

Application of Combination Training Method in Football Teaching of Colleges and Universities

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Abstract: In order to ensure the quality of classroom teaching in colleges and universities, teachers are required to flexibly apply teaching methods so as to effectively combine football teaching and combination training method, which helps to comprehensively improve the comprehensive quality of college students, fully play the role of combination training method and enhance the quality of college football teaching. This paper will analyze the current deficiencies during the development of football teaching and formulate a perfect football combination training method based on the actual conditions, hoping to effectively improve the teaching effect, help students master more football skills, and promote the healthy growth of students.

1. Introduction

Under the background of quality education, there are still many deficiencies in football teaching of colleges and universities, which directly affect the effect of football classroom teaching. To improve teaching quality, it is necessary for teachers to effectively combine students with football teaching content and reasonably apply combination training method. Only through the flexible application of teaching methods, can teachers better achieve the goal of football classroom teaching, and smoothly carry out football teaching activities. The combination training method not only helps college students master more football skills and professional knowledge, but also ensures the effectiveness of football classroom teaching.

2. Analysis of Deficiencies Existing in the Current Football Teaching

Football produces a great influence on sports activities. However, there are still some deficiencies in football teaching of colleges and universities, which has affected the teaching effect and hindered the development of football education. In order to promote the healthy development of football in colleges and universities, teachers are required to comprehensively analyze the problems existing in the current football teaching, formulate teaching plans according to the causes of problems, constantly optimize the football teaching content, make more college students like football and help them master football skills. At present, the problems in football classroom teaching mainly include the following aspects: first, the teaching content is not improved. When carrying out football classroom teaching, teachers have not paid attention to optimize or improve the teaching content of football tactics, and have not formulated perfect football teaching objectives according to the actual situation of students. Usually, students are only required to master some basic football skills in class. Teachers are not aware of the significance of football tactics. Meanwhile, many students have not been fully aware of the importance of football. Teachers also fail to stress the cultivation and improvement of students' psychological quality. As a result, the single characteristics of football classroom teaching activities can not actually meet the current requirements or achieve development goals of football development, thus affecting the teaching efficiency^[1].

Second, the professional ability of football coaches in colleges and universities needs to be improved. In the analysis of the actual situation of football teaching, problems, such as the lack of rich connotation in football teaching theory, insufficient innovation in teaching content, mismatch

between football teaching and teacher resources, the lack of professional ability of many football coaches, failure to update football teaching mode and teaching concept in time, core of football teaching without highlight, have been found. According to the practical survey, 40% of football teachers do not get the level of football coach player, while 30% do not get the level of second level player coach and only 20% do not get the level of national first-class player coach. In addition, in football teaching, some teachers have not participated in football training or teacher training for a long time, which leads to the slow update of teachers' professional knowledge and the lack of innovative consciousness in football teaching activities. In order to promote the orderly development of football teaching in colleges and universities, it is necessary to pay full attention to the ability and teaching level of football teachers, so as to continuously optimize the football teaching effect.

Third, there is not enough football training time for students. According to the practical investigation, only 10% of teachers insist on carrying out football training activities for students in football classroom teaching. Some colleges and universities usually organize students to carry out football training just in the early stage of competitions. In the process of training, teachers are often very strict to carry out training activities. They pay more attention to students' speed without a comprehensive understanding of students' physical and mental state, which directly affects the effect of football training. Moreover, when teachers carry out football training activities, the training methods adopted are not systematic and standardized. Meanwhile, there are relatively few football training time for students. All of these lead to students' lack of experience in mastering football skills, producing a great impact on college students' football ability ^[2].

3. Specific Application Measures of Combination Training Method in Football Teaching

3.1 Tactics and Psychological Quality Training

An excellent football player should owe good football tactics and physical fitness, as well as healthy psychological quality. In the ever-changing football match, only if football players have good psychological quality and maintain good mental state, can they achieve good results and win the final victory. When carrying out football classroom teaching in colleges and universities, teachers are required to reasonably apply the combination training method to help students gradually improve their ability to face setbacks and pressures, guide students to actively face setbacks and pressures encountered in the process of football training, and gradually adjust their psychological state, so that students are able to develop good psychological quality, and lay a good foundation for students' future work and study. In the process of carrying out combination training method, teachers should pay attention to the cultivation of students' psychological quality, guide students to consider the competition correctly, and develop a good sense of struggle. In order to win in the football match, teachers should stress the cultivation of tactical consciousness. First of all, an excellent football player is required to have a good sense of teamwork and team spirit. In the formulation of combination training method, the coach needs to fully understand students' own characteristics. A targeted and purposeful training plan is conducive to giving full play to the role of combination training. At the same time, it can effectively prevent athletes from not paying attention to the interests of the team in order to highlight themselves. Secondly, teachers are expected to create more opportunities for students to simulate the actual combat in the classroom. Through the actual combat simulation, students are capable of constantly challenging the football tactics, getting rid of their own shortcomings, and gradually enhancing the football tactical awareness of players, which are conducive to comprehensively improving the overall level of college students' football competition. As a team sport, football match not just depends on individual performance. Therefore, teachers need to reasonably use the combination training method to help students gradually cultivate good tactical awareness and technical literacy, which can effectively improve the quality of students' training. Teachers should also combine the actual situation of students and football teaching content, reasonably apply a variety of training methods, and constantly cultivate students' moral and tactical thinking and tactical awareness, thus strengthening the training of students'

psychological quality. In addition, teachers can provide students with more practice and organize students to carry out competition activities, so as to fully mobilize students' enthusiasm for participation, and gradually cultivate students' psychological quality in the activities^[3].

3.2 Football Physical Training Content

In the traditional football classroom training, teachers usually separate football skills training from physical training and carry out physical training separately. However, due to the long time of football match, the amount of exercise and sports intensity that players bear are relatively tense. If the skill training and physical training are separated in the usual training, there are very obvious defects, which is not conducive to the cultivation of football players' comprehensive quality. The effective combination of skill training and physical training can effectively cultivate players' physical fitness, playing a very important role. At present, college football players' ability and quality are far from the level of professional football players. Through the combination of physical training with ball and physical training without ball, the overall training effect of college football players will be improved. The specific method is as follows: as an intense sport, football competition requires strong anaerobic endurance. The time of a football match is usually 90-95 min. Great differences exist in physical consumption of football players in different positions. In general, the running distance of central back players is 8-10km, that of middle players is about 10-14km, that of central avant-garde athletes is 11-13km and that of the full back and the frontier guards is 9-12km. The running mileage of forward athletes is about 9-10km. They should also complete about 40 times of confrontation, 20 times of jumping, 180 times of personal behavior, and the time between sports is usually no more than 30s^[4].

3.3 Football Technical Training Content

In the training and technical guidance for college football players, teachers need to follow the principle of gradual training. Combination football training method is conducive to gradually improving students' football technical level. Due to the high cognitive ability and innovative thinking of college football players, their overall technical ability can be improved and good football training effect can be achieved in the process of football technical training. The main reason is that the use of no confrontation training mode and pure passing and receiving training fails to help students improve football skills even if repeated football practice effect is achieved. In order to improve students' football technical ability, it is necessary to guide them to pay attention to the summary and analysis of actual combat experience, so as to help students better master football related skills and improve their overall football technical ability^[5].

For example, teachers are expected to reasonably apply the three-stop cycle training mode and set up a marker post reasonably. The distance between each marker post is 1 meter. After bypassing the last marking pole, players should dribble slowly towards the starting point. At the same time, the distance between players should be about 5 meters to 8 meters, which is conducive for them to pass each other. This way improves the training effect of passing and catching the ball. In the process of training, teachers are required to reasonably control the training intensity. The interval heart rate and heart rate of players should be maintained at about 120 beats per minute and 150 beats per minute respectively. The training time needs to be reasonably controlled within 50 minutes. Mixed method of continuous and intermittent training effectively exercises football players in each position. In addition, in the past, students usually prefer to carry out regional attack and defense training activities. However, this kind of football tactics puts forward high requirements for players' ability. In order to improve students' own ability, teachers can reasonably carry out offensive and defensive confrontation simulation competitions in class, which helps to improve students' football tactical awareness. Through the simulation environment, they are capable of skillfully applying football tactics and becoming winners in the real game^[6].

4. Conclusion

To sum up, in the development of football teaching of colleges and universities, reasonable

application of combination training method helps students to cultivate comprehensive quality. The effective combination of football teaching content and students' actual situation and continuous optimization of combination training method ensure the quality of football teaching. To promote the all-round development of college students, teachers should be fully aware of the importance of applying the combination training method in football teaching, and constantly optimize the football teaching scheme, so as to give full play to the role of combination training method and improve the football teaching effect.

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