

An In-depth Analysis of Sports Dance Training for Children

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Abstract: The cultivation of reserve talents for sports dance children is an arduous and complex systematic project. We must follow the scientific and reasonable training principles and carry out long-term and systematic training in a targeted, selective, purposeful, planned and step-by-step manner. According to the characteristics of children's physical and mental development, combined with the characteristics of sports dance, this paper comprehensively discusses the scientific training methods of children's sports dance from four aspects: special physical and technical training, performance consciousness training, performance technology training and competition psychological training, in order to provide reference basis for the training of sports dance reserve talents in our country.

1. Introduction

In the long historical process of human development, dance exists as the most abundant and universal human body art and human body culture. Sports dance is a competitive dance art with standardized rhythmic human body movements as its basic characteristics. It combines people's emotional expression with physiological movement, aesthetic pleasure and pleasure enjoyment, and conveys feelings and pleasure through the spatial modeling of the body. Therefore, it has the characteristics of moving people with emotion, educating people with art, amazing skills and entertaining people with dance. With beautiful and moving social function. The human body is the material basis of sports dance. The formal beauty factors of sports dance action, rhythm, composition and modeling are all composed of the movement of human body. Therefore, some people say that sports dance is "moving painting" and "living sculpture". Others say that it uses human limbs to draw, because it has the same composition beauty and modeling beauty as painting and sculpture ^[1]. It can be seen that sports dance, as a highly artistic and technical performing and competitive project, its project attribute determines that its training nature is artistic training, not sports training; It is the body that trains to express emotion. Some teachers or coaches do not understand the whole process of Sports Dance Players in performance or competition, so they ignore the artistic quality that players must have and the overall structure of training. They only know some rules of technical training, regard music accompaniment only as the function of beat, and regard feeling only as the muscle feeling of the body, and do not infiltrate organic spiritual training into inorganic technical training. It has formed an absolute "externalized teaching". Foreign

high-level players emphasize the emotional input of dancers and the emotional communication between dance partners from beginning to end. At the same time, emotional communication is not limited to the language expression ability in real life. In dance, the dancer's distinctive emotional color is expressed through body language such as action, posture and gesture and nonverbal art such as expression and eyes, so as to communicate with dance partners, infect the audience and dump the judges. It strives to achieve a state of both expression and form. Using body language expresses the true feelings within oneself. In order to be in line with international standards as soon as possible, people in the industry realize that we should start with children. In recent years, the development of children's sports dance has gradually become formal. However, as a new thing, its theoretical research and practical summary are still very weak. The current training situation of many children's sports dance is worrying. There are many problems and deficiencies in the team of coaches, material selection, training and competition, resulting in some talent training methods with a bad tendency of urgent achievements and instant benefits and one-sided development. All these are important factors that hinder the improvement of China's sports dance level ^[2]. The author believes that the cultivation of reserve talents for sports dance children is an arduous and complex systematic project. We must follow the scientific and reasonable training principles and carry out long-term and systematic training in a targeted, selective, purposeful, planned and step-by-step manner.

2. Special physical and technical training

George Nowell, a famous ballet master in the 19th century, made an incisive discussion on the opening of dancers in his book *Dance and Ballet Letters*: "Sir, if you want to dance well, then opening out is the most important, and people's most natural posture is just the opposite,... Sir, it can be seen that in order to make the dance elegant and elegant... It is absolutely necessary to reverse these natural habits and force all parts of the body to obtain a body posture different from the original natural habits through long-term and arduous training, this is very important for our dance art. To achieve this goal, it is impossible to achieve it without making efforts to cultivate from an early age. The young body's joints are soft and easy to reach all kinds of positions we need, which provides us with the only possible opportunity to achieve the above changes. ^[3] It can be seen that childhood is the best sensitive period for special physical and technical training. Sports dance is a sport that pursues beauty, expresses beauty and creates beauty. It requires the beauty of light and softness, range, strength, rhythm, shape, dynamic and static in the process of action completion ^[9], which puts forward higher requirements for the special physical quality of Sports Dance Athletes. Throughout the movement of dance steps, excellent foreign players show a very charming dance pace, undulating lifting movement and flexible direction conversion, and fully display all kinds of beauty of sports dance with skilled and exquisite skills ^[4]. The embodiment of these beauty is based on the special body and technical training of players.

Ballet has the most direct and positive impact on sports dance in terms of aesthetics, standardization and technical movements. Therefore, ballet basic training should be listed as a compulsory course as a basic training course ^[5]. For example, we can use the opening, stretching, and standing of the lower limbs, as well as the straightening and thrusting of the upper body, to shape the elegant and beautiful physique of athletes; We can improve the player's muscle control and joint stability and flexibility through exercises such as friction, squatting, control, heeling, large kicking, and small kicking on the pole; We can also improve the coordination and agility of various parts of the body by using various basic steps and routines of sports dance, as well as various wave bending and stretching combinations of the body.

3. Cultivate and strengthen the performance consciousness of dance

The so-called performance consciousness, in short, refers to the dynamic degree of a dancer's understanding and understanding of his performance category when performing activities. It is the sum of various psychological processes such as feeling and thinking, which not only shows the dancer's understanding level of its performance category, but also acts on the dancer's re-understanding of the objective performance category ^[14]. The author believes that theoretically, there are three main aspects that constitute the dancer's performance consciousness, namely, rich imagination; Accurate communication; Be good at grasping the psychology of the audience. How to cultivate and strengthen children's performance consciousness, the author believes that we must make great efforts to pay close attention to their artistic cultivation, including cultural literacy and music literacy. At the same time, we should comprehensively develop children's intelligence.

3.1. Develop children's intelligence in an all-round way

Intelligence refers to people's ability to recognize and understand objective things and use knowledge and experience to solve problems, including memory, observation, imagination, thinking, judgment and so on. The comprehensive development of intelligence is the key to cultivating pioneering talents ^[6]. Children's sports dancers have been engaged in professional training since childhood, which will greatly affect their cultural learning. However, the level of cultural quality will affect the players' understanding of movement, music understanding and emotional expression. Therefore, in a sense, the development of children's sports dancers' intelligence is more urgent and necessary. We should put the comprehensive development of students' intelligence in an important position.

3.2. We should comprehensively improve the artistic cultivation of small body dance players

Dance education has always been relatively early, but it mostly focuses on physical technology training. Some people believe that intelligence and art education are not age limited like physical technology training, and should be put in the later stage. Moreover, children are too young to understand. However, this is not the case. Without intelligence and artistic education, not only students' technology is easy to die, but also their artistic concept is easy to pay one-sided attention to technology and not art. With the growth of age, a kind of craftsmanship with non-artistic quality is formed, which is an invisible psychological obstacle to intelligence and artistic education ^[6]. Therefore, it will be difficult to start intellectual and artistic education in youth, just as it will be difficult to start physical opening, softness and ability training in youth. Early education is not only easy for children, but also has many benefits for them to develop physical skills. In studying the range and limit of human plasticity, psychologists found that the degree of plasticity is different at different ages, and the plasticity of children is stronger than that of adults. Therefore, the training of sports dance talents must start from the childhood.

3.2.1. Improve humanistic quality and strengthen the learning and understanding of the essence and connotation of sports dance culture

Sports, like dance, both come from labor and life. As an organic combination of the two, sports dance, after continuous deduction and development, finally formed a representative British black pool dance culture in the 1960s. Sports dance is a profound cultural carrier. The cultural factors in different periods will be preserved in sports dance as a special cultural symbol. When people jump into this dance, it will become an integral part of the formal beauty of traditional dance. The

dynamic image and charm of dancers in the performance are cultural symbols that can be seen and felt. Many factors that form this charm and aesthetic psychology are deep culture that is not easy to be found and understood. When we look at the function of sports dance from a cultural perspective, different dances bring us cultural elements of different nationalities and races, such as Samba culture in South America, cowboy culture in North America, Cha Cha dance culture in Latin America, Tango culture in Argentina, Waltz culture on the Danube River, etc. From this, we can understand the clue of their modern cultural history and civilization history. As an excellent sports dancer, we can't help understanding the cultural connotation of dance. Dancing with only the form of actions and no demeanor has no vitality. On the contrary, we can feel different regional cultures from excellent dance works, and the performance with cultural connotation brings people relaxed, happy and immersive beauty, which is a real beauty.

Therefore, sports dancers must have certain humanistic knowledge, such as aesthetic taste, music, dance, local customs, character, will, perseverance and so on. With the humanistic quality and artistic accomplishment in this regard, we can achieve mastery in sports dance, identify and innovate in performance.

3.2.2. Comprehensively improve music cultivation

Music is an art that uses organized music to express people's thoughts and feelings and reflect real life. The accomplishment and degree of people's understanding, appreciation and grasp of music technology and artistry are called music cultivation ^[15]. Sports dance is divided into Latin dance and modern dance. There are ten kinds of dance, and the rhythm and style of each kind of music are different. Sports dance is always inseparable from music in the process of creation and performance. The melody, rhythm, strength, timbre and internal structural characteristics of music have a great impact on people's emotional changes, human movement and the guidance of sports and dance. Music not only helps practitioners to experience and feel the changes of action rhythm, style, speed and intensity, but also enables practitioners to reasonably adjust the strength changes during exercise, cultivate their sense of rhythm and coordination, stimulate the emotional performance of practitioners, improve the excitement of practice, and develop their rich imagination and expression. For children, only through the adaptive practice of the rhythm and melody of music, can the beauty of music be brought into full play with the growth of age.

3.2.2.1 Adaptation practice of music rhythm

(1) Explaining the various types of rhythms that may appear in music is necessary. (2) We can reflect various rhythms of music through local body movements. (3) By freely combining the movements of various parts of the body, various rhythmic music is continuously and cyclically reflected. (4) In the aggregated and dispersed flow practice, dance movements are used to reflect various rhythms that appear alternately in music, and the change of movements and the rhythm processing of movements are emphasized in the practice. ^[10]

3.2.2.2 Adaptation practice of music melody

(1) Students improvisively dance in a single, simple emotion prompted by the music melody. In practice, you must meet the emotional requirements of the music melody, which fluctuates and extends with the fluctuation and extension of the music melody. (2) Students are required to pay attention to the rhythm processing with internal emotion, such as movement and stillness, retraction and relaxation, and haste and slowness in dance. In order to prevent "walking around" in learning (no dance action) is only to cope with the adaptation of melody, and it must be strictly stipulated that students start from local action practice in a certain position and posture, and then gradually

transition to the coordination of dance actions of various parts of the body, so as to meet the requirements of internal emotion of music melody in the flow. ^[11]

4. Technical training of sports dance performance

The main factors of dance performance technology are action, emotion and music, that is, the thoughts and feelings of characters are expressed through facial expression and body dance action, and closely combined with music. Therefore, four aspects of training are needed.

4.1. Stimulation of inner feelings

The stimulation of training emotion should make the inner emotion closely related to the muscle function of the body. The inner emotion is exposed in the external action, and the delicacy of emotion is reflected in the feeling of muscle delicacy. Emotional cadence and turning need to pay attention to the use of various parts of the body, such as head, chest, waist, knees, hands and feet. At the same time, in training the expression of emotion, we must pay attention to the development process and coherence, so that the emotion can be revealed naturally and truly. During training, the content can be organized according to the characteristics of sports dance, and the form of emotional sports dance can be used to practice the combination of emotion, dance action and music. The form of emotion in sports dance performance is the melody of body movements, which must be trained from an early age and practiced from "Yi". Although children do not master rich dance language, they can accept it as long as they are suitable for their level and use more technical and easy movements to practice. We must cultivate their habit of acting with emotion and lyricism from an early age.

4.2. Facial expression training

Because dance is a silent language, the facial expression in sports dance performance emphasizes the use of a pair of eyes, and requires the expressiveness of both eyes to be particularly accurate and lively. Eyes with sports, dance, music Training combined with movement: shy eyes (Rumba), smiling eyes (Chacha Cha, samba), glare (bullfighting), blind eyes, fear, anxiety, strange search, visitation (Tango), lost eyes (Waltz, Foxtrot), etc. for example, when dancing love dance rumba, because the dance is lingering and soft, the eyes and facial expressions should cooperate with the dance of arms and torso to show the deep love between men and women; when dancing tango and bullfighting, it emphasizes the firmness of facial expressions, firmness and alertness in the eyes. At the same time, it is also necessary to guide children to capture eyes from life and refine the beauty of eyes Means of expression.

Eye performance training is actually a face and head performance training with eyes as the core. We should pay attention to "eye spirit force, face shape and heart", and avoid facial expression.

4.3. Training of body expression

Each part of the human body is the expression tool of sports dance. A rough look at the expressiveness of each part shows that the upper part of the human body is good at subtle and affectionate emotional expression, while the lower part of the human body mainly lies in the structure of dance lines and the functions of dance steps and skills of various moods. All parts of the body have their own strengths, and coordinate and cooperate to form a complete and unified expression. Therefore, the key training is to be good at giving full play to the expression of internal feelings in various parts, so that the inner passion can be accurately presented in the colorful dance

through the whole body. It fills the movements with inner emotions while also embodying melody.

"Use your eyes to convey your mind and form your expression." Dance performance can be divided into two expression parts: one is facial expression, the other is physical expression. In facial expressions, the eye is the key. Many emotions and expressions, thoughts and monologues should be revealed from the eyes. Dancers should be good at and get used to expressing with eyes. In the physical expression, it is the Personality Modeling and emotional dynamics composed of the coordination, control and feeling of all parts of the body. In the state of large range and rapid change of dance action, physical expression is the main aspect, because the action is easy to cover the facial expression, and when the dance action presents a slow and small change state, the eye has become the main aspect of expressing delicate emotion ^[12].

4.4. Musical training of emotion and movement

In order to achieve the close coincidence of the character's feelings, dance movements and music, the character's actions must be full of musicality. The character's feelings are full of musicality, with the embodiment of inner experience and external, the commonness of stage performance art and the individuality of sports dance performance, so as to form a whole of sports dance performance technology training.

5. Psychological training of sports dance competition

Highly adaptable, highly plastic psychological quality and skilled experience skills are the technical guarantee for dancers to "move in emotion", and inner emotion is the internal basis of the expressiveness of all parts of the body.

Sports dance is not only a physical activity, but also a psychological activity in competition, performance and training, in which psychological activities play a regulating and leading role in people's physical activities. The investigation and research show that: an excellent athlete can win the competition and create good results in the three important conditions, namely: good physical quality, exquisite sports technology and excellent psychological quality. Because without good physical quality as the basis, you can't practice exquisite technology; Even with exquisite skills, if there is no excellent psychological quality as a guarantee, it may be a problem that its technical level can play normally in the competition, let alone play beyond the level. Especially when the physical quality and skill level of athletes are relatively close, the importance of athletes' psychological quality becomes more prominent. Sports dance is different from other sports. Its unique artistic expression requires players not only to show skilled and superb dance skills, but also to show people's inner temperament and beautiful and elegant artistic connotation. This is the best psychological quality for sports dance players, as well as the best psychological quality in sports dance performance. It is also an important basis for infecting the audience and obtaining the best judgment from the referee ^[7]. The psychological training of players should pay attention to the cultivation of psychological process and the formation of personality characteristics. In the psychological process training, the cultivation of self-confidence and adaptability should be strengthened. In order to achieve the best training effect, targeted and selective training should be carried out according to the special psychological quality of sports dance and the characteristics of children's physical and mental development. According to the particularity of sports dance, this paper puts forward several training methods to cultivate tenacity.

5.1. Pre competition perceptual adaptation training method

Pre competition perceptual adaptation training method, that is, consciously set various complex

conditions similar to the formal competition for repeated practice in actual combat, artificially create psychological pressure, so as to improve the athletes' adaptability to the on-the-spot environment^[8]. Such as simulation training of environmental interference: organize the audience to be present and make noise. We can invite leaders to the scene to watch the training. The leaders even loudly say things that are not conducive to athlete training. Athletes conducting defensive exercises under immense psychological pressure can cultivate their ability to self-regulate their emotions. Athletes' sensitivity develops towards adapting to competition conditions. Perceptual adaptation can ensure the formation of players' best competitive state.

5.2. Setting difficulty in training

In each sports dance competition, players need to jump about 3 rounds. In case of a group with a large number of participants, they need to jump to nearly 10 rounds to break into the finals. To establish the training difficulty beyond the competition, you can include the imaginary opponent in the practice for antagonistic training: score in groups during the practice, and the winning and losing practice can stimulate interest, self-esteem and sense of honor; Extend the time beyond the time specified in the competition rules, limit the time to complete the practice tasks, especially require the team members to show new will efforts in the state of fatigue, and make high-level technical actions with all their strength^[13]. To cultivate tenacity in training, we must gradually complicate the training tasks.

6. Conclusions and suggestions

The training process of sports dance young children is: from imitation to creation, from passive to active, from self to role, from external to internal, from experience to expression, from life to art. Only when we are full of passion, self-confidence, unrestrained relaxation and rich imagination can we enter the creative state of performing art. We must cultivate their habit of acting with emotion and lyricism from an early age.

Sports dance is a highly integrated project of sports and art. It is urgent to improve the quality of sports dance coaches. An excellent coach not only needs to master scientific sports theory and training methods, but also must have profound professional knowledge of sports dance and high artistic cultivation. To achieve this goal, in addition to consciously strengthening on-the-job learning and improvement, the association should also organize regular training for them, participate in some international exchange activities, send them abroad for training if possible, and cultivate a number of high-level coaches through various ways. In addition, in order to rapidly improve the level of sports dance in China, it also depends on strengthening scientific research. We should not only study the origin, development and competition of sports dance, but also pay more attention to the research of training methods, dance charm, dance feeling and so on.

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