In the Concept of Functional Training of Basketball Movement Physical Ability Training

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Abstract

Basketball, as against the competition activities for colleges and universities is very important, one can improve the athletes' body function, on the other hand can cultivate the team cooperation consciousness and competitive consciousness of athletes. As the basis of basketball, good physical fitness can to a certain extent, improve the athlete basketball skills and avoid injury, with abundant physical fitness for basketball game winning advantage. So we must fully implement the function training concept, through a variety of ways to strengthen the basketball fitness training of athletes, enhance physical ability quality.

Keywords: Function training concept; Basketball; Physical training

1. INTRODUCTION

Since the reform and open policy, our country sports training industry attaches great importance on physical training, and emphasize to the training of the athletes sports fitness through various channels. As the basic ability of athletes, fitness mainly includes the body shape, skills, as well as the health and so on, is the concentrated reflection of movement quality players. Basketball sport is a high resistance, high strength sport, the athletes physical quality have higher requirements, in order to improve the athletes' basketball skills, we must improve the athletes' sports fitness through various channels, therefore, based on the concept of functional training of basketball movement physical ability training mode of study has important practical significance and application value.

2. The necessity of physical training in basketball
2.1 Lay a foundation for the skills and tactics

Compared with the foreign team level, our team has a larger deficiency in physical fitness and confrontation ability, to some extent, this also leads to the overall level of basketball in China and the world basketball is a big gap. As a special combat sports project, requirements basketball player on the court to have a highly developed physical level, once the lack of physical quality, difficult to play in the game skills, short of tactics. Usually, in the basketball court, athletes often through hustle won offensive advantage, such as speed, if the player does not have the advantages of the running, jumping, or reflect the slow, so not only personal ability can not get to play, and will affect the entire group cooperation ability, and then affect the game's winning or losing.

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2.2 Which guarantees high strength training

From the angle of physiology, sports training also can be regarded as a stimulus for athletes exert load, thus achieve the goal of improving athletes body function. Athletes’ body function changes have extremely important impact on their fitness levels. The scholar thinks, good physical fitness is an important supporting of high strength training, athletes without good physical ability, simple to high strength training, not only improve motor skills, but also be counterproductive. Basketball sports tend to have a heavy challenge against activity, athletes need to run a wide range, body need to be agile, active attack and defense, create aircraft in the game. Other physical training can stay healthy, the athlete on the pitch to get physical support, complete the high intensity of basketball game.

2.3 Strengthen the athletes sport life

Physical training can enhance the life of the movement of athletes to some extent. Basketball games for athletes with emphasis on body and high physical quality, to some extent, the athletes' physical quality directly affects and decides the result of the basketball match with the outcome. Physical training can effectively improve the athletes' body level on the one hand, on the other hand can delay aging, become in basketball training has very important significance. After a certain period of physical training, the athletes of the tactical level and skills are able to get different degrees of ascension, extend the basketball career of athletes. Chamberlain sporting life such as the famous American basketball player to 38 years old, his 100 m 10.9 s, 2.02 m high; this is not in our country.

3. Basketball fitness training status quo

3.1 Physical fitness training and special physical separation

Sports training physical training can be divided into general physical fitness training and special physical training in two forms, the former mainly refers to the athletes training form through a variety of professional training in the process of increasing energy, focus on raising the level of the tissues and organs skills in athletes; While the latter combined in sport, is a specific physical training. Basketball physical fitness training of special physical training of the current our country lacks, is more focused on basic physical stamina training of athletes, the athletes in basketball court struggled to get into a special physical stamina training skills, which creates a basketball player in China touch high index achieves the advanced level abroad, and in the game is difficult to play. Although conventional barbell training method can exercise athletes jumping ability, speed, however, get exercise, the effect not beautiful.

3.2 There is a deviation strength and speed training

As an important part of basketball movement physical ability training, the physical strength and speed training on basketball player has very important influence. Looked from the present situation of the current our country basketball fitness training, widespread power training system is not strong and endurance, speed endurance training confused phenomenon. First of all, most coaches to strength training, lack of scientific understanding, and failed to establish a scientific system in strength training, more squatting exercises below is given priority to, after the athletes of the muscle group and the tibialis anterior muscle group can not get enough exercise. Second function of the current basketball training lack of innovative,
mainly barbell training, long-term already make athletes’ barbell training effect is not significant. In addition, in terms of speed training, common understanding, the problem of speed training involves displacement speed, response speed and so on several aspects, which coincide with the characteristics of basketball sports. In the basketball game, players should not only have strong physical quality, but also all eyes and have high flexibility and agility, higher requirements on the speed of the athletes. Coaches in the process of training for speed training and endurance training, understanding unclear is not strict, standard, to meet the training results.

3.3 Physical training method simplification

Study found that current our country basketball fitness training technique is unitary, common spearhead of barbell, long distance, acceleration, etc., only emphasizes on the training of external form, ignored the essence of the practical need of physical training and problem. In the process of basketball movement physical ability training, coaches are often single training for a single problem, such as the speed of athletes is not enough, will focus on speed training of athletes, if the mobile is not enough, it emphasized on mobile training, lack of training load intensity. Also uses the frequency statistics and the number of group training methods, not only can't meet the requirements of the special training, and reduces the load on the body's ability to effectively stimulate, training effect is not obvious.

4. In the concept of functional training of basketball movement physical ability training strategy

4.1 Speed diathesis training

The speed quality training of basketball training mainly includes the response speed and displacement velocity. In the process of reaction speed training, can guide the ball training athletes, training rules for 10 meters to signal to run fast, when athletes after hearing the voice signal, immediately the sprint, work in groups of two and ran to the finish line to touch the corresponding logo, the first part of the 10 meters to accelerate, in the end position and don't slow down, still with the fastest speed through the logo, training 5 ~ 10 min can pause, about 10 times/group. Second can be used in a pursuit of two groups of 10 meters, two groups of athletes, interval 5 meters, two in each group, the final whistle after a group of athletes immediately after the former group of athletes, the former group after the athletes should be to avoid catch up. Can also be combined with other basketball fitness training, guidelines to judge ball and layup training athletes, by a team of three players, one of the players back to the other two players, ball and drop it into the rear two athletes, movement speed by judging the direction of the ball, and dribbling to shooting training outside the three-point line. In the process of displacement speed training, the first thing you need to practice absolute speed, distance of 30 meters, 50 meters, 100 meters, 150 meters, etc., require athletes to run faster, the displacement speed training can be built on a basketball court, training means has quick sprints, half fast running back and forth, etc. Acceleration, deceleration and the leg side facial group, agile turn ability is the focus of the defense. And on the pitch moment of muscle endurance, explosive force and against the need can also be used together with training at the same time. The elastic rope on her waist; another partner pulls bungee cord, lunging position
standing sprint to bungee cord straight at the fastest speed, with a speed reduction back to back. Positive, after 5 times in the side, the bilateral for five times, with the fastest speed the sprint to the elastic rope straight, then return back at reduced speed, positive after five times, in the side, the bilateral for 5 times.

4.2 Strength quality training

The strength quality training mainly includes a variety of forms. First of all for the effort in strength training. Can implement elastic rod squat jump. The training methods to strengthen the upper body strength, while increasing the trunk antagonism, the pitch of collision and defend body rebounds, trunk confrontational quite important. Using elastic sticks, width and shoulder are the same as wide, resting on his chest the squat position next crouching, knee over the toe up out forward, as far as possible, with the squat position when jump backward landing back 1 minute of action in each group. This training can promote all-round development of the various parts of the body athletes. Followed by a quick footwork training. Carried out in accordance with the w-shaped sliding around training first, and then into a circular slide to sprint training, training, rapid change every last 15 s or so commonly, a four wheel, the training method is consistent with the basketball court, can promote the scram for athletes in the actual basketball game, slide and other skills. Such as comprehensive jump training. Medicine ball to jump, the main exercise is vertical jump ability, protect rebounds on the pitch is the essence of the defense, fast break, and jumping ability to protect the rebound of the basic ability; This action using the power of the arm and back at the same time, in the end up through the leg muscles. Body vertical to the ground, lift medicine ball above your head, arms straight, will at the same time, in the land of medicine ball using reaction to jump up, jump up with both hands swing arm pull to the top of the head when hoisting height, each group of action for 1 minute. In addition to run and jump training the side of the variable transformation ability, reduce speed to, and glutes, hip muscle strength in ascension. Pyramid is placed on both sides, the distance is about 1.5 meters, facing the front, in the form of side jump, like skiing posture to jump between only one foot fall to the ground, with ipsilateral glutes start next jump, above knee on foot, not more than the toe, each group of action for 1 minute.

4.3 Speed endurance training

The basketball movement speed endurance training is given priority to with track and field training speed. The first 8 minutes of moderate intensity change back to run, generally is 20 meters, athletes after hearing the whistle, immediately ran to the back, to hear the whistle ran back to the starting point, again back to run repeatedly, 5 ~ 6 minutes. Basketball athletic intensity bigger, requires athletes have a high rate of literacy, each practice a set of 2 ~ 3 minutes to rest players. The second comprehensive variable speed to run and jump back to run, to coaches whistle as a reference, and after hearing the whistle, athletes in situ rope skipping, hear the whistle again ran to the back, and quickly return to the starting point, repeated cycle 6 ~ 7 minutes, during weaving practice shooting, passing, etc. Such as a university college basketball training for basic physical exercise athletes on the field, requires athletes to as fast as possible speed run length of five and a half a basketball court. From the baseline to the bottom line five times, and then returns to the midfield. After each run, the athlete should rest
two to two and a half times the running time, this time is the time required to complete a practice. It takes 32 seconds to complete this practice, for example, athletes, so he should take a rest before the next practice from 64 ~ 80 seconds. After 1 months of training, athletes significantly enhance the speed of the patient, has been effectively play in the basketball court.

4.4 Flexible speed training

In flexible speed training process can be fully by the ball, make the athletes keep on lying on the large soft ball, two feet to be position, to do sit-ups on the soft ball movement, each group of 8 ~ 10 times, each time the three groups. Also can use grouping form, every two for a group of athletes, do back and belly in action, and the swing arm, wrist, arm, and pick up ball exercises, the intensity of training for two days a week, on Monday and Thursday, for example, if there is one strength training, don't and lower limb strength training on the same day. Also can use equipment and peer pressure to shoulder, shoulder movements, leg sit, do before body bends practice or body around the ring. Other steps can bow, leg press, and leg knee, gymnastics and so on carries on the flexible connection, bar muscle must be developed to improve the explosive force. Can pass some short, sharp anaerobic exercise, such as jump, sprint, etc.

5. Conclusion

Competed as a collective project, basketball is not only personal defense consciousness and skills on athletes have higher requirements, but also for basketball players must have strong physical fitness, teachers in the process of the basketball training of athletes, widespread special physical fitness training and the phenomenon of separation, physical training method is too simple, so we must strengthen the training of basketball movement physical ability, to lay a solid foundation for the basketball skills upgrading. This study will be based on functional training concept, analyzing the importance of physical training of basketball sport, explores the problems existing in the current our country basketball fitness training, and puts forward the main way of basketball movement physical ability training, provide effective reference for colleges and universities basketball teaching in colleges and universities.

References