

Research on the Teaching Strategy of College Basketball Class

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Abstract: With the rapid development of the living standard of Chinese residents, physical education has undergone a transformation of expanded functions in the new era. Physical education in colleges and universities is not only to develop students' physical quality and enable them to have basic sports skills, but also to turn to the new function of "educating people" in physical education in colleges and universities. As one of the most popular sports in China, basketball is widely loved by teachers and students in colleges and universities. Taking it as an optional course will also be the first choice for many students. This paper explores the teaching methods and strategies of our teachers in the process of college basketball teaching to optimize the classroom and improve the teaching level.

1. Introduction

In the past, the traditional teaching form was the core in the development of sports basketball classroom teaching in colleges and universities, which failed to adapt to the educational changes in the new era and make timely and effective adjustments and changes. As a sports classroom in the new era, the status of sports is constantly improving. College teachers need to actively explore and improve the effectiveness of sports classroom teaching, and apply it to sports basketball classes, so as to promote students to obtain both basketball skills and the ability to improve themselves. The interesting but not boring teaching form can not only better promote them to master basketball skills, but also effectively improve their physical quality and comprehensive quality.

2. The current situation of basketball course teaching in colleges and universities

2.1. The teaching method is far too single

The essence of teaching methods mainly depends on the logical order and psychological aspects of students' learning and understanding activities and teachers' corresponding activities, that is, determined by the coordinated effect of the dual application of learning methods and teaching methods.[1] Teachers are the users and executors of teaching methods, and their scientific and rational application of teaching methods directly affects the quality of teaching. In basketball teaching practice in colleges and universities, teachers use the teaching method is more traditional, usually by oral method and demonstration method as the main method, teaching method using no innovation, not

according to the teaching purpose, teaching content, students' physical and mental characteristics and teachers' own ability, using more scientific and reasonable teaching method, teaching method is relatively single. It is not conducive to stimulating the student's enthusiasm in learning and affecting the quality of teaching.

2.2. Students lack an interest in learning

Because college PE teachers ignore the differences between individual students and fail to teach students in accordance with their aptitude in basketball teaching. For individual students with poor foundation, they are easy to be irritable and reject basketball. In addition, the basketball infrastructure of many universities is not perfect, which is difficult to produce a strong attraction to students, and also greatly reduces the participation of students.[2] Nowadays, many college students have less time to participate in sports, and they only have the opportunity to exercise in the weekly physical education class. Students' physical strength cannot adapt to the high intensity of basketball. As a result, many students are also afraid of basketball courses, and it is difficult to have fun in basketball.

3. Optimization strategy of college basketball Teaching

3.1. Improving and changing teaching methods

In college sports basketball classes, most of the students who choose basketball courses choose basketball out of interest as a starting point, but there are also some students who are transferred to the basketball class because of the conflict in class time or because the number of students who want to choose the project is full. Such students are likely to have a certain "compulsion" in the starting point, and even have a "stereotyped bias" against basketball projects. Therefore, in the classroom teaching process, teachers should first set new teaching goals, so that students who love basketball can continue or even improve their interest in learning basketball under the correct guidance of teachers, and through the combination of simple games of basketball projects, students who are not interested in learning can be encouraged to participate in the basketball classroom. This can also create a relaxed and happy classroom atmosphere, so that students with different levels of interest can better accept all kinds of knowledge brought in the basketball class. As we all know, although basketball class is a practical activity course, it still needs a lot of theoretical knowledge as the basis. The theoretical knowledge of physical education in classroom teaching is more likely to make students feel boring than practical activities. Students' interest in learning is generally low. Teachers can carry out classroom teaching activities by combining current basketball hot knowledge, so that relatively boring theoretical knowledge can be combined with current basketball hot topics, so that students can more effectively integrate into the learning of basketball courses, and stimulate students' interest and learning enthusiasm. For example, for the rule class, the large-scale basketball match currently under way is used as the basis for explanation. Technical actions can be analyzed based on well-known basketball stars. In this form, the content and knowledge will be displayed to students more intuitively and vividly, so that students can better feel and learn. Meanwhile, teaching questions can also be carried out on this basis to promote students to more actively and effectively integrate into the core knowledge points of basketball class, and effectively improve the boredom of theoretical knowledge.

3.2. Classified teaching

Although the physical development of college students is close to the mature stage, the differences in sports skills between people cannot be ignored. At the beginning of the basketball class, it is

necessary to preliminarily evaluate and classify the students' comprehensive physical quality and basketball level, and set different learning goals for different types of students [3].

At present, the physical quality of college students is generally low. Most students focus more on academic development and ignore the weaknesses in physical quality. Teachers can carry out classified teaching activities to group students with different physical qualities and different levels of basketball so that they can carry out basketball teaching activities in groups appropriate to their physical qualities and basketball levels, so as to effectively improve the quality of physical education teaching. Teachers can plan and classify students into basic group and intensive group according to their coordination, endurance, ball feeling, technology, etc., and then design different teaching objectives and teaching methods according to their groups and in combination with the course training content, so as to enable students to better carry out and complete training, and gradually improve their classroom effects.[4] For example, the basic group, in view of its low basic level of basketball, should focus on cultivating interest when practicing. We should arrange simple fun activities to enable them to experience the fun of basketball in fun activities, and constantly enhance their basic skills. As the strengthening group has mastered a certain basketball foundation, it can set up the goal routinely according to the basketball level and physical level that the students have mastered and in combination with the teaching and training program.

3.3. Making good use of competition

The basketball project itself has very strong competitiveness, and is the main form of activity in the course teaching. So combining the students' interests and psychological characteristics, and using the competitive characteristics effectively, can promote the students' desire for learning basketball, and make them constantly exercise and improve in the basketball classroom. Therefore, teachers should actively carry out competitive teaching activities in the basketball classroom to meet the students' desire for basketball competition. In this process, we can combine the requirements of our school's teaching syllabus, consider the physical quality and basketball skills that students have, and combine our own teaching experience to formulate reasonable competition rules, so as to promote students to compete fairly and reasonably through basketball projects, train students to learn to compete, and use benign means to compete. For example, for students at the basic level, we will launch competitive games to enhance the sense of the ball, and use the dribble turn back, crotch dribble, push the ball and other exercise items to compete, so as to stimulate students' competitive enthusiasm. For the strengthening group, the teachers can also participate in the 3V3 and 4V4 half court and 5V5 full court competitions, make the whole basketball classroom enter a benign competitive environment, and also make the students' self level understanding more accurate, and the classroom atmosphere more intense. The students' basketball skills can be effectively improved in the competition.

3.4. With the help of Internet +, online and offline teaching is fully integrate

Under the background of "Internet +" strategy, physical education courses in colleges and universities have gradually realized the "online and offline" interconnection, which is a new thinking and a new paradigm of physical education course teaching mode. The use of the Internet to obtain rich resources, to create favorable conditions for students to study independently, can effectively stimulate students' interest in sports learning. Basketball is an important part of physical education teaching in colleges and universities. Under the traditional teaching mode, teachers pay too much attention to the teaching of students' skills, not only the teaching content is single, but also the teaching mode is also very backward, which cannot reflect the concept of physical education curriculum in colleges and universities, and it is difficult to cultivate students' lifelong physical education

consciousness. Therefore, to accelerate the integration of "Internet +" and university physical education courses It requires PE teachers to change their ideas, actively apply advanced technology to carry out basketball teaching, and lay a solid foundation for improving students' comprehensive quality and achieving the realization of basketball teaching goals.

Teachers should introduce multimedia in basketball teaching, which is a new type of teaching method. It can present the teaching content in terms of text, pictures and short videos, and has the advantages of convenient and professional content in information communication. In college basketball classes, teachers should use the basketball teaching resources released by new media to ensure that the teaching process is more interesting. Taking the "shooting" teaching as an example, the teachers should use the new media to play the shooting guidance video, and let the students compare their own shooting action according to the content of the picture, so as to realize the correction of the wrong shooting action.

Teachers should use sports software to assist in basketball teaching. At present, there are many professional basketball sports software, which also involves some professional knowledge of basketball skills and tactics, providing video comparison, competition drills and other functions. With the help of these software, teachers can ensure the development of basketball teaching more smoothly, and ensure that students master the rich basic knowledge of basketball.

Teachers should use the function of multimedia slow-motion playback to let the students master the details of basketball. In "dribbling breakthrough", for example, this is an important part of basketball teaching in colleges and universities, teachers first in accordance with the formal standard posture for students to demonstrate, and play multimedia video, the dribbling breakthrough skills to students, teachers need to guide help when students practice, make students find suitable for their own way of dribbling, dribbling skills, breakthrough skills, etc.

3.5. Scientific assessment mechanism

As an effective buffer stage for college students to enter the society, colleges and universities should not only learn more advanced theoretical knowledge, but also be exposed to more advanced scientific assessment mechanisms. As the most important evaluation method in society, assessment has guiding characteristics. Then, in the basketball classroom teaching, scientific evaluation mechanism is the most important part that cannot be ignored. Under the scientific assessment mechanism, students can understand that if they use benign means to make progress, they can effectively plan their learning process. In addition, it has an important impact on students to improve their self-awareness and promote their own development. Therefore, when the teaching strategy of basketball class needs to be optimized and innovated, its assessment mechanism needs to be optimized and designed.

On the basis of the original knowledge and skills assessment, we can further integrate the contents of comprehensive quality and personality development, so as to promote the students' assessment coverage to be more comprehensive, comprehensive and systematic, and present more accurate evaluation results for teachers and students, which can promote the students' learning ability to effectively develop and improve in this process. At the same time, it is also necessary to attach importance to the cultivation of students' personalized ability and team awareness, and the cultivation of their competitive spirit and physical quality, and integrate them into the rating assessment, in order to build an assessment mechanism that breaks through the traditional forms, promote the assessment methods and results to be more comprehensive, scientific and reasonable, and promote students' learning enthusiasm to be effectively improved in the assessment results. Scientific assessment can also effectively stimulate the potential of individuals, so that they can further achieve personalized development in the development of comprehensive quality, and comprehensively promote the

development of students' physical and mental health. For example, when designing the assessment objectives, we should integrate the usual competitive results, the completion degree of students' physical quality improvement, the team's ideological performance, daily learning attitude and classroom performance. Such examination design is more scientific and reasonable, and can also comprehensively grasp the learning progress and development of students, making basketball classroom teaching more quality.

4. Conclusion

Basketball, as a popular sports event in China, has a high level both in popularity and sports effect. In the new era of education, college teachers should actively change their educational thinking, fundamentally change the concept of education, and create multiple basketball classes for students. We can use more scientific and modern basketball teaching methods to further enhance students' love for basketball. Through the strategy of basketball classroom teaching, the students can not only learn and master the skills and theoretical knowledge of basketball in the basketball classroom, but also learn the team spirit and benign competition means to cooperate with people through the basketball project, so as to achieve the purpose of keeping their body and mind healthy. It also makes efforts to further promote the development of college basketball classroom education.

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