Analysis of the Application of Combination Training Method in College Soccer Teaching

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Abstract

The combined training method is a training method that uses multiple training methods to repeatedly practice students' soccer technical movements so that students' physical fitness, tactics, and technology can be effectively exercised and thus improve students' comprehensive quality. The quality of college soccer teaching can be further improved. Most of the teams organized in schools are chosen by students who are relatively strong and excellent in all aspects, mainly because the time students in school is relatively short, so the team often changes its members, which makes the players unable to cooperate reasonably with each other, and often some members of the team will quit because of the reasons related to further education and so on when they spend the initial period of integration. The overall stability of the soccer team is challenging to improve, so it is difficult for college students to give full play to their level. In conclusion, it is necessary to discuss and study the application of the combination training method in depth.

Keywords

College English Teaching, Practice, Curriculum Design, Teaching Evaluation

Along with the implementation of the concept of health education and the overall development of the national fitness movement, people pay more and more attention to physical education and sports. As a training base for social talents, the quality of physical education in colleges and universities is directly related to the improvement of the health quality of all people. In turn, soccer, as an essential aspect of physical education in colleges and universities, its teaching level not only reflects the physical education level of colleges and universities themselves but also has a direct impact on the overall competitive level of soccer in China (Xiaojian Zhang, 2018). The combined training method is a training method that intersperses and organically combines various types of exercise means in the training process, which can achieve training effects that exceed those of traditional training methods and is widely used in the training of sports. Furthermore, soccer is a sport that has high requirements for various abilities such as physical fitness, psychology, thinking, and technology of people, and it is necessary to repeatedly train through scientific and reasonable methods if one wants to improve one's soccer ability (Wenjin Duan, 2021). Many colleges and universities are also actively trying new teaching methods and have also achieved specific effects, which provide a good reference for improving the teaching level of college soccer (Dong Ma, 2017). Soccer is more confrontational, and students need to have strong teamwork ability, which requires them to be able to have solid tactical awareness in addition to high technical literacy. Teachers in colleges and universities use a combination of training methods to develop students' tactical mindset during the teaching of soccer training (ChaoYuan, 2019). In many areas, the value of the combined training method is very significant. By doing so, students can improve their soccer skills by combining training methods and organizing them with each other, which can make the training more effective to a certain extent. The use of soccer skills as well as physical training can be effectively summarized in an optimal way to come up with a more targeted program (Yang Jacob,
1. Current situation in the teaching and training of college soccer

1.1 The stability of the player composition is poor

Usually, colleges and universities will select students with high soccer levels and comprehensive quality in each grade when forming soccer teams, but since students study in colleges and universities for only three or four years, the players in the teams are replaced more frequently, which causes the stability of the whole team members is not high. It is mainly manifested in the following two aspects.

(1) New students joining the team and graduates leaving the team make the team members more mobile.
(2) New members need to go through a long period of training and integration before they can really play their roles in the team and can really integrate into the team.

In view of this, due to the limitation of school time, it is difficult for college students to give full play to their value in the soccer team, and the stability of the college soccer team is poor.

1.2 Insufficient training time

The study is the first priority of college students, and soccer training can only be carried out after a sufficient guarantee of study time. Thus, the time for soccer training is insufficient, and the training lacks continuity, which makes it difficult to achieve the expected effect, and these have a big gap with the professional soccer team. In addition, since the soccer players are from different grades, it is difficult to achieve consistency in their daily schedule, and there are often time conflicts, making it challenging to train uniformly at the same time, thus causing a lack of time for the training of the whole team and making it difficult for the players to play their roles well.

1.3 Lack of correct understanding of soccer

In the teaching of soccer in many colleges and universities, the proportion of the teaching of soccer theory courses is tiny, which makes students' understanding of soccer only stay in the most basic general knowledge and lack of more profound understanding of soccer. In soccer games, some players do not know enough about team cooperation and try to use ball crossing and flashy moves to realize the transmission of soccer between players, and some players even know nothing about the constitution of the game, and then they repeatedly commit fouls on the field and are even disqualified from the game.

1.4 The low overall quality of soccer coaches

At present, most of the soccer coaches in colleges and universities are physical education teachers, although these physical education teachers have rich experience in primary sports education and can effectively promote the development of students' essential sports quality and skills, due to their lack of professional soccer knowledge and skills, which makes them unable to teach and guide students from a professional perspective, and the education of students' soccer psychological quality. There is no way to talk about it. In addition, because physical education teachers in colleges and universities focus on theoretical courses in the process of teaching soccer, they seldom involve in the teaching of soccer training knowledge, thus failing to improve students' soccer skills as a whole.

2. The application strategy of combination training method in college soccer teaching

2.1 Application of combined training method in physical fitness training

Physical fitness is a general term for the comprehensive ability of strength, speed, endurance, and coordination shown by people in the process of sports, which can truly reflect an athlete's athletic ability. All from simple to complex movement skills, the tactical cooperation effect needs to be built based on whether the athlete has sufficient physical energy to really play out. Especially in soccer, physical fitness is a critical factor in deciding whether to win or lose a game. Usually, a regular soccer game can be divided into two halves of 90 minutes in total, and if there is a different game, the game will be extended to 2 hours; during the game, soccer players need to run continuously on a 100-meter-long soccer field, the volume of movement, the intensity of the confrontation is self-evident. This mode of movement means that soccer players must have superb endurance and strength, as well as sufficient agility and flexibility, which is very demanding for the athletes' physical fitness. Therefore, physical training is an essential part of soccer training, and athletes often invest the most time and energy in physical training, so soccer teachers in colleges and universities can apply the combination training method to physical training to improve students' physical quality.
Firstly, soccer teachers should pay attention to the relationship between training intensity and training volume when making physical training plans. High-intensity training actions or increased training volume will not consistently improve the training effect. Training in moderation is a practical principle in soccer training, and only a combination of various intensity training methods, combined with the individual ability of students to adjust the training volume to give students the best training feedback. Secondly, physical training should be combined with the characteristics of soccer, soccer technical training. The final result of physical training serves soccer sport. In the past training process, soccer teachers tend to separate physical training and soccer technical training from each other and include them in independent training modules. However, in the actual training process, soccer technical training and physical training coordinate with each other and complement each other often to develop students' soccer abilities better. For example, adding the content of holding the ball in the folding and running training can not only achieve the purpose of enhancing students' physical ability but also exercise students' ball sense. Thirdly, pay attention to strength training. Soccer seems to be an endurance sport, but high-intensity physical collisions and physical confrontations often accompany it. The strength of an athlete's body can directly affect his or her passing rate and confrontation ability. Soccer teachers need to combine aerobic and anaerobic training and increase the content of core strength training for students to take the strength advantage on the field of play.

2.2 Application of combined training method in a technical training

Soccer technical training includes two types of training: basic technical training and advanced technical training. The former is to build a solid soccer technical foundation for soccer players. The latter is the elevation of the soccer player's soccer level. The basic techniques are the core of soccer techniques. In contrast, advanced soccer techniques are usually combined or derived from various basic soccer techniques and are the key to winning for soccer players. When using the combination training method for soccer technique training, teachers should uphold the training principle of changing from easy to difficult and from simple to complicated, pay attention to the mastery of students' basic techniques, and design training contents from single basic technique training to combination basic technique training for students until students can use all kinds of basic techniques comfortably. After continuous basic technical training, teachers should appropriately raise the technical difficulty according to the student's technical training status, teach students higher-order technical skills, intersperse higher-order technical training with basic technical training, and improve students' soccer technical level step by step. At the same time, soccer teachers can regularly organize intra-team technical competitions so that students can apply what they have learned, accumulate technical experience in practice, understand their technical weaknesses, and give students technical guidance and correct their movements to deepen their understanding of the depth of each technique gradually.

2.3 Application of combination training method in tactical training

Soccer as a team sport requires a high level of teamwork, and the synergy between players and the execution of team tactics is the most attractive point of soccer. The purpose of tactical training is to cultivate the tactical awareness of players and to improve the teamwork and tactical execution ability among players. Unlike single-player sports' "heroic" victories, soccer victories are often team victories, where outstanding individual skills can sway the game for a while. However, excellent team tactical cooperation can set the whole game. The execution of soccer tactics tests the players' tactical understanding, thinking, teamwork, situational judgment, etc. In order to play the expected effect of tactics in the game, it is necessary to strengthen tactical training in daily training. After students have a particular soccer foundation, teachers should consciously add tactical elements to their daily teaching or training, explain standard tactical systems to students with the help of game videos, and let students copy the tactical contents from the videos to cultivate students' tactical awareness and deepen their understanding of various conventional tactics. Afterward, teachers should tailor the tactical system for students according to their individual technical, physical, and personality characteristics so that their strengths can be entirely played in the tactical cooperation to achieve the purpose of "1+1>2". In addition, teachers can arrange soccer tournaments to regularly compete with other institutions' soccer teams to test the results of tactical training so that students can clarify their tactical positioning, identify the shortcomings of existing tactics, and improve, optimize, and innovate the tactics according to the results of actual combat.

2.4 Application of combination training method in mental training

Soccer is a confrontation of physical ability but also a competition of psychological quality. Soccer players need to maintain a high fighting spirit, a tenacious spirit, and a will never to give in to defeat to face the changing forms of the field, to deal with each match, win or lose calmly, and to meet the next match in the best condition, in order to continue to improve in the accumulation of competition after competition. Teachers can provide students with psychological
counseling and training before, during, and after the competition to help them relieve their psychological pressure. Before the competition, teachers should guide students to establish the concept of "friendship first, victory and defeat a second", relax students' bodies and minds, and let students treat the competition with an ordinary mind. During the game, teachers should cheer for students, encourage them, praise them when they play well, and comfort them when they make mistakes to ensure they can play well. After the competition, teachers should do an excellent job in students' thinking so that students will not be proud of winning or not tired of losing, and summarize the competition experience in time, point out the shortcomings of students, find out the room for improvement, and motivate students to play better in the next competition.

3. Conclusion

Although the combination training method has been applied in physical education reform for many years, the method always needs constant innovation. It needs to be optimally combined according to various factors such as students' characteristics, teaching needs, and social needs to improve teaching effectiveness. In applying the combination training method in soccer teaching, the author highlights the subjectivity of students and emphasizes stimulating their active participation. Through experiments, it was found that the combination training method significantly improves students' cognition and interest in soccer and their technical and tactical level development. While seeing the achievements, some problems were also found, such as how implementing combination training in a larger class would affect the effect and how to improve the science of combination training. These issues still need to be explored. Innovation is the key to promoting the combination teaching method to adapt to the development of social soccer. Scientificity is a vital basis to guarantee the implementation effect of the combination training method, grasp the scientificity and innovation need to have solid theoretical support and practice, and constantly improve the application mode of the combination training teaching method from the application.

References


