

Approaches to Improve Basketball Teaching Effectively

Chun'e Qiu

P.E. Department, Hainan Medical University, Hainan Haikou 571199, China.

Email: 952566323@qq.com

Abstract: In the university physical education teaching, basketball has a critical place, and receives high attention and preferences from students. This paper focuses on the analysis and exploration of the problems in the basketball technology teaching process and approaches to improve the basketball technology teaching level effectively.

Keywords: Basketball Technique; Teaching; Training

1. Introduction

With the development of basketball, basketball-related technologies have been updated, and the teaching and cultivation of basketball skills in colleges and universities have been gradually specialized, and remarkable achievements have been made in the teaching reform. However, the teaching of basketball skills in colleges and universities should be advanced constantly, in order to adapt to the new direction of basketball teaching development.

2. Analysis of the main problems in basketball technology teaching

2.1 Students are not knowledgeable about the basic movements of basketball and do not pay attention to the combination movements training

There are certain requirements in terms of time and space for the basic movements of basketball, which require basketball movements to reach the basic standards and correctness, and it is also a significant factor affecting basketball teaching quality. In addition, the prerequisites for basketball athletes to learn difficult and complex technology is fully grasping the correct, specific and basic basketball action. Therefore, in addition to mastering the basic basketball skills, it is more importantly to ensure the accuracy and fairness of the action for a basketball player or sports fans, which will lay a solid foundation for future study.^[1] In the daily training in teaching process, the basic actions are not up to standard for most of the athletes, for example, for defensive actions, many athletes have exhibited violation behaviors, which requires the coach to strengthen the basic action training of athletes, and have strict requirements for the action standard, to ensure the standardization and correctness of the basic action for athletes.

In the basketball training program, the combination exercise is a crucial training, which need great attention of coaches and athletes. In fact, the basketball teaching process is a process from simple to complex. When most of the players are firstly introduced with basketball, they considered the basketball movements to be very simple, so they gradually ignored the basic learning and did not put more energy into it. In addition, the coach also considered that the basic movements of basketball were very easy for the players to master and loosened the training requirements for them. This kind of behavior seriously influenced the future development of basketball technique teaching. Difficult moves in basketball is formed by combining base actions and connect them in a line. If

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the athletes have solid foundation, they can learn the technology of difficult movements efficiently. Because the coaches have not put forward strict requirements on basic actions, the athletes cannot achieve the combination of difficult moves. In the process of basketball games, many basketball teams have not achieved satisfactory results. The fundamental reason lies in the lack of combination and proficiency in the basic movements of the players, their inability to form high-quality combination moves, and the difficulty in giving play to the effectiveness of combination sports.

2.2 The overall quality of the coaches is not high, and they are not knowledgeable about basketball technology and teaching rules

In the process of teaching and training, the coach has a leading position, while the students are in the passive learning state. The comprehensive quality and teaching ability of the coaches directly impact the training effect on students. However, there is a common problem that the overall quality of sports coaches is not high, and the methods used by coaches do not have significant effectiveness in most of the current universities, which is also the reason for the shortage in outstanding trainings.

In addition, because coaches' understanding towards basketball technology and teaching rules is too superficial, students' cognitive ability cannot be improved. Students' mastery of basketball technology and teaching rules is beyond the level, which indirectly impacts students' performances in basketball technology and the final training effects. For example, students have insufficient cognition towards the relationship between offense and defense in basketball, and are often in a passive state when shooting, and unable to grasp the shooting timing accurately, resulting in low accuracy of shooting. Therefore, colleges and universities should strengthen the teaching team construction in terms of this situation, focus on improving the overall quality of the teaching team, enhance the coaches' cognition of basketball related contents, and promote the coaches to play their own leading function effectively, so as to achieve good training outcomes.

3. Effective measures to improve basketball teaching

3.1 Strengthen students' understanding and training of combination movements

In the teaching and training of basketball, coaches should promote students' understanding towards basketball, impart relevant theoretical knowledge and sports skills to students continuously, and strengthen the teaching and training of students' basic movements, so that students can be fully aware of the importance in basic movements. In addition, since normative and standard of the basic movements is the basic condition for students to master difficult movements, which require high complex motor skills. Therefore, coaches should train students to practice basic action to reach the standardized level, and form strong consciousness, to ensure that students will be able to present complete accuracy in the difficult techniques^[2].

The combination movement is the complex combination of the basic movements, so the skilled combination movements is the upgraded version of the basic movements actually, but it is also the precondition of the sports competition. The cohesion and proficiency of combination movements can reflect students' mastery of motor skills. The significant cohesion and proficiency will result in higher level of motor skills. Therefore, coaches should put forward higher requirements on students' combination movements, not only achieve the standardization degree, but should also reflect the practicality and antagonism of the movements, and improve the training intensity of the combination movements, so as to achieve significant training effects.

3.2 Improve coaches' understanding of basketball technology teaching rules

In students' learning process, coaches exhibit the guidance and demonstration role. Therefore, basketball coaches should strengthen their teaching skills constantly, improve their knowledge level and the understanding towards basketball technology teaching rules. In addition, coaches should also pay attention to strengthening students' understanding of basketball. For example, coaches can strengthen students' understanding of offensive and defensive relations and difficult technical movements through the demonstration of teaching methods, so as to lay a solid foundation for students to master basketball skills efficiently.^[3] In terms of teaching methods, coaches should actively explore and innovate to diversify teaching. The object is to expand students' knowledge level and strengthen their cognitive ability, and realize the transformation of their own teaching mode, which is from the original "coach" mode to the "sports scholar" mode.

3.3 Further strengthen the effective combination of theory and practice

Theory is the basis of practice, while practice is the extension of theory. In basketball teaching and training, the coach should

strengthen the integration of theory and practice, that is to say, coaches should not only emphasize students' grasp of the basic theoretical knowledge, but also strengthen the students' practical training through various activities., to consolidate students' understanding and memorize of theoretical knowledge, and ensure that students can fully master basketball theoretical knowledge and sports skills, so that the basketball movement system will be more perfect.

3.4 Further strengthen the coaching team construction

In terms of factors influencing the effects of basketball teaching and training in colleges and universities, the most direct ones are the professional skills and teaching experience of coaches.^[4] The coach team construction should be further strengthened to achieve good training results, which is one of the effective ways. It is necessary to strengthen practical training for the coach who has solid theoretical knowledge but lacks practical experiences, so that the coach can master and consolidate theoretical knowledge in practice. For the coach who has practical experiences but lack of theoretical knowledge, the system knowledge training can be carried out, and stimulate the coach to master theoretical knowledge and strengthen their own learning ability. More importantly, coach can combine theory with practice fully through the actual combat training and knowledge training, and they will be able to infuse the combination into their strength, so that the university personnel training system will be improved.

4. Conclusion

Basketball is not only conducive to students' physical fitness, but also has advantages in the healthy development of students' mental health, help students vent their negative emotions and release learning pressure, improve students' collaboration ability, solve unexpected problems, and promote students' comprehensive development. College students love sports and it is also the best period for them to learn basketball skills. Students can quickly grasp the theoretical knowledge and sports skills of basketball and enjoy the fun brought by basketball. As basketball coaches, they should constantly improve their teaching ability and knowledge level, strengthen students' understanding towards basketball, and promote students to fully grasp relevant sports skills through diversified teaching methods, so as to improve their motor skills and technique.

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