

The Cultivation of Team Spirit in College Basketball Teaching*

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Abstract—This paper analyzes the basic strategies of basketball teaching in colleges and universities and the current situation of basketball team spirit through the methods of literature, expert interview and logical analysis. Based on skinner's reinforcement theory, this paper explores the important role of team spirit cultivation in college education. The research finds that basketball teaching is an effective way to cultivate students' team spirit. Through behavioral reinforcement, students can be well integrated into the collective. By guiding the team spirit in basketball teaching, students can be well transferred to life and better integrated into the collective life.

Keywords—colleges; basketball teaching; team spirit; B F Skinner's reinforcement theory

I. INTRODUCTION

General Secretary Xi Jinping pointed out in the National Conference on Ideological and Political Work in Colleges and Universities: "Colleges and universities should insist on moral cultivation as the central link." Colleges and universities should take students cultivation as the most important job in student training. In the process of implementing quality education, it's a must to cultivate socialist successor with all around development of moral, intellectual, physical, aesthetics and labor education. Physical education is an important course of talent cultivation in colleges and universities, which requires changing the teaching method that emphasizes skill learning and physical ability exercise in the past to pay more attention to students' emotional and social goal cultivation.

Among the college student groups in China, the only

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child family is the most common group. In the process of growing up, the only child has formed a self-centered way of thinking and living habits in the family. Colleges and universities should cultivate students' social adaptability and basic skills as the connecting stage between school and society. Therefore, it is particularly important to cultivate students' qualities, including team spirit, mutual respect and cooperation, through college physical education.

By exploring the cultivation of basketball teaching and team spirit, a feasible teaching strategy is designed to cultivate students' team spirit, sense of cooperation and mutual respect in teaching practice, so as to achieve the cultivation of students' emotional goals in physical education. Through the teaching design, students can understand the importance of team spirit, enhance students' social adaptability, and realize the educational goal of cultivating people with virtue in physical education.

The characteristics of college students are the important starting point of cultivating students' team spirit. The characteristics of college students are as follows: college students have just changed from the training stage of learning goals for many years to the stage of socializing, learning and developing life attitude. It is the most important goal for students to study hard in primary school, junior high school and senior high school. When they enter the university stage, they have to learn how to deal with class relations, dormitory relations, and cultivate good life interests, etc., all of which require college students to deal with personal and collective relations well. College students come from all over the country, and their living habits and growing environment are very different. How to achieve respect, harmony and cooperation in collective life is particularly important. Most modern college students are the only child in their families, enjoying resources alone in their

families since childhood. In addition, the development of online "we media" enables students to form a self-centered self-consciousness. Therefore, how to position themselves in teamwork and integrate into the collective has become an important college course. In addition, college students' strong desire for performance and competitive youth also determine the necessity of team spirit cultivation.

The transition stage from college students to social people determines the direction and emphasis of talent training in colleges and universities. The training stage of colleges and universities aims to enable college students to go to the society and serve the society after studying in the university. College students are in the transition period of the roles of students and social people, which are important goals of colleges and universities to cultivate students' team spirit, reduce the resistance of students to integrate into work units at the early stage of work, and better realize the value.

II. RELATED CONCEPTS

A. Theoretical Basis — Skinner's Reinforcement Theory

Skinner's reinforcement theory is a theory put forward by scientists led by American scholar Skinner. It is a theory of cultivating and correcting human behavior through the intensification of learning behavior. This theory emphasizes the cultivation and adjustment of human behavior.

Reinforcement refers to the process of strengthening certain behaviors. In Skinner's reinforcement theory, it refers to the process of strengthening or weakening certain behaviors through positive and negative effects such as rewards and punishments, encouragement of criticism, and so on. Reinforcement or weakening in this process involves two categories of reinforcement, positive and negative.

This paper studies the cultivation of team spirit in basketball teaching based on Skinner's reinforcement theory, which is a theory of shaping and managing human behavior summarized by famous American scholars Skinner and others on the basis of summarizing Pavlov's behavioral principles. The effect of reinforcement theory on student behavior management is mainly manifested in three aspects: the fading of bad behaviors, the maintenance of good behaviors and the shaping of new behaviors.

B. Characteristics of Basketball Teaching

Basketball teaching is one of the sports teaching in physical education. It takes basketball as the main teaching content, including technical teaching, tactical teaching and other aspects. Through the teaching process and students' physical participation, the goal of skill improvement, physical quality enhancement, moral quality cultivation and volitional quality cultivation is achieved.

C. Team Spirit

Team spirit is the unity of personal interests and collective interests, and it is one of the necessary qualities for individuals to integrate into the collective. Team spirit is the comprehensive embodiment of the sense of service, the sense

of overall situation and the sense of cooperation with the sense of cooperation as its core. Team spirit does not emphasize the individual sacrifice for the team, but attaches importance to the individual's identity and dedication to the team in order to achieve the common goal.

III. TEACHING STRATEGY

A. Mining Team Spirit Material, and Training Teachers and Students Behavior Consensus

The contract of interdependent behavior is an important content of Skinner's theory of reinforcement. Basketball is a team sport, the process of which requires the cooperation of many people to achieve the goal of the team. Basketball teaching has multiple processes and technical links, with a wealth of team spirit resources and factors. Teachers should start from the teaching content, dig deeper into the content, constantly find the material of team spirit through the content design, and shape and cultivate the team spirit of students through the teaching content. In basketball, intense fighting, tight defense and frequent physical contact are all essential parts. In addition to these characteristics, how to guide students to communicate effectively in a team and help students to correctly understand the collective is an important channel to cultivate team spirit.

In the content development, every link of teaching should be paid attention to, and the cultivation of team spirit should be refined into the development of each basketball teaching link and spiritual material. In the teaching, video case study is used to analyze the examples of winning through teamwork in basketball. For example, in the 2011 NBA season, the Dallas Mavericks did not have advantage in player lineup, regular season record, reserve team and other aspects, but the whole team finally defeated the star-studded Miami Heat and finally won the O'Brien Cup, which is the ideal display of teamwork. Real statistics show that in NBA league and CBA league, the team whose assists rank at the top of the league also ranks at the top of the league, which is the result of all the players working together. These teaching contents are contained in every link of basketball teaching. Physical education teachers should attach importance to the excavation of team spirit material and the development of teaching content, so as to cultivate students' team spirit in teaching. In these teaching processes, teachers should guide students to form a correct understanding of team spirit and reach a consensus between teachers and students.

B. Strengthening Ideological Guidance to Enable Students to Understand the Relationship Between Individuals and Teams

The content designed in teaching is to let students participate in person, and teachers' ideological guidance is an important way for students to form their ideological cognition, as well as the process of transforming students' physical participation and feelings into language cognition. In the process of basketball teaching, students can share the happiness of basketball through personal participation, division of labor and cooperation with team members, and experience the improvement of personal skills and the

emotional pleasure brought by basketball. This feeling is superficial and emotional, but it is actually a direct feeling of team participation and individual cognition. In order to transform such feelings into conscious cognition, basketball teachers should guide students to understand the source of feelings and understand the relationship between individuals and teams through ideological guidance.

Competition of 3VS4 can be organized. Under the circumstance of similar level of students, the party with large number of students must have certain advantages. Such competition and actual combat cannot end with the end of competition. The teacher should make a summary after the end and guide the students to find out the reasons for the victory and draw the lesson.

C. The Positive and Negative Reinforcement Can Be Reasonably Used to Maximize the Cultivation Effect

According to the effect, the process of behavior reinforcement can be divided into positive reinforcement and negative reinforcement. In basketball teaching, students' emotions, learning attitudes and learning effects are also positive and negative. In basketball teaching, positive reinforcement helps students build up positive emotions and team spirit, and negative reinforcement reduces students' behaviors such as excessive self-expression, playing alone and not paying attention to teamwork.

Reward and punishment, praise and criticism are all important means of curriculum evaluation. Appropriate evaluation of classroom learning effect is an important way to help college students establish team awareness. In teaching, teachers should praise the students who attach importance to sharing the ball, cover and pick-and-roll, and positioning to create opportunities for teammates in practice, and enhance students' recognition of such team behaviors so as to increase the frequency of these methods in future basketball games. In the process of negative reinforcement, the teacher should explain clearly to the students the content and individual behaviors that hinder the team from winning before organizing the course, so that the students can form the degree of attention to these behaviors in mind and reduce the occurrence of similar problems. This is the embodiment of negative reinforcement effect, and these adverse behaviors will become the alarm bell for students. In the summary and teaching process, teachers should clearly point out the similar problems that students have made, so that students can pay attention to these problems, and in the cultivation of basketball team spirit, students can distinguish between good and bad behavior.

D. The Teaching Process Is Designed Flexibly and the Effect of Team Spirit Cultivation Is Enhanced by Procedural Teaching Method

In colleges and universities, the cultivation of Chinese team spirit in basketball teaching is not achieved overnight, but a gradual process with certain stages. Therefore, teachers should not be too hasty in the teaching process, and gradually cultivate students' team spirit through the gradual process of teaching.

In college teaching, teachers should pay attention to the use of procedural teaching method. In the program teaching, teachers should decompose the course content according to the teaching plan design, decompose the cultivation of team spirit into each teaching link under the guidance of the teaching goal, refine the cultivation of team spirit into a small goal, and gradually establish their students' team consciousness through the teaching process. In college basketball teaching, teachers should explain the key content of this class in class and ask students to make positive response to the teaching key. During the after-class practice, teachers should make positive response to students and correctly interpret the course content to strengthen knowledge. As college students come from all over the country, with diverse growth environment, personal preferences, physical quality, and skill level, there is no unified curriculum requirement for classes, and students decide the teaching progress according to their own condition methods. In basketball, fake & pass, pivot, cover and pick-and-roll are all forms of team cooperation. Therefore, teachers should not blindly ask students to master them at the early stage of learning, but should first guide students from thinking and let them realize the importance of team cooperation in basketball. Teachers should set a learning focus for each lesson in the course training, such as pick-and-roll teaching, so that students can practice and master it several times in this lesson. For students' positive actions and reactions in actual combat or practice, teachers can strengthen students' behaviors through such appreciation language as "Well done", and form positive encouragement and behavioral hints. Teachers should review the content of the last class in the next class to reduce the behavior fading caused by time interval.

E. Attaching Importance to the Cultivation of Basketball Team Culture and Enhancing Students' Sense of Identity

The sense of overall situation, the sense of collaboration, and the sense of service are the core manifestations of teamwork. The individual is a member of the team, in order to achieve the team goals with utmost efficiency, it is necessary to unify the individual goals and team goals. In the process of unity of individual and team goals, the team members' recognition and dedication to the team is of great significance. If a team wants to be recognized by every member, the cultivation and shaping of team culture is the source of member's sense of identity and belonging. Therefore, in college basketball teaching, teachers should strengthen the construction of basketball team culture, and enhance students' sense of team identity and collective sense of belonging.

In teaching, teachers should attach importance to each person's role in curriculum evaluation. The overall evaluation should be given priority to, and individual praise should be supplemented. The level difference should not be emphasized, but the realization of individual value within the level range should be emphasized. Gradually, students with weak skills should have a sense of team participation, and form a sense of belonging and identity to the collective. In the training, the improvement of team skills and defensive

level, especially the honor, is the most important source of identity for students. To help students improve their skills, achieve good results in official games, develop basketball into team basketball, and attach importance to the co-creation and sharing of basketball victory results is an important source of students' sense of belonging to the team.

IV. TEACHING STRATEGY

A. *Basketball Teaching Is an Effective Carrier to Cultivate Students' Team Spirit*

College basketball teaching is an important carrier to cultivate students' team spirit. It is an important means to carry out basketball teaching in colleges and universities, to strengthen the integrity of students' behavior, and to cultivate students' dedication, service consciousness and overall consciousness.

B. *Behavioral Reinforcement Is an Effective Way to Cultivate Team Spirit*

Behavioral reinforcement is the focus of team spirit training. The application of Skinner's reinforcement theory in college basketball teaching requires students' positive behaviors to be reinforced to form a hint of thinking, and to be gradually cultivated into a component of team participation and team spirit. Negative reinforcement is used to weaken students' negative behavior process. The core of positive and negative reinforcement is the reinforcement of students' behavior.

C. *The Migration of Learning Effects Is the Purpose of Team Spirit Training*

The migration of learning effects is the sublimation of student development goals. Through the process of college basketball teaching, students can establish team spirit, whose teaching purpose is to realize the transformation from sports to life attitude training. The ultimate goal of basketball teaching is to let students feel the relationship between individuals and teams in life, and to help students better adapt to class integration, community participation and future work team harmony. It is also an important content of talent cultivation in colleges and universities.

V. CONCLUSION AND RECOMMENDATION

A. *Conclusion*

1) *The cultivation of team spirit is the embodiment of the educational function of physical education:* In the previous teaching process, physical education emphasizes the improvement of students' skills and physical fitness, while the cultivation of students' emotional goals such as will quality, independent consciousness and collective spirit is relatively weak. The cultivation of students' team spirit in basketball teaching is the performance of attaching importance to and realizing the emotional goal of physical education, which is conducive to the implementation of

quality education and the realization of the role of physical education in moral cultivation.

2) *The use of positive and negative reinforcement is the key to adjust and modify behavior:* Reinforcement is the core of Skinner's reinforcement theory. In basketball teaching, it is necessary to modify and adjust students' behaviors through the combination of positive and negative reinforcement. The correct and positive technical actions and behaviors of students should be strengthened through praise, encouragement and correct demonstration, and the wrong actions and behaviors of students should be weakened by negative reinforcement. But in the negative reinforcement criticism should be carefully used to evaluate students' behavior.

3) *The cultivation of student behavior is the ultimate goal of educating people:* Through participating in various activities in colleges and universities, students cultivate the purpose of individual participation in the collective and adapting to the society. The growth of students in colleges and universities is reflected in the formation of personal behaviors and learning. The ultimate goal of college education is to cultivate students' behavior and consciousness through basketball teaching.

B. *Suggestion*

1) *Grasping the characteristics of student groups and flexibly designing courses:* In college basketball teaching, teachers should grasp the characteristics of college students and use teaching methods flexibly. Basketball culture also has some differences due to region difference. In China, it is different in north, high and south. Basketball is also different in the north and south of our country: the southern players are fast and the northern players are tall. For students with different styles to form behavioral consensus in a group, it is necessary to strengthen guidance and thinking guidance in the course. For the mistakes and failures caused by students' strong desire for performance, teachers should not blindly criticize and punish, but offset the negative behaviors of students by strengthening the evaluation of team behaviors.

2) *Attaching importance to teaching in phase and applying procedural teaching method:* The process of behavioral reinforcement of skinner's reinforcement theory is decomposed into the process of basketball teaching. Through the procedural teaching method of skinner's reinforcement theory, behavioral cultivation is divided into several steps. Similarly, the cultivation of team spirit in basketball teaching is also corresponding, which is closely connected and not rigidly applied.

3) *Facilitating the transfer of behavior through effective guidance:* Teachers should promote the living transfer of students' learning effect through living example teaching. The ultimate goal of the team spirit cultivated by students in basketball teaching is to serve life. In teaching, basketball team cooperation should be combined with daily examples,

so that students can form the awareness of the close connection between team spirit and life, promote the transformation of team awareness to life, and cultivate students' good team integration ability and social adaptability.

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