



The Concept and Training Method of College Basketball Training

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Abstract

As a competitive sport, basketball requires the application of scientific concepts and methods. This paper discusses the concept and training methods of college basketball training. The concept section analyzes the meaning of the basketball training concept and emphasizes the importance of scientific concepts in college basketball training. These concepts include standardized and quota load, periodic and targeted training, as well as confrontational and practical analysis. In the methods section, the application of various training methods, including the "eight characters" training method, comprehension training method, game training method, imagination training method, psychological awareness training method, and repeated enhancement training method, in college basketball training was explained. Through the application and analysis of these methods, the aim is to provide valuable insights and guidance for college basketball training and to enhance students' development and progress in basketball. Trainers must continue to learn and keep up with the pace of the times in order to integrate the latest training concepts into their teaching practice. This is essential to enable basketball players to maintain their competitive advantages and achieve better results. The scientificity and rationality of basketball training concepts directly impact the training effect on players and the overall improvement of their skills.

Keywords

College basketball training, ideas, training methods, technology, tactics

Introduction

Basketball has been widely played and developed in colleges and universities. College basketball training not only improves students' physical health but also cultivates their teamwork spirit, leadership skills, and psychological well-being. However, due to the influence of traditional basketball training concepts and methods, the effectiveness of college basketball training is not satisfactory. It is difficult to motivate athletes to train with enthusiasm. In order to effectively stimulate athletes' training enthusiasm and improve the effectiveness of basketball training, colleges and universities should update their basketball training concepts, innovate their training methods, and enhance the overall training effect. These measures play a crucial role in promoting and developing college basketball.

1. Application of college basketball training concept

1.1 The connotation of the basketball training concept

The basketball training concept is a comprehensive combination of factors to guide the concept of basketball training, with scientific and flexible characteristics, the scientific and reasonable training concept is directly related to the

effect of basketball training, therefore, college basketball coaches must continue to adjust and update the training concept with the development of basketball, and guide training practice with scientific training concepts. The generation of the basketball training concept is through long-term practice accumulation and summary, it does not exist in isolation, but according to the characteristics and laws of basketball, comprehensive thinking and induction of training methods, tactical layout, physical training, and other aspects. Each basketball coach should form unique training concepts based on his own teaching experience and in-depth understanding of basketball, which are instructive and operational in actual training to help coaches better guide the growth and progress of players. With the continuous development and reform of basketball, the concept of basketball training also needs to be adjusted, and new training methods and scientific training theories continue to emerge, bringing more possibilities for college basketball training (QIU Wenjun, 2022). Trainers must continue to learn, keep up with the pace of the times, and integrate the latest training concepts into their own teaching practice, in order to enable basketball players to maintain their advantages in the competition and achieve better results, the scientificity and rationality of basketball training concepts will directly affect the training effect of players and the improvement of the overall level.

1.2 Application of scientific concepts of college basketball training

1.2.1 Normalization and Quota Loads

Standardization and quota load are an important part of the college basketball training concept, standardization means following scientific and systematic training standards and processes in the training process, to ensure that each link has clear goals and arrangements, so as to improve the pertinence and effectiveness of training, avoid blind training and waste of time. Standardized training not only includes the specification of technical movements but also the specification of training plan, rest time, nutritional supplementation, etc., so as to provide students with a scientific training environment.

Quota load refers to controlling the amount of training during training to ensure that students train under a reasonable load, overtraining may cause physical fatigue and injury to students, affecting training effects and physical health. Therefore, coaches need to reasonably arrange the training load according to the physical condition, age, technical level, and other factors of the students to avoid overtraining and insufficient training. In actual training, coaches should develop standardized and tailored training plans based on the characteristics and specific circumstances of students. They should determine the students' training goals and requirements by gaining a detailed understanding of their physical fitness, technical level, and potential.

1.2.2 Periodicity and pertinence

Periodic training means dividing the training process into different cycles or phases, each with clear goals and tasks. Periodic training usually includes the preparation period, competition period, and recovery period, in the preparation period, the focus is on basic technical and physical training, laying a solid foundation for the subsequent competition period; During the competition period, focus on the training of tactical application and competition skills to improve the level of competition in the competition; The recovery period focuses on recovery and adjustment to help students adjust their state and prevent overtraining. Targeted training emphasizes the development of personalized training plans according to the characteristics and training needs of each student, and each student's physical, technical level, and psychological quality are different, so the same training method is not suitable for all students (ZHANG Xiaoning, 2021). Coaches should develop personalized training plans for the characteristics and needs of students, provide targeted guidance and training, and only according to the actual situation of students, tailor training plans to achieve the best training results. In practice, the effective application of periodic and targeted training requires coaches to have high training guidance ability and keen observation, and coaches should conduct a comprehensive physical, technical, and psychological assessment of each student to understand their strengths and weaknesses.

1.2.3 Adversarial and practical

As a competitive team sport, confrontation is the key element to improve students' competitive ability, in confrontational training, students through actual competitions with other team members, exercise their technical skills, tactical adaptability, and teamwork awareness. This kind of real-life training helps students better adapt to the tense atmosphere of the game and improve their ability to cope with unexpected situations. Actual combat training is an extension and deepening of confrontational training, which allows students to fully display their technical and tactical level in actual competitions by simulating real game scenarios. Practical training not only includes confrontational

games, but also tactical exercises, game simulation and review analysis, etc., students should not only show their personal technical level, but also learn to work as a team, effectively pass the ball, and reasonably arrange offensive and defensive strategies. Through practical training, students can better understand the importance of tactical layout, and develop flexibility and decision-making skills. In practice, confrontational and practical training should be moderate, combined with the actual level of students and training goals for reasonable arrangement, beginners can be familiar with the rules and basic tactics of the game through simple confrontation training, while high-level students need to carry out more complex and high-intensity combat training to improve the competitiveness of the competition (Lei Shaohua, 2021).

2. Application of college basketball training methods

2.1 Application of the "Bazi" training method

The "Bazi" training method is a flexible and diverse basketball training method, and its name is derived from the initials of the eight training elements: Control, Pass, Dribble, Shoot, Defend, Rebound, Run, and Psyche. The "Bazi" training method focuses on all-around technical and tactical training to help students improve their basketball level in an all-around way. Control emphasizes that students control the rhythm and situation of the game during the game, and in training, coaches will simulate game scenarios so that students learn to stay calm in tense situations and be good at organizing offense and defense. Pass is a vital part of the basketball game, it can speed up the team's attack, and improve the efficiency of cooperation, the "eight-figure" training method focuses on students' passing skills and awareness, through a variety of passing exercises, cultivates students' passing accuracy and speed. Dribble is one of the basic skills that basketball players must have, and the "Bazi" training method helps students improve their dribbling ability and athletic flexibility through dribbling exercises of different difficulty and rhythm. Shooting is the key means of scoring, but also an important embodiment of the technical level of basketball players, the "eight figures" training method includes a variety of shooting exercises, so that students can master shooting skills in different positions and postures and improve the shooting rate.

Defense is the key to stopping the opponent from scoring in basketball, and in the "figure eight" training method, students will undergo different types of defensive training to strengthen individual and collective defensive skills. Rebounding is an important part of competing for and controlling basketball in the game, and the "figure-eight" training method emphasizes students' jumping and positional awareness, giving them an advantage when competing for rebounds. Running (Run) requires athletes to run constantly, which requires students to have good physical fitness and endurance, and the "Bazi" training method improves students' physical fitness levels through targeted running exercises (LIU Shenghui, 2021). Psychological quality has an important impact on basketball players' performance and game results, and the "Bazi" training method incorporates psychological training to help students overcome tension and pressure and maintain confidence and concentration. The flexibility and diversity of the "eight characters" training method make it one of the commonly used methods in college basketball training, and coaches can select corresponding elements for training according to students' characteristics and training needs, so as to help students comprehensively improve their technical level and tactical ability.

2.2 Comprehend the application of the training method

The comprehension training method is a training method that emphasizes the understanding of basketball tactics and technical applications, in which students not only need to master the basic technical movements but also understand the principles and application scenarios behind them. Through the comprehension of the training method, students can have a deeper understanding of the nature of basketball, improve their ability to grasp the game situation, and flexibly respond to different game situations. At the heart of comprehension is understanding and application, which encourages students to think proactively and actively analyze tactics and techniques in training. By guiding students to observe the game, analyze the performance of excellent players, and let them independently think about the rationality of tactics and the subtlety of technology, students must not only learn to imitate but also learn to understand, understand the essence of tactics and techniques, and their practical application in the game. In the comprehension training method, coaches can let students understand the use of tactics in actual game scenarios through a series of tactical exercises and scenario simulations. Let students try different offensive tactics in simulated games to experience the effects of tactics through actual operation, while coaches can also help students understand the operation and details of tactics through tools such as video analysis and tactical boards.

2.3 Application of game training methods

The game training method is a fun and challenging method in college basketball training, which is characterized by simulating the game situation and improving students' technical and tactical level and teamwork awareness through various basketball games and games. In the game training method, students are no longer simply training objects, but actively participate in various competitions and games, and this active participation stimulates students' interest and motivation to learn, making them more engaged in training. Through a variety of fun basketball games and games, students can better understand the use of tactics and techniques and improve their resilience and skills in the game (ZHANG Yan, 2021). The game training method not only focuses on the cultivation of personal skills, but also emphasizes the importance of teamwork, in the game and games, students need to work closely with teammates, reasonable division of labor, and complete tasks together, this team spirit is not only reflected in the basketball court, but also can play a positive role in students' daily life.

2.4 Application of Imaginary Training Methods

Imagination training is a method that emphasizes psychological training, which improves students' psychological quality and ability to cope with stress by allowing them to simulate competition scenarios and training scenarios in their minds. This training method plays an important role in college basketball training, helping students build self-confidence, stay calm, and perform at their best when it matters. In the imagination training method, students need to close their eyes, concentrate, and imagine that they are playing or training, can simulate various situations in the game, such as shooting at key moments, tight defense, cooperation with teammates, etc., through this psychological training, students can foresee the difficulties and pressures that may be faced in the game in advance, and find solutions to problems. In practice, coaches can combine specific games and training situations to help students carry out imagination training, before the key game, coaches can lead students to collective imagination training, let them experience the tension and fierce competition of the game in their minds, through this collective training, students can better adapt to the pressure of real games, remain calm and stable.

2.5 Application of psychological awareness training method

Psychological awareness training is an important method in college basketball training, which focuses on cultivating students' psychological quality and awareness so that they can stay calm and focused during the game, and effectively deal with various challenges and difficulties. Psychological awareness training includes many aspects, such as concentration training, stress management, emotional regulation, etc., in the training, coaches will guide students to learn to concentrate, focus on the important parts of the game, and improve the concentration of the game (ZHAO Yunling, 2018). At the same time, coaches will also help students learn to effectively manage stress during the game, reduce anxiety and nervousness, and stay calm and calm. In the psychological awareness training method, the role of the coach is crucial, and it is necessary to become a psychological counselor of students, understand the psychological state and needs of students, and formulate corresponding psychological training plans according to students' conditions. Basketball game is a highly competitive sport, and psychological quality directly affects students' game performance, through psychological awareness training, students can better cope with the pressure and difficulties in the game, enhance psychological adaptability and self-confidence, and improve the level of mentality during the game.

2.6 Application of repeated enhancement training method

The repeated enhancement training method is an important method in college basketball training, which emphasizes improving students' basketball skills and tactics through repeated practice and accumulation of experience, this training method pays attention to details and persistence, helps students form muscle memory in technical movements, and enhances the stability and accuracy of skills. In the repeated enhancement training method, students need to repeat the same technical movement or tactical exercise, and the coach will carefully guide and correct the student's movements to help them find the most suitable movement method. Students need to repeat this action constantly, consolidate the memory of technical movements through repeated practice, and gradually improve their technical level through long-term persistence and accumulation. In practice, coaches need to develop a reasonable repeated enhancement training plan according to the student's situation, each student's level and needs are different, coaches also need to pay attention to students' emotions and motivation, timely motivate and encourage them to keep practicing.

3. Conclusion

The concept of college basketball training covers important aspects such as competition and practicality, periodization and specificity, standardization, and workload management. These concepts play a crucial role in college basketball instruction. They involve the use of various training methods such as comprehension training, eight-character training, awareness training, and game training. These methods aim to develop students' basketball skills and knowledge, as well as enhance the overall quality of college basketball teaching.

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