

Analysis of the Cultivation of Students' Tactical Awareness in Basketball Teaching and Training in Colleges and Universities

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Abstract: Basketball is a sport with strong physical confrontation, which requires players to have a strong sense of offense and must have good physical fitness. With the continuous development and growth of basketball in China, basketball court facilities are gradually improved, and various competition systems are becoming more and more mature, so tactical training has become especially important. Basketball instruction has a strong athletic, participatory, and training nature, which stimulates students' interest in basketball, as well as flexibility, adaptability, recreation and economy. Students gain healthy development in basketball training activities. Teaching methods that develop tactical awareness maximize students' training potential, allowing them to progress in terms of physical fitness and teamwork. In order to actively implement the reform requirements of basketball teaching methods in colleges and universities, basketball teachers should innovate teaching methods, reform teaching ideas, stand for multiple perspectives to improve the results of basketball teaching, so that students can continuously improve their physical quality and basketball training thinking.

Keywords: College Basketball; Tactical awareness; Basketball teaching; Cultivation analysis

1. Introduction

The development of tactical awareness refers to the daily learning and training in the classroom, and the movement of relevant skills learned in the classroom to the training game, each process possessing a different process of development. This teaching method integrates training, competition, evaluation, and teaching, etc. Teachers can change the more traditional college basketball teaching ideas of the past, focusing on the cultivation of the teaching process. By introducing a tactical awareness development teaching method in the classroom, students' motivation and initiative for basketball can be significantly increased, preventing boredom or boredom. With this teaching method, students' initiative is stronger, they can continuously improve and develop their physical education professionalism, further master relevant dribbling skills and postures, and develop a competitive fighting spirit.

2. Deficiencies in Teaching Basketball Tactical Awareness in Colleges and Universities

2.1 Teaching Content is Too Conservative

High school students are no longer lively and active, because their own more mature mental development and older age. In the process of college basketball teaching, teachers can only hold on to the students' tactical awareness, so that they can actively and consciously participate in the classroom. Every college student wants to have fun in the physical education classroom and improve their physical quality. At the present stage of education, for college basketball teaching work, many teachers do not carry out enough basketball thinking training activities for students, and do not pay enough attention to the cultivation of students' professional and comprehensive qualities, they only carry out a kind of simplistic and single explanation of college basketball knowledge, which cannot effectively stimulate students' tactical awareness of learning basketball knowledge. In such a teaching method, it is difficult for students to have a strong tactical awareness of basketball courses, and over time, they will also become bored and afraid of learning, so that they can not get the proper results in basketball teaching activities (Burak Güneş, 2019).

2.2 Insufficient Attention to the Cultivation of Students' Tactical Awareness

Nowadays, people's living standards are rising, and college students generally have poor tactical awareness, because of their families' over-pampering. And in the college basketball classroom, many teachers almost lack training activities for students' tactical awareness. For a long time In the long run, students will develop bad habits of laziness. In the college basketball classroom, it is equally important to improve the students' tactical awareness and innovation ability. If we do not pay attention to the cultivation of students' tactical consciousness, we will not be able to achieve the basic goal of modern physical education reform work.

2.3 The Purpose of Education is Too Single

In the actual process of basketball physical education, the purpose of education is too single, only requiring students to improve their physical education course performance and failing to be diversified and diverse. The teaching of basketball courses only stays at the initial stage of learning basic theoretical knowledge, ignoring the important purpose of students to improve their tactical awareness and experience in the process of practice, and without guiding students' learning styles, processes, attitudes and other factors.

3. Suggestions of Countermeasures to Improve the Teaching of Basketball Tactical Awareness in Colleges and Universities

3.1 Create a College Basketball Teaching Context

In college basketball teaching activities, college students' interests fluctuate greatly, and if teachers can flexibly use some encouraging or praising words to control students' consciousness towards, then they will get a very high quality of teaching and learning. In this way, students can also make fun out of their suffering, and to fully appreciate the fun of participating in basketball training activities, creating a good teaching environment, which undoubtedly achieves the best teaching condition of college basketball classroom. Therefore, teachers should gradually learn to create different situations and contexts in the classroom, praise and encourage students to do better (Honglong Xu, 2022).

3.2 Appropriately Increasing the Fun of Basketball Teaching in Colleges and Universities

There are many ways to increase the fun of basketball teaching in colleges, such as combining basketball courses with other related art courses, conducting competitions, introducing some interesting stories and so on. At the present stage of teaching, college basketball teachers basically adopt the teaching method of "teachers talk, students listen and do after listening". This kind of teaching method is too homogeneous, it can not catch the students' eyes, students' enthusiasm and initiative in the classroom is not mobilized, which can not play the effect of active classroom. If the teacher adopts the "question-and-answer" teaching method, the students will be attracted by this novel teaching method, which can effectively stimulate the students' tactical awareness, achieving the proper teaching level and quality. For students at the college level, they like to listen to some interesting stories and hysterics, so teachers can tell some interesting stories for students. Once the story is told, students are attracted, attention is focused, and the enthusiasm to participate in class is mobilized, which not only creates a good classroom atmosphere, but also arouses the tactical sense of students to practice, making it easier for students to practice basketball.

3.3 Exercising Students' Strong Volition

The teaching activities of the basketball classroom in colleges and universities should have a certain degree of exercise difficulty, and this standard is mainly: as long as students work hard, most of them can reach this difficulty requirement. For this reason, teachers should follow the teaching method from easy to difficult, from shallow to deep, from strict to difficult requirements for students, so that students in basketball training activities gradually develop good habits of overcoming difficulties and refining their will. Teachers should be good at creating a "difficult teaching" scenario for students, constantly put forward more difficult and higher requirements for students, and continue to increase the amount of exercise and exertion of students, so that students gradually adapt to their own courage to challenge the difficult willpower. Although students at the college level are at roughly the same level of physical development, there is still some variability in basketball training or athletics. Teachers must treat them differently when dealing with the class as a whole, pay attention to students with physical diseases or defects, reduce the amount of exercise for them appropriately, actively encourage and support them, help them to improve their own self-confidence, face the misfortunes they encounter bravely, and eventually make their tactical awareness stronger and stronger in basketball exercise.

3.4 Updating Teaching Concepts

For the sport of basketball, if you want to get really good at it, it requires a lot of practice on a daily basis, it can also have a high

demand on the tactical awareness of the students involved. At the college level, many students are not in perfect physical condition and awareness, and they are in the process of developing, teachers can usually help students improve their physical fitness through some other related basketball sports. Waiting for students' sense of consciousness to pass or reach the standard, then the students will be taught basketball theory knowledge and practical activities. In college basketball courses, teachers can first guide students to the theoretical knowledge related to basketball, making them aware of the importance of learning about basketball and doing basketball exercises. After that, the teacher can ask students to do group training exercises, but it is not mandatory for students to participate, and students can decide whether to participate or not according to their actual physical condition, which is not only to ensure the proper teaching purpose, but also to play a dual role in protecting students' physical condition. For example, when students learn the lesson of "Dribbling", teachers should let students understand how to dribble the ball with their hands, and then make the posture of dribbling with their hands alone, so as to help students improve the coordination and balance of their bodies. In the traditional teaching method, teachers have been focusing on theoretical knowledge, thus neglecting the practical activities that students participate in and perform. Therefore, in order for students to get all-round development, teachers can let students participate in some mini-games to warm up first, it can also improve students' coordination ability, and then ask students to perform fixed or continuous basketball dribbling practice. In the process of students' participation in small games, teachers can appropriately add some tactics about basketball, so that students can learn basketball knowledge in a happy and enjoyable tactical atmosphere, which also helps students to improve their own physical fitness. With such a new teaching method to educate students, which can be flexible to integrate basketball tactics into the mini-games, thus stimulating students' interest in learning basketball knowledge (Lee Jeong Soo, 2017).

Conclusion

In a word, in the process of physical education in colleges and universities, it is very important to put the teaching method of tactical awareness cultivation throughout, and to focus on the subjectivity of students. To achieve a certain level or quality of basketball tactics education work at the college level is not a one-day effort, and college physical education teachers should be conscious of it. At present, there are still many shortcomings in the quality of teaching work in basketball tactics. In the subsequent college basketball classroom, teachers should respect the different character traits of students, and conduct basketball teaching activities according to the tactical awareness cultivation method, with the main goal of improving students' physical quality and condition, and then move towards a more powerful goal.

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