

Basketball Training Institutions Coaching Level of Coaches Investigation and Analysis

-- Xining City, Qinghai Province, as an example

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Abstract: Coaches are the direct organizers and managers of sports training. They they undertake the main task of training athletes, to promote the all-round development of athletes, improve the level of sports athletes play a leading role. With the development of basketball, basketball coaches play an increasingly important role in modern basketball. Therefore, it is of great significance to fully understand the current situation of qinghai youth basketball coach team, stabilize the coach team, improve the ability of the coach, and train and bring up a group of excellent coaches who have rich practical experience and master advanced sports training theory and scientific knowledge. This paper takes the coaches of basketball training institutions in Xining as the investigation object, deeply understands the current situation of the coaching level of the coaches of basketball training institutions in Xining, and through the investigation and analysis results of the coaching level of the coaches of basketball training institutions in Xining, puts forward countermeasures for the training of coaching ability of the coaches of training institutions to provide help.

Keywords: Xining City, Qinghai Province; Basketball training institutions; The coach; coaching.

1. Introduction

1.1. Research background

Basketball is a sport with a high degree of popularity and promotion in our country, and it is also the main business of many off-campus sports training institutions. The main training content includes the cultivation of interest in basketball, special physical fitness training, and the teaching and training of basic basketball techniques and tactics. An excellent coach can not only complete the teaching task excellently, but also needs to have a strong sense of responsibility and the ability to continuously study the business. The coaching level of the coach directly affects the development and image of the entire training institution. Compared with other provinces, the development of basketball training institutions in Qinghai Province is relatively late, the management mechanism is not perfect, the coach selection and assessment system is lacking, the coach training means is single, the shortage of excellent coaches and other factors will restrict the development of basketball training institutions in Qinghai Province.

1.2. Research significance

Through the investigation and research of major basketball-related training institutions in Xining City, this paper has a full understanding of the personal ability and teaching level of all coaches, so as to find out some defects and problems still existing in them, and provide effective data support for the supervision of basketball training. Through the method of sampling survey of coaches, the problems existing in the current teaching are found, and effective suggestions are provided for the management mode of coaches in training institutions and the training means and methods of coaches.

2. Research Object and Method

2.1. Research object

This paper takes the investigation and analysis of the current situation of coaching level of coaches in basketball training institutions in Xining, Qinghai Province as the research object, and takes 10 basketball training institutions in Xining, Qinghai Province as the investigation object, namely, Winning Color Sports, Shooter Sports, Oriental Superior Champion, Feifan Sports, Yirui Sports, Running Sports, Yinteng Sports, New Power Sports, YBC Basketball training camp, Tuonda Sports.

2.2. Research method

2.2.1. Literature review method

With the keywords of "basketball coaches", "training institutions", "coaching level" and "coaching ability", relevant literature and materials were consulted in the school library, CNKI and academic journals, and the contents related to this study were summarized and sorted out, providing a theoretical basis for the writing of the paper.

2.2.2. Interview method

Through interview and conversation, the person in charge of some training institutions in Qinghai Province and relevant person in charge of basketball association were interviewed to understand the basic information, training and selection methods of coaches in basketball training institutions in Qinghai Province, which provided a case basis for the research.

2.2.3. Questionnaire survey method

The questionnaire for coaches was designed based on interview information. Under the guidance of the tutor, the questionnaire was modified and improved, and relevant data

information was obtained through the investigation of coaches of basketball training institutions in Xining, Qinghai Province, to provide data support for the research. See the

table for details of the questionnaire distribution, Table 1.

Table 1. Distribution and retrieval of questionnaires Unit: copies

Issue questionnaires (copies)	Return questionnaire (copy)	Recovery rate (%)	Valid questionnaire (copy)	Effective rate (%)
75	75	100	73	97.3

2.2.4. Mathematical statistics

excel software is used to make a statistical analysis of the data of basketball coaches in Xining City, Qinghai Province, which is collected from the questionnaire to provide data support for writing the core content of this paper.

3. Research Results and Analysis

3.1. Analysis on the basic situation of coaches of basketball training institutions in Xining City

In the process of basketball teaching, coaches are the most direct designers, organizers and managers, and play an

important leading role in daily practice and training. Their own ability and teaching level are directly related to the improvement of athletes' ability and play an important role in the cultivation of talents. Nowadays, basketball is developing rapidly with the development trend of society, the national training boom is heating up, and the requirements for basketball coaches are getting higher and higher. Basketball training institutions in Qinghai Province are also developing toward a professional model. In order to better understand the recruitment and coach training mode of each training institution, I sent questionnaires to some coaches from more than 10 training institutions in Qinghai Province, as shown in Table 2.

Table 2. Gender statistics of coaches (N=73)

sex	male	female	total
male	54	19	73
percent	74	26	100

According to Table 2, the coaches of the current basketball training institutions in Xining are mainly men, accounting for

74%, while women are relatively few, accounting for 26%. Basically in line with the characteristics of basketball.

Table 3. Statistical table of coaches' ages (N=73)

age	Under 24 years old	25-34 years old	35-45 years old	Over 45 years old
Numbers	35	20	15	3
percent	47.9	27.4	20.6	4.1

According to Table 3, at present, the main age distribution of coaches in basketball training institutions in Xining City is under 24 years old, accounting for almost half of the total sample, 47.9%. Most of the coaches in this age group are school students, lacking certain training experience. Secondly, 24.89% of the total samples were between 25 and 34 years old, and 20.6% were between 35 and 45 years old. The distribution of the coaches surveyed was relatively uniform

between 25 and 45 years old. Most of the coaches in this age group have certain personal long-term training and competition experience, and their coaching time is relatively stable. It shows that the basketball coaches in Xining are mainly young and middle-aged people. Due to physical and experience reasons, coaches aged 45 and above were less likely to coach, accounting for only 4.1% of the total sample.

Table 4. Educational background of coaches (N=73)

Educational background	Below undergraduate level	Undergraduate course	master	Master or above
Numbers	7	55	11	0
percent	9.6	75.3	15.1	0

According to Table 4, as can be seen from the current composition of the education level of coaches in basketball training institutions in Xining City, the education level of coaches is mainly undergraduate, accounting for 75.3% of the total number surveyed, followed by master's degree, accounting for 15.1% of the total number of samples, 9.6% below undergraduate degree, and 0% above master's degree. This shows that the coaches of basketball training institutions

in Xining City are less highly educated personnel, most of the coaches with master's degrees are students, and most of the coaches below the bachelor's degree are social people with good sports skills and love basketball teaching work. The educational background of coaches is basically in line with the requirements of today's basketball training institutions. Only with a certain level of culture can coaches better understand and impart knowledge.

Table 5. Statistical table of coaching years of coaches (N=73)

Teaching years	Less than 2 years	3-5 years	6-8 years	More than 9 years
Numbers	28	22	14	9
percent	38.4	30.1	19.2	12.3

According to Table 5, the coaching experience of the coaches of the basketball training institutions in Xining City under the investigation is less than 2 years, 3-5 years, 6-8 years and more than 9 years, accounting for 38.4%, 30.1%, 19.2% and 12.3% of the total samples respectively. According to the interview, basketball training institutions in Qinghai Province started relatively late compared with other provinces. Most of the students who have been coaching for more than 9 years are school teachers or full-time coaches in training institutions. They have rich coaching experience, but their age is relatively older and their ability to accept new things is

slower. The 6-8 years of coaching coaches have become the backbone of training institutions, mainly in charge of teaching program design, training institutions management, rich teaching experience, good use of teaching methods and means, favored by students. Most of the coaches who have been teaching for less than 5 years are relatively young, and most of them are students in school. Although they have certain teaching experience, they are more likely to accept fresh teaching concepts, but in the past three years, affected by the epidemic, many students in school can not take leave at will to go out as substitutes, resulting in obvious loss of students.

Table 6. Statistical table of sports years of coaches (N=73)

Exercise years	Less than 3 years	3-5 years	6 to 10 years	More than 10 years
Numbers	14	30	17	12
percent	19.2	41.1	23.3	16.4

As shown in Table 6, the sports years of coaches in the current basketball training institutions in Xining City can be seen that the sports years of coaches are the largest at 3-5 years, accounting for 41.1% of the total samples, followed by 6-10 years accounting for 23.3% of the total samples, and less than 3 years accounting for 19.2% of the total samples. The

sports years of the coaches surveyed are uniform at 6-10 years. It shows that the coaches of basketball training institutions in Xining City generally have long years of exercise, mainly students, and teachers with more than 10 years of exercise. The number of coaches is small, accounting for only 16.4% of the total samples.

Table 7. Statistics of coaches' qualification certificates (N=73)

Qualification certificate	Level E coach	D coach	C-level coach	No rank
Numbers	33	20	2	18
percent	45.2	27.4	2.7	24.7

According to Table 7, the coaches of the investigated basketball training institutions in Xining City are at grade E, D, C and no grade, accounting for 45.2%, 27.4%, 2.7% and 24.7% of the samples respectively. Through the interview, it is known that the number of coaches' qualification certificates in Qinghai basketball training institutions is mainly E level

and no level, accounting for 45.2% and 24.7% of the samples, and the mode of part-time work and learning classes is mainly. The number of Grade D and C was relatively small, accounting for 27.4% and 2.7% of the samples, and they developed into full-time coaches.

Table 8. Statistical table of the work nature of coaches (N=73)

Nature of work	full-time	Part-time job
Numbers	20	53
percent	27.4	72.6

According to Table 8, the work nature of coaches in basketball training institutions in Xining City accounted for 27.4% of the total number of samples, which showed an obvious upward trend compared with the past. Part-time coaches accounted for 72.6% of the total number of samples, and college students accounted for the majority. Full-time coaches can devote all their energy to basketball teaching and research, which is more stable than part-time coaches. The majority of part-time coaches are students majoring in physical education in colleges and universities. However, due to the influence of unstable factors, part-time coaches have certain deficiencies in responsibility and teaching ability, which has a certain impact on improving the coaching level of coaches.

3.2. Analysis of coach teaching situation in Xining basketball training institution

Excellent coaching teams can promote each other and improve each other, so the selection and appointment of coaches is also one of the main issues considered by each training institution. Without excellent coach teaching, no matter how good the marketing program will not have long-term development, so each training institution will strictly check and strive to select the best and responsible coaches. Retired athletes and basketball students in sports colleges and universities have become the first choice for the coaching teams of training institutions. However, due to the provincial situation in Qinghai Province, the number of professional teams is small, which cannot meet the requirements of training institutions. Students in sports colleges and universities have good special skills, and at the same time,

they have certain teaching methods and teaching concepts, and have become the main force of the coaching team of

training institutions.

Table 9. Statistical table of teaching channels of coaches (N=73)

Teaching approach	Sports college	Non-sports college	Retired athlete	Basketball lover
Numbers	31	20	10	12
percent	42.5	27.4	13.7	16.4

According to Table 9, at present, in the coaching channels of basketball training institutions in Xining City, students from sports colleges and universities account for 42.5% of the total number of coaches, which has become the main force for training institutions. Coaches from non-sports colleges and universities account for 27.4% of the total number. Compared with sports colleges and retired athletes, coaches have poor basic basketball skills and simple teaching methods and means, and are basically competent for the teaching tasks in the initial learning stage. Although these coaches do not have

excellent special abilities, most of them have outstanding sense of responsibility. Basketball enthusiasts accounted for 16.4%, most of them are part-time, their own work during the week, weekends and holidays to assist training institutions to teach. Retired athletes make up the lowest proportion, accounting for only 13.7 percent of the total.

3.3. Xining city basketball training institution coach

Table 10. Statistical table on whether coaches are regularly assessed (N=73)

Assessment situation	presence	absence	Now and then
Numbers	42	7	24
percent	57.5	9.6	32.9

According to Table 10, it can be seen that regular assessment system accounts for 57.5% of the total samples, and these training institutions are relatively large, with standardized and strict management of coaches, which is of great help to improve the coaching level and responsibility of coaches. No regular assessment system accounted for 9.6% of

the total sample, and occasional regular assessment system accounted for 32.9% of the total sample. The management of these training institutions is loose, and the mobility of coaches is large, which is not conducive to management. The sense of responsibility and coaching level of coaches are worse than that of training institutions that conduct assessment.

Table 11. Statistical table of coaches' assessment content (N=73)

Assessment content	Attendance rate	Teaching quality	Teaching feedback	Performance appraisal
Numbers	68	31	9	16
percent	93.2	42.5	12.3	21.9

The assessment system of training institutions mainly focuses on attendance, teaching quality, teaching feedback and performance assessment. A good attendance rate can reduce the problem of adjusting class hours and coaches, and can maintain the integrity of teaching progress. Therefore, every training institution attaches great importance to it, and only a few training institutions fail to carry out attendance management. Teaching quality assessment is an assessment system combined with the internal training and assessment of coaches. All coaches concentrate on teaching and assessment, but this link has not been fully popularized, only 40.7% of coaches have carried out teaching quality assessment. Teaching feedback is mainly based on feedback from students and parents of students, and is generally distributed to parents or students by training institutions in the form of questionnaires. Coaches with unsatisfactory teaching quality

and weak sense of responsibility will propose corresponding improvement measures. If there are major problems and the coaches who fail to pass the assessment will be dismissed or suspended for reflection. In Xining, Qinghai province, teaching feedback is not paid enough attention, accounting for only 12.3 percent of the total population. The performance assessment corresponds to the enrollment situation, which mainly appears in the full-time coaches, who, in addition to normal teaching, have to go deep into the school and major business circles to complete the enrollment task, and give incentives or bonuses according to the enrollment situation.

3.4. Analysis on the content of training plan for coaches in Xining basketball training institutions

Table 12. Statistical table of coaches' training plans (N=73)

train project	hour project	Weekly training project	Monthly Training project	Annual training project	undiscipline project	No fixed training schedule
Numbers	48	40	30	21	4	17
percent	65.8	54.8	41.1	28.8	5.5	23.3

As shown in Table 3-10, the current coach training plan of Xining basketball training institutions consists of class hour plan, weekly training plan, monthly training plan, annual training plan, no training plan and irregular training plan,

which respectively account for the samples. 65.8%, 54.8%, 41.1%, 28.8%, 5.5%, 23.3% through the interview, which indicates that the training plan of coaches in Xining basketball training institutions is based on the weekly training plan.

Table 13 Survey and statistics of the contents of coach training plan (N=73)

Plan content	Numbers	percent
Realistic diagnosis of athletes	24	72.7
Training content	33	100
Stage division of training process	22	66.7
The main tasks of each stage	24	72.7
Match arrangement	21	63.6
Training methods and means	30	90.9
Load requirements of each training means	18	54.6
The trend of dynamic load change	13	39.4
Recovery measure	16	48.5
Check the content, time and criteria of the assessment	12	36.4

In modern sports training science, it is believed that a scientific and reasonable sports training plan should be divided into the diagnosis of the athlete's real state, the training content, and the stages of the whole training process, and the basic contents such as the main task, the detailed arrangement of various competitions, and the training methods. From the content of the training plan, the percentage of each option of the sports school basketball coach is basically higher than that of the school basketball coach, which indicates that the training plan of the sports school basketball coach is more detailed than that of the school basketball coach. Table 10 shows that in the current training plan for coaches of basketball training institutions in Xining City, coaches pay more attention to the content and methods of training, but pay insufficient attention to various recovery training and the relevant inspection and evaluation of training. It can be found that most trainers' plans are not enough and their basic understanding of the training process is still lacking. There are great problems in the design and implementation of the whole content

4. Conclusion and Suggestion

4.1. Conclusion

(one) The job of basketball coach is dominated by men and less by women. Its age structure is reasonable.

(two) The educational background of the coaches is mainly undergraduate, and the master's degree and below are relatively few.

(three) Most of the coaches of training institutions graduated from sports colleges, and the rest are composed of non-sports colleges, retired athletes and basketball enthusiasts.

(four) The qualification certificate of coaches does not meet the requirements of today's training institutions, which directly affects the coaching level of coaches.

(five) Young coaches are more likely to accept fresh teaching concepts, but they lack teaching experience because of their short teaching years. Older coaches have rich teaching experience, but due to physical factors, difficult demonstration movements are relatively affected.

4.2. Suggestion

(one) To improve the current coach training system, the relevant departments at all levels should pay more attention to the training of youth basketball coaches, and scientific selection and management should be carried out.

(two) To improve the cultural quality of coaches and make them meet the needs of today's basketball training institutions, coaches only have a certain level of culture, in order to better understand and impart knowledge.

(three) Strengthen the teaching level of coaches of non-sports colleges and basketball enthusiasts, and enrich the teaching methods and means.

(four) The existing selection system of coaches should be perfected, and the employment system should be competitive and open.

(five) Strengthen the construction of coach-related systems, so that coaches can complement each other in knowledge, and establish a scientific and reasonable relevant assessment system, so as to urge coaches to constantly improve their self-ability and further improve their professional level.

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