

Study on the Application of Tactical Consciousness in Basketball Sports Training

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Abstract: In basketball games, tactical awareness is one of the basic qualities that athletes need to have, which has a direct impact on the effect of the tactical application of athletes. Tactical awareness can enable athletes to evaluate the competition field environment more calmly and objectively, think and choose reasonable fighting skills, and improve the ability and courage of instantaneous determination. Strengthening the tactical awareness training in basketball sports training can gradually improve the athletes' ability to analyze the development trend of the game so that the athletes can choose reasonable tactics according to the timely situation of the game, to increase the probability of winning the basketball game. Based on basketball training, this paper discusses tactical consciousness and analyzes the specific application of tactical awareness in basketball training for reference.

Keywords: Basketball sports training; Tactical awareness; Basketball game

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1. Introduction

In a basketball game, the two sides need to attack and defend in the prescribed field and time range, to win the game. A basketball player not only needs to have good physical fitness and superb basketball skills but also needs to be able to form an instant analysis of complex environments and perform quick judgment on key nodes to quickly adjust the strategy, choose effective tactics to get points, better utilize the strength of the team, effectively restrict the opponents' attack, breakthrough opponent defense, and increase the chances of winning. On the one hand, this ability comes from the accumulation of long-term training and competition experience, as well as the technical ability of the athletes themselves, and on the other hand, it comes from the athlete's tactical consciousness. If the athletes do not have a good tactical awareness, they cannot choose a reasonable tactical plan according to the immediate situation of the competition which ultimately affects the result of the competition. Therefore, it is necessary to integrate tactical awareness into basketball training to better improve the athlete's adaptability ability.

2. The connotation of the tactical consciousness

Tactical consciousness is the ability that allows athletes in the competition with the tactical goal as the core to perform reasonable application of all kinds of tactics and technology. This not only reflects the tactical use level of an athlete in the competition but also fully reflects the experience and ability accumulated in the competition and training so that the athletes can judge the specific situation of the enemy on the field, to achieve a rapid and accurate tactical choice. Thus, it can be seen that in basketball games, players are the core and foundation of realizing tactics, so only with a good tactical awareness can they make more correct tactical choices and let the athletes control the game under their rhythm.

3. The content of basketball tactical awareness

3.1. Attack and tactical awareness

The awareness of offensive tactics can enable the athletes to choose more scientific methods and routes in the process of attack according to the opponents' situation and the form of competition, and form close cooperation with the players, to achieve the purpose of shooting. In the consciousness of offensive tactics, the consciousness of dribbling, passing, movement, breakthrough, coordination, and shooting are all very important components, which have higher requirements for the athlete's field reaction. If the awareness of offensive tactics is refined, it can be divided into different fields such as position counterattack, fast attack, and rapid advance attack. For example, the consciousness of position counterattack means that the athletes can quickly analyze the offensive and defensive behavior of the opposing party, and coordinate the tactics, effectively cutting off the possibility of shooting by the opponent, thus suppressing the behavior of the opposing party. The position of fast attack consciousness is more based on the training experience of the athletes and making accurate judgments according to the changing field environment at any time, to quickly break through the defense line of the opposing party and get the score in time in the defensive response. It can be seen that the cultivation of offensive tactical awareness can help athletes find an effective way to break through the opposing defense and lay a good foundation for victory.

3.2. Defensive and tactical awareness

The defensive tactical consciousness allows the athletes to combine the offensive situation of the other side, quickly adjust the defensive plan, and cut off the possibility of the other side shot through close cooperation. The defensive tactical consciousness mainly includes the defense consciousness of assistance, tackling consciousness, marking consciousness, transposition consciousness of rotation, regional joint defense consciousness, and so on. If the defensive tactical consciousness is detailed, it can be divided into position attack and defense consciousness and fast attack defense consciousness. Among them, the position attack and defense consciousness means that the athletes can use all kinds of defensive techniques, such as closing the door, protection, grabbing, exchange, and so on, to form good cooperation with their teammates, to effectively control the rhythm of the game, so that the offensive and defensive relationship can instantly change ^[1]. Fast attack defensive consciousness is to enable the team to quickly change from the offensive side to the defensive side through an effective way, and to block the other side of the attack through the appropriate defensive method. This tactical consciousness is not only reflected in the choice of the athletes' defensive methods but also reflected in the initiative and positive spirit of the athletes. It can be seen that the cultivation of defensive tactical awareness can make the athletes effectively prevent the attack of the other side, and strive for more

scoring opportunities for themselves, to lay the foundation stone for the victory.

4. The application of tactical awareness in basketball sports training

4.1. Carry out tactical coordination training for athletes

Tactical coordination training is based on tactical behavior, where two or more athletes cooperate in the training. Generally speaking, to gradually form tactical awareness, the athletes should start from the tactical training of the athletes themselves, and effectively combine skills and training through long-term practice, to help the athletes master all kinds of tactical movements faster. In this process, athletes should pay more attention to the exercise of their observation ability, so that athletes can observe the changes of the competition scene more accurately and quickly in the competition, to make an accurate judgment through immediate analysis. In the process of training, the coach should improve the frequency of observation ability training, and do a good job of vision training planning and implementation ^[2]. For example, when leading the player to pass practice, can set different scenarios for the players, requiring the player to observe the basic awareness to more accurately pass the ball to his teammates. When leading the player to shooting practice, the players are required to quickly observe the position of the partner and the opponent in different situations, to quickly determine which teammate to pass the ball to when the shot is blocked, and always be ready to attack. In this way, the athletes' tactical awareness can be formed under the subtle influence, to better guide the athletes' decision-making on the field.

4.2. Give full play to the role of coaches

As the instructor of the basketball sports training, the coach has a positive role in promoting the cultivation of the athletes' tactical consciousness. According to the coach of the basic situation of basketball training and the actual level of the athletes, the development of the goals and programs of tactical awareness training, improve their tactical awareness step by step and enhance the athlete's tactical selection ability in the competition site, so that the athletes can better control the game in their rhythm. Therefore, the coach should make full use of their professional knowledge and teaching ability, lead the athletes to the basic law of basketball to have a more accurate understanding, let athletes understand the understanding of the importance of tactical choice and tactical consciousness, make the athletes gradually form good habits of tactical consciousness, to continuously improve the tactical level of athletes. Coaches should also help athletes summarize the competition in time so that athletes can evaluate whether their tactical decisions made through analysis and prediction during the competition are reasonable according to the specific situation of the competition, to help athletes better grasp the best opportunity for tactical cooperation and improve the rationality of athletes' tactical choice. In this process, the coach should also guide the athletes to watch and listen in the game, adjust their tactics according to the changes of the opponents' tactics, and flexibly use various skills and techniques to assist the application of tactics, to better deal with the opponents' offensive ^[3]. In addition, the coach should also through effective ways to improve the athlete's self-control ability, in the process of training athletes gradually set up good quality of dare to spell, strengthen the basic consciousness of team cooperation, through the way of fostering strengths and circumventing weaknesses, maximize the role of each player, let the tactical effect highlights better, form a unique team play, with the help of further development of basketball team to form their tactical style.

4.3. Conduct offensive tactics training

In basketball, a win requires a sustained offense. Therefore, when the coach is leading the players in basketball training, he should integrate the offensive consciousness into the training, so that the players can be more active in seeking breakthrough opportunities on the field. First, the coach should guide the player to pay attention to the direction of the basket as they advance, so that he can be able to move quickly in front of the basket, causing greater pressure and threat to the opponent. Second, coaches should guide athletes to expand their range of activities as much as possible during competitions, to better cope with the coordination and adjustment of tactics. Third, the coach should guide the athletes to fight as much away from the opponent as possible through effective movement during the game. Fourth, the coach should guide the athletes to pay attention to the position and movement track of their teammates, to better cooperate with the players to dribble and help the players to break through the opponents' blockade. Fifth, the coach should guide the athletes to shoot in the right position and at the right time to improve the shooting rate. In this process, athletes should gradually master the rhythm and method of attack through continuous training, and be able to quickly make the plan of action before starting to move to avoid blind movement. At the same time, athletes should also pay attention to the application of tactics. In the process of attack, they should not only pay attention to bring themselves to a position easy to shoot or pass but also try as much as possible to bring the opponent to a bad position as possible, so that they can take advantage of the weakness of the opponents' defense to launch a strong attack. For example, in the simulated competition training, the coach can guide the athletes to constantly adjust their attack direction according to the actual situation of the field, tear off the defense of the other side with the help of different forms such as a mobile attack, and further increase the defense burden of the other side through tactical cooperation, to achieve a good situation ^[4]. In addition, in the process of attack, if the attack range is reduced due to the constant pressure of the opponent, the athletes cannot be in a panic mood, instead should use more tactics to break the rhythm of the other side, such as less dribbling, passing, cover, and so on, let the other side expose the weakness of defense in running back and forth. Thus, in basketball sports training, the coach is an important part of the cultivation of tactical awareness, as offensive awareness enables athletes to find an effective way to cooperate with the attack under the guidance of tactics, to be more flexible in the future field.

4.4. Conduct defensive and tactical training

Defensive training is not only an indispensable part of basketball sports training but also one of the key links of tactical awareness training. With the basketball game changing rapidly, the complexity of the game scene also greatly increases the difficulty of the defense. Therefore, athletes should have more indomitable will and good tactical coordination ability, to lay the foundation for victory. To achieve this goal, coaches can integrate the development of defensive tactical awareness into their daily training. First of all, the coach should tell the athletes the specific objectives of the training, so that the athletes can have an accurate understanding of the concept of tactical awareness, to better grasp the correct way in the defensive practice. For example, in formal practice, the coach should let the athletes find an effective way of defense from the root of the simulated game scene, cut off the possibility of the other side passing at will, and at the same time, effectively disturb the shooting of the other side, reduce the possibility of the other side to get points, and avoid their defense being broken. Secondly, the coach should also lead the players to understand the importance of each player in the basketball game and let them know their specific position and main responsibilities on the field so that the athletes can realize the relationship between their actions and the overall tactics of the game ^[5]. The coach can

utilize real situation simulation to perform analysis on the player's best defensive position, after grabbing the position with other players to rob basketball control, to gradually achieve the goal of suppressing the opponent, avoid the other party on the basketball court, put an end to the other party to grab control of basketball. In this way, athletes can not only better clarify their responsibilities and obligations on the field but also further establish a good sense of defensive tactics, cooperate with the players to improve the team's defensive ability, to better deal with the complex and changeable competition environment. Finally, in addition to guiding the athletes to master the basic requirements and principles of defense, the coach should also lead the athletes to understand the basic methods and special countermeasures of defense. Because different opponents have different offensive and defensive schemes, and their technical and tactical styles are also quite different, athletes need to choose the appropriate defensive method under the guidance of defensive consciousness, to effectively deal with all kinds of emergencies on the field. During daily training, the coach can show the athletes possible various special circumstances through the way of a simulation game, combined with the opponent data analysis of different opponent attack styles, to help athletes in targeted training to find appropriate defensive methods, thus for the future event rehearsal, improve the athletes' defensive tactical consciousness in the practice training.

5. Conclusion

To sum up, tactical awareness plays a very important role in basketball sports training. Therefore, there is a need to further strengthen the tactical training, let the coach give full play to their guiding role, make athletes gradually set up the offensive and defensive tactical consciousness, promote the tactical level, and let athletes play their individual strength and team strength to achieve excellent results in future games.

Disclosure statement

The author declares no conflict of interest.

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