

# Discussion of Effective Teaching Method of Backcourt High-Range Batting Technique on Badminton Teaching in Colleges and Universities

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**ABSTRACT.** *With the improvement of people's living standard, badminton has attracted more and more people's attention for being a common sport in people's daily life. In recent years, with the development of competitive badminton in China, more and more colleges and universities participate in the training process of badminton professionals, how to improve the effectiveness of badminton teaching in colleges and universities has become one of the main problems that bother the badminton educators in colleges and universities. Therefore, this article focus on discussing of backcourt high-range batting technique on badminton teaching in colleges and universities, to discuss and improve effective methods of technical teaching, hoping that can help badminton teaching in colleges and universities in the future.*

**KEYWORDS:** *Teaching in Colleges and Universities, Badminton Teaching, Backcourt High-Range Batting, Batting Technique*

## 1.Introduction

As Lindan stands on the podium of the World Badminton Championships once again, people pays more attention to badminton, and badminton gets more attention and love from people for being sport

with strong technicality, speed type changing and multi-directional[1]. At the same time, with the expansion of education scope in colleges and universities, badminton education in colleges and universities has been an important part of actual university education link that can not be ignored. Combined with the previous badminton education in colleges and universities, comprehensive badminton education not only asks students to grasp the common backcourt batting skill, but also requires them to improve interests in sports through systematic badminton learning [2]. Thus, how to change the previous badminton teaching dilemma in colleges and universities, turning "make me to learn" to "I want to learn" becomes

the key points and difficulties in current badminton education study course in colleges and universities.

## **2.Chapter One Research Background, Objects and Research Methods**

### ***2.1Research Background***

Backcourt batting skill is one of the most important technical projects in practical badminton education in colleges and universities, common backcourt batting techniques include not only the backcourt high-range ball, but also the backcourt hanging ball, killing ball and so on[3]. Among them, the backcourt high-range ball is one of the common items in the actual badminton games, the backcourt high-range ball is a kind of batting skill refers to the ball movement arc finally presents around the bottom line in the other side's backcourt.

### ***2.2 Research Objects***

In order to study effective teaching methods of backcourt batting skill in badminton education in colleges and universities, I chose 100 students totally who take a badminton course in grade 18 and grade 19, hoping to explore effective teaching method which is suitable for backcourt batting skill in badminton education in colleges and universities.

### ***2.3 Research Methods***

In the research of this problem, I use two models of consulting data and statistical analysis to consider the collected students' data, and get the following results by one-term's badminton teaching practice in colleges and universities.

## **3.Chapter Two Present situation, Results and Analysis of Backcourt High-Range Batting Skill During Badminton Education in Colleges and Universities Currently**

### ***3.1 Present situation of Backcourt High-Range Batting Skill During Badminton Education in Colleges and Universities Currently***

Through the passing badminton research projects, we can find that the reasonable appliance of backcourt high-range batting skill can not only efficiently help the badminton players control the rhythm of race, but also can achieve the maximum degree of pressing the other side at the same time, so that which can help players win the game, therefore, the backcourt batting skill during the practical course of playing badminton becomes the very important basic components of practical badminton teaching in colleges and universities[4].Throughout the past

badminton teaching in colleges and universities, though teachers have carried out very systematic badminton teaching in colleges and universities, during the actual practising, a large part of students still make mistakes while practising the backcourt high-range batting, according to the observation and statistics of 100 students of the research goal, we can find that most of the problems are concentrated in the following aspects:

Firstly, it's a problem in the grip. According to statistics, among the 100 students of research goal, about 85 people, 85 percent of the total research goal, failed in the backcourt high-range batting because of the wrong gripping, this means that most people in the actual batting process have the problem of nonstandard grip. This problem can not only affect the students' control of racket power, but also can limit their control of racket direction, which leads to an unpredictable error in subsequent shots [5].

Secondly, it's a problem in the batting. According to the study of badminton, it is found that if we want to achieve the expected effect of the backcourt high-range batting, we ought to make relevant preparations of batting before hitting the ball. On the one hand, both feet should be opened with the shoulder width, to ensure that the front foot are in the ground, while the knees bent slightly to facilitate the subsequent force [6]; on the other hand, in the preparation of batting, making the way to take a forehand grip, get the racket in front of the chest, and make eyes to see the direction of the ball, so as to ensure timely response in the ball movement state [7]. Though the basic batting action has been explained, through the survey can be found that more than 40 percent students changed movements of catching the ball consciously or unconsciously when facing the ball, which affect the effect of subsequent batting. At the same time, during the batting, many students take the original habit of playing badminton through waist force. This method can achieve impact effect to some extent, compared with the way of batting with whole-body force, which still has some problems and limits the effects of students' classroom teaching.

Thirdly, it's a problem in implementing control. For badminton teaching in colleges and universities, students' control of the falling points is the key and difficult point in the teaching of practical batting techniques. More than 60 percent of the students have the problem of poor control of the falling points. Through the study of the actual situation, it can be found that the main factors cause the students' inaccurate control of the falling points are their poor sense of the ball and the inability to predict the running route of the ball by hitting the ball comprehensively. At the same time, slow motion is also one of the main factors causing students' poor control of the falling points.

### ***3.2 Research Process, Results and Analysis***

In order to transform the existing problems in the backcourt high-range batting technique of badminton teaching in colleges and universities and improve practical teaching effects. According to their comprehensive quality level, the 100 students of research goal are divided to two groups with the same ability, the experimental

group and the comparison group, choosing different teaching modes of batting technique to teach, and test students' batting technique of the two groups with the same method after one semester, and their testing results are as followings:

Firstly, for the comparison group, I chose the traditional way of badminton education in colleges and universities to carry out badminton teaching in colleges of one group. The teaching of this part of students' batting skills is carried out only through explanation, teacher demonstration and repeated training. After a semester, though the importance of the back-court batting skill has been taught systematically, many students still can not apply this skill to the practical process of sports.

Secondly, for the experimental group, when applying the traditional badminton teaching mode in colleges and universities, the author combines the innovative thinking and mode into the educational link of this part of students' backcourt high-range batting technique. On one hand, WeChat course of backcourt high-range batting technique has been designed for students, and teachers take targeted guidance according to their results of thinking and lead them to carry out learning of batting skill. On the other hand, for the experimental group, teachers organized a variety of batting skills evaluation, display activities, attracting more students to actively participate in the study of the batting technology, and the continuous process. After a semester, it can be found through testing students' batting skill, students' batting skill has been improved significantly. Therefore, it can be considered that the transformation of the traditional badminton teaching method can improve the effectiveness of backcourt high-range batting technology of badminton teaching in colleges and universities to a certain extent. At the same time, through the study of the two above group students, I think there are probably some deficiencies in this measure, it can also be applied to the actual teaching links, so as to obtain the improvement of the actual teaching effect.

#### **4.Chapter Three Suggestions of Improving Backcourt High-Range Batting Technique on Badminton Teaching in Colleges and Universities**

Through the above research, it can be found that it's quite normal for students to make mistakes when practising the backcourt high-range batting in the practical badminton teaching link in colleges and universities. The reason of this problem is not only the misunderstanding of the students' understanding and perception of the batting technique taught by the teachers, but also the insufficient training intensity of the practical college badminton teaching for a particular batting technique. In this context, if we want to improve the effectiveness of the practical teaching, we can start with the interest of the students to participate in the college badminton teaching, and guide the students to participate more automatically and consciously in the practical learning process, so that they can integrate their own ideas into the practice of batting in the middle of the operation, constructing the backcourt high-range ball batting technique with its own characteristics.

Secondly, teachers in the actual teaching process should also focus on the needs of students themselves, communicate with students actively, understand their lack of

understanding in the process of sports, and then help them to solve the problem, so as to achieve a high level of students' ability in the back field. For example, in this link, teachers can organize students to carry out multi-type exercises according to students' actual situation, and find their own shortcomings in the exercises, so as to improve them and achieve the goal of improving the effectiveness of badminton teaching in colleges and universities.

Thirdly, teachers should actively integrate modern technology into the actual teaching link of backcourt high-range batting technology, fully use the advantages brought by multimedia technology to the development of badminton classroom in colleges and universities, and help students to familiarize themselves with the key movements in the backcourt high-range ball batting process by repeatedly playing multimedia demonstration courseware, solve the disadvantages of artificial demonstration such as noise and boredom in the original curriculum, to improve the students' mastery of technology, and to reduce the intensity of teachers' teaching.

## **5. Conclusion**

In summary, with the development of the times, badminton teaching in colleges and universities is an important component that can not be ignored in the construction of college education system in the future. How to improve the educational effect of the basic content of high-range batting technology in the backcourt of badminton teaching has become the focus of attention. Combined with the above teaching research, this paper holds that the way of improving students' enthusiasm, enhancing communication with students and integrating modern technology into the actual teaching process of badminton in colleges and universities can improve the teaching effectiveness to a certain extent, and lay the foundation for the subsequent development of badminton teaching in colleges and universities.

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