

The Ways and Methods of Innovative Ability Training in Universities Badminton Teaching Training

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Abstract: Badminton teaching training is a sports with a high degree of popularity and has a very important role in cultivating athlete's innovative ability. It is an important manifestation of quality education in the current new curriculum. Therefore, in daily badminton teaching training, cultivating athlete's innovation ability should be used as the focus and core of badminton teaching training, combined with the actual situation of athletes, strengthen badminton training, and improve the technical and ability of athletes. Based on this, this article analyzes and studies the ways and methods of innovative ability training in badminton teaching training.

Keywords: Badminton Teaching; Innovation Ability; Cultivation Path and Method

1. The status of badminton in contemporary society

1.1 The current status of students' innovation ability under modern education

Comrade Jiang Zemin once said: "Whether a nation is advancing, innovation is its soul, and it is also the driving force for the continuous development of the country." This indirectly tells people the important position of innovation ability.

In fact, as soon as the concept of quality education ideas is proposed, the cultivation of students' innovation ability has attracted attention from all aspects, and gradually occupy the heights in school education. The current school education still has a relatively serious tendency to take test -oriented education. Many schools have always regarded the education and reserves of cultural knowledge as the measurement indicator of students' actual ability. insufficient.

In actual teaching practice, if teachers use new teaching methods to guide, most students can take the initiative to think and give their judgment results through detailed observation. In badminton teaching, students' creative ability training is the focus. In the era of exam -oriented education, students did not get targeted counseling and training in the lack of new ideas in "Manchuria". Classrooms were only to teach badminton skills, and there were not many opportunities for thinking. If you can improve the professional quality of badminton teachers, organize high -quality badminton events, and improve badminton teaching facilities, you can promote badminton teaching levels and improve students' innovative thinking and behavior.

1.2 Analysis of the current situation of lack of innovation ability of colleges and universities

Since the concept of quality education, school education has also attached great importance to the cultivation of students' innovative ability, but at present, the exam -oriented education is still the mainstream. The main problems existing are the most commonly mentioned as "high scores and low energy", which also directly leads to the lack of innovation ability of students. Through teaching practice, it is found that the use of appropriate teaching methods can guide students to consider actively, cultivate students' observation and analysis ability, and cultivate students' creative ability. In terms of how to cultivate students' innovative ability in badminton teaching training. Traditional teaching methods lack targeted. Usually,

teachers are based on traditional teaching forms to teach students to master badminton skills as the standard. They do not guide students to take the initiative to think. Therefore, in the reform of badminton teaching, it is imperative to improve teachers' teaching ability and innovation ability, improve hardware facilities, organize high-level badminton competitions, and reform teaching methods to improve students' innovation ability.

2. The Cultivation of Innovation Capability in Badminton Teaching

The teaching of badminton should avoid falling into the strange circle of "exam-oriented education". In response to problems, teachers need to make effective reflection and formulate corresponding strategies.

2.1 Improve the professional quality of badminton teachers

No matter what teaching, teachers should occupy a dominant position. If you want to gradually improve the quality of badminton teaching, you must adapt to the cultivation of students' innovative thinking, and strive to create a high-level badminton teacher team with "solid knowledge, effective practical ability, solid teaching ability, strong learning awareness, and innovative spirit". The value of teachers' ability to improve is not only the systematic and scientificization of student badminton training, but also is of great significance to enhance students' learning enthusiasm.

2.2 Actively organize high-quality badminton events

Properly organizing some high-level, high-quality badminton events, it is very helpful for the improvement of students' badminton innovation capabilities. The good competition platform, coupled with the technical and thinking competition of outstanding athletes, can make students participating in the physical and mental development and technology exercise. At the same time, the competitive environment and the usual requirements for students' innovation ability during the competition are more stringent. In the competition, students will take the initiative to think, dig their own potential, and discover the lack of skills and stress in time, which can not only improve the ability to respond on-site, but also promote students' thinking ability to make breakthroughs. The continuous increase in the on-site strain success has a positive impact on the improvement of students' innovation ability.

2.3 Improve badminton teaching infrastructure

In school, in addition to the selection of the venue, in addition to the selection of sports or sports courses, the corresponding use of sports equipment. The school's badminton course teaching needs to improve the construction of equipment such as badminton blocks, scorers and other venues, and continuously use effective investment to improve the utilization rate of equipment to ensure that badminton teaching training can be carried out smoothly under the conditions of "suitable venue and complete equipment".

3. How to cultivate innovative ability in teaching training

In badminton teaching, scientific technical training programs are the guarantee of improving the level of ability, especially in cultivating students' innovative ability. Therefore, physical education teachers should carry out discussions on badminton teaching training methods, reform old disadvantages, and explore new and scientific badminton teaching methods.

3.1 Teaching method of innovative badminton training

Integrate modern science and technology, innovative teaching and training methods. Studies have shown that if people start auditory and vision at the same time, they can form assistance and strengthen their memory. The use of modern information technology can not only enrich the teaching methods of badminton teachers, but also enable students to see the teaching strategies and applications of parallel classes in similar physical education lessons in a certain area in multimedia teaching.

3.2 Say the knowledge about educational psychology into the teaching and

training of badminton

In the teaching and training of badminton training, the relevant knowledge of educational psychology is conducive to helping the coaches and teachers 'psychological grasp of the training of students, and always pay attention to the changes in the students' hearts in the training process. Guidance and the most effective training, as teachers of badminton teaching training, must strengthen the understanding and mastery of education psychology first, so as to achieve the most effective teaching model for badminton training.

3.3 Develop a scientific and reasonable training method to improve the teaching effect

In the following aspects of reform, the reform of badminton teaching training methods can be started:

First, we can teach according to their aptitude and select teaching methods with the characteristics of students. The purpose of teaching of high -ball badminton teaching is not only to improve students' badminton skills and tactics. At the same time, it is also a process of promoting the comprehensive development of students. Therefore, the selection of teaching methods should consider the interest of students. This can improve the teaching effect.

Second, sports projects are done through physical activities. Therefore, the teaching methods of different sports can also learn from each other to activate the teaching and training methods of other sports. This can improve the diversity of badminton teaching and training. In this way, it is also conducive to the improvement of badminton teaching training. develop.

Third, the use of modern information technology to reform teaching and training methods. It can also improve students 'learning interest, and it is also conducive to the cultivation of students' innovative ability.

3.4 Combining the training methods of other sports projects with badminton teaching training

In the process of badminton training, through mutual reference, long -term and short-term teaching methods can provide more effective methods and training methods for badminton teaching training teaching. Under normal circumstances, both sports projects have certain similarities whether they are in training and teaching theory. In the teaching and training of badminton, it is effectively combined with the training methods of other sports projects, so as to summarize better teaching training methods and training methods in mutual supplement and reference.

3.5 Improve the professional level of the coach team

In the skill training of badminton coaches, we must always follow the scientific and reasonable training laws, always adhere to the principle of "three obedience and one big" training, continuously improve the teaching level of coaches, improve the implementation of badminton training teachers' teaching implementation Level, and improve the scientific understanding and flexible grasp of the trainer training process and excessive exercise load. At the same time, it is necessary to improve the English culture level of coaches, enhance their ability to communicate with external exchanges, and improve the continuous improvement of English ability as one of the important criteria for training assessment.

3.6 Actively organize the teaching and training exchange meeting of badminton teaching and training in various places

Observation is a prerequisite for consciousness and the highest form of the highest form. It is often organized and organized to conduct academic exchanges on badminton teaching training. Methods continue to summarize and continuously innovate their own training methods. Therefore, exchanges will give full play to the role of linking and serving the bridge of

teachers. By transforming teaching methods, implementing various teaching routines, increasing training, and expanding the growth of professional specialty of student training, it has promoted the comprehensive improvement of badminton teaching quality.

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