

The Present Situation and Analysis of Jiangxi Yudu Middle School Basketball Team

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Abstract

After the 2008 Beijing Olympic Games, the General Administration of Sport of China proposed the transformation from a sports country to a sports power. Basketball, as the "three big balls" in China, has a broad mass base in China and has become the top priority in the construction of sports power. Practice has proved that the professional athlete training system close to sports system can not adapt to the development of basketball. This article is mainly to Ganzhou city of Jiangxi Province in the city middle school basketball team training analysis, mainly through the questionnaire survey method for investigation and analysis, for the yudu middle school basketball team status investigation and yudu middle school basketball team training situation investigation and analysis, give practical significance of training countermeasures.

Keywords

Basketball Team; Training Status; Investigation and Analysis.

1. The Introduction

Basketball has achieved extensive development in Ganzhou city and is one of the most popular sports among the masses. Every year Ganzhou city will hold various types of basketball games, from these games we can see that the level of basketball players in Yudu middle school basketball team is generally low. It shows that yudu middle school basketball team has serious problems in the training and selection mechanism of middle school basketball players. The student group is the main source of the selection of basketball players in Yudu middle school. Therefore, the after-school basketball training of the student group can not only strengthen the body of the student group, but also cultivate excellent reserve talents for the basketball career of yudu middle school basketball team. In recent years, although the basketball after-school training of students in Yudu middle school has shown a strong development trend, compared with other middle school basketball teams, it is still in the initial stage and the training level is low. Due to different regions, different school characteristics and other different reasons, all affect the results of training to different degrees, therefore, for yudu middle school student group basketball after-school training research is being carried out synchronously. In recent years, the basketball performance of yudu middle school basketball team has been declining. In order to find out the reasons and put forward solutions, the current situation of the training of Yudu middle school basketball team has been investigated. This paper mainly uses the questionnaire survey method, observation method, mathematical statistics analysis method and logical analysis method to fully analyze the results.

2. Research Objects and Methods

2.1. Research Objects

Taking the basketball team training of Yudu Middle School in Jiangxi province as the research object.

2.2. Research Methods

2.2.1. Questionnaire Survey

Taking 20 athletes and 10 coaches who participated in basketball team training in Yudu Middle School as subjects, questionnaires were issued to them, including 20 students and 10 coaches. A total of 30 questionnaires were sent out and 30 were recovered with a recovery rate of 100%. 30 valid questionnaires were sent out with an effective rate of 100%. This paper analyzes the development of basketball in Yudu middle school and puts forward the corresponding solutions by analyzing the situation of basketball in Yudu middle school.

2.2.2. Field Investigation Method

We carried out an in-depth field investigation to Yudu Middle School in Jiangxi Province, and carefully understood and recorded the daily training of basketball team, which provided real data basis for this paper.

2.2.3. Access Method

In the questionnaire survey, in order to make the survey data more authentic and reliable, I had a face-to-face conversation with middle school students who participated in the questionnaire, supplemented some hidden questions in the questionnaire, and made the data of the paper more rigorous and authentic.

3. Results and Analysis

3.1. Analysis of the Current Situation of Basketball Team Training in Yudu Middle School

3.1.1. Site Equipment of Yudu Middle School

Among the teachers surveyed, 40% think basketball equipment is not enough, which shows that half of them think basketball equipment is not enough. The main reason for this situation is that students in Yudu Middle School recruit more students over the years. After years of use, many basketball equipment are old or even unusable. Sports funds are not high, leaders pay attention to the degree to be improved, lack of systematic management. Corresponding suggestions: In order to ensure the normal and smooth progress of PHYSICAL education in Yudu middle school, the corresponding equipment should be equipped according to the national curriculum standards of physical education in primary and secondary schools, increase investment, raise funds, systematic management, and equip with advantageous equipment.

3.1.2. Origin of the Basketball Team Members of Yudu Middle School

20 athletes from Yudu Middle School were surveyed by questionnaire. Among the 20 valid questionnaires, it was found that among the basketball players of Yudu Middle school, 3 were from sports specialty students of our school and 8 were from junior high school students of our school. There are two junior high school sports students from other schools, six junior high school students from other schools, and one from a professional sports school.

From this group of survey data, it can be seen that most of the basketball players recruited by Yudu Middle School are graduates from junior middle schools, accounting for 55%. There are 6 students graduated from sports talents, who have certain physical foundation and basketball advantages, but sports talents account for a small proportion of the school enrollment. Many basketball team members are from the integration of ordinary students from various schools, did not train the relative major, and the training time started late. They used to participate in the competition because of the interest of enthusiasts, without the long-term systematic and effective training of coaches.

Table 1. Source survey of athletes(N=20)

Research content	Frequency	Percentage
Our junior high school students	3	15
Our junior high school ordinary students	8	40
Junior high school students from other schools	2	10
Junior high school students from other schools	6	30
Sports school specialty students	1	5
Aggregate	20	100

3.1.3. Training Time of Du Middle School Basketball Team

Combined with the results of the survey data, it can be seen that the basketball team members of Yudu Middle School train for 6 days a week, and the training time is about 2 hours on average every day. The above analysis shows that the training time of the basketball team members in Yudu Middle School is relatively sufficient, and the training time is relatively long. Sometimes the school carries out collective training during winter and summer vacation. As for the training time, 65% of basketball coaches think that the training time is relatively sufficient.

3.1.4. Training Content of Yudu Middle School Basketball Team

Improve the individual quality of basketball team members through training, enhance their awareness of basketball team members and collective sense of honor. I investigated the three stages of basketball team training. The first stage of training content: quality of speed, endurance, strength, flexibility, basketball skills between layup, passing and other basic. He knows the rules of the game and can play half court. The second stage of training content: dribbling, passing fun practice, changing position repeatedly shot, improve the scoring rate, can know basketball tactics. The training content of the third stage: all kinds of basic basketball movement skills, play more games, improve the actual combat awareness.

Table 2. Satisfaction degree of training effect (N=20)

	First stage	Second stage	The third stage
Dissatisfaction	35%	15%	5%
Ordinary	40%	25%	15%
Satisfaction	25%	60%	80%

According to the survey data, only 5 people are satisfied with the first stage, 12 people are satisfied with the second stage and 16 people are satisfied with the third stage. It can be seen that basketball players are not satisfied with the effect of physical quality, but with the training effect of practice and competition. Boring physical quality leads to unsatisfactory training results of athletes. We should strengthen the training of improving the physical quality of basketball team members, improve the interest of physical quality training, so as to greatly improve the physical and psychological quality of basketball team members, as well as the technical level of basketball sports, and form a good psychological state and a higher basketball competitive level.

3.1.5. Leaders of Yudu Middle School Attach Importance to Basketball Team

The survey results show that half of the people think that the leaders of Yudu Middle School do not pay much attention to basketball, which is not conducive to the further development of the

school basketball. The development of basketball in Yudu middle school needs the attention of school leaders. The attention of leaders is the key. Only when leaders pay attention to basketball games, the progress can be more smooth.

3.2. Analysis of the Basketball Team Members of Yudu Middle School

3.2.1. Gender Analysis of Basketball Team Members in Yudu Middle School

Through the investigation on the gender of 20 basketball players in Yudu Middle School, there are 4 female basketball players and 16 male basketball players. Most basketball players in Yudu Middle School are male, which is not conducive to the promotion and development of female basketball players.

3.2.2. Analysis of Liking Degree of Basketball Team Members in Yudu Middle School

Among the 20 students, 6 students like basketball very much, accounting for 30%, 8 students like basketball, accounting for 40%, 4 students like basketball, accounting for 20%, and 2 students do not like basketball, accounting for 10%. From the analysis of the survey results, it can be concluded that most of the students in Yudu Middle School have a positive attitude towards basketball. Therefore, it is better to develop basketball in Yudu Middle School.

3.2.3. Height Analysis of Basketball Team Members in Yudu Middle School

Table 3. Athlete height table(N=20)

	170-175	176-180	181-185	186-190	190
Number of people	2	3	10	4	1
Percentage	10%	15%	50%	20%	5%

It can be seen from the above survey data that more than half of the basketball team members in Yudu Middle School are above 181cm in height, accounting for 75%, and only 5 students are below 180cm in height. According to the survey results, the basketball team members of Yudu Middle school are generally taller. With the gradual improvement of living standards, students in Yudu Middle school are in the stage of development, and there is a great development trend in the future.

3.2.4. Analysis of Physical Quality of Members of Yudu Middle School Basketball Team

In 20 members surveyed, only two people bench press number less than 10 per minute, 1 person per minute number less than 10 squats, most of the players is obtained by the data in the table in power quality is relatively good, basketball development has a positive role for promoting the central high school, the school basketball team in the process of actual combat against, Due to the light body strength, students can not protect themselves from injury in the game, because physical confrontation is essential in basketball games, so influenced by personal constitution and physical development and other related factors, we should make appropriate training plans for each player in a scientific and healthy way.

Of the 20 team members surveyed, seven had vertical take-off of less than 50cm and five had standing long jump of less than 2.5m. Only three people have a vertical take-off of more than 70cm, and four have a standing long jump of more than 2.7m. According to the data in the table, most of the players' jumping quality is relatively poor, which will make the school's basketball players in the actual combat competition, the rebounding, attack and defense at a disadvantage. It is not conducive to the development of basketball in Yudu Middle school. Therefore, we should strengthen the training of jumping.

Of the 20 players surveyed, 4 had very good endurance, 6 had good endurance and only 4 had poor endurance. On the whole, most of the players' endurance quality is good, which is conducive to the stable play of the game. For the poor endurance of the team members should strengthen their endurance training .

3.3. Analysis of Basketball Coaches in Yudu Middle School

3.3.1. Analysis of Gender of Basketball Coaches in Yudu Middle School

As countries to the strengthening of the construction of sports, basketball coaches in basketball position becomes more and more high, in the basketball coaches play a constructive role in the teaching process, and develop tactics in basketball competition, guide team members to cooperate, to a certain extent, affect the performance of basketball players in the game, basketball coach is not only a basketball team leader, And a builder of the game of basketball. According to the survey data, nine of the coaches were male and only one was female. According to the results of the survey, Yudu Middle school pays more attention to male coaches, and introduces fewer female coaches. The school should attach importance to the introduction of female coaches and optimize the single form of coaches.

3.3.2. Analysis on the Age of Basketball Coaches in Yudu Middle School

According to the gender survey of coaches, there are 2 basketball coaches under 25 years old, accounting for 20%, 4 coaches between 25 and 35 years old, accounting for 40%, 2 coaches between 36 and 45 years old, accounting for 20%, and 2 coaches above 45 years old, accounting for 20%. From this set of data, we can know that the basketball coaches in Yudu Middle school are mainly middle-aged teachers, and middle-aged and elderly teachers and young teachers account for less. From the survey results, the age structure of basketball coaches in Yudu middle school is reasonable. Among them, middle-aged teachers are in the majority. Such young teachers are full of energy and can better participate in basketball training, which is conducive to improving students' understanding of technology.

3.3.3. Analysis of Educational Background of Basketball Coaches in Yudu Middle School

In the list of basketball coaches of Yudu Middle School, there are 2 graduate students, accounting for 20%, 6 undergraduate students, accounting for 60%, 2 junior college students, accounting for 20%, and no junior college students. From the analysis of the data, the basketball coaches in Yudu middle school generally have higher educational background, which is conducive to more professional basketball teaching in Yudu middle school.

3.3.4. Analysis of Professional Situation of Basketball Coaches in Yudu Middle School

Nowadays, with the improvement of living standards, the professionalism of basketball coaches has been recognized by the people. A basketball coach is diversified and needs a clear understanding of relevant professional knowledge and the use of professional skills. Improving the professional skill level of basketball team members is the fundamental goal of basketball coaches. The coach should not only be the leader of the training, but also have the basic knowledge of all aspects. According to the analysis of the majors of basketball coaches in college, 4 of them majored in basketball, 4 of them minored in basketball, and only 2 of them majored in other majors. According to the survey results, most basketball coaches are graduated with relevant knowledge, and only a few coaches have learned basketball knowledge during college, which is not conducive to the all-round development of the basketball team in the city middle school and hinders the development of basketball. In recent years, with the establishment of the basketball Association, the discussion of basketball and the training of coaches, the basketball teaching level of Yudu Middle school is getting higher and higher.

3.3.5. Analysis of Coaching Age of Basketball Coaches in Yudu Middle School

According to the teaching years of basketball coaches, there are 2 basketball coaches with teaching years of 1-5 years, 2 coaches with teaching years of 6-10 years, 4 coaches with teaching years of 11-15 years, and 2 coaches with teaching years of 16-20 years. From the survey data of teaching years, it can be seen that the basketball coaches in Yudu Middle School have a relatively long teaching level and rich teaching experience, which is of great help to the development of basketball. Coaches with short teaching years should learn experience from

various aspects, while coaches with long teaching years should take the initiative to learn new ideas and views.

4. Conclusion

4.1. Yudu Middle School Basketball Court Equipment is Insufficient, the Leadership is not Enough Attention

Basketball training time is basically guaranteed, but also use summer and winter training. However, the school equipment is outdated, the leaders do not pay enough attention to it, the training content is relatively simple and boring, and the means and content of the training are relatively single. There is no targeted training system, and the scientific, targeted and effective training needs to be further improved.

4.2. The Overall Quality of the Basketball Team Members of Yudu Middle School is Good

The overall quality of the basketball players in Yudu Middle school is generally good, but there is a big difference in the proportion of men and women. The basketball training started late and the general level is low. Yudu middle school basketball has a high popularity rate, a large number of students, a high degree of love, and the development space is gradually expanding.

4.3. The Basketball Coaches in Yudu Middle School have Relatively High Ability Level

The structure of teaching experience and educational background of basketball coaches in Yudu Middle School is relatively better, but the proportion of male and female is large. The establishment of the coaching committee is conducive to the improvement of the overall level of the team, the innovation of training methods, and the increase of the influence of basketball in Yudu middle school. However, systematic training for coaches who are not graduates of basketball major should be improved in the later stage.

5. Suggestion

1. Strengthen the construction of the coach team. Targeted training high standard, high quality basketball coach team. Through opening training classes for coaches, hiring experienced and capable coaches, combining with the actual situation, through more scientific training for coaches to improve the coaching level of coaches. In addition, professional college coaches and professional athletes can be introduced to learn and communicate in various ways through talent introduction, so as to accelerate the scientific construction of the coach team.

2. Improve corresponding systems. Through to raise funds and broaden the sources of funding channels to ensure that the construction of the basketball team, only sufficient funds can guarantee the sustainable development of the basketball team, apply to the school leaders for more proportion of financial investment in the construction of the school basketball team as external expanding funding channels at the same time, encourage coaches and hard struggle, and don't forget the spirit of beginner's mind, Create a higher level of coaching under limited conditions.

3. increasing innovation of training mode, to participate in the offline game, aiming at actual combat, make good use of the advantages and disadvantages during the match, reform policies on the basketball team, and learn about other basketball team good system, combining with the status quo of this team to innovate and make good use of vacation time, overcome some objective factors, discipline, strengthen the communication and team members, Enlighten and relax.

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