

# Research on team communication and team building in college basketball training

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**Abstract:** As a sport highly dependent on teamwork, the communication between players and the quality of team building in basketball have a significant impact on improving the overall team efficiency. However, in the process of college basketball training, the importance of these two aspects needs to be improved. At present, the research on player communication and team building in college basketball training is not deep, which leads to a series of problems, such as lack of communication between players, lack of team building activities, ambiguous role positioning of coaches and so on. Therefore, it is urgent to seek innovative strategies for team building and communication. In view of this, this article will analyze the communication and team building of the players in college basketball training, and put forward some strategies for your colleagues' reference only.

**Key words:** Universities; Basketball training; Team communication; Team building

## 1. The significance of team communication and team building in college basketball training

### 1.1 Is conducive to improving the ability of team cooperation

The importance of teamwork in basketball is like the role of the heart to the human body. It connects all parts closely together to make the whole system run more smoothly. The team communication and team building work in college basketball training are like injecting vitality into the heart and making it beat more powerfully. In this way, the players can improve their ability to cooperate with each other, so that they can carry out more in-depth and comprehensive communication during the game. In basketball, communication between the players is very important. It allows players to better understand each other's intentions, for example, through communication, players can better understand what situations their teammates will choose to shoot, and make judgments and responses based on this. The establishment of this tacit understanding cannot be separated from the cultivation of team cooperation. In addition, communication can also make the coach better understand the character characteristics, skills and personal habits of each player, and formulate more appropriate tactics and strategies for the players, so that they can play a better cooperation in the game. At the same time, improving the communication level of players can also enable them to better find their own problems in the game. It is like having a mentor on hand to remind the players to adjust their form and improve their skills, which is of great significance to improving the efficiency of team cooperation.

### 1.2 Is conducive to improving the level of tactical understanding and execution

The level of communication and understanding of the players plays a vital role in the basketball game. Effective communication and understanding can not only improve the execution efficiency of the game, but also enhance the cohesion of the team. Therefore, in college basketball training, it is particularly important to pay attention to the communication of players and team building. We need to realize that the communication between the players is the key to improve the level of tactical understanding and execution. By carrying out team communication activities, players can better understand the coach's intention, so as to quickly execute the tactics. In addition, team communication also helps to cultivate the tacit understanding among the players, so that they can better work together to cope with various challenges in the game. At the same time, team communication and team-building work can help players have a deeper understanding of the coach's tactical thoughts and habits. In the basketball game, the coach's tactical guidance and tactical layout are the important guarantee of the victory of the game. By deeply understanding the coach's tactical thoughts, the players can be more clear about their duties in the game, better play their advantages, and contribute to the team's victory.

### 1.3 Help to enhance team cohesion

Team cohesion has a great impact on the outcome of basketball matches. Therefore, by carrying out college basketball training, greatly improving the communication ability and team consciousness of the players, the team cohesion of the players can be further improved, which is also a big help for the players to face difficulties later. By enhancing the team cohesion of the players, the players can better feel that they are part of the team, so that they can carry out more efficient interaction and communication in training and competition, and then help the players to form deeper friendship and trust, which is of great significance for their future long-term development.

## 2. Correlation analysis between team building and team members' communication

In essence, the relationship between team member communication and team building is very close. Team building is to enhance the whole team and cooperation ability and tacit understanding through various activities and training. Team communication is one of the most important tasks in this process, especially for basketball training, which is highly dependent on team cooperation, this correlation is particularly obvious. Player communication can be regarded as the premise of team building. Only when players can communicate and understand each other, can they gradually clarify each other's ideas and thinking, and then carry out more efficient cooperation in basketball training, and finally achieve the corresponding training goals. High-level player communication can help them establish a common training and development goal, and can also make them clear their roles in the team, which is also a key factor to improve the comprehensive quality

of the team. In addition, many team-building activities rely heavily on communication among team members. In team building activities, in-depth communication between team members can not only enhance the team cohesion and cooperation ability, but also let the team members understand the playing style and habits of others, and enhance mutual trust, which is also a key factor to improve the overall effectiveness of the team.

### **3. Problems of team communication and team building in college basketball training**

#### **3.1 The communication level of team members is not high**

At present, when many college basketball teams start training, the communication level between each team member is not high, and they rarely carry out in-depth communication, which will have a great impact on the actual training effect. Due to the lack of in-depth communication, it is difficult for basketball players to perform some complex tactical tasks, which has a great hindrance to improving the level of the team. In addition, the form of communication between each team member is relatively simple, they usually communicate in actual combat or games, lack of online communication, seminar communication, etc. Such communication lacks depth, and it is difficult to meet the needs of players at different levels, which will also affect the efficiency of team member communication. In addition, some players are introverted and lack language skills, which will easily lead to conflicts with other players, which will make the team relationship become tense, and finally cause some players to resist communication, and it is difficult to improve the level of team building.

#### **3.2 Lack of team building activities**

In college basketball training in China, lack of team building activities is also a very common problem, in order to solve this problem, we can be analyzed from three aspects: first, lack of special team activities. Due to the lack of exclusive team activities, some players may lack a sense of belonging, which will affect the subsequent training work. Second, the lack of organizational guidance. Although some colleges and universities have carried out the team building work of basketball training, but the lack of a reasonable and scientific guidance, which leads to a lot of basketball team building activities are just dinner, lack of novelty, pertinence, and thus hinder the improvement of the quality of team building. Third, the participation is not high. Some basketball players are not willing to take the initiative to participate in the team building, which will hinder the quality of basketball training team building.

#### **3.3 Lack of innovative team building and communication methods**

The lack of innovative team building and communication methods is also an important factor affecting the effect of college basketball training, which is mainly reflected in the following aspects: First, many college basketball teams still use traditional methods in team building and communication, such as group dinner, team travel, etc., but these methods may not meet the special needs of modern basketball teams. Second, many college basketball teams lack the awareness and ability of innovation and fail to introduce new communication and team-building tools, such as online communication platform, team cooperation software, virtual reality technology and so on. Third, some college basketball teams are afraid of the uncertain effect of the new methods or the inadaptability and resistance of the players, so they are conservative and resist the change, which limits the progress of team building and team communication.

### **4. Team communication and team building strategies in college basketball training**

#### **4.1 Deepen the communication between team members**

Basketball is a team sport. In basketball training and competition, the effective communication between the players has become the key to achieve teamwork. This kind of communication is not limited to verbal communication, but also includes non-verbal communication such as body language and facial expressions. Through good communication, team members can enhance mutual understanding and tacit understanding, thus improving the overall combat effectiveness of the whole team.

In order to further improve the communication ability between the team members, special communication training is essential. This training takes various forms, such as oral discussion, role play, etc. These communication exercises can help the team members to better display their communication skills in the team, thus improving the overall execution of the team. In communication drills, team members can learn how to express their opinions more clearly, how to listen to others, and how to better understand the needs of others.

In addition, mutual trust and respect among team members is also an important part of team communication. Without trust and respect, it is difficult for team members to open their hearts and communicate sincerely. To help the players build trust and respect, the coach can organize a series of team-building activities. These activities include, but are not limited to, team outreach exercises, group games, etc., which aim to increase understanding and trust among players through interaction and cooperation.

In team building, team members should learn to appreciate each other's strengths, tolerate each other's shortcomings, and face difficulties and challenges together. Such a team atmosphere is conducive to the communication between the players and the individual growth of the players. Through team building activities, the team members can have a deeper understanding of the importance of teamwork, so as to better play the overall advantages of the team in the game.

#### **4.2 Improve the level of team building**

Team building is an important way to improve team cooperation ability of team members. In the process of facing challenges and solving problems together, team members can better form cohesion, thus improving the effect of team cooperation. Team cohesion is an important index to measure whether a team has combat effectiveness. Only a team with high cohesion can stand out in the competition. In the process of team building, the coach should make clear team goals and rules and regulations. Clear goals can help players understand their responsibilities and mission, so as to better contribute to the development of the team. Rules and regulations can regulate the behavior

of team members and ensure the orderly operation of the team.

In practice, we can carry out various forms of team activities, such as outdoor expansion, team training, etc., can improve the team members' teamwork consciousness and cultivate the tacit understanding between the team members. At the same time, we should also make more clear team goals and rules and regulations, and ensure that the team members in the training process can strictly abide by. Not only that, but we can also encourage team members to participate in the decision-making and management of the team, which can improve team identity and responsibility. The coach should fully listen to the opinions and suggestions of the team members and encourage the team members to make suggestions for the development of the team. This is of great significance to improving the overall competitiveness and stability of the team.

#### 4.3 Do a good job in training at all levels

Psychological training plays an important role in basketball training in higher education. The psychological quality of athletes has a great influence on competitive performance. In order to improve the athletes' psychological quality, coaches can implement psychological counseling, simulation competition and other measures to enhance the athletes' ability to withstand pressure in competition. At the same time, improving the athletes' self-confidence and self-esteem is also the key link of psychological training, which is of great significance for them to maintain a positive attitude in the game and give full play to their personal strength.

Basketball skill is one of the key factors to determine the outcome of the game. In the course of basketball training in higher education, we should pay attention to the cultivation of basic skills, such as dribbling, shooting, passing and so on. And combined with actual combat scenes to carry out technical training, in order to improve the athletes in the game of the ability to respond to changes. In addition, coaches also need to carry out personalized training according to the athletes' personal characteristics to explore and improve their technical advantages. By carrying out psychological, technical and other aspects of training, can greatly improve the comprehensive level of the players, so that they can better cooperate in training, which is also an important way to improve the effect of college basketball training.

## Summary

To sum up, in order to further improve the effect of team communication and team building in college basketball training, we can deepen the communication between players; Improve the level of team building; Do a good job in all levels of training and other aspects of the analysis, in order to virtually promote the quality of college basketball training team communication and team building to a new height.

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