

Research on the Scientific Teaching of Soccer Training in Colleges and Universities

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Abstract: Scientific is a very important teaching goal direction of college soccer training at present. It is found that it is a general lack of science in college soccer training and teaching in most regions of China, which resulting in the delay of substantial breakthrough in students' soccer level and athletic ability. Taking 14 year of colleges and universities in Changchun as an example, the article analyzes the soccer training situation in these schools, collates several aspects of insufficient scientific training, and take on corresponding improvement strategies and suggestions for specific problems.

1. Introduction

Football is the world's largest sport and is very popular in our country, but the level of soccer in China always slow to improve, causing this result, daily training methods matter. Compared with professional soccer training, college soccer training is not professional and demanding, Also the fluctuating attention has caused serious obstacles to the construction of the scientific degree of soccer training, which also directly affects the level of college soccer.

2. The Basic Premise of the Scientific Realization of College Soccer Training and Teaching

The realization of the scientific teaching of football training in colleges and universities requires a solid foundation as a guarantee.

2.1 Theoretical Basis of Science

Based on different perspectives and levels, the interpretation of the theoretical basis will be different. The theoretical basis mentioned in the article is not based on the theoretical basis of football knowledge and skills itself, but the theoretical basis of the characteristics of football sports and the physical functions of college students. As we all know, the physical development of college students has been completed, bone strength and bone density cannot be substantially changed through training, technical and physical fitness have been finalized, and too stylized training methods can not effectively improve their athletic ability and football level. Football training in colleges and universities should pay more attention to combining the physical function characteristics of students with the characteristics of football sports, and carry out targeted training according to their existing characteristics and abilities, so that they can give full play to their own strength in the game.

2.2 Professional Training Facilities

Compared with local professional teams and national teams, college soccer training facilities are not highly specialized, the field conditions are poor, and the variety of equipment is not rich, which restricts the training effect to a certain extent. But at the same time, we also need to realize that the purpose of college soccer training is different from that of local professional teams, and the campus soccer competition is not as high as the professional league and cannot get a good return from it, so many colleges and universities simply do not have the ability to invest a lot of money for the construction of facilities. A study of the training methods of foreign soccer club teams shows that the results achieved by guiding athletes with different training equipment and facilities are different, and their level of competition is also significantly different. It can be seen that whether the training facilities are professional and advanced has a direct impact on the realization of scientific training.

2.3 Advanced Training Concept

To understand the advanced nature of training concepts based on different contents and purposes, the recognition effect will be very different and affect greatly in perception. In the case of technical and tactical training, the aim is not to emphasize the importance of unity and cooperation, but to make students understanding that the implementation of tactics and the achievement of results are closely related to the performance of each participant in the tactics in their own way. Effectiveness is not judged by the goals scored, but by the level of technical and tactical achievement, also by whether each participant has played to his or her true ability and level throughout the process. For example, if an attack requires 5 players, A is good at tackling and controlling, B is good at passing, C, D and E are good at running, and E is good at grabbing the ball, then the attack must be initiated by A and B, C and D are mainly responsible for ripping open the gap, and E is responsible for finding the gap in the opponent's back. If the attack is launched by one of C and D, the role of A and B will be weakened, and such an attack is more suitable for counterattack. In the whole process, all offensive players do not need to consider the problem of unity and cooperation, as long as the offense is well organized and the players are in their own positions, they can contribute their strong power in the offense.

2.4 Clear Educational Purpose

Unlike local professional soccer schools, they are not responsible for sending talent soccer to local professional teams, so students naturally do not play soccer as a way to earn a living, and schools do not train students strict rules, therefore, the teaching of soccer training in colleges and universities will not be aimed at achieving results. In fact, campus soccer training is more about physical health and interest development as the direct educational purpose. For college soccer training teaching, it is more important to strengthen students' physical quality, and if students are interested in soccer themselves, they can be enthusiastic in training even if they are not trained in the same way. But sometimes, in order to cultivate their passion for soccer further, it is also necessary to base their interest and training purpose to cultivate it deeply, so that the interest becomes a hobby.

3. Analysis of the Basic Situation of Soccer Training Teaching in Colleges and Universities At Present--Take Changchun City Colleges and Universities as an Example

The definition of teaching objectives reflects the objective requirements of social production and technological development a certain extent. With the continuous popularization of soccer and the

continuous development of campus soccer, people have a deeper understanding of the sport, and the teaching objectives have started to become diversified and comprehensive, which largely promotes the expansion and update of college soccer training contents. At present, in order to further optimize the training teaching, Changchun college soccer starts to focus on improving the flexibility and unity of the training part, and as the basis for the selection of the teaching content, the teaching goal setting naturally should improving the flexibility and unity, so that the teaching goal and the training content can be adapted. soccer environment in Changchun in common, so the development of college soccer is not smooth, so there are a lot of problems in the process of reforming the teaching content of soccer training, and the old training concepts and educational ideas are still spreading, which directly discourage the improvement of campus soccer training environment, as well as the advanced training methods and the introduction of professional training equipment and devices.

3.1 Scientific Analysis of Soccer Teaching and Training Contents in Changchun Colleges and Universities

As mentioned before, the training contents are determined and implemented in accordance with the design of teaching objectives. According to implementation of training contents, we can analyze the teaching objectives of college soccer at the present stage and its development trend in the future ,and judge the scientificity of training contents depend on the actual physical quality of students.

Table 1 Statistics of Soccer Teaching and Training Contents in Changchun Colleges and Universities (n=14)

	Physical Fitness Training	Soccer Technical Training	Technical and tactical training
Single session time	44.5	30.2	25.3
Percentage of semester time	49.5%	31.1%	19.4%

(Note: N is the sample size of this survey, i.e., the number of schools)
Scientific analysis.

From Table 1 we can see that the current Changchun university soccer quality teaching is top one for physical training, and training skill is the second, and the then is technical and tactical training time. It should be noted that university physical education classes held in two consecutive sessions generally, each session lasting 45 minutes, then a 10-minute break between 2 class, so a whole physical class lasts 100 minutes. so the average time of 44.5 minutes for physical training in a single class is obviously too much, but considering that one of the core purposes of college soccer education is to build up the body, so time arrangement is accept. The average time of 30.2 for technical training in a single lesson is obviously not reasonable, because technical training itself is to improve student technical ability, who is usually take such class about 15 years old, and even if a lot of time is spent on training, it cannot make the technical level of soccer improved. Obviously, such a teaching content design is not scientific. Technical and tactical training usually takes place before or during the confrontation to match, which is the most climactic part of the whole soccer training class and the most interesting content for students. 19.4% of the time is obviously not enough to meet students' training needs and teaching demands. Therefore, the content design is also scientifically unsatisfactory.

3.2 Scientific Analysis of Soccer Teaching and Training Methods in Changchun Colleges and Universities

Based on different training contents and goals, the methods chosen will also vary. Physical training is relatively boring, but there are many details that need to be grasped, such as how to

improve students' physical flexibility, how to build endurance, how to maintain balance in high-speed running, and how to use body strength wisely, etc. Technical training and tactical training methods require more advanced soccer device to support.

Table 2 Statistics of Soccer Teaching and Training Methods in Changchun Colleges and Universities (n=14)

	Physical Fitness Training	Soccer Technical Training	Technical and tactical training
Training format	Individually	Individually	Individually
Content Richness	More fixed	More fixed	richer

Scientific analysis.

Take a survey on the teaching of soccer training in 14 general colleges and universities in Changchun, it was found that physical training, technical training and tactical training are all completed in an independent state and do not have any connection with each other. Modern soccer is increasingly developing at an more and more high level, which often requires players to be able to dribble, pass and shoot the ball in fierce physical confrontation, also to protect the ball without losing body balance. Isolating physical training from technical and tactical training is not conducive to developing their competition ability, and they will naturally not perform well in matches. In terms of training content richness, physical training and technical training content is more fixed, the method used for each content is also very fixed, such as warm-up, students normally run around the playground; such as ball sense training, basically is the traditional upside down, kick accurate way to carry out. Tactical training has more way to relax, with more training methods, such as half-court attack and defense, full-court attack and defense, passing and pressing in the area, limited time to play more and less, limited time to counterattack, running without the ball, and so on. According to the advanced soccer training standards in the world, the physical quality training and technical training methods in Changchun college soccer teaching obviously do not meet the requirements.

3.3 Scientific Analysis of Soccer Training Equipment and Facilities in Changchun Colleges and Universities

If campus soccer wants to be developed rapidly, it should be supported by capital and more professional training equipment and facilities. Among the 14 colleges and universities survey, only 3 colleges and universities can provide complete and professional equipment for daily training, including complete fitness equipment, training aids and standard fields, etc. for different reasons ,The other 11 colleges and universities cannot provide enough support for soccer training, and often need to change the training contents and methods to complete the teaching tasks, which affects the training effect to somehow. This affects the training results to some extent. It is also important to point out that the physiological testing system can find out the health level of students in time, and it is usually regularly or irregularly arrange the checking during and after the training. It is different from the general sense of soccer training equipment, which can ensure the maximum performance of students' physical functions and help teachers to detect a series of changes in students' bodies during the training process, which is an important guarantee for the effectiveness and scientificity of training and teaching. In the survey, it was found that many colleges and universities in Changchun are unable to provide such scientific testing equipment, so when the training content and training volume contradict with the physiological function and physical health, the school will choose to solve the problem by adjusting the training objectives and content, which seriously affects the effectiveness of soccer training.

4. College Soccer Training Teaching Scientific Realization Strategy

4.1 Clarify Teaching Objectives and Strengthen Infrastructure Construction

In the process of developing school soccer, it is important to strengthen the construction of soccer training infrastructure, which is a basic prerequisite for enhancing the scientific level of soccer training and teaching. Schools need to provide certain financial support to introduce specialized training equipment and devices, while teachers need to list the types of equipment and devices which necessary for training, then select the appropriate models and quantities in conjunction with long-term training goals and tasks, then submit the entire procurement plan to the school. On the other hand, equipment and equipment maintenance also needs attention, which will reduce the financial pressure on the school. To enhance the scientific nature of soccer training and teaching by strengthening infrastructure construction, it is also necessary to be good at integrating the use of different content equipment and devices, because the content of soccer training itself is not independent, and the properties of the equipments are too single, which will certainly have a negative impact on the training effect.

4.2 Clear Teaching Objectives and Strengthen the Concept of Training and Teaching

It is different from the training philosophy preached by professional teams or regular football schools, and does not need to be too specialized and advanced, but always designed around the two main goals of improving students' physical quality and interest. Teachers need to realize that it is important to put each student in a position where he or she can use his or her strengths and talents, and that it is not appropriate to refer to the training methods of professional teams and absorb the current popular training concepts, but to know how to combine them with their actual situation. For example, when assigning tactical training tasks, the offensive set should be designed according to students' characteristics, instead of just asking students to adapt to their own tactical ideas and intentions; for example, when conducting physical training, the content selection and difficulty level setting should consider whether students can complete the task within the specified time, and the training content should be designed according to different students' characteristics, For example, students A and B play wingback at the same time, they need to have similar running ability, but their muscle explosive power is different, so the teacher needs to be able to change the teaching concept and adopt a training method that is suitable for their own muscle type to train them physically.

4.3 Clear Teaching Objectives, Rich Training Content and Methods

The biggest benefit of enriching training content and methods is that it can increase students' participation and motivation. Unlike professional players, college students participate in soccer training because they love it. From the perspective of scientific improvement of training and teaching, the fundamental purpose of enriching training contents and methods is to enable different types students and different physical qualities to improve their abilities through regular training. For example, in technical training, there are many ways to train ball sense, considering the limited time for classroom practice, teachers can't let students try all the methods, and only 1-2 methods are more suitable for them from students' point of view. By spreading different ball sense training methods among different students, the problem of boring training is solved, and at the same time, the effectiveness of training is improved, and students can always participate in soccer training in the way they like.

5. Conclusion

There are many ways to improve the scientific degree of college soccer training and teaching, but before taking action, we need to carefully analyze and understand our own training situation and students' characteristics. Firstly, it is necessary to make an objective assessment of the scientific degree at the present stage and point out the aspects that need to be improved; then, design the scientific training teaching program around the core educational objectives and teaching goals; finally, setting the scientific training teaching realization goals according to their own realization ability; for schools with weaker foundation, it may take more time to complete the scientific realization goals and it is suggested to implement them in several stages. The article takes 14 colleges and universities in Changchun as an example to analyze the scientific degree of soccer training teaching, and put forward improvement strategies and suggestions in a targeted manner, hoping that the viewpoints of this article can bring help.

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