

Training of Basketball Tactical Awareness Based on Fitness Theory

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Abstract: As far as basketball players are concerned, having a good awareness of basketball tactics can greatly promote the overall level of basketball. Basketball tactical awareness is the soul of basketball, and the cultivation of basketball tactical awareness must start from an early age, step by step, until a system is formed in athletes' thinking, so as to achieve the effect of skilled application on the field. Coaches pay more attention to the cultivation of athletes' tactical ability, but pay less attention to the cultivation of athletes' tactical consciousness. According to the characteristics and laws of basketball, the classification, definition and influencing factors of basketball tactical consciousness should be discussed in the teaching according to the specific teaching practice, physical training and competition situation. At present, many young athletes often pay more attention to basketball skills and neglect the cultivation of basketball tactical awareness. At present, there are no textbooks and curriculum standards for physical fitness adaptability courses in middle schools, and there is no scientific and reasonable evaluation method, so it is difficult to really achieve the purpose of developing students' healthy physical fitness adaptability. Basketball coaches should make targeted training plans according to the characteristics of athletes, so as to achieve the ultimate training goal in a subtle way. Based on the theory of physical fitness adaptability, this paper studies the concept of basketball tactical awareness training and the significance of training young basketball players' tactical awareness. Secondly, it analyzes the content of training young basketball players' tactical awareness, and finally discusses the tactics of training young basketball players' tactical awareness.

1. Introduction

Basketball is a comprehensive sport, and young basketball players are an important reserve force for the development of Chinese basketball [1]. In the process of cultivating young players, the training of physical fitness and skills and tactics is indispensable, and most of our coaches often focus on these two aspects. In the process of the continuous development of basketball, athletes' physical quality has been continuously improved, which is characterized by their tall stature and fierce confrontation. When athletes' physical quality is similar, or their individual ability and overall strength of the team are weaker than those of the rival team, an excellent and mature tactical system will become the key to the team's opening up [2].

An excellent athlete's awareness of attack and defense needs a long period of edification and accumulation of self-experience. It can only be obtained by attaching importance to the study of basketball theory courses and the special training of tactical awareness. It is necessary to strengthen the training of athletes' physical quality and basketball tactical awareness to ensure that the overall level of basketball players can be effectively improved [3]. Basketball is a contest and struggle of the collective intelligence, physical strength, skills, consciousness, form and other factors. In the usual games, it is not difficult to find that some athletes have average technical level, but they can often form tacit cooperation with their teammates, have good predictions and judgments on the situation on the field, and can appear in the best scoring position in time, scoring shots or assisting teammates [4]. Basketball physical fitness training is a purposeful, organized and planned systematic training to improve individual basketball physical fitness. Combining the characteristics of modern basketball games with science and technology, it is formed by systematically cultivating and edifying athletes' tactical consciousness in a planned and purposeful way at ordinary times. Athletes' tactical awareness has become a key factor affecting the results of the competition.

In today's high-level basketball games, the tactical accomplishment and execution level of athletes have directly affected whether the team can win the game in the end [5]. This paper makes a simple analysis and research on the cultivation of teenagers' basketball tactical awareness, in order to provide reference for relevant personnel.

2. Present Situation of Physical Training of Basketball in Colleges and Universities

2.1 Insufficient Attention

There is a phenomenon that basketball training in colleges and universities in China only pays attention to technical training and ignores physical training. The development of basketball tactics system has brought about the change of basketball attributes, and basketball events have gradually developed from simple physical exercise to skillful exercise. In the process of competition, only when young basketball players have a strong sense of tactics can they consciously and purposefully use techniques and choose tactics to avoid blindness. The establishment of overall control consciousness can enable athletes to fully grasp the situation of the stadium; Second, the analysis and prediction ability of athletes. In the process of constructing basketball tactical consciousness, the overall consciousness of basketball players should be controlled. In the game, basketball players master the ability of analysis and prediction skillfully, so that they can make reasonable judgments on the opponent's strength and mental state, thus laying a good foundation for the next action. A head coach is "one expert with many abilities". He is responsible for both physical training of athletes and tactical training of the team, and some even manage the daily life of the whole team.

In a word, the tactical awareness of young basketball players is directly related to the effect of their basketball skills and tactics, and then affects the final result of the game. The formation of basketball tactical awareness needs a long process, which requires basketball players to accumulate experience in training or competition, and this process is an objective factor. Decision-making ability can make players make a decisive choice of basketball tactics on the basis of the first two steps. In today's basketball competition, the strength of tactical awareness can be used as a sign to measure the strength of the team, and the strength of basketball tactical awareness is compatible with the technical and tactical level and intelligence level of basketball players. Therefore, in the process of development, basketball players should constantly improve their own level and ability, have a strong psychology, be able to face all difficulties and pressures, and establish a good awareness of basketball tactics, so as to lay the foundation for a good future development.

This situation makes the most basic physical training of many college basketball players unable to be guaranteed, so it also affects the exertion and improvement of athletes' technical level.

2.2 Training Methods Are Unscientific

At present, there are still some problems in the physical training of basketball players in many colleges and universities in China, such as blindly increasing the amount of training, increasing the load, single training method and simple training means. As far as basketball is concerned, it is very necessary to cultivate teenagers' awareness of basketball tactics. It can not only improve teenagers' overall basketball level, but also promote teenagers' all-round development, which is of great significance and function to teenagers' future development.

Basketball is a highly skilled sport, and teenagers' awareness of basketball tactics can greatly improve the overall level of basketball. On the one hand, it is objective factors. The objective factors that affect the cultivation of teenagers' basketball tactical awareness are mainly coaches, other players, training facilities, training time and training content, etc. The cultivation of basketball awareness can be carried out through the following measures and methods: in China, the cultural level of athletes is generally low, and it is also the case in basketball events. The strength training of upper limbs is mainly to push barbells, while the training of lower limbs is mainly to squat barbells. In the daily basketball training process, athletes should be very skilled in all kinds of movements. Besides, coaches must integrate basketball tactical awareness into the training process. Promote the adaptive changes of various organs and functions of the body, improve the body shape, and finally

improve the level of basketball skills and tactics to adapt to the characteristics of modern basketball. To improve the tactical awareness of basketball players, we must strengthen the basic theory and professional education of basketball.

Pay attention to the development of young basketball players' attention quality and improve their observation ability. We should have a strong sense of system, ensure that individuals and collectives act under the constraints of competition rules, and make use of competition rules to create scoring opportunities for our own side [6]. Only when the professional team's physical quality reaches a certain level, can special physical training be carried out. However, the physical training currently adopted by many colleges and universities is not targeted and remains unchanged all the year round. This kind of training is unscientific and unreasonable, does not have quantitative standards, and can not achieve the desired effect on athletes' physical stimulation, and the level can not reach the ideal height. The figure below shows statistics for experts.

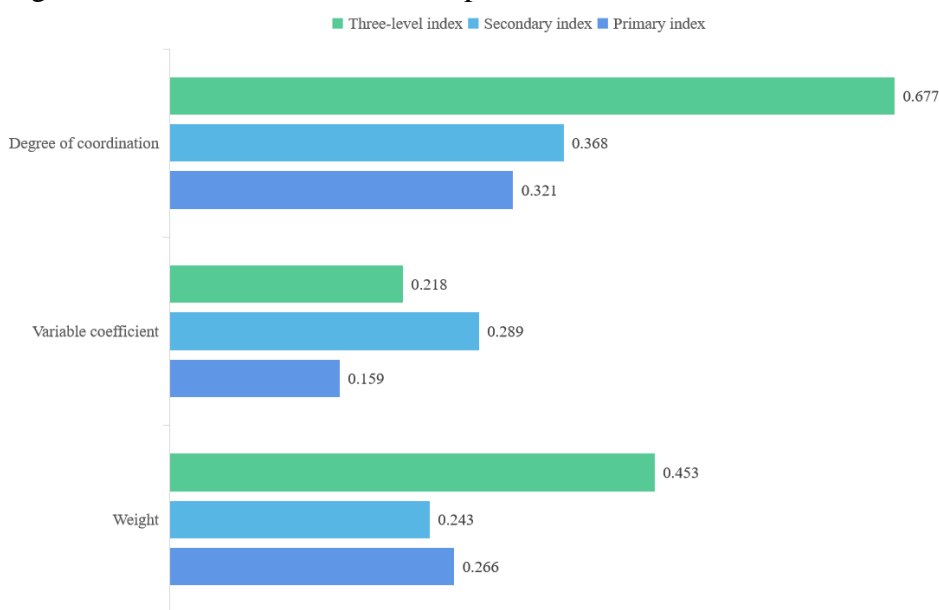


Fig.1 Comparison Table of Expert Consultation Weight Score

3. Effective Strategies to Cultivate Basketball Tactical Awareness.

3.1 Improve the Theoretical Knowledge of Young Athletes' Basketball

In the process of youth basketball training, we should not only pay attention to basketball skills and movements, but also have strong theoretical knowledge of basketball. In the competition, the purpose of young basketball players' application of technology must be clear, either offensive or defensive, and they can't use technology without offense and defense. Strengthen the standardized training of juvenile basketball players' skills and tactics. It is very necessary for every basketball player to master comprehensive, solid and effective basic skills. In endurance training, it is no longer a simple lap training, but a high-intensity start running and jumping training, especially sprint running, to improve its explosive speed. In the weekly class, teachers guide the ways and methods of practice, and control the time and load intensity of practice. At the same time, students are advised to practice independently after class to improve the training effect. According to the biomechanical characteristics of basketball, we can improve students' understanding of basic technical movements of basketball, and initially establish the connection between nerves and muscles and the feeling of controlling muscle exertion.

An excellent coach, when he coaches athletes' physical training, first needs to make a reasonable training plan and goal. Mastering a solid and rich theory of basketball skills and tactics is an important guarantee for young basketball players to play their skills and tactics normally and supernormally in basketball matches. If the offensive tactics of the whole team are chosen, the awareness of passing and catching the ball should be enhanced when dribbling, and the advantages

of collective combat should be brought into play. The ability to analyze and judge the situation on the court of junior basketball players, especially to cultivate the habit of independent thinking and improve the ability to analyze and judge the complex changes of the court [7]. They should also be required to correctly understand and express the types, characteristics, application opportunities and functions of various basketball techniques. Organize athletes to watch the competitions and training of outstanding athletes at home and abroad. For example, watching the live broadcast or live video of NBA, CUBA, CBA and other games is the best way to combine theory with practice. Promote the good development and progress of young athletes.

3.2 Improve the Responsiveness of Young Basketball Players.

For young basketball players, the psychological activities in the process of competition are very complicated. For the most basic technical movements, in the specific professors, we must train them repeatedly, especially for the main links. In the training, we must pay attention to the organic combination of theory and practice. For the most basic technical movements, in the specific professors, we must train them repeatedly, especially for the main links. In the training, we must pay attention to the organic combination of theory and practice. Observation is a highly developed form of intentional perception, a purposeful and planned perception [8]. In basketball games, only by observing can young basketball players get all kinds of information that will affect the realization of their action goals, and then make purposeful and planned tactical actions. Coaches should ask young basketball players to carefully observe their passing routes, landing points, passing methods, moving positions and so on. Simulation training has always been an important part of the training of young basketball players, and it has a significant role in promoting the technical and tactical level of young basketball players [9]. The most effective way to improve the level of basketball players is competition. In competition, players can find their own problems more quickly and intuitively, so as to solve them and improve their level. Gain insight into the opponent's tactical intentions in simulated competition training and formal competition. In training, coaches should not only impart basketball skills and tactics to athletes, but also teach them the basic laws and essential characteristics of tactics, and give correct demonstration explanations to key links of sports [10]. Observation essentials: Establish a clear goal and make a careful observation plan. During the competition, young athletes can attack and defend according to specific conditions. If the athletes' movements are slightly slow in the competition, it will affect the whole competition.

Set a clear goal and make a careful observation plan. And the basketball level of athletes can be improved in an all-round way.

4. Conclusion

To sum up, it is not difficult to see that sports media reports have a great influence on athletes' psychology. In the process of youth basketball teaching, strengthening the cultivation of youth basketball tactical awareness can not only improve the chances of winning basketball matches, but also comprehensively improve the overall level of basketball and promote the future development of youth. Media reports before, during and after the competition also have an important influence on athletes' technical level and adjustment after the competition.

Reasonably arrange the training time of different training contents, pay attention to the accumulation of practical experience, teach basketball players in different ages and training stages in accordance with their aptitude, and formulate targeted and specific training contents. Highlight the cultural function of sports events, so that teenagers can deepen their understanding of the connotation of sports spirit in the process of participating in sports competitions. Highlight the cultural function of sports events, so that teenagers can deepen their understanding of the connotation of sports spirit in the process of participating in sports competitions. Therefore, relevant personnel should attach great importance to this work, constantly accumulate experience in the game, and comprehensively improve teenagers' awareness of basketball tactics.

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