

Psychological Training in the Basketball Techniques and Tactics Teaching

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ABSTRACT. *As a sports event that has a higher requirement for both physical and psychological qualities, the basketball requires the athletes to have a stable psychological quality so as to grasp the basketball techniques and tactics, play a role in the competition and keep a good mood after the competition. To reach this requirement, it is crucial to do well the psychological training in the basketball techniques and tactics teaching. Concerning this issue, the operation and operation of psychological training are analyzed for the basketball techniques and tactics teaching in this thesis so as to provide a reference for the psychological training issue existing in the basketball techniques and tactics teaching.*

Keywords: *basketball; techniques and tactics; psychological training*

1. Introduction

As the basketball has a higher requirement for both physical and psychological qualities and the most important method for improving the athletes' stability of psychological quality is effective psychological training, it is required to enhance the psychological training for basketball and exert a psychological influence on athletes consciously and purposefully in the basketball techniques and tactics teaching. In the practical training of techniques and tactics, the coaches should be strict with the training requirements, innovate the training mode, make everyone improve the technical and tactical ability through scientific and strict training and form the team spirit and law-abiding spirit; and on the other hand, make positive use of language to remind the athletes relaxing, teach everyone on how to keep a good mood in the training and competition through observation, reflection and

body-mind adjustment, make everyone attach great importance to the learning course of techniques and tactics, attach less importance to the learning result of techniques and tactics and really comprehend the essence of physical exercise.

2. Operation of Psychological Training in the Basketball Techniques and Tactics Teaching

The operation of psychological training in the basketball techniques and tactics teaching generally can be divided into the preparatory stage, the fundamental stage and the closing stage.

2.1 Training in the preparatory stage

The training in the preparatory stage in the basketball techniques and tactics teaching is divided into two parts, namely pre-competition training and long-term training. The basic content of pre-competition training is mainly to adjust the athletes' psychological state before they participate in the basketball competition. For example, the athletes can enter into the course of basketball competition in the fastest and best stage by taking such methods as psychological suggestion, fast action and high rhythm. The long-term training is a link that further enhances the athletes' operational techniques in the actual basketball training process. But a boring psychology is easily generated as this link is too long. Under normal circumstances, the athletes' technical ability and psychological quality will be obviously improved through this long-term training module.

2.2 Training in the fundamental stage

The training in the fundamental stage is a key link for psychological training in the basketball techniques and tactics training, which is the best period for building up the athletes' confidence and willpower. In this stage, mainly the athletes' psychological adjustment is combined with the technical ability adjustment so that the athletes can make improvement in both psychology and techniques. For

example, targeted training is carried out according to the adversarial and variable characteristics of basketball by taking such methods as allocation of attention as well as quick attack and power play. Or the training method of attention diversion is taken. Through the attack and defense conversion in the basketball competition, the attention diversion can be improved in the mutual conversion process of attack and defense.

2.3 Training in the closing stage

The training in the closing stage mainly aims at the athletes' adjustment, recovery and replenishment. The adjustment mainly refers to the adjustment of athletes' psychology and mechanism after the teaching or competition ends. For example, the state of mind changes from passion to stability and from upsurge to peace. Recovery and replenishment are a necessary link after the teaching or competition. The closing stage is the start of recovery and makes arrangements for the next training. The physical recovery as well as psychological recovery and physical, chemical and nutritional recovery and adjustment after the teaching should be taken into full consideration.

3. Strategy of Psychological Training in the Basketball Techniques and Tactics Teaching

3.1 Combination of psychological training and psychological induction

The process of psychological training should start from induction so as to make the athletes realize the importance and scientific principle of psychological quality. After an athlete receives a systematic psychological counseling, then the specific psychological training can be carried out. The psychological training is a long and complex process, so the coaches need to often communicate with the athletes to learn about the psychological change of each athlete. In this case, a good training effect can be obtained.

3.2 Guiding the athletes to form a good habit by making psychological training run through the training

To obtain the best training effect, the athletes should receive psychological training not only during the teaching but also after the teaching. The psychological training is all-around. The training time is limited in the basketball teaching, so a good training effect cannot be obtained purely through the teaching. The psychological training should be combined with the daily life so as to better guide the athletes' psychological training and give timely help and proper guidance for the athletes' psychological deficiency.

3.3 Helping the athletes to form a good quality of attention through attention training

The basketball not only requires the athletes to have a strong attention but also to utilize and reasonably divide their attention in the competition process. In the training process of athletes, they can image a basketball ring in their mind and then analyze from different aspects so as to form a good quality of attention. Moreover, the surrounding environment is intentionally made noisy to simulate a real competition site, thereby not only cultivating the athletes' attention quality but also strengthening the athletes' psychological quality and helping them overcome the nervous and timid mentality.

3.4 Keeping harmony between internal motivation and external environment

The psychological training has a vital impact on the learning and mastering of basketball skills. When the athletes receive the psychological training, it is required to grasp and analyze the personality characteristics and psychological changes of each athlete. Only when the external environment is harmonious with the internal motivation, the teaching effectiveness and practicality of psychological training can be truly manifested. The psychological training of athletes should be strengthened not only in the teaching but also in the life so as to solve the problems existing in

the psychological training practice, change the traditional mode, make the training mode scientific and innovative, cultivate the students' independent learning ability and mutual assistance, enhance the students' thinking ability, guide the students to consciously form a good psychological quality, strengthen the sense of cooperation and competition and thus realize the athletes' comprehensive development and progress.

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