

Exploration of Strategies for Cultivating Students' Tactical Awareness in Basketball Training

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Abstract: In basketball, tactical awareness is a manifestation of the overall ability of basketball players, and the cultivation of tactical awareness in basketball is of great significance to basketball players. In previous basketball teaching, due to the influence of traditional teaching models, basketball teaching often involved teachers unilaterally explaining and demonstrating to students, without truly stimulating their awareness of active thinking, exploration, and practice. The tactical awareness of students cultivated under this traditional mode is often not profound enough, and students often cannot master effective tactics and skills, making it difficult for their tactical awareness to be comprehensively developed and improved. Based on this, this article analyzes and explores the strategies for cultivating students' tactical awareness in basketball training, hoping to provide some reference and assistance for physical education teachers, and promote the comprehensive improvement of students' physical fitness, sports ability, and other comprehensive qualities.

1. Introduction

Basketball is deeply loved by the general public in China. With the improvement of people's understanding of sports and fitness, more and more people are participating in basketball. Strengthening basketball training plays an important role in basketball, and the cultivation of tactical awareness in basketball training is of great significance for improving the comprehensive ability level of basketball players. Tactical awareness is a comprehensive ability exhibited by basketball players in a game, which can reflect their technical and tactical level as well as their ability to adapt on the spot. At the same time, it can also reflect the basketball player's ability to control the overall situation of the game. In basketball training, tactical awareness can effectively reflect students' ability to analyze, judge, and make decisions about the game. Therefore, in actual basketball training, teachers should pay attention to cultivating students' tactical awareness, allowing them to fully master effective tactics and skills in the actual training process, and improve their basketball professional level. For this purpose, relevant research should be conducted[1].

2. Strengthen the cultivation of students' psychological qualities

Basketball is not only a training of technical movements, but also requires students to have certain psychological qualities and good physical fitness. Due to the need for students to have strong

psychological resilience and physical fitness in basketball, they can better adapt to basketball games. Therefore, in the process of basketball teaching, teachers should attach importance to the cultivation of students' psychological qualities, so that they have good psychological and physical qualities. For example, in the process of basketball teaching, teachers can discuss and analyze the psychological problems that students are prone to during basketball games, guiding students to establish good tactical awareness. Before the basketball game, teachers can explain to students the characteristics and sportsmanship of basketball; In basketball games, athletes are required to make sufficient preparations before the game, so that they can actively engage in tactical training and thinking; In basketball games, athletes need to protect themselves and avoid injuries by allocating their physical strength reasonably; In basketball games, athletes need to maintain psychological qualities such as calmness, composure, and bravery at all times[2-3].

During the training process, teachers can also share some representative competition cases with students. For example, in the NBA playoffs, NBA players are able to maintain a calm, composed, and brave mentality throughout the game due to their excellent psychological and physical qualities. Therefore, teachers can guide students to establish good psychological and physical qualities in this way.

3. Strengthen tactical training through practical combat

In basketball training, tactical awareness is a manifestation of comprehensive abilities. Students can only continuously improve their tactical awareness through continuous practice. Therefore, in the actual teaching process, teachers should organize more practical training for students and gradually strengthen their tactical awareness through practical training. For example, teachers can organize students to practice fast attack. The so-called fast attack practice refers to a game played in a many to many format under the guidance of a teacher, in which each team member must complete two fast attack attacks within the specified time. If they can be successfully completed, one point can be added; On the contrary, 1 point will be deducted, and specific rules can refer to Table 1. For each team member, the tactics they need to master are also different. For example, in the first fast attack, in order to allow the team members to fully understand their responsibilities and division of labor in the fast attack, the teacher can first explain to the students the things to pay attention to during the fast attack process and how to cooperate, etc. Subsequently, teachers can lead students in practical training. For example, teachers can have students carry the ball to the front court and then have team members shoot the basketball from the original position; Afterwards, the teacher can lead the students into the backcourt to prepare for shooting training; Finally, one team member passes the ball to another team member for shooting and other practical exercises to strengthen students' tactical awareness[4-5].

Table 1: Requirements for Fast Attack Practice (for reference only)

Index	Require
Number of passes	Once per person
Minimum time	10s
Minimum hit rate	95%

Since the goods delivered live on the Tiktok platform are all produced based on the same content, such as price, product function, product evaluation, etc., it is difficult for consumers to be interested in live goods with the same content. Especially for some consumers with consumption needs, they prefer to see comparisons between different brands and products, and choose the most suitable product for themselves. However, at present, many products in the Tiktok live broadcast platform are homogeneous and have no differences, so they cannot attract consumers to buy. Therefore, enterprises and anchors should focus on differentiated marketing independently to avoid homogeneity.

4. Flexibly apply multiple teaching methods

The cultivation of basketball tactical awareness is not static. Teachers should flexibly use various teaching methods based on the actual teaching situation, so that students can truly master basketball tactical awareness and comprehensively improve their overall quality. For example, in basketball games, students often make corresponding changes and adjustments in attack based on the opponent's defensive strength and characteristics. Therefore, teachers can use various methods in the teaching process to help students better grasp this change. For example, when students dribble and break through, teachers can divide them into multiple groups for competition, so that students can better observe the movements and characteristics of the opposing defensive team members. In addition, teachers can combine the cultivation of basketball tactical awareness with practical training, allowing students to apply various tactics and skills in their daily training. For example, in a basketball game, teachers can allow students to freely choose a teammate as an offensive or defensive player. During this process, teachers should promptly guide students to observe the physical condition and movement speed of defensive players. In addition, teachers can also stimulate students' interest in learning tactical awareness through situational teaching methods, role-playing methods, etc. For example, during a basketball game, teachers can set up game scenarios for students to role-play. During this process, students can play different roles according to their actual situation, which can comprehensively enhance their tactical awareness. Meanwhile, this approach can also help students better understand and master basketball tactical awareness [6].

5. Emphasize the cultivation of students' team awareness

The cultivation of team consciousness is an important content in basketball teaching, which is an effective way to help students form a good sense of teamwork and has a positive promoting effect on the overall quality level of students. In basketball teaching, teachers should pay attention to cultivating students' team awareness, laying the foundation for the development of their tactical awareness. Firstly, teachers should encourage students to communicate and interact with other students during the training process, and explain and demonstrate the knowledge and skills they have learned to other students, continuously cultivating their ability to communicate and cooperate with others. Secondly, teachers should encourage students to actively take responsibility and contribute to the class, school, or team during the training process, promoting further development of their personal and team awareness. In addition, teachers can also cultivate students' team awareness through training effectiveness assessment and competition result analysis. For example, during the training process, teachers can engage in competitions and confrontations in small groups. During the competition, each group has a group leader responsible for organizing and directing the members of their group to cooperate and cooperate. After the competition, the teacher needs to summarize and analyze the entire competition process, and praise and reward the achievements and good performance of the group in the competition. This approach can fully mobilize the enthusiasm and enthusiasm of students for training, and help them effectively cultivate and improve their team awareness. In addition, teachers should create a good learning environment and atmosphere for students, and promote their tactical awareness to be continuously improved [7-8].

6. Strengthen the learning and mastery of basketball tactical theory

The learning and mastery of theoretical knowledge play a crucial role in cultivating basketball tactical awareness. By learning and mastering the theoretical knowledge of basketball tactics, students can form correct tactical awareness and effectively guide themselves to use correct tactics in basketball training. Therefore, when conducting basketball training for students, physical education

teachers should pay attention to explaining and imparting theoretical knowledge of basketball tactics, helping students deeply understand and master relevant tactical knowledge, and promoting the improvement of their comprehensive ability level. For example, during tactical training, physical education teachers can help students understand the application methods of basketball tactics in different situations by explaining theoretical knowledge and practical cases, and help students form correct, scientific, and effective basketball tactical awareness. Table 2 provides an introduction to common basketball tactics for reference [9-10].

Table 2: Introduction to Common Basketball Tactics

Name	Basic function
Triangle offense	Crack defensive pressure
Pick and roll tactics	Cracking Regional Joint Defense
Run and gun	Quick Attack Pull
Unlimited change of defense	Expand defensive advantage

7. Encourage students to engage in tactical discussions

In basketball training, teachers should encourage students to engage in tactical discussions and provide feasible suggestions and opinions during the discussion process, so that students can fully exert their subjective initiative and actively participate in basketball training. For example, teachers can encourage students to engage in tactical discussions during basketball training, allowing them to play the role of "coaches", enabling them to summarize and analyze their ideas and suggestions in small groups during basketball training, and improve their tactical awareness through comparative analysis of different tactics. In addition, teachers can also guide students to participate in competitions, allowing them to fully display their tactical awareness during the competition, and improve their tactical awareness and adaptability through continuous practice, effectively enhancing their basketball tactical awareness.

8. Conclusion

In summary, in order to cultivate more outstanding basketball players in the new era, it is necessary to enable students to master effective tactics and skills, and enhance their tactical awareness through basketball training. Through intensive training, students can better master various tactical skills and promote a comprehensive improvement in their overall quality level. In addition, strengthening the cultivation of students' tactical awareness in basketball training can also provide a good platform for tactical communication among basketball players, promoting the continuous improvement of basketball skills. Therefore, teachers should strengthen the cultivation of students' tactical awareness and lay a solid foundation for their comprehensive development.

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