



Research Article

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Developing training system for young basketball center forward

Ren Feng* and Jiang Ci

School of Sports Science, Ningbo University, China

ABSTRACT

Basketball center forward is main factor in basketball game. In this thesis, feature and training of modern basketball center forward are discussed. Also, Experience and problem are analyzed in training.

Keywords: basketball center forward; train; develop

INTRODUCTION

In 1895 China began to have the sport of basketball, the new China was founded 96 years to develop basketball talent has always been our primary schools along sports team engaged in such traditional model [1, 2]. We develop basketball players although invest more, but our basketball Level has been low; influence in the world is very limited, especially in men's basketball. Or look at the matter from the international land from which the overall level of Bits are quite different and our women's basketball. What is the impact of China's men's basketball and hinder the level of factor improvement and development in the end what is it? Experts opinions, but in my opinion the most important and most critical factor is the center of the problem.

Our women's basketball because there the world's first front Zheng Haixia and ranks in Asia, ranked highest in the world [3]. We have not fully aware of the tall, important in the overall development of the center of modern basketball status and role and its development trend, it does not follow objective law of the development of modern basketball a comprehensive, systematic selection, training and competition. And no to both training and development of basketball in China but also has features characteristic of the modern world basketball basketball center [4]. Even if our basketball sector has also made efforts to this end, but not enough scientific method, not the system has never been able to train like the United States and the world's NBA basketball powerhouse that has enormous power center. This is one of the main crux of the level of men's basketball has been stagnant. While China has emerged as that caused by comprehensive type of athlete, but has a powerful center is to improve the overall level of basketball.

EXPERIMENTAL SECTION

The main problem is the presence of basketball in the fitness center, speed, agility, jumping ability is not good enough, which is manifested in the basic technical aspects shooting shot slow, less action, especially jump shot, rapid, coordinated action and poor offensive tactics are not flexible, less mobile. This Zhan Zhuang style center no law to adapt to modern basketball skills, tactics and more complex, more intense against the trend.

How to improve the level of basketball center, training with a full range of flexible and valuable basketball center, is that we need to be training in the future explore the main research topic. Modern basketball arena, the center should become the main type of athletes, he must achieve the perfect combination of the external conditions and the inherent qualities, he activities and coaches to be highly intelligent and unified strategy.

Time is the focus of modern basketball contention. Basketball since its inception, the rules expressly provide, within a specified period of time to score more goals wins. Thus, the core of the center as the team is to win more time to get more shots. Specifically, control the ball more time and dominate the ball time, you will get more shots and scoring opportunities. It also determines the center core of the team must be able to lead the team on the field fight shots.

Average height of 2100 meters, the average height of 1180 meters women. Man jumpreached 3180 meters and even 3190 meters. Air sealing ball playing high point reached 3130-3150 m. Numerous aerial battle, greatly develop a variety of high-altitude technology and innovation. Competition for basketball, cover, cast basket and blocked the space around the basket with technology are becoming increasingly proficient. This means that players must be a center air superiority.

RESULTS

Players in training centers, we must grasp pass, catch this important part of technology. Center team players pass the ball to peripheral ways: double on hand; chest with one hand; hand chest; bounce pass and so on. In several ways to use this time to pay attention to the following points: To pay special attention to grasp the wrist, fingers and muscles control the ball hard technical ability.

1. Have flexible observation and judgment.
2. Passer to be able to use a variety of feints to attract defender to the ball to create a good environment and fellow offensive opportunities.
3. Technology center of the ball movement is divided into three categories, namely scramble the ball, the ball scramble, grab pull control.

Center in addition to master a variety of other players are shooting way to learn outside, but also learn a few shots following ways:

- a. turnaround jump shot (left or right turn, jump or skip back to the side);
- b. cross jump shots (forward jump shots);
- c. quickly jump shot after (this is usually done in shooting jump back process);
- d. for volleyball at the top of the ring-like pressure the ball into the basket; hook shot;
- e. turn, dunk, mostly sideways movement upward by one hand to complete.
- f. fadeaway;
- g. shots back in place;

DISCUSSION

In the center of the modern basketball culture, we must first lay the body of comprehensive development and more comprehensive technical training base, set a higher speed and bounce force indicators, peacetime training and competition, so that they hit back, after playing forward, grasp the front, after the guard call center technology. Technical, and tactical meaning a more complete knowledge of these inevitable [5]. We should adolescents, youth, adult routine physical development, systematically organized training programs.

Psychological and style on training athletes, mainly cultivate tenacious fighting style and a good psychological quality [6]. Therefore, training should intentionally knowledge to manufacture all kinds of difficulties to exert influence, such as taking about the emotional impact of language stimulation, the referee is unfair and unequal rules to multiple playing less, so that the players can adapt to a variety of adverse stimuli, improve mental stability and adaptability [7]. Improve the overall quality of the training of members of the center is a team an important part of the success, which is the current trend in the development of world basketball, pay attention to this point, there is no future of basketball [8, 9].

Excellent comprehensive type of center skillful players to have action technology, good physique, rich sense of pitch, indomitable fighting spirit. All this cannot be innate, acquired the key is to shape. Thus, in order to have a good center, in order to make China's basketball walk to glory, we must pay attention and grasp the central figure of the team center of culture and training.

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