

# Analysis on Application of Football Game in Football Class Teaching in College

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**Abstract**—As an important means of football teaching activities, football game plays a very important role in improving the efficiency of football teaching. Because football game is an interactive and interesting activity, it is warmly welcomed by college students. Meanwhile, it also makes up for the problems that exist in traditional teaching and revitalizes football teaching. In actual teaching process, gym teachers need to know the important responsibilities on their shoulder. They have made a deep analysis on the existing problems of football games in football class teaching in colleges and put forward application countermeasures of problems, which have laid a foundation for improving the efficiency of football class teaching in colleges.

**Keywords**—*football game; football sport; problems; countermeasures*

## I. INTRODUCTION

Looking from current football class teaching in colleges, it puts excessive emphasis on requiring students to grasp basic knowledge and skills about football. With relatively tense teaching atmosphere and boring teaching methods, students are easy to be fed up with football learning. As time passes, college students will lose faith in football learning. Football game can subtly develop students' physical quality in a happy atmosphere and cultivate good morality and sentiment. Competitions of football game require students to obey rules of the game. Within the scope of the rules, students show their unique ways of thinking and activity methods. It helps to develop students' intelligence factor. The knowledge and intelligence in football game make students have the mental state of being unwilling to lag behind. Completing all kinds of exercises in the process of self-encouragement and mutual encouragement has positive effects on the development of students' volitional quality. Besides, the interest and entertainment of football game directly have an influence on the development of students' character, temperament and personality, improve their interpersonal relationship, help students to establish correct and healthy aesthetic standard and make them have high sense of responsibility and positive and responsible attitude. The opposability of football game is beneficial to cultivate students' volitional quality of being not afraid of hardships and tenacious struggles. Compared with football training, college students have more interest in football game and higher enthusiasm of participation. Gym teachers can

combine football game with class teaching of football, integrate basic technique and tactics of football into football game to raise students' enthusiasm of participation. In actual teaching process, teachers should adhere to rational point of view to realize the reasonable use of football game, let students realize the infinite charm of physical sports during class participation. In this way, it can improve the efficiency of class teaching and promote finishing the teaching task.

## II. EXISTING PROBLEMS OF FOOTBALL GAME IN FOOTBALL TEACHING

### A. *Disconnection of Learning Contents and Reviewing Contents*

Football course in colleges is inclined to cultivate students' basic skills and techniques of football. With the purpose of improving students' football skill, teachers select and use some games that have internal relation with teaching contents. Under the influence of class hour, the number of students and teaching energy, students can only grasp basic football skills. When doing counteracting exercises, students cannot truly grasp actual essential of exercise because they don't firmly grasp basic skills. The aim of teaching football game in colleges is to cultivate students' football skills. But because of teaching restrictions, students haven't high professional quality. In addition, the reviewing contents have little relationship with learning contents and students lack reinforcement on technique. So the actual teaching effect is not ideal. Before class teaching, teachers ask students to review contents or do warm-up, or simply recall the techniques. In this way, students cannot completely enter the state of practice. So the teaching effect is not very ideal.

### B. *Application about Football Game Lacks Pertinence*

In the teaching process of football game, under restrictions of traditional teaching idea and methods, teaching task in class separates from teaching contents. Most games have the same goal. It makes students' practice lack pertinence and students cannot truly grasp the actual essence. So professional quality need to be improved. In actual teaching process, teachers attach excessive importance to the interest of class teaching, and because of the influence of traditional teaching idea and method, class teaching is caught in formalism and it appears the phenomenon of "try to tackle

all problems at once regardless of their relative importance". In class, students only practice blindly. Actually, they don't firmly grasp professional skills. So the specialty and pertinence are not strong. Besides, for lack of understanding of students' physical condition, in design process of teaching games, gym teachers are easy to cause the problem that the game designed by them isn't in accordance with actual teaching task. Too high or too low degree of difficulty will influence the efficiency of actual training and impede the enhancement of college students' comprehensive quality.

### *C. Football Game Lacks Effectiveness*

In design process of football game, colleges pay too much attention to diversity and richness. It makes the design of game do not take students' actual situation, environmental conditions and time into account. So the design of class game doesn't conform to teaching contents in class and the teaching efficiency isn't very ideal. When the number of students is excessive but actual equipment is very few, if teachers still arrange students to play the game in a short time, it may leads to the fact that some students cannot participate in and actually they have low degree of participation and lack enthusiasm. Some teachers don't realize games just play an auxiliary role in the whole teaching. Therefore, the time of games cannot be too long, or it will seriously affect the actual teaching efficiency. Meanwhile, it will cause students' negative feelings and the class efficiency will be influenced. Looking from current teaching, some teachers hold the view that football game plays a vital role in the efficiency of class teaching, which make the whole class teaching appear the phenomenon of overgeneralization. Students only play games in class without enough time and energy to digest the knowledge and skills. It affects the efficiency of class teaching as well.

## III. APPLICATION AND COUNTERMEASURES OF FOOTBALL GAME IN FOOTBALL CLASS TEACHING

### *A. Application of Football Game in Warm-up*

Warm-up usually adopts the ways of jogging, exercise of marching forward and positioning movement. It makes students feel boring and the atmosphere in class become dull and depressing. In football teaching, the aim of using football warm-up games is to make temperature of the muscle rise, promote blood circulation, increase the supply of oxygen and better improve the contraction and relaxation of muscle. At the same time, sufficient warm-up exercises let the body sweat and make muscle reach necessary temperature. Using one or more balls in the game can reach the goal of improving technical skills when doing warm-up. Moreover, it plays a good role in promoting students' flexibility, sensibility, range and speed of their movement and muscle strength. The content and time of the game can depend on seasonal climatic conditions. For example, in spring-summer season, teachers can arrange games focusing on flexibility, sensibility and speed and the best time span is 5 to 10 minutes. It's most suitable for health law of human body and the actual pressure resistance. In autumn and winter, teachers can arrange games focusing on endurance

and strength and the most scientific time span is 10 to 15 minutes. In warm-up, teachers can adopt some games related to run, such as S-shaped run, spiral run, "drag a net in fishing" in running, or use methods of "monkeys challenge for the ball" and "pass the ball and touch people". These activities can achieve the effect of warm-up as well. Gym teachers can organize students to actively participate in actual game process and give each student the same opportunity of sports participation, thus can improve students' enthusiasm. In actual football teaching process, there are other games that can not only achieve the effects of moving muscles, improving excitability and concentrating on attention, but also help to organize the teaching. For example, teachers can design "listen to the password to do the opposite movements", "effective and invalid password" and "each one has a ball". These various and novel game forms are not only game contents but also means to organize teaching. All students can participate in the game. It's the fastest way of letting students integrate into teaching. In preparing parts of football course, teachers can adopt games such as "two players competing for ball", "definitely shooting", "pass the ball and compare who is faster" to make students be familiar with the ball. In a word, teachers can consider various aspects of teaching task, students and material condition to design easier contents of stronger operability and improve students' enthusiasm of class participation and efficiency of class teaching.

### *B. Application of Football Game in Technique Teaching*

In the teaching of sports technical skills, correctly using the method of playing games can change the single and boring practice form and improve students' learning interest. In the process of physical teaching in class, the basic task of the class is to learn new contents and review and consolidate the old contents. Therefore, teachers should clearly know their responsibilities and actual teaching task. For example, they can adopt some special games closely related to teaching contents, such as "net type soccer", "competition of shooting and catch the ball", and "3-3 to competing for the ball in local area" and "shoot the target", "three against one", "four against two", "4-4 in shooting competition in local area" and "rugby" in tactical exercises. These games can not only increase the probability that students kick the ball in the practice, but also solve the restrictions of insufficient location resources, and help students to consolidate and improve basic skills. Teachers can use the way of pool match to enhance students' sense of honor and team spirit and promote their enthusiasm of participation in the process of constant competition and cooperation. Besides, technical training game is a way of skill training in training environment of relatively less pressure to overcome monotonous and boring phenomenon in teaching and training. The contents of the game include: dribble, pass, catch the ball, head ball, forage for the ball, deceptive movement and shooting skills, etc. The purpose of technical training is to let students transform techniques learnt in practice into actual competition. Practice time can be properly adjusted according to the number of players, contents and the season. The football field can be square, rectangular and round. For the field with large area and more

participants, teachers can divide it into several regions and set some agility cones, sign posts and small mobile goals. For example, in winter in the north, the temperature is relatively low so it causes big problems for students to play the football in outdoor, especially the dribble, head ball. Heavy snow in outdoor is easy to pollute the football field and make students slip or the ball become dirty. Thus students will disgust and resist playing football in outside. Teachers need to let students play indoors according to practical situation and select location in the gym to provide the best environment for students to practice. In spring, the grass looks like a green carpet. Teachers can encourage students to go outdoors and play football on the lawn and make close contact with nature according to students' features of character development, improve students' enthusiasm of participation and provide guarantee for the efficiency of class teaching.

### C. Application of Football Game in Tactical Teaching

The biggest benefit and effect of tactical training game is to learn when and how to pass the ball in practice; how to select the position in the face of opponent who dribbles the ball; under some special circumstances, choose shooting or to pass the ball, etc. These are problems faced by students in competition process. Tactical training game is used under three states: individual, team and team. Individual tactics include combination of two, three or more team members. When using training of tactic game, teachers should arrange according to progressive order. At the beginning is individual tactic and then enter team tactics. The game should be suitable for students' actual level and ability. Teachers can change some conditions, such as the size of field, the number of players, requirements of technical movement and the density of practice to increase or decrease the difficulty of the game. Training mode can be grid training, one small goal, two small goals, three small goals and four small goals. The number of players can adopt 3-1, 3-2, 3-3, 4-2, 4-3, 5-2, 5-3, 6-4, adding backup and neutrality side. The field can be square and rectangle or teachers can draw all kinds of limit lines in the field. Football practice is a gradual process. Teachers can set the tactics according to students' practical ability and divide on the basis of student ability, let students with higher basic skills help students with lower basic skills to improve actual skills in the process of continuous cooperation. Moreover, teachers also need to convert teaching task according to students' actual practice situation to gradually develop students' football skills.

### D. Application of Football Game in Relaxation Activities

The main task of end part is to make students gradually restore to a relatively quiet state. Applying play method to relaxation activities can help to allay tiredness, promote the body to recover as soon as possible and make students turn from tension state to relatively quiet state more quickly. Some game activities of small load excite cerebral cortex, deepen the repression of motor center and promote its recovery. The game content and form of relaxation activities should be easy, lively, splendid and humorous to relax students. Teachers should end the learning of a football course in relaxed and happy atmosphere. For example, adopt

the game of "pass and pool", draw a circle with diameter of 4m on the football field and a line through the center of the circle, and put a ball on the center of the circle. Students are divided into two teams with the same number and stand outside the circular arc on both sides of the border respectively. Each student uses ball to push shot and strike the ball in the center of the circle. The game can improve students' practice in kicking the ball with inside of foot. Furthermore, game of "juggle relay" can be adopted. In the end part, students' physical output is too large, so playing some juggle games can better improve students' degree of familiarity of the ball: divide students into two teams of the same number and each team stands in one direction, inward-facing, to form a square. Players of each team go into the square region in turns to use foot to juggle the ball until the ball falls to the ground. Through friendly competition of the two teams, the game can improve team spirit between teammates and practice students' ball familiarity.

## IV. CONCLUSION

College physical education teaching plays a crucial role in cultivating students' comprehensive abilities. In football teaching process, football game makes up for the activities that cannot move on because of restrictions and arouses the enthusiasm and initiative of students to participate in football sport to maximum extent, lets students enhance skills in the process of actual movement and improve actual teaching efficiency. In football teaching process, teachers can combine teaching aims and actual teaching task to choose more targeted didactical games and make didactical games conform to actual teaching task. Meanwhile, in the process of editing and creating didactical games, teachers should take a full consideration of students' practical situation, summarize and improve teaching contents and teaching design to realize effective combination of football teaching and football game. Besides, they should teach through lively activities and help students to establish a healthy sports concept of lifelong exercises.

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