

# Current situation and effective countermeasures of campus football development in primary and secondary schools under the background of "double reduction"

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**Abstract:** *Under the background of "Double Reduction", the new requirements for the development of football in schools in primary and secondary schools should not only cultivate the students' basic football skills, but also improve the students' comprehensive quality. At present, campus football in primary and secondary schools is not smooth sailing in the process of development, still facing many subjective and objective realistic problems. Based on this, this paper mainly expounds the impact of the "double reduction" policy on the development of school football in primary and secondary schools, combs the development status of school football in primary and secondary schools under the background of double reduction, and puts forward effective countermeasures for the development of school football in primary and secondary schools under the background of double reduction, in order to promote the sustainable development of school football in primary and secondary schools.*

**Keywords:** *"Double reduction" policy; Primary and secondary school football; Current situation of development; Effective measures*

## 1. Introduction

Football is known as the number one sport in the world and is popular all over the world. As a kind of sports, football is irreplaceable. At present, our domestic football atmosphere is more and more strong, football performance is full of expectations, in the middle and primary school sports development process, football plays an important role, and by the school and society's universal attention. Football has the main characteristics of large number of participants and strong physical confrontation, especially in primary and secondary schools is very popular. Primary and secondary school students, as the reserve force of football development, are the hope of national football sport. And this stage, is an important period for a person to develop sports quality, to carry out football training, not only can enhance the physical quality of primary and secondary school students at the same time, but also can improve the football skills of primary and secondary school students.

## 2. The influence of "double reduction" policy on the development of football in primary and secondary schools in China

The "double reduction" policy mainly refers to the effective reduction of the burden of excessive homework and out-of-school training among compulsory education students in China, as shown in figure 1. On September 1, 2021, the "double reduction" policy was officially implemented. Under the background of "double reduction" policy, China's education industry is facing great changes, especially the serious shrinkage of extracurricular training institutions, while sports and art training institutions that meet students' personal interests have gradually become the mainstream of training. In this new era background, social football training institutions and after-school football training courses in schools emerge as The Times require, and the number of participants shows a rising trend, bringing a new direction to the development of football. At the same time, the "double reduction" policy also clearly includes football in the non-discipline category, and supports the corresponding football training on rest days and national legal holidays. In addition, the "double reduction" policy clearly stipulates that disciplinary training activities are strictly prohibited, which can reduce students' academic burden and allow them to have more time to participate in corresponding football games after class, which has a positive impact on the development of campus football in primary and secondary schools.<sup>[1]</sup>

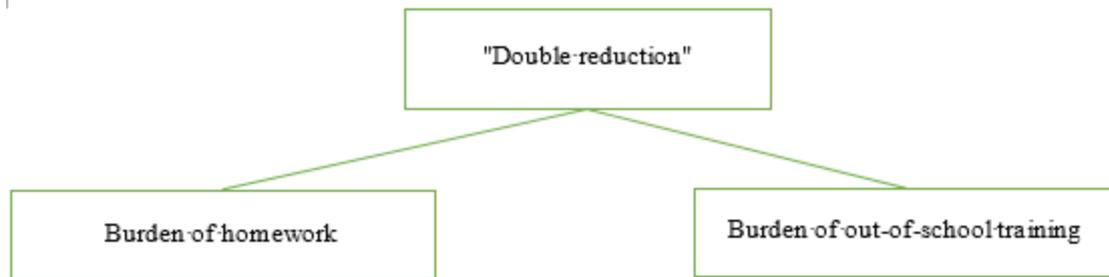


Figure 1: Schematic diagram of the "Double reduction" policy.

### 3. The overview of current situation of school football development in China under the background of "double reduction"

Based on the current realistic background, there are main problems in the development process of school football in primary and secondary schools in our country, such as the lagging of the development concept of school football, insufficient attention to basic motor skills and the lack of excellent youth football coaches.

#### 3.1. The lagging of the development concept of school football

Campus football is a strategic policy that regards campus as the main place to develop football. Compared with other disciplines, football has certain particularity, which is manifested in this feature: physical education is the key carrier of health education, and the final practical purpose of health education and physical education is to realize moral education and cultivate people. Therefore, campus physical education not only bears the heavy responsibility of training students' physical quality, but also shoulders the mission of ideological and political curriculum, which determines that campus football education needs to play an important value role in building morality and cultivating people.<sup>[2]</sup> However, the current concept of campus football development is influenced by traditional ideas and does not pay attention to the health education of teenagers. As a part of the category of school sports, campus football has not realized the integration of sports competition, moral education and human development due to its lagging development concept, so as to have a certain negative impact on the development of campus football in different degrees.

#### 3.2. The insufficient attention to basic motor skills

From the discipline level, football is a kind of special sports and a basic sports skill, which improves the stage and continuity of sports skills to some extent. In primary and secondary schools, the most basic sports skills are throwing and jumping ability training. In the implementation of the training process, the corresponding methods and skills should be mastered. The most common technical movements are single-leg squat and over-top squat. From a theoretical point of view, basic motor skills are the contact links in special sports, in other words, the basic motor skills included in football, such as throwing, jumping and running. We can also call it the organic unity and combination of several basic motor skills. Primary and middle school students need to have a solid foundation, in order to master the special sports skills of campus football. However, many primary and secondary schools pay little attention to basic sports skills when carrying out football courses, and schools pay too much attention to the development of competition activities. Or at a young age, special sports skills teaching is carried out, which seriously violates the law of physical and mental development of students and does not meet the requirements of sports skills.<sup>[3]</sup> Therefore, in respect of primary and secondary school students' physical characteristics, pay attention to students' basic motor skills is the basis, and then develop students' special motor skills step by step.

#### 3.3. The lack of excellent youth football coaches

In the development process of campus football, teachers are not only the executor, but also the main object of the construction of football curriculum system. At present, according to the educational concept of football curriculum in our campus, teachers are regarded as the center, which means that the teaching

quality of teachers will have an important influence on students' learning and teaching quality. Considering the actual situation of campus football in primary and secondary schools, many schools have insufficient teachers, which is difficult to meet the development needs of campus football education under the background of "double reduction" policy. At the same time, there is a systematic lack of training and hiring of high-level youth coaches. The reason for this phenomenon is the lack of excellent football teachers, plus the treatment of front-line teachers is not as high as the salary of professional football coaches, so that many professional football talents cannot flow into primary and secondary schools. In particular, high-level coaches rarely choose the frontline teaching profession, which weakens the level of school football teachers in primary and secondary schools under certain conditions, so it is difficult to meet the realistic needs of the development of school football, and seriously hinders the long-term development of school football.

#### **4. Effective countermeasures for the development of school football under the background of "double Reduction"**

Under the background of "double reduction", the effective countermeasures for the development of campus football in primary and secondary schools can be explored from three aspects: catering to the policy of "double reduction", innovating the concept of campus football development, paying attention to basic training, optimizing the content of campus football teaching and promoting the integration of sports and education, and developing the teaching level of teachers.

##### ***4.1. To cater to the "double reduction" policy and innovate the concept of campus football development***

In order to further realize the development of campus football in primary and secondary schools, primary and secondary schools should actively cater to the "double reduction" policy, constantly innovate the development concept of campus football, and strengthen the cognition of football.

On the one hand, under the background of "double reduction", physical education teaching in primary and secondary schools should focus on the cultivation of students' special sports skills. Under appropriate conditions, it can also be integrated into ideological and political education, so as to give play to the development and education function of campus football. "The physical education curriculum should pay attention to the education concept of health first, provide sufficient exercise time for students, let students love physical activities from the heart, enhance physical quality, but also can improve the personality of students." This is an important discussion of physical education curriculum by Chinese national leaders. In the new historical period, it is more necessary to highly summarize the goal of school education, so as to guide the practice of physical education, so as to better carry out football teaching activities. In the concrete practice teaching, teachers need to change the traditional teaching methods, realize the scientific selection of campus football textbooks, stimulate primary school students' interest in learning, guide and help students to master the basic football skills, and create good conditions for the subsequent training of special sports skills. For middle school and high school students, special sports skills can be appropriately taught. In football, although the division of responsibilities of players in different positions is different, the final goal is the same. Students can strengthen the tacit understanding between team members, cultivate the ability of unity and cooperation, and build a good interpersonal relationship through regular training.<sup>[4]</sup>

On the other hand, it is necessary to build a good campus football environment and strengthen the cognition of football. Whether it is schools and teachers, or parents and students, if they can correctly understand the importance of football, to some extent, it is conducive to promote the development of campus football. Therefore, if we want to realize the benign development of primary and secondary school campus football, we must concentrate all forces to jointly promote football into the campus. In addition, it is necessary to adopt a variety of forms to carry out an all-round publicity of football, to enhance the awareness of students and parents. For example, students and parents should be organized regularly to carry out parent-child soccer activities, and they can also be organized to participate in soccer games and watch related soccer videos together, so that they can better understand the importance of soccer to students' future development.

##### ***4.2. To pay attention to basic training and optimize campus football teaching content***

The implementation of the "double reduction" policy makes the school football in primary and

secondary schools more vibrant and energetic. In order to achieve better development, it is necessary to pay attention to the basic training of students' football, so that students can master basic skills and get sufficient practice, so as to truly understand the significance of football and improve their own comprehensive ability. In football teaching, teachers should not only teach basic theoretical knowledge, including the origin and development of football, but also carry out corresponding teaching according to the laws of physical and mental development of students in different stages. At the same time, we should explain the relevant requirements of football field and rules to students, guide students to take the initiative to conduct after-class training, and organize training groups. If conditions permit, teachers can also take one-to-one teaching to teach students shooting, passing and ball control skills, so that students can further master starting and turning actions, and then rationally use their own unique advantages. In addition, the teaching content and form are constantly optimized according to the development of practical practice. For example, when teaching the technique of ball bouncing, the teacher can divide the students into different groups and carry out ball bouncing activities through the form of game competition. Finally, the number of students in each group will be calculated to see which group has the most, so as to stimulate the students' sense of competition.

### ***4.3. To promote the integration of physical education and develop the teaching level of teachers***

The development of campus football in primary and secondary schools needs to pay attention to all aspects of influencing factors. First, promote the integration of physical education. The basic task of campus football is to stimulate the potential of youth football, train high-level football talents, and promote the development of students' physique and culture. In this process, it is necessary to give full play to the leading role of educational resources, integrate sports and educational resources, realize resource sharing, so as to cultivate high-level and high-quality compound football reserve talents for the society, so as to realize the integration of sports and education, and establish a long-term development mechanism. Secondly, develop the teaching staff. Physical education teachers can not be ignored in the development of campus football. In order to achieve better development, it is necessary to recruit and train high-level and professional football teachers, improve the salary of teachers, attract more excellent special football education talents, so as to build a strong team of teachers. Finally, improve the level of teaching. For example, schools should regularly train and educate football teachers so that they can master advanced football knowledge and skills. At the same time, they should also carry out foreign learning and exchange activities from time to time to continuously broaden the knowledge horizon of teachers.<sup>[5]</sup>

## **5. Conclusions**

In conclusion, in order to fundamentally promote the development of school football in primary and secondary schools, it is necessary for every educator to establish a modern education idea and fully understand the influence of the "double reduction" policy on the development of school football in primary and secondary schools. In the new era, the development of school football in primary and secondary schools needs the joint efforts and cooperation of the government, society, schools, parents and students, and carries out concrete practice and exploration from three aspects of teaching concept, teaching content and teaching team.

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