

# Research on the Current Situation of Primary School Basketball in Anshan City under the Background of the Small Basketball Development Plan

Jian Cui

Education Major in Physical Education, University of Perpetual Help System DALTA Las Pinas, Manila, Philippines.

## Abstract

The launch of mini basketball was born under the background of the national call for national fitness. The launch of mini basketball has a positive role in promoting the popularization of national fitness in China, and is an important measure to enhance the physical fitness of children and adolescents and improve the basketball reserve talent training system. Liaoning, as a major sports province, has sent many players to the Liaoning team and is also an Olympic city. It has also sent basketball talents to the national team. After the launch of the small basketball project, Anshan city actively participated in the development of children's basketball sports. A survey was conducted on 22 primary schools in Anshan with the aim of promoting the development of small basketball in the city and providing theoretical reference for relevant decision-making departments.

## Keywords

Little basketball, elementary school students, Anshan City.

## 1. Research Object and Method

This article uses methods such as literature review, interview, questionnaire survey, and mathematical statistics to investigate 1200 primary school students, 56 physical education teachers, 30 relevant leaders, 383 parents, 22 schools, and more than 10 basketball clubs in Anshan City.

## 2. Research Results and Analysis

### 2.1. Overview of Little Basketball

Mini China Basketball Association, abbreviated as MCBA in English, is the main symbol of "Little Basketball, Big Dream". In 2016, the Ministry of Education of China actively carried out and promoted the pilot work of campus basketball. The Chinese Basketball Association officially launched the "Little Basketball Plan" for children under 12 years old in 2017. The launch ceremony of the "Little Basketball League" was held at Zhangjiawan Town Central Primary School in Beijing, and the "Little Basketball Rules" were promulgated. Yao Ming, the then chairman of the Basketball Association, stated in his speech at the ceremony that the purpose of developing small basketball is to lay the foundation for Chinese basketball to return to its peak. The future development of Chinese basketball should start from the grassroots level. The more basketball talents there are, the higher the basketball level, and the realization of the dream of returning to the world basketball stage[1].

MYBO competition is a competition in which boys and girls aged 12 or below participate, or they can form a mixed formation together. A small basketball game involves two teams participating, with each team's goal being to throw the ball into the opponent's basket to score

points and prevent the opponent team from dividing equally. Small basketball differs from adult basketball standards in that the basketball and court used are both reduced in size. (See Table 1)

**Table 1** Specific Relevant Data of NYBO League

Age	basketball	The height of the basket frame	Number of team members	Court
U6	Ball No. 4	2.10 meters/1.8 meters or less	3 on 3	15 meters long *
U8	Ball No. 4	2.35 meters	4 on 4	12 meters wide
U10	Ball No. 5	2.60 meters	4 on 4	
U10 mixed group	Ball No. 5	2.60 meters	4 on 4	
U12	Ball No. 5	2.75 meters	5 on 5	28 meters long * 15 meters wide

## 2.2. The Value of Small Basketball Sports

Children aged 6-12 can develop basic activity abilities such as walking, running, jumping, and throwing by participating in mini basketball. At the same time, childhood is a sensitive period for the development of physical fitness such as speed, coordination, agility, and flexibility. Children during this period have very high cultivation value and unlimited vitality. Regular participation in small basketball activities can effectively improve children's physical fitness and functional level, as well as enhance their perception of movement and balance. Through basketball sports, the goal of improving physical health can be achieved comprehensively[2].

**Educational value:** The Ministry of Education has subsequently launched the "Moral Education and Talent Cultivation Project", and sports are the most important part of it. The sport of mini basketball has strong competitiveness and confrontation. During daily practice and competition, small players often encounter various difficulties and setbacks. Regular participation in mini basketball activities improves children's resilience and adaptability. Young players are able to handle difficult problems more comprehensively and improve their overall analytical ability, which can have a positive effect on honing their willpower. Meanwhile, mini basketball is a collective sport that helps cultivate the willpower and character of young players, such as mutual motivation and trust, through playing games or participating in competitions collectively. It can help young players in their childhood fully understand the importance of teamwork. **Entertainment value:** Basketball was originally a game. As a game, entertainment is the fundamental characteristic of basketball. For children, the main purpose of participating in basketball activities is to reduce the pressure they face in learning, release their emotions, and enjoy themselves, and to gain the joy of sports. Under this premise, adapting to children's entertainment needs is paramount and should be guided and satisfied. In summary, the promotion of mini basketball is a solid and clean source strategy for cultivating basketball reserve talents and improving children's physical fitness in China[3].

## 2.3. Current Status of Basketball Activities in Primary Schools in Anshan City

### 2.3.1. Analysis of the Importance Level of Primary School Leaders in Anshan City towards Small Basketball Sports

The attitude of a leader towards something is an important factor that determines its development or decline. Similarly, the emotional attitude of school leaders towards small basketball directly affects the development of campus small basketball. The attitude of school leaders towards the development of small basketball on campus is directly related to the smooth and successful implementation of small basketball on campus, and plays a crucial decisive role in the development of this sport. Among the 30 surveyed school leaders, a total of

8 leaders believe that school leaders attach great importance to the development of campus basketball, accounting for 28.6% of the total survey. Six leaders believe that school leaders attach great importance to the development of campus basketball, accounting for 20% of the total survey. Generally, 10 people are valued, accounting for 33.4% of the total number. 5 people are not highly valued, accounting for 16.8% of the total number. Only 1 person is not valued, accounting for 3% of the total number. From these data, it can be seen that the leaders of primary schools in Liaoning Province who were visited and surveyed attach relatively high importance to the development of campus basketball. In 2017, the General Office of the Ministry of Education organized the selection of campus basketball characteristic schools, and the Education Department of Liaoning Province actively organized schools to participate in the selection since the first year. The evaluation of campus basketball characteristic schools has a good promoting effect on the promotion of small basketball sports in primary school campuses within a certain range[4-5]. (See Table 2)

**Table 2** Analysis of the Importance attached by Primary School Leaders in Anshan City to the Development of Small Basketball N=30

The attitude of the leader	Attach great importance to	More emphasis is placed on	Generally valued	Set little store by	Neglect
Number	6	8	10	5	1
%	20	26.8	33.4	16.8	3

### 2.3.2. Analysis of the Importance Level of Primary School Leaders in Anshan City towards Small Basketball Sports

#### 2.3.2.1. Age Structure of Physical Education Teachers in Anshan City

The reasonable age structure of the physical education teacher team is a prerequisite for ensuring the normal development of activities. According to the data, among the surveyed primary school physical education teachers in Anshan, there are 5 under the age of 30, with the highest number of physical education teachers in the age group of 50 to 60, accounting for 23. There are 10 physical education teachers between the ages of 30 and 39, accounting for 17.8% of the total number, and 18 physical education teachers between the ages of 40 and 49, accounting for 32.2% of the total number. Overall, the age structure is relatively reasonable, with both energetic young teachers and experienced older teachers in the surveyed sports teacher team. The mutual learning and promotion between young teachers and older teachers provide a guarantee for the development of small basketball on campus, as shown in Table 3 for specific data.

**Table 3** Age, Education, and Surname of Primary School Physical Education Teachers in Anshan City N=56

	Age of physical education teacher				Junior college education	Education		Gender	
	25-29 years old	30-39 years old	40-49 years old	50-60 years old		Undergraduate course	Master	Male	Female
Number of people	5	10	18	23	0	50	6	40	16
%	8.9	17.8	32.2	41.1	0	89.3	10.7	71.4	28.6

Education not only reflects the level of education received by physical education teachers, but also the comprehensive strength of the physical education teacher team. The educational level of physical education teachers plays a crucial role in making decisions and implementing plans.

Through visits and investigations, it was found that the educational structure of primary school physical education teachers in Liaoning Province is mainly undergraduate, accounting for 89.3% of the surveyed population. The proportion of vocational and graduate education is relatively small, accounting for 0% and 10.7% of the surveyed population. With the development of information technology, higher requirements have been put forward for the guidance philosophy and decision-making methods of physical education teachers. In order to promote the comprehensive development of campus small basketball in Anshan City, relevant training activities for physical education teachers can be increased or in-service physical education teachers can be encouraged to improve their education, and highly educated physical education teachers can be introduced to strengthen the construction of the physical education teacher team and promote the long-term and smooth development of primary school physical education.

Gender reflects different ways of thinking in the physical education teacher team. There are differences in thinking between men and women, which indirectly affect decision-making on issues. Among the surveyed physical education teachers, there were 40 male physical education teachers, accounting for 71.4% of the surveyed population, and 16 female physical education teachers, accounting for 28.6% of the surveyed population. Overall, the gender ratio in the physical education teacher team is relatively unbalanced. In order to promote the comprehensive development of small basketball, it is possible to increase the number of female physical education teachers appropriately, diversify the physical education teacher team, and improve the composition of the physical education teacher team. Male and female physical education teachers complement each other, providing strong support for the sport of small basketball.

From the overall school visits, it was learned that there is a serious imbalance in the teacher-student ratio of physical education teachers in Anshan City, especially in high-quality school districts. For example, among the four schools surveyed in Tiedong District, only 219 Primary School can basically meet the needs of physical education classes, while Gangdu Primary School only has 4 physical education teachers, 13 classes for first grade and 12 classes for second grade, which can only meet the needs of two physical education classes per level. Shengli Primary School has 8 physical education teachers, 2500 students, and 54 classes, which cannot meet the needs of physical education classes. Martyrs Mountain Primary School has 4 physical education teachers and 47 classes. Such a large shortage of physical education teachers is filled by extracurricular clubs.

### **2.3.3. Investigation and Analysis of the Current Situation of Primary School Students' Participation in Basketball Sports in Anshan City**

#### **2.3.3.1. The frequency and main factors of primary school students participating in basketball sports every week in Anshan City**

According to the survey results, 40% of primary school students in Anshan City participate in basketball at least once a week; 10.5% of primary school students do not participate in basketball sports; 28.4% of primary school students do not regularly participate in basketball sports; 10% of elementary school students participate in basketball twice a week; 8.3% of primary school students participate in basketball three times a week; Only 2.8% of primary school students participate in basketball activities more than 4 times a week. From Table 4, it can be seen that the majority of elementary school students who participate in basketball activities once or twice a week. Elementary school students participate in basketball activities 1-2 times a week within their limited exercise time, indicating their love for basketball and parental support for their participation. I have learned from students who never participate in basketball that some students participate in other sports, some students do not like sports at

all, and some students do not have time to participate in sports because of heavy academic workload, and their parents have also enrolled in other interest classes. (See Table 4)

**Table 4** Frequency Data of Primary School Students' Participation in Basketball Sports per Week in Anshan City N=1200

	Not have	Unfixed	Once	2 times	3 times	=<4 times
Number of people	126	340	480	120	100	34
%	10.5	28.4	40	10	8.3	2.8

Among primary school students who participate in basketball, 46.7% of them have the motivation to participate in basketball sports for the purpose of strengthening their physical fitness; 25.8% of primary school students are motivated by having good height conditions; 29.1% of primary school students' motivation for participating in basketball is hobbies and interests; About 10% of primary school students' motivation for participating in basketball is to make friends; 46.7% of primary school students are motivated by their parents' liking; 21.3% of primary school students are motivated to improve their skills; 9% of primary school students are motivated by weight loss; 12.5% of primary school students are motivated to participate in competitions; 7.4% of primary school students are other. From Table 5, we can see that primary school students want to achieve different motivations through basketball, and these motivations for participating in basketball will be the direct driving force for primary school students to participate in basketball. By maintaining these original motivations, primary school students' basketball skills and passion for basketball will continue. (See Table 5)

**Table 5** Main factors for primary school students' participation in basketball in Anshan City N=1200 people

	fitness	height	interest	make friends	Parents' hobbies	Improve ball skills	slimming	play	other
person-time	560	310	350	120	560	256	109	150	89
%	46.7	25.8	29.1	10	46.7	21.3	9	12.5	7.4

Interviews were conducted with 1200 students and 383 parents from 22 schools located within a 25 minute drive around the center of Anshan city. According to a survey of parents of students, 98.5% of parents are willing to let their children participate in physical exercise without affecting their studies, and basketball is one of the preferred sports for parents among many sports. In a survey of students, it was found that due to the current high academic pressure, children have very limited time to participate in physical exercise; I also learned that students are very fond of basketball as a sport, and they are very willing to participate in systematic basketball training and training. When asked if a basketball training camp could be established at Anshan Normal University to provide basketball training for them, 74.3% of the students expressed willingness to participate in basketball related training and activities. In terms of training time requirements, holidays are the first choice, followed by weekends, and last in the evening.

**2.3.4. Investigation and Analysis of the Basketball Training Industry in Anshan City**

There are a total of six basketball training groups with a certain scale in Anshan City. A Basketball Club has been established for the longest time, but has only one venue, which is concentrated in an indoor training hall of a school in Lishan District. The training personnel are dense and the training time is single. All others were established after 2010. Among them, B Club has relatively complete training time and training system, but the training venues are

mainly located in schools or kindergartens, and the venues are mainly outdoors. The marketing situation is greatly affected by the climate environment. I have also been involved in many other sports, such as table tennis, football, taekwondo, volleyball, etc., with scattered projects and varying levels of coaching skills. The excessive number of venues and events is an important factor restricting the development of B Basketball Club; The C venue is located in a renovated building in the High tech Zone, with good training conditions and coaches with high personal basketball skills. Through interviews, it was found that the emphasis is on the entertainment of students, and a good teaching atmosphere and order have not been formed, resulting in unsatisfactory teaching effects; The D Club is located in a university and consists of several Chinese coaches and two American coaches. According to the survey, the foreign coaches are D international students, whose basketball skills are in their early stages. They have strong classroom organization and student interaction abilities, and a good classroom atmosphere. However, a systematic teaching system has not been formed well. After learning for a period of time, students express that their basketball skills have improved slowly, but their physical and mental pleasure is relatively high. The E Club was founded by retired athletes and organizes provincial-level and national level competitions in a standardized manner. The club has team players participating in the U series competitions and high school and high school student leagues, and continues to provide professional basketball players for the Liaoning team. The biggest obstacle to its existence is the limitation of enrollment due to its geographical location in county-level cities. F is a club for college students' innovation and entrepreneurship organizations, located in a relatively remote area. However, due to the direct participation of coaches from teachers and students of normal colleges in guiding, it has received praise from students and parents and is constantly growing. The poor geographical location is also a limiting factor for its development. There are also some small-scale clubs with organizers ranging from college students to retired athletes, with a student population of around 100. They mainly rely on renting venues for teaching, and the relatively less professional teaching venues and unstable personnel are factors that restrict their development. In summary, most of the six basketball training teams with scale in Anshan City are affected by venue factors and the level of coaches. The frequency of coach changes is high, and the teaching methods of coaches with strong basketball professionalism are relatively single. The basketball professional level of coaches with diverse teaching methods is poor.

**2.3.5. Anshan Small Basketball Performance in Liaoning Province**

Anshan City's small basketball performance is in a relatively high position in Liaoning Province, with results concentrated in Xiguan Primary School, 219th Primary School, and Yulongwan Primary School in Haicheng City. During the visit, it was learned that the physical education teachers of the three schools have fixed training time and also have team building in the school. The school leaders attach great importance to it, and the basketball project is carried out very well in the school. (See Table 6)

**Table 6** Results of Anshan City in Official Organized Small Basketball Competitions

	U8	U10	U0 mixed group	U12 male	U12 female
2018	bronze medal winner		bronze medal winner		
2019	champion	second place finisher	bronze medal winner		
2021	bronze medal winner	bronze medal winner	bronze medal winner	champion	
2022	bronze medal winner		bronze medal winner	second place finisher	champion
2023		bronze medal winner	second place finisher	second place finisher	second place finisher

### 3. Conclusion and Suggestions

#### 3.1. Conclusion

Anshan primary school campus basketball has achieved certain results and progress in recent years, but there are still problems such as insufficient training time, prominent contradictions between training and cultural learning, few competition sessions, uneven levels of coaches, and the need to improve student participation.

#### 3.2. Suggestions

**Increase investment:** The government and education departments should increase investment in primary school campus basketball, improve venue facilities, and enhance the level of training equipment.

**Reasonably arrange time:** Schools should arrange students' learning and training time reasonably, ensuring that students have enough energy to devote to basketball training and cultural learning.

**Enrich competition content:** Organize diverse basketball games and activities to increase students' opportunities to participate and showcase their skills. At the same time, targeted competition content and rules should be formulated based on the growth and development characteristics of primary school students.

**Improve the level of coaches:** Strengthen the training and management of primary school basketball coaches, enhance their professional competence and teaching level. Encourage coaches to develop scientific and systematic training plans and focus on the implementation of recovery measures.

**Stimulate students' interest:** Organize activities such as basketball culture festivals and basketball carnivals to stimulate students' participation interest and enthusiasm. At the same time, strengthen guidance and encouragement for girls to improve their participation and competitive level.

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