

# *The Analysis of the Present Situation and Optimal Countermeasures of Football Teaching in Colleges and Universities*

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**Abstract:** General Secretary Xi Jinping clearly pointed out in the report to the 19th National Congress of the Communist Party of China that in order to realize the development goal of China's great rejuvenation, should take building a strong country in sports as a basic project. Under the guidance of China's education policy, colleges and universities should take moral education as the basic education goal, combine students' physical health condition, cultivate their interest in football exercise, and lay a good foundation for students' all-round development of morality, intelligence, body, beauty, labor. This paper first analyzes the significance of carrying out football teaching in universities, and then explores the current situation of football teaching in universities. On the basis of this, this paper puts forward many optimization countermeasures, such as designing rich teaching contents, activating football teaching methods, strengthening actual combat teaching, and arranging teaching modes reasonably, in the hope of providing reference for relevant educators.

## **1. Introduction**

With the continuous reform of China's social and economic system, China's sports cause has also achieved good results. As the core content of college physical education teaching system, football has the characteristics of single teaching mode and not rich content, which can not effectively stimulate the learning enthusiasm of students and is not conducive to the improvement of comprehensive quality. Based on this, to realize the innovation of college football physical education teaching mode, belongs to the key subject that physical education teachers need to study. Under the background of new situation education, teachers should adhere to the concept of quality education, solve the main problems existing in college football teaching, put forward reasonable teaching schemes, design reasonable teaching contents and forms, and promote students to form a good awareness of lifelong sports, so as to achieve the goal of college physical education.

## **2. The Significance of Football Teaching in Universities**

At the present stage, under the background of quality-oriented education, colleges and

universities have put forward clear requirements for the construction of physical education. Physical education is the basic content of college curriculum. With the implementation of the idea of new curriculum standard and the promotion of the idea of quality education, the teaching items of physical education in colleges and universities show diversified characteristics. Football is a regular teaching project of physical education in colleges and universities. By using the way of football teaching, students can fully understand the relevant content of football and do exercises according to their own interests, so as to enhance their enthusiasm in learning football. In the process of continuous research, we will improve the flexible application ability of football knowledge, and pave the way for students' learning and growth.

### **3. Present Situation of College Football Teaching**

#### **3.1 Backward Teaching Methods**

At present, although many physical education teachers in colleges and universities are energetic and healthy, their own comprehensive qualities can not meet the requirements of teaching reform under the new situation background, nor can they meet the development goals in the new era. In many colleges and universities, because the teaching level of PE teachers is general, the knowledge structure system is relatively single, and the teaching method lags behind, it directly affects the development of football teaching activities, and has a direct impact on the teaching quality. However, some PE teachers' teaching concept is relatively backward, the whole teaching activities take teachers as the main body, and students just listen passively<sup>[1]</sup>. Even some PE teachers are not high in professional quality, lack of a good sense of responsibility, there is a certain randomness to the education work, separated the relationship between education and teaching. Some PE teachers are still engaged in commercial activities, making teaching a tool to seek profits, which not only brings some negative effects to students, but also easy to eliminate students' enthusiasm for learning.

#### **3.2 The Teaching System is Not Perfect**

For a long time, in the actual teaching process of colleges and universities, football courses tend to ignore the differences of individual students, do not teach students according to their aptitude, but use a unified teaching model. However, this kind of teaching mode is relatively simple, which makes students with poor foundation do not learn well. Some students are unwilling to learn, and the overall level of students is low. It is difficult to make a breakthrough either technically or theoretically<sup>[2]</sup>. In addition, many schools do not properly arrange football courses, and the space for football teaching is limited, which cannot accommodate several classes of students to have physical education classes together. When students in such a class are in class, students in other classes can only do free activities, which leads to the decrease of students' learning enthusiasm and affects the smooth development of subsequent football teaching courses.

#### **3.3 Students Are Not Motivated**

Many college students are less active in learning football courses and lack of good football consciousness. Many students become more independent in college life. They make their own decisions on many things and lack the supervision of parents and teachers. Therefore, in the stage of football teaching in colleges and universities, some students are not strict with themselves, some are irresponsible, and have a negative attitude towards physical education courses. Some students think they often play football, so they don't take classes seriously, and they can't comprehend and

understand football skill very well.

### **3.4 The Hardware Setup is Imperfect**

In the actual stage of football teaching reform, many colleges and universities are restricted by many factors such as football field, facilities, teaching time and so on, so the actual teaching effect is not good. The football field, facilities and equipment are the key guarantee to improve the teaching quality. Although many colleges and universities have invested a certain amount of money and improved the hardware facilities such as football equipment and fields on campus. No matter in quantity or quality, it can not meet the actual demand of college football teaching in the new situation<sup>[3]</sup>. Due to the limited and uneven football fields and facilities in colleges and universities, students cannot pass and dribble smoothly and other technical movements, and even face the risk of sprain of their feet, which delays their normal study. In addition, in the teaching process of most colleges and universities, physical education courses are mostly one lesson a week, each time for about an hour, teachers can not arrange a number of learning content for students in a limited time, can school to the content is less.

## **4. College Football Teaching Optimization Countermeasures**

### **4.1 Design Rich Teaching Content**

At present, in the stage of football teaching in many universities, the teaching content is relatively simple, the teachers do not consider the problem from the perspective of students, so it is necessary to pay attention to the realization of the innovation and reform of football teaching mode. In the stage of physical education teaching, some colleges and universities actively start from students' interest points and let students choose their classes freely, but they ignore students' living environment and psychological quality, and do not put forward higher challenges to students from the perspective of football teaching methods<sup>[4]</sup>. Based on this, teachers need to abandon the traditional teaching mode, no longer teach football skills to students step by step, and realize the innovation and reform of football teaching means, so as to improve the football teaching system in colleges and universities. In order to solve this problem thoroughly, colleges and universities need to speed up the reform of football teaching mode, reasonably set the content of football teaching, think about the problem from the perspective of students, and realize the reasonable class division and grouping of students. At the same time, we will conduct football practice in groups and encourage students to carry out targeted and classified teaching according to the basic situation of group members. In addition, various teaching forms are fully considered to further improve the teaching assessment system and content. Actively playing in a relaxed learning environment for students and taking an active part in football training will help improve students' comprehensive quality.

### **4.2 Activate Football Teaching Methods**

In the actual football teaching process, colleges and universities should not only impart basic football skills to students, but also actively guide students to give play to their own subjective initiative. In the continuous research and study, they should fully master the knowledge and skills related to football and deepen their understanding of football. For example, in the stage of explaining a certain technical action, the teacher needs to explain the technical essentials to the students, and emphasize the parts that are not easy to master in the action, so that the students can form an impression in their mind. On this basis, teachers need to demonstrate the essentials of

action for students, so as to effectively deepen the impression of students. Students need to carefully observe and think about the key skills when the teacher demonstrates the action. Students then according to the teacher's theory of explanation, their own understanding, retell actions, exercises, in order to master the gist of various methods. In the process of actual explanation, teachers can arrange actual practice with sports games and close to competitions, and relieve students' bad emotions in class, enhance students' practical ability and improve students' actual combat level<sup>[5]</sup>. Teachers can further activate the teaching methods to improve the efficiency of football teaching. For example, when teachers explain outstanding skills to students, they can use multimedia teaching equipment to lead students to appreciate the actions of world-class football stars with the ball, pause and repeat the play, and explain the outstanding technical points to students, so that students can understand their own shortcomings, and can also be improved in the future study. In recent years, the football teaching mode with futsal game as the core has been widely used, which effectively simplifies the 11-a-side game mode, and can also realize different combinations to form a good game situation. From the perspective of form, futsal football can bring more opportunities for students to play football, and teachers can observe the performance of students and reasonably group them. With the help of diversified teaching methods, improve students' communication ability, playing skills, observation and so on.

#### **4.3 Create a Relaxed Classroom Atmosphere and Encourage Students to Internalize Their Learning Motivation**

The competition in football matches is relatively fierce. During the whole process of the game, there will be a lot of physical contact between players, and the corresponding techniques are relatively more complex and difficult to learn. In the process of football teaching in colleges and universities, many students will face great psychological pressure, and need teachers to help them overcome the emotions such as off-field interference, timidity and competition. And part of the poor psychological quality of the students, will be tired of the mood of physical exercise. Students do not complete the football action according to the provisions, and can not learn the movement skills of the inferiority complex, will also aggravate the students' fear of difficulties to a certain extent. Generally speaking, such emotions will occur in students who do not exercise regularly, and bad emotions will cause students to be not excited about football and their physical reactions are more mechanical and chaotic. Therefore, when teaching football in colleges and universities, teachers need to create a relaxed learning atmosphere for students to internalize their learning motivation<sup>[6]</sup>. Teachers need to give more encouragement and help to students who are not flexible in physical movements, so as to enhance their confidence in exercising football, so that students can master dribbling movements and football skills through their unremitting efforts.

#### **4.4 Strengthen Actual Combat Teaching to Activate Students' Football Skills**

As the saying goes, only practice can bring out the truth, so it is in the process of football teaching in colleges and universities. Only when students can create real confrontation scenes in real matches, can they fully understand football tactics and techniques. In the process of continuous practice, improve their own tactical ability, technical level. In the actual football practice and competition, students can accumulate rich theoretical knowledge, deepen their understanding of various technical points, and gradually realize the repeated process from practice to cognition, so that students can master football skills more flexibly. In the teaching of football, teachers need to increase live matches as much as possible, and find situations that can reflect the reality of football matches, so as to achieve a good effect of practical teaching. For example, in the “futsal football match”, the key is to improve the students' comprehensive quality, so that they can master the

corresponding actual combat skills. In training students from the attack to the stage of defense, effectively reduce the scope of students' actual activities<sup>[7]</sup>. Adopt the way of making 5 against 5 matches, so that students can get more chances to contact the ball, and exercise students' physical strength. In view of the phenomenon that most of the students are flocking together to defend, the teacher proposed a five-on-five match of four goals, with two footballs for each team, which can effectively open the defensive formation of students, form a good defensive level, and master the requirements and key of football defense.

#### **4.5 Update Mental Health Concepts**

In the stage of realizing the reform of football teaching content, colleges and universities need to integrate psychological factors into the process of healthy teaching, and effectively enhance the enthusiasm and consciousness of students to participate in football, so as to ensure that students' bodies can be effectively exercised, in the growth of the students and training phase, can form good health consciousness, maintain a healthy state of mind. And in the stage of physical education teaching in colleges and universities, it is necessary to enhance students' sports competition consciousness, fighting spirit, and cultivate students' will never give up, so as to effectively strengthen students' psychological quality. In the section of football teaching, students can have a carefree and unrestrained feeling through the sports on the football field, such as jumping, confrontation and competition, and release their pressure in study and life, so as to truly release their inner emotions. And most of the students after football training, sports, can form the character of perseverance, help students in the fierce social competition, can maintain calm, optimistic attitude, is conducive to promote the future development of students.

#### **4.6 Reasonable Arrangement of Teaching Mode**

Colleges and universities should arrange the teaching system of football physical education scientifically, and carry out targeted football classified teaching activities according to the basic sports characteristics of students. For example, for students with good sports quality, teachers can hold confrontational and competitive football matches for them, so that students can grasp the related operation skills of football more firmly. For students with poor sports quality, or students who have accepted football for the first time, teachers should first explain theoretical knowledge and key points to these students, and then carry out interesting football operation<sup>[8]</sup>. Combined with the actual situation of students, appropriately reduce the difficulty of football teaching content. Only in this way can students master football skills skillfully in simple football activities. Football teachers in colleges and universities can effectively enhance students' interest in football through reasonable arrangement of teaching mode, change students' passive learning situation, and make them actively participate in football learning. At the same time of enhancing students' physical awareness, we should actively participate in physical exercise activities. Naturally, to carry out football teaching activities in colleges and universities, students need to be the absolute main body, but teachers should pay attention to is not to indulge students blindly, but to give full play to the effect of active guidance. Only under the reasonable guidance of teachers can students develop the habit of consciously participating in football training, so as to significantly improve the level of students' health quality, carry out the idea of health first, and make students really fall in love with football.

### **5. Conclusion**

To sum up, football is a sport favored by most students. In the process of continuous reform of

college education system, college football education should abandon the traditional teaching concept, focus on joyful education, innovate the teaching methods of football, and encourage students to actively participate in physical exercise. Physical education teachers need to combine the basic situation of students and the physical and mental development of students to create good conditions for the reform of physical education. At the same time, to further enhance students' interest in football, form a good concept of sports. At the same time of teaching football technical knowledge, we can help students form good physical education quality, cultivate more outstanding talents, and promote the healthy growth of students.

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