

Analysis on the Cultivation Strategy of Basketball Consciousness in College Basketball Teaching and Training

Linyan Wu

Hainan College of Vocation and Technique,
Haikou, Hainan, China, 570216

Min Liu *

Hainan College of Vocation and Technique,
Haikou, Hainan, China, 570216

Abstract—With the full implementation of quality education, people's attention to physical education is gradually increasing. As one of the main contents of College sports, basketball teaching and training can't only make students' physique exercise effectively, but also train their comprehensive quality effectively. However, basketball itself is a highly technical sport, which requires students' reaction ability and cooperation ability. In order to fully enjoy its stimulation and entertainment in basketball, teachers need to start with teaching and training, and effectively cultivate students' basketball consciousness. Only in this way can the relevant sports technology be fully developed, so that the effect of basketball teaching and training can be guaranteed accordingly. Therefore, this paper discusses the basketball teaching and training in Colleges and universities, understands the related problems, and discusses and describes the relevant strategies to cultivate basketball consciousness. It is hoped that while improving the quality of college basketball teaching, students' basketball awareness will be effectively improved.

Keywords—colleges and universities; basketball teaching and training; basketball awareness; training strategies

For many college students, basketball has become an important part of their daily learning and entertainment, which can further enrich their campus life. But in the process of basketball, there are often sports injuries among students. To ensure the health and safety of basketball, we should not only ensure a healthy body, but also have a certain basketball awareness. To ensure the health and safety of basketball, we should not only ensure a healthy body, but also have a certain basketball awareness. Therefore, it is necessary for college physical education teachers to do a good job in basketball awareness training in the process of basketball teaching and training. Through the scientific application of relevant measures, we can effectively cultivate students' basketball consciousness, improve students' basketball level and achieve the goal of optimizing basketball teaching quality.

I. SUMMARY OF BASKETBALL CONSCIOUSNESS

A. *Relevant Concepts of Basketball Consciousness*

Basketball consciousness is essentially the ability of athletes to analyze and deal with unexpected problems during the game. In other words, basketball awareness is the ability of

athletes to make quick judgments and accurately cope with their own team and opponents' behavior after effective analysis and understanding. In the process of Cultivating Basketball consciousness, we should not rush and pursue speed blindly. We need to cultivate basketball consciousness from the beginning of learning basketball, and gradually form basketball consciousness through corresponding training and actual combat.

B. *The Significance of Fostering Basketball Consciousness*

At present, many college students love basketball very much. During basketball training, they can improve students' physical quality and make them have a strong physique. At the same time, in the process of Cultivating Basketball Consciousness through applied teaching training, students can achieve the goal of cultivating their communicative competence through effective communication with teachers and peers. In addition, students' understanding of theoretical knowledge and observation of technical movements can enhance their basketball awareness and learning ability. Therefore, it is of great significance to strengthen the cultivation of students' basketball consciousness.[1]

II. RELEVANT PROBLEMS IN CURRENT COLLEGE BASKETBALL TEACHING AND TRAINING

A. *Deviation of Teaching Focus*

At present, in the process of basketball teaching and training in many colleges and universities, speed and strength training are often regarded as the key contents of teaching. For basketball, although physical training is of great significance, the explanation of theoretical knowledge can't be ignored, including the use of strength, dribbling skills and shooting methods, etc. If the theoretical explanation can't be effectively implemented, even if the students have strong physical quality, they may not be able to play basketball well. Moreover, if the focus of teaching and training is only on speed and strength, the students will make a rapid effort or run in the process of sports. Once the warm-up training is not in place or collision occurs, it is very easy to cause sports injury. In addition, basketball teaching and training pay too much attention to practical teaching and neglect theoretical teaching. It is difficult for students to grasp the main points of sports, especially the mechanical training, which will gradually lose their interest in

basketball, lead to the difficulty of cultivating their basketball consciousness, and ensure the full play of sports skills in the course of competition, thus affecting the effect of teaching and training. [2]

B. Unsolid Basic Skills of Students

Lack of solid basic skills is a common problem in basketball teaching and training in Colleges and universities. Unsolid basic skills mainly manifest in basketball walking, dribbling errors and basketball leaving hands, etc. This kind of problem will lead to frequent fouls in sports, which will affect the fun of basketball. In the process of participating in basketball, many students often give up their control of basketball because of fear of injury and out of self-protection consciousness. Or when facing the basketball coming in the face, they will choose to protect their faces with both hands or dodge intentionally, thus affecting the performance of the game. If the students have strong basketball consciousness, they will use the correct method to block the ball in case of this situation, so as to win the opportunity to attack, and even to influence the result of the game.[3]

C. A Weak Sense of Teamwork

Nowadays, most college students are only children, and they have strong self-awareness, so the lack of team awareness is very common. But if there is a problem of weak team consciousness in basketball, some people like to attack quickly after they receive the ball. They don't think about teammates' cooperation and go directly to the other side's area to shoot basketball. In this case, if you can't guarantee a success, you will be surrounded by opponents, and it is very difficult to have a second shot, but also will have a certain impact on the defense of the side. While many teachers pay too much attention to skill training during the teaching period, and carry out a lot of training for technical movements. They unilaterally believe that practice makes perfect and basketball consciousness will naturally form in repeated training. But such idea is wrong. Basketball itself has a strong teamwork, if only rely on personal strength, success is very difficult. Reasonable tactics and close cooperation between teams are needed to ensure the corresponding results.[4]

III. MAIN STRATEGIES OF FOSTERING BASKETBALL CONSCIOUSNESS IN BASKETBALL TEACHING AND TRAINING

A. Learn About Excellent Basketball Knowledge

In the course of teaching and training, teachers should organize students actively and watch basketball games together. This also requires teachers to carefully screen basketball matches before class, select better and representative matches, let students watch the cooperation between basketball players, as well as the prediction and treatment methods of each player in the matches. Through watching the video of basketball match, the basketball consciousness of students is constantly cultivated. In basketball, whether it is attack, defense, move or the cooperation between teammates, players' basketball consciousness can be intuitively reflected. Through watching the game video of elite athletes, teachers can analyze the key points and the application of consciousness, which can help

students learn from the experience, and play a very positive role in improving students' sports skills and basketball consciousness. At the same time, teachers should give full play to their guiding role, promote the effective improvement of students' observation ability, and can use the way of group division to let students form groups to discuss and analyze the wonderful content and doubtful parts in the video, so as to achieve the purpose of improving basketball consciousness.[5]

B. Strengthen the Control of Theory Teaching

In the basketball game, apart from actively participating in practical activities, students should also learn all kinds of sports knowledge about basketball, which is also an important way to cultivate students' basketball consciousness. College basketball teachers should constantly improve the teaching of relevant theoretical knowledge. For some key technical actions, besides on-site demonstration, relevant theoretical knowledge should also be explained, so that students can master the characteristics of the movement through the study of theoretical knowledge, and then generate the corresponding basketball consciousness. Teachers can strengthen the application of modern teaching methods, such as using multimedia teaching to fully mobilize students' interest in learning, using mutual questions and answers, group discussion and other ways to improve students' knowledge structure, so that students can get a deeper understanding of basketball knowledge. Only in this way can students grasp sports knowledge more firmly and improve their sports level effectively. After having a certain basketball awareness, students can accurately find the opponent's problems in sports, and respond in time to better defend and attack.[6]

C. Cultivate Basketball Awareness through Basketball Games

The best way to cultivate students' basketball consciousness effectively is to do it in practice. Only through practice and personal experience can students' basketball consciousness and skills be effectively trained. Especially in the fierce basketball match, the situation on the court is changing rapidly. To win the game, students have to fully mobilize their brains to think about their own behavior and analyze their opponents' intentions, so as to ensure the effectiveness of defense and attack, which can greatly promote their basketball awareness. In addition, through basketball matches, students can discover their own shortcomings in time and find the strengths of others, which can help them learn from each other and improve their basketball consciousness and skills. Therefore, for the effective cultivation of basketball consciousness, basketball match is an indispensable part.[7]

D. Strengthen Tactical Training

For basketball matches, the cooperation ability and insight ability of the players themselves are one of the important conditions for deciding the success or failure of the matches. Therefore, in daily teaching, teachers should focus on cultivating students' insight ability according to the characteristics of students' movement. Specifically, through centralized and decentralized training of students' auditory and visual senses, the purpose of strengthening students' insight can

be achieved. After students have a certain insight ability, they need to train their analytical ability and adaptability. This training requires students to quickly analyze the opponent's behavior during the training period, and choose the right treatment measures according to their own learning. In this way, it can help students form a certain basketball consciousness, and in the process of deepening gradually form a sense of confrontation. In basketball, we must have certain tactics, which is also the key to win the game. Therefore, in the basketball teaching and training period, teachers should not only train the tacit cooperation between students, but also do a good job in tactical training, which can't only further enhance the basketball consciousness, but also enable students to effectively enhance the team spirit and ability.[8]

IV. CONCLUSION

To sum up, strengthening the cultivation of basketball consciousness in college basketball teaching and training can't only help students grasp the corresponding basketball knowledge and enhance their sports ability, but also effectively improve the quality of college basketball teaching. Therefore, in the process of basketball teaching and training, teachers must realize the importance of Cultivating Basketball consciousness. Combining with the actual situation of College students, the paper makes a thorough study of the relevant cultivation measures of basketball consciousness and applies them to all aspects of teaching activities. Through a series of intensive training, teachers should help students form basketball awareness, so as to better learn basketball

knowledge and skills, and feel the charm of basketball, so that the effect of college basketball teaching and training can be fully developed.

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