

Discussion on the Reform of College Basketball Teaching

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Abstract—For a long time, China's professional basketball reserve talents are mainly trained and selected through the physical education school. With the continuous development of competitive sports, this selection mode has exposed more and more drawbacks. The school is training basketball reserve talents. There is a big gap between the European and American countries, mainly because of the lack of teaching methods and training methods. This paper explores the problems existing in basketball teaching in colleges and universities in China through literature methods, expert interviews and logical induction methods, and explores ways and means to improve the quality of basketball teaching in colleges and universities.

Keywords—colleges and universities; basketball; teaching; reform

I. INTRODUCTION

Basketball is one of the most popular sports in China and has a good mass base. However, there is still a certain gap between China's overall basketball level and developed countries in Europe and America. Training is also an important factor in addition to physical reasons. Colleges and universities have great advantages in both hardware facilities and software talents. Enhancing the basketball level of college students by carrying out basketball teaching and training in colleges and universities is an important part of improving the overall basketball level of the country. With the development of society and economy, the traditional basketball teaching mode has lagged far behind the development of basketball. Through the research on the problems existing in college basketball teaching, the direction of college basketball teaching reform is explored, and the quality of college basketball teaching is improved.

II. RESEARCH OBJECT

The research object of this paper is the related factors of basketball teaching in colleges and universities in China.

III. RESEARCH METHODS

In the process of writing the thesis, the methods of literature data, expert interviews and logical induction are used.

IV. RESEARCH PURPOSES AND SIGNIFICANCE

The purpose of this paper is to explore the current situation of college basketball teaching in China and the problems and deficiencies in college basketball teaching.

The significance of this paper is to promote the quality and level of basketball teaching in colleges and universities by making reference ideas for basketball teaching in colleges and universities in China.

V. RESEARCH RESULTS AND ANALYSIS

Since its invention in 1891, basketball has experienced more than 100 years of history and has gradually become one of the most popular sports in the world. For a long time, China's competitive sports have been trained mainly through the national system. This training model has achieved certain results and won many honors for the country in the world competitive sports arena. However, with the development of society, this training mode has also exposed many Disadvantages are mainly manifested in the fact that students are trained in sports schools from an early age. Once the road of sports is not going to work, there are no long-term things, and there are more problems in the society. On the other hand, the improvement of tactical literacy is slow after the motor skills reach the level. This phenomenon has a certain correlation with cultural literacy. The successful experience of basketball training and training is American-style. It trains and selects basketball players through primary schools, middle schools, universities, and professional teams. How to improve college basketball sports by reforming the current college basketball teaching in China Level is an important task in front of you.

A. Current Situation and Problems of Basketball Teaching in Colleges and Universities in China

Basketball is one of the most popular sports on campus in China. Students are more motivated to participate in this sport. Due to the pressure of higher education in middle school, no matter whether parents, schools or even teachers pay more attention to sports, most of them are in physical education. Based on basic skills and game-based projects, the intensity and measurement of training in the teaching and training of basic skills is far from the need to improve skills,

resulting in insufficient level of motor skills and difficulty in further improvement in athletic performance.

At present, the content of basketball teaching in colleges and universities in China is mainly basic skills, which is the same as the teaching content in the middle school. The repeated teaching content and training methods lead to low interest in students' learning and poor training quality. The teaching method is mainly explained by teachers. The teaching method is mainly through the teacher's explanation, the demonstration students carry out the exercises, the initiative and enthusiasm of the students' learning are not mobilized, and the learning effect is poor; the intensity and measurement of exercise in teaching is small, resulting in students' basic skills are not solid enough, teaching and actual combat are out of line, for example, many students shoot in training. The hit rate is higher, but the hit rate is not high in actual combat. The great reason for this phenomenon is that the intensity and measurement of training in training is difficult to meet the requirements of the competition. In the game, under high-intensity confrontation and defense, the hit rate is low, and the usual training is carried out in a slow pace with low intensity and low training. The teaching evaluation is mainly judged by the theoretical examination and the skill test. This kind of teaching does not involve the evaluation of students' attitudes and progress. The evaluation is not comprehensive enough. Through the reform of the problems existing in college basketball teaching, the existing situation will be transformed and the quality of college basketball teaching will be improved.

B. The Direction of Basketball Teaching Reform in Colleges and Universities in China

Contradictions are ubiquitous in the development process of things. In the process of development of things, by constantly dealing with the contradictions that arise and minimizing or even disappearing, it is an inevitable trend of development to promote things in a direction that is beneficial to them. Because the development of basketball in colleges and universities in China is relatively short in time compared with European and American countries, the development speed is relatively slow in a specific historical stage. For a long time, the cultivation of basketball reserve talents in China has mainly passed the platform of sports school, although in recent years CUBA has been transported for professional basketball. A certain number of basketball reserve talents, but relative to the overall number, how to improve the quality of college basketball teaching, promote the improvement of college students' basketball skills, and deliver more talents for professional teams. Important tasks are also the general direction of the development of Chinese basketball.

1) *Combing the teaching content:* The teaching content refers to the direction that the teacher's teaching and the student's learning must follow in the teaching process. The teaching content of college basketball is similar to the teaching content of the primary and secondary school. The students start basketball learning from the primary and secondary schools. The learning content of the stage is the

same, and the teaching methods of the teachers are similar, which leads to the decrease of students' interest in basketball teaching. The enthusiasm and initiative of learning are not mobilized, and the teaching effect is poor.

From a macro perspective, the teaching content of college basketball mainly includes basic technology and basic tactics. The basic technology mainly includes three kinds of shooting, passing and dribbling. The three basic techniques can be further refined. The shooting technique can be divided into one-handed shoulder shooting, in-situ jump shot, emergency stop jump, three steps. Going on the ball, etc.; passing skills can be divided into two hands to pass the ball in front of the chest, head uploading the ball, hitting the ball, one-handed shoulder uploading the ball, etc.; the type of dribbling technology is relatively more, mainly the body front direction Turn around and dribble, dribble behind the ball, dribble and so on. The basic tactics mainly include offensive tactics and defensive tactics. The offensive tactics are mainly pass, cut, cover, etc. The defensive tactics are mainly joint defense, pressing, and man-to-man tactics. Among them, the joint defense tactics are mainly 2-3 joint defense, 3-2 joint defense, 2-1-2 joint defense and 1-3-1 joint defense. The pressing tactics were originally invented and used by the Chinese men's basketball team in practice. However, at this stage, the Chinese men's basketball team is most afraid of pressing tactics in the international arena. The pressing tactics are mainly 1-2-1-1 pressing tactics, 1 -2-2 tight tactics, 2-2-1 tight tactics and 2-1-2 tight tactics.

In the school basketball teaching, the choice of teaching content is often only to select simple techniques and tactics. The learning content of different stages of technology and tactics is the same. For example, in primary school, the one-handed shoulder shooting is studied. After entering the middle school stage, it is still the study and training of shooting with one hand on the shoulder, the basketball teaching content after the university is still shooting on the shoulder with one hand. The one-handed shoulder shot is the basic training. It is very important, but it cannot be used in every stage of teaching. The same teaching content and training methods should increase the difficulty of training with the increase of age. For example, the shooting distance in primary school is close. When you are studying with one-handed shoulder shooting in middle school, you can increase the distance of shooting and the position before shooting. Prepare the difficulty factor of the action, such as a one-handed shot on the shoulder after a dribble emergency stop or a one-handed shoulder shot after changing direction. After entering the college, you can increase the learning of the jump shot or the shooting training after the end of the dribble in various poses. On the one hand, the increase in difficulty can enhance students' motor skills; on the other hand, they can mobilize the enthusiasm and initiative of students.

2) *Increasing the intensity and measurement of training:* Exercise intensity refers to the amount of force and tension when completing an action. The motion measure is the number of times the action is repeated. In recent years, the physical fitness of students has been declining year by year. The injuries in the physical education classroom have

affected the behavior of teachers in a certain degree. Physical education teachers pay more attention to the completion of technical movements in classroom teaching, and do not require the quantity and intensity of completing movements. The formation of motor skills is often from the generalization of the initial motion technology to the differentiation of the motion technology to the final technical movement, and this process is carried out under the premise of repeating the correct technical movements. This is why many people usually have a high shooting percentage in training, and once the hit rate drops sharply in the official game, the training intensity and measurement in normal training cannot be achieved, and the opportunity of the game is tight under the strict defense. Evanescent, the shot speed is faster than the usual training, resulting in a low hit rate. This phenomenon is largely caused by insufficient training intensity and measurement.

3) *Using the flip classroom to improve the teaching effect:* For a long time, our physical education teaching is mainly through the teacher's explanation and demonstration students. This teaching method and learning method are not conducive to students' active learning and training. In this environment, the class time is mainly used for knowledge explanation. The time for student training is short, and the wrong action occurs. Teachers have difficulty in correcting students in a short class time. There is a lack of communication and cooperation between students. It can be said that traditional teaching methods cannot adapt to the development of teaching at present.

Flipping the classroom is also referred to as reversing the classroom. It refers to re-adjusting the time inside and outside the classroom and transferring the decision-making power from the teacher to the student. Under this teaching mode, students watch video or text learning movement technology through the Internet under the class, communicate with the students through the network, and solve the problems in the movement, so as to gain a deeper understanding. Teachers no longer take up time in class to teach information. Class time is mainly used to consolidate actions and correct student technical movements, and improve the quality of actions. After class, students independently plan the content of learning and the way to present knowledge. Teachers use teaching methods and collaborative methods to meet the needs of students and promote their personalized learning.

The flipping classroom mode is the trend of education development at this stage. It overlaps with the meaning of mixed learning, inquiry learning, and other teaching methods and tools. It is to make learning more flexible and active, and to make students more engaged. In the Internet age, students learn a wealth of online courses through the Internet, and don't have to go to the school to teach them. This kind of teaching mode transforms the dominant position of teachers in traditional teaching into the central position of students. The roles of teachers and students change, which improves the efficiency of classroom teaching, mobilizes the initiative

and enthusiasm of students' learning, and adapts to the development of education in the new era.

4) *Playing the role of the game:* A solid foundation training is like depositing money with a bank, and a game is like withdrawing money from a bank. The self-presentation of good scores in the competition is realized through solid training. Through the medium of competition, the results of student training are displayed. Through regular basketball competitions, the usual training results can be displayed, and the collective sense of honor of students is enhanced through the competition. Different teams in the game learn from each other, understand the playing characteristics of different opponents, learn the strengths of each other, find their own shortcomings and continuously strengthen their weaknesses in training, and test the training results through repeated competitions. Training, competition, and constantly improve the level and ability of basketball sports, select outstanding athletes.

5) *Improving the teaching level of teachers:* The teacher's ability to teach has an important impact on the teaching effect. The same students use the same textbooks under the guidance of different teachers. The reason for this phenomenon is mainly due to the different roles of teachers in teaching. In the teaching, teachers use different teaching and training methods to enhance students' enthusiasm and initiative under the same training content, and improve the quality and effect of the completed actions.

The way to improve the teaching ability and level of teachers in college basketball teaching is mainly through the role of both schools and teachers. The school-level factors are mainly to improve the professional literacy of teachers and teachers through regular training of teachers; organize lecture competitions to give play to teachers' advantages. Promote teachers to constantly improve them. Learn from each other in the course of the game to make up for their own shortcomings. The teacher himself enhances his theoretical literacy by consulting the teaching related literature, and constantly improves his teaching level through the use of theory in teaching.

6) *Improving teaching evaluation:* Teaching evaluation is the result of objectively measuring the teaching ability of teachers and the learning situation of students. The traditional teaching evaluation is the teacher's evaluation of the students' learning situation. The evaluation method is to measure and score the students' theoretical knowledge and the mastery of the sports skills. This evaluation method is not comprehensive, and the students' learning attitude, the degree of progress was not addressed, and on the other hand, the teaching of teachers was not evaluated.

In the process of evaluating students' basketball scores, they should increase the evaluation of students' attitudes and training enthusiasm during the course of class. Students have different physical qualities. Some students master fast movements, while some students master slow movements but have a good learning attitude. They are serious in class and progress after a period of hard work. This situation

should also be involved in the evaluation process. The diversification of evaluation methods is more conducive to the development and promotion of teaching. Through the evaluation of teachers' teaching, teachers are encouraged to prepare lessons in class before class to improve the classroom teaching effect. At the same time, teachers can understand the students' evaluation of themselves and improve their teaching.

VI. CONCLUSION

The training and selection of basketball reserve talents in China has gradually become more prominent. The training and selection of basketball players through primary schools, middle schools, universities and professional teams is more in line with the law of basketball development. The teaching content, teaching methods, training intensity and measurement, and training difficulty of college basketball should be different from the primary and secondary schools.

It is suggested that teachers should reorganize the teaching content and enrich the teaching content in college basketball teaching; increase the intensity and measurement of basketball training to improve the quality of movement; use the flip classroom to enhance the teaching effect; regularly organize the competition to play the role of promoting the game; improve the teaching evaluation Ways and means of reforming college basketball teaching, and further promoting the improvement of college basketball teaching quality.

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