



# **Analysis of the Application of Basketball Games in College Basketball Teaching**

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**Abstract:** Educational games are also called "game teaching methods", which aim to effectively combine the teaching content with vivid and interesting games according to the syllabus. As a flexible teaching strategy, they are widely favored by teachers and students. In the physical education classes of colleges and universities, basketball is a traditional teaching subject, which is deeply loved by students, and therefore it is also very important in the physical education teaching system. With the reform of the teaching system, colleges and universities have gradually paid attention to innovation in teaching. Therefore, this article analyzes and discusses the application of basketball games in college basketball teaching.

**Keywords:** Basketball Game; Basketball Physical Education; Application

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In the ball games, basketball is a popular sport, which is collective and ornamental with strong confrontation, fun and fitness. Through basketball, students can enhance their physique and exercise their minds, so that they can develop in a comprehensive way in terms of physical and mental well-being. As an entertaining teaching method, basketball games can not only increase the enthusiasm of students, but also stimulate their enthusiasm to participate in basketball activities and promote the improvement of the teaching quality of basketball. Therefore, college physical education should consider the current status of basketball teaching and improve the teaching process through the game teaching method, so as to improve the effectiveness of basketball physical education, improve the overall quality of students, and provide a basis for the future development of students.

## **1. Current status of college basketball teaching**

Basketball originated in the United States in 1891 and was introduced to China in 1896. It has a long history in the world. Basketball activities also have an unshakable position in college physical education with its own charm. At present, based on college basketball sports courses, although college students are extremely passionate about basketball, their participation in the course is still low due to the impact on traditional teaching concepts and methods, and the motivation of students is not high and they are inactive in basketball learning classes. Students have lost interest in learning, and some basketball fans have also dampened their enthusiasm and lost confidence in basketball. Under this teaching model, college basketball sports teaching deviates from the actual needs of students, and the quality of education can not be improved.

## **2. The role of basketball games in college basketball teaching**

The application of basketball games in college basketball sports teaching can change the traditional teaching model, stimulate students' enthusiasm to participate in basketball activities, help cultivate students' collectivism, mobilize students' subjective initiative, and allow students to form free groups to give them full play in the participation. This teaching method is of great help in cultivating the spirit of group cooperation and collectivism of students. Through

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the development of basketball games, students can experience the power of the team in the game and feel the sense of mission and honor given by the team. At the same time, it also strengthens the interaction between students and improves the sense of cooperation and interpersonal communication skills, all of which play a vital role in promoting the comprehensive development of students' quality.

### **3. Problems that basketball games need to pay attention to in college basketball sports teaching**

#### **3.1 Apply basketball games based on actual conditions**

Based on the impact of traditional education concepts and models of basketball sports teachers in China's colleges and universities, in the process of teaching basketball games, repetitive teaching methods are frequently used, and students are not given more in-depth instruction in basketball training, resulting in students being in passive training for a long time, which has limited the effect of basketball games in teaching to a certain extent. Therefore, in this teaching process, teachers should pay full attention to the wishes of students, be student-oriented, and consider playing games with humanity.

#### **3.2 Take a step-by-step approach to apply basketball games to basketball sports teaching**

The step-by-step infiltration teaching method and the integration of basketball education in colleges and universities play a positive and important role in helping students improve sports ideology. Teachers should start from the actual situation of students, comprehensively consider the gender, health status, and sports skill level of students, analyze and improve the syllabus of basketball physical education curriculum, refer to the relevant materials, analyze the characteristics of students, and observe their basketball actions and shortcomings. These help teachers to acknowledge which technical actions are easy to cause sports injuries, then well schedule the implementation of basketball game teaching and fully integrate basketball games into basketball sports teaching, which helps to improve the teaching effectiveness of basketball sports classrooms. At the same time, students' enthusiasm to participate in basketball courses will also be greatly improved. In addition, in the selection of game content, teachers must also consider the actual teaching and the student's level from easy to difficult.

### **4. Application strategies of basketball games in college basketball teaching**

#### **4.1 The application of basketball games in preparation activities**

Before the start of basketball sports teaching activities, it is necessary to make adequate preparations, which is to lay a good foundation for the following courses. Generally speaking, there are two kinds of preparation activities for basketball lessons: general preparation activities and special preparation activities. In the choice of preparation activities, teachers should choose appropriate preparation activities according to the main content of the teaching and training content to ensure the quality of the teaching of the whole course. At the same time, the preparatory activities must be determined in accordance with the students' physical fitness, weather conditions, and training conditions. For example, when carrying out some basketball projects with higher exercise, more intense preparatory activities are required; on the contrary, for certain training, students of average level only need general preparation activities. For situations where the intensity of exercise is high and the weather is hot, the requirements for preparation activities can be appropriately reduced. It can be seen that basketball preparation activities have a direct impact on the entire lesson teaching. Therefore, teachers can integrate basketball games in the preparation activities to help students warm-up before class and relieve the students' nervous mood. For example, teachers can start with traditional jogging in preparation activities, and then choose the ball activities that they want to connect with basketball, for example, the weight-bearing running, catching the ball in place, etc. These games not only achieve the effect of warming up, but also allow students to stretch their limbs to increase body excitement, thus being prepared for the following class.

#### **4.2 The application of basketball games in basketball skills**

The main characteristics of basketball are high exercise intensity, strong continuity, and intermittent motions. If teachers want to meet these sports standards in college basketball teaching, they need to train students for a long time to get their physical and mental qualities improved in daily training. This kind of full integration can enable students to

realize the best state and get the best results in basketball. In the traditional teaching mode in the past, teachers usually only controlled the teaching content and students' actions in the class according to their own wishes. Students passively accepted the knowledge and naturally lost interest in the learning process. Therefore, integrating basketball games into the teaching process of basketball skill training helps to enrich the training activities, meet the inner needs of the students, so that students can quickly have more enthusiasm to participate in basketball skill training activities. For example, when practicing the passing action, the teacher can improve the passing skills of the students through triangle passing, middle pass, catching games, etc., so that the students can improve the ability to pass and catch the ball in a relaxed and pleasant atmosphere. In the intensive shooting training, teachers can improve the shooting skills of students by playing games such as striking tigers and shooting numbers to increase the shooting accuracy and stability of students. Through these basketball games, students' interest in basketball courses can be effectively enhanced, and their ability to master basketball skills can be improved, which can help promote the teaching quality of college basketball sports courses.

### **4.3 The application of basketball games in students' physical fitness exercises**

In the process of students' basketball development, continuous learning and training can promote the improvement of students' physical flexibility, explosiveness, speed and endurance, which is of great help to cultivate students' good willpower. Especially in the course of basketball games, students' psychological qualities, adaptability, and basketball skills are the key factors that determine the winning or losing of the game, and they are indispensable. Therefore, teachers should pay special attention to the role of physical fitness training in the process of basketball sports teaching, take physical fitness training as a carrier, and adopt different forms of training such as repetitive training, interval training, exchange training, game training, competition, etc. to promote the gradual improvement of students' basketball skills. In order to avoid the students from being dull during the physical training and to fully mobilize the enthusiasm of the students for training, teachers can use basketball game teaching methods to improve their initiative, so that the students' physical fitness can be developed and their basketball skills can be improved. For example, shouting and catching games, tunnel fighting games, etc. can mobilize students' participation in basketball training, thereby further promoting students' rapid reaction ability and flexibility of limbs. In general, the integration of game teaching in basketball teaching can play a major role in promoting the cultivation of students' comprehensive physical and psychological qualities.

## **5. Conclusion**

In summary, the integration of basketball games into college basketball sports teaching will help improve the traditional teaching model, increase students' love for basketball courses, enhance students' basketball skills, cultivate students' basketball sports spirit, and enable students' comprehensive development of body and mind. The basketball sport contributes to the improvement of the quality of basketball teaching in colleges and universities. In view of this, colleges and universities should actively promote the use of game teaching, explore new teaching systems, and promote the further development of college basketball sports teaching.

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