

Youth Basketball Awareness: Recommendations For Promoting the Development of Their Basketball Skills

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Abstract: As a global sport, basketball occupies an important position both among young people and in professional-level competitions. In the world's top-level basketball games, when the athletes' personal physical fitness and technical and tactical levels reach a certain height, the key factors that determine the outcome of the game are often the athletes' basketball awareness and basketball wisdom. Therefore, it is very important to understand the laws of modern basketball development (Sun, 2007). Therefore, while strengthening the training of young athletes in all aspects, we should pay attention to the cultivation of young people's basketball awareness and lay a solid foundation for improving the basketball level of young people in various countries. This paper mainly uses the descriptive mixed method proposed by Taherdost in 2022 to analyze, describe and understand the phenomenon of youth basketball awareness, and analyze and summarize the promotion of youth basketball awareness to the development of their basketball skills.

Keywords: Basketball, awareness, acceleration skills, youth.

1. Introduction

With the continuous evolution and development of basketball, it has gradually evolved from a low-level game to a high-level basketball game. The professionalization and commercialization of basketball have become a global trend. With the improvement of people's living standards and consumption ability around the world, basketball has become a spiritual product that satisfies people's cultural life. Due to the fact that young basketball players are an important source of national basketball reserve talents, the integrity of youth basketball competitions and the construction of youth basketball player teams in various countries represent to a certain extent the development level of a country's basketball sports. Basketball is the top team sport in China. With a large basketball population and other related market economic activities, its economic prospects are broad, making important contributions to the development of China's market economy. Consciousness is the reflection of the human brain on objective things, and it commands people's actions. From this, it can be seen that basketball awareness is an objective reflection of people's attitudes towards basketball, guiding them to engage in basketball related activities. So, the level of people's basketball awareness also reflects to some extent the level of their participation in basketball sports. Similarly, the basketball game awareness of people is also the same. Currently, the level of basketball players' special basketball game awareness and cultivation has been proven to be an important indicator of the strength of a team through practice.

1.1. Key Points

Consciousness is one of the basic characteristics of human thinking and behavior. It plays an important role in human life. It helps us understand the world, think about problems, interact with others, experience emotions, and influence our thinking and behavior.

Basketball game consciousness refers to a special function and ability that basketball players generate through positive thinking in games and training to correctly reflect the laws of

basketball, including the purposefulness of technology, the foresight of action, the accuracy of judgment, the adaptability of action and other elements. It plays a core role in basketball.

Basketball game consciousness can help athletes improve their decision-making ability, enhance teamwork effectiveness, enhance adaptability and psychological resilience, and optimize technical performance and tactical implementation on the court.

The cultivation of youth basketball game consciousness needs to start from observation ability, actual combat decision-making ability, theoretical learning and review, psychological and habit cultivation, and relevant targeted training.

2. Research Background

With the continuous evolution and development of basketball, it has gradually evolved from a low-level game to a high-level basketball game. The prototype of basketball is an entertaining sports game originated in the United States (Liu, 2019). At present, basketball is popular all over the world. Lin (2018) also mentioned that the professionalization and commercialization of basketball has become a global trend. With the improvement of people's living standards and consumption capacity all over the world, basketball has become a spiritual product that satisfies people's cultural life. According to the article (Liu, 2019), basketball is a popular sport in the world. At present, basketball games of various levels are widely held all over the world, especially youth basketball games in various countries, which have attracted people's attention. Since young basketball players are an important source of national basketball reserve talents, the integrity of youth basketball games in various countries and the construction of youth basketball player teams represent the development level of a country's basketball to a certain extent. In addition, Liu (2019) also emphasized the importance of strengthening the scientific training and training of young basketball players and gradually improving the youth basketball competition system.

Wang (2015) elaborated that basketball is a collective and comprehensive sport. This explains the early basketball activities, which were simple and interesting. They can vary according to people, places, time and needs, and can be organized in various ways. Participation is convenient and easy to attract people to participate, achieving the purpose of entertainment, fitness and enriching life. It is further pointed out that modern competitive basketball has developed into a skilled international competitive sport. Under the guidance of a unified international organization (International Basketball Amateur Federation), with unique competition rules and methods, the pursuit of higher, faster and stronger Olympic spirit, the competition process fully demonstrates the vitality of human life and the progress of the times. Modern basketball is a competitive sport that integrates modern sports, technology, education and society. It is an interdisciplinary subject (Wang, 2015). According to Wu, in 2019, basketball has a history of more than 100 years since it was introduced to China in 1895. Through more than a century of development, basketball has been widely popularized and developed in China. It has gradually transformed from a fitness-oriented physical entertainment game in the past to one of the most popular and most popular sports among young people in China. Since 1891, Dr. James Naismith of the United States invented basketball, and four years later, Dr. Lai Huili of the United States brought the "spark" of basketball to China, basketball has been widely spread in my country. After more than a hundred years of baptism, basketball has formed a unique basketball culture from the beginning and spread all over the world. Looking at the world sports arena today, basketball has become a popular sport all over the world, and its culture has also affected the lives of Chinese people to varying degrees through different channels. In China, the influence of basketball is growing. According to data provided by Luber Starch (2023), China's basketball population has exceeded 100 million, accounting for one-tenth of the country's total population. To some extent, basketball has become the sport with the largest number of participants in China.

Xie (2004) explained that basketball is a collective sport, and its original purpose is to play and entertain, while modern basketball is for competition. Entertainment and game basketball is a low-level form of basketball, while modern basketball games for winning are the advanced stage of the development of basketball. Therefore, with the continuous evolution and development of basketball games, basketball has gradually evolved from a low-level game to a high-level basketball competitive game. Today, the world basketball represented by the NBA professional basketball in the United States is a typical form of high-level basketball games. This game has created basketball culture and basketball industry.

In a sense, basketball games are a competition of human athletic ability and mental ability in a specific time and space. From this perspective, these two abilities become the two major factors that affect the outcome of basketball games. When the physical fitness and technical level of athletes reach a certain level, the factors that often determine the outcome of the game are the athletes' mental ability and basketball awareness. At present, in order to win in competitive basketball, it is necessary to master this winning rule, and players, coaches and other relevant managers and staff must also abide by the rules of the game. At the same time, He (2016) mentioned the combination of multiple factors in basketball games, and believed that in the development

process of athletes, the level of winning factors is often diverse, and the skills and style of a team are due to the differences in the combination of winning factors possessed by most players. However, in basketball games, when the athletes' athletic ability reaches a certain level, the athletes' mental ability and basketball awareness are important factors for winning. Therefore, basketball training, management, selection and other aspects are inseparable from this winning system centered on mental ability and basketball awareness.

3. Aim and Procedure

In 2023, the China Youth Basketball Association and the China National Basketball Association worked together to address the issues facing China's youth basketball training. As part of the program, we formed a team of multidisciplinary researchers with expertise in athlete development and youth sports. The team evaluated existing research related to youth sports participation in China, focusing on the development of youth basketball. From May 2023 to July 2024, our team held seven meetings to review the data. Based on this, we developed best practice recommendations for cultivating youth basketball awareness.

4. Basketball Participation

As of 2024, China's basketball population has reached 125 million people. Among them, the core population is about 76.1 million, and the current number of core youth basketball population (6-17 years old) is 17.39 million. The mass recognition of basketball in China ranks first among collective ball sports. In addition, the scale of mass players reached 1,512,340, a significant increase of 55.12% from 2023, among which the increase in youth players was particularly significant, an increase of 69.6% from last year. Adult players also maintained a steady growth of 43.48%. In terms of age distribution, the basketball participation rate of teenagers (6-17 years old) is 13.9%, which is significantly higher than that of the adult group (9.5%). 48.1% of parents of children aged 3-17 have taken their children to participate in basketball activities, and 61.1% of families have watched basketball games. It is worth noting that 68% of children and teenagers said that fun is the main reason for playing basketball. Basketball can be adjusted in many forms, and in the entertainment stage, it can be played informally in groups of one, two or three. About half of the children and teenagers said that one of the reasons they started to participate in basketball is that basketball can be played with any number of people.

5. The Importance and Significance of Basketball Awareness

Consciousness is a psychological phenomenon involving multiple levels and processes. It is a comprehensive reflection of a person's subjective reaction to his surroundings and his inner feelings about the objective world (according to, 2004). Human consciousness is the totality of psychological phenomena endowed with reality, and is a subjective phenomenon of individuals as direct experience. The basketball game consciousness studied in this paper refers to a special function and ability that correctly reflects the regularity of basketball sports, which is produced by basketball players through the active thinking process of the brain during basketball game practice activities. It is a

reflexive action of correct psychological and physiological functions that athletes have refined and accumulated in the process of understanding basketball practice activities for a long time. Human consciousness cannot be directly observed and measured, but can only be reflected through performance in the practice process. Similarly, the basketball game consciousness of athletes is the same, which can only be manifested in the technical and tactical actions of basketball games or basketball-related practical activities. Therefore, people can summarize its constituent elements from the external manifestations of basketball game consciousness: basketball technical and tactical actions and basketball-related activities. Therefore, the basketball game consciousness of teenagers refers to a special function and ability that correctly reflects the regularity of basketball sports, which is produced in the brain of teenagers through the active thinking process of the brain during basketball game practice activities.

The importance of basketball game awareness to basketball is mainly reflected in the following aspects: (1) Improve decision-making ability: Basketball awareness enables athletes to quickly understand the situation on the court (such as the positions and movements of teammates and opponents), and quickly make the best choice in the transition between offense and defense, so as to seize the opportunity to create scoring opportunities or limit opponents. (2) Enhance teamwork effectiveness: It helps players better understand the intentions and needs of teammates, promotes collective actions such as accurate passing and pick-and-roll cooperation, avoids mistakes caused by individualism, and improves overall tactical execution. (3) Improve adaptability and psychological resilience: The situation in the game changes rapidly. Basketball awareness enables athletes to predict changes and adjust strategies in time (such as changing the pressure method according to the opponent's actions when defending), while cultivating the mentality of "not being arrogant when winning and not being discouraged when losing" and improving the ability to withstand pressure. (4) Optimize technical performance and tactical implementation: Any technical application (such as shooting, dribbling) and tactical cooperation (such as fast break, positional warfare) rely on the guidance of basketball awareness. It ensures that the actions are reasonable, concealed and in line with the rules of the game, and is a key indicator of the team's strength.

The significance of cultivating basketball game awareness among young people is mainly reflected in the following aspects: (1) Promoting the development of comprehensive personal qualities of young people: In basketball, basketball awareness not only improves physical skills, but also cultivates psychological qualities (such as self-confidence and concentration), helping athletes to stay calm under high-pressure environments, and enhancing self-awareness and growth motivation. (2) Strengthening team spirit and collective sense of honor: As a collective sport, basketball game awareness emphasizes team cooperation (such as off-ball running and defensive substitution), embodying the concept of "individual strength is limited, team strength is unlimited", and enhancing players' sense of responsibility and collective belonging. (3) Promoting game victory and strategic advantage: Good basketball game awareness directly affects the outcome of the game. For example, predicting the landing point and blocking the position in the rebound fight can create a second offensive opportunity for

the team, which is often the key to victory in fierce confrontation ("whoever gets the rebound wins the world"). (4) Extending to life and work value: The cooperative spirit, adaptability and tenacity cultivated by basketball game awareness can be transferred to daily situations, helping young individuals better cope with challenges in future studies and work, and realizing the integration of personal and social values.

In short, basketball game awareness is not only the core competitiveness of basketball, but also carries the social significance of cultivating all-round talents. It needs to be developed through systematic training (such as observation exercises and actual combat simulations) and continuously improved in team practice.

6. Methods and Principles for Cultivating Youth Basketball Game Awareness

6.1. Methods for cultivating youth basketball game awareness

The cultivation of youth basketball game awareness requires systematic training from multiple dimensions. The following are the key ways and specific methods for cultivating youth basketball game awareness:

(1) Observation ability training is reflected in the zone observation method and the use of peripheral vision.

a. Zone observation method: Divide the court into high/low positions, strong side/weak side, first focus on the dynamics of your own area (number of players, movement trends), and gradually expand to adjacent areas until the entire court is covered.

b. Use of peripheral vision: Develop the habit of using peripheral vision to observe the positions of teammates and the defensive loopholes of opponents, and avoid just staring at the ball.

(2) The improvement of actual combat decision-making ability is reflected in three aspects: offensive awareness, defensive awareness and rebounding awareness.

a. Offensive awareness is mainly manifested in three aspects: off-ball movement, basic offensive tactical coordination, and the use of three threats.

off-ball movement: Actively cut into the gap or create space for teammates to avoid static "standing penalty".

Basic offensive tactical coordination: refers to the simple coordination method formed by two or three offensive players in a specific and specialized way in a basketball game. It is the basis for the overall offensive tactical coordination of the whole team. The basic offensive tactical coordination mainly includes pass-cut coordination, screen coordination, breakthrough coordination and support coordination.

Triple threat application: When holding the ball, maintain the threat of shooting, breakthrough and passing, and contain the defense.

b. Defensive awareness is mainly reflected in the two aspects of defense on the ball and defense without the ball. Defense on the ball: Keep the center of gravity low, reduce blind steals, and predict the offensive route.

Defense without the ball: Closely interfere with the ball, wait for the opportunity to intercept the pass, and quickly fill in the position when assisting defense.

c. Rebounding awareness: When grabbing rebounds and blocking positions, you must seize a favorable position and

predict the landing point of the shot (adjust the position according to the arc and strength).

(3) Theoretical learning and review are mainly reflected in basketball theory learning, rules and tactics understanding, video analysis, experience recording, etc.

Understanding of rules and tactics: In-depth study of rules (reducing fouls) and analysis of classic tactics (such as the Warriors' "Split Cut").

Video analysis: Review your own or NBA games and study details such as off-ball movement and defensive rotation.

Experience record: Summarize game and training experience and refine decision-making logic.

(4) Targeted training methods are mainly reflected in two aspects: confrontation simulation and weak-side special training.

Confrontation simulation: For example, through 3v3 small-scale confrontation to strengthen quick decision-making; set specific scenarios (such as falling behind by 2 points in the last 10 seconds) to practice high-pressure response. Play against high-level players to improve adaptability.

Weak-side special training: For example, "20 minutes of weak-side hand dribbling practice" to improve ball control balance.

(5) Psychological and habit cultivation is mainly reflected in center of gravity control and teamwork.

Center of gravity control: Always keep your body stable during offense and defense to avoid being deceived by fake moves.

Teamwork: Strengthen the awareness of passing priority (especially long passes in fast breaks), actively respond to teammates, etc.

In short, the essence of basketball game awareness is dynamic decision-making ability, which needs to be gradually internalized into an intuitive reaction through "theory + practice + review" cycle training.

6.2. Principles of cultivating youth basketball game awareness

Based on the law of the formation of youth basketball game awareness, this paper should follow the following principles in the process of cultivating youth basketball game awareness:

(1) Combining overall awareness with training. In the process of cultivating youth basketball game awareness, basic skills should be combined with the rules of the game. The training of basic skills should conform to the basic rules of technical application during the game. During the training process, the most basic action essentials should be repeatedly practiced, such as the ability to control the ball with fingers and wrists, the sense of the ball, etc. At the same time, according to the rules of the game, it is necessary to gradually transition to training combined with other techniques. Secondly, strengthen the training of observation and reaction ability. Observation ability is one of the essential qualities of basketball players. Coaches should pay attention to strengthening the training of athletes' peripheral vision observation ability, and at the same time consider technical actions that help expand the field of vision in technical action training. In addition, it is also necessary to cultivate the athletes' ability to react quickly, and train them through various changing signals, stimuli, and changing confrontation conditions. Third, develop special technical movements. On the basis of comprehensive training and training of basic technical applications, according to the characteristics of each team member, consciously develop their special technical

movements and guide them to practice one or more "tricks".

(2) Practical training and psychological training should be given equal importance. In the process of practical training and psychological training, basketball awareness should be cultivated in the game first. Games of similar levels are the main means to cultivate and improve basketball awareness. In the game, the "fight of wits" and "fight of courage" between players gradually improve the athletes' thinking ability and basketball awareness. Therefore, young athletes should be encouraged to participate in more practical training and improve their basketball awareness through games. Secondly, psychological training improves stability. Through psychological training, not only can athletes' brave and tenacious will and good psychological stability be cultivated, but also athletes can correctly and timely use basketball awareness in the game, and even perform beyond their level.

(3) According to the growth law of adolescents, the adaptation principle of age groups should be followed when cultivating the awareness of basketball games among adolescents. For example, adolescents (6-12 years old): focus on interest cultivation and basic observation training. Middle school students (13-18 years old): strengthen tactical understanding, psychological stress resistance and high-intensity confrontation simulation, etc. The cultivation of youth basketball game awareness is a long and complex process, which requires the patient guidance of coaches and the hard training of athletes. Through the above methods and principles, it is hoped that coaches can better cultivate the game awareness of young people and improve their technical and tactical levels. At the same time, coaches should formulate training plans in a targeted manner according to the actual situation and characteristics of the players, and constantly adjust and optimize the training methods to achieve better training results.

7. Factors Influencing the Awareness of Basketball Games Among Young People

The cultivation of awareness of basketball games among young people is a complex process involving the interaction of cognition, practice and environment. Its influencing factors can be summarized as follows:

First, in terms of individual internal factors.

Understanding and cognitive ability: The depth of players' understanding of tactical theory and rules of the game directly affects the formation of awareness, and active thinking and on-the-spot adaptability are particularly critical.

Training attitude and subjective initiative: Passive laxity or lack of initiative will hinder the cultivation of awareness, while active training can accelerate the internalization of skills and tactics, and can perceive basketball games faster, thus forming basketball game awareness faster.

Personality traits: Extroverted personalities are more likely to break through communication barriers (such as language barriers) and promote the formation of teamwork awareness. On the contrary, introverted personalities are not conducive to breaking through communication barriers faster.

Physical fitness foundation: Physical fitness, endurance and explosive power are necessary conditions to support technical execution and tactical understanding.

Second, in terms of coaching and teaching factors.

Professional ability and teaching philosophy: Whether the coach can break the fear of "abstract consciousness

cultivation" and systematically design technical and tactical training courses is crucial, which determines the key to the success or failure of the athlete's basketball game consciousness.

Scientific training methods: Pure technical training is prone to neglect the cultivation of actual combat consciousness, and it is necessary to combine actual combat confrontation drills and situational simulations to improve the decision-making ability of athletes on the court.

Third, in terms of environmental and experience factors.

Cultural atmosphere and family support: The family's recognition of basketball, the training resources provided by the school, and the social circle that affects interest and long-term investment are important factors in cultivating youth basketball game consciousness.

Competition practice accumulation: Practical experience can activate the "tactical intelligence model" in long-term memory and accelerate the process of consciousness transformation from theory to instinct.

Language and team integration: Language barriers hinder the communication of tactical details and the integration of locker room culture, indirectly weakening team tacit understanding. On the contrary, good communication between team members and the integration of locker room culture can more quickly promote tacit cooperation between team members.

Fourth, in terms of knowledge and rule mastery.

The breadth and depth of an athlete's comprehensive cultural knowledge is the basis for him to form a basketball game consciousness. The athlete's understanding of culture, basketball culture and basketball rules directly affects the quality of his basketball consciousness. For example, in-depth understanding of rules: mastering core terms such as scoring mechanism, foul control, and time rules is the legal basis for tactical execution.

Fifth, in terms of training systematization, progressive training path: basketball consciousness needs to run through the full cycle of physical, technical, tactical, and psychological training, and fragmented teaching is difficult to form a system.

Technology-consciousness fusion training: isolated technical exercises separated from actual combat are prone to "technical proficiency but inability to use", and the combination of technical application and actual combat scenarios needs to be strengthened.

8. Conclusion and Suggestions

8.1. Conclusion

Game awareness in basketball is a key aspect of basketball games, but self-game awareness is often easily overlooked. Self-game awareness in basketball is not only about physical ability, but also about understanding the strengths and weaknesses of players, improving players' decision-making skills, and playing an important role in building psychological toughness. Players in basketball need to better understand their own game style and tendencies in order to play their advantages and make up for their shortcomings in training or games, thereby continuously improving their overall strength. During basketball games, players need to make quick choices and decisions. Only athletes with a high level of basketball game awareness can make quick and accurate decisions on the court. Therefore, basketball players with good basketball game awareness can make smarter choices and decisions at

critical moments in the game. Not only that, players with self-game awareness can identify their emotional triggers and better manage their emotions and psychological dynamics in future basketball games. At the same time, cultivating self-game awareness in young people during basketball practice can also have a positive impact on their team dynamics. For example, self-game awareness in basketball can promote good communication between players, promote the establishment of positive relationships between players, and cultivate the leadership ability of young basketball players. In basketball, whether you are a player who wants to improve or a coach who wants to better guide the team, this study has important reference value for the insights of basketball players' self-game awareness.

8.2. Suggestions

Based on the laws of adolescent growth and basketball awareness development, this paper proposes countermeasures for the cultivation of youth basketball game awareness. First, the initial cultivation of youth basketball game awareness should focus on the ideological education of athletes before training. In the growth process of basketball players, the cultivation of initial awareness is crucial. Young athletes are lively and active and easily influenced by the outside world. Therefore, coaches should attach importance to the ideological education of athletes before training. By organizing visits to excellent teams' games and watching basketball videos, helping young athletes analyze wonderful and clever cooperation and technical movements, telling interesting stories about basketball and famous athletes, so as to cultivate players' strong interest in basketball. Second, improve the basic theoretical understanding of youth basketball. Learning basketball theoretical knowledge is the basis for cultivating basketball awareness among young athletes. Coaches should clearly emphasize the mastery of basic technical specifications, be good at learning the experience of excellent athletes in using technology, and have a clear understanding of the characteristics of basic offensive and defensive tactical routines and the principle of mutual restraint. According to the actual situation and characteristics of the team, establish a practical training guiding ideology.

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