

A Study on the Application of Multidimensional Training Method in College Tennis Teaching

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Abstract: The emergence of a large number of community tennis equipment in China has laid a good foundation for the promotion of tennis in colleges and universities, and promoted the smooth implementation of tennis teaching in colleges and universities. On the premise of in-depth study of tennis, college physical education teachers take the initiative to learn advanced tennis technology from developed countries, according to the actual situation of our country, to clarify the development of tennis teaching in colleges and universities. This paper first points out the shortcomings in tennis teaching in Chinese universities, then analyzes the application of multidimensional training method, and finally defines the advantages of carrying out multidimensional training.

Keywords: Multi-dimensional training; College tennis teaching; Application

1. Introduction

In recent years, the development of sports in China has attracted the attention of all countries in the world, and tennis has been widely favored by Chinese residents. Tennis teaching in colleges and universities complies with the development of The Times and plays an important role in promoting tennis. Tennis teaching and practice activities have an inseparable link, but there are still a number of shortcomings in tennis teaching in Chinese universities, such as unclear teaching focus, teaching methods are not advanced, etc. Multidimensional teaching method is a new teaching mode. The introduction of multidimensional teaching method in college tennis teaching can ensure the smooth implementation of college tennis teaching.

2. Shortcomings in Tennis Teaching in Colleges and Universities in China

2.1. The actual situation of tennis teaching in China

In the course of the rapid popularization of tennis, tennis teaching in colleges and universities has attracted people's attention. The tennis facilities in colleges and universities have been constantly improved, and the teaching level has been constantly improved. China's tennis players continue to achieve excellent results in the international competition, more promote the rapid development of tennis in our country. Tennis is a kind of advanced sports. Introducing tennis into college physical education can not only promote college students to take exercise, but also improve their ideological level. In this

situation, China's college tennis teaching must constantly improve the quality, in the process of China's economic development, college tennis facilities are increasingly perfect, for the smooth development of tennis teaching laid a good foundation.

2.2. Shortcomings in current tennis teaching

Current college tennis teaching is given priority to with the traditional teaching mode, teachers blindly rely on traditional teaching experience to carry out teaching activities, teaching method is too rigid, teachers of students by watching the demonstration action to imitate, using a large number of repeated practice to master tennis skills, this kind of teaching mode is bad for students' creativity and initiative into full play. Furthermore, the improvement of sports skills of college students should be put in the first place, regardless of students' independent learning. Most college physical education teachers rely on their own understanding of tennis to teach, teaching mode is not standard, is not conducive to improve the quality of tennis teaching, restricting the healthy growth of college students.

3. Introduction to Multidimensional Tennis Training Methods in Colleges and Universities

3.1. Multi-dimensional training method

The multidimensional training method refers to that in the actual teaching activities, in order to integrate the teaching objectives with tennis techniques, three standards are designed in combination with physical know-

ledge: basic movements of large muscle groups, accurate implementation of small muscle groups, and independent thinking of college students. The multi-dimensional training method is introduced into tennis teaching, focusing on the essence and characteristics of tennis. The key content of the teaching plan combined with this kind of multi-method training is to guide college students to form a comprehensive understanding of tennis. The technical action of tennis is decomposed into several small movements, and then combined together for teaching, to help college students gradually improve their tennis skills, while developing their creativity and thinking level. Multidimensional training method is a relatively advanced teaching method, which combines teaching content to create learning situations for college students. Different learning tasks are designed in different teaching links, which is conducive to understanding and acceptance of college students, thus stimulating their learning initiative.

3.2. Dimensional reduction training method and dimensional improvement training method

Dimension reduction training method and dimension improvement training method are integrated together, and they have mutual influence and mutual promotion relationship. Rising dimension training method is to help college students form action combinations through practice. It plays an important role in tennis teaching and can help college students master comprehensive knowledge of tennis. Through the classification of tennis into different types, multidimensional training standards in the classification process to formulate teaching plans for the standard, the creation of teaching situations, and strive to guide college students to fully understand the tennis technical movements. The method of dimensionality reduction training is to decompose the tennis movements into several small movements through practice. Firstly, it guides college students to learn small movements, and then gradually combines them together to increase their understanding. Dimension reduction training method is to decompose the tennis movement, reduce the learning difficulty of the learning method, to ensure that college students in the process of learning the basic movement to feel the movement of the continuity.

4. The Practical Application of Multidimensional Training Method in College Tennis Teaching

4.1. Clear teaching ideas

The first, teaching ideas. First of all, we should make clear the knowledge reserve of college students and choose the most reasonable teaching method according to their thinking mode. Combined with the design of teaching situation and teaching objectives, to help college students accurately master the tennis skills.

The second, the static practice method. The static practice method mainly refers to giving the ball nearby in place, throwing the ball sideways, throwing the ball over the net and so on, using the above three movements to promote college students to master the solid basic skills of tennis.

The third, dynamic practice method. It mainly refers to the unfixed free fall to the ball, throwing the ball at different angles, throwing the ball over the net at different angles, hitting the ball at different angles, actual practice and tennis action competition. On the basis of comprehensive training of college students' tennis skills, guide them to master the basic training process. Fourth, the video method. In the application of various teaching method on the basis of the above, the teacher to student's practice process and action learning into a video file, and organize the students to watch carefully and teachers in the process of the students watch the additional explanation, careful analysis the advantages and shortcomings of each student technical movement, help college students on their movements to form correct understanding. Using the analysis from different aspects to help college students firmly grasp every tennis move. Furthermore, the process of watching and analyzing the video is easy and can arouse students' enthusiasm for participation.

The fifth, the objective method. On the basis of a comprehensive study of tennis movements, the difficult movements and technical training should be set up in a reasonable stage, and a reasonable teaching situation should be created, which is conducive to achieving the teaching objectives smoothly. For example, the teaching goal is designed so that students can accurately judge the tennis line and the drop point.

The sixth, comprehensive design. The main content refers to the training of ascending dimension and descending dimension. In the actual teaching process, different learning emphases are designed to carry out teaching activities at different levels, so as to help students master technical movements proficiently and form correct understanding of tennis movements.

The seventh, design teaching objectives. Reasonable teaching objectives can help college students to understand tennis skills from different angles while learning basic movements, and gradually form a certain sense of the ball. In the study of combination technology, from different aspects of combination technology, to promote the combination of the most reasonable. In the process of learning tennis moves, teachers must have clear teaching ideas and teaching objectives, in order to successfully implement multidimensional training, effectively improve the tennis skills of college students, increase the communication between teachers and students. The multi-dimensional teaching method makes students' learning process full of fun and ensures the smooth development

of teaching activities by creating teaching situations reasonably.

4.2. Carry out experimental teaching

The first, be prepared. Clear experimental teaching staff, choose students who do not have the foundation of tennis, because students tennis skills are not high, its level is roughly the same, so we can ensure that the experiment has a strong persuasive.

The second, analyze the data. After carrying out multidimensional training and teaching, students' learning situation should be evaluated immediately. The main content refers to students' practical level and theoretical knowledge. And the combination of different assessment methods to set different assessment scores. Accurately record students' learning data, and compare with the relevant data obtained from traditional teaching methods, and finally determine the salient points of multidimensional training method and the aspects that need to be further strengthened.

Thirdly, the advantages and disadvantages of multidimensional teaching should be clarified. This paper mainly studies the shortcomings of multi-dimensional training. In actual teaching activities, the creation of teaching situations requires a lot of preparation time and great efforts. Meanwhile, various factors will affect the creation of teaching situations. Again, PE teachers should also possess excellent research level, using the teaching method increased the labor intensity of the teacher, also need to point out is, multi-dimensional teaching method must be supported by students, students are required to highly concentrated in the learning process, so there are more difficulties in practical application process, appear easily distracted students problems, lead to can't complete the teaching mission. Because teaching method and teaching goal are different, some students are not easy to accept quickly in a short time, not conducive to receive better teaching effect.

5. The Highlight of Multidimensional Training Method in College Tennis Teaching

5.1. Develop students' thinking level

By introducing multidimensional training method into tennis teaching activities, students can be guided to understand tennis correctly, form correct tennis technical movements and achieve reasonable application. With the introduction of multidimensional teaching method in actual teaching activities, teachers can decompose the complicated tennis skills and movements layer by layer, and then recombine them for teaching, so as to explain in depth the details of movements that are difficult to understand and master. The teaching method of comprehensive analysis can guide students to fully understand tennis skills and movements, learn tennis skills in the shortest

time, reduce the difficulty of learning tennis movements, and guide students to like tennis, so as to actively participate in the practice process. Furthermore, the decomposition and recombination of tennis skills are used to support students to carry out independent exercises, which indicates that this is also a teaching method to develop college students' thinking ability.

5.2. Establish a safe and stable teacher-student relationship

The introduction of multidimensional teaching method in tennis teaching in colleges and universities has made the teaching methods of tennis updated, ensured the smooth implementation of tennis teaching activities, and increased the communication and communication between teachers and students, not only helped students firmly grasp the tennis technology, but also created a stable teacher-student relationship. The introduction of multidimensional teaching in tennis teaching can also help teachers to know every student's practice at any time, so that every student can be improved, so as to master accurate tennis skills through the shortest practice time and improve students' technical level. Furthermore, in the process of students' learning, the method of tennis group competition is used to strengthen the technical communication between students, which invisibly develops students' tennis skills. Under the premise of mutual observation and mutual learning, the quality of tennis teaching is significantly improved.

6. Conclusion

Tennis teaching is closely related to practical life, which requires teachers and students to carry out rich exchanges and interactions. The introduction of multidimensional training method in tennis teaching not only develops students' independent thinking, but also creates a safe and stable teacher-student relationship. In the process of carrying out tennis technology teaching, students have learned to think and innovate at the same time, and their learning enthusiasm has been significantly improved, gradually eliminating the traditional teaching mode, cultivating a large number of compound talents for the country, and promoting the healthy development of tennis in China.

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