

Analysis about application of Motivation Incentive Method to Basketball Training

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Abstract. Basketball is a sport event with strong comprehensiveness and basketball training is one of the simplest and effective approaches to improve basketball level. However, since basketball training is featured by high intensity, large amount of exercise and un-interestingness, effect of basketball training is barely satisfactory. Motivation incentive method can arouse people's interest and enthusiasm efficiently. Application of the method to basketball training can help with improvement in training quality. Based on this, this thesis starts with content and characteristics of basketball training and then analyzes current situations of basketball training. Next, it studies specific application of the motivation incentive method to basketball training.

Introduction

From the perspective of psychology, the said motivation refers to psychological motivation and impetus that drives a person to finish an activity in essence. Motivation incentive is a measure, which strengthens a person's enthusiasm and motivates learners' enthusiasm and interest by approaches like praise and encouragement to reach expected goals. In basketball training, the motivation incentive method uses various methods and approaches to stimulate learners to accept training content with high intensity, large amount of exercise and un-interestingness actively and consciously and drives them finish training tasks with high quality and high efficiency. For this, this thesis will discuss application of the motivation incentive method to basketball training.

Main content and features of basketball training

Main training content

Physical training

Basketball is a sport event with strong comprehensiveness, which is composed of basic actions like running, jumping, dribble, trap, pass and shooting etc. This requires that learners should carry out related training at ordinary times. The premise and basis on which such a series of actions can be finished are good physical quality. Thus, physical training is one of the aspects constituting major content of basketball training.

Skill training

a). Dribble. This is one of the most basic techniques in basketball training. The action is finished by three links including body gesture, hand and pace. In the process in which dribble training is carried out for learners, it is essential to pay attention to cultivating proficiency of the coordination between their dribbling by hands and pace. Training methods that are usually used include drag, dribble block and obstacle dribble etc. b). Catching and pass. This is a technical method by which coordination among team members is realized and attack is organized. In practical training, training is usually carried out by combining with other techniques. c). Shooting. To obtain high scores on a basketball field, hit rate of shooting is very important. This requires that learners should often practice shooting to improve the hit rate.

Features of basketball training

Basketball is a very comprehensive sport event. From the perspective of training, its features are mainly reflected by the following aspects:

High intensity

High intensity and large amount of exercise are one of the major features of basketball training as well as the premise and basis on which training effect can be ensured. In the whole training process, there is much training content that learners need finish, such as basic training including running, jumping, shooting, catching and pass, physical training and tactic coordination training. Each item of training content has strict requirements for learners' physical quality.

Extreme un-interestingness

From the perspective of essence, basketball exercise and basketball training are much difference. Interestingness of the former is stronger because basketball fans usually do not pay attention to improvement in basketball techniques and skills but finish the process of basketball exercise in relaxing and pleasant atmosphere. However, the latter often develops towards a specialized direction and training has some pertinence and purposes. Thus, training should be standard and systematic. Just because of this, the process of basketball training is very boring and uninteresting. Usually, learners need repeat an action. In addition, training time is relatively long, so learners have little time to exert and show their own interest but need carry out high-intensity training constantly, which will inevitably cause the situation that some learners hold passive attitudes in the training process. As a result, motivation for training is insufficient.

Analysis about current situations of basketball training

According to features of basketball training, it is found that the whole process has high intensity, heavy load and much un-interestingness. In such a kind of hard training, some learners cannot bear high-intensity training because they lack clear motivation for basketball training. Currently, problems that generally exist in basketball training involve the following aspects.

Bad training effect in a later period

At the earlier stage of basketball training, most learners give favorable performance and can finish various kinds of training tasks assigned by coaches on time and with full quality. However, since learners' body feels too tired and their thoughts are relaxed in the later period, effect of the training that learners finish at this state is bad. They deem that the training at the earlier stage has reached expected goals and there will not be significant impacts on overall training quality if they reduce several minutes' training or do not practice a certain item of content.

Lacking persistent spirit

Because learners themselves lack sportsmanship like hard work and persistence, they usually hold the attitude that they drift along with high-intensity basketball training. This is one of the major causes for poor training effect. For instance, when the most basic training, i.e., '8-character' dribble running, is implemented, some learners pour out their woes to coaches and ask for a rest since this training lasts a relative long period, requires learners should practice the same action repeatedly and has high intensity and un-interestingness. The basic reason for this problem is that learners lack persistent sportsmanship.

Insufficient impetus

Hertzberg, a famous American behavioral scientist, said that impetus was one of the most effective ways to arouse people's positive behaviors. In detail, when people have enough impetus, they dare face some difficult problems boldly and solve problems under the condition that they are driven by the impetus. If the impetus is not enough, it will be difficult to finish goals that should have been reached and realized easily. In basketball training, training quality of some learners declines sharply and expected training effect cannot be achieved because they have neither sufficient impetus nor clear training goals. If things continues like this, enthusiasm and initiative for training will reduce, which goes against improvement in quality and efficiency of basketball training. Thus, it is quite important to give some training impetus to learners.

Specific application of the motivation incentive method to basketball training

Highlighting entertainment of basketball training and stimulating interest in participating in training

In essence, basketball exercise is a sport event and also has game attribute to some extent. Therefore, coaches should make every effort to highlight entertainment of basketball training in the training process to stimulate learners' interest in taking part in training, which can help further improvement in training quality and effect. After learners have finished conventional training, coaches may arrange some small games that use basketballs as tools reasonably in order to add entertainment to basketball training. While playing games, learners can feel interestingness brought by basketball, which can stimulate their enthusiasm for participation in basketball training and help with improvement in learners' interest in basketball training. At the same time, coaches should take part in basketball actively, interact with learners and utilize basketball games to increase the feeling between them and learners in order that they can know one another better, which is helpful for successful implementation of basketball training. It should be noted that coaches should add some elements about basketball training to games when they design such games, such as mastery of basketball and dribble skills etc. This can not only exert effect of training but also realize the goal that learners' interest is aroused. As a result, training effect will be improved naturally.

Applying the incentive method reasonably and activating training motivation

Enthusiasm is not people's inherent instinct but a characteristic that can be aroused only when external force is used for stimulation. Actually, the stimulation from external force is the incentive method that we usually talk of. In basketball training, learners' training motivation can be activated effectively and their enthusiasm and initiative for training can be aroused sufficiently by appropriate incentive methods, which is of great significance for training quality and effect. Thus, coaches should be good at using motivational approaches and methods to basketball training to make learners form self-motivation and promote their initiative development.

The incentive method by competition

In practical training, all words and actions of coaches have incentive effect on learners. Encouraging words with trust and expectation can stimulate learners' enthusiasm for training. In matches that are carried out in groups, coaches should encourage learners to win without price, fail without discouragement and eliminate inferiority complex step by step to make students enjoy pleasure brought by basketball matches equally. When learners make progress and obtain success in matches by their own hard work, coaches should give affirmation and praise. For learners suffering a setback in matches, coaches should not criticize them by ultra words but spur and guide them and help them to summarize causes for failure. In doing so, coaches can achieve incentive effect and enable learners to implement basketball training actively, positively and consciously, improve their basketball level constantly and try to win next match.

The incentive method by creation

In practical training, coaches should encourage learners' enthusiasm for active participation, active their training motivation and develop creative activities with pertinence according to practical situations. Coaches may combine with different learners' basketball level and ask them to challenge new goals. For example, coaches may divide all learners into several different groups, i.e., good level, ordinary level and poor level, and make different training goals for them, respectively. In detail, for a lay-up shot, learners in the poor group, the ordinary group and the good group will obtain 4, 3 and 2 scores, respectively. Total scores of learners in each group is the final performance of the group. By this method of quantity relative ratio, it will be helpful for coaches to enhance internalized incentive factors and drive learners' behavioral motivation. In doing so, learners will be encouraged to work hard and keep going ahead. In consequence, training effect will be improved undoubtedly.

The incentive method by motivational feedback

Sedentaps, a famous American psychologist, deems that feedback has some reinforcing effect when learners learn sports skills, i.e., the objective that effect is enhanced and improved can be achieved by incentive languages and measures. At the same time, feedback itself can arouse

motivation. In basketball training, coaches may apply the method feedback to learners to arouse their emotion and enhance their confidence that they will win matches certainly. It should be noted that coaches should not only give positive feedback to learners in the training process but also know that appropriate criticism is also essential and may exert unexpected effect. In addition, coaches must master a degree well because excessive praise may make learners pride and too strict criticism will eliminate learners' enthusiasm for training. This is a very important point.

The method combining material and spiritual motivation

Basketball training is a systematic process and all psychological states that learners show at each stage of the training are different. Generally, most learners can keep enough excitement at the early stage of training and the training effect is the best at this time. However, as exercise intensity increases constantly at the medium and later stages of the training and learners' physical agility reduces gradually, most learners will feel their mind and body are tired and the training effect will decline sharply. In order to prevent this kind of problems from happening, coaches should take corresponding incentive methods at this stage. A number of practices have shown that combination between material and spiritual motivation can exert unexpected effect at the critical stage of basketball training. With respect to material motivation, coaches may give material rewards to learners with splendid performance, such as sports wear and basketball etc., to stimulate learners' persistence in training. Considering spiritual rewards, coaches should encourage and praise learners as much as possible in daily training. As long as make progress, coaches praise them orally, which helps with improvement in learners' enthusiasm for training. Combination of the two incentive methods can exert effect of encouragement to a larger extent.

Using antagonism as motivation and simulating learners to keep long-term excitement

Since basketball training is boring, learners will feel boring if the same training method has been used for a long time. This situation will affect learners' excitement in training seriously. In order to make learners keep excitement in basketball training, coaches should use antagonism as motivation and add antagonistic items to training appropriately, which can not only stimulate learners but also help with continuous improvement in basketball skills and level. One of the obvious features of modern basketball exercise is attack, defense and confrontation. This feature has been explained perfectly in some large basketball matches. Just because fierce confrontation is needed in basketball matches, antagonistic content should be added to basketball training. Learners can keep excitement in training all the time and improve their technical level further only when they stay continuous confrontation. In the process in which basketball training where confrontation is used as motivation is developed, coaches must make learners know significance and methods of antagonistic training clearly and make this training content run through the whole process of basketball training to stimulate learners to keep long-term excitement in training, which is helpful for improvement in training quality.

Conclusion

To sum up, it is essential to stimulate learners' enthusiasm for training continuously and make them keep excitement in basketball training all the time to improve effect of basketball training further. This requires that coaches should apply the motivation incentive method to the training process well to arouse learners' interest in basketball training and keep enthusiasm for basketball exercise. Only in this way can training quality be improved fundamentally and learners' basketball level be improved continuously.

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