

Application of Combination Training in College Football Training

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Abstract: *After the public participates in football, it can play the role of fitness exercise. In the system of physical education in colleges and universities, football has become one of the most important teaching contents. This sport can promote the cultivation of students' love for sports and special skills, and exercise their physical quality. However, under the influence of traditional education concepts, the teaching method of football in colleges and universities is relatively simple, and for students, the teaching method is also relatively boring, which leads to the difficulty in stimulating the enthusiasm of students to participate in football training. This paper describes the overview of combination training, analyzes the current situation of college football training, explores the importance of combination training in college football training, and finally studies the specific application measures.*

Keywords: *College Football; Combination Training; Application Measures*

1. Introduction

Football has received more and more attention and attention in China. Based on this, colleges and universities should increase the teaching of football courses based on the actual situation, so that college students can improve their physical and mental health through football training. During the development of college football training courses, the exploration and effective application of the combination training mode can play a role in promoting football. Based on this, it is necessary to apply the combination training mode to the teaching of college football courses. College teachers should explore specific application measures.

2. Overview of combination training

2.1. Overview

The purpose of football combination training is to promote students' physical, technical, tactical and psychological training and improvement, mainly through the use of a variety of exercise methods, so that students can practice repeatedly and effectively, and improve their comprehensive ability and quality. The integration and application of this training mode can improve the professionalism and rationality of college football training, and the football skills and abilities of college students can also be further improved. In the process of football training in colleges and universities, teachers should design and implement the corresponding training content and combination form based on the principles and objectives of training and the actual physical quality and ability level of students, so as to give full play to the advantages and functions of the combination training model.

2.2. Basic principles

2.2.1. From easy to difficult

When carrying out the training of football technology, teachers should first organize and carry out the individual football technology exercises. When students have a relatively familiar understanding and mastery of the essentials of each individual technology to apply the combined learning mode, the improvement of students' football skills can also be greatly improved. In addition, college football teachers should also focus on the cultivation of students' football thinking in the process of football training.[1] At the same time, the principle of "from easy to difficult, gradual and gradual" should be permeated in the process of students' repeated practice. In addition, the development of football actual combat simulation should also be strengthened to promote the further improvement of students' football

actual combat ability.

2.2.2. Strengthening training

In the process of participating in football training, students can improve their football skills by participating in football matches. Compared with other links of training, matches can't be replaced. In addition, students can find their own shortcomings in football skills through football matches, and promote the further improvement of football skills through individual training. If some students find their own poor physical quality in the course of the game, which leads to the failure of the game, they should strengthen their physical fitness, so as to make up for the technical deficiencies to a certain extent through strength.[2]

3. Analysis of football training in colleges and universities at present

3.1. Lack of attention

The importance of football teaching in colleges and universities will often have a greater impact on the actual status and effect of football teaching. If the leadership of colleges and universities can have a more correct understanding of the advantages and role of football in the development of students, football teaching will have a more smooth and effective promotion in colleges and universities. However, the current actual situation is not satisfactory.[3] Many colleges and universities do not pay enough attention to the development of football, and the actual investment is relatively limited, which leads to the lack of integrity of the football training system in colleges and universities.

3.2. Insufficient integrity

The current football teaching and training in colleges and universities has the problem of incomplete content. The main reason is that the goal of football teaching in colleges and universities has neglected the improvement of students' football tactics and other aspects, and often only needs them to master the basic skills of football. In addition, many college students have a lack of sports awareness, and the integration of football teaching and psychological education is not sufficient, which makes many parts of football teaching ignored, resulting in its lack of integrity.

4. An analysis of the importance of applying combination training mode to football training in colleges and universities

4.1. Stimulating students' enthusiasm

Under the traditional football training mode in the past, students often need to go through a long time of training to achieve the improvement of all aspects of the level, so that the mood, state, etc. are adversely affected. For students, the combined training mode can build a good training atmosphere, and its training content and methods are more abundant. In this way, students can feel the interest of training, and then stimulate their enthusiasm and motivation for football training.

4.2. Enhancing training pertinence

In the traditional football training process, the itemized training is the most used method by teachers, but for students, the method adopted by teachers is relatively simple, lacking diversity and effectiveness. Combined training mode is carried out after dividing students into different levels according to their own characteristics and actual abilities. On the one hand, it can make students feel the fun of football training, on the other hand, it can improve their ability and level, which can be said that many problems of traditional training mode can be effectively solved after the combined training mode is applied.

4.3. Enhancing the quality of sports training

Football is highly competitive. Therefore, the requirements for participants' physical fitness, reaction ability, team cooperation awareness and ability are relatively high. Under the traditional football training mode, many students are unable to effectively use the football tactics and technical knowledge they have learned, which makes it difficult to further improve their football level. After the

combination training mode is applied, students can not only get special exercises in physical fitness, skills and other aspects, but also get combination training to further improve the training effect, and improve the level and quality of college football training.

5. Analysis of the application measures of combination training in college football application training

5.1. Physical training

College students have experienced less professional football training, and the training participation time is very short, which makes their cooperation with the ball poor in the process of training. Based on this, college teachers should focus on the cultivation of students' ball control ability in the actual training process, and carry out combined training based on football. In the process of traditional physical fitness training, generally speaking, teachers will use long-distance running to effectively exercise students' physical fitness, but based on the application of combination training mode, they can guide students to run with the ball, so that students' control ability of football will be further improved. Physical contact is common in the process of football competitive sports, and often the party with strong strength and quality will win the final victory. In the process of carrying out football combination training, teachers should combine strength and speed training, so that students can play their own strength and role in a short time while fighting. In addition to the strengthening of strength training, teachers should also promote the learning and training of other football competitive skills, so that they can gain more significant advantages in the field.

5.2. Technical training

Compared with other sports, football has a relatively higher requirement on the technical level of participants. Based on this, in order to promote the quality of football teaching and the effective improvement of students' football level, college teachers should make further breakthroughs and innovations in the existing technical training in the process of carrying out combination training. Teachers should adopt the training method from easy to difficult and step by step based on the law of movement, and provide effective technical guidance to students. In addition, football, a sports sport, requires relatively high innovation ability, while college students have high innovative thinking and acceptance ability of new things. Based on this, college teachers should pay more attention to the cultivation of their innovative thinking and ability in the actual process of football teaching. In this way, students' understanding and mastery of football theory and skills will be further enhanced. The characteristics of football practice are more prominent. Teachers can integrate the simulation match link in the process of football technology teaching, and promote the accumulation and increase of students' own competitive experience. In addition, college teachers should further optimize and design specific training programs based on the progress of training so that students' physical quality and professional skills can achieve common progress and development.

5.3. Tactical training

In addition to good physical fitness and technical skills, the necessary conditions for winning a football match are also indispensable for tactical awareness. When using the combination training method to carry out tactical training, teachers need to first understand and master the characteristics and advantages of students, and customize their tactical skills based on this, so that the quality and ability of students can be fully developed. In addition, teachers can add more links of actual combat simulation in the process of training, students can have a more comprehensive and in-depth understanding and familiarity with the tactics, and adjust and further optimize the tactics through training. In this way, students' tactical awareness will be improved, and their adaptability in the competition will also be improved accordingly. Thus, the enhancement of the tactical level of all students can be effectively guaranteed. In addition, teachers can promote the effective combination of individual and overall training. Football is a sport with strong team character, but individual players also play a great role in it. Based on this, teachers should strengthen their attention and attention to individual training in the training process, ensure the coordination and cooperation between individuals, and promote the connection between individuals and overall training. In the process of tactical training, we can let students' individual abilities be improved, and at the same time, and effectively cultivate their awareness and ability of teamwork. In this way, we can avoid the neglect of collective interests for the

sake of individual performance during the competition to promote the development and further improvement of students' overall ability.

5.4. Psychological training

Competitive competition is one of the characteristics of football sports, but in addition to competition, we should also fight wits and courage on the field, and more flexible response and resolution to the changes in the field. Based on this, when participating in football, it is very necessary to have a good mentality, and keep in the best state at all times during the game. Based on this, the combination training mode is applied to the teaching of football in colleges and universities to cultivate and exercise the psychological quality of students, so as to promote the improvement of their psychological quality and further improve the comprehensive ability of students.

When applying the combination training method, college teachers should strengthen the education of special quality, so that students can maintain a good state of mind in the process of competition. In addition, when using the combination training method, teachers should guide and cultivate students' correct view of competition, so as to promote their positive innovation and the cultivation and promotion of creative thinking and consciousness. In addition, integrating the combination training mode into the education content of psychological quality can promote the improvement of students' pressure resistance ability, they can face the difficulties, setbacks and failures in the competition with a more positive and correct attitude. Generally, in each stage of daily training and competition, the psychological characteristics of students will change in a series. Based on this, college physical education teachers should design and formulate different goals according to the characteristics of different stages, so as to keep students in a positive attitude and state before the competition and effectively maintain their motivation level; In the process of competition, teachers should actively let students strengthen their concentration and maintenance of attention; After the competition, teachers need to let students learn to relax their mood, so that they can recover their physical fitness quickly under scientific guidance.

6. Conclusion

In general, compared with the traditional football training method, the combined training method has more functions, so as to make up for the shortcomings of the traditional training method. After integrating the combined training mode into college football teaching, teachers can build a more perfect football training system based on this. For students, regardless of physical, technical, tactical or psychological aspects, can get better training. Based on this, college teachers should use the advantages of combination training mode to let students improve their comprehensive quality through football teaching, so as to enhance the actual football teaching quality.

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