

Optimization and Practice Exploration of Basketball Teaching and Training System

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Abstract: In today's era, basketball can be said to be a very popular sport for young people, and with the development of basketball events, basketball has gradually become a very popular application in the field of sports, which has been widely concerned by people. In the school basketball teaching, mainly cultivates the student in the basketball aspect skill and the skill, therefore to the basketball teaching establishment must carry on the effective link with the curriculum reform, thus promotes the education cause reform better, also enhances the basketball sports teaching quality. This paper mainly analyzes the optimization and practice of basketball teaching and training system, expounds the significance of basketball teaching, discusses some shortcomings in the current basketball teaching and training system, and puts forward specific optimization countermeasures, hoping to play some reference role for relevant educators.

1. Introduction

Since the development of basketball in our country, this sport can be said to be deeply loved and supported by people, now more and more people have participated in this sport, from here we can see that basketball has a solid mass base in our country. For the school's basketball teaching, but also by the students'love and welcome, and now basketball teaching has become one of the school's essential physical education courses. With the continuous reform and improvement of education in our country, education and teaching pay more attention to the cultivation of students'physical quality, and quality education emphasizes promoting the all-round development of students, and through the development of basketball teaching, it can better cultivate students'physical quality and sports skills. Therefore, basketball teaching plays a very important role in the reform of school education, and how to improve the quality of basketball teaching and optimize the training system has become a problem that educators think together.

2. The Significance of Basketball Teaching

The basketball teaching carried out by the school cannot only enhance the students'physical quality, but also promote the diversified development of the curriculum, attract the attention of the students better through the interest of the basketball teaching, provide a kind of leisure way for the students to study, relieve the students'learning pressure and promote the students'all-round development. And applying basketball to classroom teaching cannot only cultivate students'interest in sports, make students love sports, but also promote students'physical and mental health. In the traditional teaching mode, teachers mainly focus on the knowledge explanation, pay attention to the students'mastery of the knowledge, but there is a certain neglect of the development of sports courses such as basketball, so that the students'learning pressure and negative emotions cannot be timely catharsis, and then have a resistance to learning. With the continuous development of the new curriculum system reform, education and teaching also advocate diversified teaching forms, so as to better enrich students'curriculum learning and attach importance to the all-round development of students, so basketball teaching has also been improved to a certain extent. Nowadays, school teaching also pays more attention to students'physical quality, however, people's overall physical quality generally shows sub-health state, which needs to be further improved, so we should strengthen physical exercise in teaching. Through the development of basketball teaching, it cannot

only stimulate students'enthusiasm for learning, but also train students to run, jump and other aspects of physical ability, in addition to improve students'ability to respond. Students can cultivate their own sense of teamwork in basketball, and have a deeper understanding of the importance of the team, so that students can have a positive attitude. Schools can promote the reform of education by carrying out basketball teaching activities, arousing students'enthusiasm and cultivating students'sports ability.

3. Problems in Basketball Teaching

3.1. The Teaching Process Is Monotonous and It Is Difficult to Form a Benign Interaction Between Teaching and Learning

In the traditional teaching mode, PE teachers mainly adopt their own demonstration, students imitate the way of practice to carry out basketball teaching, such a way is too single and boring, students need to better practice the relevant essentials through their own memory, so they cannot effectively improve the quality of teaching. Teachers often do not give targeted guidance to students after demonstration, but let students practice freely. Due to the lack of teacher guidance, students practice intelligence as an aimless process of repeated imitation, cannot effectively arouse the enthusiasm of students, and students cannot really master basketball skills. In addition, the teacher did not carry on the benign activity with the student, the teacher should develop the related game activity to cultivate the student's study interest, enables the student to participate in the basketball study positively. But in practical teaching, teachers often ignore the importance of activities and make physical education become free activity classes.

3.2. Lack of Teaching Evaluation Model and Weakening of Students'main Position

The teaching evaluation mode of the school plays a very important role in promoting the teaching reform, but some teachers do not make a perfect teaching evaluation system in the teaching process, and the evaluation of the students only stays on the students'achievement, which cannot play the main function of the teaching evaluation effectively. Teachers in the assessment of basketball teaching, often fixed specific assessment action, and the related action is relatively simple, so cannot fully mobilize the enthusiasm of students, also cannot enable students to master more basketball skills, did not achieve the overall training of students'basketball ability.

4. Strategies for Optimizing the Teaching and Training System in Basketball

4.1. Adjustment of Teaching Content

When carrying out basketball teaching, teachers should pay attention to the teaching content must meet the relevant requirements of teaching objectives, so as to reasonably screen the teaching content and formulate a scientific and reasonable teaching plan. Teachers should combine the theory teaching and the practice teaching effectively and allocate the class time reasonably. For basketball training, theory and practice are the key to improve students'basketball ability. In the traditional basketball teaching, there exists the phenomenon that teachers attach importance to theory and practice lightly, which is not conducive to the cultivation of students'comprehensive ability. And basketball teaching should not only make students master relevant theoretical knowledge, but also use it concretely through practice, and improve their own skill level through training. Therefore, teachers should improve the content of basketball training, first of all, expand the relevant theoretical knowledge, and carry out scientific material selection, but also strengthen the development of practical teaching, so that students can link theory and practice, consolidate and train basic skills and methods. The school can organize basketball competitions on a regular basis, encourage students of all grades to participate in them, and provide students with the opportunity to train in their spare time, so as to better cultivate students'interest in learning, arouse students'enthusiasm, put them into basketball training, improve the quality of basketball teaching, and better realize the teaching goal.



Figure 1 Athletes in the sports field

4.2. Combination of Theoretical Knowledge and Practical Training

In basketball teaching, teachers should pay attention to the connection between theory and practice, and be able to give full play to students' subjective initiative and arouse students' enthusiasm and initiative. Teachers can make students master relevant basketball knowledge through theoretical teaching, and then enable students to internalize theoretical knowledge through practical teaching. In basketball teaching, students are not all sports students, so there are some differences between individuals, students' sports level and learning ability are different, and some students with high learning level may not be good at sports, and lack of practical experience in sports. Teachers should treat this type of students equally, take effective countermeasures, such as stratified teaching, and take targeted guidance according to the students' actual situation, so that they can master the relevant motor skills. Teachers should arouse students' initiative so that they can carry out theoretical study on the one hand and practice exercise actively on the other, so as to strengthen the use of knowledge, improve their own physical quality and promote the all-round development of students. The targeted teaching adopted by teachers cannot only cultivate students' interest in learning and improve their enthusiasm, but also improve their learning efficiency, so that students can carry out learning activities more purposefully and improve their own learning quality.



Figure 2 Coach's motion

4.3. Improving Teaching Equipment

When carrying out basketball training, schools must have perfect teaching equipment, so that students can choose diversified equipment and improve their learning efficiency in the process of carrying out basketball practice training activities. Only if the school's teaching equipment is advanced and complete, can it better promote the teaching reform. The role of advanced technology and equipment in teaching reform is very important. Therefore, teachers should adopt scientific training methods to cultivate students' athletic ability. The content of the textbook has a certain lag in updating, so it cannot meet the development requirements of the times, and the content of the students cannot be combined with the changes of the times. Therefore, teachers should help students to better carry out practical training in a well-equipped learning environment, so as to meet the development needs of basketball sports. Teachers should also constantly improve the teaching content in the teaching process, and integrate the latest forms, techniques and training methods of basketball development into the specific training system, so as to better achieve the teaching objectives and improve the students' basketball level.



Figure 3 Basketball teaching

5. Conclusion

To sum up, there are still some shortcomings in basketball teaching at the present stage, which require teachers to change teaching ideas in time, enrich teaching contents and training forms, strengthen the combination of theoretical teaching and practical teaching, and better cultivate students' basketball ability. Schools should also improve the relevant teaching equipment, integrate teaching resources, carry out basketball games, so as to arouse the enthusiasm of students, cultivate students' interest in sports, promote the development of students' physical and mental health, and better promote the reform of basketball teaching.

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