

Discussion on Children's Badminton Enlightenment Training

Ma Yuanyuan

Sangmyung University Korea

Abstract: Badminton is a highly competitive event, and athletes must have comprehensive physical and psychological qualities. As an extracurricular sports activity, badminton has been developed in many large and medium-sized cities in my country, and at the same time, badminton in many primary and secondary schools with venue conditions has also been widely developed. This article elaborates on the age of the enlightenment stage, the exercise load of the enlightenment stage, and the principles to be followed in the enlightenment stage training involved in the development of badminton for children. It is hoped that these can be useful for the promotion of badminton in children's sports activities.

Keywords: children's badminton; enlightenment training; age at the enlightenment stage; exercise load at the enlightenment stage; training at the enlightenment stage;

In my country, badminton has a very good mass foundation, and there are many people who love badminton. Nowadays, many primary and middle schools and large and medium-sized cities have the conditions for badminton courts, and they have also launched badminton club interest classes, elective classes, and extracurricular interest classes. For children to learn badminton, good enlightenment training can not only make children have a positive interest in badminton, but also cultivate children's will to bear hardships and stand hard work, and it can also make them feel the joy of sports activities. Therefore, badminton training in the enlightenment stage is particularly important for children, not only affecting the physical and mental development of children, but also related to the training of my country's badminton reserve talents. The following are some thoughts on children's badminton enlightenment training, hoping to promote and help the development of badminton in my country and the badminton enlightenment training.

1. Objects of children's enlightenment stage

The age of the objects in the enlightenment stage is a topic that most parents are very concerned about. This stage is generally applicable to children and beginners aged 5 to 8 (no age limit). For children at this stage, the main task is to cultivate children's badminton interest and competition awareness during badminton competitions, and form a hobby for badminton; secondly, to learn the main badminton basic techniques, and initially form the main badminton hitting actions and badminton. The technical aspects of the basic footwork. While laying a good foundation for badminton, promote the all-round development and improvement of children's physical qualities.

2. The choice of coaches for children's enlightenment stage

At present, badminton coaches in large and medium-sized cities and primary and secondary schools are

generally as follows: 1. The school's own physical education teachers conduct training. Most of these coaches have not undergone systematic professional badminton training, and are engaged in badminton training and teaching because of teaching or personal hobbies. . The advantage is that it is easy to manage and has teaching qualifications and teaching standards. The disadvantage is the lack of badminton professional skills and professional training theoretical knowledge, single training methods, and in-depth understanding of badminton technology. And because of the low training fees, teachers are not very motivated to teach; 2. Professional retired athletes from the national, provincial, and municipal teams have a high level of athleticism, have an accurate grasp of professional skills, and have extensive resources in the professional field of badminton. , There are many channels for training players; 3. Badminton undergraduates and postgraduates who graduated from various sports colleges (departments) across the country were second-level athletes before entering the school. Although their sports skills are slightly lower than professional retired athletes, The teaching concept is novel and the methods are abundant; 4. After graduation, high-level badminton sports teams of various colleges and universities are engaged in badminton teaching. Although they did not choose the badminton major during college, they represented the colleges and universities to participate in the national college badminton competitions when they were in school. High; 5. Badminton special elective students from various sports colleges (departments) across the country have no basis in badminton before enrollment in undergraduate, and have a certain level of badminton skills after several years of undergraduate or postgraduate study and training in badminton, and a few are close to badminton second-level athletes Level, have certain badminton teaching ability. In the process of selecting the enlightenment coach, comprehensive consideration should be given. The most comprehensive enlightenment coach should be one who has systematically trained a badminton professional team; he has a badminton professional elective course in colleges and universities, and has a rich badminton theory knowledge system; and a teacher qualification certificate. ; Badminton competitive level reaches the second or higher level, waiting for such a coach as the first candidate.

3. The load arrangement of children's enlightenment

The duration of teaching and training for children in the enlightenment stage is generally 1 to 2 years, with 5 to 6 training sessions a week, and each training time is 2 hours to 2.5 hours. The distribution of the total hours of teaching and training in children's enlightenment stage: children's badminton skills teaching and training accounted for 60% of the total class hours, and children's physical fitness training accounted for 40% of the total class hours. During the children's enlightenment stage, the number of badminton technical practice hours is arranged for children to learn and improve the practice of badminton skills accounted for 75%, while the children consolidate the badminton skills while developing and improving badminton skills accounted for 20%; 15% of the training hours for children in learning and improving their ability to use badminton skills.

4. The principles to be followed during the enlightenment stage of children

The teaching of children's badminton in the enlightenment stage mostly refers to the children's training methods of professional sports schools and professional sports teams. Because of the complexity of badminton technical movements, it is difficult for children to understand badminton technical movements, it is difficult to form a stereotyped awareness of technical movements, and it is difficult to achieve scientific and efficient teaching and training. The boring swing exercises and physical fitness exercises are difficult to meet the

psychological cognition of most children who are new to badminton. Such teaching methods are likely to discourage children and be abandoned before they start training and learning. In the enlightenment stage, how to start with their physical and psychological characteristics, combine the basic laws of badminton training, and exercise effective control over the training process, so that they are attracted to badminton before they start badminton training, mainly grasp the following basics in principle:

1) The principle of interest cultivation

The cultivation of interest in badminton is the greatest motivation for learning badminton and the foundation for learning badminton. When children have a sense of happiness during badminton training, they become interested in it. The children's enlightenment stage combines badminton teaching and training tasks with a variety of teaching methods and interesting games, which can effectively promote children's interest in badminton special learning and training and their ability to express themselves. Cultivating a good interest in learning is the primary task in the enlightenment stage. The cultivation of children's interest in badminton should always run through the teaching and training. At the same time, the content of interest training should conform to the children's age characteristics and physical and mental characteristics, so that children can teach badminton in interest and happiness. Training to improve the training effect at high speed.

2) The principle of individual treatment

There are differences in the physical development of boys and girls in the childhood enlightenment stage. Before the age of 10, boys and girls have basically the same growth rate, and boys are slightly faster than girls. But your boy is younger than the puberty age. Once in puberty, girls grow slightly faster than boys. After puberty, boys grow faster than girls, "twice crossing" growth and development. Therefore, the principle of teaching students in accordance with their aptitude is a principle of teaching and training that must be followed. In the process of teaching and training, we should establish a training method suitable for the individual's development characteristics in accordance with the growth and development of children to achieve the best training effect.

3) Intuitiveness and image teaching principles

The younger the child is, the more imperfect the inhibition of his nerve center and the poorer analytical ability. Therefore, it is difficult to master complex fine technical movements. Children are good at imitating, their intuitive and visual thinking ability is not strong, but the abstract thinking ability is weak; in the process of badminton teaching and training, demonstration and other visual teaching training methods are easy to accept. After 7 years old, children can better master language and abstract thinking. Therefore, when children learn badminton skills, it is suitable to adopt more intuitive and image-based teaching methods, do more demonstrations and use the conditions provided by modern technology, scientifically use multimedia teaching methods and VR video teaching methods to strengthen intuitive teaching And image teaching plays an important role in children's learning and training.

4) The principle of comprehensive development of physical fitness

Children's badminton enlightenment stage is not only to learn batting techniques, but also to

comprehensively improve their physical fitness. Carry out planned training for each sensitive period of children's physical fitness. The nervous system of children in adolescence develops relatively quickly, and the system related to audio-visual development is relatively rapid. It is suitable for the development of balance, coordination, response, sensitivity, flexibility, and strong plasticity. In the training process of the badminton enlightenment stage, children are required to do more running, jumping, and throwing movements to improve their flexibility, judgment and understanding. Strength quality is the basic quality of all physical fitness. The development of strength and muscle development are closely related to the development of the nervous system. The strength of muscles in different positions of the body is inconsistent with the development of different properties. The strength development of large muscle groups is early and fast, but the strength development of small muscle groups is slower. The development of speed power in badminton should be obtained through training with medium and small loads and rapid muscle contraction. We must not blindly develop absolute power to avoid the decrease of muscle contraction speed. The nervous system grows and develops earlier than other systems, so the development of speed quality of children is earlier than the development of strength quality. The primary and junior high school stages are important periods for the development of speed quality. Effective and scientific sports training should be carried out to improve the speed quality development, and more physical exercises for the development of speed quality should be arranged. The development of children's anaerobic endurance quality is relatively late. Healthy children can participate in early aerobic endurance training, which provides a foundation for the development of anaerobic endurance training quality and strength quality in the future. Reasonably arrange the exercise intensity and amount of exercise, after training, the heart, muscles, blood vessels, breathing and immune system will adapt.

5. The principle of gradual progress and repetitiveness

In childhood, children remember their technical actions quickly and forget them quickly. In the enlightenment stage, children are beginners, and the cerebral cortex is in the generalization stage. When learning movements, they often show stiff and uncoordinated movements, weak shots, lack of physical control, badminton racket surface is not correct, often hit the hitting point, There are more small movements. In the process of teaching and training, we use fractional methods and then to coherent teaching for more complex badminton technical movements. We adopt a step-by-step method to allow children to quickly master technical movements. At the same time, we require children to repetitively practice technical movements during training. Muscle memory makes the body more coordinated and moves more coherently and quickly, so as to achieve the best training effect.

References:

- [1] Xi Rang. Practical Exercise Physiology [M]. Beijing: Beijing Sport University Press, 1997
- [2] Steven A. Schroeder et al. Current Medical Diagnosis & Treatment 1991 30th ed California; Applenfon & Lange 1991;730
- [3] Huashan Hospital of Shanghai Medical University, etc. Practical Neurology, Shanghai Science and Technology Press, 1976:701