

On the combination strategy of basketball training and outward bound training

Bin Sun¹, Jian Sun²

1 Physical education department, jiangxi university of science and technology, nanchang, jiangxi 330098, China

2 Xiamen haicang affiliated high school of central China normal university, xiamen 361026, China

ABSTRACT. *This paper discusses the combination of basketball training and outward bound training by using the method of literature. It is believed that in the development of basketball in China, the traditional basketball training methods can not meet the requirements. Therefore, it is suggested that the outward bound training should be introduced into the basketball training as a new way, and some suggestions on the combination of basketball training and outward bound training are put forward, in order to provide some help and reference for the future basketball training and better promote the long-term development of China's basketball movement.*

KEYWORDS: *Basketball; Basketball training; Outward bound training; Application thinking*

1. Introduction

The combination of basketball training and outward bound training in Colleges and universities ensures that the training items are reliable and the venues used are safe. At the same time, preparations need to be carried out before the start. After a series of experiments, the cases can be applied only if they are successful. In the training process, many equipment and devices are involved, which are relatively simple parts. It doesn't need very complicated operation, as long as the trainees can fully integrate into the training and cooperate with each other, it can effectively improve the basketball skills of the trainees, and also meet the requirements of basketball training to a great extent. In this paper, the basketball training combined with the development of the application of thinking specific analysis.

2. Thinking about the combination of development training in basketball training

2.1 Helps to promote teamwork

It is most meaningful to combine basketball training scientifically and reasonably with outward bound training, so as to realize the application value of Outward Bound training. What basketball needs as a kind of sports is the cooperation between teams and students, so that every student can work closely with the team. In the traditional basketball training mode of our country, coaches pay more attention to the basis. Basic training, or to come up with various ways to make students interested in basketball, but these often can not mobilize the enthusiasm and enthusiasm of students, and their basketball level can not be played. When basketball training and expansion training are combined, the cooperation consciousness in the process of basketball training becomes the core to cultivate students' cooperation consciousness, so that the whole basketball team can fight more. Power, and trust each other more[1].

2.2 Help to hone the will of students

The combination of basketball training and outward bound training is helpful for the training of students' will. Different plans can be made according to the differences of students' personal conditions and qualities. At the same time, more targeted training methods can be adopted to develop students' potential. After outward bound training, students' basketball skills will be improved, and a more responsible and capable one can be selected. As a team leader, we can fully exercise their leadership ability, so that students can show their talents from different directions and perspectives, and prove their value to all people. In the course of Outward Bound training, students should also challenge themselves more. Instead of being complacent and stagnant with progress, they should constantly improve their quality and technology, and enhance the strength and cohesion of the team. In addition, all kinds of skills in basketball can be improved through training, such as dribbling, pitching, defense, etc., which increases the difficulty of basketball training. It is believed that under the careful guidance of the coach, the students will be able to complete their duties better. Basketball is a good sport, which can enhance the physical quality and psychological element of the students. Quality, of course, under the high-intensity training, students may have too much pressure and meet other problems, but as long as the students can work hard, they will be able to cultivate a strong will[2].

2.3 Help to improve the quality of basketball students

In the past basketball training mode, the form of basketball is relatively single, and the training mode is also greatly hindered. The traditional basketball training tests the physical strength and technology of the students, which makes the

basketball gradually lose its own interest. The part of expanding training in basketball training not only improves the quality of the students, but also makes them more adaptable to the society. The training contents and objectives can be more in line with the reality. The expanding training can adapt to the basketball training mode and directly train according to the basketball field and equipment, and the corresponding basketball skills can also be trained and developed. Give out each student's inner potential, let the student improve the overall quality in the basketball training. The requirement of modern basketball training is to constantly improve the physical and psychological quality of the students in the process of training, which can be well achieved by combining basketball training with outward bound training. It not only improves the basketball training, but also deepens the psychological quality of the students, so that the level of basketball in China can be improved[3].

3. Thinking about the application of Outward Bound Training in basketball training

3.1 Improve students' social adaptability

In basketball training, the method of expanding training is added, which makes the traditional boring basketball teaching new and creative. At the same time, the society and basketball are closely linked. Students can improve their own quality and better grasp the ability to adapt to the society, which is very helpful to the reform and improvement of basketball training in China. In basketball training, the combination of Outward Bound training also enriches the items of basketball training and enriches the contents of basketball training. Although basketball training becomes more difficult, it is also a test of students' ability to accept, overall quality and physiological function. It is also a test of trainees' psychological quality. In the training, each student can interact with each other. Cooperation to complete the task can cultivate their sense of team, let each student play their own ability, reflecting a very obvious educational role. In learning, students should also strive for each task to be completed independently in a serious manner. After completing the task, they should evaluate their performance and correct any deficiencies in time. Only by improving themselves can they make greater progress[4].

3.2 Improve the field ability of trainees

The combination of basketball training and outward bound training makes basketball training become an activity of great educational significance. Students can make clear the purpose and function of training when they carry out each training. It is the most fundamental goal for students to feel happy and interesting to participate in it. When students are full of interest and enthusiasm in training, then more skills and techniques can be improved. Because the traditional basketball training methods pay more attention to the proficiency of skills, and do not require the thinking logic ability of the students. In this way, the training of independent thinking of the students is not used very much. Combined with the development

training, the innovation ability of the students can be improved, and the requirements of the students will continue to increase. Through the evaluation of their own, their shortcomings can be changed. In the development training After the implementation, the coach can study other problems and theories of the basketball project, help the students to find and solve problems, and let the students fully understand and use the basketball game[5].

3.3 More challenging combination of basketball training and outward bound training

The combination of basketball training and outward bound training can not only make the traditional basketball skills inherited, but also meet the development requirements of the current society. It is also very helpful to train the quality of the students. It can be said that every sports project is testing the quality of the students. The quality and skills are very important parts on the court, so we should try our best to do more in the training. The diversified and comprehensive training enables the trainees to get exercise in all aspects of quality. According to the characteristics of Outward Bound training, it is very challenging in basketball training. It can make the school and the society connected and help the students to adapt to the society, improve the comprehensive quality and ability of the students, change and improve the traditional boring basketball training mode, and make the students more interested in accepting this new training mode. Although the intensity of this training is relatively large, I believe that it can be used. This method must be able to show the part that students can't show at ordinary times. Each student has its own potential and talent, but it hasn't been developed yet. The self-education of this mode can better reflect the main position of students. As long as the coach's guidance is added, it will be able to achieve good results, help students realize their dreams and move towards success[6-8].

4. Conclusion

As a global sports, basketball has its unique charm and attracts more people to like it. Students can release themselves in basketball, improve themselves, truly understand the profound part of basketball, and combine basketball training and outward bound training in line with the requirements of the times. It is also a good exercise opportunity for students, both of which can To help students improve their physical quality can also enhance their basketball skills and abilities, but also can fully mobilize their enthusiasm and initiative in learning, so as to make contributions to the cause of basketball in China.

References

- [1] Xie Dongfei (2019). Analysis of the influence of quality development on the selection of basketball players in the Sunshine Group. Bulletin of sports science and technology literature, vol.27, no.2, pp.162-164.

- [2] Liang Da, Liang Ying (2017). Research on new methods of basketball teaching and training in Colleges and universities. *Contemporary sports science and technology*, vol.7, no.4, pp.44-45.
- [3] Ji Deling (2018). The significance and feasibility of introducing outward bound training in College Basketball Teaching. *Contemporary sports science and technology*, vol.8, no.32, pp.35-36.
- [4] Sun Zhixing (2017). Analysis on the feasibility of the basketball general course in Inner Mongolia Normal University to join the expansion sports. *Contemporary sports science and technology*, vol.7, no.17, pp.191-192.
- [5] Gao Wei (2014). Reflections on the combination of Outward Bound Training in basketball training. *Contemporary sports science and technology*, vol.4, no.17, pp.35-36.
- [6] Liang Da, Liang Ying (2017). Research on new methods of basketball teaching and training in Colleges and universities. *Contemporary sports science and technology*, vol.7, no.4, pp.42,44.
- [7] Jiao Jianhua (2016). Investigation and Analysis on the current situation of basketball after class training in Zhongshan Middle School of Guangdong Province. *Contemporary sports science and technology*, vol.6, no.30, pp.14-15.
- [8] Wang Zhaoli (2015). Research on the application of Outward Bound Training in basketball basic technology teaching. *Sports*, vol.10, no.16, pp.121-122.