

The Investigation and Analysis of the Present Situation of High School Students in the Downtown Area of Ganzhou City

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ABSTRACT. *This article mainly USES the literature material method, mathematical statistics method, questionnaire investigation, logic analysis and other methods, the training of the students after school basketball training of ganzhou city downtown area form, situation, students' attitude of the coaches, athletes selecting method, hardware facilities and so on has carried on the investigation and analysis after school basketball training, hope I can from the results of the survey summarized in ganzhou city central city middle school students' extracurricular basketball training to carry out the present situation of and put forward Suggestions for the development of ganzhou city after school basketball training to provide a little help. The results show that the ganzhou city still more variety of rich extracurricular basketball training form, training methods varied, distinct, basic can satisfy the ganzhou city city center after school training in need; School team as an important part of middle school students' basketball after school training, each school team has a serious gap between the high level position unshakable school team a few high school, and the low level of school is difficult to development, led to carry out middle school students lack of competitive basketball game, at the same time, the number of the game is not much; Material need to be certain of the athletes improve; Coaches scientific training level should be improved; The participation enthusiasm and attitude of students need to continue to improve; The importance of each school is insufficient; Site equipment need maintenance updaten.*

KEYWORDS: *Middle school students, Basketball after school training, The present situation, The investigation and analysis*

1. Introduction

Nowadays, China's sports are at a stage of rapid development, and the state's construction of school sports is also increasing. At the same time, the state's status in secondary school students' extracurricular sports training in school sports is also rising, so the after-school training is also constantly developing. As one of the most popular after-school sports activities for middle school students, basketball sports

will inevitably make extracurricular basketball training occupy an important position in extracurricular training, and the degree of attention is also high. The popularity of extracurricular basketball training in middle schools is constantly improving and continuously improving.

Ganzhou City is a city with a vast territory and a large population. It must also have a large number of middle schools. What is the current situation of the basketball training for middle school students in the downtown area of Ganzhou? What is the attitude of students to participate in extracurricular basketball training? How does the coach treat extracurricular basketball training? What are the hardware facilities for middle school students in downtown Ganzhou to participate in extracurricular basketball training? What is the atmosphere of middle school students participating in extracurricular basketball training? These problems have important implications for the development of basketball training for the middle school students in the central city. Through the investigation and discussion of these problems, in order to promote the development of extracurricular basketball training for middle school students in the downtown area of Ganzhou, it also promotes the development of after-school training, promotes the effect of extracurricular basketball training, and improves the effect of extracurricular basketball training on students, schools, society and the country.

2. Current Situation of Basketball Training for Middle School Students in Downtown Area of Ganzhou

2.1 The Form of Basketball Training for Middle School Students in the Downtown Area of Ganzhou

After investigation and research, it was found that the basketball training forms of middle school students in Ganzhou City mainly include the middle school team, the college entrance examination sports team, the basketball training camp and a small number of students going to the amateur sports school for training. The middle school team is the most important form. Basically, each school has a traditional school team, which has certain advantages in the middle school. The middle school team is a middle school physical education teacher who acts as a coach to train and teach the school's basketball talents and specialties or enthusiasts, and represents the school to participate in various inter-school competitions. There are two main goals: First, to win the honor and reputation of the school in order to win the inter-school competition, and second, to train high-level basketball players in the university and to provide sports reserve talents for the country. However, due to teachers and various reasons, only a small number of students can enter competitive sports. The college entrance examination sports team is to improve the school's enrollment rate and help some students who are talented in sports to go to college. The basketball training camp is mainly for the purpose of profit, recruiting all kinds of students who are interested in learning basketball. The coaches are mainly basketball graduates from the University Sports Institute. The quality and teaching quality are different.

2.1.1 Basketball Training Time for Middle School Students in Downtown Area of Ganzhou

After investigation, it was found that the time spent on basketball training for middle school students in downtown Ganzhou was mainly for winter vacations or holidays, as well as during the morning and afternoon hours. During the class, the daily training is about three hours, training one hour in the morning and two hours in the afternoon. Holidays and winter and summer vacations are two hours of morning training for three hours in the morning, for a total of five hours. The time to not train for a holiday is only on important holidays. Training coherence is still relatively ok, and the State Education Commission's time management requirements for secondary school after-school training are 2 to 3 hours per day, so the training time during the class is still in line with the requirements of the State Education Commission, while the holiday training time is higher than the requirements. This aspect needs to be adjusted. In general, the arrangement of basketball training time is more appropriate and scientific. It is good for the effect of basketball training after school.

2.1.2 The Selection Method of Basketball Training Athletes for Middle School Students in the Downtown Area of Ganzhou

According to the survey and analysis, the selection method of the extracurricular basketball training athletes in the downtown area of Ganzhou can be viewed from two aspects. The first aspect is the school. The main way for schools to carry out extracurricular basketball training is school team training and physical education. First of all, there are two ways to select the school team. First: the school will specialize in organizing special enrollment methods, specializing in high-tech and high-quality students in basketball, and letting them join the school basketball school team. Second: The students of the whole school will be recruited to recruit basketball squad members, and the applicants will be assessed and recruited according to the assessment results. The way of training college students' training materials is to recruit and absorb students with certain sports talents and certain strengths in basketball, and then carry out systematic training. The second aspect is the basketball training camp. They are mainly based on profit. The selection requirements for basketball players are very low. There is no clear quality and physical requirements. All students are open to enrollment, as long as the students are interested in signing up for the parents. Recruit. In the school, the selection method of the extracurricular basketball training athletes is still very scientific and reasonable, and can choose the talents who love basketball. It has a favorable impact on the development of extracurricular basketball training. Basketball training camps only look at personal choices for athletes, not their physical fitness and basketball talent. Although it is beneficial to participate in extracurricular basketball training, it will lead to poor training and increased difficulty. The selection method of basketball training is still better to be improved, so that the extracurricular basketball training will be better.

2.2 Investigation on the Student Group of Extracurricular Basketball Training in the Downtown Area of Ganzhou

2.2.1 The Attendance Rate of Middle School Students Participating in Extracurricular Basketball Training in Downtown Area of Ganzhou

Attendance is the most obvious manifestation of the current situation of basketball training after school. The attendance rate of students participating in extracurricular basketball training can directly reflect the current status of extracurricular basketball training. Questionnaires were sent to 200 male students who participated in extracurricular basketball training in the downtown area of Ganzhou.

Table 1 Number of Participants in the City Center of Ganzhou for One Month of Participating in Extra-Curricular Basketball Training

Option	Number of people	Percentage
Missing training more than 15 times	0	0%
Missing training 10-15 times	3	2%
Missing training 5-10 times	21	10%
Missing training 1-5 times	68	34%
No shortage of training	108	54%

From the chart, we can clearly see that the attendance rate of middle school students participating in extracurricular basketball training in the downtown area of Ganzhou is still very high. 108 of the 200 students surveyed have not been absent for one month; 68 students also only 1-5 times of lack of training; only a small number of 21 people who missed 5-10 times, accounting for 10% of the total number; and only 10 people were missing more than 10 times. Therefore, we can conclude that the attendance rate of middle school students participating in extracurricular basketball training in the downtown area of Ganzhou is still very high, which also indicates that the extracurricular basketball training is also carried out quite well, but there is still room for improvement, which can be slightly More work is done on student attendance.

2.2.2 The Enthusiasm of Middle School Students in the Downtown Area of Ganzhou to Participate in Extracurricular Basketball Training

The enthusiasm of students to participate in extracurricular basketball training is an important factor in the current situation of basketball training after school. The higher the enthusiasm of the students, the better the training situation is, the better the training effect is, the enthusiasm of the students is insufficient, and even if the training is refused and the training is resisted, the training is only a kind, and can not be really achieved. The effect of basketball after-school training. Through a survey of extracurricular basketball training in the downtown area of Ganzhou, it was found that most of the students were enthusiastic when they participated in extracurricular basketball training. They were very hard at the training and actively participated in

the training. There is no hippie smile in training. However, there are also a small number of students who do not have sufficient enthusiasm during training. They feel exhausted and feel that they have been treated negatively. They are not seriously involved in the training. At the same time, some students are constantly training to chat with the surrounding students. Even playing and playing, do not take training seriously. This may be accompanied by this unexpected situation, causing adverse effects. When the coach arranged a break, most of the students were still dribbling, shooting, and doing some basic ball contact. This is a very good situation, and some students are resting. At the same time, through interviews with students, most of the participating students are very passionate about basketball after-school training. Every day, they expect extra-class basketball training, but there are also a few students who have fatigued their training. Some students even lost their extracurricular basketball training. Love, began to contradict the extracurricular basketball training. Through the investigation of students' enthusiasm for participating in extracurricular basketball training, it is found that most of the students who participated in the training are still enthusiastic about basketball training, and actively work hard to treat after-school basketball training. A few students do not take it seriously and do not want to participate in extracurricular basketball training. In this respect, I feel that the coach should communicate with the redundant students, encourage and educate them, and let them be in a positive state of mind, thus promoting the development of after-school basketball training.

2.2.3 Motivation of Middle School Students Participating in Extracurricular Basketball Training in Downtown Area of Ganzhou

A survey of 216 male students who participated in basketball after-school training in the middle school district of Ganzhou City was conducted. According to the results of the questionnaire survey, the motivation of middle school students in downtown Ganzhou to participate in extracurricular basketball training was obtained.

Table 2 Motivation of Middle School Students Participating in Extracurricular Basketball Training in the Central District of Ganzhou

Option	Number of people	Percentage
Entertainment	22	10%
Relieve stress	9	4%
Improve skills	45	20%
Make friends	13	5%
College entrance examination or basketball professional athlete	127	61%

From the results of the statistics, we can conclude that the vast majority of the 216 students surveyed in this study are for college or basketball professional athletes, a total of 127 people accounted for 61% of the surveyed; the next step is There are 45 students who improve their skills, accounting for 20%; the rest of them are for entertainment, for the sake of making friends and for relieving stress. It is not

difficult for us to draw a small conclusion: the motivation of middle school students in downtown Ganzhou to participate in extracurricular basketball training is still relatively good. Only a few students are escaping from learning for entertainment. This is still a relatively good phenomenon, and also shows after-school basketball. The status quo of training is still good.

2.3 Survey of the Group of Basketball Training Coaches in the Downtown Area of Ganzhou City

2.3.1 Trainer's Training Plan and Method

Coaches are the top priority of basketball training in secondary schools. A good coach is the gospel of the students, and a bad coach does not play a big role in the technical development of the students. Basketball coaches should be diligent in thinking and thinking, study hard about basketball rules, seriously investigate and research their opponents, carefully formulate game plans, training plans, and scientifically use training methods so that they can play an important role in basketball training. .

The coach's training program determines the extracurricular basketball training activities. After investigation, the basic coaches have a scientific training plan. They have different training plans for sports college entrance examinations, inter-school competitions, and high-level athletes. This indicates that the content of the coach's training program is still sufficient. These three items are also the most important after-school basketball training goals. In particular, the training program for high-level athletes and the training program for sports college entrance examinations are highly valued by the relevant education departments.

The coach's training method is to determine the effectiveness of each training. Scientific training methods can help improve the training effect and ensure good training results. Interviews with the extracurricular basketball training coaches in the middle school district of Ganzhou City found that the coaches' understanding of the training methods is mostly limited to the repetitive training method and the cyclic training method. Other training methods have no deep understanding, although this is also basic. To meet the after-school basketball training, but it is also necessary to deepen the understanding of other, to achieve a variety of training methods for different training, a variety of training methods to achieve training purposes and tasks. At the same time, in the investigation of the post-training recovery method, it was found that the coaches all use the training recovery method, and other methods such as psychological recovery, nutrition recovery, and physical therapy recovery are basically not used. This shows that the coaches use relatively few recovery methods and should improve the coach's ability to use recovery methods after training.

2.3.2 Coach's Input and Salary

With the development of mass sports, we can know that the development of sports in China is a long way to go. As the middle school basketball coaches in the downtown area of Ganzhou, they are also high school physical education teachers. This makes the coach's task very significant and very hard. Because the extracurricular basketball training is based on the majority of the spare time is the morning before and after the afternoon, and the holidays, is a very difficult job for the coach. After the investigation, it was found that the coaches have a passionate attitude towards the basketball training after school, and they are also dedicated to the extra-curricular basketball training. There is no special situation that will not happen late and leave early, and there will be no unreasonable training. In the training, he also maintained full enthusiasm. In the face of the difficulties encountered in the training, he also actively resolved not to back down, and strived to develop better and stronger basketball training after school. At the same time, while developing the technical skills of the participants, it also pays attention to the tactical, psychological and ideological and moral education of the participants.

Wages are also a significant factor influencing the coaching community. Questionnaire on the satisfaction of wages and treatment for 18 coaches to obtain the following data

Table 3 Satisfaction Degree Of Salary of the Middle School Basketball Coach in the Downtown Area of Zhangzhou

Option	Number of people	Percentage
satisfaction	3	17%
Basic satisfaction	5	28%
Generally satisfied	6	33%
Not satisfied	4	22%

After statistics, it can be found that only 45% of the coaches are satisfied with the salary, and 55% are not satisfied with the salary. From this we can conclude that most of the coaches are not satisfied with their salary, which is also due to the major tasks and fortunes. The issue of wages still needs to be improved.

2.3.3 Coach's Graduation School

The school where the coach graduated represents the education level and the depth of knowledge of a coach. The school where the trainer graduated is an important symbol of the coach. The investigation of the coach's graduation school is of great significance to our research team. After statistics on 18 coaches, the statistics

Table 4 Ganzhou Central City Middle School Basketball Coach Graduation School

Option	Number of people	Percentage
Sports secondary school	0	0%
Sports college	3	17%

Normal university sports discipline	9	50%
Professional sports university	6	33%

Looking at the form, we can easily find that half of the middle school basketball coaches in the downtown area of Ganzhou are graduated from the normal sports university with a high theoretical foundation and teaching skills. 33% of the coaches graduated from professional sports universities. They do not have high-level academic theories and teaching skills, as well as high-level basketball expertise and basketball skills. It has a very important influence on the basketball training with the middle school students. 17% of the coaches graduated from the Sports College. These coaches are older coaches who have been engaged in basketball training for decades and have sufficient teaching experience. This will make the extracurricular basketball training of middle school students in the downtown area of Ganzhou go further and further.

2.4 Survey of Secondary Schools in Downtown Area of Ganzhou

2.4.1 The Importance of the Secondary Schools to Extracurricular Basketball Training

Today, the weight of sports in education is increasing, and the importance of sports in various schools is also rising. After a survey of schools in downtown Chuzhou, the level of basketball training for these schools was an increasing form. As far as the school is concerned, the emphasis on extracurricular basketball training is still not particularly high. This has an adverse effect on the development of after-school basketball training. The secondary schools also pay more attention to the extracurricular basketball training.

2.4.2 Survey of Basketball Training Venues and Equipment in Various Secondary Schools

The venue and equipment are the basis of after-school basketball training. Without the venue and equipment, basketball training will not be carried out. After a visit to each middle school in the downtown area of Ganzhou, it was found that the secondary schools could be used for ample basketball training after school. The basketball hoops of each venue can be used normally, but the lines of some venues are already blurred, which is not conducive to extracurricular basketball training. The basketball in each middle school is also very much, and the quality is also in the middle class. It is more than enough for extracurricular basketball training.

2.4.3 The Situation of Extracurricular Basketball Matches in Downtown Area of Ganzhou

Competition is an important factor in promoting the development of extracurricular basketball training. If there is competition, there will be competition, and competition will have faster development. After investigation, it was found that the situation of extracurricular basketball games in the downtown area of Ganzhou

was not optimistic. The annual competition was only 1 or 2 times, and the inter-school competitions were also few. The private enterprises held more competitions than the schools. . Therefore, the number of matches between schools still needs to be increased in moderation, so as to stimulate the development of extracurricular basketball training.

3. Conclusions and Recommendations

3.1 Conclusion

Through the above investigation and analysis, it is found that there are questions about the extracurricular basketball training of middle school students in the downtown area of Ganzhou: the training time of extracurricular basketball training during the student holidays is not scientific; the attendance rate of extracurricular basketball training is higher but there is still room for improvement; some students are in training The enthusiasm and attitude are insufficient; the coaches' training methods and recovery methods are single; the coaches are not satisfied with the salary; the secondary schools pay different attention to the extracurricular basketball training; the number of matches between schools is insufficient; .

3.2 Recommendations

Comprehensive investigation and analysis of the current situation of basketball training for middle school students in the central area of Ganzhou, the following suggestions for existing problems

- (1) All secondary schools have increased their emphasis on extracurricular basketball training.
- (2) Scientific arrangement of training time for holidays
- (3) Scientifically formulate the time for extracurricular basketball training, try to carry out extracurricular basketball training without delaying the learning time.
- (4) Schools should increase their investment in extracurricular basketball training so that more talented students can participate.
- (5) Improve the salary and salary of the coaches, and let the coaches feel at ease to carry out the basketball training after school.
- (6) Appropriate increase in the number of matches between schools.
- (7) Site equipment should be replaced and repaired in time.
- (8) Educate some students who are not enthusiastic and not active during training, and correct the attitude of students participating in the training.
- (9) Strengthen the quality training of coaches, especially in the training methods and post-training methods

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