

Research on the Existing Problems and Solutions in College Basketball Teaching and Training

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Abstract—Basketball, a significant part in college physical education, has gained great popularity among college students. However, the training result is always not ideal due to teachers' training concepts, training methods and other factors. Therefore, in order to fully manifest the value of basketball teaching and training, and promote students' physical health, this paper analyzed the existing problems covering teaching concepts, thoughts, methods and content, and solutions including upgrading teaching concepts, implementing individualized teaching, innovating training modes and rationally use teaching facilities.

Keywords—college basketball; teaching and training; existing problems; solutions

I. INTRODUCTION

Basketball is essential in college physical teaching, which can strengthen students' physical quality, help them gain a better understanding of teamwork, and improve their own cooperative ability, team spirit and sense of honor. It is of great significance to improving current college students' spiritual civilization quality. However, it can be learned from the practical conditions of college basketball teaching and training that lagging teaching concepts and confusing teaching thoughts have badly affect its effect. So it is necessary to summarize existing problems, have clear and objective recognition with these problems, and regulate effective solutions, which can give full play to the value of basketball teaching and training, and greatly benefit its development and students' growth.

II. THE VALUE OF COLLEGE BASKETBALL TEACHING AND TRAINING

College basketball teaching and training, a significant teaching activity, is featuring collective, interesting, antagonistic and competitive. Most students are fond of basketball, and their enthusiasm and initiative can be fully motivated in teaching and training. The improvement of their physical quality can lay a good foundation for their learning in other subjects. Meanwhile, even though they have more freedom after entering the university, they still have heavy academic burden. And learning content are becoming much more difficult, so lots of students have considered the future job since they were freshmen. Basketball training enables students to relieve their inner stress and relax their bodies. They can work together to give their negative feeling an outlet through antagonistic exercise so as to totally get physical and

mental relaxation. In addition, the characteristics of antagonism and collectivism are prominent in this activity, which means that, in order to acquire good grades; students should improve their professional abilities and learn to cooperate with partners. Too much individualism is not suitable in basketball. Therefore, basketball training pays more attention to their getting along well or collaborating with others than individualism, which can help them gradually cultivate the sense of cooperation. After entering society, students will find that teamwork is required in every industry, and they're supposed to give full play to their functions and intelligence in the team. So, the training and exercise with students' comprehensive abilities in basketball training can have positive effects on their future development[1].

III. EXISTING PROBLEMS IN COLLEGE BASKETBALL TEACHING AND TRAINING

A. Teaching concepts

In current college basketball teaching and training, students' mastering with professional skills is so emphasized that tactical skills are neglected. It is often seen that students play basketball according to their own awareness regardless of rules and tactics, which is not scientific, and it means that they still don't master professional skills. This is also the reason why students fail to manifest their levels even though they have mastered lots of professional knowledge. Therefore, we can know that teachers' teaching concepts have heavy problems, and the extreme difference between teaching concepts and training goals is harmful to the improvement of students' comprehensive abilities and qualities.

B. Teaching thoughts

Affected by college teaching environment and conditions, the antagonism is too highlighted so that the mode of basketball game is often applied to teaching. However, in the whole process, those aggressive players and students with good behaviors will get key attention from teachers, which can affect students' learning thought. Most students would like to learn something of basketball offense, so they will ignore the defense, which is not good for balanced development of teaching[2]. The reason for this problem is that teachers don't have clear teaching concepts, and it's their confused thoughts and partial cognition about basketball teaching that cause unscientific teaching.

C. Teaching methods

Nowadays, there are prominent problems existing in teaching methods, mainly referring to the wrong division between theory and practice. It usually takes teachers a lot of time to teach theoretical knowledge in ordinary learning, and students will only have ten minutes to practice. Due to little interaction and communication, teachers have no idea about students' learning state. The practical operation is mainly launched when students fail to digest knowledge. So they cannot solidly master knowledge and skills, which will badly affect their positiveness.

D. Teaching content

Single teaching content is also prominent in current college basketball training and teaching. Due to teaching task and other factors, teachers are likely to do extreme teaching behaviors, and adopt too open teaching mode such as having students do whatever they want. Also, there are some teachers having very strict requirements so that students must put all their energies into the class. As a result, they are more likely to be resistant due to their physical and mental burden[3].

IV. SOLUTIONS TO SOLVE THE PROBLEMS EXISTING IN COLLEGE BASKETBALL TEACHING AND TRAINING

A. Upgrade teaching concepts

College physical teaching is also constantly experiencing deep reform along with the practice of national quality education. Therefore, college physical teachers should timely upgrade teaching concepts under the guidance of new teaching concept. They can pay attention to students' physical and mental health development in basketball training, and make them truly feel happy in the training. So it's necessary for college basketball teachers to totally get rid of the traditional teaching concepts, launch deep analysis with existing problems and those behaviors affecting students' positiveness in the former teaching, and rationally allocate the related theory and knowledge in teaching and training. In this way, students are able to feel contained passion that can have positive effects on their development, which can also effectively inspire their initiative[4]. At the same time, in terms of irrational key points design in current teaching content, teachers are supposed to timely adjust teaching thoughts, carefully design courses under the guidance of quality and happiness-oriented education, and guarantee teaching content that can exert positive impacts on students' growth and development. Students can skillfully master professional knowledge and skills of basketball training, summarize experience from practical training and strengthen their tactical abilities.

B. Implement individualized teaching to inspire students' love for basketball

Basketball training is related with students' physical quality, while the latter can decide their bearing exercise intensity. If teaching is launched according to unified standard, namely, all students get exercise with same intensity, then most students' learning demands cannot be satisfied. Therefore, individualized teaching through layered teaching should be implemented to

make students at any level get corresponding training, which is of great importance to students' love for basketball.

For instance, teachers can use simple physical tests to have a rough understanding with students' physical quality, and divide them into different training groups so that all the members in the same group have similar physical quality. Teaching design can be launched according to students' physical conditions and basketball teaching content. At the beginning of every class, teachers make all students acquire suitable training schemes by means of assigning task to groups. Such method can guarantee students' learning demand satisfied, and they will have a sense of satisfaction and confidence after finishing every training. In addition, they will greatly reduce their stress and pay more attention to finishing task, which can make them truly have harvest in learning. However, rational and scientific teaching content should be guaranteed in layered teaching, which means that teaching task and objectives cannot be easily changed, and students' state in free activities must be timely adjusted to reduce the effect of negative feelings.

C. Innovate training mode

Single training mode can greatly reduce students' interest in basketball learning, so it cannot meet the development demands of current college students. Therefore, innovating training mode is inevitable in solving existing problems in current teaching mode. Besides the more scientific connection between theory and practice, it is also necessary to let students know various modes of basketball teaching and feel different pleasure through interesting teaching.

For example, connecting basketball training with game and strengthening students' mastering with skills through games, which can help students pleasantly finish learning of professional knowledge. Most college students like change in their daily learning, and the main target of basketball training is to realize their physical and mental health development. So, enriching basketball training content caters to college students' learning and mental demands[6]. However, the following problems should be noticed in the application of game teaching method: firstly, rational content must be closely related with teaching content, for example, these methods can be adopted in teaching difficult points of skills so as to strengthen the training and practicing with difficult points; secondly, the level of difficulty should be well controlled. Highlighting the antagonism and competition can easily inspire students' fighting will and help them give full play to individual initiative. But the difficulty level of game content should be rational and get gradual increase. Too difficult game will badly discourage students and affect their positiveness; thirdly, teachers should give students their support and affirmation. When they realize the advantages of each student, it would be better for teachers to praise students and make them feel recognized[7].

D. Rationally use teaching facilities

Along with the improvement of education, modern advanced information technology facilities have been integrated with teaching. It still needs to make students systematically recognize tactics through direct demonstration, even though basketball teaching has strong practicality.

Therefore, theory teaching can be launched through multimedia and micro class, which can fully manifest the assisting role of teaching facilities, make students have direct and clear recognition with basketball theoretical knowledge, and guide students to have better practice. For instance, in the teaching of covering partners, rational actions are needed to cover partners, such as blocking the moving routine of opposite defender to help partners get rid of defense, or breaking loose with partners' bodies to organize the receiving and offense. If teachers merely use language to teach this tactic, it will be hard for students to have direct understanding with specific application of tactics. Maybe they can choose the method of watching videos together to explain these details and help students get fast understanding.

V. CONCLUSION

To sum up, basketball is essential in college physical courses, which is irreplaceable in promoting students' physical and mental health development. However, there exist obvious problems from teaching concepts to teaching content, badly affecting teaching efficiency and quality. Therefore, college physical teachers should focus on innovating teaching strategies and solving existing problems in basketball teaching,

promote teaching system in constant practice, and fully manifest the value of basketball teaching.

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