

Research on the Application of Representation Training in College Basketball Teaching and Training

Bo Yuan

Central University of Finance and Economics Beijing 100081

Abstract: As one of the most widely used mental training methods in current sports practice, this paper will study the application of imagery training in college basketball teaching. Based on sports psychology and college basketball teaching and training, the control group was the traditional training mode, and the experimental group was the representation training mode. The results show that the application of imagery training in college basketball teaching and training is beneficial to guide students to improve their attention and training initiative, especially in passing and shooting. It is proved that image training is more effective in college basketball teaching and training. It can be popularized in college basketball teaching and training to improve teaching effect and speed up students' mastering of basketball action.

Keywords: Image training; Colleges and universities; Basketball teaching; Basketball training

1. Introduction

With the vigorous development of sports, colleges and universities have gradually changed the original sports teaching mode, especially in basketball teaching. The traditional basketball teaching is mainly based on teachers' explanation and demonstration^[1]. Although the traditional teaching method is easy to understand in terms of teaching intention and is conducive to students' quick learning of basketball movements, students are always in a state of passive learning in the process of learning, and are affected by the teacher's standard level of guiding movements, ignoring the individual differences of students, which has the opposite effect on students' basketball training. As a better teaching method in modern teaching, representation training is highly respected in college basketball teaching. Next, this paper will study the application of representation training in college basketball teaching and training.

2. Overview of imagery training

The so-called image training method is aimed at the established action to finalize, through repeated memory in the brain, so that it forms a complete and clear movement image, coupled with the nervous system body's control ability to finalize the correct action. In various colleges and universities in China, the teaching practice of our country is through the teacher's demonstration and students' imitation as the main training method, representation training method is only a supplement to the traditional teaching method plays an auxiliary role, such training method can greatly improve students' awareness, help students to master teaching skills faster^[2].

The study of representation can be traced back to the earliest stage when scientific psychology was established^[3]. Well-known psychological researchers believe that representation is a more complex psychological phenomenon than perception. With the gradual deepening of the research on imagery, it has begun to be used in the teaching field. For example, the application of imagery training in basketball teaching is characterized by a student-centered teaching method in training and learning, so as to make gradual adjustments to better adapt to students' own conditions.

Image training method can teach students according to their own conditions, and carry out corresponding intensive training according to their suitable position and specialty, which can make students' level improve by leaps and bounds^[4]. At the same time, in terms of basic training, the training method of psychological suggestion can help students adapt to the standard movements of basic training more quickly. With the help of psychological suggestion, it can help students concentrate on basketball and meet the game in the best state.

3. College basketball teaching application of representation training method

3.1 Research object

Taking some second-year undergraduates of Dalian Maritime University as the research objects, 30 students from an elective basketball class were selected as the experimental group by using the imagery training method. The other 30 students were assigned as the control group and taught according to the original teaching plan. Before teaching, the basketball skills of the two groups of students were assessed, and the difference T-test proved that there was no significant difference in the original performance level between the experimental group and the control group, and there was comparability.

3.2 Experimental design

The control group adopted the traditional teaching mode, that is, the teacher demonstrated first, the students imitated, and let the students complete the work independently. This kind of teaching mode can help students learn better. In the experimental group, the teaching should be carried out according to the imagery teaching method, the teacher will demonstrate and explain, and the students will carry out imagery training, constantly correct their mistakes through repeated exercises, and constantly recall the actions they have learned before. The students should also close their eyes and silently repeat the previous actions, and keep repeating the previous actions in their brains to relax themselves, and then slowly open their eyes .

3.3 Teaching process

3.3.1 Teaching content

In the specific teaching content, can be divided into dribbling, shooting, defense and other basic techniques. After a period of study, on the basis of mastering basic skills, students need to conduct targeted assessment on the basketball skills of the two groups to verify the status of students.

3.3.2 Examination methods

In the selection of shooting methods, students should stand behind the free throw line to shoot in place, score after making the shot, and record the scoring effect at that time. It should be noted that the technical assessment should be taken as the subjective scoring standard in the assessment. In order to better ensure the teaching effect, it is necessary to be as fair as possible, and the assessment can be scored by multiple teachers to better ensure the fairness.

3.3.3 Auditory and visual representation training

In the process of teaching, students need to constantly repeat the action essentials, which can make students ensure a good state of thinking when playing. When students are in an active state, learning will be faster and more solid, which is conducive to students' practice.

3.3.4 Imitation and strengthening practical training

In the process of carrying out specific teaching practices, students need to constantly imitate, constantly repeat the actions taught by the teacher, and strengthen practice. Students can also exchange experience with each other and urge each other, so that students can better grasp knowledge.

4. Results and analysis

4.1 Experimental results

After a semester of teaching, the two groups of students were assessed according to the same technical assessment standard. It can be seen from the results of the examination that the teaching effect of image training method is better than that of traditional teaching method in basketball technology teaching. In terms of shooting and passing and catching, the test group's score was (82.71 ± 8.72) , which was significantly better than that of the control group (76.22 ± 9.11) , and the test group's score was (80.28 ± 7.98) , which was also better than that of the control group (75.47 ± 7.58) .

4.2 Application Effect

4.2.1 Establish a complete movement concept and strengthen the preliminary understanding, which is conducive to the mastery of movement

After image practice, students transform audiovisual information into physical movement information, gradually enhance students' kinesthetic and muscle sensory control ability, and form the connection from cognition to action. Every time when practicing technical movements, teachers should stimulate students' emotional kinesthetic experience when they achieve success in technical movements, reproduce standardized movements or tactical combinations in students' brains with concise language prompts and induction, and consolidate them in a repetitive way, and then carry out image exercises to make the movement process more vivid and real, and then carry out physical experience^[5]. So that students more clearly and skillfully grasp the movement

technology.

4.2.2 Improve students' interest in learning and promote the mastery of technical skills

As the saying goes, "interest is the best teacher", and the representation training method is adopted in basketball teaching and training, through demonstration, video playback, picture demonstration and other methods, so that students have strong interest in practice, strong learning initiative, and voluntarily invest in training, and master the relevant skills required by teaching goals. Especially in the review and consolidation stage, through the representation practice, technical action practice, focus on action representation practice, improve technical action practice and other steps, improve the teaching and training deficiencies, and carry out the necessary training correction, in order to better master the technical skills.

4.2.3 Activate students' thinking and improve teaching and training efficiency

After using the representation training method, students consciously think about the movement process in the teaching training, practice familiar with the movement, and gradually learn the training behavior of self-feedback, self-improvement technology and self-practice, and students have active training thinking and strong exercise initiative. In addition, it has a positive role in promoting the organic combination of students' vision and thinking, and makes students' observation ability and analysis ability be effectively improved.

4.2.4 It conforms to students' cognitive ability and is conducive to students' learning and acceptance

In 1935, Professor Sackett argued that "imagery training has a systematic coding function that helps athletes acquire and understand motor action schemata. At the same time, he also pointed out that such symbolic exercises promote the learning of motor skills in which cognitive factors dominate." From this point of view, the use of representation training in basketball teaching and training allows students to initially establish the concept of movement, initially master the technology, and have a preliminary understanding of the technology, which is also in line with the cognitive law of students. Then, necessary practical exercises are also conducive to students' learning technology, automatic mastery of application technology, and improvement of students' basketball skills and tactics. Improve the effectiveness of training.

Conclusion

To sum up, in the ordinary college basketball technical teaching, the use of imagery training method can improve the teaching quality. The study of basketball technical action should pay attention to the leading role of the concept of action and psychological factors, otherwise, it will become the internal resistance formed by the technical action. The use of imagery training method in teaching can make students pay more attention in the process of practice, and promote their attention to observation, more analysis of the characteristics of technical movements, improve students' initiative in learning, and at the same time, promote the development of students' intelligence. According to the statistical results, the significant difference between the application of representation training in the learning of passing, catching and shooting techniques is greater than that of other techniques, which indicates that the application of representation training in the teaching of these two techniques is better.

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