

The Strategic Analysis on Optimizing Physical Teaching In Football Sports With Football Game

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Abstract: With the continuous deepening of reform in higher education, and the proposal and advocacy of the concept of healthy China, new requirements are put forward in the physical education in colleges and universities in the current time. At present, integrating recreational football games into teaching in college sports and football is not only conducive to improving the physical quality of young students, but also conducive to stimulating their initiative and strengthening their sense of cooperation. Therefore, based on the defects in the current physical education in colleges and universities, this paper focuses on the important strategies to give full play to the positive role of sports games.

Introduction

In recent years, the Party Central Committee and The State Council have put forward the concept of a healthy China and made major strategic arrangements for it accordingly[1]. Under such circumstances, colleges and universities should pay more attention to physical education and teaching and further promote the innovation and exploration of physical education mode. Organizing and carrying out football games is not only conducive to improving the teaching effect in football, but also stimulating their interest in learning and participation, and thus promoting the continuous growth of young students in sports teaching. Therefore, at present, physical teachers in colleges and universities should strengthen the exploration and application of football games in football teaching.

1. Insufficiency of Physical Teaching in Current Universities and Colleges

1.1 Outdated Concept in Teaching

Although the development of the times has changed the thought of considerable number of people, many people have realized that college students should not only have a good master of professional knowledge, but also build a toned body [2]. The idea of healthy China and its goal have strengthened this idea. However, in some universities with conservative ideas, especially those famous for their prudence, some teachers are still stuck in the past and stubbornly believe that learning is all more important than everything else. They do not recognize the importance of physical education, which results in the long-term low efficiency of physical education.

1.2 Stereotyped Way of Teaching

Now, although all colleges and universities have course in physical education, and the physical courses in colleges and universities basically are not replaced by other subjects just like occurred in the middle and high school stage. However, in the specific teaching, the PE teacher's teaching method is mostly conducted in a stereotyped manner, most of which is simple taught according to the requirements of the class schedule, followed by several demonstrations and free activities. This three-part teaching method basically remains unchanged in the four years of university [3, 4].

1.3 Failure in Conducting People Centered Philosophy

During teaching activities in universities, the education idea of "people-oriented" has not be fully embodied. In practical teaching, it is demonstrated in the fact that colleges failed to take the

personalized needs of students into consideration, etc., Instead, the unified teaching concept was used by colleges and universities without targeted guidance. As a result, it is impose certain restrictions on enhancement of classroom experience and cultivation of collective spirit of students.

2. The Function and Value of Sports Games in College Sports Teaching

2.1 Stimulating Students' Interest in Learning for Active Participation in Teaching

University teachers responsible for physical education should flexibly innovate their teaching methods according to the requirements of course standards and the interests of young students, and actively explore some feasible sports games and integrate it into physical education. Meanwhile, colleges and universities should avoid the tediousness in sports teaching while enriching contents on physical teaching[5]. More importantly, various sports games represented by football games can make more students to actively participate in them and effectively avoid the phenomenon of some students doing nothing at the edge of the playground.

2.2 Flexible and Comprehensive Application to Promote Students to Harvest Various Teaching Results

Physical teachers should integrate football games and other sports games into physical education, which not only stimulates students' interest in participation, but also promotes them to be more actively involved in teaching and build a more robust body. In addition, on the basis of flexible and comprehensive application, young students can gain various teaching effects [6]. Some games are conducive to strengthening students' memory, developing their sense of cooperation and social skills, etc.

2.3 Creating a Good Atmosphere to Relieve Pressure and Promote the Healthy Development of Students

Today's young students are not good at emotional management, or they encountered severe psychological pressure because of difficulties in study and life. And physical exercise is the important way to alleviate the psychological pressure, the happiness based physical teaching that integrates football game into sports games is the key to alleviate their psychological pressure, which can alleviate psychological and physiological pressure and is conducive to convert the pressure into power during sports games. By doing so, students can gradually develop a positive attitude toward life.

3. Strategies for Using Football Games Football Teaching in Colleges and Universities

3.1 To Design Football Game with Student as the Center

Different students have different situations and there are obvious gaps in learning strategies and acceptance ability among students. Therefore, in the process of designing teaching, attention should be paid to the specific situation of students in the class, and the specific differences should be taken into consideration in a correct manner[7]. Similarly, when integrating football games into football teaching, we should also put students in the center and design different football games according to different situations of students. More than 10 years of work experience shows that it is better to endow the sports teaching more entertainment for students of non-sports major and properly reduce the requirements on technical aspects. As a result, spiral running and monkey ball grabbing are more feasible choices. For students majoring in sports, or some students majoring in non-sports with relatively strong physical quality, appropriate consideration can be given to improving the technical content. For this, simulation competitive games for specific actions are a more feasible choice. In addition, due to the intense violence of football, football games can make students to show more enthusiasm for it. While the teaching effect is improved, the safety risks may also be improved simultaneously. Therefore, when thinking about integrating football games into football teaching, attention should be paid to the safety of students and safety education should be followed

up.

3.2 Giving Full Consideration to the Educational Significance of Football Games

At present, specialized football courses have been set up in university, and in some universities, some students can choose courses on football and basketball [8, 9]. This is based on the realization of specific educational purposes. Although compared with other subjects, football teaching is endowed with obvious practical characteristics, fundamentally speaking, it still belongs to the same teaching subject as other subjects. In football teaching, therefore, appropriate consideration should be made to the values and significance of games on physical and psychological development of students as integrating football teaching into football games. In various games that can stimulate students enthusiasm for participation, more games that are endowed with more educational values and significance should be selected to promote the comprehensive development of students in organized manners and to lay a solid foundation for students in the future society.

3.3 Innovating Efficient Football Teaching Mode That Keep Paces with the Times

Teaching mode is an important factor restricting teaching effect. The choice of teaching method can directly determine the general level of teaching effect. The integration of football game in football teaching and flexible use of various football games in colleges and universities are the achievements of the era of continuous innovation in football teaching mode. To apply the football teaching in college, a variety of teaching methods, such as cooperative groups, heuristic teaching and summative evaluation based teaching are needed with their own respective characteristics, which should be optimized in practical football teaching to give full play to the positive role of various teaching methods [10]. For example, group cooperation based teaching is highly operable and applicable to almost all types of students. Adopting this teaching mode can enable young students to cooperate with each other in football teaching and learn from each other's strengths, which is conducive to their overall development.

4. Conclusion

In conclusion, in light of the series of problems of colleges and universities in sports teaching in the past, the application of sports such as football game is the concept worthy of promotion. Sports teachers in colleges and universities can design football games based on students in football class and take full consideration of the educational significance of football games in selection of various football games. To innovate efficient football teaching mode on the basis of continuous teaching practice with the development of the times in order to give full play to the positive role of the football game.

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