

The Application of Combination Training Method in Football Teaching in Higher Vocational Colleges

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ABSTRACT

Combined training method is a method of combining actions according to the teaching rules and objectives, which is rewarding to cultivate students' comprehensive quality and achieve better football teaching effect. Combined training method integrates the elements of tactics, technology, physical fitness and psychological training, which is conducive to the improvement of college students' football level. Accordingly, this study first interpreted the connotation of combination training method, and then summarized the problems existing in the football training in higher vocational colleges, and finally put forward the embedded countermeasures of combination training method in the football teaching in higher vocational colleges. The research results of this study would be beneficial to improve the lack of systematic training plan and unclear training guiding ideology in traditional football teaching, and be expected to offer certain references for the reform of football teaching in higher vocational colleges.

Keywords: *Combination training method; Higher vocational colleges; Football teaching; Teaching reform*

1. INTRODUCTION

Physical training, technical training, tactical training and psychological comprehensive training are the key elements of football players' training and teaching. Only through a long and arduous training process from simple to complex, from low level to high level, can the necessary competitive level of their technology, tactics and physical fitness be developed and improved rapidly. The law of the development of football is expected to be followed in the process of football training. Besides, coaches should also combine the physical and mental conditions of college football players, make students train under the combined training mode, arrange the training content in an orderly manner, and choose suitable training means, methods and models for them. The combination training method in football training is an optimized training mode designed for the training effect [1]. Its combination content covers a wide range, and the combination goal is to strengthen the scientificity and comprehensiveness of the overall training content. On this basis, it is equivalent to organically combine the training content to maximize the effectiveness of football teaching.

The reasons for the backwardness of football level in higher vocational colleges in China are the backwardness of football training concept, the unclear training guiding ideology, the unsystematic plan, the technical training without confrontation, quickness and conciseness, and the lack of meticulous and comprehensive technical mastery. High level football team started late in China, and the current training methods of football in higher vocational colleges mainly follow the original single training method. Even if there is "combination", it is a formal "single

superposition" training. Due to the lack of theoretical explanation of these problems, coaches feel general and vague about combination and superposition. In the training, we often confuse the two, or agree with others at will when the theory is not clear. Therefore, through the theoretical analysis of football combination training in higher vocational colleges, it is necessary to make the training principle, training content, training form, training load and training arrangement of combination training theory clearly and thoroughly explained and positioned from a systematic point of view, which are conducive to our understanding of combination training theory from the essential level.

2. THEORETICAL INTERPRETATION OF COMBINATION TRAINING THEORY

2.1. Connotation of combination training theory

Combined training is mainly composed of training arrangement, training content, load, training methods and principles. It requires to combine with the current situation of college football development, formulate scientific training objectives, standardize the training principles of football training (i.e., combined with the training objectives, formulate scientific and reasonable training content and training form combination for groups of different training levels, and match the training methods, training contents and the best training load for different combination training contents). The combination training method is based on certain sports training theory, and

football combination training method is a kind of training method, which is included in the systematic training theory of combination training [2]. Combined training method refers to that in the process of training, considering the differences of football players' competitive level, training stage, individual characteristics and project requirements of football players, combining one or more training units, according to the principle of football training, selecting different training contents with different proportions and natures for reasonable arrangement, to achieve the best effect of the training method. Football combination training method is not a simple superposition of single training content or training methods. It adopts a more reasonable intermittent and cross-combination way, and integrates the advantages and functions of various training methods together to arrange training.

The need of sports training is an important subject of sports training theory research. In sports training, the main problems that coaches encounter are: what to train? How much training? How to train? The corresponding sports theory categories are: researches on training content mean what to train; researches on training load mean how much to train; researches on training method and training arrangement mean how to train. At the same time, people further study the corresponding basic code of conduct (i.e., it is necessary to make principled norms for training

activities in accordance with the principles of sports training). Therefore, the main content of sports training research includes five parts: sports training principle, sports training content, sports training load, sports training methods and sports training arrangement. The theory of combination training is also the extension of the theory based on the above views. In other words, the theory of football combination training studied in this study mainly included five parts: combination training principle, combination training content, combination training load, combination training method and combination training arrangement. At any level, we can study the principles, contents, load, methods and arrangement of combination training. For example, in terms of physical training, we can establish the principles of physical training, the content of physical training, the load of physical training, the methods of physical training and the arrangement of physical training. In the same way, in terms of technical training, tactical training and comprehensive training, five training parts can be established. These five parts are relatively independent, interrelated and interacted. They are affected by other links, factors and processes in the training process to maintain the coordinated operation of the whole combination training system, and finally ultimately improve the training effect and achieve the training goal, as shown in Fig. 1.

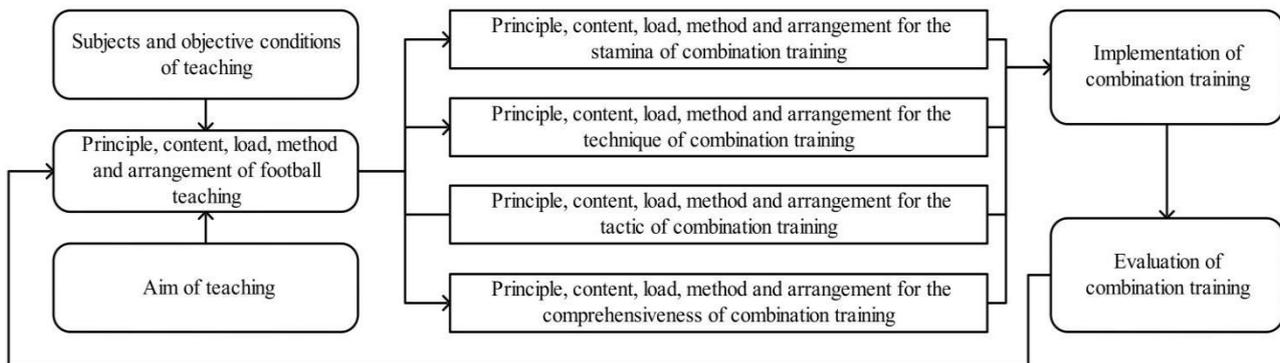


Fig. 1. The process of football combination training in higher vocational colleges

Many factors that affect the performance of sports can be brought into the training course, and multiple body systems can be trained at the same time in one class. Although the stimulation to a single system is not as strong as that of a single training, the sum of multiple stimulation systems has a longer duration of training, larger overall load, flexible content change, less fatigue, and high activity of students' training. At the same time, the different changes of training methods and contents can help to prevent the fatigue of nerves and muscles in training, and avoid local overload and damage, to yield twice the result with half the effort.

2.2. The extension of combination training theory

The so-called extension refers to those objects with the essential attributes reflected by the concept (i.e., the difference of concepts). Combination training mainly includes five parts: combination training principle, combination training content, combination training load, combination training method and combination training arrangement. Combination training theory is put forward according to the state of high-level football players in colleges and universities (i.e., physical fitness, technology, tactics, psychology, competition, field experience, etc.). In essence, combination training theory is to put forward principled norms for training activities according to the training objectives, the present situation of high-level

football in colleges and universities and the theory of sports training; in different training levels, according to the training objectives, we should combine various contents and forms; according to different combination training contents, we should choose different training methods, and we are expected to set the best and reasonable exercise load in each level of combination training. The content of combination training can be the four major training elements of football training: the multiple combination of the same training content in physical training, technical training, tactical training and psychological training, or the cross-multiple combination of different training elements, at the same time, it can also be a comprehensive combination of multiple elements. The content of combination training is diverse, multi-form and multi-item. It is necessary to carry out combination training of high-level football teams in colleges and universities, and finally simulate the actual combat, which can effectively improve the systematic training theory of athletes' actual combat ability.

Combination training is a systematic training theory, but the combination training method is a kind of training method, which is included in the combination training theory, and they are the relationship between inclusion and inclusion. All the training methods are based on certain theories (i.e., different combination training methods are put forward according to different training theories, and they are the sports training methods constructed under the sports training theory). Combination training method refers to that in the process of training, considering the differences of football players' competitive level, training stage, individual characteristics and project requirements of football players, combining one or more training units, according to the principle of football training, selecting different training contents with different proportions and natures for reasonable arrangement, to achieve the best effect of the training method. Therefore, combination training method is different from single strength training, endurance training, etc. It is not a simple superposition of single training content or training methods. Instead, it adopts a more reasonable intermittent and cross-combination way, and integrates the advantages and functions of various training methods together to arrange training.

3. PROBLEMS IN FOOTBALL TRAINING IN HIGHER VOCATIONAL COLLEGES

3.1. The imperfect content of football teaching and the lack of systematic teaching of football skills and tactics

There are some problems in the process of college football training (i.e., football teaching content is imperfect, and football technology and tactics teaching is not systematic). At present, the goal of football teaching course in colleges and universities only stipulates the basic skills that

students need to understand. There is no systematic teaching of football, and the teaching of football skills and tactics is relatively ignored. Therefore, students generally lack the awareness of football skills and tactics. In addition, there is no systematic psychological teaching for students in football teaching. Several students only master the basic football skills and do not form complete football system knowledge in their hearts [3].

3.2. The insufficient time and the inferior quality of college football training

In the eyes of college students, the main task is to learn. Therefore, many students spend most of their time in the learning of other basic knowledge. They do not actively participate in the football training process, so the training time is insufficient, which leads to the inferior quality of football training. Especially for the college football team training, the training time is seriously insufficient, and because the members of the football team are in different grades, it is difficult to arrange the training time. The football team members often can not fully participate in the training, as a result, the quality of training can not be guaranteed. College physical education teachers attach great importance to theoretical teaching rather than practical teaching in their daily course teaching. Therefore, the research on football actual combat is relatively less and can not give effective guidance to college students.

2.3. The incomprehensive understanding of football and the insufficient attention to football of college students

Most college students do not have a comprehensive understanding of football, and a lot of football knowledge is one-sided, so they do not have enough team consciousness in football matches, and some students do not even have a systematic reserve of knowledge and theory. They are not familiar with the rules of the football game, besides, they do not know what kind of role they should play in a specific game. Several students always have the problem of running off the ball and have poor snatch consciousness. In addition, most of the students' physical fitness is not enough to meet the basic standards of football. At present, the teachers in college football teaching are only physical education teachers, without professional football knowledge and without systematic football training. Consequently, according to the teachers, there is no knowledge reserve for the methods, skills and psychology needed in football teaching.

4. EMBEDDED COUNTERMEASURES OF COMBINATION TRAINING METHOD IN FOOTBALL TEACHING IN HIGHER VOCATIONAL COLLEGES

4.1. Analysis of the application of combination training method in football dribbling teaching in higher vocational colleges from the perspective of the cultivation of physical quality

Football is a sport that consumes a lot of physical energy. Only when we have good physical quality can we play our skills and tactics on the court. Therefore, in the teaching of football dribbling in vocational colleges, teachers should use combination training method to cultivate students' physical ability and improve their physical quality through training. The first thing we should do is to ensure that the intensity and quantity of physical training are consistent with the actual situation of students. If we want to achieve a relatively good physical training effect, we need to start from the scope that students can bear, control the intensity of the whole training according to the situation of the competition, and arrange our physical training scientifically and reasonably. It is worth noting that if the intensity of our physical training exceeds the students' tolerance, it will easily affect the health of them. Additionally, physical training is expected to be designed according to the characteristics of football itself. For the training of dribbling skills, it's necessary to design the training content according to the skills of dribbling, so that physical training can serve for dribbling. Football, as an explosive and high participation game, has a long game time, large field and fast rhythm [4]. These characteristics not only require the participants to have high physical fitness, but also need teachers to design special training according to different positions in the field. Therefore, we need to combine the characteristics of dribbling in football to carry out physical training for students.

4.2. Analysis of the application of combination training method in football dribbling teaching in higher vocational colleges from the perspective of technical training

Football project has its own unique technical characteristics, if we want our dribbling teaching to achieve the desired effect, we need to carry out technical training for students in the combination training method. On the premise of following the sports law and learning law, we are expected to guide the teaching step by step and improve each student's dribbling skills pertinently. Besides, in teaching, we not only need to cultivate students' football skills, but also need to pay attention to training students' innovative thinking. Additionally, it is necessary to

provide more practical opportunities for students, so that they can carry out targeted practical activities under the premise of mastering technology, and carry out effective combination of various training, which can cultivate students' dribbling skills and innovative spirit.

4.3. Analysis of the application of combination training method in football dribbling teaching in higher vocational colleges from the perspective of tactical training

Football is a team project with strong antagonism, which not only requires us to have good personal skills, but also needs team tactics and cooperation. Therefore, we should pay attention to the cultivation of students' tactical thinking in combination training method. Reasonable tactical design can make students really understand the connotation of football. In the usual training, teachers are expected to pay attention to the cultivation of students' tactical thinking. First of all, according to the characteristics of the students, teachers need to cultivate the sense of teamwork, formulate the tactical principles in line with the students, and give full play to the value of tactics for students to learn football. In addition, teachers should constantly strengthen students' tactical awareness to truly improve students' tactical level.

4.4. Analysis of the application of combination training method in football dribbling teaching in higher vocational colleges from the perspective of the cultivation of psychological quality

In addition to competing tactics, physical strength and skills on the field, football also requires participants to have a higher psychological quality, because the form on the football field is changed at any time [5]. Therefore, in the combination training method, we need to cultivate students' psychological quality. First of all, special psychological quality training should be carried out for the students, so that they have correct competition consciousness and mentality; secondly, students should have positive innovation consciousness, maintain good mentality and competition concept have strong adaptability in the competition field, and can maintain stable mentality in the face of different changes to better play. The development of students themselves can be promoted through the cultivation of psychological quality [6-7].

5. Summary

The combination training method is rewarding to the cultivation of multiple skills and it is a necessary way to improve the comprehensive quality of higher vocational

students. Moreover, the application of combination training method can effectively adjust the optimal configuration of multiple training contents to achieve more targeted training effect. Accordingly, this study put forward four countermeasures to embed the combination training method in football teaching in higher vocational colleges: 1) the application of combination training method in football dribbling teaching in higher vocational colleges should be analyzed from the cultivation of physical quality; 2) the application of combination training method in football dribbling teaching in higher vocational colleges should be analyzed from the perspective of technical training; 3) the application of combination training method in football dribbling teaching in higher vocational colleges should be analyzed from the perspective of tactical training; 4) the application of combination training method in football dribbling teaching in higher vocational colleges should be analyzed from the cultivation of psychological quality. At the same time, it is necessary to set the training content according to the needs of competitive competition, and set the training content according to the players' position on the field to improve the pertinence of the combination training method, ensure that the players can get more perfect comprehensive training support in the stage growth, and give full play to the advantage effect of the combination training method.

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