

Research on the Mechanism of Talent Cultivation of Qilin District Tennis Club in Qujing City under the Background of "Double Reduction"

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Abstract

In this paper, the application of literature method, field investigation method, field interview method, through the double reduction reform of tennis club training curriculum theory and practice of the study, the analysis of qujing City Qilin District Sunshine Shangmu, Aoying, Juguang, Jiayu four youth tennis club teaching reform and strategy analysis. This paper first expounds the development status and existing problems of qilin district youth tennis club in Qujing City, then expounds the necessity of the reform of the tennis club, and finally expounds the mechanism of talent training of Qilin District tennis club in Qujing City under the background of double reduction.

Keywords

Double minus Qilin District tennis club talent training.

1. The Introduction

The double reduction policy refers to reducing students' burden on daily homework and off-campus training during compulsory education. To control the total quantity of the student work, the education teaching work shall conform to the law of education, and the characteristics of the students' physical and mental development, facing all students, teaching, the moral education, intellectual education, physical education and aesthetic education organic unity in the education teaching activities, pay attention to students' independent thinking ability, innovation ability and practice ability, promote the all-round development of students. (Compulsory Education Law of the People's Republic of China) The "double reduction" work is an important deployment made by the CPC Central Committee and The State Council to comprehensively deepen the education reform. It requires to improve the understanding and treatment from the strategic height of realizing the great rejuvenation of the Chinese nation. [1] Under the background of the double reduction policy, extracurricular sports activities on campus have become colorful. In the middle school entrance physical education examination, male and female students have six items of basic physical fitness test. Among them, 4 items are required and 2 items are optional. Special skills test project altogether 8 items, among them choose to test 2 items. Tennis is included, and students participate in school, county, city, state, provincial and national sports competitions, which are converted into points based on the ranking and counted into grade scores. The test standards of tennis are as follows: forehand and backhand in place, underhand serve, forehand line drive. Grade 8: Overhand service (area 1 service: candidates are located 3 meters behind the baulk line. The overhand service is used to hit the ball. Each person serves 5 balls.) Service rules of district 2 are the same in the same district. Backhand straight shot backhand cross shot. Grade 9: forehand and backhand cross serve, overhand serve (District 1 service: candidates will serve the overhand serve from the baseline area 1 service. Each student will serve 5 balls.) Service rules of district 2 are the same

in the same district. Under the background of double reduction, students' comprehensive quality is more emphasized, and students' physique, health and physical literacy are enhanced. Tennis is becoming more and more popular among students after the sports reform of high school entrance examination. Therefore, how to combine the current situation of qujing youth tennis club with the physical examination and carry out appropriate reform is an urgent problem to be solved.

2. The Current Situation and Existing Problems of Qujing Youth Tennis Club

At present, the primary and secondary schools in Qujing city do not open tennis lessons because there is no space in the school, the project of tennis into the campus has not been better carried out in recent years because of the lack of coaches and large funding and other problems. After the increase of extra-curricular activities, the tennis project is favored by more and more students. However, because of the high cost of participating in the club, the related equipment and clothing are more expensive and other problems, resulting in the number of teenage students in the tennis club has not increased much. Tennis club venue facilities obsolete, equipment management is not standard, the number of coaches is insufficient.

2.1. Lack of Tennis Courts

Qujing city four youth tennis clubs have a total of 18 tennis courts, under the background of the sports examination reform and double reduction policy support, the number of young people involved in tennis learning compared with the original small increase. But because the youth tennis club is also open to the public, there are adult members of the club during holidays, while the club also recruits adult tennis enthusiasts for tennis teaching. As a result, there is a shortage of places for young people to train. Because of the particularity of teenagers and tennis training equipment, it is difficult for coaches to organize classroom teaching in an orderly manner, and it is difficult to carry out teaching activities for teenagers of different ages and different technical levels. Lead to the club to develop well-ordered tennis training is facing difficulties.

2.1.1. The Number of Coaches Is Uneven and the Skills Are Single

The main coaches of Qujing Youth Tennis Club are mostly graduates or undergraduates of tennis special classes of Physical Education College of Qujing Normal University. These coaches will adjust the training time for students in the club according to their own courses at school. The coaches lack of theoretical courses, and their practical experience is not particularly rich. As a result, the professional level of coaches is not too high and the training of teenagers is not systematic enough. In addition, under the background of sports examination reform, besides tennis as an optional examination, there is an important basic physical fitness test. It is a required item for every student, in order to participate in the entrance examination of tennis students to obtain good results club tennis coaches in addition to good tennis technology for physical training skills must also be involved, but the club tennis coaches for physical training skills know very little.

2.2. Junior Tennis Clubs Have Less Training Time

Because there are not enough places for the tennis program in the school, there is no place for students to learn tennis skills except the club. Under the background of the double reduction policy, sports such as after-school service basketball and volleyball have been widely popularized and promoted, while tennis is rarely involved due to venue limitations. As a result, when students study in clubs, they will spend a lot of time in training because of the single practice venue, which cannot be well consolidated and improved in technique. Due to the students' usual learning time arrangement out of the class is less, coupled with tennis this project is not easy to get started, the action is more complex, so for the technical review and

consolidation of the class will be more, which greatly reduced the other necessary technical review and consolidation time. In this way, it is difficult for students to quickly master the heavy and difficult points of tennis skills. Lead to students learning time and training time is not enough, students will be difficult to master tennis skills, which is why the students of Qujing City youth tennis Club even if they are careful to complete the club arranged tennis courses are also difficult to play good tennis one of the reasons.

2.2.1. Lack of Pertinence in Youth Tennis Club Training

Qujing city youth tennis club is mainly for the sports examination reform after the use of tennis this project for the entrance examination of the students of the network training teaching, for the examination of the tennis project of the student file has been clearly put forward the test content. But instead of training strictly according to the exam requirements, the club's coaches launched colorful tennis courses in order to attract more students to join the ranks. There is no physical training plan for students with different physical conditions according to the basic physical fitness examination items. In the usual training process only too much attention to the amount of accumulation, mainly to multi-ball training, few will organize students to participate in the competition to find out their own problems, to summarize and reflect on the students' grasp of tennis professional skills.

3. The Necessity of the Reform of Qujing Youth Tennis Club

At present, the main participants of Qujing Youth Tennis Club are the students who love tennis in primary and secondary schools in Qujing city and want to take the sports examination before entering a higher school after attending the sports and health courses of junior high school through tennis under the background of "double minus". Students love tennis and actively participate in club training with parents' support and encouragement, which not only strengthens their physique and improves their health, but also provides entertainment and adds a touch of sweetness to the heavy study pressure. With the reform of the physical examination and ShuangJian policy support, tennis club coaches must be in the process of tennis teaching, let the students know how to tennis training, mastering the tennis game rules and knowledge, let the student through the tennis training can make the moral education, intellectual education, sports and other quality comprehensive promotion, enable students to truly combination of sports and culture, [3] In the course of teaching, club coaches teach teenagers about tennis and effectively organize teenagers to play tennis, so as to meet the requirements of the physical education examination. Through the tennis movement skills and difficult points of learning and training, so that students' physical quality, mental quality, reaction ability to improve, so as to help students pass the exam smoothly. Make young people become a comprehensive talent in line with social development.

3.1. Teaching Reform Strategies of Qujing Youth Tennis Club Under the Background of Sports Examination Reform

Invest money and improve the system

The relevant departments should increase the investment of funds, and take the initiative to lead tennis into the campus of this course, deep into the school, step by step to the primary and secondary schools to popularize the ball this sport, improve the school tennis facilities, equipment. The government will take the lead to popularize the sport of tennis, improve the rules and regulations of tennis into the school, such as class time, professional teachers' arrangement, equipment placement, etc. From the school to the community and into the family to form a tripartite home-school association. Build new tennis courts in the community according to the actual situation, or renovate the existing tennis court facilities, so that students have enough tennis courts for learning and training. Moreover, professional personnel will be

hired to maintain and manage the venue, and the use of the venue will be affected by the lack of management and maintenance. Use various channels for publicity, make tennis a well-known sport, enhance the emotional communication of community members. Encourage parents to drive their children to engage in this sport, so that tennis-related equipment will become common. In terms of price, because of the increase of tennis sports equipment industry, it is bound to reduce the once relatively expensive price, making this sport affordable for the public consumption.

3.2. Develop A Professional Coach Team and Shape Comprehensive Talents

With the introduction of the policy of sports and education integration, the integration of sports and education is just around the corner. So that the relevant departments to foot to together to encourage the elite in the professional part-time retired athletes go to the school and the club, with their professional level to cultivate a new generation of reserve talented person, in these professionals continue to develop under the lead of we have just walked out of the college graduates, to establish good relationships between them. Word of mouth, establish professional quality excellent coaching team. In colleges and universities with physical education major, it is necessary to cultivate comprehensive talents when training sports talents of tennis major. A qualified sports person not only needs to master his own major, but also needs to be good at basic physical training. In view of the basic physical fitness is a compulsory item in the middle school physical fitness examination, clubs should equip professional physical fitness coaches to make the training of students more scientific and systematic. In this way, students who pass the tennis examination will not have a gap with other students because they are only proficient in technology but not good at physical fitness. From this, not only comprehensive coaches can be cultivated, but also comprehensive outstanding students can be molded. Is related to talent training plays a key role in determining the future development of tennis talent.

3.3. Increase the Reasonable Training Time of Youth Tennis Club

The club needs to adjust the training time of teenagers according to the actual situation. The sports examination conducted in junior middle school is different for each grade. The club should make good use of holidays to avoid club membership activities and carry out systematic training for young students. Stagger club adult members and youth training using the field at the same time. Set reasonable time to adjust the training of the youth group and the infant group. For coaches of different groups, they should prepare lessons carefully and train students systematically before class. Can be physical training and tennis skills practice at the same time, reasonable use of time and make full use of the venue, arrange the training skills group and competition group sessions, according to the venue will be technical training and competition between students at the same time. Put your skills to use in real competitions. To promote training, in the game to find confidence and deficiencies, learn from each other in the following training. Coaches can also record short tennis instructional videos and post them on social media platforms, so that parents of youth clubs can learn in their spare time and students can reinforce their tennis skills with the guidance of parents. Teaching students in sections, write out the training plan of students at each stage according to the current exam content for practice, reduce useless work.

3.4. Ensure the Continuity, Systematicness and Pertinence of Training

The training of the youth tennis club must ensure the continuity of the training, and the shaping process of the technical movements is continuous without interruption. The training of the youth must not appear the situation of catching fish for three days and drying the net for two days. Only systematic training can ensure the quality of the movements. Develop a tennis examination of the project of the systematic training plan. For the straight line and cross line shots of serving, forehand and backhand in zone 1 and Zone 2, the training plan suitable for the

students of different grades is made. The coach has targeted training. This ensures the effectiveness of training.

3.5. Organize Diversified Tennis Events at Home and School Clubs

The club organizes a variety of tennis matches based on its own conditions. [6] To stimulate the enthusiasm of the public for participation, indirectly publicize this sports skill, and consolidate and improve sports technology. At the same time in the game to dig the tennis reserve talent. During the competition, the participants are ranked, and not only receive honors, but also can be added to the test scores. To carry out personalized teaching for this kind of students, to achieve the program management of teaching quality, combined with academic standards to meet the requirements of students' sports extra score requirements, to practice tennis students to complete the requirements of sports competition extra score to provide convenient conditions. Between the home school community also formed a good relationship, enhance physical fitness, improve health, enhance feelings. Clubs should build perfect competition mechanism and reward mechanism, organize competitions at different stages regularly, encourage and guide students at different stages to participate in them, achieve good results through competition and training, and provide a platform for students with tennis skills to show their skills. The club should also encourage the students who win the ranking, strengthen the quality of their will, and enhance their enthusiasm and enthusiasm for the competition. We advocate the establishment of tennis clubs in schools, which can be fully used in the after-school service of sunshine sports. Organize students to participate in it and help students to achieve the optimization of the development of interest-oriented physical exercise.

4. Conclusion

At present, there are still many problems in qujing youth tennis club. In order to adapt to the development of The Times, it must be fundamentally changed. It is necessary to inject new blood into youth teaching, such as new coaches and teaching methods, and constantly innovate in teaching to stimulate students' interest and enthusiasm. A new round of junior high school sports examination reform slowly opened the curtain, is setting sail to explore the new future, explore its development in the future, for a full range, deep, multi-angle to examine the feasibility of sports examination. Based on this, the reform of tennis project in the future will promote the development of tennis project in the middle school entrance examination from the four dimensions of coaches, teaching, training, exercise and coordination. Tennis is bound to become one of the driving forces for the reform of the sports high school entrance examination, and also hope to bring new elements for the reform of the sports high school entrance examination in the future.

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