

Exploration of the Application Path of Team based Teaching Mode in College Basketball Training

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Abstract: The introduction of team based teaching mode into college basketball training can improve students' basketball skills, enhance their physical fitness, cultivate their teamwork spirit, and play a positive role in the physical and mental development of college students. In view of this, the article will analyze the principles of team based teaching mode in college basketball training, the significance of team based teaching mode in college basketball training, and focus on analyzing the path strategies of team based teaching mode in college basketball training based on this. The purpose is to provide reference and inspiration for college basketball training activities.

Keywords: Universities; Basketball training; Team teaching; Application Path

Introduction: The team based teaching model emphasizes cooperation, communication, and individual responsibility within the team. The team based teaching model combines individual basketball skills development with teamwork, playing an important role in college basketball training.

1. The significance of team based teaching mode in college basketball training

1.1 Helps improve the teamwork ability of college students

The team based teaching mode in college basketball training helps to improve the teamwork ability of college students, which is one of the key factors for the success of the team. If a basketball team can stand out in the game, then the team members often have good tacit understanding and cooperation ability. In the team based teaching mode, players learn how to cooperate with others, communicate and coordinate, and achieve win-win cooperation through joint training competitions. Specifically, the prerequisite for teamwork is communication. Only by establishing good communication channels between players can they understand each other's strengths and weaknesses, know themselves and their opponents, and flexibly adjust tactical strategies. In the team based teaching mode of basketball training, players can strengthen communication and establish tacit understanding among themselves through passing, running, and other methods, in order to facilitate team cooperation in formal matches. Secondly, respect and trust are indispensable elements in team collaboration. In basketball games, mutual respect and trust among players play a crucial role. College teachers adopt a team based teaching model in basketball training, which can cultivate students' qualities of mutual respect and trust through team building activities and classroom interaction. Thirdly, the key to improving the cooperation ability of basketball teams is to develop tactical strategies. In actual games, each player needs to clarify their own tasks and understand tactical strategies in order to cooperate more seamlessly and complete tasks better. University teachers adopt a team based teaching model in basketball training, which can strengthen communication and coordination skills, cultivate qualities of mutual respect and trust, improve students' ability to formulate tactical strategies, and further promote students' physical and mental health and comprehensive development.

1.2 Helps improve the comprehensive quality of college students

The team based teaching model not only improves individual students' skills through training, but also focuses on enhancing the overall quality of the team. College teachers adopt a team based teaching model in basketball training to improve students' basketball skills while enhancing their overall quality. For example, they cultivate students' awareness of teamwork, strengthen their communication and coordination abilities, cultivate their qualities of mutual respect and trust, stimulate their team's innovation ability, cultivate their confidence, and improve their adaptability. Basketball is an intense sport that not only tests players' basketball skills, psychological and physical fitness, but also their ideological style. Teachers adopt a team based teaching model that is in line with the characteristics of basketball. Basketball is a collective sport, and as the saying goes, 'a single thread cannot form a line, and a single tree cannot form a forest.' Team spirit and collective consciousness are indispensable. Teachers adopting a team based teaching model can help cultivate students' spirit of cooperation and improve their overall quality.

2. Principles of Team based Teaching Mode in College Basketball Training

2.1 Principle of complementarity

In basketball training, a clear understanding of each student's position and responsibility within the team is the cornerstone of building a collaborative spirit and promoting efficient team operations. This division of labor can enable players to maximize their strengths in the game and contribute to the success of the team. Each member of the basketball team is in a different position and has their own expertise, which complements and enhances the overall strength of the team. For example, point guards have advantages in passing and organization; The center has advantages in defense and scoring; Scoring guards have an advantage in shooting. Each player's clear positioning, understanding how to collaborate with other players, and understanding their own tasks in defense and attack can help avoid role overlap and confusion, and achieve the team's common goals. Each member understands the importance of other members and is aware of their

contributions, which helps to improve team cohesion, enhance the overall ability of the team, strengthen the trust of team members, and improve the collaboration ability of team members.

2.2 Principles of Team Spirit

Cultivating team spirit among team members is an important principle of team based teaching in college basketball training, which helps to build a coordinated and strong team culture. Team spirit refers to team members placing the overall interests of the team above their personal interests, working together harmoniously, supporting each other, and striving to make the team better. Team spirit is an important weapon for a team to win in a game, which not only strengthens the close ties between teams, but also improves the team's collaborative combat ability. Team members uphold the spirit of teamwork and will help each other in daily basketball training and formal matches, working together to make progress; Encourage each other, regain confidence, and perform at your best when facing setbacks. Under the impetus of team spirit, players are able to overcome negative emotions such as laziness, abandon individualism, prioritize team goals, and strive for team success. Only when the team wins the game can individuals gain the greatest sense of satisfaction.

2.3 Division of labor and specialization principles

Team members can work together according to their strengths and advantages, not only playing a positive role in basketball training, but also playing a crucial role in team cooperation in other fields. In college basketball training, teachers divide players into different positions to ensure that each member plays to their strengths and compensates for the shortcomings of other members. The principle of division of labor also applies to leaders. Coaches are responsible for formulating tactical strategies, while team leaders are responsible for managing the daily affairs of the team, leveraging their respective professional strengths to ensure that each task is handled properly. Following the principles of division of labor and specialization, team members can pursue common goals, achieve greater success, understand tactics, develop skills, and become better players, thereby establishing a spirit of collaboration in various work environments and improving the overall quality of the team.

3. The Path Strategy of Team based Teaching Mode in College Basketball Training

3.1 Updating and Transforming Teaching Concepts

Under the traditional teaching mode of basketball training, teachers often attach great importance to cultivating students' individual abilities, and tend to adopt individual training and repeated training methods in basketball training activities to enhance students' basketball skills; In basketball evaluation methods, emphasis is placed on assessing students' individual abilities; Under the guidance of focusing on individual ability teaching objectives, the implementation of basketball skills may become tedious and fail to arouse students' interest in learning basketball. The implementation of team based teaching mode in college basketball training is primarily based on the reform of teachers' teaching concepts, the adoption of scientific management concepts, the enrichment of teaching methods, and the cultivation of students' comprehensive development as the teaching goal. In this regard, university teachers first need to understand the connotation, importance, and specific requirements of quality education, deeply understand the educational principles of quality education, and continuously learn and research various theoretical knowledge through methods such as university training and learning network resources, so that these achievements can become a solid foundation for their own thinking, examination, and action. Secondly, teachers need to clarify the main position of the classroom, from the leader of the classroom to the guide, provide students with autonomous learning space, and transform students from passively receiving knowledge to actively exploring and learning knowledge. They should pay attention to students' differentiated learning needs and actual learning situations, scientifically design teaching activities, stimulate students' interest in learning basketball, and implement the requirements of quality education. Again, teachers need to learn the theoretical knowledge and practical cases of team based teaching mode and impart them to students, implement the concept of team based teaching in actual basketball training, and promote the steady development of teaching activities.

3.2 Innovation and enrichment of teaching methods

College basketball teaching is an important activity in physical education teaching. Teachers adopt a team based teaching mode, which helps to cultivate students' basketball skills and optimize the value and significance of basketball teaching activities. In the team based teaching mode, college basketball teachers should first pay attention to the balance between theoretical teaching and practical operation. In theoretical teaching, students are taught the basic concepts, principles, rules, and other knowledge of basketball to help them establish correct sports concepts. In practical teaching, teachers train students' basketball skills, improve their practical level, and cultivate their teamwork ability through specific training, competitions, and exercises. In this regard, teachers need to develop a reasonable teaching plan, clarify the ratio and arrangement of theoretical teaching and practical teaching; Innovative theoretical teaching methods, utilizing multimedia technology, case analysis, classroom discussions, and other methods to make theoretical teaching more vivid and interesting; Enrich practical teaching methods, organize skill exercises, group confrontations, simulated competitions, etc., to improve students' sports level. Secondly, university teachers need to innovate their evaluation and assessment methods, combining process evaluation with comprehensive evaluation, theoretical knowledge assessment with practical assessment, individual skill assessment with teamwork ability assessment, in order to promote students' comprehensive and sustainable development. College teachers can reflect on the teaching process and adjust course content in a timely manner based on students' exam results and classroom evaluations, in order to optimize the educational effectiveness of the team based teaching model for college basketball training.

3.3 Widely organize practical teaching activities

College basketball teachers need to organize a wide range of practical teaching activities in order to fully utilize the team based teaching model, enabling students to improve their basketball skills and team awareness in a practical atmosphere, and promoting their comprehensive and sustainable development. Firstly, in basketball training, teachers can adopt diversified strategic grouping methods to leverage individual differences among students and promote deep integration among players. In grouping, teachers should avoid rigid grouping and carefully design diverse grouping and practice activities, so that students can receive sufficient exercise in different group configurations, competition situations, and physical states. Secondly, college basketball teachers develop collective training plans that simulate game scenarios, allowing students to practice coping with different situations before actually participating in basketball games, such as simulating critical moments, falling behind in scores, tense situations, etc., to improve players' adaptability.

3.4 Enhance team building and clarify individual responsibilities

When college basketball teachers conduct team based teaching, the first step is to organize team building activities to bridge the gap between different players. Firstly, basketball teachers can organize various types of team activities, such as team jigsaw puzzles, rope pulling competitions, etc., to enhance interaction and trust among different students. Secondly, basketball teachers can organize ice breaking activities to break down barriers between different members and deepen mutual understanding among them. However, teams are composed of individuals, and while teachers emphasize teamwork, they also need to strengthen the players' own basketball skills. Firstly, college basketball teachers can develop skill improvement plans based on students' strengths and advantages, and provide one-on-one differentiated guidance for students to fully leverage their personal strengths and improve their skills. Secondly, team members should clarify their responsibilities and roles, understand their position on the field and specific tasks in the game, and ensure team collaboration. The team captain should also take on their responsibilities and missions, provide guidance during the competition, solve problems within the team, encourage team members, and ensure that everyone adheres to the team's values.

4. Conclusion

In summary, team based teaching in college basketball training needs to follow the principles of complementarity, team spirit, division of labor, and specialization. The team based teaching mode in college basketball training is of great significance, as it helps to improve the teamwork ability of college students and enhance their overall quality. At present, college basketball training still faces certain challenges, and it is hoped that college basketball teachers can update and transform their teaching concepts; Innovate and enrich teaching methods; Widely organize practical teaching activities; Strengthening team building and clarifying individual responsibilities can promote the high-quality development of college basketball courses.

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