

The Advantages and Application Strategies of the Comprehension Teaching Method in Children's Basketball Instruction

Yulin Fu, Tao Song *

Sichuan University of Science & Engineering, Zigong, 643000, China

*Corresponding author: songbaibaier@163.com

Abstract: With the continuous innovation of physical education methods, the Comprehension Teaching Method has been effectively promoted, primarily used in teaching modern ball games, focusing on reflecting the characteristics and tactics of ball games. As an essential part of youth sports education in China, applying the Comprehension Teaching Method to children's basketball education can better enhance students' enthusiasm, improve their overall cognition, and strengthen their adaptability. This paper employs methods such as literature review and logical analysis, combined with the connotation, characteristics, importance, and implementation strategies of the Comprehension Teaching Method, to outline its application strategies in children's basketball education.

Keywords: Comprehension Teaching Method, Children's Basketball Education; Application

Introduction

The "Modern Chinese Dictionary" defines children as a collective term for juveniles and children, typically aged 3 to 18 years. Related studies further specify that juveniles refer to those aged between 10 and 16 years. Children's basketball is a sports activity designed based on the physiological and psychological characteristics of juveniles and children, referring to adult basketball competition rules. Basketball, as a sport in physical education, is characterized by strong competition, high entertainment value, practical applicability, and fast tactical changes, making it popular among young children. The application of the Comprehension Teaching Method in children's basketball education provides students with a new approach to learning and offers innovative ideas for teaching.

1. The Connotation and Characteristics of the Comprehension Teaching Method

1.1 Connotation

The Comprehension Teaching Method is an innovative teaching approach that centers on student development during the teaching process, emphasizing the student's central role and enabling them to understand new teaching content. This method breaks through traditional teaching concepts and improves teaching effectiveness. Initially proposed by British scholars Bunker and Thorpe, the method aims to improve traditional teaching methods and applies them to ball game teaching, focusing on students' cognitive activities. It emphasizes the cultivation of students' cognitive abilities and tactical awareness. The core of this method is to guide students in understanding the characteristics and tactics of ball sports, aiming to promote the development of students' cognitive experiences and enable them to grasp the laws of ball games. After years of research and exploration, the Comprehension Teaching Method has become closely connected to actual competition. It introduces two layers of meaning in "comprehension": first, to deepen students' understanding of the laws of ball games through competition; second, to improve students' tactical awareness and competition skills through an understanding of these laws. Therefore, in ball sports, cognitive abilities and competition skills complement each other, playing a crucial role in enhancing teaching effectiveness and promoting students' understanding and mastery of ball sports.

1.2 Characteristics

1.2.1 Reflecting the Characteristics of Modern Ball Sports

Modern ball sports are characterized by skills, strategy, competition, entertainment, and innovation, and they are a comprehensive reflection of physical fitness, sports skills, and psychological qualities. Ball sports require athletes not only to master and proficiently execute skills but also to make flexible strategic decisions based on different situations. While teaching ball sports techniques, physical education teachers must focus on guiding students to understand how to appropriately apply these techniques, prevent them from forming incorrect movement habits, and teach them how to coordinate and collaborate tactically^[1].

1.2.2 Emphasizing the Understanding of Tactical Thinking

The Comprehension Teaching Method places a strong emphasis on developing students' tactical awareness, which distinguishes it from other teaching methods. In ball sports, players must make quick judgments based on the ever-changing conditions of the game in order to defeat their opponents. For example, in "shooting" lessons, the teaching goal can be set as "students should flexibly apply shooting techniques based on the situation on the court, accurately grasp the timing of shooting, and closely cooperate with teammates to create shooting opportunities." During the lesson, strategies like 3vs2 or 2vs1 pick-and-roll plays can be set up, allowing students to apply shooting in different scenarios. This helps students quickly understand how to shoot effectively. Through teamwork, such as pick-and-roll plays, and finding shooting opportunities, students can enhance their understanding of tactics, fostering the development of their shooting abilities.

1.2.3 Focusing on the Development of Decision-Making Ability

The Comprehension Teaching Method changes the teacher's control over the teaching process, focusing on a student-centered approach that encourages students to expand their technical repertoire according to their abilities, making their learning more proactive and planned. This method fosters "decision-making ability" in games or competitions, which must be closely aligned with actual situations and stimulate students' initiative. For example, basketball passing and receiving games and competitions can cultivate students' decision-making abilities. When students are on the basketball court and faced with ever-changing scenarios, they often focus too much on the ball itself and miss opportunities to cooperate with their teammates. Therefore, teachers need to guide students to combine visual and auditory cues, think quickly, and make judgments about the passing routes and the ball's movement to successfully complete passes. In this way, the Comprehension Teaching Method motivates students' enthusiasm, initiative, and creativity. It encourages participation in games and competitions, and afterward, guides students to reflect and review, prompting them to think about how to quickly handle similar situations in the future, thus improving their on-the-spot judgment and decision-making skills.

2.The Importance of Applying the Comprehension Teaching Method in Children's Basketball Teaching

2.1 Improving Students' Motivation for Training

According to the "Physical Education and Health Curriculum Standards for Compulsory Education (2022 Edition)," it is clearly stated that "emphasis should be placed on student development, respecting the student's central role, and helping students learn how to learn." In children's basketball teaching, students, as the main participants in basketball, should have their central role respected, as every student has individual differences. In traditional basketball teaching, students often just "follow instructions" without deep self-reflection. By applying the Comprehension Teaching Method to children's basketball, students can change their stereotypical views on learning basketball, break through traditional concepts focused on technical teaching, and systematically study basketball tactics and competition-related knowledge, thus stimulating their interest in learning. Teachers should play a leading role in basketball teaching. In traditional children's basketball teaching, physical education teachers have adhered to traditional teaching ideas and unilaterally conducted basketball classes, lacking creativity and attention to individual differences. By applying the Comprehension Teaching Method to children's basketball classes, teachers can implement the requirements outlined in the new curriculum standards and innovate classroom teaching from their perspective. This involves shifting from an "emphasis on knowledge and skills" to "emphasis on student development," creating an

engaging and diverse learning environment, guiding students to innovate in learning basketball knowledge, and focusing on understanding the tactical awareness and sports principles behind the skills. Using an incentive-based teaching approach, teachers can implement "teaching according to individual needs" and develop targeted training plans based on actual situations. This allows students to fully immerse themselves in the training, experience its enjoyment, feel the charm of sports, understand the significance of physical exercise, and simultaneously meet students' diverse needs, thus motivating them to engage in learning and training^[2].

2.2 Enhancing Students' Overall Cognitive Abilities

As an emerging teaching method, the Comprehension Teaching Method emphasizes the characteristics and tactics of ball sports rather than focusing solely on individual technical movements. In children's basketball teaching, students' overall cognition includes a comprehensive understanding of tactics, techniques, and the integration of both. Traditional children's basketball tactical teaching usually begins by setting up games, guiding students to complete tasks according to rules. While this approach allows students to systematically complete the learning process, students often lack creative thinking during the game. By introducing the Comprehension Teaching Method into tactical teaching, teachers can first help students understand the layout and tactical applications in basketball games, guiding them to think innovatively and explore multiple ways of learning. Similarly, technical teaching is essential in the Comprehension Teaching Method. The focus is on teaching techniques and improving skills (discussing the theoretical application of the Comprehension Teaching Method in sports), which is based on a certain level of understanding of basketball. It is also grounded in tactical awareness, not isolated as a separate module. Therefore, technique and tactics are two interconnected essential components. Teachers should provide detailed explanations of both technique and tactics during teaching, integrating the teaching process with actual competition. Students will "comprehend" the competition in the teaching process and "comprehend" the teaching through the competition. This approach enables students to form targeted learning and gain a comprehensive understanding of both teaching and competition, enhancing their overall cognition of basketball.

2.3 Improving Students' Comprehensive Quality

Through the Comprehension Teaching Method, children's basketball practice is conducted in a game and competition environment, where various exercises focusing on running, jumping, and agility are implemented to improve students' speed and endurance, enhancing their physical fitness. During the application of the Comprehension Teaching Method, students further understand the importance of their technical level in practice and the interconnection between learning and application, thus improving their basketball skills. The method emphasizes the cultivation of tactical awareness, integrating tactical learning throughout the entire basketball teaching process. Through studying tactics, students gradually comprehend tactical intentions and conduct practical drills based on that understanding, applying tactics flexibly to improve their basketball tactical abilities. In children's basketball teaching, this method creates various complex problems during numerous games and competitions, where students face multiple scenarios. It also encourages self-reflection and psychological cues to help students find solutions, thereby training their psychological abilities. Additionally, the Comprehension Teaching Method emphasizes the recognition of parts to whole and back to parts, guiding students in basketball to break down exercises related to skills, physical fitness, and tactical ability, understand the knowledge points of each part, and then integrate these knowledge points. This helps students fully apply their physical fitness, skills, and tactical abilities in game and competition practices, promoting a comprehensive understanding of basketball and establishing a solid cognitive foundation to enhance students' sports intelligence^[3].

3. The Effectiveness of the Comprehension Teaching Method in Children's Basketball Teaching

3.1 Strong Correlation Between Teaching Content

The correlation between teaching content plays an important role in improving teaching quality and enhancing learning outcomes. When applying the Comprehension Teaching Method to children's basketball teaching, the focus is on understanding the characteristics and rules of basketball from a holistic perspective. This method centers around the cultivation of tactical awareness, using a variety of teaching strategies to integrate and process the teaching content. For example, in children's basketball

shooting instruction, teachers use gamified teaching and group collaboration teaching, setting up games and goals suitable for students' learning. Students are divided into groups to complete the game. By combining two different teaching methods, the content forms a certain connection, which helps improve students' shooting abilities.

3.2 High Level of Interest in Children's Basketball Teaching

Interest is a key factor in motivating students to actively learn. The Comprehension Teaching Method differs from traditional teaching methods in that it emphasizes starting from students' interests. Students actively participate in games and competitions during the learning process, experiencing the joy of learning basketball knowledge, and completing learning tasks in a relaxed and enjoyable atmosphere. Interest is also an important component of the teacher's instructional design. Since students are at the adolescent stage, they prefer dynamic and engaging classroom teaching methods. As the facilitator of the class, the basketball teacher should design lessons that align with the psychological development of young learners. The Comprehension Teaching Method can inherently create a lively and relaxed classroom environment, allowing students to actively engage in the teacher's activities, thereby enhancing both the effectiveness of classroom teaching and student learning.

3.3 Low Comprehensive Quality of Children's Basketball Teachers

Teachers play a leading role in the teaching process, and the professional level and comprehensive quality of basketball teachers are crucial to the successful implementation of children's basketball teaching. Currently, the overall quality of basketball teachers in children's basketball teaching needs further improvement. Firstly, some basketball teachers have an incomplete understanding of children's basketball and, in some cases, teachers of soccer or track and field are also assigned to teach basketball. This can lead to errors in the selection of teaching methods, organization, and evaluation. Secondly, teachers often have a narrow knowledge base, relying on traditional teaching methods, with little participation in training and learning activities, which hinders innovation in teaching methods^[4].

3.4 Inadequate Facilities for Children's Basketball Courts

The Comprehension Teaching Method has strict requirements for the facilities used in children's basketball teaching, as the arrangement of the court differs from that of an adult basketball court. The "Small Basketball Development Plan" states that children at different age stages need to use appropriate courts, hoops, and basketballs. According to research, there is a severe lack of facilities for children's basketball. Most children's basketball courts are temporary modifications of adult basketball courts, with movable small hoops used and returned to their original state afterward. There are no fixed basketball courts specifically designed for children. Since most children's basketball teaching occurs in large classes with a high number of students, and the courts are inadequate, teaching is limited to group instruction, which wastes valuable teaching time and affects the application of the Comprehension Teaching Method in children's basketball classes.

4. Practical Strategies for Implementing the Comprehension Teaching Method in Children's Basketball

4.1 Integrating "Learning, Practice, and Competition"

Children's basketball teaching should actively draw from advanced teaching philosophies and models, creatively developing emerging teaching methods while emphasizing the important role of the Comprehension Teaching Method. Traditional basketball teaching primarily focuses on technical practice, but basketball is a team sport based on individual skills, and technical actions need to be demonstrated through real gameplay. Therefore, teachers must emphasize the Comprehension Teaching Method, implementing the course standards of "teaching, practicing, and competing regularly" into the classroom. This approach breaks away from the traditional teaching model, enabling teachers to make reasonable lesson plans and develop students' practical abilities. For example, if the lesson content is chest pass with two hands, after learning and practicing, a class competition is conducted at the end. This simulates real game situations, improving students' technical skills and enhancing the overall teaching quality of the lesson.

4.2 Further Cultivating Students' Core Competencies

The application of the Comprehension Teaching Method in children's basketball starts with setting up a competitive system that emphasizes students' primary role and focuses on their emotional experiences in sports. Additionally, the course is structured in a way that each lesson is closely connected to the next, ensuring continuity throughout the entire basketball teaching process. Students can intuitively feel the overall structure of the course, which helps develop their core competencies in physical education and health. Teachers should continuously incorporate the concept of core competencies into their teaching, following the features of the Comprehension Teaching Method, and develop detailed teaching steps. These steps include project introduction, game overview, tactical awareness cultivation, instant decision-making skills development, technique demonstration, and action completion. This structure enables teachers to meet the teaching objectives and cultivate students' ability for lifelong learning and adaptation to social development.

4.3 Improving the Comprehensive Quality of Children's Basketball Teachers

The Comprehension Teaching Method is not only directed at students but also requires a certain level of professional ability from the teachers. The development of children's basketball cannot be separated from the availability of high-quality teachers. First, the entry standards for basketball teachers need to be raised, and the number of full-time basketball teachers should be increased to avoid teachers having multiple roles. Second, for the successful application of the Comprehension Teaching Method in teaching, teachers need to have a solid understanding and proficiency in the sport. Therefore, special training for children's basketball teachers should be added to enhance their professional development and better conduct classroom instruction. The theoretical application of the Comprehension Teaching Method should be integrated with practice, and teachers should constantly explore teaching cases that apply this method. Based on physical education core competencies, teachers should design teaching cases considering different educational stages, years, semesters, and lesson plans, utilizing the advantages of the Comprehension Teaching Method to improve the quality of children's basketball teaching.

4.4 Improving Facilities and Achieving Rational Resource Allocation

Improving the quality of physical education teaching requires support in terms of human resources, financial investment, and material resources, and children's basketball requires adequate hardware resources. As an important component of youth development, children's basketball plays a crucial role in sports education and should gradually improve the teaching environment. Schools should allocate education funds appropriately, provide standardized teaching equipment for different age groups, and establish dedicated basketball courts for children's teaching. This approach will help maximize the advantages of the Comprehension Teaching Method and facilitate better games and competitions, ultimately improving students' comprehensive quality and enhancing the teaching quality of children's basketball.

Conclusion

In conclusion, the Comprehension Teaching Method places greater emphasis on developing students' cognitive abilities and understanding of tactical awareness. Applying this method in children's basketball teaching is an inevitable requirement for the development of youth basketball. Moreover, the Comprehension Teaching Method has its unique advantages, with a teaching structure that follows the "whole-part-whole" distribution, helping students establish a complete learning framework. This approach aligns with modern teaching characteristics and is worth further development and promotion in youth basketball education.

Fund Projects

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