

# **Basketball Education and Training System Based on Practical Teaching Method**

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**Abstract.** This paper presents the basketball education and training system based on the practical teaching method. Basketball is a high strength, the overload of sports, and training personnel in our country for the characteristics of the basketball game, the rules of fuzzy, grasps the inaccurate that attaches great importance to the tactics of the game, that tactic is the magic weapon of the successful in the basketball match. Active practice teaching method is based on this guiding ideology, focusing on the future to build, it requires students to problem as a carrier of the practice, consciously to the problem as the center, around the problem of discovery, proposed, analysis, solution to organize their own practice activities, and in such activities gradually formed a strong and stable sense of the problem, and always maintain a suspicion, confusion, to explore the psychological state in the process of practice between students and teachers, between students and the students, through communication and cooperation to achieve the mutual understanding. Therefore, college basketball teaching should be according to the basketball movement is derived from the characteristics of the game, to the modern people need leisure development and mining, to strengthen the recreational functions, emphasizes gameplay basketball activities, entertainment, weaken the athletics. This paper discusses the novel idea on the issues that will be meaningful.

## **1. Introduction**

Basketball is a very popular in colleges and universities in China, it is not only a major content of physical education in colleges and universities, but also the majority of students after school physical exercise one of the most popular sports.

The goal of college physical education is to train sports professionals for middle school sports, and to focus on the cultivation of comprehensive ability of the PE teachers. As a result of the traditional teaching ideas and competitive basketball training mode, in order to complete the teaching task, teachers only for technical norms and tactical methods to teach, and students to cope with technical assessment and theoretical pass and passively accepted, understanding, memory and rehabilitation technical and tactical knowledge, no interest in basketball, lack of the active participation, there is no creative thinking, which violates the comprehensive education of the purpose of teaching, resulting in training students only understand the use of the basketball technology can only imitate teachers and teaching materials, innovation and improvement comprehensive quality is not to mention.

With the deepening of the reform of physical education, the ministry of the education to revised "sports curriculum teaching instruction summary" in colleges and universities, the understanding of the new teaching outline: physical education in the sports practice activities as the main means, to enhance students' physical and the mental health as the main goal of a foundation course. Physical education is divided into five areas: sports participation, sports skill, physical health, mental health and social adjustment. Since then, the college sports education has entered a new perspective. From a single general dimension to improve the students' biological dimension and development becomes a three-dimensional view of health combining biology, psychology and social adaptation. In this paper, we will analyze this issue from the following perspectives. (1) Break through training. In a basketball game, a lot of times you have to break through the layup between a person or the teammate. The breakthrough is to get rid of the body and step of the defender and find the shot. Break cent ball two kinds. To break through the practice, you must first have good basic skills in basketball. In practice, the power of your left and right hand must be balanced. In teaching, teachers can block and break

through training. (2) Shooting training. Shooting is the only means and ultimate goal of winning a basketball match. Therefore, in the teaching process, students must always shoot. The main purpose of shooting technical training is to stabilize and improve the shooting rate of the athletes. Shooting practice, but in situ standing shot, you can also exercise, shooting, but also with the shooting, but also against shooting, and so on. (3) Rebounding training. Rebounding steals, the hat is the basketball game in the blue-collar work, but also more boost morale work, rebounds is an important guarantee for the team victory. A team no one rebound as then the team's lethality is then zero. In the rebounding training, but the group confrontation, in actual combat, exercise team players rebounding ability. First easy, and finally combined with other techniques to practice.

## 2. The Proposed Methodology

**Practical Teaching Method.** Practical teaching method is based on the direct experience of students close contact with students' own life and the social life, embodies the comprehensive application of the knowledge teaching methods, through a certain practical activities, the conceptualized, structured, abstract knowledge of books into students rational knowledge and practical ability of an effective method. Contemporary college students are not satisfied with the classroom teaching this form, they want to have intuitive links, like new forms and the means, hoping to have their own participation. Practical teaching method, it is in the real environment, to provide practical projects, so that students comprehensive use of the knowledge to make judgments and decision-making, so as to improve the students to analyze and solve problems. Practical teaching is not required to ask students to find the only correct solution to the problem, but to promote students in an open teaching environment play a subjective initiative to enhance the ability to digest and use knowledge and experience, so that the students can not only in practice through analysis, to discuss first-hand knowledge and experience, but also learn to be true and structured to express their views and ideas.

**Basketball Training Review.** Basketball fitness training is refers to the use of various effective means and methods to influence the athletes' body, so as to improve the health of athletes, improve body shape, functional ability and development of the sports quality process. The basic contents of the physical training include: strength training, speed quality training, flexible quality training and the sensitivity quality training, which are divided into the general physical training and special strength training according to their functions. To make basketball the excellent result, and it is necessary to synchronize the basketball physical fitness training and tactics, and ensure that athletes can reasonable use of offensive and defensive technology in the fierce competition and accurately score, the in conformity with the laws and characteristics of basketball sports competition to win that should be focused and analyzed from the following aspects.

- Training of the scientific load is the number of the exercises, group number and the sub-group spacing and other components can reflect the basketball speed, strength, endurance special requirements of the quantitative criteria to highlight the scientific quantification standards so that the body capacity to be effective stimulation, training load highlights the special features.
- At present, the advanced strength training methods, in addition to barbell, and there are large strength jump exercises, comprehensive strength exercises, such as isokinetic and electrical stimulation, strength training, and the various combinations of scientific, diversified strength training methods. Endurance training is not simply a long time without stopping the running track and field type laps, but in a reasonable time interval sprint, the need for such endurance is consistent with the characteristics of basketball.
- General physical training is the basis of special physical training, special physical training is a special exercise ability to improve and improve the basis. When the general physical fitness to a certain training stage, it is necessary to carry out special physical training transformation.
- Small cycle from different angles and plate structure confirms the high level athletes training practice, the small cycle plate theory is the summary of these two aspects, namely the cycle form at predetermined intervals between is small cycle to make the training plan, in the race at the end of the cycle, to practice, the practice. In the mode of training, in a short time there were

selectively identify development goals to achieve less training (no more than 2), the high level athletes in a relatively concentrated period of time, single or two larger training stimulus.

According to the classification of three-level indexes of analytic hierarchy process, the level of the third level of the control structure of the exercise training is the solution layer, which is the analysis layer that reflects the characteristics of the sports training of different projects. The significance and scale of the control structure of competitive sports basketball are mainly reflected in three aspects: 1) It is helpful for the coaches to have a comprehensive understanding of the control structure of the sports training of the project; 2) It is advantageous to weigh and deal with the project Training system as a whole and the relationship between the local; 3) It is conducive to seize the project training in the process of major contradictions and contradictions in the main aspects.

**Basketball Education.** Ball training is actually the basics of basketball training, the basis of other basketball technical training. Basketball ball training is divided into in situ practice and intermission practice. The main purpose is to exercise athletes on the basic control of basketball. In the teaching activities of the basketball, in order to correctly understand and grasp the significance of using the cooperative learning in basketball teaching activities, we will then strengthen the understanding of the cooperative learning method for the whole students, and correctly grasp the difference between cooperative learning method and other teaching strategies and the basic elements of the cooperative learning method and the key elements to master and understand.

According to the teaching characteristics of basketball, we will combine knowledge, mastery skills and development ability to realize the step-by-step development of learning knowledge and ability, lay the foundation of the students' professional skills, strengthen the professional goal, and realize the "normal personnel training direction. The self-organization ability of students in basketball teaching is not equal to self-study ability. "Self-learning ability is only self-organization ability in the learning process specific aspects of the performance, and the self-organization ability is all independent social activities of the psychological basis that is a creative labor must be psychological and behavioral set." Through the understanding and analysis of the self-organization characteristics in basketball teaching, teachers who organize control as the leader of teaching process in practical work should grasp the stage of each student's learning activity in order to take appropriate effective measures to promote its optimal development is very important. To this end, we need to further understand the composition of students' self-organizing ability. Basketball is a collective movement, it requires players in the game must work together, close cooperation to help each other play a collective force, better fight for the victory of the game. Therefore, it focuses on collective cooperation and teamwork. But the personal skills of the team's play have a significant impact. At the same time, players should be familiar with rules, the use of rules in order to better get the freedom of action in the game. Basketball game both sides of the team is both the same field of competition, but also offensive and defensive staggered, more than the ball on both sides of the limited ground and space to compete fiercely. Basketball skills and tactics with the complexity and variability, the players need to have the ability to respond.

### **3. Summary and Conclusion**

This paper presents the basketball education and training system based on practical teaching method. Sports training have experienced three stages: natural development, large-scale training and scientific training. With the continuous development of the modern scientific and technological revolution, the 20th century, 90 years of sports training into the training of the peak of science. Scientific training is the only way to improve the training level and ranks among the world's advanced ranks. To carry out scientific training, we must first correctly understand the connotation of the scientific training. Thus basketball sports scientific training problem is by no means an easy thing, there are many problems still need to study and explore, there are many lessons need induction, summary, there are some traditional ideas and habits to breakthrough. The development characteristics of the modern sports training and the main features of modern basketball training are the premise and fundamental of our scientific training.

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