

# *Cultivation of Fast Attack Tactics in College Basketball Training*

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**Abstract:** With the continuous improvement of basketball, fast-break tactics have been paid more and more attention by basketball players. Fast-break is a fast offensive tactic that requires basketball players to use certain methods and techniques to attack in a short time, quickly and reasonably when the opponent is not paying attention to it. It is an important part of basketball tactics. Basketball players with super fast-break ability can weaken the morale of their opponents, and on this basis, establish super confidence and courage. At the same time, fast-break tactical thinking can build basketball players' self-confidence and fighting ability, and enhance their psychological endurance to external changes. Therefore, colleges and universities should pay attention to the training of fast-break tactical thinking in basketball training. Through the investigation of basketball players' competition, this paper understands the application of basketball players' tactical thinking in competition, expounds the characteristics of fast-break tactical thinking, and puts forward how to train fast-break tactical thinking in college basketball training.

## **1. Introduction**

The famous president of basketball games Rivers once said: "In the era of big data, the research and update of training ideas and methods, effectively promote the improvement of basketball players' competitive ability, make the basketball competition more intense, and bring people endless visual enjoyment." With the rapid development of basketball, basketball has become one of the most influential sports at home and abroad, and its size and number are very large. In order to defeat the opponent in basketball matches, we not only need to surpass the opponent in basketball technology, but also need to adopt certain tactical thinking in the fierce competition to develop strengths, avoid weaknesses, and reasonably contain the opponent, so as to achieve the final victory. Tactical thinking is a way of thinking in which athletes can quickly and accurately judge the opponent's situation in complex, difficult and changeable contest situations and adopt some methods and strategies in anticipation. At the same time, tactical thinking is the key to technical play. In view of this phenomenon, colleges and universities actively carry out basketball teaching and training in schools, making college basketball teaching an important part of college physical education teaching system [1]. Fast-break tactics are adjusted to attack when players are not paying attention to each other when they are defending. Basketball players are required to use certain methods and techniques to attack in a short time, quickly and reasonably, which is an important part of basketball tactics. The application of fast-break tactics in college basketball training has been

paid more and more attention by athletes and coaches.

## 2. Training of Tactical Thinking in Fast Attack

Scientific training is an effective driving force for the development of basketball, and the research hotspots of basketball are also concentrated in the field of basketball training [2]. Because basketball pays more attention to the concept of time, speed and fierce confrontation in the game, athletes get points in the race for time and tactics, so the training of fast-break tactical thinking in the basketball training process has been paid more and more attention by college coaches and athletes. Combining with the characteristics of fast attack tactics, the training direction and specific training methods as shown in Table 1 are put forward.

Table 1 Training of Fast Attack Tactical Thinking in Basketball

Training direction	Specific training methods	
Thinking consciousness	Coaching training	Athletes actively establish
Observation ability	Training Afterglow	Focus on teammates and opponents
Judgement ability	Seize the opportunity	Actual combat practice
Psychological quality	Coach attention	Athletes can be trained
Coach leadership	Demonstrate well	Time supervision
live operational training	Take part	Summing up experience
Intelligence training	Scientific Planning	Combining theory with practice

### 2.1 Establishing Correct Thinking Consciousness of Fast Attack Tactics

The cultivation and improvement of fast-break tactical thinking is a powerful guarantee for college basketball players to play basketball competitiveness at a high level. It is of great significance for students to win the final victory. Only when students really integrate the fast-break consciousness into the subconscious concept, can they realize flexible application in the competition [3]. Correct fast-break thinking means that basketball players should clarify the relationship between fast-break tactical thinking and fast-break techniques and tactics. Basketball players often have a good grasp of fast-break techniques and tactics, but they do not realize the importance of fast-break thinking. Fast-break thinking is the premise of fast-break technology and tactics. In order to achieve high-quality fast-break level, athletes must first have the consciousness of fast-break thinking. In the training process of basketball players, it is often a bilateral activity process, which requires not only coaches to have a positive awareness to cultivate athletes' quick-break thinking, but also athletes to consciously learn to establish fast-break thinking. If we only pay attention to tactical training and neglect the training of thinking, we will not achieve the desired results in the end.

### 2.2 Improving Visual Thinking Ability

Good visual thinking ability can help basketball players to insight into all the important situations occurring on the court, and make correct judgments and quick reaction actions [4]. The ability to observe often determines the correctness of thinking. In college basketball competitions, athletes are changing rapidly. It's hard to guess the various forms that appear on the field. If the

athletes don't observe at once, the situation will change a lot. Before fast-break thinking is established, it also needs to be established through naked eye observation, so it requires athletes to have a higher observation ability. In training, basketball players must attach importance to the training of visual thinking ability. Basketball players should not only have the ability of formal observation, but also the ability of visual thinking of Yu Guang, which is more helpful for basketball players to use fast-break tactics. By detecting the movements of players and opponents, they can produce unexpected results, so as to determine tactics. From this point of view, only with a certain observation ability can we accurately complete the fast-break tactical thinking according to the surrounding situation [5].

### **2.3 Forming a high level of judgment**

There is a direct connection between thinking and judgment. In the process of college basketball matches, if we want to make fast-break thinking correctly, the cultivation of judgment ability is also very important. Judgment ability is a process of thinking processing after receiving perceptual information. Judgment ability can be said to play an important role in the formation of fast-break thinking, and is also a prerequisite for making fast-break action. In the process of fast-break thinking training, college basketball players should fully understand the characteristics of fast-break technology and fast-break tactics, make correct judgments in time to seize the opportunity in the competition, and pay special attention to judging the movement and speed of their peers and opponents to carry out fast-break tactics, so as to play a sudden and unprepared effect. In the actual training of colleges and universities, according to the different contest scenarios and combined with practical training, we should constantly improve the judgement ability of athletes to complete the fast break and win.

### **2.4 Improving the Psychological Quality of Athletes**

Psychological quality training can make fast-break thinking more secure. In addition to the success of basketball players depending on technology and tactics, psychological quality endurance ability is also the key to win. Self-confident athletes often have certain advantages in basketball matches, while players with certain momentum can also weaken the opponent's combat effectiveness. This requires athletes in the usual training process, first of all, coaches should always pay attention to the psychological endurance of basketball players, often use inspirational words to motivate athletes, so that athletes in peacetime training to develop a good mentality. Secondly, athletes should also deliberately train their psychological quality, and cultivate their tenacious will and fighting spirit. In fact, the most important thing in competition is mentality, which is the key to win. Basketball players should cultivate a good mentality of not arrogant and not rash to promote the improvement of fast-break thinking consciousness.

### **2.5 Focusing on Coaches' Leadership in Training**

Coaches, as the core of the team, play a leading role. It can be said that coaches are the Enlightenment of basketball players [6]. In the training of fast-break thinking of college basketball players, first of all, the coach should pay most attention to the basic action and characteristics of fast-break to demonstrate the image, and use the refined and correct language to tell the athletes, so that the athletes can deeply understand that different tactics should be adopted in different circumstances, so as to make the correct use of fast-break tactics purposefully. Secondly, coaches should supervise basketball players at any time in the training process. The strict supervision of coaches is conducive to the progress of basketball players'skills and methods. At the same time,

coaches can point out and correct mistakes in time, which can make athletes achieve the most effective fast-break training.

## 2.6 Improving the Intelligence Training of Athletes

Basketball match is not only a physical contest, but also an intellectual game. Basketball players with strong logic and thinking abilities are often able to make accurate analysis and judgment on the court. At the same time, basketball players with stronger thinking abilities are more effective in the flexible use of tactics in matches. The cultivation of thinking ability and logic ability needs to be trained with certain cultural knowledge. College basketball should combine the theoretical knowledge and practical training, so as to apply the theory to practice. Excellent basketball players who are good at improving their theoretical knowledge and learning experience and applying them to matches in combination with their own actual situation can better play fast-break tactics in matches. At the same time, college basketball players should set up scientific training plan and enrich their knowledge of culture and Science in order to better develop fast-break thinking [7].

## 2.7 Understanding Fast Attack Thought in Competition

Competition does not mean that we must win, but we need to sum up experience and lessons in the game. Only in the game can college basketball players grow faster. College basketball players lack the consciousness of fast-break thinking, which is related to the amount of training in peacetime. Fewer events will lead to the lack of practical experience of athletes, and fast-break tactical thinking has not been well promoted. Therefore, in peacetime training, we should create conditions for fast-break thinking, let college basketball far mobilize more to participate in some practical competitions, enrich the practical experience of fast-break through continuous training in competitions, and train fast-break thinking ability in the use of fast-break tactics. Only when basketball players participate in more matches, constantly improve themselves in the matches and learn more experience, can they constantly accelerate the improvement of fast-break tactical thinking.

## 3. Conclusion

Fast-break tactics seem simple, but the actual operation of a successful fast-break tactics requires many factors, such as team cooperation, athletes'observation, accurate judgment and more actual combat exercises, so many factors can successfully complete a fast-break, and before the completion of these operations fast-break tactical thinking plays a certain role. The emergence of fast-break tactics has brought a new climax to the development of basketball. In the game, because fast-break tactics make the pace of the game faster and collision more intense, it often has unexpected wonderful moments. At present, in basketball matches at home and abroad, more and more attention has been paid to the effect of athletes'time and speed. For basketball players, the training of fast-break tactical thinking must be regarded as an important ability to improve their basketball ability. Therefore, for college basketball training, we must pay attention to the training and training of fast-break tactical thinking ability, so that athletes have good fast-break thinking ability, and promote the continuous progress of College basketball.

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