

## Research on the Current Situation and Improvement Strategies of Basketball Teaching in the New Era

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**Abstract:** Basketball plays an important role in sports, but the development of college basketball education in China is still at a relatively backward stage. Although many students love basketball, they still stay in the spontaneous movement stage and lack comprehensive and systematic study. At present, traditional basketball teaching has not adapted to the needs of teaching development under the new situation. There are problems such as single teaching courses and backward teaching methods, which seriously affect the further development of basketball. Based on the analysis of the problems existing in the development of basketball teaching in China, this paper puts forward some suggestions for the improvement of teaching content and teaching methods, in order to provide experience for the reform of basketball education and sports teaching, and promote the healthy and rapid development of basketball.

### 1. Introduction

Physical education teaching courses can achieve the expected results that can be achieved in a certain period of time, which we call the physical education curriculum teaching objectives [1]. The goal of the course is the basis of the course evaluation, and it is also the primary link of the course design, and it is also the realization goal of the physical education curriculum. The teaching objectives of the curriculum are hierarchical, and the functions of each hierarchical structure are different. Only by accurately positioning the objectives of the curriculum can the training objectives be better realized. First of all, the curriculum objectives should be adapted to the goal of talent training. The quality of talent training and the quality of basketball curriculum are interdependent. Secondly, the curriculum objectives should be adapted to the development of basketball. Basketball courses play an important role in the development of basketball. The development of politics and social culture restricts the formulation of the curriculum [2]. Finally, the subjective status of students should be revealed in the curriculum objectives.

When teachers set basketball teaching objectives, they should refer to the physical and psychological needs of students. The goal of the basketball course of college sports majors in Anhui Province is to use basketball as a way and means to implement lifelong sports thoughts. With the continuous development of society, the demand for talents is becoming more and more demanding. This requires us to modify the teaching objectives to meet the needs of social development and personnel training, and to delete those teaching materials that are not useful for future work. Colleges and universities in Anhui Province should pay attention to the characteristics of flexibility and unity when arranging teaching content, and strengthen the selectivity of content [3]. A certain degree of freedom should be reflected in the colleges and universities. Focusing on the training objectives of the sports major, the content of the basketball lesson should be properly optimized. Only the teaching content based on actual needs can ensure that the sports talents who truly adapt to the social needs can be trained to be qualified and competent.

## **2. Basketball Teaching Courses are too Monotonous**

At present, in the actual process of basketball teaching in China, most of the basketball teaching adopts a single outdoor teaching mode, mainly through the actual basketball action teaching. At the same time, in part of the basketball teaching process, the importance of theoretical teaching is ignored. Therefore, in the actual teaching process of basketball, the importance of textbook theoretical teaching is often ignored, which makes students lack of theoretical teaching in the actual teaching process of basketball, resulting in students' insufficient understanding of basketball theoretical knowledge in the teaching process of basketball, thus damaging the systematisms of basketball teaching. It is difficult to realize the real goal of basketball teaching by turning basketball teaching into a single physical exercise item [4].

## **3. The Teaching Structure is Confused**

At present, the development of basketball education in Colleges and universities in China is not closely related to theory and practice. There are still unreasonable distribution of education structure, which is generally confused. Many students study basketball out of spontaneous interest, but lack of systematic guidance, it is difficult to protect themselves in the process of sports, resulting in some safety accidents. Many sports teachers only pay attention to the connection of action in the process of teaching, but neglect the guiding role of theory, which leads to the abnormal development of students. Because teachers do not pay attention to it, some girls are difficult to control the content of basketball teaching comprehensively, and students' technical skills are difficult to improve comprehensively. With the continuous progress of the times, the development and requirements of various undertakings in our country are constantly improving. There is a relatively backward phenomenon in sports knowledge. Some college teachers only pay attention to theory but neglect practice. Some pay attention to practice and neglect theory. The unbalanced development of teachers has become an important factor in the development of College basketball. Teachers' non-professionalism has also greatly affected students.

## **4. Necessity of Basketball Education Reform in Colleges and Universities**

China is a big sports country, but it is not a strong sports country. Although China is in the forefront of the world in some sports, the overall level of ball games such as football and basketball is still at a low level. In order to realize the leap-forward development of physical education, it is imperative to reform the physical education in Colleges and universities. Starting from colleges and universities, we should improve the level of competitive basketball in our country and provide professional talents for the development of basketball in our country. At the same time, we should also pay attention to the study and development of theoretical knowledge, so that our basketball theoretical knowledge can be in line with the world in time. Although basketball education in Colleges and universities does not have the responsibility to train national basketball professionals, the progress made in the teaching process will provide effective experience guidance for the development of basketball in China, and will deeply affect the development of national basketball reserve talents. Quality education is an educational concept advocated by the economic development and social needs of the country in the new era [5].

Quality education pays more attention to the all-round development of students, combines moral, intellectual, physical and aesthetic work, and cultivates excellent talents who can contribute to social development. College students are the main transportation point of social talents. The reform of basketball education is an important manifestation of the implementation of quality education in the country. Nowadays, the development of the times is changing with each passing day, but the education in some colleges and universities still stays at the stage of several decades ago, failing to keep up with the needs of the times, and failing to achieve timely and international integration. The reform of college basketball education has become a necessary condition for the development of College basketball. Only by reforming the old teaching mode can we really promote the

development of College basketball. Basketball is highly athletic and needs strong physical qualities as sports support [6]. The reform of basketball teaching methods in Colleges and universities is conducive to enhancing students' physical quality and providing more energy for learning other theoretical knowledge.

## **5. Innovative Thoughts on Basketball Education Reform**

In the reform of basketball teaching in Colleges and universities, we should first define the concept of "people-oriented" reform and development. Put students first. Students and teachers are the main body of teaching activities. Teachers should use a new idea to guide their teaching. Teachers should make teaching plans according to the teaching objectives after the reform of the new curriculum standard. Let students participate in basketball learning activities, divide the plan into different units, in different units within the course hours must be reasonable to complete the course tasks, in the teaching process should also pay attention to students' learning situation. At the end of the course, we should communicate with students after class, listen to their ideas, let them put forward their own opinions, and combine them with specific teaching [7]. Only in this way can we solve students' practical problems and achieve the teaching objectives.

The education reform of college basketball should pay attention to the individualized development of students. Teachers should pay attention to the situation of students themselves when teaching. According to the students' personality characteristics, make a plan suitable for students' development. For example, a student can shoot more accurately, so that he can play the main role of the controlling player. At the same time, he can cultivate his ability of outside line and penetration. Teachers should not organize competitions immediately after technical teaching to students. They should first explain and transmit some rules and contents of safety accidents so that students can learn enough knowledge of self-protection and then compete. After all, basketball match is a team sport. Team spirit should be paid attention to as well as personality development. Teachers should change the single teaching mode in teaching and integrate the teaching mode of cooperative learning into teaching practice effectively so that students can truly achieve all-round development.

## **6. Discussion and Conclusion**

Interest is the best teacher. The traditional teaching mode is too rigid and dull, which makes many students not very interested in basketball. In the educational reform of College basketball, diversified teaching should be integrated into the teaching process. Teachers arrange courses reasonably before class, combine theory and practice courses well, and make the courses show diversified and interesting characteristics, such as adding some small games to basketball teaching, developing basketball knowledge competition, organizing shooting competitions and so on [8]. First let students love basketball courses, actively participate in basketball classes, and finally let students love basketball to achieve real love, so as to play a better teaching effect.

Teachers can study various kinds of sports games and observe what kind of sports games students like. In the classroom can carry out more games that students like, so that students can have great enthusiasm for basketball. When playing games, teachers can set some game goals, learn to use the corresponding basketball skills in order to achieve the goals proposed by teachers, and bring their own imagination and creativity into play, so that their team can win. Teachers can also encourage students to play their imagination and create games. Before the end of PE class, teachers can select several students and distribute tasks, so that students can discuss with each other and find out the games they need to play in the next PE class. And high-speed students, the creation of games to basketball learning, and can combine it with learning [9]. In the process of playing basketball, students should have a deep understanding of the basic skills of basketball and master the learning situation of basketball. We can try to use games to solve the difficult problems of action skills in basketball teaching. In the process of playing game roles, students can enhance their creativity in an all-round way, which is of great help to the future development of students. In basketball class, after the development of sports games, the classroom atmosphere will be more

harmonious, will be full of joy, so that students can feel the joy of basketball learning from the game. Sports game teaching can be implemented by students playing in groups. After students playing in groups, teachers' scoring standards must be fair. Through the competition, we should let students understand the difficulty of competitive sports and let them feel the hard work of athletes through sports.

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