

The Application of Basketball Game in College Basketball Teaching

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Abstract. Game teaching method is loved by the majority of teachers a humanized teaching mode, which can not only for students to provide a consistent with their age characteristics and personality characteristics of the learning platform, but also can effectively improve students' interest in learning, so that students' physical and mental harmonious development. Through the use of basketball game in college basketball teaching, it can help to promote the improvement of the quality of basketball teaching. Based on this, the article on the basketball game in College Basketball Teaching in the value of the application, and based on this, put forward the feasibility of the application of the strategy, in order to provide the relevant reference for readers.

With the deepening of reform and development of higher education, deepen the reform of college education has become an important part of education building. Physical education as the core of quality education, for college students, physical education can not only physical exercise and improve their physical quality, can also sports for them are infiltration education, let them experience to healthy development, to better adapt to the ever-changing society. Basketball teaching as an important component of physical education, the same commitment to promote the development of College Students' physical and mental health. In view of this, college teachers should be in the implementation of physical education basketball teaching activities, conform to the trend of the development of the concept of teaching reform, starting from the essence of teaching, and actively promote the teaching methods of basketball game, in order to optimize the teaching process, to improve the effectiveness of teaching, so as to enhance the physical quality of graduate students, and lay a good foundation for the future sustainable development.

First, the application value of basketball game in college basketball teaching

(A) It is conducive to the students' learning interest in basketball sport

The ultimate goal of college basketball sports education is through sports basketball infiltration education, arouse students' interest in basketball, gradually cultivate students' lifelong physical education, in order to achieve the purpose of developing the students' comprehensive quality. And the realization of this ultimate goal depends on the students' coordination of basketball teaching activities. Students only on the sports teaching activities have a positive motivation, in order to participate in the activities under the guidance of teachers, in order to participate in activities through their own efforts to provide comprehensive quality. In the application process of the basketball game, physical education teachers can use the game to simplify the teaching content, and ensure consistent game teaching goals and basketball sports teaching content. It can not only let the students play in the play and learn ", enhance the understanding of basketball; at the same time, it can fundamentally to mobilize students' active participation. It is obvious that the basketball game can enhance the students' knowledge about the sports related knowledge, and then promote the improvement of the level of basketball education.

(B) It is conducive to the promotion of basketball practice skills and effects

In the practice of basketball sports teachers if they can concentrate the attention of the students' learning makes the motion of the tense, then you can this as a driving force to improve the students' basketball training effectiveness, and to help students high quality, to master basketball skills. According to the summary of teachers in Colleges and universities basketball training practice

experience: integration of the teaching of teachers in the use of "Rao thousand dribbling relay", "packet tigers and other basketball games, and combined with the basketball pass project, project of the ball, moving the feet, the project can not only improve the student athletic training, can also allows students to focus on basketball training, and has achieved outstanding basketball teaching effect.

(C) is conducive to curb the bad habits of students on the basketball court

In order to give full play to the advantage of game of basketball teaching, teachers can combine the student behavior norms of training and teaching activities, and the assessment of the scrambling method, competition law, unity cooperation method, the classroom behavior standards in the infiltration of education into the game in the teaching activities, which will not only be conducive to improving the quality of classroom teaching, can also train the student's behavior, curb students in basketball field of bad habits. For example, the teacher can divide the students into several groups, and give a certain task to each group. In the process of completing the task, the winning team to give recognition, on this basis, and then repeatedly adjust the team structure, upset the student's internal portfolio, so that more students have the opportunity to win. In the process of working for a small collective, the students will not consciously or consciously in the unity of the atmosphere of infection, under the encouragement of the collective other peer influence, and strive to performance. And in the process of the performance of students will not feel on the activities of interest, which is to improve the quality of basketball teaching and training students good behavior norms have a positive significance. In addition, teachers can also timely to student's performance evaluation, for classroom behavior performance good students give encouragement praise, for lack of discipline of students to appropriate criticism, even can take appropriate punishment, forcing them to develop good habits.

Second, the use of basketball games in college basketball game should pay attention to the problem

(A)the use of the game in the basketball teaching to start from the actual

Combined with our country college basketball practice of physical education, the situation is not optimistic, due to the confinement of the school environment, the part of the physical education teachers with the times, its education thought and the idea are unable to keep up with the development trend of the times, in the basketball teaching activities carried out by using game, again repeating requirements, the lack of a deep-seated guidance to students, students practice activities in the process of mere mechanical, peculiar to the basketball game is difficult to be effectively. Visible, in the use of basketball games for teaching, teachers should fully reflect the "student oriented", "Humanistic" in essence, so as to further the depth of students' psychological, in order to effectively improve the effectiveness of basketball game teaching.

(B) The basketball game with a purpose and gradual nature in basketball teaching

Basketball physical education in Colleges and universities is to guide the students to correct physical education thought gradually through physical education. Teachers in game application carried out in the practice of teaching basketball sports activities, according to the task of the basketball teaching, teach students in accordance with their aptitude, step by step, not in order to pursue teaching progress, choose something contrary to the teaching methods of science. Not only to take into account the reasonable amount of exercise, but also to take into account the physical development of students, and the selection of the game content, but also from easy to deep, step by step, practical.

(C) selection of basketball games in basketball teaching to highlight and strengthen organizational discipline

Good classroom discipline is effective implementation of classroom teaching and learning activities based on the premise and guarantee, plays an irreplaceable role in the teaching activities. Practice has proved that a set of practical, workable classroom discipline, can effectively promote the cultivation of good habits of students. Therefore, teachers in gaming applications to carry out teaching basketball sports activities in the process, starting from the discipline of the classroom, to

make clear the requirements, a clear "what should do, what not to do: the and behavior habits to ensure that the classroom teaching activities can be carried out smoothly and implement, to help students Zhu Bupei to keep good. If the game does not comply with the discipline of behavior, teachers should suspend the game, the rules and regulations of the students to carry out criticism and education, in order to ensure the smooth development of teaching activities.

Third, the policy is applied in a basketball game Sports College Basketball Teaching

(A) Application of the basketball game in preparation activities

Premise is to carry out preparatory activities Course in basketball, is an important constituent element of class basketball, basketball is the foundation of a good lesson for the whole class played a foreshadowing role. In the preparatory activities link to join the basketball game, not only to induce students' motivation to mobilize the enthusiasm of students, but also to enable students to learn knowledge and skills in a pleasant, a workout in the pleasant, encourage students to effective learning occurs. Generally, basketball preparatory activities can be divided into general preparation activities preparatory activities two kinds of projects, either preparatory activities can be integrated into the basketball game, in order to achieve good teaching results. For example: In the general preparation activities, teachers habitually jogging, calisthenics, exercise and other activities targeting not only students will have tired of psychology, classroom atmosphere can not be active. For this situation, the teacher can introduce ball games, such as: "load running", "three legs", "then drop in situ" and other methods. These can be achieved either basketball warm-up effect, and also can play physical activity, increase excitability, focus effect. Student of the game, but also to achieve a psychological transformation of perception felt, showing pleasant emotions and emotional experience, to create a favorable psychological conditions for the next basketball learning activities.

(B) basketball game application in technical skills teaching

(a) novel game method

Mastery of the technical skills of students and training needs through repeated practice, and in this process, teachers can select some of the excitement of the game to help students improve their basketball skills, and gradually increase the difficulty of basketball to guide students, to keep the students of basketball sports activities of interest. Such as in the "face to face dribbling relay" project teaching, students lose the initial interest of conventional way of practicing has, in the boring dribbling showed truly the helpless, feeling very tired, the whole exercise process atmosphere dead. Therefore, teachers can adopt dribble and skipping the game, that is, let the students jump rope and ball, so novel game all of a sudden the attracted by the learning, students under the stimulation of new things in enthusiasm is greatly improved, and willing to participate in the game. As a result, it can not only enhance the degree of dribbling training effect, but also can improve students' dribbling ability and cooperation ability. Another example: in the "one two ball", "basket", "shooting qualify as the game of basketball teaching, not only to the basketball need to master the basic technology and games of skill, abundant teaching mode, flexible teaching methods, can also increase the basketball project practice the interest of students' body and mind was involved in the project, which is more conducive to the improvement of the technical skills of students.

(b) intensive training method

Basketball is a focus on the student movement skills improve sports project, and cultivation of basketball techniques and skills of students need after a long time of training, in order to achieve physical and mental health, psychological quality and training of fusion. The traditional basketball training teaching, students in a single, repeated training in teaching gradually lost interest in basketball activities, their technical skills can not be improved. And the basketball game into the basketball teaching and training, can make the training activities become colorful and lively, which can not only bring the student in front of a bright wonderful, can also meet the inner needs of students, so that students have enough enthusiasm to participate in the training of basketball skills. Of course, to mobilize the enthusiasm of students to participate in the teaching methods are diverse, but I confirmed that the teaching of basketball skills for college students, the game is a good way to

strengthen the training method. For example: in hardening is passing the training, teachers can use "ball relay" pass arrests "and other sports games can improve students' passing, catching skills and ability to respond; to strengthen the training of shooting, using the shot count" tigers "game to lift their shooting skills and shooting stability. These games can greatly improve the students to grasp the technical skills of basketball, so as to achieve the goal of promoting the realization of basketball teaching.

(C) the application of basketball games in the basic part of teaching

The basic part of basketball teaching is the embodiment of the main purpose of teaching, and it is the central link of the teaching. The ultimate goal of the basketball class, that is, around the basic part of, and the basic part is to measure a basketball class is good or bad the main standard. In the traditional education mode, the students tend to be tired, tired and tired, and the quality of teaching is gradually reduced. To solve these problems, teachers in teaching basic parts can interspersed with some to the basic technique as the material of the basketball game, such as: basketball dribble can "protection and destruction" and "dribble relay selection", "a person dribbles the ball relay, etc., to adjust their emotions, improve the enthusiasm, to allow students to consolidate the basketball skill in the game. In this way, students can participate in the game at the same time, the practice of technical action, the effect will be an immediate effect.

(D) the application of basketball games at the end of the class

The end of class teaching activity is the process of converting the students from the intense basketball game to the quiet state. At this time, it is necessary for teachers to choose some help to eliminate fatigue, adjust emotion, promote recovery of physical function relaxed, small load game activities, allowing students to express the stress state transition to the state of relative quiet, the student body's physiological, psychological relaxation. For example: the teachers can own creation with dance, rhythm games, puzzle games, and is equipped with a supporting music, allow students to carry out the idea of relaxing. This not only can quickly transfer the excitement of the students' cerebral cortex motor nerve, but also enable students to relax the motor organs, and promote the recovery of their physical function.

Fourth, the conclusion

To sum up, the reform of higher education to promote the background of the big environment, China's university basketball sports education has ushered in the new opportunities and challenges. Basketball physical education in Colleges and universities should be clear about the direction of innovation and development, in the face of the "problem", and constantly innovate, and constantly sum up teaching experience, repeated comparison test to find the best way to education. Practice has proved that in basketball sports teaching appropriate use of basketball games, as the "special practice" not only can effectively accomplish the task of teaching and training, also may let the student obtain the corresponding emotion experience, perception of success of joy. Therefore, college basketball sports educators should be actively introducing basketball game, bringing new vigor and vitality for the plight of the basketball teaching, and improve the quality of physical education and students' sustainable development escort.

Reference

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