

Ways to Cultivate College Students' Teamwork Consciousness in College Basketball Teaching

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Abstract. With the increasing attention of the state and the education department to the higher education, the all-around development of students' quality has received extensive attention. Both the levels of students' academic knowledge and the improvement of students' sports quality have received the attention of colleges and universities in the development of the times and education. The basketball, a kind of sports that relies on group cooperation to be well carried out has received a lot of attention from colleges and universities. The college teachers and the Ministry of Education are also constantly studying how to effectively train college students' teamwork consciousness in basketball teaching.

1. Introduction

Teamwork mainly refers to the process in which team members cooperate and support each other for the common goals of the team. In today's society and college education, the requirements for teamwork ability are constantly improving, and in most cases, the effects of the team members working together may be better than the simple sum of the efforts of all members. In the teaching of basketball, there will be cooperation and division of labor, etc., which require members to cooperate with each other, so basketball teaching is better to enable college students to understand and cultivate teamwork consciousness of college students compared with other disciplines. Therefore, it is necessary to improve the application and penetration of cooperation consciousness in basketball teaching and it is urgent to implement it into teaching.

2. Necessity and Importance of Cultivating College Students' Teamwork Consciousness

2.1 Needs of Development of Times and Society

Along with the improvement of China's economy and comprehensive strength, all walks of life are constantly developing and expanding their business at home and abroad, and the division of labor at all levels and types of work is also more and more clear and detailed. Under such an environmental and social background, enterprises have put forward further requirements for cooperation among staff. Teamwork has become a problem that is generally valued by both countries and enterprises. College students must enter the society after the end of their studies, and cultivating their teamwork consciousness is to enable them to adapt to the needs of development of society and times.

2.2 Inevitable Requirement for Implementing Quality Education in China and Allowing Students to Be Able to Develop in An All-round Way

Although teamwork is a kind of relationship between teams, members in the team need to have a clear and good positioning about their role in the team while having a certain understanding of the responsibilities of the role they play. It is helpful for students to understand the importance of mutual promotion in team development by cultivating teamwork consciousness in college teaching. Reflecting the goal of quality education in them can also result in their comprehensive value. At the same time, college students' personality can also be well developed.

2.3 The Urgent Need to Cultivate College Students' Overall Awareness

Basketball teaching will involve activities such as basketball games in the later period, and the game will involve a problem of winning or losing. Both teams participating in the basketball game will hope to win. The overall situation of the game is to be willing and certain to abandon their own interests for the ultimate victory of the team, and to cooperate closely for the common goals of the team. As a result, introducing the cultivation of students' cooperation consciousness in basketball teaching allows students to have a good sense of overall situation to a certain extent.

3. Ways to Effectively Cultivate College Students' Teamwork Consciousness in College Basketball Teaching Process

3.1 Actively create a good and relaxed teaching atmosphere

Because of the creation of the team atmosphere, students can be influenced by the classroom atmosphere unconsciously in the course of class, so that students' teamwork consciousness can be improved to a certain extent. The creation of a good team atmosphere can be achieved by improving the happiness in the classroom. At the same time, the communication between students in the classroom cannot be ignored and must be continuously strengthened, and teachers shall be more active in setting up the communication links between students.

For example, teachers can add some links that can test the team's ability to cooperate in some games related to the teaching activities, while paying attention to the control of the atmosphere during the game to create a happy atmosphere instead of falling into a very embarrassing state. Secondly, teachers shall add certain links that can only be completed by team cooperation and explain the team concept, so that students can have a deep understanding of the concept and importance of teamwork.

3.2 Enrich the classroom contents while adding some innovative links in addition to the knowledge to be taught in the classroom

In the actual teaching, more basketball teaching knowledge involves limited contents related to cooperation consciousness. To effectively improve students' teamwork consciousness, it is necessary to make some adjustments and changes. It is appropriate to add more classroom contents that is closely related to and highly relevant with teamwork consciousness.

At present, the contents taught in college basketball teaching are more simple knowledge and skills in sports technology, and there are fewer knowledge points related to teamwork such as team spirit. Therefore, it is necessary to strengthen the teaching of contents relevant with students' teamwork consciousness in teaching, and actively carry out the teaching style of teaching competitions, so that students can experience the importance of teamwork in basketball sports in practice, thus promoting them to have a higher teamwork ability in actual basketball games.

3.3 Further optimization of teaching methods

Nowadays, it is the era of informatization and the era of rapid development of the Internet. Corresponding Internet and hardware technology that can be helpful in teaching can be introduced to the education and teaching of students, such as multimedia teaching methods and means. Reasonable and effective use of Internet multimedia teaching model can enable students to have a deep understanding of the importance of teamwork consciousness in basketball sports.

College students can intuitively see how high-level athletes can cooperate and coordinate with each other in actual competition via multimedia platforms, and therefore they can deepen their understanding of teamwork and know how to apply the skills and knowledge they have learned into the actual games.

3.4 Pay attention to the extension of teaching contents outside classroom teaching

Teamwork requires that each member of the team must have a sense of teamwork. It is to integrate individuals into one whole, and to effectively integrate the skills possessed by individuals into

collective activities. As a result, personal skills can be effectively played in the collective, and the collective can therefore get more scores.

The effective cultivation of college students' overall consciousness in daily teaching requires teachers to appropriately add the teamwork that embodies the overall consciousness to the teaching content in the teaching process, so that students can know both the theoretical knowledge and application of knowledge, and also know how to fit the sense of teamwork into a basketball game. Secondly, basketball teachers should pay great attention to and attach great importance to the college students' extracurricular basketball practice and their related problems, and effectively make use of the role of the second classroom to enable students to have sufficient teamwork consciousness outside the classroom. In this way, students can not only stay emotional about teamwork, but also have sufficient understanding of teamwork consciousness from a rational point of view.

3.5 The use of the sense of belonging and the crowd psychology involved in teamwork to cultivate the teamwork consciousness of college students

During the cooperation of team, team members' mentality change in real time, and the sense of belonging is a reaction to a change in mentality. It refers to that a team member adapts to the team and has a certain degree of dependence on the team, and feels like that he can find a kind of belong and a place in the team, a feeling that is psychological and comes from the inner need of people. In other words, people living in society basically hope or desire to be recognized by others and to establish a certain friendship with others, and the individual's ability needs to be played in the environment of the team.

College teachers shall correctly guide the above-mentioned psychology among students when teaching basketball, allowing this psychology to have mutual influence among college students. Moreover, this driving is positive and correct, so that college students are accurate in self-positioning and can actively play their role in the team.

The crowd mentality refers to the impact of team behavior on individual behavior, and a psychology that individual behavior or judgement sometimes will be unconsciously dependent on the public judgement. This psychology can be utilized in the basketball games to achieve the goal that outstanding members drive other members, and good performance of outstanding members drives the enthusiasm of the backward members.

3.6 Basketball teachers shall give full play to their own leading role

The teaching process of physical teachers involve more links with relatively large difference in each link. Teachers play different roles in various links or teaching stages, and thereby teachers should always grasp their leading role in teaching.

Taking the beginning stage of teaching as an example, both physical education teachers and sports curriculum teachers need to carefully design the training programs to be applied in the teaching, reasonably formulate the grouping forms of teaching activities in the classroom and how to adjust the problems, develop clear guidelines for team members to follow, and design measures to create a collaborative atmosphere in the classroom, etc. The teaching implementation and the later feedback stage shall also be the same as the beginning stage, where teachers shall timely understand and deal with students' problems at each stage. As a result, basketball teachers in colleges should give full play to their leading role in teaching, and thus the teamwork consciousness in the university can also be gradually improved in all teaching stages.

3.7 Teachers actively introduce cooperative teaching strategies into classroom teaching and maintain good teacher-student relationship

Teachers should create or set up a situation for students to enhance their sense of cooperation in classroom teaching, so that college students' motivation to learn basketball is stimulated. Teachers can divide students into several groups according to the content to be taught in the classroom or teaching objectives to explore and apply contents related to cooperation in the teaching. In addition, teachers should also arrange cooperation-related elements in the group, allowing college students to be able to experience the importance of cooperation in the basketball sports. At the same time,

teachers should constantly encourage college students to bring cooperation into the learning of basketball while creating situations. Finally, teachers can achieve the goal of effectively cultivating students' teamwork consciousness through this cooperative teaching strategy.

Secondly, teachers should actively approach students and become integrated with students in the teaching, so that the teaching atmosphere is relaxed. In addition, teachers' participation in students' activities in the classroom can further strengthen the cultivation of their teamwork consciousness.

4. Summary

In order to enable students to adapt to the development of society and times, college teachers must pay attention to the cultivation of college students' teamwork consciousness and ability. Basketball teaching can effectively help enhance the teamwork consciousness in many aspects. As a very important role in basketball teaching activities, physical education teachers should do their work well and actively improve the quality of classroom teaching, so that college students can learn and improve their teamwork consciousness and ability in basketball teaching.

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