

The Application Research of "Combination of Competition and Practice" in College Tennis Course

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Abstract: Tennis, as an important project of sports, has an obvious role in cultivating students' physical quality, observation ability and reaction speed. Under the background that the country attaches great importance to students' physical literacy, the traditional single and passive teaching has been unable to meet the practical needs, so it is necessary to strengthen the innovation of teaching methods. With the recognition of many teachers, the teaching method of "combining competition and practice" has been continuously promoted. The paper takes the combination of competition and practice as the teaching mode, and studies the teaching of college tennis sports.

Keywords: Combination of Competition and Practice; Universities; Tennis Teaching

Introduction

In recent years, the country attaches great importance to physical exercise for young people. The "Healthy China 2030" planning Outline emphasizes to strengthen the cultivation of young people's interests in physical exercise, teaching students at least one sport in physical education classes, and requiring students to exercise to spend more than one hour a day on campus. In 2020, the General Office of the CPC Central Committee issued the Opinions on Comprehensively Strengthening and Improving School Physical Education in the New Era, emphasizing that while colleges and universities are cultivating students' professional knowledge, they should also pay attention to students' spiritual education, strengthen students' physical training and train students to become high-quality talents with the comprehensive development of moral, intellectual, physical, aesthetic and labor. But the current part of the university physical education teaching situation, tennis, for example, many tennis teachers still adopt the traditional teaching method for teaching, not only boring teaching method, teaching content is relatively single, classroom dominated by teachers, most students in a passive state, it is difficult to stimulate the innovation consciousness and autonomous learning motivation. Using the teaching method of "combination of competition and practice" (that is, the combination of tennis match and tennis skill practice), students can practice students' tennis skills at the same time, and strive to achieve the level of competitive learning, so as to maximize the learning effect of tennis course.

1. Study subjects and methods

1.1 Study subjects

The college tennis course "practice" teaching mode in Nanchang aviation university college of science and technology as the object, selected the author as several class of a class students for the experimental group, class size of 50, choose a class with traditional teaching method of tennis course teaching, using the way of comparative research, the research process, hours for 2 times a week, 18 weeks for a semester.

1.2 Study Methods

This paper adopts the methods of questionnaire survey, field investigation and interview, literature study and comparative analysis to verify the feasibility and effectiveness of the teaching mode of "combination of competition and practice".

2. Application of the teaching mode of "combining competition and practice" in tennis teaching

2.1 Actively create a good competition atmosphere

In the teaching of tennis course, it is necessary to create a good learning atmosphere for students. For example, before the beginning of tennis technology, the origin and development process of tennis, tennis are briefly introduced to help students understand the specific situation of tennis. The method adopted can be short video teaching, online courses and other ways, so that students can directly feel the charm of tennis by watching the relevant videos. The teaching mode of "combination of competition and practice" pays attention to the teaching process of tennis competition, so before practice, it is necessary to explain the basic referee method and integral rules of tennis in detail, so as to improve students' understanding of tennis activities. Through new media and short video platforms, students can broadcast live videos about game tactics and classic games to promote students' understanding of tennis. In the teaching of tennis course, teachers should follow the people-oriented education concept, fully respect the status of students in the class, guide students to actively participate in learning activities, encourage students to participate independently, and improve the level of tennis under the teaching mode of combining competition.

2.2 Common form of the "combination of competition and practice" mode

2.2.1 Practice of ball sense

"Ball sense" refers to the individual's touch, perception, control of the ball and its sensitivity to various situations in the ball game. Ball sense is one of the key skills to participate in the sport of tennis. It includes the accurate perception of the speed, rotation, elasticity and other aspects of the ball, and can accurately control the trajectory and speed of the ball through the movement and posture of the body. Having a good sense of the ball can help players to better grasp the opportunities in the game and improve their technical level. But the formation of the club is not achieved overnight, but needs to accumulate through a long time of practice. For example, backhand practice: let the students stand in a row in an open field, keep a certain distance from each other, teach them to pass the ball to the partner standing in front of him or her, and then the partner receives the ball to the next person for tennis sense training. Hands swing practice: arrange students to stand on both sides of the net in pairs, hold the racket with both hands, and swing with each other. Students should pass the ball to each other, and catch the ball with their hands and swing. Before the net: divide the students into groups and stand near the net. One student stands in front of the net, and the other students take turns serving, and the goal is to hit the ball in front of the net and intercept the ball with a racket and bring it back. Multi-directional hitting training: design some multi-angle hitting training, let the students practice catching and hitting the ball from different directions. For example, let the student stand in the bottom line, and then the teacher suddenly serves from the left or right side of the bottom line, asking the student to move quickly and return to the ball to increase the students' reaction speed and sense of the ball.

2.2.2 Practice of individual technology

Individual technique game exercises, including service practice, bottom line strike practice, forward tactical practice, offensive and defensive practice, etc. Serve practice is to improve the basic content of students' tennis technology, can simulate the game, using different tactics and techniques, let the students in the actual competition, such as arrange students group to serve game, serve in accordance with the rules of the game, then the other students to catch and return, in order to train students to serve technology. Bottom line shot is one of the most common technical action in tennis, can arrange students to practice the bottom line technique, such as setting the goals and rules, requires students to use various bottom line technique in the game, such as topspin, backspin, flat push, etc., improve their technical application ability and strategic thinking speed. The practice of attack and defense can be designed with some confrontation exercises, such as arranging a group of students to play the offensive side, a group of students to play the defense side, the teacher will adjust and guide according to the rules and situation of the game, so as to improve the students' attack and defense ability.

2.2.3 Tennis tactics

Tennis tactics refers to the tactical means and strategies used by athletes in the game, including establishing the position of the

court, serving strategy, attacking strike method, the choice of returning the opponent's ball, the handling of the defensive ball, changing the rhythm of the game, controlling the process of the game, and cracking the opponent's weaknesses and advantages. Improving students' tennis tactics is the key factor to win in tennis. The training of tennis tactics is inseparable from the actual tennis match, to train students' psychology, reaction, physical ability and skills in actual combat. Junior tennis competition emphasizes the player's serving skills, such as stability, the strength and speed of the attack to the standard, and the response and speed to the other side. Tennis games to learn to observe the opponent, to pay attention to the real-time state of both sides of the game, in order to play a role in their own games. Teachers can organize students to participate in tennis competitions in their spare time and gradually improve students' tennis skills.

3. Study conclusions and recommendations

3.1 Conclusion

First, the "combination of competition and training" is more in line with the education concept of higher education that pays attention to the all-round development of students' morality, intelligence, physique, beauty and labor. The combination of match and love can infiltrate ideological and political elements into tennis teaching and achieve the educational goal of "cultivating people by virtue". Through the combination of competition and practice, students can learn to observe and fight hard in the competition, and constantly find and solve problems. Second, the teaching of college tennis course adopts the teaching method of combining competition and practice, which has a good learning effect. It can help students to improve their tennis skills and learn to ponder and think about the psychological state of both sides in the game, so as to win the tennis match. Third, the combination of competition and practice can stimulate the students' interest in learning, change the students' traditional passive learning state, and master the rules and skills in the competition and practice.

3.2 Suggestions

First of all, in order to ensure the efficiency of the competition and practice combined with teaching methods, students should make full use of online MOOC resources to introduce tennis rules, basic tactics and referee methods before class or after class. At least 1~2 class hours should be allocated for students to learn theoretical knowledge, so as to prepare for the following technical exercises. Secondly, make full use of the online communication platform to understand students' needs and learning dynamics, communicate with students in time, and create a good learning atmosphere for students. Finally, attach great importance to the psychological state of students in the tennis match, strengthen the guidance of students' mentality adjustment, for the weak psychological quality of students to strengthen personal technical contact, and then conduct team training after the skilled skills.

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