

# Management and Regulation of Basketball Training Process

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**Keywords:** Basketball; University; Management; Regulation; Sustainable development

**Abstract.** Basketball game is the main content of competitive basketball sport. Both the selection of athletes, the training for years, the service management and the sports scientific research are to make the athletes can complete the game successfully and make outstanding achievement. China's basketball regional advantages and the gap with the world top teams draw the most attention of people, college students are the basketball talent reserve personnel training base in present stage, so the management and control of professional colleges and universities basketball training is worth our attention. This paper reveals the regulation characteristics during the training process of the high level basketball team of China according to our country's present level of basketball inquiry and further summaries the control strategy of the high level basketball team training process of China.

## Introduction

Since the reform and opening, in order to further deepen the reform, promote the development of basketball in China, follow the spirits of the former State Sports Commission that “adhering to the correct direction, seizing the favorable opportunity, continue deepening the reform and developing the physical culture”, in 1995, China boldly collaborated with the international management group. Taking basketball competition system reform as a breakthrough point, game-meeting system was replaced by home-away match season. Since then, the reform and development of basketball in China stepped forward again. After ten years of reform of professional basketball and basketball market exploration, the basketball sports in China has made remarkable achievements in improving the competitive level of basketball in China, enriching people's cultural and recreational life, promoting basketball sport industrialization in our country etc. But at the same time in the process of transition from the career type to the market economy type, there are also some deep-seated contradictions and problems. In this case, people have started to research and study the reform and development of Chinese basketball sport from different prospective and discusses. This paper uses the combination of qualitative research and quantitative research methods and takes a large amount of data as the detailed basis of the research. When researching the setting, organization and training of the high level basketball teams of the ordinary colleges and universities of our country, attention shall not only be paid on the economy and efficiency of the practical operation and the completion of the establishment, but also on the sustainable development of high level athletes training to prevent short-term behavior.

## Present Situation of Basketball Management in Colleges and Universities

The propose of management is to realize rationalization from determining target, making plan, organizing implementation, controlling coordination and other links to make the whole process achieve optimization, and to maximize the effect of training by means of improving efficiency. The core rule of the management is to play enthusiasm and initiative of the staff at all levels. The management is the necessary measures and foundation to ensure the normal training, competition, study and life order of the high level sports teams in colleges and universities. Try to establish high-level basketball teams and train high level athletes finally are to cultivate people. In the process of the talent training, both the athletes' ideology, learning, training, life and a series of problems are involved. In this sense, whether the internal leading system and the operating mechanism are reasonable or not will directly restrict the cultivation of qualified talents.

In most ordinary colleges and universities in our country, university sports work committee or the association of colleges and universities sports work and other mass organizations are established which supervise the after-school training in colleges and universities. Under the leadership of the headmaster who supervises sports, the internal management mechanisms of high level sports teams in ordinary colleges and universities establish a "high level sports leading group", which is managed by the school administration office, the office of general services, the office of sports and the leaders of colleges or departments which the athletes are in. The group hold meetings to discuss the issues, such as enrollment, funding, learning, training, competition, graduation, etc. regularly.

The Party and government of schools shall lead a group of people to unite, to bring the school sports work into the agenda. Led by a university leadership who is the executive director, the school personnel, educational administration, logistics, research, sports, students at the other departments shall participate in to compose the school sports work leading group.

### **The Reform of Management and Supervision of Basketball Training**

The internal environment of our country's basketball sport is a variety of situations and conditions that the internal environment of China's basketball system has a role in the survival and development of China's basketball. It includes the management system and operation mechanism of basketball in China. The reform of management system and operation mechanism is an important factor to ensure the sustainable development of basketball in our country.

**Deepen the System Reform, Innovate Management System.** The reform of the management system of Chinese basketball sports should also draw lessons from the "progressive" reform program. China's "progressive reform" provides a combination point for sustainable development and sustainable development requires first requires the amount of accumulation. Based on accumulation of qualitative, parts of the development system produces qualitative change. For certain duration, the qualitative change produces scale effect, and then becomes the qualitative change to develop big system, which is the development of composite system. The "progressive" reform which contains local propulsion and overall development is the creative application of sustainable development, and it is also proved that it is an effective way to achieve sustainable development.

**Establish and Develop Basketball Association Organizations at all Levels, Give Full Play to the Role of the Basketball Association.** To vigorously strengthen the organization construction and completion of Basketball Associations of provinces and in provinces, to give full play to the the function of organization and guidance. Improve the association rules and regulations, establish associations at all levels, increase the guidance, supervision and support efforts of the associations of county levels and below. Organize to carry out many kinds of forms of basketball activities and competitions, set off the climax of the mass basketball activities at the grassroots level.

**Take the Prosperity of the Campus Basketball as a Breakthrough and Promote the Mass Basketball.** "Trees grow high with solid roots, rivers flow far with abundant sources." The cultivation of basketball reserve talents shall pay attention to the youth. Give priority to cultivate interest in basketball, use appropriate basketball facilities. Set up various forms of basketball clubs in all types at all levels in schools with perfect organization, campus basketball competition system and incentive mechanism, which shall be taken as the opportunity to comprehensively promote the development of campus basketball. Establish a perfect training system. Only taking the road of "combination of sport and education", can the qualified national construction personnel and the excellent professional basketball talents can be brought up in schools.

### **Sustainable Development and Innovation of Basketball**

It is necessary to continue to improve the popularity of the masses and scale of basketball to make it play its role and function, and then to make it play a role in the national fitness activities. Improve the competitive level of basketball, and make continued outstanding achievements in international competition, and make the basketball be able to really improve the level of China's sports and to

make its due contribution for the smooth implementation and completion of the Olympics.

The healthy, stable and sustained development of our country's basketball must be based on the comprehensive development of mass basketball, basketball athletics level and basketball industry development. The three complement each other and have mutual contact and close coordination. The mass basketball is the basis of the competitive basketball and industry; the improvement of competitive basketball can promote the development of mass basketball and basketball industry; and the improvement of the achievements of the development of basketball industry provide financial support for the development of competitive basketball and mass basketball.

This paper argues that: the sustainable development system of Chinese basketball includes mass basketball, basketball athletic and basketball industrial development. The three subsystems interact with each other and are interrelated in quantity, quality and time, which constitute a system structure for the sustainable development of basketball in China, as shown in Fig. 1.

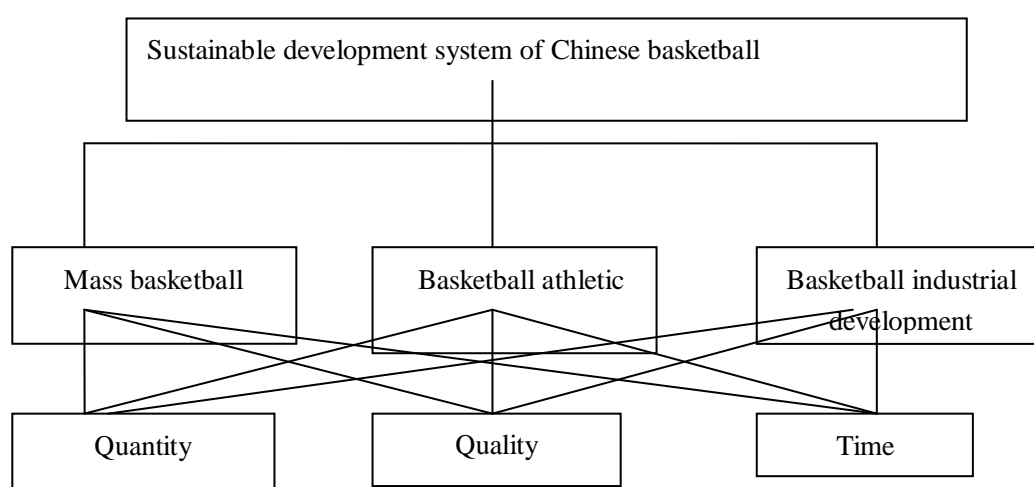


Figure 1. The system structure of the sustainable development of basketball in our country

## Conclusion

According to the current situation of our country, the college basketball teams have relatively good student status. However, due to the cultural foundation of students is relatively poor and their learning motivation level is not high, they generally have high learning pressure and difficulties in completing learning tasks, resulting in more prominent contradiction between learning and training and learning and training efficiency are low. In view of the fact that the cultural foundation of high level athletes in colleges and universities of our country is not high, take practical measures to solve the contradiction between learning and training, improve the efficiency of learning and training. In this paper, the following main measures are put forward in order to promote the sustainable development of basketball in China: deepening the system reform, innovating management mechanism, establishing and developing basketball association organizations at all levels, accelerating the reform of professional, perfecting the construction of the club, strengthening the club management, improving the system of transfer, promoting the athletics basketball human resource optimization configuration. Taking enriching campus basketball as the breakthrough point, develop the masses basketball and develop basketball market. Basketball industry implementing capital operation is an effective way to realize the sustainable development of basketball industry.

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