

# Analysis and Research on Basketball Tactics Teaching in Colleges and Universities

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**Keywords:** Basketball, Tactics Teaching

**Abstract:** Basketball teaching is a routine teaching in our college physical education syllabus. Although basketball teaching is an important part of Basketball Teaching in higher education, this article will focus on Basketball Teaching in higher education institutions development for reference.

## 1. Preface

Students have high expectations of college basketball class, they are eager to see, however, basketball class in some colleges and universities of physical education does not include the tactical level of teaching content, on the contrary, the theory of teaching to a large extent has become the time and content of basketball teaching, this is mainly due to the use of traditional physical education teaching methods in college basketball teaching, there are many disadvantages, basketball teaching is a good choice. Ball sport itself is a kind of sports activity that emphasizes tactics. Only with certain tactics, can it be more fun and interesting. However, students ignore the practical teaching of basketball, and can't guide students to understand the essence of basketball in principle, so they can only accept it passively.

## 2. The connotation and characteristics of basketball

### 2.1. Concentration of basketball

Basketball was originally invented as an indoor game with certain antagonism, appreciation and interest. Later, it was gradually accepted by the public and derived many important cultural attributes. The development and origin of basketball in the world is essentially based on the popularity of the NBA basketball league. In China, basketball has been included in the physical education curriculum since primary school, and with the development of basketball, the content of junior high school includes the test of basketball elements, and the entrance examination of senior high school also includes basketball related content.

### 2.2. Characteristics of basketball

The characteristics of basketball are: high intensity of sports, the time of the game depends on the situation, the duration of a basketball game can be long or short, but it needs a large number of fast running steps, rapid conversion, emergency stop and start-up, etc. at this time, the physical quality of the athletes is high requirements; antagonism, the antagonism of basketball reflects the score in basketball game. In terms of purpose, the scoring of goals is based on the attack organization of basketball players of both sides. If they attack, they will inevitably accompany the defense of the other party. That is, they will have physical contact and physical confrontation, which is also allowed in the specified area of basketball competition, mainly for improving the viewing of basketball games; ornamental, the ornamental of basketball matches is reflected in both sides. Up, the players of both sides of basketball match are different and have their own characteristics. In relatively spacious space, they can come and come, fight each other, and play waves of attack and defense climax, cooperate with wonderful tactics, enjoy it very much, and the popularity is reflected in the popularity of basketball. The audience of this sport is not only very wide, but also the age range is very wide, suitable for the audience to watch, the appropriate basketball age can be from

primary school to young people, adults, middle-aged people, middle-aged people and the elderly in the early stage of physical development.

### **3. Common tactics of basketball**

In basketball competition, the physical confrontation between athletes and the physical reserve of the players is one aspect of improving the value of basketball viewing. Meanwhile, the use and implementation of various conventional and unconventional tactics of both sides is another aspect to improve the value of basketball viewing. This paper discusses several basketball tactics commonly used in basketball games as an example.

#### **3.1. Basketball cover cooperation tactics**

The strategy of screen cooperation is to use the physical cover between athletes, and to shoot or run for their athletes through running, covering and staggered body posture. This strategy requires the players to work together and understand each other. Through active running and paying attention to the other defensive players participating in the defense partner at the right time, the players can get rid of the defense, continue to find opportunities or find opportunities Find the right time to shoot and drop the basketball.

#### **3.2. Passing and cutting into basketball**

The tactics of passing and cutting are to make use of the simple technical cooperation of passing and cutting between players, so that basketball is always in a passive state, so that the players can hold the ball and calmly deal with the defensive players. This tactic is the most commonly used tactic in basketball, which is different from simply handing the ball to or directly to the teammates, which is mainly divided into two types: one is "passing", The other is "empty cut". Have a good understanding of the key points, can get rid of the defense, create opportunities for the vacant position.

#### **3.3. Basic defensive tactics of basketball**

The more practical basic defensive tactics in basketball include: one-to-one defensive tactics of man to man and restrictive defensive tactics of big, small, high and low defense. It is suitable for dealing with various offensive tactics and offensive personnel of the other party, and is the main defensive form of the other party's attack.

### **4. On Basketball Class**

#### **4.1. Practical guidance for dealing with cooperative practice**

As mentioned above, the strategy of screen cooperation is mainly to use the physical screen between players to shoot or run a shot for their own players. On the basis of the above technical points, teachers should be able to correct students' mistakes when using screen cooperation. The mistakes include nonstandard actions between screens, no interactive display and simple communication, and the tactical intention is not obvious enough And it's easy for players to miss the chance to leave after holding the ball.

#### **4.2. Actual placement of pass and incision**

The central point of the transition and cutting tactics is that the players who break through on their own side should take the opportunity to intervene and confuse the defensive players with the wrong actions. At this time, the players who play the ball use the wrong actions to attract and brake the defensive players, which can quickly draw out a suitable position for the players who score on their own side. Based on the above technical points, in the actual teaching process, physical education teachers should emphasize the players' judgment of time to contain, and make full use of the confusing effect of feint and the tacit understanding between passing players and scoring players.

### **4.3. Practical teaching of basic defensive tactics**

The one-to-one marking tactics and the restriction of big and small defense are all realized through the defensive form of one person defending one person. The one-to-one marking tactics is applicable to the relatively balanced physical quality of players on both sides of the game, unless the height and physical conditions are different. The restriction tactics of big defense, small defense, low defense and high defense are aimed at high position players defending low position players, and use their own advantages to stop the weakness of the other side. The technical point of scoring tactics is that the defenders must keep up with their own weaknesses for the first time score. Objective: in order to limit the opponent's movement and dribble, it is necessary to ensure that the players with too high state try their best to avoid the opponent's action being too flexible and avoid the goal of their own action speed and up and down reaction speed, which will lose the importance of big defense and small defense. Based on the above technical points, in the process of practical teaching, P.E. teachers and students should: how to use their own physical advantages and defensive means to limit the offensive intention of other players, so that the players may have the possibility of defensive counterattack, restore the control of the ball.

### **5. Conclusion**

In school education, basketball class is not only a conventional course, but also an essential course, which is not only related to the popularity of basketball itself by students, but also related to the unlimited tactical changes and certain ways of thinking of basketball itself. It is very important that every teacher should do a good job in basketball class.

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