

The Construction and Optimization of Basketball Training Mode

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Abstract: With the continuous rise of our country's comprehensive national strength, the living standard and lifestyle of the people have changed greatly. The main problem that bothers the people is not to eat and satiety, and the demands of social groups for spiritual pursuit and physical health are higher and higher. It is the awakening of the health consciousness of the masses that people pay more and more attention to sports health sports. In China, with the development of CBA Basketball Games, basketball as a kind of sports, has been accepted and recognized by the masses. Today, basketball has been quite popular in China. Because of its strong compatibility and wide audience, basketball has become a popular one in many sports in China.

1. Introduction

Basketball training is not a matter of one day and one night. To improve their basketball skills and basketball level, it must be based on the long-term systematic training, and in the process of training, we should pay attention to the quality of basketball training, and the trainers must be fully focused on the part of the body in the process of dribbling and shooting. In addition, because basketball is a team sport, basketball players must always clear their roles on the field, clearly position their own position, coordinate with teammates, in order to play the overall strength of the team. However, after consulting a lot of relevant materials and interviewing the basketball training scene, we find that there are still many problems in the training mode of basketball in China. In this paper, the purpose of this paper is to analyze how to construct and optimize the basketball training mode, including the main problems existing in the current basketball training mode. The construction of basketball training mode and the optimization direction of basketball training mode are provided for reference for relevant workers.

2. The Main Problems in the Current Basketball Training Mode

Today, basketball has become one of the mainstream sports modes in Colleges and universities. The awareness of basketball of young people in society has awakened. For college students, daily basketball and basketball games have become an important way to enrich college life. But it is undeniable that there is still a huge gap between the overall level of basketball and the international high-level basketball players. Whether from the attack or defense, the relative skills and tactics of our country are still relatively obvious compared with the international high-level sports

competitions. Besides, through the investigation and research of a large number of basketball lovers and professional basketball players, it is found that both basketball fans and professional athletes have a shallow understanding of the concept of technology and tactics of basketball. For the college students of basketball lovers, most of them regard basketball as a way of daily entertainment and exercise, and do not explore the technical and tactical, training mode and concept connotation of basketball, which is one of the main reasons why there is a big gap between basketball technology, tactics, ideas and thoughts of College Students in China and international high-level basketball players. For example, it is not difficult to find that the players in the game scene lack cooperation and play too single. In defense, the awareness of supplementary defense cooperation is poor, the defense process is lack of skills and the ability to grasp the details is poor. In attack, the organizational ability of the organizational guard is insufficient, the breakthrough ability of the scoring guard and the small forward is insufficient, which means that it breaks through the inner line. Once the opponent hits, it reflects the lack of passing ability. The problems in attack and defense can be supplemented and solved through basketball training, thus improving the basketball competition level of college students in China. At this time, it is very important to construct and optimize the basketball training mode. Optimizing the basketball training mode can help the basketball trainers to build a good training environment, maximize the training role, and improve the comprehensive basketball level and team cooperation consciousness of the relevant personnel.

3. The Construction of Basketball Training Mode

As we all know, to go to the top basketball game, it is not only necessary for basketball players to work hard day and night, but also their own talents are also very important. For example, height, bounce, speed, body coordination ability and projection ability are all important factors determining the basketball player's upper limit. But for college students is also so, standing in the perspective of college students, their talent on one hand determines their own basketball competitive ceiling. On the other hand, no good basketball training mode, no higher talent can be used in basketball. Therefore, teachers are required to teach students with different talents and abilities, teach according to their aptitude and teach in layers, and formulate targeted teaching plans according to their abilities, so as to help students to exert their maximum potential. After analyzing and researching a large number of basketball training modes, some basketball clubs have adopted this layered teaching mode, which improves the training quality and efficiency of individual training. But for schools as like as two peas, the whole mode of teaching is still adopted. The daily training mode of all students is the same, but from the perspective of students, there will be a problem of basketball foundation differentiation. This teaching method can not meet the purpose of effectively improving the skills of basketball. Finally, the students' internal difference is worse, but the good is not better, and all students can not be improved at the original level. This training mode is obviously unfair to some students with good foundation and bad foundation. Therefore, for students themselves, in the face of this “all-round” training mode, they should actively propose suggestions to teachers to help teachers build and optimize the hierarchical model. If necessary, the class can be divided into several groups according to the students' basketball level and ability, so as to achieve targeted teaching and help each student to improve their own, It is of great significance to achieve the overall and overall quality of basketball training team in China.

4. The Optimization Direction of Basketball Training Mode

4.1 Periodic Training

Basketball training should break the conventional training mode of week, and arrange the

periodic training mode to construct basketball training mode. A basketball task training cycle is designed to stimulate the trainer memory constantly, and help them build muscle memory, so as to reduce the response time and improve the defense and attack efficiency in the game. The traditional training mode based on week is usually six days a week, and the weekend is off. However, this training mode has been derailed from the international competition schedule. Once the athletes adapt to the training mode, when the athletes participate in the international competition, they will restrict the athletes' performance to a certain extent, which is not conducive to the display of athletes' strength and self-confidence training. The periodic training can avoid this problem well. This way is similar to the international schedule, which helps to train the athletes' adaptability to the event.

4.2 Improve Training Intensity

Basketball is a high-intensity and high-intensity sport. Injuries often occur in the basketball game scene, and on the one hand, it requires the athletes to have a good sense of self-protection. On the other hand, athletes are required to have good physical quality, and the improvement of physical quality is inseparable from daily training. And with the increasingly fierce competition of basketball, basketball gradually towards the direction of emphasis on attack. For example, many rules change encourage athletes to attack fast at the scene of the game and encourage confrontation between athletes. Therefore, in the daily training process, basketball trainers must have high requirements and standards for themselves, improve the training intensity and help them adapt to the intensity of the game quickly in daily training. From the perspective of sports physiology, long-term high-intensity training can help athletes enhance their body anti stimulation ability, and in the fatigue recovery period that the body can bear, if athletes repeatedly perform the same level of fatigue stimulation for a long time, the training effect will be greatly reduced. Therefore, only continuous improvement of training intensity can help athletes break through the limit, But the trainer should control the balance well during the training process, and the training intensity can exceed the load of himself, but the amount of excess can not be too large, otherwise it may cause the muscle strain and other counterproductive effects.

4.3 Focus on Recovery

After a long period of high-intensity training, basketball players are easy to enter deep fatigue, and the level of movement of each organization of the body is much lower than before. If the training intensity is only improved at this time, the players are very vulnerable to injury, even to the body parts to form long-term damage. Therefore, after high-intensity training, recovery is also a very important part of basketball training process, which is also an important step to help basketball trainers adjust their physical condition and improve their competitive level. Therefore, before the start of the cycle training, the relevant personnel should make a scientific and reasonable training plan for the next cycle according to the training status of the athletes in the previous period. After the periodic and high-intensity training, athletes can carry out some recovery training to help the body to relax and accumulate energy. For example, after high-intensity training, athletes can organize athletes to jog, accelerate the blood distribution, reduce muscle pain and fatigue, and then promote the rapid elimination of fatigue.

5. Conclusion

In summary, with the awakening of the awareness of the masses of basketball in China, the importance of the people to basketball is becoming higher and higher in recent years. For

contemporary college students, optimizing basketball training mode can not only improve the physical quality of students, but also regulate the mood of college students to some extent, and help them to build optimistic, sunny and cheerful three views.

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