

Research on Scientific Teaching Method of College Students' Football Core Training

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Abstract: The college football training course is very popular with students. There are many football fans who would like to choose the football training course. In this situation, teachers have made a long-term and extensive exploration on how to carry out football training and how to improve the teaching effect of current football education, and achieved good results. Under the guidance of this method, the football teaching effect of college sports is gradually improved. In the process of college football training and teaching, teachers should fully consider the specific situation of students, and arrange the sports teaching tasks and contents scientifically and reasonably. The following problems exist in the teaching process of school football training course: unscientific distribution of teaching places, unreasonable arrangement of teaching contents, and so on. This paper analyzes the reasons of many problems in college football training and teaching, and puts forward relevant reform measures.

Keywords: Football training; Scientific teaching; Educational reform

1. Introduction

Football is popular all over the world for its fierce confrontation, rapid offensive and defensive transition, and uncertain results. There are many fans around the world. There are also many fans in colleges and universities. They are full of love for football, hoping that their level can make a breakthrough in colleges and universities. These students have their own understanding of football, their technical level is better than ordinary students, and they have higher expectations for football training course [1]. This also requires higher quality teaching content and methods for college football teachers. Facing the existing problems in college football teaching and training, they need to start from their own point of view, seek breakthroughs in teaching methods, improve teaching level, meet students' learning needs, and promote the scientific reform of college football training and teaching courses.

2. Existing Problems in the Process of College Football Training and Teaching

2.1. The distribution of teaching places is unscientific

The professional competition area for football is very large. The establishment of a standard football field requires colleges and universities to invest more money. Some colleges and universities may have problems with inadequate teaching facilities due to their own funding and policy inclinations. More training venues and better sports facilities are needed, while some colleges and universities do not have enough training venues, or in the teaching process, the content of football training cannot

make full use of the limited space in the venue layout. There are frequent conflicts in the group teaching, which leads to the failure of the normal football training program. The places distribution is unreasonable and there is no scientific arrangement, which affects the teaching effect of football training.

2.2. The arrangement of teaching content is unreasonable

Firstly, the limitations of places and facilities are not fully taken into account in the setting of teaching content. Secondly, the choice of teaching content cannot meet the needs of most people. Students in football training classes generally master basic football skills. In the process of football training, they expect some skills and tactics that are important in football but ignored by themselves. Teachers lack innovation in the choice of teaching content, blindly copying textbooks, cannot keep up with the times. Finally, the sports load of football training class cannot be effectively controlled. The teaching of football training is not only a football professional training activity, but also a kind of teaching activities. Students should not only fully understand the effect of training, but also learn new knowledge and new technologies. In this regard, teachers have not done enough [2].

2.3. Football teachers have their own shortcomings

The teaching of football training requires teachers to have strong professional knowledge and years of training experience, which can control the whole training process in a calm way. In the teaching process, teachers should

teach students a concept of football training. In any case, it is possible to train football and achieve results. Nowadays, most of the college football teachers have undergraduate degrees. The professional knowledge of these teachers is not strong, but they have many years of experience. The teachers with master degrees have strong professional knowledge, but these young people lack teaching and training experience. The professional training of football training is strong. Teachers should give full consideration to the early teaching methods, teaching organization, teaching mode and so on. In the long-term teaching process, students, places, facilities, sports load and so on should be arranged reasonably. Because of their own shortcomings, some teachers have an impact on the effect of football training and teaching [3].

2.4. Training and competition are out of touch

The results of football training are the most important throughout the competition. Any training, if divorced from actual combat, is not in line with the teaching philosophy, so everything should start from actual combat, and truly train the skills and tactical qualities that students use in the competition. College football training courses tend to focus on simple tactics, learning to practice without interference, but this kind of practice lacks the atmosphere of football competition, and the confrontation of football competition cannot be reflected. In the learning atmosphere, although the students mastered the football skills and tactics described in the teaching, they were unable to fully show their own level due to the influence of psychological and environmental factors. The purpose of football teaching is not only to teach students basic football skills and tactics, but also to let students apply what they have learned, continue to develop their hobbies, and truly improve their football ability.

3. Contents of Scientific Education for College Students' Football Core Training

3.1. Basic standard action teaching of college football

Before accepting tactical teaching, students need to accept systematic and standardized sports teaching. The teachers should explain the standard movements and the essentials of playing football to the students in the classroom [4]. Through the explanation, students can understand the learning style of football course, understand the essence of football, and master the basic knowledge of football. The explanation of football knowledge refers to the use of body movements and language descriptions to summarize the technical actions of college football education and to demonstrate them, which include the functions, technical essentials, names and operation methods of technical actions. In addition, teachers also need to analyze the action characteristics and action structure characteristics of football technical movements. At the

same time, the movement structure of football and its movement rules in the competition, including the angle, direction, amplitude and dribbling rhythm of technical movements need to be explained. In training, distance, time of physical participation, order of participation, space size, time and intensity need to be mainly explained. At the same time, it is necessary to point out the main points of students' action when playing football. Students will initially form the concept of football technology through teachers' narratives. Finally, in the process of explaining football technology, teachers should be good at guiding and motivating students, let students play their subjective initiative, think actively by using the brain, and form an organic combination of listening, watching, thinking and practice.

After the physical education teachers explain the football movement demonstration, the students need to practice the football movement according to the method taught by the teachers. From the practice with ball to ball-free training, the movement of football should change from slow to fast, from fixed field to football field, from easy to difficult. Through this reinforcing practice, after the completion of the exercise, combined with the football technical points and technical movements explained by the teachers, it can be applied to the actual football competition, which can enable students to form a relatively complete concept of football technical movements in football learning [5]. Teachers should discover the mistakes made by students in their football practice and correct them for students in a timely manner. College students will inevitably make some mistakes in football basic skills training. Therefore, if teachers don't correct and guide them in the early stage of the formation of the wrong behavior, once students form the habit of wrong behavior, it is difficult to correct it again. Therefore, teachers must correct wrong behavioral skills in a variety of situations. In the process of football teaching, the teachers can correct the wrong behavior of individual students, but for some common major mistakes, they require collective corrections throughout the class.

3.2. Training and teaching of college football tactics

After mastering the basics of football, it involves the tactical teaching of football. We generally divide football tactical training into football basic tactics, football team tactics cooperation and football individual tactics. College students should have a clear understanding of the definition of football tactics in daily football tactics training in physical education. Teachers try to use the action demonstration and knowledge explanation to achieve the purpose of football teaching. Teachers should make students to fully understand the requirements and significance of football tactics and learn to use football tactics [6], understand the system composition and characteristics of football tactics and the purpose and function of

football tactics, let students understand that the defensive tactics and offensive tactics in football technical movements are contradictory and unified. In football activity, students should grasp the overall situation and individuals, understand the outline of football complete defensive tactics. Every football player has different responsibilities in different positions, and the application of technical action also has different requirements for the application of technical skills. Playing with local tactics, the form and type of football team, and the overall formation and tactics of the whole place are very special. Then, physical education teachers need to explain the methods of college students in sports football, and then organize students to try football training.

The so-called basic tactics of teaching refer to the cooperation of local tactics in football. At this stage, football teaching needs to take the offensive aspect of football as the breakthrough point, and then cooperate with the football defense to carry out football teaching. We mentioned the cooperation of football here, so we will design the arrangement and allocation the students. In football teaching, physical education teachers should divide students into small groups and practice football tactics between two or three people. When teaching offense and carrying out practice, physical education teachers need to let college students understand the basic coordination routes and coordination methods. On this basis, some confrontational and football interfering teaching should be properly added. When explaining defense and carrying out practice, the teachers must let students first carry out the football practice under the negative football attack, which can be transformed into the football practice under the active football attack. The purpose of this teaching method is to respond to the students' ability and gradually improve their offensive and defensive abilities.

4. Scientific Ways of College Football Training and Teaching

4.1. Scientifically formulate the teaching content and training plan according to the actual condition

The choice of teaching content should consider the actual situation of the place. If the teaching content is arranged in the environment with large space and complete facilities, more advanced and heavy load content can be added appropriately. If the teaching content is arranged in the environment with small space and few facilities, more core content should be chosen to teach, to ensure that we can use the facilities scientifically, and do not teach freely. At the same time, the training plan should be based on a simple understanding of students' basic personal abilities, so that students can not only consider, but also achieve the training effect [7]. Also, in football competition, the deployment of players, including offensive and defensive choices and formation positions, is

very important, and is the top priority in tactics. Under normal circumstances, the students can organize the implementation of football tactics after basically understanding the team's football tactics and the team's tactical cooperation. This teaching method is also a complete solution, which means that the tactical cooperation of the football team is properly decomposed, which is part of their football tactics. For example, the overall offensive tactics of the football sidewalk, the coordination tactics of the middle of the football, and so on. With the cooperation of two local tactics, college students can cultivate the overall cooperation ability of football. In the actual teaching process, teachers also need to consider the physical characteristics of different students in the same way as professional training, and then assign tasks after reasonable analysis.

4.2. Strengthen professional training of football teachers

Teachers' abilities are related to the height that students can reach. In the science training of nowadays, teachers must keep pace with the times. Regular professional training and educational exchange meetings can effectively improve teachers' teaching ability and quality, ensure that teachers can better complete teaching tasks and achieve continuous progress. Old teachers can be arranged to learn the most advanced professional knowledge research results and change their lack of professional knowledge. Young teachers can participate in coach training, learn real football training methods, and improve the overall level of teacher education. Taking football demonstration as an example, football demonstration means that students understand the concept and action image of football technology at the fastest speed through intuitive football teaching methods. When physical education teachers demonstrate football for college students, they must conduct football movements in a standardized and accurate manner, which is the premise and basic guarantee of playing football well. If students form some wrong football movements or action essentials in their study, they cannot grasp the correct actions. Once they are in place, football technology will be difficult to correct and continue to improve. Therefore, in teaching, physical education teachers should first demonstrate football to students in accordance with the rules of action, so that students can establish a systematic concept of football technical action in a complete physical education class. When carrying out the action demonstration by teachers, the key point of football technology is the key point of demonstration. Teachers should be patient and repeat the demonstration until the students understand it. In the demonstration, students should focus on the key parts of football and the difficulties of football. After reading the teachers' demonstration, the students should practice the essentials. The teachers should point

out the irregularities of the students' football movements in time and make students to correct them. Teachers should find out the reasons for the inadequate football movements, analyze the problems and gradually adjust the students' football movements. When carrying out demonstration, teachers should pay attention to weather, football field, demonstration environment and the number of participants, and arrange the direction, position and angle of football demonstration reasonably. In order to improve teaching efficiency, teachers can also combine some models, pictures, videos, slides and other auxiliary teaching demonstrations in technical teaching, so that students can more intuitively deepen their understanding of the essentials of football action, and form a complete and correct football technology.

5. Conclusion

In the future development of sports, more football fans will explore effective training methods suitable for college football through their own opinions, which will contribute to the prosperity of China's sports cause, especially in football teaching. In the process of teaching, teachers should also pay attention to keeping pace with the times, reflect constantly, and learn to scientifically formulate teaching contents and training plans according to the actual situation. At the same time, they should

strengthen their professional quality, seek breakthroughs in teaching methods, improve their teaching level, meet students' learning needs, and promote the scientific reform of college football training and teaching courses.

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