

Research on the Cultivation of Football Consciousness in colleges and universities football teaching

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ABSTRACT. *An excellent football player should have a strong football consciousness. In recent years, although football has been developing vigorously in colleges and universities in our country, many colleges and universities only pay attention to the teaching of football skills and tactics in the teaching practice, and neglect the cultivation of players' football consciousness. Taking contemporary college students as the research object, this paper first briefly expounds the basic knowledge of football consciousness, then clarifies the significance of cultivating the football consciousness of students in college football teaching, and finally puts forward the strategies of cultivating the football consciousness of students in college football teaching from the perspective of teaching practice.*

KEYWORDS: *Colleges and universities; Football; Football consciousness; The campus football*

1. Introduction

Football consciousness is the sum of all kinds of psychological activities in which individuals form a feeling, cognition and judgment on football. Whether it is professional football player, amateur football player or ordinary football learner, they all have football consciousness. Football consciousness is perceptual, which rises to rationality through individual thinking activities[1]. Individuals continuously accumulate football knowledge and experience in theoretical learning of football class, daily training and formal competition, so as to form a certain understanding of the rules of football activities in the brain, and then use this understanding to guide their own football activities or evaluate others' football activities.

In the football teaching in colleges and universities, the cultivation of students' football consciousness should be carried out throughout the whole process and all aspects of football teaching, which should be combined with football theory teaching, daily training and formal match, so as to let students practice and accumulate repeatedly. As football consciousness is an individual thinking activity, the cultivation of students' football consciousness is influenced by the development of students' learning, judgment, practice, imagination and strain ability. At the same

time, the external conditions, such as the training conditions and the competition environment, also have a certain impact on the development of students' football consciousness.

2. The Significance of Cultivating Students' Football Consciousness in the Football Teaching of Colleges and Universities

Football is known as the “world's first movement”. football plays a great role in promoting the healthy development of teenagers. In recent years, with the reform of college physical education and in-depth implementation of campus football, the football teaching of colleges and universities has also been booming. However, restricted by the long-term thought of exam-oriented education, football teaching in colleges and universities in our country still focuses on the teaching of football skills and tactics, and ignoring the cultivation of students' football consciousness.

Football has the characteristics of antagonism and competition. In football teaching, many students mistakenly believe that as long as they learn football skills and tactics, they can improve their competitive level. However, football technique and tactics must be endowed with football consciousness in order to play a great effect [2]. In football games, if students only have skilled football skills and tactics, but cannot accurately and timely judge the changes of the game and the structure of the action, they will not win. In football study, if football skills and tactics are the basic qualities that students must master, football consciousness is the basic thought that students must have. No matter the students with elementary football level, or students with the advanced football level, the coaches should attach importance to cultivate their football consciousness and train their football technique and tactics synchronously.

3. Strategies for Cultivating Students' Football Consciousness in College Football Teaching

3.1 Strengthen the Theoretical Education of Football Consciousness

In the teaching of football in colleges and universities, the coaches should combine the teaching with the psychological theory to strengthen the theoretical education of football consciousness, so as to make the students deeply realize the importance of football consciousness to the improvement of their football sports level and competitive level. During the period of teaching, the coaches should play the football game video to the students with the help of multimedia and video recorder, and analyze the football consciousness of the players [3]. Based on the current situation that the football teaching materials in colleges and universities lay too much emphasis on the knowledge of football skills and tactics, and ignore the knowledge of football consciousness, colleges and universities should organize physical teachers and football coaches to actively develop materials for the cultivation of football consciousness, they may also invite experts in football

education, professional football coaches or players to assist in formulating programs for cultivating students' football awareness.

3.2 Integrate the Football Consciousness Training into the Football Technique and Tactics Teaching

The play of football consciousness is based on solid and skilled football skills and tactics, football consciousness cultivation cannot play any effective role without football skills and tactics. In the teaching of colleges and universities football, the cultivation of students' football consciousness should be integrated into the training of students' football skills and tactics. Football skills and tactics have a rich content, students need a relatively long process to master all these skills and tactics. In this process, the coaches needs to explain and demonstrate various offensive and defensive tactics to the students, so that they can gradually develop the correct football awareness through continuous practice. During the teaching period, the coaches should regularly test the students' skills and tactics, and timely put forward suggestions for students to correct, so as to prevent students from forming a thinking pattern [4]. In addition, the coaches should train the abilities of students' self-evaluation and mutual evaluation, so that they can conduct self-evaluation and mutual evaluation on their own skills and tactics after each training, then they can have a more timely and comprehensive understanding of their own shortcomings, and find the rules of football.

3.3 Football Match Are an Important Method to Develop Students' Football Consciousness

Football match is an effective method to cultivate students' football consciousness. Besides making students compete in groups in class teaching, the coaches also has to hold competitions between classes and grades within the school with the support of school leaders. In addition, the school football club should lead the students to participate in the city (county), provincial and even national match. Match plays a significant role in the cultivation of football talents in colleges and universities, football consciousness is not only the cultivation of students' technical and tactical consciousness, but also an important embodiment in the cultivation of students' reasonable use of technical ability in formal match. The coaches should take the football match be an important means to develop the students' football consciousness, compared with the boring explanation and demonstration, the match can stimulate students' enthusiasm to participate. In the game, students can gradually sum up the rules of football by changing the rhythm of attack and defense, passing the ball, tactical timing, shifting the attack, and line breaking. In the game, students can gradually sum up the rules of football by the changing rhythm of attack and defense, passing the ball, tactical timing, shifting the attack, and line breaking, so as to form a football consciousness.

3.4 Strengthen Students' Thinking Training

Football consciousness is an individual thinking activity. In football teaching of colleges and universities, the coaches should train the students' ability to think, ask questions, discuss, explore and innovate. The coaches also should encourage the students to actively involved in the development of the training plan and to make suggestions on the training plan. In addition, coaches should encourage students to explore football knowledge (such as new tactics) beyond the textbooks and use it in football training [5]. During the training, the coach should organize some thinking exercises such as test questions and physical games to activate students' thinking, which can not only improve their thinking level, but also effectively relieve their psychological pressure and emotional tension caused by long-term training. According to the characteristics of football and the requirements of the game, the coach's thinking training should focus on improving students' intuitive thinking, imaginative thinking and innovative thinking.

4. Conclusion

Football plays a significant role in promoting the healthy development of college students. At present, football teaching in colleges and universities in our country lays too much emphasis on the teaching of football skills and tactics and ignores the cultivation of football consciousness, which affects the overall quality of football teaching. Therefore, football teaching in colleges and universities should attach importance to the cultivation of students' consciousness. In the practice of football teaching, the coaches should strengthen the theoretical education of football consciousness and arouse students' attention to the cultivation of football consciousness, football should be throughout the whole process and aspects of students' football skills and tactics training, and football matches should be regarded as an effective method to cultivate students' football consciousness.

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