

# Research on the Application of Combined Training Method in Football Teaching in Colleges and Universities

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**ABSTRACT.** Physical education in colleges is no longer limited to basic sports teaching, and its teaching content is more targeted. With continuous updating and development of the concept of health education, physical education and teaching in colleges and universities have undergone tremendous changes. In physical education, the specificization of teaching content can effectively promote students' understanding and love of physical education. For example, in football teaching, students can be professionally trained in football skills through combined training and theoretical teaching, and students' learning thinking is not limited to traditional basic teaching. Combined training makes students' football skill be effectively improved. Therefore, this paper mainly analyzes the concept of combined training methods in football teaching and the current status of football teaching in colleges, and proposes corresponding countermeasures to effectively promote the development of football teaching.

**KEYWORDS:** College physical education, Football classroom, Combined training method, Application method

## 1. Introduction

With continuous improvement of the teaching level of colleges and universities, the direction of college physical education has also been reformed. In college physical education, teaching contents are mainly diversified teaching, improving comprehensive quality of students, and motivating sports potential of students. With the rise and development of football teaching in colleges and universities in China, traditional football teaching methods have been unable to meet the needs of contemporary students for football learning. And traditional football teaching methods have been gradually abandoned. With the continuous development of football teaching, teaching methods has changed. In modern education, the combined training of students can effectively improve their comprehensive quality, and promote development of teaching<sup>[1]</sup>.

## 2. Concept of Combined Training Methods in Football Teaching

The combined training method in football teaching is to improve the overall training efficiency of students and form a fixed teaching system for students with the use of diversified teaching modes. By applying combined training method in football teaching, the relevant teaching goals and rules can be clarified, and theoretical knowledge and football practical skills of students can be effectively improved. The use of combined training methods in football teaching can effectively promote students awareness of football. The theoretical teaching for football can improve students' learning of relevant rules, and enhance students' understanding of football from multiple perspectives by combining psychological education, tactical analysis, and physical fitness exercise, so that students can learn purposefully. Finally, football teaching can be optimized and improved<sup>[2]</sup>.

## 3. Existing Defects in the Training of Traditional Football Teaching Methods in Colleges

At present, there exist some problems in the training of traditional football teaching method in colleges and universities. For instance, students' comprehensive quality of football is low. Many football players in colleges come from all classes of the school, and their comprehensive quality is quite different. Many students are weak in the foundation when they participate in the training. Secondly, in football teaching in colleges and universities, students' training time is less. Many students have different training time because of different curriculum arrangement. In addition, many students don't understand football related knowledge, and there are differences in theoretical learning, rule learning and skill learning, resulting in increased difficulty in football teaching<sup>[3]</sup>.

#### **4. Countermeasures of Combined Training Method in Modern Football Teaching Mode in Colleges**

##### ***4.1 To Strengthen Physical Training of Students***

In modern football teaching mode in colleges, the combined training method should first strengthen the physical training of students. And in the teaching, it should mainly strengthen the training intensity of students and improve the load capacity of students by strengthening physical training and physique training of students. In traditional football teaching, the intensity of students in the long-term competition process is too high, because physical training and physique training of students are taught separately, which leads to excessive physical load and is not suitable for sports intensity. In order to improve the load ability of students, combined training is adopted in modern football teaching mode in colleges and universities. By strengthening physical fitness and physique of students, students' comprehensive ability can be effectively improved and the adaptability of students to training intensity can be improved. In addition, students' ball skills are relatively poor compared with professional athletes. In the training, the combination of non-ball training and ball training can effectively improve the effect of football training. For example, in teaching, through the combination of aerobic exercise and anaerobic exercise, different combination training methods are adopted according to different running positions of students. Students in the center-back, center-back, wing-back, and wing-back should complete 9 kilometers per training, while students in the front position need not only to carry out more than 9km long-distance running training, but also to complete the training of jumping, confrontation, and touch the ball. The combined training method can effectively strengthen physical training of students, so that different positions of players get targeted combined training <sup>[4]</sup>.

##### ***4.2 To Strengthen Technical Training of Students***

In the principle of adopting combined training method in modern football teaching mode in colleges and universities, a “gradual and progressive” teaching mode should be adopted. And students' ability to master relevant football skills should be improved by teaching and training students step by step and repeatedly practicing. In combined training, by the guidance and training of relevant football skills for students and the transition from single skill training to combined skill training in teaching, students' various skills can be improved. At the same time, when teaching football to students in colleges and universities, students' creative thinking and cognitive abilities should be combined to carry out simulation training for students and to improve their football skills through simulation games. The use of simulation games can improve the overall ability of students. In simulation games, students can comprehensively exercise their passing ability, non-confrontation practice efficiency, confrontation ability, running ability, and passing ability. Through simulation training, students' actual combat experience can be improved, as well as their football skills. For example, in the teaching, through the combined training method, students are allowed to pass the ball within a specified time and perform prescribed movement training to improve their ability to dribble and jog and dribble quickly. After the above actions are completed, students can pass and receive the ball, so that their ability of passing and receiving the ball can be exercised. In teaching, the use of combined training methods can enable students to make use of single skill comprehensively. In addition, through simulation games, offensive and defensive confrontation, students' tactical consciousness can be strengthened, and their football skills can be comprehensively improved <sup>[5]</sup>.

#### **5. Summary**

In summary, in football classroom teaching in colleges, the introduction of combined training methods can improve students' football skills and their enthusiasm for football learning by combining actual situation of students and integrating various teaching methods. However, in traditional football teaching methods in colleges and universities, the development of college football is not smooth due to the irregular composition of players, poor football literacy, scattered training time, and weak theoretical knowledge and skills of football students. The introduction of combined training method in teaching is helpful to strengthen physical training and technical training for students, improve their quality. In addition, students can organically conduct football training, which can make up for shortcomings of traditional football training methods and improve the overall strength of football teaching.

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