

# Research on the Present Situation and Countermeasure of Basketball Reserve Talent Training in Universities

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[ **Abstract** ] In order to make full use of sports to shape high-quality basketball talents, the Ministry of Education takes university as the pilot to establish basketball team. The quality of basketball reserve talents in colleges and universities determines the development of basketball level in China to a great extent. This paper studies the factors that restrain the training of basketball reserve talents in colleges and universities, according to the reference literature, on-site inspection and interview. Besides, it studies the factors in mastering and analyzing the current situation of basketball reserve talents in colleges and universities in China. The aim is to find key elements to restrain its development trend, to provide reference for the construction of basketball reserve talents in colleges and universities, and to bring reference suggestions for the shaping of basketball reserve talents and the continuous improvement of basketball competition standards in colleges and universities.

[ **Key words** ] university; basketball; reserve talent

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## 1 Introduction

CBA appeared in China in 1995, our basketball thus facing the market. At present, the characteristics of basketball reserve talent training in China are mainly manifested in two modes: one is the traditional training mode, and the other is the joint talent training mode with colleges and universities under the influence of the market. Major countries' development experience in basketball strength can provide us with a reference. If we want to make achievements in basketball, we must pay attention to the training of reserve talents. In this way, China's basketball will achieve a good development, and will have the opportunity to international brilliant moment.

College Basketball Base is a major project set up by Chinese Basketball Association (CBA) for all provinces. The total number is big, and there are difficulties and problems in all fields of capital construction and management methods, and the relativity of basic construction is unbalanced. According to the current situation of "basketball base in colleges and universities", this paper understands the basic situation of basketball foundation, training facilities and equipment, daily management, professional level of coaches and athletes in depth and in detail, and finds out its shortcomings and puts forward corresponding suggestions.

## 2 Present situation of basketball reserve talent training in colleges and universities

### 2.1 Base of basketball reserve talent in colleges and universities

In order to implement the college basketball reserve talent program, on March 6, 2017, the following announcements were issued: "Training Plan for Basketball Reserve Talent", "Medium and Long Term Development Plan for Basketball Reserve Talent Training", Notice on Naming "National Basketball High-level Reserve Talent Base (2017-2020)". Two batches and 83 units become the base of college basketball reserve talent training. The base is widely distributed, with the first 37 units involving 16 provinces, municipalities and

autonomous regions. There are 45 units in the second batch, involving 18 provinces, municipalities, and autonomous regions, which represents a year-over-year increase of 12.5%. Thus, the development of Chinese college basketball reserve talent base is significant, well-developed, and widely distributed. The growth rate is 21.6%, reflecting the broad mass base of basketball development in China. The development is promising. At the same time, it also reflects the unbalanced regional distribution of college basketball reserve talent base, and unbalanced talent matching degree of each province and city.

## **2.2 Basic quality of basketball reserve talent**

Basketball is a highly physical sport, and 90% players train no more than once a day, usually for up to 1-2 hours. At present, most coaches only focus on the level of technical and tactical training, rather than physical training. Many coaching methods are mainly based on perceptual knowledge and previous experience teaching. Lacking training methods and systematic and scientific means, players cannot give play to their physical quality. The important thing is that without the guidance of professionals with scientific training technology, the training cannot grasp the intensity and quantity, and cannot fully master the physical function of athletes, resulting in injury and fatigue during the training process. The player's physical quality is weak and cannot be recovered in time. In the fierce competition, there is no way to give full play to the technology and strategy smoothly, which will seriously influence the level of college basketball competition.

## **2.3 Basic situation of basketball reserve talent coaches in colleges and universities**

Coach is the key planner and leader of basketball reserve talent training in colleges and universities. In the investigation of basketball education in colleges and universities in China, the majority of the qualification certificates obtained are about 40% primary, 25% intermediate, and some do not have professional qualifications. At present, most college basketball teams include coach and assistant coach, while a few schools only include coach with no technical and professional physical guidance teachers and psychological counselors. It is gratifying that some coaches have just started to teach basketball teams. Compared with the past, the level of coaches in college basketball teams in China has really changed, but far from reaching the satisfactory level. The improvement of the overall level of coaches in China is a long-term and systematic project.

## **2.4 General situation of hardware facilities and funds for the training of basketball reserve talents in colleges and universities**

At present, most colleges and universities of traditional basketball projects have stadiums, where wood flooring basketball courts and plastic courts are available. In addition, rooms for physical training and pressure release are not enough. This limits the basic training effect of basketball team, and makes the core concept of some excellent coaches unable to obtain good hardware guarantee, which is another element to restrain the training of basketball reserve talents in colleges and universities. Training budget is the necessary basis for all normal basketball, professional training in addition to the careful planning of coaches. Also, adequate budget brings material protection. The budget comes from the unitary source and the total amount is not enough, which is a common problem for college basketball teams at present. Most colleges and universities spend only 20000-60000 yuan a year on basketball training, and basically rely on school funds. However, the source of funds is unitary, and various costs of training cannot be fully guaranteed. Because of the lack of funds, a lot of opportunities are lost. For example, participation in the competition and training team, which can effectively test and improve the actual combat level and overall strength of players in the basketball training team of their schools.

# **3 Training countermeasures for basketball reserve talents in colleges and universities**

## **3.1 Integration of teaching and learning, management of double rules**

In view of the current social environment, the demand for outstanding talents is increasing. In addition, the

regulations are becoming higher and higher. From simple technical talents to complex talents with technical and comprehensive abilities, shaping the complex type of outstanding talent involves the “integration of physical education”. At the present stage, there are two levels in the integration of physical education in China: first, finding basketball players with good physique and basketball skills in colleges and universities and sending them to the Institute of Physical Education to sign up for training. Second, Sports Bureau and Education Department should enhance their industry exchanges. In order to achieve the overall goal of the mutual development trend of training and cultural learning training, it is necessary to grasp the top priority of “integration of physical education”, not only to strengthen the management method of players, but also to make players and coaches attach great importance to the study and training of art students’ culture courses from the source. At the same time, colleges and universities should improve the management methods of art students’ culture courses, gradually perfect the fine and reasonable integration of sports culture and art students’ culture and education, and shape the outstanding talents of compound basketball which are suitable for the current social development situation.

### **3.2 Strengthen the selection and training of outstanding athletes**

Construction base is to select high-quality players, and base selection concerns most about players and their families. In order to promote the sustainable development of the base, improve the training methods and solve the future of the players are the first problems. Strengthen the promotion of basketball, determine the training objectives of players, enhance the interest of player training, and optimize the selection measures. At the same time, players should strengthen their cultural literacy, increase the assessment of cultural achievements in the process of base selection, and attach importance to cultural learning. Make its culture and training progress together, so that players in the future will be on the road to better development space.

In a certain period of time, Chinese basketball will continue to maintain the coexistence and complementarity of three systems and models: professional competition, amateur competition and professional competition. In order to ensure the training continuity of basketball reserve talents, local colleges and universities can combine various social sports organizations to complete higher level training tasks. At the same time, in the training of reserve talents in colleges and universities, we can also introduce “professional club”, “combination of physical education and education”, “socialization” and other training methods, so as to realize the diversification of the training methods of reserve talents in colleges and universities.

### **3.3 Improve the overall strength of coaches**

Coach is the key to train and transport excellent sports reserve talents. The following measures have been taken to enhance the comprehensive strength of coaches: to increase the employment rate and to further enrich and enhance the strength of coaches. Strengthen the training and education of coaches can further improve their guidance level. First, through the combination of “invitation” and “sending out”, we should strengthen the training and continuing education of coaches. Secondly, we should encourage coaches to update their knowledge and improve their level through various forms and ways. Third, invite excellent coaches to guide teaching and improve their professional level.

### **3.4 Improve base facilities and increase capital investment**

Lack of capital investment will restrict the training of basketball reserve talents, which is the same in the investigation of coaches. Colleges and universities can use their own team advantages, through league title, advertising and other channels to increase the source of funds. Basketball has a good mass base in China. At the same time, we actively need the help of the relevant departments of national sports, participate in the construction of college basketball reserve talent base, protect it, and jointly create a new form of national basketball. The future development of the base should follow the national and local policies, meet the requirements of the state, and

effectively ensure the development of the base from a large angle. We must attach great importance to the development of basketball. The leader's decision has a great influence on the base construction. Therefore, in the infrastructure planning, we should use clear goals and long-term development plan to promote the steady development of the base.

#### 4 Conclusions

One of the foundations of national basketball development is the training of basketball reserve talents, but the current training plan cannot achieve the goal of market development. The shortage of talents seriously hinders the national basketball movement to advance and develop. In order to occupy a place in the fierce basketball community, training more basketball talents is the premise of developing the national basketball cause. After analyzing the deficiency of basketball talent training in national colleges and universities, the key to find out the problem lies in the imperfect talent training system, the lack of basketball reserve talents, the study and training of reserve talents, and the teaching level of coaches. Less investment in funds, talent physical quality will be relatively weaker. In view of the existing problems, the corresponding development strategies are put forward: to improve the teaching ability of coaches, to increase the number of basketball reserve talents, to establish a scientific training system, to strengthen the technology and strength of reserve talents, to improve the training conditions, and to address the contradiction between study and training.

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