

Exploration on the Application of "Match Instead of Practice" Training Method in the Badminton Teams of Colleges and Universities

Lei Ma^{1,*}

¹Modern College of Northwest University, Xi'an, 710130, China

Keywords: Match instead of practice; College; College Badminton Team

Abstract: "Match instead of practice" training method has been popular in the world, athletes through this training method to achieve excellent sports results. "Match instead of practice" in the field of sports training belongs to a kind of competition method, and this competition method, in essence, belongs to a typical high-level training method. This paper adopts the methods of questionnaire, logical analysis and literature review to analyze and study the application of the training method of "match instead of practice" in the badminton team of colleges and universities. The result shows that the training method of "training instead of practice" is to accomplish some unaccomplished goals and tasks in training by competition, but it does not mean not to practice. "Match instead of practice" is the perfect combination of training and competition, so as to achieve the best training effect and obtain excellent sports results.

1. Introduction

In recent years, the competitive level of ordinary colleges and universities has gradually improved. Through a large number of investigations and studies, it has been found that athletes can participate in various types of competitions to promote their own athletic level, in order to find out the best athletic training methods in competitive sports, to help athletes obtain excellent results in the competition. The training experience of "match instead of training" has been widely recommended and popularized in the management center of basketball, tennis, track and field, swimming, throwing and weight lifting. In the long history of competitive sports development, although competition is one of its main components, but the drawbacks still exist. Because the law of sports training is very complex, and the simple "match instead of practice" can not explain this phenomenon very well, so we need some sports to make a key breakthrough. At present, some competitive sports in colleges and universities have achieved success and gained some experience by constantly discussing and studying their training methods and renewing their training ideas. From these excellent experiences, we should sum up some scientific and effective training methods suitable for badminton teams in ordinary colleges and universities, and skillfully combine them with sports training rules, so as to probe into the scientific nature of "match instead of practice". In order to more comprehensive and systematic guidance of ordinary university badminton team training.

To correctly understand the problem of "match instead of practice" is not only necessary for coaches to improve their abilities in the training field, but also necessary for athletes to achieve outstanding sports results. It is also a problem that ordinary colleges and universities must overcome. As a talent-oriented higher education institutions, duty-bound. They shoulder the responsibility of training excellent teachers, coaches and advanced reserve talents for the motherland, society and school, which is of great practical significance for the development of ordinary universities. At the end of the 20th century, there were many kinds of competitions in the world, and the athletes participated in the competitions constantly, and at the same time, they also improved their competitive ability. At the same time, some sports training experts began to study the advantages and disadvantages of "match instead of practice" training method, and began to summarize the concept of this training method.

The explanation of "match instead of practice" is simply to use a form of competition to replace the over-traditional training mode, so that students can be separated from the boring traditional

training mode. As a result, he has a renewed interest in training, and gives full play to his subjective initiative to achieve the goal of autonomous learning. And through this training method, so that students can clearly understand their own strengths and weaknesses, so that in the training process to find suitable for their own method. The training method of "match instead of training" aims at educating students how to become excellent people, and training talents is the starting point as well as the ultimate goal of training. In the training of badminton teams in colleges and universities, the training method of "match instead of practice" can make the students have more systematic and comprehensive badminton training, find a way to break through their own sports achievements, and promote the students' all-round physical and mental development.

Through the literature review, the analysis found: "match instead of practice" training method has the following advantages:

First, "match instead of practice" training method is a kind of independent training method on the level of physical education teaching made after the reform in the new period. It is mainly to let students have the ability of independent thinking and make them exert their subjective initiative, develop the brain to think actively, excavate the student's thought deeply, thus promote the student all-round development;

Second, "match instead of practice" is a training method that integrates interest, competition and appreciation. It can enliven the training atmosphere to a certain extent, produce certain attraction to students, and enable students to concentrate on training to improve the efficiency of student learning;

Third, the training method of "match instead of training" is helpful for students to fully understand the basic knowledge and skills of physical education, to effectively complete the training content and to achieve the unity of knowledge and practice. It is helpful for students to study unified knowledge comprehensively and systematically and to establish harmonious relationship between teachers and students

Fourth, the training method of "match instead of practice" can perfectly combine competition and training, and solve the coaches' difficult problems in training, so that students not only pay attention to the level of competition results, but also to the importance of training to improve their training in the high standard of strict ability.

2. Research Methodology

2.1 Bibliographic Method

By searching China Knowledge Net and school library materials, a large number of documents about the application of "match instead of practice" training method were obtained, which promoted the theoretical research value of this paper.

2.2 Questionnaire Method

Through the investigation of literature collection on "match instead of practice" training theory knowledge, design questionnaire, through the questionnaire to collect the information needed for the investigation. In order to achieve the research goal of the subject.

2.3 Logical Analysis

The accumulated data will be analyzed, summarized and refined, so that it has practical significance.

3. Application of "Match Instead of Practice" in Badminton Teams of Colleges and Universities

3.1 Close Integration with the Syllabus

"match instead of practice" training method emphasizes "training", "competition" as a means of training, can not meet the ultimate needs of training. Therefore, when teachers use the training

method of "match instead of practice" to train badminton teams in colleges and universities, they should skillfully combine it with the teaching syllabus, fully consider the characteristics of the athletes, and properly arrange the contents of the matches. In order to avoid the competition being out of the scope of the content of the syllabus, if this happens, it will go against the original purpose of teaching and will not achieve the ultimate aim of teaching. It is also easy to make students pay too much attention to the results of the game and neglect the study and understanding of technical skills, which is not conducive to the training of students. In a word, it is the starting point of the whole badminton training to combine with the teaching syllabus closely. To the badminton team overall level promotion has the vital role

3.2 Develop a Reasonable Format for the Game

As a kind of competition pattern, the organization form is various, how to arrange the competition form and its corresponding rule reasonably is the main point that the teacher must master. For example, according to the different physical quality of students, we can use games, tests, technical evaluation, standards and other forms of competition to badminton competition, and can improve the enthusiasm of athletes training. Moreover, according to the different stages of teaching, the competition should be closely integrated with teaching, not out of the original intention of teaching. In addition, there are many important and difficult points in the technical movements of badminton. Based on these important and difficult points, whether it is possible to formulate some specialized, more targeted matches, and through comparing the matches with the differences in daily practice, to train students in order to deepen their understanding of technical skills.

3.3 A Reasonable Cycle

Badminton is a fast-growing sport with numerous competitions. The athlete participates in each kind of competition frequently, can not better recuperate full spirit full strength competition. This situation, in the traditional high school badminton team training, is also very common. With the popularization and application of the training method of "match instead of practice", coaches pay more attention to low-intensity aerobic training while arranging the competition cycle, emphasizing the improvement of athletes' specific competitive ability and team cooperation ability instead of focusing on the load and load intensity is proportional, so that athletes can be the best physical and mental state to participate in the game, so as to achieve excellent athletic performance. Therefore, it is necessary to arrange the reasonable competition cycle

3.4 Focus on Post Game Fitness

Badminton is a sport with high demands on physical fitness. In the training of competition, the speed of athletes' physical fitness recovery is very important. In the traditional badminton training, the physical fitness of the request is not high, do not attach importance to the importance of physical fitness. However, in the badminton teams of ordinary colleges and universities, with the deep influence of the idea of "match instead of practice", the requirements for athletes have changed in the training process, not only paying attention to the psychological changes of students, more attention is also paid to the improvement of students' comprehensive quality level, in which emphasis is placed on the distribution of athletes' physical ability, and it is necessary to achieve a balance between the recovery time of physical ability and the energy consumed in training, so as to achieve the ideal effect of training.

3.5 Developing Students' Innovative Consciousness

The new curriculum reform requires teachers to give students a new way of education. Teachers are required not only to teach students the technical skills of sports, but also to cultivate students' innovative consciousness, which is no exception in the university badminton team training teaching. Therefore, when teachers use the training method of "match instead of practice" to train students, they should use all means to stimulate students' thinking, seek the best training method, and advocate students' ability to think positively, in order to improve the overall quality of students.

3.6 Emphasis on Ideological and Moral Education

The purpose of school existence is to train excellent talents, and the importance of education lies in educating people, which is not only the responsibility of school, but also the responsibility of teachers. Similarly, in the physical education teaching is no exception, in the ordinary university badminton team's teaching is the key. By combining the advantages of "match instead of practice" training method, students can meet their own development needs, not only can they obtain excellent training results, they can also cultivate their own sense of collective honor, behavior norms, sense of teamwork and perseverance. Teachers of badminton teams in colleges and universities should fully grasp this characteristic, attach importance to ideological and moral education, and make students become excellent "people" before they become excellent badminton player.

4. Conclusion

The training method of "match instead of training" is the product of the rapid development of society and the demand of contemporary competitive sports. It not only improves the understanding of athletes' technical skills in terms of sports intensity, but also has a great impact on athletes' psychological quality in the atmosphere and environment of the competition field, especially in badminton, a sports event it will have a great influence on improving the psychological bearing capacity of the athletes. For coaches, it is also an effective training method that can be adopted. However, everything should be done step by step. Although the training method of "match instead of practice" has many advantages, it should also be analyzed in specific cases, because athletes who take part in competitions too many times will naturally have negative emotions during the training process. It's not good for training. In the training of badminton teams in colleges and universities, how to use the relevant training methods reasonably, we should also study its method, not to rush into quick success and instant benefit, too much pursuit of the final result.

Generally speaking, as an advanced sports teaching method, "match instead of practice" training method is widely used in the training of badminton teams in colleges and universities. In order to achieve the best results, the essence of badminton team training in colleges and universities should be taken out of its dross, and the training method of "match instead of practice" should be used flexibly and applied.

References

- [1] Yu Tao, Bing Zhou. The explanation and thinking of "match training method" and "match instead of practice" in training theory(J). Journal of Shandong Institute of Physical Education. 2017(03),51-57
- [2] Yu Tao. "Match instead of practice": A scientific problem in the field of sports training in China.(J) Journal of Xi'an Physical Education University. 2017(04),62-66
- [3] .Dong song Bin. This paper explores the training methods of cheerleading in colleges and universities.(J) Stationery and technology. 2015 (06) ,8-11