

# Models and Improvement Suggestions for the Training Mode of High School Basketball Players in China

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**Abstract.** Against the backdrop of China's vigorous drive to promote the integration of sports and education, the cultivation of high school basketball players has emerged as a pivotal component in developing the national basketball talent reserve system. This paper focuses on emerging issues in the training mode of Chinese high school basketball players. The purpose of this work is to advance suggestions on improving the cultivation system of high school basketball in China. This work reveals that need to balance resources for high school basketball, it is essential for Chinese high school basketball players to value both academic education and sports training and important for improve the overall level of high school basketball players. This paper may be helpful when planning for Chinese high school basketball reform. At present, China's basketball talent training system faces core problems such as uneven regional distribution of resources, prominent conflicts between academic study and training, rigid talent selection concepts, and fragmented tournament systems, which restrict the high-quality cultivation and reserve of basketball talents.

**Keywords:** High school, basketball, sport, education.

## 1. Introduction

The high school is an important time of basketball players. This sport comprises of running, jumping and a lot of kind sports. It will be able to make player stronger. Besides, basketball is group sports, team spirit, the quality of never giving up and sportsmanship.

Chinese high-school basketball has new opportunities and challenges after 100years of historical evolution. China has time, resources and money to support high school to do a good job in high-school basketball. But, in recent years, there are fewer new high school basketball player sent to the Chinese national team and the top basketball leagues (Chinese Basketball Association, National Basketball Association). Government and school need to make some chance to improve high school basketball. The training of high school basketball should consider the physical enhancement and interest expansion of students, as well as the basis for the development of high-quality basketball talents in China through scientific training and management [1]. The essence of the research is focused on the model of the integration of physical education and offers countermeasures to the training of high-level basketball players that can be applied in ordinary high schools. Its main purpose is to give practical reference to the training of basketball players in normal high schools and simultaneously offer more high-level reserve talents to Chinese basketball industry. It also organizes the evolution of the concept of physical education integration into the concept of physical education integration, and highlights the fundamental value of education and sports coordination in the training of athletes [2]. Seniors mention the way of developing ordinary high school and the way of developing high school teams. However, the authors believe that in order to enhance the training model of Chinese high school basketball players, China high school need to enhance the overall development model of basketball throughout the country, not only core areas. It may contribute to the growth of Chinese basketball in the future.

This study is grounded on the Opinions on Further Promoting the Reform and Development of Basketball. The current research will discuss various Chinese high school basketball model and provide some recommendations to improve it.

## **2. Introduction to Different Training Models**

### **2.1. Elite Model of Sports-Education Integration**

Basketball is very popular in Chinese high schools. Taking Beijing as an example, 25 high schools have been listed in the National Traditional Sports Schools due to their basketball education and training [3]. So this has thus formed Elite Model of Sports-Education Integration. This training model is mainly implemented in school campuses and focuses on holistic growth of both academics and basketball. It has two major categories of teams, one being pure basketball fans who usually play friendly games and regional tournaments. The other category is basketball-traditional schools with basketball as the main sport where talent is often recruited at junior high schools and plays in top-tier high school basketball leagues such as Nike High School Basketball League [4]. School basketball is a form of student advancement mostly used to assist students to get into universities.

### **2.2. Model of Professional School**

This training model of sports schools is associated with the General Administration of Sport of China, which is mainly focused on developing sports talents. This is new another kind of school. These institutions spend more time on training and competitions, so that the overall competitive level of athletes is higher than that of campus basketball. They usually compete in their regions or cities and can take part in more professional-level events.

### **2.3. Club Youth Academy Model**

This is a training program which is run by CBA clubs, with a long-term development cycle that focuses on high school athletes aged 16 to 18. It provides the highest average competitive performance and generates the biggest talent pool. The program also has a stringent elimination system where one must constantly work hard to be in the CBA youth academy.

## **3. Advantages and Disadvantages Analysis**

### **3.1. Elite Model of Sports-Education Integration**

#### **3.1.1. Advantages**

This way ensure the all-round development of athletes. This model deals with the fundamental problem of the traditional professional youth training systems that focus too much on physical conditioning. The athletes are systematically trained in basketball and at the same time complete academic programs at the elementary school, high school, college, and university levels to gain cultural literacy and professional skills. Although they may not eventually make it to professional leagues, their academic credentials and well-rounded qualifications help them find a job in academic institutions, corporate sectors, and other areas, which significantly minimizes the risks involved in talent development.

Elite Model of Sports-Education Integration have a broader scope of talent selection. The conventional youth training is mainly based on specialized sports schools and this makes it a narrow scope. Conversely, the sports-education integration model also includes primary and secondary schools and universities across the country that would allow identifying many basketball talents that are buried in school settings. These players grow in various environments where they display more creative technical styles which can offset the sameness of traditional youth training.

Elite Model of Sports-Education Integration promoting the popularization of basketball culture at the grass-roots level. Combining the basketball training and school education can increase the basketball competitions in primary and secondary schools as well as universities, which will promote more young people to take part and consolidate the grassroots base of Chinese basketball. At the same time, the active campus basketball culture may also raise the profile and marketability of professional leagues.

### **3.1.2. Disadvantages**

This is due to the fact that professional training and systematic approaches are not provided, which leads to uneven coaching standards in different campuses. The majority of university and school coaches do not have professional experience with a team and it is hard to provide them with tactics, techniques, and physical conditioning that can be compared to the professional level. Besides, campus competitions are much less fierce and competitive than professional youth leagues, hence players develop their match experience and stress management at a slower pace. On the other hand, professional clubs' youth academies coach their players all year round and play high-level matches often, which allows quicker technical improvement and practical skill development.

The balance between academics and training is still difficult to implement. The conflict between academic pressure and competitive demands continues to exist in the case of gifted student-athletes. The high school league has a very busy schedule that frequently overlaps with final exams, which makes it hard for players to find time to perform well both academically and athletically.

The gap between collegiate and professional leagues has not been addressed. Although the CBA draft system offers opportunities to student-athletes to join professional basketball, there are few draft slots and selection criteria that benefit professional youth academies, which leave a lot of talented campus players without professional chances. Moreover, it takes time to adapt to the high-stakes environment of professional basketball when moving to professional teams, which entails significant adjustment costs.

## **3.2. Model of Professional School**

### **3.2.1. Advantages**

The model of professional school focus on sport. There have high degree of specialization and rapid improvement in competitive ability. The sports school has a professional coaching team, modern training facilities and scientifically designed training programs. Student-athletes spend their time on specialized training and physical conditioning which allows them to quickly perfect their skills and gain competitive experience. This model is the best way to raise the elite competitive athletes. It can find and train athletes who are capable of winning medals in major competitions within a short period.

Resources are centralized and the support system is well-established. Sports schools usually offer comprehensive support such as accommodation, food, medical treatment and rehabilitation to enable the athletes to concentrate fully on training without worrying about their day-to-day lives or other issues. Moreover, these institutions are linked with professional sports teams at different levels providing definite career development opportunities of the most talented athletes (e.g., municipal sports schools to provincial sports schools and finally national teams).

The team has a strong atmosphere and a strong sense of competition. The sports school is based on the model of collective living and training. Athletes develop team spirit by daily communication, healthy competition within the team stimulates their training and allows them to adjust to the high intensity competitive environment of professional sports in a short time.

### **3.2.2. Disadvantages**

The professional school always neglect cultural education, and their development model lacks diversity. The essence of sports schools is the athletic performance, which usually leads to compressed academic curricula and low quality of teaching. A lot of athletes have issues with poor educational credentials and lack of social survival skills when they retire, hence their transition to civilian life is especially hard.

High attrition rate and significant occupational risks for athletes. The competitive sports structure in the form of a pyramid means that only a few elite athletes are produced, and the rest are eliminated as they are young because of underperformance. They do not succeed in professional athletic achievements and do not have access to systematic cultural education which leads to limited opportunities in career development.

The training mode is relatively rigid, making it easy to overlook individualized development. Standardized training protocols are frequently used in sports schools and the differences between athletes (e.g., physical characteristics and technical skills) are not taken into consideration. This can result in some athletes getting injured due to in adaptation to uniform training or inability to use their individual strengths.

### **3.3. Club Youth Academy Model**

#### **3.3.1. Advantages**

The club balancing Cultural Education and Basketball Training, Multiple Development Paths. The regular or sports-based secondary schools provide high school students with a full academic education and do not have the traditional sports schools flaw of "training rather than education". They may not become professional athletes, but they can still go to universities on the basis of their academic achievement, and progress through avenues such as sports single-recruitment or high-level sports teams, which give them two guarantees of basketball + academics.

The club have clear market-oriented orientation ensures smoother career transitions. The youth academy system of the club is designed to develop professional players and open up commercial opportunities. Its training structure fits the technical and physical requirements of professional leagues, which are reinforced by professional scouting and agent resources. High-performing high school players can directly enter the club's first team or join professional leagues like the CBA through draft selection, with career development paths that better meet market demands. The club provides various competition opportunities for rapid skill growth, including internal matches, inter-city friendlies, youth leagues, and even participation in professional youth teams. Frequent competitive exposure helps players adapt to high-intensity matches and gain experience, with events demonstrating greater professionalism and competitiveness than campus leagues.

There have personalized training and scientific support further enhanced. Professional coaching teams, fitness trainers, rehabilitation experts and nutritionists are usually used in club youth academies. They design personalized training regimens according to the physical condition of players and technical weaknesses, with emphasis on skill development and discovering natural talents. At the same time, scientific rehabilitation and nutritional assistance lower injury risks associated with training and are consistent with the developmental patterns of young athletes. The selection mechanism is flexible, with a wider talent pool. Club youth academies do not rely on traditional sports schools' fixed student sources but instead attract high school basketball enthusiasts all over the country. This strategy assists in identifying more talented players who have not joined professional sports systems and therefore increase the range of opportunities to develop basketball talents.

#### **3.3.2. Disadvantages**

A fit between coach and athlete aims result in shared values and meaningfulness of activities, rules, and demands, and makes endorsing possible. The coach needs to know the hedonic aspects of athletes's daily training. For this to happen, hedonic athletes need to learn, and they would be better off with a broad definition of fun, if their aim is to become an elite athlete [5]. Everyone want to be winner, but they are only 16-18 years old. Coach should observe players mental health. But this model has high cost, and big pressure, such as time money, and disparities in participation levels.

The market-based nature of club youth training dictates that it demands a certain amount of cost investment, including training fees, equipment fees, tournament travel expenses, etc. Some commercial clubs charge higher fees, and there is a participation threshold for players from ordinary families, which may lead to "class bias" in talent selection.

They training standards are influenced by the market and lack stability. The direction of clubs' youth training is easily driven by short-term results or commercial interests, for example, they are more inclined to cultivate "ready-to-play" players who can achieve results quickly, and are not patient enough to cultivate potential players in the long term. In addition, if the club's business situation fluctuates, it may reduce its investment in youth training, resulting in a disruption of the training

system, and the stability of player development is not as good as that of traditional sports schools or public campus sports.

The connection between the tournament system and campus tournaments needs to be improved. Some clubs have schedule conflicts between their youth training events and high school campus leagues (Nike and CHBL), making it difficult for players to combine the two events; at the same time, the rules for eligibility and performance recognition of club youth players are not yet fully interoperable with the evaluation system of campus sports, which affects the players' advancement to higher education.

## **4. Suggestions for Improvement**

### **4.1. Balance the Uneven Distribution of Development Resources for Campus Basketball Across Different Regions**

It is recommended to build an after-school sports service system, strictly apply curriculum standards, develop a diversified and integrated competition system, and encourage collaboration between schools and social sectors (youth basketball clubs) as optimization measures [6]. Using itinerant teaching and other ways, arrange good basketball teachers and coaches in developed areas to conduct regular teaching and training instruction in backward areas. Meanwhile, School and government establish an online training platform, aided by information technology to provide distance teaching training to basketball teachers in disadvantaged regions, to enhance their professionalism and teaching and training capacity. As an illustration, using live broadcasting, video conferencing and other forms of urban and rural schools to perform joint lesson planning, teaching and research activities, to achieve the sharing of high-quality teaching resources.

It is recommended to share venues and competition resources. Schools in adjacent less-developed areas are motivated to be provided with basketball courts by schools in developed areas during non-teaching hours. Simultaneously, School and government incorporate regional competitive resources, develop a hierarchical and interconnected campus basketball competition system that encompasses both urban and rural locations, and expand the participation opportunities of students in less-developed regions. As an illustration, arranging cross-regional school basketball invitational tournaments and friendly matches, and facilitating the involvement of teams from weaker regions in high-level tournaments by providing financial subsidies and technical guidance.

To encourage the deep penetration of sports events and rural areas, there is a need to introduce specific optimization strategies. To begin with, at the government level, there should be policies that are supportive in order to maximize the industrial development environment by providing tax incentives, financial assistance, and land guarantees. Second, it is important to enhance rural infrastructure such as transport, accommodation and catering services, and build high-quality sports facilities. In the meantime, local sports events must become more visible due to diversified media publicity and associated activities [7]. The rural area needs to improve public infrastructure, although there are not have good environment like city, but they can give high school players one opportunity to try.

### **4.2. Balance the Relationship between Sports, Education, and Population Quality**

High school needs to integrate sports and education in order to develop all-round sports talents. The research revealed that dual career construction styles were quite stable, with 11 of 16 adolescent athletes maintaining their styles. Over time, controlled processing for decision-making increased. Adolescents with monophonic styles focused more on school, while those with contrapuntal styles balanced academic and athletic development [8]. Young athletes in Finland attach great importance to their academic studies. However, the poor quality of education among too many gymnasium students and youth training students is a problem in China. First of all, Government should introduce the quality of cultural courses in each sports school, so as to make sure that the training time is based

on the basis of giving students a high-quality education. Secondly, an examination should be established to examine the ideology and morality of the students, not the knowledge in the textbooks.

### **4.3. Improve the Overall Level of High School Basketball Players**

To begin with, China must follow the world and no longer apply the concept that only tall athletes can play basketball well. Height is not the only factor determining basketball skills. On the basketball court, as many competitions have shown [9], excellent short players often demonstrate unique advantages such as high flexibility, fast speed, and low center of gravity. Through hard training to improve their skills, short players can also shine on the basketball court. The traditional belief of Chinese basketball is one of the reasons of why Chinese high school basketball is not generating more and more world talents because there are few opportunities and nobody wants to trust the shorter heighted athletes. Briefly, government need to restructure the training concept of basketball and give each high school student who loves basketball an opportunity.

Secondly, the training mode for young basketball players is particularly important for their future professional development. A total of 772 young elite athletes aged 13–18 (145 girls and 627 boys) completed a survey. All participants had played for elite club basketball teams and/or high school basketball teams. Overall, 49% of them had participated in over 50 games in the past year. Among these elite adolescent basketball players, most specialized in basketball before the age of 14 [10]. America has big model for youth-basketball player, high school really need to implement youth basketball training. If all the steps of basketball youth training are implemented, then the youth training system will be successful.

## **5. Conclusion**

Each of the three basketball talent cultivation models boasts distinct merits and demerits, and no single model can satisfy the diversified development demands of basketball talents in China. Specifically, the Elite Model of Sports-Education Integration excels in promoting the sport's grassroots popularity and nurturing well-rounded players; the Professional Sports School Model demonstrates high efficiency in rapidly cultivating elite competitive athletes; and the Club Youth Academy Model has unique advantages in bridging the gap between youth training and market-oriented professional leagues. Therefore, the three models must complement one another to achieve coordinated development.

The research enhances the theory of basketball youth training and offers policy references to administrative departments and training institutions, which can be used in developing grassroots basketball. It is objectively devoid of detailed micro-level discussion. The future studies ought to carry out long-term empirical surveys, introduce foreign models for comparison, enrich the micro-level study on personalized training and resource sharing, and examine new technologies application to improve the modernization of the training system.

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