

Thoughts on the Realization Path of Scientific Football Teaching and Training in Universities

Luwei Luo*, Rungping Wang

Northwest Normal University, Lanzhou 730000, Gansu, China. E-mail: zflwlwzy@163.com

Abstract : In recent years, the development of sports has received more and more attention from the country, and it has also caused more and more colleges and universities to pay attention to the promotion and reform of physical education courses. Physical education in higher learning is an important part of school physical education, and it is the final stage of high-quality talents receiving school physical education. In today's college physical education classes, most college physical education courses are mostly based on class-based teaching, and there are many types of sports for students to choose, such as football, volleyball, table tennis, martial arts, track and field, badminton, etc. Among them, football is one of the most popular sports among students. Compared with other sports, football is more antagonistic. At the same time, it tests the ability of teamwork. The sport appearance is more intense and has its own sport characteristics. Want to better carry out football teaching and football training in schools, in terms of venues, equipment and facilities, curriculum, as well as student management and teacher professionalism, it is a challenge, so the emergence of college physical education training. The problem is also very common, so how to make efficient football training more scientific?

Keywords : Football; Football Teaching and Training; Scientific Teaching

Football is a sport that is loved in China and the whole world. Therefore, the introduction of football in colleges and universities can not only stimulate students' interest in sports, but also help students strengthen their physical fitness, improve their health, cultivate perseverance, and exercise their bodies. However, because football has its own characteristics, strong physical antagonism, wide range of activities, restrictions on the venues required for teaching, training schedule, and the professionalism of football teachers and coaches are all major influencing factors. It has brought a severe test to physical education teachers, so how to scientifically conduct football teaching and training is a topic that needs to be studied in depth, and it is worth our thinking.

1. Problems faced by colleges and universities in developing football training

1.1 It is difficult for college sports venues to meet the needs of football teaching and training

In most colleges and universities, due to the insufficient attention paid to physical education by school leaders, it is often difficult for the football venues constructed in schools to meet the national standards. When most colleges and universities have physical education classes, due to the limited sports venues, there are almost multiple classes. At the same time, when taking physical education classes, the range of activities of each class is limited to a certain extent, so it is difficult to meet the training standards. At the same time, because of the characteristics of football teaching content, such as passing, shooting and other learning content that require a larger field, it is possible that there will be other teaching content in the vicinity of the football classroom activity range, which increases the potential of the sports classroom. This also leads to many students in football lessons that can only play ball, dribble, etc., which require less venues and lower training intensity. There is no scientific teaching and training, and they cannot be used in arranging classes. It is a reasonable and scientific teaching plan.

Copyright © 2021 Luwei Luo et al.

doi: 10.18686/ahe.v5i2.3342

This is an open-access article distributed under the terms of the Creative Commons Attribution Non-Commercial License (<http://creativecommons.org/licenses/by-nc/4.0/>), which permits unrestricted non-commercial use, distribution, and reproduction in any medium, provided the original work is properly cited.

1.2 The irrationality of the schedule of football teaching and training in universities

Many colleges and universities have unreasonable course arrangements for sports such as football that are highly technical and need to be practiced through the game scene. Many professional courses have dozens of hundreds of class hours in a semester, and most colleges and universities have physical education classes. One week or two periods a week, the accumulated class hours are too short at the end of a semester, and the time of one class is only 90 minutes. These 90 minutes are usually for students to warm up first, then conduct basic training, and then let's, a common phenomenon in most physical education classes for students to move around freely, and even let students move around freely. Due to the lack of professional teaching, students do not receive professional training after a semester. They participate in examinations only for credits, and do not pay attention to them in the learning process, which leads to many problems in football learning.

Because colleges and universities did not pay enough attention to football training, there were no specialized teachers to formulate scientific teaching plans. Once a physical education class was given, many teachers and students could not pay attention to it. As a result, one class basically did not learn anything, so get out of class was dismissed. Therefore, teachers should be required at the beginning of each semester to formulate a reasonable teaching plan based on the characteristics of the students in the class, and form a document for later teachers to learn from.

1.3 The professional skills of college sports football teachers are not up to standard

Nowadays, although physical education teachers in many colleges and universities have undergraduate degrees in physical education, some physical education teachers did not choose football programs when they were students, so they may not have all-round basic theoretical knowledge of football, nor have strong professional skills and practical football experience. And there are some such problems in physical education teachers in colleges and universities today. In college football training, in addition to teaching students the basic technical skills of football, the core part is to teach students the basic theoretical knowledge and training concepts of football. This is the key issue for being able to train well in football under any circumstances. Although most physical education teachers have sufficient teaching experience to activate the classroom atmosphere, they lack the corresponding professional football knowledge and skills. Therefore, the lack of theoretical knowledge is an important factor restricting the development of football training in colleges and universities. Football teachers with professional theoretical knowledge have a rich professional knowledge system, but they lack relevant teaching experience.

2. The scientific optimization method of football teaching and training in colleges and universities

2.1 Develop a scientific and reasonable football teaching plan

In the process of football teaching in colleges and universities, college football teaching and training teachers should make scientific and reasonable teaching plans, formulate football teaching plans according to the differences of classes and students, teach students in accordance with their aptitudes, and choose suitable students for each class through actual inspection and evaluation. At the same time, we can introduce some excellent teaching methods and teaching equipment, make rational use, actively study and think, formulate a football training plan for each student, reasonably arrange teaching and training time, and methods of teaching and training.

When arranging classes, you can no longer compress the time of physical education, and try to increase the time of physical education, so that every lesson can maximize the transfer of football theory knowledge and basic technical skills, and then further improve it. When college football teachers formulate their teaching plans, they should refine their teaching plans to minimize students' free activity time. There should no longer be large-scale free activities as soon as physical education classes arrive, and every lesson should be fully utilized. After each class, students can announce the learning content of the next class, allowing students to have a simple understanding in their spare time. After each class can spend some time warming up at the beginning of each class, the teacher will directly teach the basic theoretical knowledge of football. Then through the interactive form, let the students discuss in groups, which is conducive to the students to grasp the theoretical knowledge and technical skills of football faster.

2.2 Train professional football teachers with rich practical experience

In order to carry out football training more scientifically, colleges and universities need to establish a professional football teacher team with rich practical experience. On the basis of the original teachers, some teachers with certain practical experience can learn theoretical knowledge, actively explore, and enrich their own theoretical knowledge system. At the same time, some teachers

with good professional theoretical knowledge, because they lack practical teaching experience, should let teachers who have experience in this area help them in tutoring and imparting experience. At the same time, colleges and universities should raise their recruitment standards when recruiting football teachers and formulate corresponding application indicators, such as football majors, first degree restrictions, etc. Teachers with professional theoretical knowledge and more than five years of teaching experience should only hire professional talents. Leading the team, or cultivating football teachers with teaching experience and rich theoretical knowledge, can promote the establishment of a strong team of football teachers in colleges and universities.

2.3 Lead students to participate in football competitions

Not only should students learn the basic theoretical knowledge of football, but also test their learning results through actual combat, actively lead students to participate in football competitions, mobilize students' enthusiasm, select excellent students to enter the school and college football team, and increase students' sense of personal honor. At the same time, it has also delivered excellent talents for the construction of the school football team, and tested the teaching results through practice. This method can help students to grasp the theoretical knowledge and technical skills of football more quickly. It is also possible to organize campus football matches, college football matches and even inter-school leagues, so that all students can participate. You can also take the champion team to participate in the provincial and national games, which increases the sense of collective honor. By observing the real performance of the students on the sports field, we can understand the students' mastery of football knowledge and football technical skills, in order to judge the teachers' teaching achievements, check whether the teachers' teaching methods are useful for reference, and then compare them according to the students' performance. The corresponding adjustment of the teaching plan makes the teacher's teaching plan more in line with the students' learning, training and development needs.

3. Conclusion

Colleges and universities should pay more attention to student sports training. Since football training is to be carried out, it must be treated in a more professional way to improve students' football skills. While strengthening their bodies, they can also have a professional skill to train students. Interest in football, training in a more professional and scientific way, focusing on teaching methods, and cultivating a strong football teaching team, so that students can be systematic, receive football training more scientifically, and understand the development of football in universities. The problem of training is to actively solve these problems, and in this way, to help the development of our country's football industry.

References

-
1. Zhao Z. Thoughts on the realization path of scientific football training teaching in colleges and universities. *Leisure* 2018; (11): 111.
 2. Liu J. Thoughts on the realization path of scientific football training teaching in colleges and universities. *Modern Communication* 2016; (06): 241.