

Training of Basketball Tactics and Tactical Consciousness

Liu Kai

Northwest Normal University, Gansu, 730070, China

ABSTRACT. *tactical training has always been an important part of basketball training. In the formal competition, athletes can give full play to their technical level and tactical level only if their physical tactical actions and mental tactical awareness are developed. This paper first briefly introduces the characteristics of basketball, then probes into the content and key points of basketball tactical training from the perspective of basic cooperation, and finally expounds the cultivation strategies of individual tactical awareness and team tactical awareness.*

KEYWORDS: *Basketball, Basketball tactics, Tactical training, Tactical awareness*

1. Introduction

Basketball has many fans all over the world. Compared with other ball games, basketball has both generality and individuality. In terms of generality, basketball, compared with football and tennis, attaches great importance to the cooperation between players, and the players have the characteristics of high height^[1]. In addition, they all have high requirements for athletes' strength, endurance, speed, flexibility and other physical qualities. In terms of individuality, compared with football and tennis, basketball has stronger physical antagonism and faster rhythm of attack and defense conversion, which not only tests the technical and tactical level of athletes, but also tests the psychological quality of athletes.

2. The Content and Main Points of Basketball Tactics Training

This paper discusses the content and main points of basketball tactical training from the perspective of basic cooperation.

2.1 The Content and Main Points of Offensive Tactics Training

The offensive tactics in basketball games are mainly realized by various tactical coordination, such as screen coordination, pass-cut coordination, strategic coordination and sudden distribution coordination.

(1) Screen coordination. There are two kinds of screen cooperation. The first is that a teammate holds the ball and attacks. They use their bodies to block the movement of a teammate's defender, making the teammate seize the defensive space and score. The second situation is to attack with the ball, use the body and position of the teammate to get rid of the defense of the opposing defensive player and score the offense. In the process of training, the coach should first let the athletes master the correct posture of screen cooperation: usually, the athletes' legs are slightly bent, the feet are opened, the arms are bent, the palms are opened, and the upper body is slightly forward or naturally upright. Second, they have to control the distance of the screen cooperation. The distance should be determined according to the distance between the shield and the covered. Usually, if the shield can see the covered person, the cover distance should be as close as possible to avoid any opportunity for the other player to get close to the covered person. When the shield can't see the covered person, the covering distance should be one step away from the opponent's defender, and the toes should face the direction of the covered person. In this way, it can not only achieve the purpose of covering the covered person, but also be convenient to receive the ball passed by the covered person.

(2) Pass-cut cooperation. Pass-cut coordination refers to the tactics in which athletes pass and crosscut together or pass and cut through the attack to score. When training, the coach should pay attention to cultivate the grasp of the timing of pass-cut. Athletes need to have a good reaction speed and movement speed if they want to grasp the timing of passing. In this regard, the coach can develop the athlete's reaction speed through some pass-and-cut exercises by listening to the words; through some limited-time pass-and-cut exercises, develop the athlete's pass-cut movement speed^[3]. In addition, the coach should guide the athletes to do some exercises to get rid of the pace. Pass-cut coordination requires athletes to have a strong ability to get rid of the cut, and getting rid of the pace has a great impact on getting rid of cut. The commonly used pendulum cut-in methods include changing direction to get rid of, turning to get rid of and changing speed to get rid of.

(3) Strategic cooperation. There are three types of strategy coordination: midfield strategy coordination, outfield strategy coordination, and infield strategy coordination. Strategic coordination requires a high degree of tacit understanding between athletes. Therefore, when coaches guide athletes in coordinating training, they can properly allow athletes to play small games in pairs or threes to enhance mutual understanding. In addition, strategic cooperation requires a higher sense of space for athletes, that is, athletes have a clear analysis and judgment of where they and their teammates are. This requires the coach to arrange more exercises to cultivate the sense of space and position for the athletes in their daily training, such as passing and receiving exercises in different positions, and the coach can also organize some mini games for listening and identifying positions.

(4) Sudden distribution. The sudden distribution is an offensive tactic in which a player with the ball breaks through the defense and passes the ball to a teammate to score an offensive goal. The sudden distribution requires the ball-holder to break through the ball with high technical requirements. The player should move quickly and locate the position of the receiver quickly with his eyes. For the receiver, the

first step is to quickly locate the ball and break through the position of teammates, observe their passing motivation, and then be ready to catch and shoot at any time.

2.2 The Content and Main Points of Defensive Tactics Training

The defensive tactics coordination in basketball match includes squeeze through coordination, crossing cooperation, bypassing coordination, “closing door” cooperation, sandwiching cooperation, supplement and defense cooperation, etc. The following briefly describes the content and training points of several common defensive tactics.

(1) Squeeze through coordination. When the shield is approaching, the defender should step forward quickly, close to his defensive opponent, and squeeze between the shield and the defensive opponent to continue to defend his defensive opponent. In training, the coach should pay attention to strengthen the athlete’s step training, such as stride, broken step, sliding step, etc.

(2) Crossing cooperation. When the offensive player covers, the defensive shield should take the initiative to step back, let the companion quickly pass between himself and the shield, and then continue to defend his opponent. When training, the coach should strengthen the athlete’s pace training, but also strengthen the athlete’s sense of space training. The purpose of space sense training is to make the players have an accurate judgment of each other’s position, so as to ensure the smooth whole process of defense-Retreat-pass-continue defense, and there will be no collision between athletes.

(3) Bypassing fit coordination. When the attacker covers, the defender who covers the player should quickly approach the opponent, make the companion pass by him, and then continue to defend his opponent. In training, coaches should strengthen the training of starting speed, movement speed and running speed of athletes, and strengthen the training of athletes’ sense of space.

(4) “Closing door” coordination. When the opponent’s offensive players break through with the ball, the two defensive players of our side form a “closed door” like two doors, closing the opponent’s offensive players out of the defensive “door”. During the training, the coach should strengthen the training of the sense of space of the players, select the position clearly, and the angle between the two defensive players “closing the door” should not be too large, so as to avoid the offensive players to find the space to break through.

3. Training of Basketball Tactical Awareness

Basketball tactical awareness is a reflection of basketball players on the scene of the game through their positive thinking activities in the game. On the spot of the competition, the players from both sides will display different tactics. The athletes with strong tactical awareness can accurately understand the tactics adopted by the team, and then make clear their own positioning and clear their own tasks and

objectives^[5]. There are two contents of tactical consciousness in basketball: individual tactical awareness and team tactical awareness, and each has its own corresponding training methods.

There are three points in the cultivation of individual tactical awareness: on the one hand, to improve the observation ability of athletes, coaches need to ask athletes to watch game videos, watch team-mates' games, and watch other teams' games on the spot; on the other hand, improve the athletes' ability of analysis and judgment. After the observation, athletes should combine their own experience, actively think, analyze and judge the observed content, and make accurate judgment in time.

There are four points in the cultivation of team tactical awareness: first, sand table training, through which athletes can understand and be familiar with the team's basic tactical cooperation and improve their sense of cooperation; second, the cooperation training of adjacent positions, which can enhance the tacit understanding of players in adjacent positions, enhance their mutual interaction and trust; third, simulated competition training. Simulation of the rhythm and confrontation of the real game, so that athletes in the competition to improve the activity of thinking; fourth, imagination training. Athletes are required to imagine their tactical cooperation in a relaxed state, sum up experience and share their experiences.

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