

Research on the Optimization of the Model of “Learning, Practicing, Competing and Evaluating” of Campus Soccer in General Colleges and Universities

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Abstract: This paper analyzes in depth the theoretical foundation of the school soccer program and the training of the practical stage, as well as the improvement of technology and the planning and supervision of the tournament and competition, and finally puts forward the evaluation of the effectiveness of the program and the suggestions for future development, with the aim of providing a reliable basis and specific direction for the lasting progress of the school soccer supply.

Keywords: campus soccer, educational significance, training and skill development, game and competition, effectiveness evaluation

Introduction

The purpose of this paper is to analyze in depth the learning, practicing, playing, and evaluating systems of campus soccer in general colleges and universities, and to study their specific roles in improving the overall abilities of students as well as the specific effectiveness of their implementation. The findings of the study will provide academic support as well as operational suggestions for the in-depth expansion of campus soccer and promote the overall enhancement of physical education programs in colleges and universities.

1. Learning - theoretical foundations and learning stages

1.1 Educational significance of soccer

Soccer is a sport that strengthens students' physical abilities, fosters teamwork, discipline and competition. By actively engaging in soccer, students not only have the opportunity to become physically fit, but also develop self-confidence and the ability to cope with pressure, learning to demonstrate excellent skills in a stressful environment. Especially in the context of comprehensive quality development, school soccer plays an irreplaceable role as a diversified teaching method.

1.2 The impact of school soccer on students' comprehensive quality

By engaging in soccer activities students achieve all-round growth in physical fitness, mental endurance and social adaptation skills. For example, since 2015, a well-known university in Beijing has launched a campus soccer program, in which soccer has been integrated into the physical education curriculum and numerous soccer clubs and teams have been

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established to represent the university. In the process of participating in soccer, students not only enhance their physical fitness, but also master strategies to face pressure and challenges on the field of play, and improve their self-confidence and self-management skills. Similarly, students' teamwork and leadership potential have been significantly enhanced through their participation in soccer tournaments within and outside the school.

2. Practice - practical phase and skill development

2.1 Methods and strategies of campus soccer training

The training content should cover the basic technical training, tactical drills, physical quality training and the improvement of mental literacy. The basic technical training usually covers the forging of basic skills such as passing, ball control and shooting. Through a consistent and systematic training process, students are expected to become proficient in and improve these basic skills. Strategic training focuses on improving tactical awareness and coordination in real-life situations, including, but not limited to, attacking, defending, and positional play. Physical training is designed to improve the students' endurance, swiftness, flexibility and strength through high load physical training and orientation training. Psychological literacy is shaped by simulating the environment of the game and psychological training to help students overcome the anxiety of the game process, and to improve their resistance to the pressure of the game and their psychological preparation for the game.

2.2 Skill training and physical fitness improvement

Taking a college as an example, the soccer team of this college will practice three times a week, and the coach will split the workout into two main parts: technical training and physical training. Technical training involves basic techniques such as passing, ball control, shooting, and dribbling. Each technique is explained and demonstrated. The students are then divided into small groups for continuous practice. In the fitness training program, the instructor designed a variety of physical exercises such as sprinting, endurance running, jumping, etc., with the help of a well-planned exercise program to gradually improve the students' physical fitness. For example, Li encountered greater challenges in ball control, under the guidance of the coach, he was able to make significant progress in ball control after a semester of hard training through daily 30-minute special ball control training, which included dribbling around markers, spotting the ball, and other methods.

2.3 Team cooperation and leadership development

As a collective competitive activity, soccer requires players to have tacit cooperation and consistent goals. In the process of practicing, coaches not only focus on improving students' individual skills, but also on cultivating the spirit of teamwork. During group training and competitions, students learn to communicate with their teammates, cooperate with each other, and make appropriate choices in critical situations in a real competitive environment. In the case of student Li, for example, Li was originally a subtle person who was not very good at communicating with others. After becoming a member of the school soccer team, the coach asked him to learn to take on the role of captain, and through successive team activities and games, Li slowly mastered the skills of communication and cooperation with teammates^[1].

3. Race - match and athletic stage

3.1 The impact of competition experience on personal growth

By participating in competitions, students not only improve their skills, but also learn how to cope with a wide range of challenges and problems in real-life confrontations. In a university's intramural league, a student has accumulated a wealth of practical experience through many competitions. At first, he was often nervous and did not perform well, but through continuous participation in competitions, he gradually mastered how to balance his nervousness and maintain his composure. In an important semi-final match against a very strong opponent, the student relied on his previous experience and responded to every pass with composure, not only playing excellent defense, but also scoring a crucial point in the nick of time, helping his team to advance to the final.

3.2 Athletic stress and psychological development

With the help of well-designed mental training and the practice of actual matches, students can gradually adapt to this kind of tension and master the way to maintain optimal performance in the midst of tension. Take the example of an inter-school friendly match between a university and another university, which was a tense and exciting match. On the eve of the tournament, the coach provided psychological guidance to the players to help them build up an optimistic state of mind for the competition. A student showed a strong sense of nervousness on the eve of the competition, but under the guidance of the coach, he gradually eased his nervousness with the help of deep breathing and inner self-motivation. In the course of the competition, the student performed well, not only repeated effective blocking, but also in the critical situation for teammates to provide scoring assists, and ultimately helped the team to win^[2].

4. Evaluation - effectiveness evaluation and development advice

4.1 Assessment indicators and methods for school soccer programs

The assessment indexes should cover many areas such as students' physical fitness, soccer skills, teamwork ability, psychological quality and academic performance. The assessment method can adopt a strategy that combines quantitative and qualitative analysis, covering various forms such as questionnaires, field observations, skill tests and physical fitness tests. Physical fitness can be assessed by physical training indicators such as endurance, speed, agility, and strength; soccer skills can be measured by specific technical tests such as passing, shooting, and ball control; teamwork and mental fitness can be analyzed through questionnaire studies and field observations of student behavior during practices and competitions; and academic performance can be analyzed by comparing student performance before and after participation in the soccer program. Academic performance was determined by comparing students' academic performance before and after participation in the soccer program.

4.2 Effectiveness evaluation and impact analysis

The conclusion of the effectiveness evaluation shows that the school soccer program has achieved significant progress in many aspects. In one university, for example, after a comprehensive evaluation of the students who joined the campus soccer program, it was observed that they had achieved significant improvements in physical fitness, soccer skills, teamwork ability, and mental literacy. While at the college, before a student became a member of the soccer team, his or her endurance appeared to be the difference between that student and the rest of the team, and he or she often felt fatigued. After a full semester of systematic exercise, the student made significant improvements in his endurance and speed. In the endurance assessment test, his record increased from 1,200 meters at the beginning to 1,600 meters.

4.3 Strategies and suggestions for the development of campus soccer

In light of the findings of the evaluation, it is important to propose strategies and suggestions for the development of school soccer to ensure the continuous optimization and steady growth of the program. First of all, we should continue to improve the training methods based on science, through continuous optimization of the exercise program, to improve the professional skills and physical quality of students. In addition, we should pay attention to the building of psychological quality, through psychological counseling and practical exercises, to help students master the skills to maintain excellent performance in a stressful environment. In addition, the planning and supervision of competitions should be strengthened to provide more competitive opportunities and to ignite students' enthusiasm for participation and awareness of competition. After analyzing the results of an assessment, a university chose to adopt more advanced physical exercise equipment, expand the counseling curriculum, and arrange more inter-school competitions to provide students with more opportunities for real-world exercise. During the new school season, a student's technical and mental abilities were significantly enhanced through more rational exercise methods and rich competition experience. In a key inter-school match the student relied on excellent play to help his team win the championship, which is not only a recognition of his personal diligence, but also reflects the achievements of campus soccer activities^[3].

5. Conclusion

School soccer, as a comprehensive teaching and learning strategy, plays a key role in enhancing students' all-round abilities. Through theoretical learning, practical training, competition, and evaluation, students have achieved significant growth in physical fitness and soccer skills, as well as collective cooperation, leadership, and mental qualities. Going forward, we should aim to further strengthen the school soccer infrastructure, coaching staff, and popularization strategies to ensure that school soccer grows steadily and vibrantly across the country, thus providing a solid foundation for all-around improvement of students' abilities.

Conflicts of interest

The author declares no conflicts of interest regarding the publication of this paper.

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Fund project

Optimization Research on the Learning, Training, Competing, and Evaluating' Model of Campus Football in General Colleges in Hubei Province: A Provincial Teaching Research Project of Higher Education Institutions in 2022. (No. 2022159)