

Discussion on New Methods of Football Teaching and Training in Colleges

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Abstract : With the continuous development of the new curriculum reform, the teaching content and objectives gradually overcome the comprehensive development of the comprehensive development of the emphasis on intellectual education and the neglect of morality, intelligence, physical beauty. Football, known as “the world’s number one sport”, is a comprehensive sport that tests participants’ physical fitness and understanding of techniques and tactics. It is also an ancient sport with a very age. Whether it is “Cuju” in China or “Habastom” which was once popular in Greece and Rome, it was actually a kind of football in the past. There are many professional football matches all over the world, such as the Chinese Super League and the English Premier League, Bundesliga, La Liga, World Cup, etc. Based on the long history of football itself, this has led to bottlenecks in the development of football in the education industry, and there are a series of problems that restrict the development of the teaching industry, such as delays, too traditional and fixed ideas.

Keywords : Football; Teaching; Training

Since General Secretary Xi Jinping came to power, he has paid great attention to the popularization and promotion of football in our country, and proposed that if sports are strong, the country will prosper. Football is a popular comprehensive sport today, and it is also the favorite sport of college students in their spare time. However, despite the positive development of football, some problems in football education and training are obvious. For example, education theory is too backward, and teaching methods and teaching thinking are more traditional and fixed. These problems will be important factors that greatly limit the development of football. Therefore, it is necessary to explore college football education and training on the basis of traditional experience, seek new methods to improve the overall level of football education and training, and promote the unique charm of football.

1. The main problems of college football teaching and training

1.1 The lag of teaching theory

With the popularity and development of football, its technical requirements have become more flexible and comprehensive, and the tactical system has become more unpredictable. This puts forward new high requirements and high conditions for the athletes’ professional and physical qualities. However, many Chinese universities still use traditional physical exercise methods and training modes to simply train athletes’ basic physical characteristics, such as speed, strength, flexibility and endurance. The negligence in developing and tapping the athlete’s athletic potential and psychological quality greatly limits the overall development of the athlete. Football is a comprehensive sport with physical and psychological qualities. It not only requires athletes to have good physical stamina and a rational allocation of physical stamina, but also needs to demonstrate their own wisdom and strong psychological qualities in terms of technical and tactical manifestations. As we all know, the most important part of sports is physical exercise,

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doi: 10.18686/ahe.v5i2.3383

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which is undoubtedly the most important part of modern competitive sports. Physical exercise is very important, but it does not mean all. Today's university education and training regard physical exercise as the entire football training. This is a misunderstanding. The two are related but not the same. This problem is the biggest problem in the theory of college football education at present, and it is also an important sign of educational delay.

1.2 The training method is too traditional and single

At present, the football training methods of many colleges and universities in our country are too single and still the traditional rough training methods. The teaching methods of most football teachers are too "crude", often just to complete the teaching tasks and teaching content, and ignore the individual differences between students, personality trends, psychological changes, etc., which makes a large part of the original interested in football students lose interest and fun in learning. In addition, many college football coaches are unable to explore the characteristics and potential of athletes through simple physical exercises, which cannot fill their skills and tactical systems, and fail to develop effective training plans.

2. Discussion on new methods of football teaching and training in colleges and universities

2.1 Integrate "people-oriented" into teaching training

A qualified college football teacher should fully understand the importance of football teaching in training, and implement the "people-oriented" idea in the football training process. Football education and training are the same and require clear goals. Currently, college football education and training has three main goals: First, it is to convey and popularize the basic knowledge and development of football to students, so that they can fully experience the charm of football and the happiness that football brings to them. The second is to let students develop good habits of loving sports and scientific sports and cultivate their lifelong sports ideology and awareness. Finally, it is to educate students in terms of ideology and gradually cultivate the team spirit of perseverance and perseverance. Among the above educational goals, ideological education is the most important and the most effective way to cultivate students' active participation in sports and competition. Currently, football education and training in our universities only focus on the first two goals. And neglect the mental training. Therefore, in order to improve the overall level of football education and training, coaches must have solid professional skills and professional qualities that a professional coach should have. Based on the above analysis, it can be understood that the top priority for university education and training is to fully implement and implement the "people-oriented" ideology, and to formulate training objectives, training content and training plans through observation and analysis of student psychological changes, so as to cultivate and improve students' sportsmanship and competition level.

2.2 Strengthen the cultivation of students' football awareness

Football awareness training is the main means to improve the overall level of athletes. It is unquestionable that a high-level athlete has good football awareness. This is the main factor that changes the overall level of football players from quantitative to qualitative. Since consciousness is a relatively abstract concept (such as a concept), and like impromptu adaptability, it is the reaction of the player's own mechanism. Football consciousness has a great influence on the overall quality of football players. Only when coaches continue to instruct students, can they slowly combine practice and theory, practice organically, and then further shape their views on football. In addition, students must carry out physical exercises independently and actively think about the mistakes and reasons that occur in training or games, and actively cooperate with coaches to establish a solid foundation for football awareness under the guidance of coaches.

2.3 Improve teaching methods

In view of the above specific problems, improving teaching methods is a basic improvement. For example, for the backward teaching theory, the primary improvement teachers should take is to analyze the status quo of physical education and training to understand the existence of students. Weak links and major issues in training will improve the target. For example, students have a strong ability to react and are more sensitive to changing trends in the court, but their endurance is relatively weak. Long-term training still has obvious disadvantages. You can conduct job training for students, that is, provide students with specific positions,

for example: “Goalkeeper” for in-depth training to shape personalized training behavior. The defensive ability is relatively strong, but the offensive ability is obviously insufficient, and the breakthrough ability related to consciousness is insufficient, so additional breakthrough training can be carried out to observe the students. In short, based on the “full defense and full attack” training method, by superimposing personalized training on the existing training model, the students’ potential can be further utilized and the teaching effect can be improved.

2.4 Strengthen psychological training

Strengthening psychological training is an important part of current football education, and it is usually the most overlooked. For students, their mental state directly affects the performance of skills and tactics, and the defects exposed are also obvious. Many college teachers believe that through a certain exercise load and exercise intensity, physical exercise can be strengthened to exercise and cultivate the patience and effort of students. In fact, many students train hard every day and can complete the arduous training, but they are still psychologically vulnerable. For example, if the game fails or the team fails for personal reasons, it is easy to fall into the quagmire of self-criticism and self-doubt, and even some bad impulsive behaviors will cause psychological harm over time and self-efficacy will follow.

2.5 Strengthen the competition mechanism

In the actual process of football education and training, the competition mechanism of football education and training can be appropriately improved to better develop college campus football, cultivate football talents with national competitiveness, and classify students reasonably in the classroom. Students regularly participate in football matches. From the perspective of educating people, actual combat training is more active than continuous training or theoretical training, and cultivate students’ vigorous, persevering and persevering spirit. Let students experience the fun of sports in the real football match, feel how to apply skills and strategies in the real football match, and test their general education level and student proficiency through football matches. In order to better protect students’ interest in football education and training, some students who are very talented in football skills and tactics can contact the Ministry of Education to adopt a special football recruitment route to resolve student concerns about football matches.

3. Conclusion

To sum up, there are still many omissions in the process of college football teaching and training at this stage. This fully emphasizes all aspects of football education. From the perspective of students, “people-oriented” may be more important. But at the same time, it should be noted that the training content of football as a sport is not accomplished overnight, only continuous innovation, continuous breaking of traditional teaching concepts, and development of new teaching methods. In addition, the level of education and training cannot be improved overnight, and should be done gradually.

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