

College Basketball Teaching Reform Based on Extended Training

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Abstract: With the quick development of China's education, college physical education has become a significant and difficult duty of our country's education. Most students in colleges and universities like the basketball very much. It is seen as a specific sports item for the students in colleges and universities. First of all, the college basketball courses could promote the students' playing basketball skills. Second, these courses could also cultivate their strong will quality and integrate college students into society. Then the students could have the courage to overcome different difficulties. Most people could see a general phenomenon in universities. Most students love the basketball, while they could not pay more attention to it. The key reason is that the basketball teaching method in schools is very traditional. The school's basketball teachers play a key role in the basketball teaching process. The entire teaching process is fully controlled by these teachers. The students in colleges and universities just listen to the words of the teachers. The students could not show their initiative and creativity. According to the standard of Quality education, the initiative and creativity are very important to the students' development. The cultivation of students' interest in learning the basketball is also very significant.

Introduction

Nowadays, we can find different kinds of chances and challenges. Competition becomes very important in our society. The competition has great functions. It can promote the development of our society, and it can improve the economic level. In addition, it also could enhance the strength of our country. Competition can also be regarded as an excellent social awareness. It could have a positive influence on the society. It is also good for everyone. The higher education in China is very important to our society's construction. We need to train many comprehensive talents with knowledge, ideas, and abilities. Our country needs these talents. The development of our country really needs them. In order to quickly promote the quality and effect China's education, recently, China also tries to explore the effective reform method of higher education. Moreover, China has used many useful measures. Under this premise, under the condition of effectively enhancing quality education, higher education should cultivate comprehensive talents that are compatible with the demand of social development, conform to the trend of the times, and have great competitiveness and strong spirit. The useful reform and innovation of educational activities and educational practices have made great contributions to the fast development of China's education and the prosperous development of society.

The importance of expanding training thinking in college basketball teaching

Nowadays, competition is becoming more and fiercer. The students in colleges and universities are facing more pressures. They also should face the challenges of going to schools and finding the job. Therefore, the students in colleges and universities should have strong social adaptability. These young students are the hope of our society. They need to make more contributions to our country. They also need to know their duties. They should not be afraid of difficulties and challenges. However, not all students are very brave. The students in colleges and universities who do not have strong social adaptability cannot withstand the pressures. They are very exhausted, lonely, sensitive, anxious, indifferent, depressed. Some students have some psychological problems and excessive emotions. In turn, some problems further affect college students. This work and

research further have reduced their social adaptability. Most people know that most psychological problems stem from some social problems. Most problematic students do not have enough communication skills. They are unwilling to communicate with others.

People place themselves in their own world, and their interpersonal relationships are really unbalanced. From a long-term perspective, it is a bad social phenomenon that has an increasingly negative impact on college students. In order to solve this problem, we must start from promoting the interpersonal relationship of students in colleges and universities. The great interpersonal relationships could improve students' ability to communicate with other people. At the same time, these great interpersonal relationships could have great influences on our bodies. In addition, interpersonal relationships could make people become more confident. Then we can have enough courage to deal with the pressures and challenges. The university period is the most critical period in a student's life. During this period, most people can form a complete understanding of life, world outlook and values. The university period is a transition between the student age and the working age. In universities, the student's thinking gradually matures. Their character is gradually shaped. They have their unique ideas. Different students usually have different ideas about one thing. Thus, the teachers in colleges and universities should pay more attention to the training of students' social adaptability, so as to lay the foundation for them to integrate into society and face different challenges. Extended training emphasizes the communication and understanding among different students, eliminates the strangeness among students, sets up obstacles and difficulties. Then every team member could improve their abilities during this process. Meanwhile, they will no longer be afraid of difficulties and challenges. Extended training is a new form of education, and it is a great platform for the students in colleges and universities to relax. Then they can get rid of the bad mood. Therefore, they will not feel lonely or anxious. Obstacles and difficulties in extended training settings have been repeatedly tested in practice, and individuals cannot complete them.

It needs to rely on the team and rely on the great efforts of each person in the team to accomplish it. Extended training can teach students how to complete seemingly impossible tasks through effective communication and understanding, relying on the strength of the team to achieve everyone's role positioning and arrangement of labor and cooperation, and intimate cooperation with team members. In fact, it is difficult to realize the great communication and understanding. Every team member should control his or her behaviors. At the same time, all team members should improve their thinking level. They need to change their behaviors based on the changes of the environment. The environment and atmosphere will become more suitable for the needs of the current team. It is really important to every team member and the entire team. This allows students to learn subtle obedience and cooperation, which is very useful to improve students' adaptability. By expanding the hands-on experience of the concept of training thinking in college basketball teaching, the students will bravely solve the problems in their lives and work. They will have an active attitude about their life. They will be more interested in the courses. Moreover, they will be braver and more confident than before. Their social adaptability can also be greatly improved.

Expand the training thinking mode and introduce the strategy of college basketball teaching.

In order to meet the students' demands and the entire trend of physical education reform in general colleges and universities, as well as the new demands of the basketball teaching in colleges, the traditional basketball skills and teaching styles are not suitable to the students. It is very important to change the ways of teaching basketball in colleges and universities so as to improve the quality of education and meet the needs of the courses. In addition, it could reduce the effect of the new curriculum system on college basketball teaching. At the same time, the students could pay more attention to the basketball culture. In fact, such experiments and explorations are innovations and risks. It can improve the basketball teaching level, however, it can also cause some serious problems. We know that the combination can meet some shortcomings and problems in practice. Extended training is a specific mode of the training. The education effect of this way is very great; however, not every way is perfect. The method of extended training also has some disadvantages. We need to observe the effect of extended training method in basketball teaching. After using this

method, we need to test the effect of this method in the practice. It is not impossible to use thinking methods and methods of expanding training in basketball teaching. This method should be used properly. Then we can see the advantages of this method. The extended training should be combined with basketball teaching. Then the advantages of extended training can be fully exerted. At the same time, the students can also learn the basketball knowledge. How to combine the most reasonable and effective methods requires further exploration and research in practice.

The current basketball teaching lacks the charm and creativity of teaching. The students could not see the development of our basketball teaching. The teaching methods are just fixed. The students will not give their new ideas about the basketball. Most students like the basketball, but they do not think about the reasons. I do not like the basketball courses. The physical reform is very important in the basketball teaching. The students also have new demands about the basketball teaching. The traditional teaching method could not meet the needs of the students. Most students also do not like the old teaching methods. Students can earnestly study college basketball courses, learn the basic theoretical knowledge of basketball, and learn the basic skills and tactics of basketball. In other words, students must have a great interest in basketball learning. Most students really like the basketball, but the teaching style of college basketball is very boring. Students are very enthusiastic about basketball. Basketball lessons cannot fully meet the needs of sending emotions. Moreover, extended training can inject fresh blood into college basketball teaching, and then the basketball courses could have a new look.

Extended training can design and conduct specific activities so that basketball lessons can not only meet basic teaching needs, but also be fun and challenging. Then it will greatly improve students' awareness of actively participating in the classroom, rather than passively accept the teacher's teaching. Then the students become the master of learning, and truly have the ability to choose a learning mode, so that the learning results will be improved. Basketball teaching can be further improved. For the existing basketball games in the previous basketball courses, it can be properly modified to make it more reasonable and rich, and it can also be prepared for the next research, so as to better meet the demands of students.

In fact, the role of the basketball teacher has changed slightly throughout the process, not only as a teacher, but also as an organizer and the leader of different activities. The teachers will organize different activities. Moreover, the teachers can also reduce the security threats. The students who are active in the activities will also have great performances in courses. They also need to be encouraged. Then they will make more efforts. A great learning environment is very necessary for the students. Then the students will improve their self-learning ability. Students will not passively receive the words of teachers. The students will be willing to learn more knowledge about the basketball. In addition, students' progress in the learning process can be well evaluated, and their emotional and rational feelings can be satisfied. This is better for improving students' enthusiasm for learning.

Conclusion

Now, colleges and universities do not give more support to basketball court equipment and facilities, which restricts the quick development of college basketball courses. Students usually take part in different physical exercises. After the detailed analysis of this research, we can find that the extended training can be applied to the college basketball teaching, in the reality, we should pay attention to the results of theory, system and teaching practice. Then the students could have the motivation to learn more knowledge. To fully mobilize students to learn. According to the enthusiasm of teachers, you can complete the teaching tasks specified in the syllabus, and maximize the enthusiasm and needs of students to learn basketball.

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