

# Research on the New Methods of College Basketball Teaching and Training

Yike Wang

Physical Education Department, Shanghai Maritime University, Shanghai, China, 201306

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**Abstract:** Basketball, as a comprehensive sport, is of great significance to students' physical and mental health and comprehensive development. Through basketball teaching and training, students' cooperation ability, team spirit, will quality and physical quality can be cultivated, which has a positive role in promoting the improvement of students' comprehensive quality. Although some research achievements have been made in the field of college basketball teaching and training, there are still some problems and deficiencies. This paper puts forward some new methods and new strategies, aiming to explore new methods and strategies to improve the effect and quality of college basketball teaching and training.

**Keywords:** College physical education; Basketball teaching; Training method

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## Introduce

In today's society, sports play an important role in college education. However, the traditional basketball teaching and training methods also face some challenges and limitations while meeting the needs of students. Therefore, this study aims to explore and propose some new basketball teaching and training methods to meet the needs of college students and improve their basketball skills and overall physical fitness level. By studying different teaching and training strategies, we hope to provide more effective and innovative teaching methods for college PE educators, while providing more challenging and interesting basketball training methods for students.

## 1. Strengthen the importance of college basketball teaching and training

### 1.1 Strengthen students' health

It is very important to strengthen college basketball teaching and training to promote students' health. Basketball, as an all-round development of physical quality sports, can not only improve students' physical level, but also cultivate their coordination ability, flexibility and reaction ability. First of all, basketball is a sport that requires a lot of running and jumping, and continuous training can improve students' cardiopulmonary function and endurance. Students need to keep running, turn and jump, which can effectively exercise the cardiovascular system and enhance cardiopulmonary function. Through prolonged training, students' endurance ability will also be significantly improved, enabling them to maintain a high level of performance in sports activities; basketball requires students to make a variety of movements in the game, such as passing, shooting, dribbling, etc., which require good coordination and flexibility. Through college basketball teaching and training, students can learn and master the correct movement skills and coordination ability, and improve their physical control ability and flexibility, which is very beneficial to students' physical development and various activities in daily life. In addition, basketball requires athletes to shoot, jump, push, etc., which can effectively exercise muscle strength and skeletal system.

## 2. Current situation and existing problems of college basketball teaching and training

### 2.1 Insufficient resources

In reality, college basketball teaching and training are faced with a series of problems of insufficient resources, including the shortage of field, equipment, funds, and professional coaches. First of all, the teaching and training of college basketball usually requires special basketball courts. However, due to the limited school field resources, the allocation and utilization of basketball courts

will be limited, which may lead to students' inability to obtain enough court resources support when conducting basketball training. In addition, basketball teaching and training need a certain amount of financial support, including venue rental fees, equipment purchase fees, coach fees, etc. However, due to the limited funds of schools, the financial support of basketball teaching and training may not be fully guaranteed, which will limit the depth and breadth of basketball teaching and training in schools. In addition, professional coaches are crucial for students' basketball teaching and training. However, due to the limited number of professional coaches, schools may not be able to provide sufficient professional guidance for each student, which will affect the improvement of students' basketball skills and training effect.

## **2.2 Unreasonable curriculum setting**

The current situation of college basketball teaching and training has the problem of uneven teaching quality. First of all, there are problems in the curriculum setting of basketball teaching and training in universities. Some schools do not have a scientific and reasonable curriculum system and cannot meet the learning needs of students. The curriculum content may be too simple or too complex to adapt to the actual level and needs of students. Secondly, the training opportunities for basketball teaching and training in universities are limited, and some schools may lack opportunities to communicate and cooperate with the outside world, unable to provide students with opportunities to participate in competitions, training camps and other activities, which limits the improvement of students' basketball skills and the cultivation of comprehensive quality.

## **2.3 Lack of comprehensive development**

The current situation of the teaching and training of college basketball has the problem of lack of comprehensive development. First of all, basketball teaching and training in colleges and universities often pay too much attention to competitive performance and ignore the comprehensive development of students. That is to say, some schools excessively pursue the victory of basketball games, excessively commercialized basketball teaching and training, and ignore the physical and mental health and all-round development of students. Secondly, in the current situation of college basketball teaching and training, many schools lack a strong sports culture atmosphere. Schools should create a positive sports culture atmosphere, encourage students to participate in basketball sports, and provide corresponding support and resources. In addition, college basketball teaching and training, the lack of scientific training guidance, and the lack of a perfect comprehensive support system. It can be seen that the current situation of basketball teaching and training in colleges and universities has a lack of comprehensive development, and to solve these problems requires the joint efforts of the school and relevant departments.

## **2.4 How to adopt new methods in college basketball teaching and training**

### **2.4.1 Technology-assisted teaching**

In the teaching and training of college basketball, using technology-assisted teaching is an innovative method, which can help students to better understand the technical movements and tactics of basketball, and improve the teaching effect. First, using modern technology, schools can introduce a video analysis system, record students' basketball training and game processes, and then analyze and feedback the video. Such a system can help students more intuitively understand their movements and improvement space, so as to improve the training effect. Coach can provide personalized guidance and suggestions for students' performance, and help them improve their basketball skills. Secondly, another innovative approach is to use virtual reality technology. Through virtual reality equipment, students can simulate basketball games and training scenes, and experience the tension of the game and training scenes more intuitively. This immersive experience can help students better understand tactics and strategies, and improve their adaptability and training effect. Schools can develop or introduce mobile applications for basketball teaching and training, and provide basketball technology teaching videos, training plans, technology evaluation and other functions through the applications. Students can learn and train basketball technology anytime and anywhere through the applications, so as to improve their learning enthusiasm and autonomy.

### **2.4.2 Cooperation and resource sharing**

In the teaching and training of college basketball, cooperation and resource sharing is an important new method, which can help solve the problem of insufficient resources and improve the students' training conditions and effect. First of all, schools can cooperate with local basketball clubs, stadiums and other resources to share venues and equipment resources. This cooperative relationship can make the school alleviate the problem of insufficient venues and equipment to a certain extent, and provide better training conditions for students. By cooperating with external resources, schools can make full use of social resources to improve the level of basketball teaching and training. Secondly, cooperation and resource sharing can enable schools to obtain more basketball training equipment support. For example, schools can share basketball, basketball stands, scoreboard and other

equipment with local basketball clubs, so as to reduce the pressure of insufficient school equipment and improve students' training experience. In addition, through the cooperation with professional basketball clubs or professional coaching teams, the school can provide more professional guidance and training resources for students. This resource sharing can make up for the shortage of professional coaches in schools and improve the training effect of students. Finally, in order to better realize cooperation and resource sharing, schools can establish a long-term cooperation mechanism with external resources to ensure the stability and sustainability of resource sharing. Through long-term cooperation, schools can make better use of external resources and improve the level of basketball teaching and training.

#### **2.4.3 Introduce a professional coaching team**

The introduction of professional coaching team is a new method adopted in the teaching and training of college basketball. By introducing a team of professional coaches, the school can provide students with more professional guidance and training to improve their basketball skills and competitive level. First, a professional coaching team is usually composed of experienced and skilled basketball coaches with extensive teaching experience and professional knowledge who are able to provide students with individualized guidance and training programs. By working with professional coaching teams, students can get more systematic and professional basketball teaching and training. Secondly, professional coaching teams can help students improve their basketball skills and tactics. They can analyze students' game videos and personal training videos to find out the shortcomings of students, and provide targeted training and improvement suggestions. This helps the students to improve their basketball skills faster.

### **3. Summary**

In conclusion, this paper explores some new methods and strategies through the analysis and evaluation to improve the effectiveness and quality of college basketball teaching and training. First of all, it reviews the traditional basketball teaching and training methods, and puts forward some new methods and ideas to deal with the limitations and shortcomings of the existing methods, in order to achieve better results in college basketball teaching and training.

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