

# Measures to Strengthen Students' Physical Fitness Training in College Football Teaching

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**ABSTRACT.** *With China's football undertakings in full swing, football has also become an optional ball sport in college sports. Although China's football is not dominant compared to other sports, football is still very important, and China will never give up football. As a popular sport, football plays a very important role in many ball games. Colleges and universities also pay more attention to the development of football courses, and strictly require and pay attention to the physical training of football. This article puts forward suggestions on the physical training measures for students in college football teaching.*

**KEYWORDS:** *College football, Strengthen student' physical fitness, Measures*

## 1. Introduction

Faced with the fact that Chinese football is not dominant in world football matches, the national education department has put forward the requirement to add football courses to senior high school sports elective courses, and attaches great importance to this. University study is relatively less stressful, and college football is concentrated. Training is mainly in freshman and sophomore, most of the boys choose football. Football has high requirements on the physical fitness of the players. College students are in the best period of development. Through physical exercise, they can not only exercise their physique, but also lay a good foundation for their football physical training.

## 3. The Status Quo of College Football Education

Due to the stagnant football industry in our country, although football is getting more and more attention, the educational resources of football are not advanced. Teachers do not pay enough attention to the students' physical fitness training when they educate students. Some athletes can't keep up with the pace of the arena, and can hurt the athletes. On the other hand, although the country attaches great importance to the education of football, some departments will not implement the funds that should be used for football training, resulting in insufficient funding for football education and lack of hardware and software. The most important thing is teacher resources. The country attaches great importance to football, but the school has not been equipped with corresponding professional teachers, resulting in students' football training not meeting the standards at all, and the training is not in place. Football requires not only physical fitness and skills, but also teamwork, so it is difficult for a non-professional football coach to educate students. University is a very important period in the life of every student, the physical health of college students is better than everything. Life is only once, if students' physical problems occur due to improper physical training, both the school and the teachers can hardly blame them. Therefore, college football education is still at a relatively low level. Schools should pay enough attention to it. Football is an important part of sports. It should be treated as a professional sports course to allocate educational resources and hire professional teachers to specialize in the education of students' football and put the safety of students first.

## 3. Importance of Strengthening Students' Physical Fitness Training in College Football Teaching

There is a total of 90 minutes for a football soccer game, with 45 minutes each in the first and second half. There is a break in the middle of the second half. In the forty-five minutes of half-time football, athletes have to sprint and jog to complete the game. Therefore, in daily training, athletes' physical fitness training has become a top priority. Athlete's physical strength is directly related to the winning or losing of the game. Training with good physical fitness can make the athlete more capable during the game. Physical strength supports the athletes to be more active in the field during the competition. To win the competition, the athletes need to complete

standard skills with good physical support. If the athletes cannot keep up with the endurance when the competition is halfway through, then not only the athletes may be injured, but the game may fail as a result. Therefore, in the daily physical fitness training of colleges and universities, teachers should be stricter and more careful to supervise and require students to try to implement every training content on the premise of protecting themselves. Only with the cooperation of teachers and students can we achieve the best results in the time with other teams. People say that friendship is first and competition is second, but competition is used to compete. The so-called soldiers who do not want to be generals are not good soldiers, the reason is the same with athletes who do not want to win the game are not good athletes. Teachers should provide students with the correct ideological education when cultivating students so that they understand the importance of physical training. Football is a hobby and an interest that we can like, but we must be responsible for our own life safety. Most families today only have one child. If a leg is broken or the brain falls during a game, it is not a single person, but a family. If the game falls, the usual correct physical training strengthens their physiques, and they may just stumble a bit, but if they usually do not train well and are weak, then a fall of the same degree may be a fracture or even more serious. Therefore, students must also pay enough attention to it. Physical training is vital and the basis of football. This is both responsible to the family and to the teacher.

#### **4. Measures Taken in Physical Fitness Training of College Football**

##### ***4.1 Running Training and Its Standard Requirements***

Many people run for fitness, so apart from the length of time and basic running posture, nothing else is too demanding. But for football players, the most thing they do in the game besides passing is running, so the training for running is very strict. The first is the problem of running posture. When running, pay attention to arms as close to the waist as possible. Try not to shrug your shoulders, relax your upper body, and don't shake your body too much. This is to allow students to be relaxed when they play football. Secondly, after training the students to run around the playground, train the students to run left and right. It is required for a limited time to exercise the students' shift speed. Only faster shifts can surprise them on the playing field and avoid being caught by opponents. In addition, running in football also tests endurance, and coaches should pay special attention to endurance training for students during training, such as long-distance running such as three-kilometer running, five-kilometer running, and five-kilometer weight running. At the same time, sprint events should be added to assist, and some 50-meter or 100-meter sprint runs will be set up to train athletes' speed. The last thing to train is obstacle running. Obstacle running is to practice whether our team members can pass smoothly if there are opponents blocking. This is an important training program. In summary, both sprint and long-distance running are very beneficial to athletes. After physical training, athletes will be more comfortable on the field and will try to avoid their own physical damage caused by insufficient endurance. Many families have only child today. Once a child has a problem, it is not only a personal problem, but also a burden on the family, so the athletes must pay special attention to safety and avoid physical injuries.

##### ***4.2 Leg Ball Control Training and Its Standard Requirements***

In addition to running, the most important thing is to control the ball in the legs. Good endurance alone is not enough to play good football. Only with good endurance and good ball control can we become a football player better. In this aspect of training, athletes should first train their left and right feet to change the ball, then change from their left and right feet back and forth, so as to exercise their basic ball control ability. Second, exercise athletes kick the ball while running around the playground, which can train people and the ball's familiarity. Then you need to train the team to pass the ball with each other. The players kick in pairs first, wait until the two are familiar with the training, and then carry out the training of passing each other between the teams to facilitate the team's tacit understanding in the game. The last thing to train is the skill of the team. The player not only requires his own proficiency in ball control, but also has a tacit understanding with the other players. When the opponent has an eye and an action, you need to know who he wants to pass the ball to. This takes time to practice and trains his basics. Only then can we show our value in the team. This reflects the importance of physical training. Physical training as the basis is an important part of supporting athletes to compete. Therefore, athletes should pay attention to physical training and take it seriously in ordinary training.

##### ***4.3 Technical Training on Physical Fitness Training***

After completing the physical training, we must pay attention to the improvement of skills. Only a solid

foundation and excellent skills can surprisingly win the game. Every team member is part of the team, so whether it is for yourself or the entire team, you should seriously train your skills. The technique here refers to the ability to use the side for ball transfers, long-range passes to teammates, etc. when the opponents block themselves. The coach should use the repetitive training method during the training, and repeat the training during each skill training. As the saying goes, practice makes perfect. Only in this way can the athlete remember every action and every skill.

### **5. Teacher Recruitment Requirements and Training**

For teachers, colleges and universities should detect teachers when recruiting. Teachers must have a certificate of graduation from the Institute of Physical Education. They must be at least a graduate of a university. They must formally lead the team after accumulating experience in a certain internship. In addition to educating students, they have excellent morals. Finally, for teachers who have passed interviews, they should not be taken lightly. They must regularly teach or regularly report on ideas, and strictly monitor the quality of teachers' teaching. Colleges and universities need to invest appropriate funds to support teachers' professional training, which can be carried out through lectures or on-site instruction and other learning methods, so that coaches can better manage students.

### **6. Conclusion**

Some college football training is carried out as an interest and some as a professional. But no matter what, you must know that the foundation is the most fundamental. Only by laying a good foundation can you be more skillful in future training. No matter what type, you must understand that there are some things you can't do, but you must do your best to do them. The importance of physical training to football training is self-evident. Colleges and universities should strictly supervise the coaches' physical training to ensure the basic safety of students.

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