

Research on Basketball Shooting Skill Training in Higher Vocational Physical Education

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Abstract: This paper discusses the basketball shooting skill training in higher vocational physical education, understands the current situation of higher vocational basketball teaching, defines the key shooting skills, and deeply discusses and describes the methods of shooting training, hoping to provide support for the effective development of basketball teaching activities and further improve the quality of higher vocational physical education.

1. Introduction

In higher vocational physical education, basketball teaching is a very key content, which is deeply loved by students. It is of great significance for the cultivation of students' physical quality and comprehensive ability. For basketball, shooting is the core of the sport. If there is no corresponding shooting technology and skills, it is very easy to affect the effect of shooting, and even the quality of the whole basketball game. However, according to the current situation of physical education teaching in higher vocational colleges, there are still many problems, especially in shooting skills. Therefore, higher vocational physical education teachers need to strengthen the research and application of corresponding training methods.

2. Problems in Basketball Shooting Skill Training in Higher Vocational Physical Education

2.1 Students Lack Enthusiasm

Although basketball has always been a favorite sport for higher vocational students, it has not achieved the expected teaching effect in the process of implementing relevant teaching activities. Many students show low enthusiasm in basketball teaching and training. This is mainly because teachers' educational ideas are relatively old. In teaching practice, they are more used to taking themselves as the main body of teaching and imparting all kinds of knowledge to students, but ignore the main position of students, resulting in students often in a passive position in basketball teaching and training. Passive learning will seriously limit the exertion of students' thinking ability and subjective initiative, which will have a great impact on students' learning enthusiasm, lead to their unwillingness to participate in physical education teaching and training effectively, and even produce certain resistance, affect the smooth development of teaching and training activities, and then reduce the quality of relevant teaching activities.

2.2 Single Teaching Mode

For higher vocational basketball teaching and training, the problem of single teaching mode is very common. Many teachers focus on theoretical knowledge explanation and technical action decomposition demonstration, and require students to memorize and practice mechanically. Although this teaching method can help students better understand relevant knowledge and skills to a certain extent, it can't fully mobilize students' thirst for knowledge and creativity. Even if students can master relevant knowledge, they will not have deep understanding and proper application. The improvement of professional quality and ability is slow, which hinders the rapid improvement of teaching effect. At the same time, for students, interest is the key to ensure their learning motivation,

and the long-term use of a single and fixed teaching mode will inevitably reduce their interest in basketball learning, lead to the continuous weakening of their enthusiasm in basketball learning and training, and lead to the gradual decline of teaching effect.

3. Key Shooting Skills in Basketball Teaching

3.1 Ensure the Proficiency and Standardization of Technical Actions

In basketball, skilled and standardized technical actions are the basis to ensure successful shooting, and the design of shooting technical actions is based on relevant mechanical principles and human body structure. To give full play to its technical role, you must correctly master relevant technical actions, and improve the proficiency of technical actions through repeated exercise. Only in this way can students' basketball skills be effectively improved.

3.2 Ensure a Stable Psychological State

Shooting in basketball is often completed in an instant. Especially in the game confrontation, due to the defense and harassment of the opponent, the chance of shooting is also fleeting. In this case, in order to ensure the success rate of shooting, students need to have good psychological quality, that is, to ensure the stability of psychological state, focus and be not arrogant and impetuous, to ensure their physical coordination, so as to lay a solid foundation for the effective development of shooting activities.

3.3 Accurately Evaluate the Ability of Defenders

The ability of defenders is one of the main factors affecting the success rate of basketball shooting. Therefore, in practice, it is also necessary to accurately evaluate the ability of defenders, including each other's psychological quality, physical quality and so on. Of course, this work generally needs to be carried out before the game, that is, to conduct a comprehensive investigation and understanding of the defensive players, so as to ensure that they know themselves and the enemy as much as possible. Of course, on-the-spot reaction is also required to judge whether it is suitable for shooting according to the height of the defender and the distance between his actions and himself ^[1].

3.4 Grasp the Shooting Opportunity

There is a close relationship between shooting time and shooting effect. Therefore, in basketball, players need to make a reasonable choice of shooting time according to the actual situation. Usually, each student has his own shooting position or area in basketball. If he receives the ball in this area, he should shoot immediately after avoiding defense. Of course, in addition, players also need to effectively create shooting opportunities. For example, they can use fake actions to confuse defenders or make defensive breakthroughs.

3.5 Reasonable Control Shooting Power

When shooting basketball, the shooter needs to control the shooting power according to the distance between himself and the basket and the possibility of various situations, so as to improve the success rate of his own shooting as much as possible. The power control of shooting is not an easy thing. It needs continuous practice to accumulate experience and feel to ensure the accuracy of power control. For the training of shooting strength, first of all, students need to perceive the power application in basketball shooting and try to clarify the physical state in the process of shooting. Secondly, when they don't make a successful shot, they should also do a good job in the perception of physical state, and remember this feeling to ensure that this feeling won't appear in future shots as much as possible. At the same time, it should be compared and analyzed with the feeling of success to clarify the reasons for failure. Finally, the practice training is used to repeatedly perceive and compare the shooting movements, so as to form a relatively fixed force in the shooting process ^[2].

4. Training Methods in Basketball Teaching

4.1 Relevant Training Principles

First, people-oriented principle. Higher vocational physical education teachers should realize that students are the main body of classroom teaching, and all teaching and training activities should be carried out with students as the center. Only by taking students as the center, can they more actively participate in teaching and training, so as to realize the effective play of their subjective initiative and achieve better results in basketball shooting training. Therefore, in teaching practice, teachers must firmly adhere to the principle of people-oriented, reasonably set the training content, methods and intensity in combination with the actual situation of students, and adopt flexible and diverse methods to continuously improve students' training enthusiasm, so as to achieve the purpose of improving teaching quality^[3].

Second, the principle of gradual progress. The improvement of basketball level needs a slow process, which is not achieved overnight. Therefore, in teaching and training, teachers must take step-by-step as the basic principle, implement the teaching and training contents from simple to deep, ensure that students can gradually master relevant knowledge and skills, and avoid the disconnection between the content setting and students' actual situation, so as to avoid affecting their learning interest and reducing teaching quality^[4].

4.2 Specific Training Methods

First, advance and retreat practice. In the actual teaching and training, teachers can first organize students to practice holding the ball, that is, practice the passing action, then break into the bottom line of the court, stop the action in front of the obstacles or signs set in advance, then retreat back with the ball, so that student's body can be improved, and finally implement the shooting practice. In this process, teachers need to pay attention to the movement pace of students' hind legs. In addition to strengthening the control of their speed, they should also guide students to make a reasonable choice of retreat direction to avoid conflict with others or obstacles. This way can create a shooting situation for students and improve the quality of actual shooting^[5].

Second, jump shot practice. In basketball, the action of jump shooting is common. Through this action, players can not only effectively avoid the opponent's defense, but also ensure the rapidity of shooting action. Therefore, before training, teachers should explain the relevant technical actions for students, for example, apply multimedia technology to explain the technical essentials of jump shot to students through animation demonstration or video display, so that students can master relevant knowledge and technical essentials more comprehensively and carefully. After completing the study, teachers can organize students to carry out specific exercises, that is, set corresponding target points in the court, and then set obstacles in front of the target points, or directly adopt the method of two-by-two cooperation, one shooting and one defense, so that students can make jump shots at fixed points in the process of practice, grasp and experience the feeling of completing technical actions and goals, deeply understand and master jump shot skills through thinking and effective exertion of subjective initiative, and provide support for subsequent practical training^[6].

Third, fixed shooting. Fixed shooting can not only help students better master and consolidate the shooting action, but also make students have a deep impression on the standard shooting action, so that they can improve the shooting level through the accurate application of relevant technical actions. In the specific training process, teachers can limit the distance and times of fixed shooting, require students to practice shooting repeatedly in the fixed area, and then constantly adjust the shooting position, so that students can fully feel the feeling of shooting in different positions, consolidate their shooting actions, and help them get used to professional shooting actions, ensure that the shooting action can be accurately applied in various angles and positions. After the students' fixed shooting level reaches a certain level, teachers can also add appropriate training scenes, including competition scenes, free throw scenes, breakthrough shooting scenes, jump shot scenes, etc., use various scenes to improve students' sense of urgency and train their psychological quality, so that their shooting level can be improved^[7].

5. Conclusion

To sum up, in higher vocational physical education, strengthening the training of basketball shooting skills can significantly improve students' basketball level, which plays a very positive role in the effective development of basketball teaching and the healthy development of students' body and mind. Therefore, higher vocational physical education teachers should pay great attention to this training, and flexibly apply various training methods in combination with practice, so as to provide support for the effective development of relevant teaching and training activities.

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