

Methods and Strategies to Cultivate Tactical Consciousness in Basketball Teaching

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ABSTRACT. *The training of tactical awareness plays an important role in improving the level of basketball teaching. Through the discussion of the concept of basketball tactical awareness and the study of related literature, this article discusses in detail the related issues of the training of basketball tactical awareness and the awareness of basketball skills and tactics in the game. Application and training in teaching. The training of basketball players' awareness of skills and tactics is a long-term, complex and important systematic project, which requires arduous training and training to achieve success; it also points out the basic ways to cultivate basketball awareness to provide references for basketball workers. Therefore, there must be a plan, purpose, and measures in teaching and training, so as to improve the level of basketball skills and tactics awareness.*

KEYWORDS: *basketball teaching, tactical awareness, teaching, methods, strategies*

1. Introduction

Basketball tactics are the organizational form and method of rational use of the players' personal skills and the coordination of all players in the game. Whether the tactical organization is correct or not depends on the ability to maximize the strengths and roles of each team member. The realization of any correct tactical intent and advanced tactical cooperation requires that the team members must master the correct technical actions as a guarantee. Without technical actions, there is no tactics. Due to the constraints of the teaching time and teaching progress, in the training of the tactics part, teachers often neglect the guidance of technical movements in order to complete the training tasks, and can not even arrange targeted exercises of technical movements, which makes the players lose their tactical training. Favorable opportunity to improve the quality of technical actions[1].

2. The main elements of basketball tactical awareness

2.1 Observation ability

Observation ability is the basic condition for cultivating basketball tactical awareness. Because the various reactions of athletes on the court and the actions that follow are almost all derived from the information obtained. To cultivate students' observation ability in teaching and training, the most important thing is to cultivate students' vision and observation habits. Cultivate students' visual choice ability, that is, on the basis of comprehensive observation, focus their eyes on key positions, areas and athletes; expand the field of vision of the players, and bring the positions and actions of all players on the field into the field of vision, and choose and distinguish among them, so as to take correct actions in time.

2.2 Analysis and judgment

The ability to analyze and judge refers to the ability to predict changes in things, and is the premise of conscious action. Basketball competitive confrontation is fierce and changes rapidly. Players are required to observe the changes on the court and make correct judgments in a timely manner [2]. Otherwise, they will not receive the desired action effect. Improving the ability of players to analyze and judge the situation on the court is an important part of cultivating basketball awareness. In the process of technical and tactical teaching and training, students should understand the characteristics and changing laws of technical and tactics, be familiar with the action intentions of both offensive and defensive parties in various situations, and continuously improve their judgment ability in combination with the game.

2.3 Quick response ability

A good sense of basketball tactics requires students to react to the situation of observation and judgment, and to grasp the momentary opportunity in a timely and accurate manner. The process of observation-analysis-judgment-action is a complex process of nerve activity conducted from motor nerves to muscles. Skills and tactics teaching and training can speed up this activity and cultivate athletes' rapid response ability [3].

2.4 Tactical thinking ability

Tactical thinking ability refers to the full mobilization and use of various mental abilities of students to anticipate possible situations and predict the development of the situation in the process of implementing tactics, and quickly and accurately consider the opponent, yourself and the situation of the audience, and clarify your own tactics intention, an ability to choose tactical means.

3. The characteristics of modern basketball players' tactical awareness

3.1 Potential

The actions of basketball players on the playing field are essentially determined by the reasoning and judgment of their own basketball consciousness on various complex situations that appear in the game. The formation of an athlete's basketball tactical awareness is developed along with the process of accumulating knowledge and experience in his long-term basketball practice activities, and it exists in the athlete's mind in the form of concepts, which is usually invisible and intangible, and has potential. In a basketball game, the basketball tactical awareness of the athletes will change from latent to visible, and will consciously command the athletes' actions [4-5].

3.2 Motivation

The initiative of basketball consciousness is manifested in that basketball players actively reflect the offensive and defensive situation before taking action, and actively and creatively adjust their tactical behavior under the control of consciousness, which can not only limit the opponent's advantage to the maximum extent, but also give full play to their own technical advantages, quality advantages and other advantages to the greatest extent, and enable athletes to magnify their own advantages in local or individual links through awareness activities when they are relatively weak, thereby defeating the overall on a stronger opponent than himself.

3.3 Continuity

In basketball games, offensive and defensive actions are rarely unitary, and they often appear as continuous and uninterrupted offensive and defensive actions. The various actions of the athletes in the game are carried out under the control of basketball consciousness. Athletes must have "intention before moving, intention in moving", uninterrupted thinking and decision-making.

4. Factors affecting basketball skills and tactics awareness

4.1 Subjective factors

Athletes' specific knowledge, physical fitness, and athletic ability are the most important factors that constitute the consciousness of basketball skills and tactics. If an athlete does not have specific knowledge, then there is no technical and tactical awareness. A comprehensive mastery of specific knowledge is the key to improving the awareness of basketball skills and tactics. The awareness of skills and tactics is

formed and developed on the basis of basketball. To complete basketball skills and tactics, it is necessary to base on the ability of physical activity [6].

4.2 Objective factors

That is to say, tactical awareness is gradually formed by basketball players through learning, training and competition [7]. The whole process is a process of teaching and learning. It is a reflection of subjective awareness to objectiveness, and coaches play a leading role. Therefore, the level of coaches' training plays an objective role in the formation of athletes' awareness of skills and tactics. Basketball is a collective event, and there are still many objective differences between athletes in training and competition. Such as the importance of the game, the pressure of the athlete, the pressure of the opponent, and the level of the referee, objectively affect the athlete's awareness of skills and tactics.

5. Analysis of the relationship between basketball tactical awareness and athletes' competition behavior habits

5.1 Competition behavior and "basketball tactical awareness"

The so-called "habit" refers to the behavior that is gradually formed over a long period of time and is not easy to change for a while. It often manifests as a subconscious action. The athlete's competition behavior refers to the athlete's strengthening after long-term training and competition practice. Some fixed patterns of behavior or behaviors that are gradually formed are often manifested subconsciously in the game.

5.2 The relationship between basketball tactical awareness and game behavior habits

After the athlete receives information about various situations on the field during the game, he immediately enters the memory system to compare with the conceptual model formed in training, and then produces reaction judgments [8]. If the situation is consistent with the situation in training, their behavior immediately becomes fixed habitual behavior. For example, the conscious performance of grabbing a basketball, the conscious performance of quick counterattack after catching the ball, the conscious performance of quickly getting in place and quickly finding someone in offensive and defensive, etc. are all such situations, that is, as the saying goes, "habit becomes natural."

5.3 Cultivation of basketball tactical awareness to strengthen game behavior

Many of the good consciousness performances of athletes in the game are actually the performance of good habits in the game. For example, in training, the habit of “grabbing for a shot must be made” and “holding a shot must be blocked” is formed in training. In the game, it is manifested as a strong sense of fighting for basketball cricket; a strong sense of fast attack is often caused by observe quickly after catching the ball, make timely passes and quick downs, and grab the throw-in and other habitual behaviors. Athletes’ strong defensive awareness is often reflected in "offensive, defensive, return to defense, find someone fast", and "pay attention to moving and grabbing in defense." In terms of habitual behaviors such as “positioning” and “active replenishment”.

6. How to cultivate basketball tactical awareness

6.1 Cultivate basketball awareness in tactical training

In technical teaching and training practice, the cultivation of basketball consciousness lies in the simple, timely and skilled use of technical movements and gradually being good at adapting to changes. This requires teachers to take effective measures to shorten the teaching time for correct mastery of movements and skills under non-antagonistic conditions, and to guide students to have antagonistic concepts from time to time, so that students are good at designing antagonistic factors, creating antagonistic conditions, willing to use their brains, and give full play to their creativity and imagination have gradually formed basketball consciousness in teaching practice. Teachers should create more practical opportunities for students, such as in classroom teaching competitions or extracurricular competitions, for students to use technology specific requirements, targeted training of basketball awareness. According to different situations, students can emphasize the true and false changes of their actions in the game to confuse their opponents and establish awareness of "space difference", "position difference" and "time difference" during the intense offensive and defensive process, so as to create more attack opportunities, improve the attack effect, and enhance the adaptability of the application of technology.

6.2 Develop basketball tactical awareness through psychological training

Psychological training is the main auxiliary means to gradually cultivate and improve the awareness of basketball tactics. Basketball tactics awareness is produced with technical and tactical training, coupled with motivation training, self-confidence training, cognitive training, will training and psychological adjustment training, etc., to gradually mature and improve basketball awareness. Psychological training during the game is the main means of cultivating and improving basketball tactical awareness, that is, through psychological training during the game and before the game, the athletes’ psychology is in the best state,

and the athletes' basketball awareness can be promoted correctly and timely use or super-level play.

6.3 Strengthen theoretical study and enrich basketball tactical awareness

The mastery of professional basketball knowledge is an important factor in the formation of basketball tactical awareness. Therefore, only by having a more comprehensive and profound understanding and understanding of the laws, technical and tactical characteristics and development trends of basketball, can you improve your skills faster and better tactical level. When teaching theoretical knowledge, teachers try their best to thoroughly teach students the laws, essential characteristics, technical links, requirements of tactical coordination methods, and timing of use of basketball to students, and then let students digest and understand through a variety of learning methods, such as assign homework, analyze seminars, summarize practical analysis after class, etc. to promote students' awareness of basketball tactics.

6.4 Cultivate the combination of basketball tactical awareness and practice

After systematic teaching training and training, whether students have a good sense of basketball tactics needs to be tested in actual combat. If the student has a certain awareness of basketball tactics, through actual combat — summary — then actual combat, continuous training, and then through the actual combat analysis, to see if they can use skills and tactics reasonably and correctly, and actively seek out fighters. Work closely with your peers to accomplish tactical goals, etc., constantly summarize and accumulate actual combat experience, so as to accelerate the formation of students' basketball awareness. In the application of specific tactics, students and team members are trained to respond independently to combat. For example, according to a certain tactical position, form a basic combination of offense and defense of two or three persons between the guard and the guard, the guard and the forward, and the center and the forward, so that students or players can actively and target use under the constraints of offense and defense. Cooperating with contingency methods to improve independent combat capability.

6.5 Combination of basketball tactical awareness training and high-tech means

High-tech methods are continuously applied to various disciplines, and sports is no exception. In the teaching and training of basketball lessons, if multimedia technology is introduced, it can not only improve students' mastery of skills and tactics, but also greatly accelerate the cultivation of basketball tactics awareness. In basketball teaching and training, the use of multimedia technology to stimulate and mobilize students' enthusiasm and enthusiasm for learning, to repeatedly perform targeted demonstrations and analysis of basketball skills and tactics in dynamic or static situations, and deepen the understanding of the laws and characteristics of basketball. Recognition and understanding of skills and tactics can accelerate the

formation of basketball awareness and play a positive role in promoting basketball tactics awareness.

6.6 Improve teachers' professional level and quality

Basketball tactics awareness is gradually formed by students through learning, training and practice. The whole process is a bilateral activity process of teaching and learning, and teachers play a leading role in this process. In the teaching process, teachers must have a broader and in-depth professional theoretical knowledge and a higher level of professional skills and tactics, as well as rich teaching training methods and experience. Therefore, teachers should continuously strengthen the study and discussion of professional theories and high-tech research, summarize, accumulate and supplement new theories, improve the depth and breadth of theories, and strengthen their own skills and tactics.

7. Cultivation strategy of tactical awareness in basketball teaching

7.1 Pay attention to cultivate athletes' good observation habits

Observation is a prerequisite for athletes to perform reasonable behaviors on the court. If an athlete does not observe well in the game, many actions will be blind actions. Not only is it difficult to create and seize good opportunities, but it also often affects and hinders the actions of peers. Undermine the team's cooperation. The reason why outstanding athletes can seize various fighters on the court is largely due to their broad vision, good observation and judgment, and correct actions. Therefore, developing good observation habits is an important part of improving basketball tactical awareness.

7.2 Cultivate the habit of athletes to understand and correctly master technology, and be daring and good at using technology in confrontation

Any basketball technique has its correct action form, action structure and application requirements. Many consciousness in the game is expressed through the correct use of technique. At the same time, in view of the characteristics that the use of technology in the competition is carried out in confrontation, we should also pay attention to promoting athletes to have the concept of "antagonism" in practice, so that they are good at self-designing "antagonistic" factors and creating "antagonism" condition.

7.3 Cultivate good tactical qualities of athletes

We often see that some athletes only pay attention to their personal actions in the competition, saying that their tactical awareness is poor, and it can be said that they

have not developed the habit of tactical coordination. Only in training should strengthen the training of athletes' tactical cooperation, so that they can form the concept of tactical cooperation in their minds, establish the habit of tactical cooperation in action, and actively cooperate to form a tacit understanding.

8. Conclusions and recommendations

8.1 Conclusion

In basketball teaching and training, strengthening the training of tactical awareness is not only feasible, but also will deepen the players' understanding of basketball rules. Cultivating and improving athletes' observation ability and theoretical knowledge will have a profound impact on basketball games. Paying attention to the accumulation and summary of game experience is an important guarantee for improving basketball tactical awareness. Athletes' ability to adapt to situations of difficulty, passivity, defeat and interference from multiple factors, turning disadvantages into advantages, and turning defeat into victory, can truly improve the level of basketball.

8.2 Recommendation

First, the coaches should strengthen the physical fitness, basic skills, and basic tactics of the athletes. The second is whether the skill and tactics of the off-ball players are applied correctly on the playing field, which is an important expression of the level of basketball tactical awareness. Therefore, in training, strict requirements and repeated emphasis on the running awareness of off-ball players are especially important for improving the basketball tactical awareness of the team. The third is to strengthen antagonistic training, which is an important method for cultivating and improving athletes' awareness of concentrated tactics. Through local and half-court antagonistic training and competitions, the ability of players to respond to offensive and defensive tactics can be improved. The fourth is to strengthen actual combat training and participate in more formal competitions, especially high-level competitions. This is very important for athletes to accumulate practical experience, enhance their tactical awareness, and cultivate and enhance their strong desire for offense and defense in the competition.

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