

Main characteristics of basketball training as well as main problems and countermeasures of basketball training in China

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Abstract: With the social and economic development of our country, the content of physical education in colleges and universities is constantly reformed so as to adapt to the physical and mental development of students and promote the cultivation of the spirit of unity and cooperation and comprehensive quality. There are still some problems and deficiencies in the actual teaching. Therefore, in this study, the author makes a detailed analysis and discussion on the core of the problems existing in the teaching and training of basketball in higher education, and gives reasonable suggestions to bring a reference basis for the development of physical education in colleges and universities in our country in the future.

There is a big gap between China's basketball projects and the world basketball powers. an in-depth analysis of the reasons lies in the pre-training of China's basketball skills. For basketball beginners should start from children, children's basketball is strong, then China's basketball level must be strong. This paper will study the main problems of basketball skill training, so as to contribute to the improvement of Chinese basketball technology and the improvement of basketball level.

Importance of basketball teaching and training in colleges and universities

First of all, basketball teaching and training in colleges and universities should be carried out in groups, and teachers can set every five people as a group to carry out collective activities. In the process of basketball teaching, teachers and students form a good interactive relationship, shorten the distance between each other, so that students will not have a sense of alienation from teachers, and improve students' language communication ability. Secondly, basketball teaching and training is a kind of teamwork, in the process of the game, students should have a strong sense of team, enhance the cohesion between students at the same time, and then burst out more energy, full pride and a sense of achievement. Finally, basketball training is intensive and requires a lot of physical energy. at this time, it is necessary to let students have super consciousness and motivate students. No matter how the result of the game is, we have to face it with peace of mind. Only by adhering to the principle of "not conceited in victory and undaunted in defeat" can we accumulate experience and lay the foundation for future growth.

2. Analysis of the problems existing in basketball teaching in colleges and universities

2.1 Deviation in the understanding of basketball

Basketball itself has a large amount of exercise, which requires high physical strength and endurance of students. Therefore, in learning and training, most boys are more, while girls are less involved because they are relatively weak. In people's cognition, basketball is divided between men and women. In addition to the spread of traditional ideas in China, under the current basketball teaching system in colleges and universities, the vast majority of them aim to complete the teaching task and ignore its own teaching significance. The current form of physical education is mainly based on students' independent training, teacher guidance, theoretical knowledge and other contents, which greatly reduces the charm of basketball itself, resulting in students' participation and enthusiasm is not high, thus making them unable to promote the essence of basketball.

2.2 Weak foundation of students and uneven levels of basketball playing skills

In the current process of basketball teaching in colleges and universities in China, the basketball skills of its students are relatively weak, and some students have not been exposed to any form of basketball. In the actual teaching of physical education, in the vast majority of cases, students will choose their favorite sports for targeted training, which leads to the coexistence of a variety of levels. For example, for students who have not come into contact with basketball, it is necessary to improve their own literacy; while students with weak basketball skills should promote the improvement of the level of basketball and so on. Therefore, there will be a lot of students with different basketball levels in a class-level class, which brings some obstacles to teachers' basketball teaching.

2.3 Classroom teaching needs to be further optimized and improved

In basketball teaching and training, teachers can not carry out off-court training because of the influence of weather, time and other factors, so they carry on the teaching in the classroom. For example, in the basketball dribbling, ball control and other teaching, its content is more boring, and then greatly reduce the enthusiasm and participation of students. In addition, teachers are not involved in the spread of basketball culture. In the traditional teaching situation, teachers' teaching methods mainly stay in imparting teaching, systematically imparting theories and skills to students. There are few applications such as situational drills and game training adapted to modern teaching, which greatly reduces students' interest. In view of some colleges and universities in China, the strength of teachers in basketball teaching is relatively weak, teachers can not comprehensively improve the physical and mental development of students, and the cultivation of basketball skills is greatly reduced. It is necessary for colleges and universities in our country to constantly optimize the teaching content.

2.4 Backward construction of assessment and evaluation system

Basketball teaching and training is not only to let students master basketball skills, but also to establish a sense of unity and cooperation and cultivate the national spirit. In the basketball examination every semester, the assessment content is more general. For example, the vast majority of colleges and universities in the assessment of basketball knowledge, mainly according to students' usual results, daily attendance to evaluate the level of students' basketball. The assessment results are lack of professionalism and no scientific concept. It ignores the students' own basketball skills. In view of the current content of basketball assessment in colleges and universities in China, it mainly pays attention to the assessment of basic basketball skills, and the contents covered by basketball-related knowledge and students' performance in class are not comprehensive. In view of the above, China's traditional assessment and evaluation system is relatively backward, which seriously hinders the long-term development of basketball teaching in colleges and universities.

3 Countermeasures to improve the basketball teaching in colleges and universities

3.1 Clarify the ultimate goal of basketball teaching

At the present stage, with the development of information technology in our country, the popularization of Internet technology has become a necessity in people's daily life. Of course, students are no exception. Students' negative emotions in school and life cause certain psychological pressure, and then pass the time with the help of the Internet, escape from sports training in order to avoid it, so that there are hidden dangers in the development of physical and mental health. In recent years, China strongly encourages college students to carry out more sports activities to promote the development of physical and mental health as the goal, and then produce warm repercussions. Therefore, basketball has become a widely used and promoted sport in our country. In the process of training students, to enhance the physique of students, at the same time, to get rid of the network, really aware of the importance of basketball training.

3.2 Improve basketball teaching methods

Teachers in the actual basketball teaching process, there is no clear teaching methods, so that the classroom content is relatively insipid. With the continuous reform of the educational mechanism in our country, some changes have been made to the students. For example, comprehensive consideration should be made according to students' interests, learning ability and teaching time, so as to improve the quality and efficiency of teaching. When carrying out basketball teaching and training, teachers should carry out targeted teaching according to students' physique and basketball skills, so as to create a relaxed and happy teaching environment. In the course of development, we can refer to the following teaching methods.

First of all, in the hierarchical teaching method, teachers should understand the students' learning level in detail and carry out different levels of teaching according to the strength of basketball skills. And then comprehensively consider the students' ability to absorb the knowledge they have learned. In basketball training, teachers can let students with strong basketball skills lead students with weak skills to learn, promote communication between students, but also quickly improve the level of students' basketball. This hierarchical teaching method can greatly enhance students' autonomy, thus improving students' self-confidence.

Secondly, the use of game teaching method. In the basketball teaching and training in colleges and universities, the game interaction is used to enrich the teaching content, so as to mobilize the boring and monotonous teaching content immediately. While completing the teaching task, it also improves the enthusiasm of the students. Then there is the use of group cooperative learning method. In the process of classroom teaching, teachers should set up five groups of students, each of eight into a group, so that students with weak basketball skills and strong skills can interact effectively, which will not only greatly reduce classroom time, but also explore the advantages of students to the greatest extent, having students form a benign interaction and achieve the purpose of learning from each other.

Finally, the use of competition system to fully improve students' interest in basketball training. From the perspective of basketball teaching and training, competition teaching is a very efficient method. When students understand the basic skills of basketball, teachers can play in different groups to stimulate students' competitive spirit and enrich the classroom content, thus cultivating students' spirit of unity and cooperation, making them have a sense of achievement and then achieve the teaching task.

3.3 Focus on the planning of teaching content

Teachers should be in a limited time, comply with the college basketball teaching tasks, at the same time, targeted planning of the teaching content, for different students, the degree of understanding of the teaching content is also different. Therefore, teachers should set up scientific and effective teaching methods, so that every student can absorb and apply what they have learned. For example, teachers can demonstrate in person when explaining the basic knowledge of basketball, so that students can feel the main points of basketball more intuitively. For the questions they don't understand, they can raise your hand and the teacher will answer them in detail to eliminate the questions.

4 Conclusion

To sum up, basketball teaching and training in colleges and universities in China plays a decisive role in the physical and mental development of students and the improvement of comprehensive ability. It can make students have a sense of teamwork and fighting spirit. Therefore, our country should constantly promote the in-depth reform of physical education in colleges and universities, strengthen the teaching content, and then improve students' self-confidence and enthusiasm, so as to maximize the effect of basketball teaching, which will have a far-reaching impact on the development of basketball teaching and training in colleges and universities in the future.

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