

# *Analysis of Problems Existing in Teenager Basketball Physical Fitness Training*

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**Abstract:** With the development of China's economy and the improvement of the overall quality of life, the country and the people increasingly attach importance to and need physical health, and more and more teenagers begin to take part in physical exercise. With the great efforts of national policies, Chinese basketball has developed rapidly in recent years, especially the mass base of youth basketball is getting better and better with more clubs as well. There are some problems in China, such as the lack of coaches for the training of young basketball players, the insufficient understanding and attention of basketball coaches to physical training, the lack of good training methods in the training process, the training content, the standardized evaluation system, and the unclear understanding of the importance of physical training to the overall development of basketball players in the process of training young basketball players. It is found that the arrangement of appropriate special physical quality training and basic physical quality training at the appropriate stage will play a great role in promoting the whole sports career.

## **1. Introduction**

### **1.1 Youth Basketball Training Does Not Reasonably Arrange Training Content According to the Sensitive Period of Youth Physical Development**

The strength, endurance, agility, flexibility, coordination and other physical qualities of adolescents are given reasonable training during the sensitive period of their development. The training effect of athletes will be more significant, and the future sports potential will be greater. Many teenagers' physical training is not carried out in accordance with the sensitive period of their physical development. Some training arranges heavier load training when the team members are younger, which brings bad effect to the development of bone development and overall physical quality of young people.

In teenager basketball training, physical training is the easiest to ignore, because teenager basketball belongs to a competitive game, and the result of the game is oriented to win or lose, which leads to many colleges and universities paying too much attention to teaching students the skills and skills of teenager basketball, while ignoring the physical training of students, This is the most prominent phenomenon in teenager basketball training. teenager basketball is a national sport[1].

## **1.2 The Training Method is Single, and the Training Volume, Training Intensity, and after Training Are Not Scientific.**

The single training method makes it easy for adolescents to feel dull and boring during the training process, and it is difficult to play a positive training stimulus. The training volume and intensity of young people are not accurate enough, and there is no reasonable quantitative index for training volume and intensity. Sometimes the intensity and volume are large, and the young people have not recovered in the next training, and at the same time they are easily injured. If the amount and intensity are not enough, the training effect will be insignificant. For young people, there are fewer recovery methods after training, and they lack methods such as physical therapy, acupuncture, massage, and salt water baths.

At present, the relevant survey data show that the method of physical training of young basketball players in China is unscientific, and the training intensity of physical training of young basketball players is also relatively small compared with foreign young basketball players. At the same time, the methods of physical training are too monotonous, and some methods of physical training are not scientific[2]. The most typical example is that when coaches carry out endurance training in physical training for young basketball players, they often only let young basketball players carry out long-distance running and endurance running, which is too single; According to the research, many youth basketball clubs in China do not pay much attention to the recovery after training. Many studies at home and abroad have found that the training without intensity is not effective training, but the training without recovery is a dangerous training.

## **1.3 The Content of Teenager Basketball Training and Physical Fitness Training Being Not Comprehensive**

Teenagers' physical training is divided into basic physical quality training and special physical quality training. Basic physical quality training lays a good foundation for teenagers to improve their special physical quality level in the later stage. It is particularly obvious that in terms of special physical fitness training for players in different positions of basketball, the first is that the special physical fitness training is not arranged according to the positions of different basketball players on the court. For example, basketball guards have high requirements for physical quality such as rapid direction change and quick ball breakthrough, but the special physical quality practice is not well reflected.

Physical training is not valued by coaches and young athletes. Many young basketball teams carry out traditional physical training when training. The effect of this traditional physical training is not obvious, and the physical fitness of young basketball players has not been effectively improved. The content arrangement of physical training is not comprehensive, which is mainly reflected in the unreasonable time arrangement of physical training. Due to the insufficient attention to physical training, the implementation of training is only based on redundant time. Secondly, the content of special physical quality training for basketball players in different positions does not meet their needs, and the training methods are not suitable for young basketball players. The development and improvement of special physical quality is the basis for improving special skills, tactical ability and overall competitive level. However, according to the survey at this stage, many Chinese youth basketball clubs do not have a good understanding of special physical fitness training and basic physical fitness training. At the same time, in the process of special physical fitness training, these special physical qualities do not meet the needs of basketball projects.

For training, there is no fixed time for physical training, the contents of front and rear training are not connected, and the training content is lack of systematicness. Often, it is only some basic training in physical training, which can not ensure the comprehensive training and development of

young basketball players, wasting time but can not achieve the purpose of physical training, It greatly reduces the effectiveness of physical training, and the level of young basketball players has not been significantly improved[3].

#### **1.4 Lack of Excellent Coaches Who Have in-Depth Research on Youth Basketball Physical Training and Technical and Tactical Training**

The coach plays a leading role in the teenager basketball training. The teenager athletes carry out the teenager basketball training according to the instructions of the coach. However, in the teenager basketball training, the coach often pays too much attention to the final result of the game and ignores the physical training of the teenager athletes. The research shows that the professional theoretical level and professional research learning ability of Juvenile Basketball Coaches in many clubs and schools are weak. There is no in-depth understanding and understanding of teenagers' physical training, and even some coaches don't pay attention to teenagers' physical training at all. Research shows that many of the physical training of some coaches are based on experience and lack of innovative research ability. Many training contents do not meet the training needs of young basketball players and can not achieve good training results.

Many coaches of the young basketball players in China do not have a bachelor's degree, and many of the them have not passed relevant coach qualification examination and obtained relevant coach qualification certificates. At the same time, the society and the club's own assessment of the training contents and arrangements of coaches have not formed a standard. As a result, coaches can not pay attention to teenagers' physical fitness training in training. Some training contents, methods and training ideas do not conform to the law of teenagers' physical development, and even physical fitness training has little correlation with basketball, so it can not have a good training effect.

### **2. The Importance of Physical Fitness Training to the Overall Development of Basketball Players in the Process of Juvenile Basketball Training**

First of all, good basic physical quality training and special physical quality training will give young basketball players greater potential and more room for improvement in the future, make it easier to meet special requirements in terms of physical quality, reduce the probability of injury in confrontation events such as basketball, and improve their sports career; Secondly, basketball technology and special physical quality are closely related. Only when the special physical quality reaches a certain level, can we better complete the technical actions of basketball in the high confrontation competition environment. Research shows that in NBA actual combat, without good special physical quality as support, the completion and accuracy of basketball technology will be greatly reduced. At the same time, a good foundation of special physical quality is conducive to the learning of basketball technology, and can learn faster and complete professional technical actions; At the same time, good special physical quality is the basis for better completing the tactical arrangement in basketball. Basketball is a sport with high confrontation and completed in the process of high-speed sports. The implementation of some tactics must have corresponding physical quality in order to effectively complete the tactical plan formulated in advance. It is found that the world's high-level basketball players generally have outstanding performance in the special physical quality required by their position.

### **3. Ideas and Measures to Improve the Problems in the Physical Training of Chinese Young Basketball Players**

#### **3.1 Improve the Overall Level of Coaches of Chinese Young Basketball Players**

First of all, improve the understanding of Chinese youth basketball coaches on physical training, and pay more attention to the proportion of physical training in the whole training process. Secondly, the professional theoretical knowledge and cultural literacy of coaches should be improved, especially the knowledge reserve of teenagers' physical training should be improved as soon as possible. At the same time, we should improve training methods, which should be diverse, be able to adapt to teenagers and arouse their training enthusiasm. Scientific and systematic arrangements should be made in terms of training content, training volume and training intensity.

### **3.2 The Physical Training of Young Basketball Players Should Be Combined with Special Training**

In the process of developing teenagers' physical training, we must pay attention to the combination with special projects. The development of physical quality is closely related to the special competitive level. The development of physical quality and special physical fitness is conducive to the learning, mastery and development of sports technology of the project and the better completion of special tactical arrangements. At the same time, with the improvement of special physical quality, the athletes' overall competitive ability will be improved accordingly. Therefore, in the training process, the special physical training must meet the needs of sports, so that such training can achieve better training effect.

### **3.3 Attach Great Importance to the Training Contents, Methods, Amount and Intensity, as Well as the Recovery and Nutritional Supplement after Training**

The content of physical training must conform to the basic law of sports training and the basic law of the development of teenagers' physical quality. Research shows that if the training process is not carried out according to the law of sports training, it will seriously affect the training effect. At the same time, the training method must be in line with the basic situation of teenagers, so as to better mobilize the enthusiasm of athletes in training and let them enter the working state. The amount and intensity of training should be strictly and scientifically controlled. If the amount and intensity are too large, it is easy to cause damage, which is not conducive to the healthy growth of teenagers and the arrangement of subsequent training. However, the amount and intensity are less, which is not conducive to produce a good training effect. Special attention should be paid to the recovery after training. Saline bath, acupuncture, massage and physiotherapy can be used to better eliminate the fatigue caused by exercise. Also pay attention to the supplement of energy and nutrients before, during and after exercise. At the same time, we should do a good job in daily work and rest management such as sleep. The key to pay attention to the adjustment of teenager basketball training physical training is to change the ideas and understanding of physical training, which is an important step to improve the status of physical training[5].

## **4. Conclusion**

For the physical training of young basketball players, we must strengthen and improve the awareness of physical training, so as to combine basketball technical and tactical training with basketball special physical fitness. Improve the knowledge reserve and practical operation ability of juvenile basketball coaches on physical fitness training. Youth basketball training should be combined with special physical training to improve physical fitness and promote technical development. The continuous improvement of technology further optimizes physical quality, reduces sports injuries and prolongs sports life. In the youth basketball physical training, the training method should be suitable. The training content, training quantity and training intensity

must conform to the basic situation of teenagers and the development law of basic physical quality. At the same time, we should pay attention to the recovery after youth basketball physical training, and timely supplement water, sugar and other abilities and nutrients.

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