

The idea and thought of college basketball teaching reform based on game teaching method

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ABSTRACT. *College basketball teaching aims to train college students' "one skill and comprehensive quality" and realize the "leap" in the organization ability, innovation ability and professional ability of college students. Professional basketball as a sport, through easy and pleasant game teaching, can effectively mobilize college students to participate in teaching enthusiasm, initiative, to ensure that they master basketball skills more quickly. Based on this, this paper discusses the application of game teaching method in college basketball teaching in order to enhance the professional ability of college students.*

KEYWORDS: *Game Teaching Method; College Basketball; Teaching Reform*

1. Introduction

The introduction of game teaching method in college basketball teaching can combine it with basketball training, further enlarge the fun and competitiveness of the game itself, make the teaching atmosphere of basketball teaching more good, but also let students experience the joy and essence of basketball, thus deepening the interest in basketball [1].

2. The meaning of the implementation of game-oriented teaching in collegebasketball courses

2.1. The Meaning of Basketball Game Teaching

The use of game teaching method in basketball teaching is actually in the course of teaching with students to do basketball games, and basketball game refers to the university in the course of teaching basketball courses, teachers want to further improve students' interest in basketball and basketball-related skills and other related basketball games, students in the whole process of training and playing under the guidance of teachers. This is the development of the times under a new teaching model, basketball game is conducive to coaching the whole activity of basketball teaching. At present, many universities in Our country have introduced the game teaching method in basketball teaching, and have achieved relatively good results [2].

2.2. Features of basketball game teaching

The characteristics of basketball game teaching method are mainly four points: concentration, competition, fun and adaptability, in which concentration refers to the teaching process, basketball game compared with the traditional sense of sports games, it can greatly enhance the ability of students to unite and collaborate and collective awareness to cultivate, and constantly enhance the collective sense of honor of students; Students in the basketball game through the relevant competition content competition, to a certain extent to enhance students' sense of competition, so that students can have a positive psychology and thinking, exercise their perseverance spirit, because traditional sports games in physical education has occupied a long time, so they have been difficult to let students to raise interest, and basketball games fresh and exciting can effectively allow students to meet the pursuit of new things, so as to enhance students' interest in basketball learning, In order to quickly grasp the relevant skills of basketball, according to the relevant research, there are still some universities by external factors, such as the venue environment or sports equipment, so that students' needs for basketball learning are hindered, and basketball games will not have higher venues and equipment requirements, it can be anywhere to carry out sports, teachers can be based on the actual teaching situation to change it, with a strong

adaptability [3].

3. The significance of the implementation of game-oriented teaching in college basketball courses

3.1. Cultivate students' healthy psychology because the psychology of college students is already mature

Stage, they gradually began to have their own unique ideas, as well as the ability to recognize new things, so in basketball teaching, the introduction of game teaching methods, can allow teachers according to the specific situation of students and personality to develop scientific teaching games, so as to enhance students' interest in basketball learning, and sports games itself has positive energy, so students can improve their interest in sports can be healthy students to develop the psychology of students, but also to enable students in the process of basketball game to continuously enhance physical exercise, Let students' health become sharper [4].

3.2. Strengthen communication and communication between teachers and students

In the teaching of basketball games, not only can strengthen the communication between students, but also strengthen the communication and communication between teachers and students, so that teachers and students in the course of the game to deepen mutual understanding, help teachers to develop more targeted game programs, and further promote students to get better teaching. It can also strengthen the ability of group collaboration among students, so that the students can meet the requirements of talents under the development of the times, and further promote the continuous development of our society and realize the goal of sustainable development of our country [5].

3.3. The implementation of game-oriented teaching in basketball courses is the embodiment of the spiritual personality of college students in pre-school education

A sound spiritual personality is an important part of early childhood education. In the game teaching, not only enhance the students' ability in all aspects, but also be extremely beneficial to the shaping of their sound spiritual personality. Through basketball game-oriented teaching, in addition to stimulating students' interest, participation, in order to complete the goal of game teaching, students must have team awareness, firm willpower, good synergy and other aspects of the spiritual character, the establishment of these spiritual personality, for the cultivation of early childhood education responsibility and strengthen the spirit of guidance is very helpful. In this regard, basketball game teaching should improve the students' perfect personality as an important training goal, so that students truly become high-quality, application-oriented, skill-based talents [6].

For college students, "good job, good employment, good employment" is the fundamental goal of their study, and to achieve this goal, we must have a solid pre-school children's educational and teaching ability. From the growth characteristics of preschool children, it is required that the curriculum they learn has a strong novelty, attraction and interaction, only in this way, in order to arouse the effective attention of young children, enhance their interest, otherwise, it will lead to the opposite effect. In this regard, the implementation of game-based teaching in basketball teaching will guide college students to recognize and understand the basic rules of game-based teaching, and cultivate their organizational ability and innovation ability to carry out game-based teaching, so that it can better carry out game teaching in the future early childhood education, and protect the development of their professional ability [7].

4. The principle of game-based teaching in college basketball curriculum

4.1. Adapted to the characteristics of students' growth into talents

From the characteristics of the growth of students in vocational colleges, most do not like the "duck-filling" and "indoctrination" preaching, but the more practical courses are "unique". This is why vocational education curriculum adopts the teaching model of "practical integration" and "engineering integration". For basketball courses, we should not only pay attention to the teaching of theoretical knowledge, but should start from the characteristics of the growth of students in vocational colleges, the use of game-based teaching mode, in order to activate students' interest and motivation to participate in the classroom, so that students can play their strengths and help improve the quality of teaching [8].

4.2. Relative to the teaching content

Basketball game teaching can not be just for the active classroom teaching atmosphere, not for the game and play, but in the course of the game to embed a variety of ability elements, including sports skills, organizational ability, innovation ability, collaboration, and so on, this is the specific goal of basketball curriculum teaching, only then, is a targeted teaching. For example: in order to improve students' ability to speed up running, teachers can design the game of dribbling relay running, in the form of a group, to assess each group's dribbling relay running speed, not only to create a relaxed and pleasant teaching atmosphere, but also to achieve the teaching objectives [9].

4.3. Inline with the student's actual learning

Basketball majors are not strong in their basketball curriculum teaching, and they do not want to emphasize the experience of "happy basketball" for the constraints of basketball rules. Then, in the design of basketball teaching, teachers should take full account of learning, the "student learning needs" as the starting point and landing point of game-oriented teaching. When making game choices, focusing on the students' real lives and future careers can make them more acceptable and more engaged. It can be seen that the teaching of basketball courses in pre-school education must take learning as an important reference index to promote the life and practicalization of game-oriented teaching [10].

5. College basketball courses to implement the strategy of game-based teaching

5.1. Training for skill games

There are many techniques for basketball throughout basketball, such as dunking, shooting, three-pointers, etc. In the general teaching model, teachers are often first demonstrated - some basketball skills are shown to students to watch, and then students are The main training and exploration, the whole teaching process is more boring, there is no one-set interest to stimulate students' interest. Therefore, students in the process of basketball teaching may be low learning enthusiasm and other phenomena, further affecting the whole teaching efficiency. In basketball teaching, the introduction of game teaching method, can enable teachers to effectively according to the characteristics and skills of basketball, design Out of the relevant games for training, fresh teaching methods and methods can not only effectively mobilize students' enthusiasm for learning, It also allows students to continuously enhance their basketball skills during the game. For example, teachers can work out different skill learning stages according to basketball skills, and then a simple test for students, and then according to the actual situation of students grouped, the strength of the relatively poor can be compared to the basic skills of game training, and the strength of the stronger can be conducted in-depth skills training, through training after the teacher's overall mastery of students to assess the overall situation, excellent results can enter the next echelon, in order to improve students' competitive awareness, but also to improve students' enthusiasm for learning.

5.2. Game training for pitching

In the course of basketball, some of the points obtained through free throws can not be ignored, so teachers can also make some pitching training for students, so that students contact fixed-point shooting, thereby enhancing the probability of students fixed-point shooting. So teachers can work out relatively interesting pitching training according to the relevant content, such as the students divided into several groups, let them in the prescribed time to make the most fixed-point pitching, or specify the number of fixed-point pitches, see which group spend the least amount of time, so that not only can enhance the students' fixed-point shooting ability to a certain extent, but also to a certain extent to improve the competitiveness of students and the ability to work together, really make students become the main body in the classroom, To promote the comprehensive development of students.

5.3. Organized game training for students after a more intense basketball game

Their bodies and spirits are in a period of high tension, during which teachers should organize some organized games to relax the muscles and spirit of the students in order to return to normal. For example, teachers can arrange some relatively simple pass or racket and other games, let students between the positive interaction and entertainment, fully feel the entertainment of basketball teaching class, not only to a certain

extent to enhance the students' sense of the ball, but also let students in a high degree of intense training after full relaxation, so that the entire basketball teaching classroom can do relax, so as to increase the quality of teaching and effectiveness of basketball teaching classes, and ultimately achieve the goal of teaching.

5.4. Focus on pre-class warm-up activity game embedding

Basketball as a high-intensity confrontational sports, pre-class warm-up is essential, can effectively avoid the process of muscle injury, teachers from the perspective of student health, and actively guide students to carry out pre-class warm-up activities, however, such as chest expansion, body rotation, abdominal back exercise, arm-boosting and other mechanical pre-class warm-up action difficult to arouse students' attention and enthusiasm. In this regard, teachers can integrate the game teaching method into pre-class warm-up activities to enhance students' interest. In the actual pre-class warm-up link, the author according to the characteristics of students, innovative pull-net fishing, track running, queue exercises, finger parts and other warm-up games, students are immediately attracted by novel game content, focus on pre-class warm-up, the physical condition will be adjusted to the best pre-exercise state, for basketball course teaching has laid a good body foundation

5.5. Clever use of games to inject classroom instruction

Basketball teaching is mainly to train students' basketball skills and stimulate the development of other aspects of ability. Data show that basketball skills upgrade is extremely boring and difficult. In order to master a standard shooting action, students must carry out thousands of repetitive exercises, not only to consume physical fitness, but also to kill students' interest in learning. In this regard, the introduction of game teaching in classroom teaching can effectively improve the classroom teaching ecology, so that classroom teaching has become dynamic. For example: in the shooting skills training, the implementation of fancy shooting game or shooting game, strengthen the students' sense of competition and shooting practice focus, so that boring shooting training become sorceable, so that students can take the competitive mentality to practice, in the grasp of shooting skills at the same time, access to a relaxed and pleasant teaching experience, so that the shooting level has been effectively improved. Based on the development needs of basketball career, training students' professional ability of physical education teaching objectives, need to run through the whole process of basketball teaching game teaching mode, a class teaching time of 90 minutes, at the end of teaching activities, students have been in a state of physical and mental fatigue, physical function has reached the limit, the interest in sports training has been reduced to the lowest level, requiring teachers to promptly introduce teaching games, such as trust back, invincible fire wheel, blind square etc. Teachers can effectively deepen students' understanding of basketball skills and use them flexibly to promote students' ability to organize young children to participate in the game in future early childhood education posts by summarizing the teaching contents of this class properly.

6. Conclusion

With the deepening of the reform of education system and the continuous development of society, the introduction of game teaching in college basketball teaching is an inevitable trend, basketball game teaching can not only make the whole teaching process more interesting, improve the quality and effect of teaching, but also let students in the process of learning and training to continuously improve their own subjective initiative, while reducing The pressure of students' basketball training, so that the traditional teaching mode has been innovated, and gradually the main position of students will be reflected, so that students in the teaching of basketball games to continuously improve their team collaboration and communication ability, as well as the ability to think about sudden problems and solve problems, to further achieve the goal of sustainable development of basketball teaching in our country.

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