the more equipment is needed, the greater the load is needed, and the higher the physical requirements are. No equipment physical training of the main method is running, jumping, no weight-bearing squats, push-ups, sit-ups, plank, etc., these are the best way to exercise method, it can let the various parts of the body play the biggest role, especially on the core strength exercise, this method on the influence of speed, endurance project is very significant. In basketball games, players must have a strong core strength when facing different opponents, especially when facing different opponents, so as to ensure that they can complete the movement out of balance.

The equipment training in the university is mainly dumbbells, barbells and Swiss ball. By practicing dumbbells, you can exercise the various strength of the upper limbs, including shoulders, biceps, chest muscles and so on. Barbell can improve the lower limb strength of the athlete, it plays an important role in basketball games, especially in the games, can ensure the physical balance and stability of the athlete. The Swiss ball is capable of maximizing the muscle potential at the core of the body, enhancing its strength and stability. Reasonable physical exercise can prevent injury and increase their life span. In basketball, the athlete's body will be hit, if there is no good physical foundation, so the athletes' sports injury will be more and more, the main reason is that the athletes' physical fitness did not reach the best state, if the athletes' physical fitness is good enough, can through the muscle support to complete some movements, so as to reduce the damage to the bones and muscles. People with good physical quality can complete their own standard movements very well, and the completion quality is very high, with elegant and fast movements, which can effectively reduce the occurrence of injury. Good physical fitness is that athletes can maintain a healthy physical state in high-intensity sports. In the competition, the athletes will often try their best to achieve the final victory. If they do not reflect the good training methods in the usual training, it will affect the competition.

6. Conclusion

To sum up, in college sports teaching, teachers focus on basketball physical training, improve college students' understanding of physical training, help college students form good physical training methods, and master physical training skills. In practice, through scientific methods to reduce the damage caused by sports, we can show a high level in the competition.

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