

Research on College Football Teaching Countermeasures under the Background of Effective Teaching

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Abstract: *Interest is the prerequisite for students to learn independently. Therefore, in the process of football teaching in colleges and universities, if you want to improve the quality of football teaching, you must integrate effective teaching concepts into the football teaching process, so as to stimulate students' interest in football learning and improve students' Level of football skills. Effective teaching is very important for football teaching in colleges and universities. It is mainly through the way of entertaining and entertaining, so that students can deeply feel the joy of football learning, and then master solid football basic knowledge and skills. Based on effective teaching of football teaching in colleges and universities, it is necessary to create a relaxed and pleasant classroom teaching environment for college students, create a harmonious and happy football teaching atmosphere, so that students can "educate and play" in the football classroom, and experience football in all directions and multiple angles. The fun of sports, while realizing the effective training of students' football knowledge, sports skills and sportsmanship.*

Keywords: *Effective teaching; college football; teaching strategies*

1. Introduction

Football, as the world's largest sport, has a high degree of popularity and attention on university campuses. It is a key course in the work of physical education in colleges and universities, and it is also an important carrier for students to strengthen their bodies, develop their intelligence, and entertain and communicate. Many college football teachers pay too much attention to the teaching of skills, and lack the training of students' football interest, football awareness and football emotions. In addition, the too boring training mode will greatly affect the students' participation enthusiasm. Effective teaching applications can not only stimulate students' interest in learning, but also meet the needs of students' individual development, allowing students to gain more happiness in the process of football learning and training, thereby guiding students to truly fall in love with football learning, ensuring that every A student can give full play to their subjective initiative. With the continuous deepening of education reform, a brand-new football teaching concept has also been proposed, namely effective teaching. This concept is integrated into the football teaching process to ensure the main status of students in the process of knowledge learning, and at the same time to stimulate students' Learning interest and improving the level of football teaching are also of great significance.

2. Analysis of the main problems in the current situation of football teaching in colleges and universities

2.1. The football teaching model is lagging behind

Although the new curriculum reform has gradually penetrated into colleges and universities, it will still be constrained by traditional teaching models in physical education courses, which will lead to ineffective changes. Some P.E. teachers' football teaching thinking is relatively outdated, and they place too much emphasis on football skills teaching. They are used to performing demonstrations in the classroom or allowing students to perform repetitive training of football skills. In this way, even if everyone has the motivation to learn football, they often establish can't afford a good football learning attitude and emotions. Most college football teaching is mainly based on large classes, so teachers are usually the center, ignoring the main status of students. In the teaching process, teachers do not have enough time to give technical guidance to every student, which leads to college football. Teaching is

too routine to guarantee the effectiveness of classroom teaching. Some teachers' football teaching methods lack modernity. They mainly rely on traditional education for teaching and do not pay much attention to the teaching application of modern education technology. As a result, the football classroom teaching lacks new ideas, which is not conducive to the rich learning experience of students in the football classroom. Students gradually lose their due interest and enthusiasm for football courses.

2.2. Incomplete assessment system

Based on the current football assessment system of most colleges and universities, the technical indicators are still Volume 37 Hubei Sports Science and Technology Issue 4 is the focus of teacher assessment and evaluation, and they are usually directly related to the students' final grades. This makes it easy for college football teaching to have being biased, while emphasizing the goal of football technology teaching, it is easy to overlook the development of students' sports psychology and sportsmanship. At present, most college football teaching assessments are mainly based on technical indicators, and this assessment method will directly affect classroom teaching. The development of football teaching in colleges and universities is not only to let students understand football, know football, and be able to play football, but also to let everyone have a strong desire to participate in football. Football awareness and fitness habits form a lifelong sports awareness, so the football assessment index system of colleges and universities needs to be further improved. The football teaching assessment system of some colleges and universities places too much emphasis on quantitative standards and neglects the formative evaluation of students. These effects will reduce students' enthusiasm for participation. The result evaluation alone is not scientific enough, and it will adversely affect the maintenance of students' interest in football learning and self-confidence. Teachers also failed to guide students to conduct independent evaluation and management. Too much hard management will inevitably reduce students' happy experience.

2.3. Football teaching environment needs to be improved urgently

The practice of effective teaching requires the school to provide adequate protection in sports facilities, and to provide students with good football teaching and training venues, so that in the process of completing the basic goals of football teaching, it can better ensure that students are in the football class. Safe and happy experience. However, the professional football fields of some colleges and universities are not open to other students, so teachers and students can only practice on the playground, and students do not have enough space for independent learning after class. In addition, most colleges and universities require students to bring their own sports equipment such as jerseys, sneakers, and socks. However, due to their limited financial strength, many students often wear irregularly and unqualifiedly. Even some colleges and universities have a small football field, but several classes are taught at the same time. These deficiencies in the teaching environment will inevitably affect the students' sense of football experience.

3. College football teaching strategies under the effective teaching background

3.1. Analyze academic conditions and keep students motivated

College football teaching not only requires students to master basic football skills, but also needs to cultivate students' good football emotion and sportsmanship, so that students can participate in football learning activities internally, so that effective teaching can be truly realized. The principle of effective teaching is shown in Figure 1.

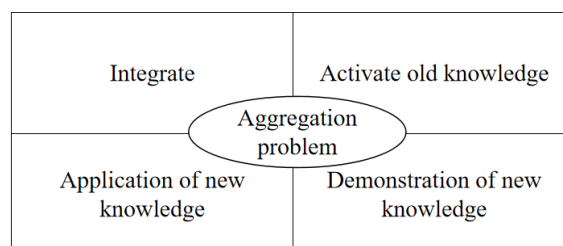


Figure 1. Principles of effective teaching

In football classrooms in colleges and universities, most students are interested in football, but this does not mean that students are interested in teachers' teaching methods and teaching content. Sometimes there is a situation where teachers' teaching content is out of touch with students' learning needs. Football educators in colleges and universities should carefully analyze the academic situation, accurately grasp the students' football foundation, ensure the pertinence of classroom teaching, and then design hierarchical and rich teaching plans so that students can have a happy emotional experience in the football classroom. Effective teaching applications can make students truly fall in love with football, establish positive emotions for active learning and training, and ensure that students can concentrate on learning and exert their individual initiative in the classroom.

3.2. Stimulate students' learning potential

The penetration of effective teaching can not only stimulate students' desire to participate in football games, but also cultivate students' various abilities, so that students can experience the value and charm of football spirit and culture, and create a good learning atmosphere in football classrooms. The focus of effective teaching is to make students happy in learning. Only in this way can students realize the transformation from passive learning to active learning, so as to give full play to their subjective initiative and actively participate in the process of football learning. The effective teaching optimization path is shown in Figure 2.

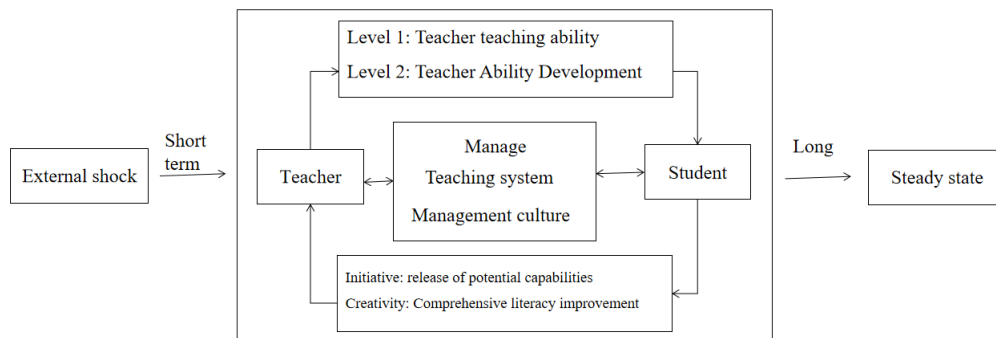


Figure 2. Effective teaching optimization path

The central teaching idea of effective teaching is happiness. If students feel happy in the learning of football, they will be guided to devote themselves to football, and they will actively participate in football propaganda activities to inspire students' football. Learning potential.

3.3. Promote student interaction

Football is a group sport. Whether it is students studying in class or independent activities and training outside of class, it will involve the interaction, communication and cooperation of football, which can make students realize the importance of teamwork. They can cooperate and communicate with each other to improve the comprehensive ability of students in all aspects. Relevant school personnel should have a comprehensive understanding of football teaching and use effective teaching in the formulation of teaching plans. When formulating a teaching plan, it is necessary to divide the class students into different levels based on the actual situation of the students, learning preferences and football foundation, and formulate teaching plans for students of different levels. In the process of football interaction and communication, there is not only competition and confrontation, but also collective cooperation, and most of them will be carried out outdoors. With the help of effective teaching teaching applications, students are more likely to form a sense of competition, collective cooperation and environment in football interaction. Adaptability. For example: students in the class can be distinguished by gender, and scientific and reasonable teaching goals can be set for the boys' group, and for girls with weaker football knowledge, it can be lowered on the basis of the boys' teaching goals and formulated according to the characteristics of girls Simpler teaching content.

4. Conclusions

Based on the current situation of college football teaching, the application of effective teaching in college football teaching is necessary and feasible. The application of effective teaching in football teaching in colleges and universities has important significance and value. It can not only mobilize students' subjective initiative and tap their potential, but also effectively improve the effect of classroom teaching, ensuring that students master solid basic football skills and form a good Football emotion and sportsmanship. College physical education teachers should face up to the current deficiencies in the teaching process, make timely reforms and innovations, integrate effective teaching into teaching, and make targeted teaching plans based on the actual situation of students, learning preferences and football foundations. At the same time It is necessary to create an active and joyful learning environment for students, use games to teach football, stimulate students' interest in football learning, and enable students to feel the joy of football learning in the game.

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