

# The Development Status and Extension Research of Small Basketball in Nanchong City

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**Abstract:** In recent years, the development trend of small basketball is flourishing. Its advantage is that it can not only enhance children's physical fitness, but also cultivate children's good exercise habits. By sorting out the development process of small basketball, this paper investigates the problems and difficulties existing in the development of small basketball in primary schools in Nanchong, and proposes solutions and development paths according to the actual situation. The purpose is to provide a theoretical reference for the development of small basketball, so that the small basketball can be better promoted in Nanchong.

**Keywords:** Nanchong City, Small Basketball, Promotion

Under the background of "China Dream and Sports Power Dream", Chinese basketball is undergoing unprecedented changes. Based on such a period, the Chinese Basketball Association will set sail again for the "Little Basketball, Big Dream" plan that has been sealed for 57 years. The launching ceremony of the basketball league was held in Beijing on November 20, 2017[1]. In 2018, Yao Ming, the chairman of the Chinese Basketball Association, proposed to vigorously promote the small basketball game, with the concept of "making a big fuss" as the guiding ideology. Reserve force, coordinated development [2]. In 2021, in order to implement the spirit of the 19th National Congress of the Communist Party of China and the spirit of the "Healthy China 2030" Planning Outline, the Chinese Basketball Association and the China Middle School Sports Association will continue to guide and support basketball in all provinces, autonomous regions, municipalities directly under the Central Government, and cities under separate state planning. The association organizes a series of Chinese basketball activities [3]. At present, small basketball is meeting the needs of the development of youth basketball in my country. It is also an important part of my country's basketball competition system, filling the historical gap that my country lacks in youth basketball leagues. It is hoped that through the promotion and development of small basketball, my country's professional leagues send reserve talents to achieve the goal of becoming a sports power.

## 1. Introduction to Small Basketball

In 1948, the small basketball game began to sprout abroad. In 1968, the International Small Basketball Committee was established to carry out and research on the small basketball game. The foreign basketball powers attach great importance to the popularization of the small basketball game (children aged 12 and below). They organize various activities such as small basketball games and summer camps every year. It caused a wave of small basketball in foreign countries.

On November 20, 2017, the small basketball development plan and league sponsored by the Chinese Basketball Association was officially launched [4]. At first, the "children's basketball" implemented in my country was not implemented in practice except that the basketball itself was in accordance with the original specifications, and the specifications of the field equipment were not implemented in practice, and were completely replaced by adult field equipment. Basketball" [5]. The height of the hoop, the weight of the sphere, the perimeter of the sphere, and the specifications of the basketball court should follow the continuous and uniform wave and stage characteristics of the growth and development of children and adolescents, and the basic law of the development and change of human body shape with age[6], so as to lay the foundation for children and teenagers to carry out basic basketball training more scientifically and reasonably and even further professional training in the future[7]. Therefore, in 2017, with the promulgation of the "Small Basketball Rules", the campus

league of small basketball was gradually launched in Beijing, Shanghai, Guangdong, Sichuan and other regions, which promoted the development of small basketball in China [8].

*Table 1: Comparison table between adult basketball and small basketball equipment*

Age	Ball weight (g)	Ball size	Ball circumference (cm)	Basket height (m)	Game time (section)	pitch size (m)
Adult Men	600-650	7 ball	75-78	3.05	12min	28X15
Adult Women	510-550	6 ball	70-71	3.05	10 min	28X15
11-12 years old	470-500	5 ball	69-71	2.75	5 min	28X15
9-10 years old	470-500	5 ball	69-71	2.60	5 min	26X14
under 8 years old	430-460	4 ball	62-66	2.35	5 min	12X7

In the comparison between small basketballs and adult basketballs, it is not difficult to find that there are certain changes in the size, weight and circumference of the ball. Adult men's balls are size 7 and the largest of all regular game sizes. Adult women use size 6 balls. Due to their different physical qualities, the size and weight of the ball are reduced compared to adult men. For small basketballs, there are two types of balls as a whole. The 12-9 years old use the No. 5 ball. The height of the basket is 2.75 meters and 2.60 meters respectively. The field will be reduced by a certain proportion compared to adults. As the youngest age group in the small basketball, a size 4 ball is used. The weight, circumference and height of the basket are the lowest standards in regular competitions. And Little Basketball also has its own "Little Basketball Rules", which is simpler and clearer than the "Basketball Rules" used by adults, without overtime; the time limits of 8 seconds and 24 seconds have been deleted; 3 Point shot, additional serve and no zone defense etc. Make the game of small basketball more suitable for players of this age group, and easier to understand and execute.

## 2. The development status of small basketball in Nanchong City

In 2017, the small basketball game began to popularize in Sichuan Province, and the China Small Basketball League was launched in Chengdu, Mianyang and other places<sup>[9]</sup>. Nanchong City is one of the central cities in the Chengdu-Chongqing Economic Circle, an important node city in the "Belt and Road" strategy, and an important node city in the urban agglomeration in northeastern Sichuan.

The opening ceremony of the 2018 "Little Basketball, Big Dream" China Little Basketball League (Nanchong Division) was held in Gaoping Jiangdong Experimental Primary School. More than 400 athletes from 53 participating teams from Gaoping District and Shunqing District gathered at the opening ceremony. This is also the first time in the history of Nanchong City as the host to host the Chinese Small Basketball League. The following table shows the participation of four primary schools in Nanchong City from 2018 to 2021 in the small basketball league.

*Table 2: List of participation in the small basketball league and awards in 2018*

School	Year	Group/Level	Place
Jiangdong Experimental Primary School	2018	U8/Municipal	3
Yan'an Road Primary School	2018	U8/ Municipal	1
		U10/ Municipal	2
Nanchong No. 1 Middle School Affiliated Elementary School	2018	U10/ Municipal	3
Nanchong No. 10 Middle School Affiliated Primary School	2018	U12/ Municipal	1

As the host of this competition, Jiangdong Experimental Primary School not only summarizes the outstanding achievements in sports in recent years, but also hopes that in this competition, all participating players can experience the joy and frustration of this collective sport and learn to trust, unity, hard work and other excellent characters. Jiangdong Experimental Primary School participated in the U8, U10 and U12 competitions this time. The athletes showed their best level and achieved the third place in the U8 group through continuous hard work.

Yan'an Road Primary School has always put quality education in the first place, and regularly offers interesting sports courses every Tuesday, so that every student can enjoy or master a sports skill. In terms of basketball, the school insists on training from the second grade of primary school, and has

formed a relatively systematic basketball team echelon. The school's young basketball players won the first place in U8 and the second place in U10 in 2018, and advanced to the provincial competition.

As a traditional basketball school, Nanchong No. 1 Middle School Affiliated Elementary School offers free training for art students every day between classes. Basketball leagues are held every year in grades three to six. Third place in the U10 group.

Nanchong No. 10 Middle School Affiliated Elementary School, as the dark horse of this competition, passed all the way, and then won the U12 group championship, won all six games, and scored a huge advantage over the opponent by 50 points per game, and entered the finals in Sichuan Province. In the game, the basketball boys united as one, worked hard, had a strong sense of collective honor, and worked hard in training.

*Table 3: List of participation in small basketball leagues and awards in 2019*

School	Year	Group/Level	Place
Jiangdong Experimental Primary School	2019		
Yan'an Road Primary School	2019	U10,U12/Municipal	1,2
Nanchong No. 1 Middle School Affiliated Elementary School	2019	U12 woman /Municipal	3
Nanchong No. 10 Middle School Affiliated Primary School	2019	U8/ Municipal	3

In 2019, Yan'an Road Primary School won the city's first place in the U10 men's team, the second place in the men's team (U12), and the third place in the women's team (U12). Among them, the U8 men's team and the U10 men's team will also represent Nanchong City to participate in the provincial finals held in Mianyang City in July 2019.

Nanchong No. 1 Middle School Affiliated Elementary School achieved third place in the U8 competition, which is an improvement in different groups compared to last year. Jiangdong Experimental Primary School and Nanchong No. 10 Middle School Affiliated Primary School also actively participated in the competition, but did not enter the top three in each group.

*Table 4: List of participation in small basketball leagues and awards in 2021*

School	Year	Group/Level	Place
Jiangdong Experimental Primary School	2021		
Yan'an Road Primary School	2021		
Nanchong No. 1 Middle School Affiliated Elementary School	2021	U10/ Municipal	1
Nanchong No. 10 Middle School Affiliated Primary School	2021		

The primary school affiliated to Nanchong No. 1 Middle School broke through the siege and won the championship of the U10 group. Compared with the previous two seasons, it has made a lot of progress. Jiangdong Experimental Primary School did not participate in the league in 2021, and Nanchong No. 10 Middle School Affiliated Primary School and Yan'an Road Primary School did not achieve good results in the competitions in each group.

From the above three leagues, it is found that the participation of the four schools has been greatly reduced, so the results achieved are also different. Through the understanding of the teachers, it is found that there are 6 physical education teachers in the primary school affiliated to the No. 1 middle school and the primary school attached to the tenth middle school. There is a physical education teacher specializing in basketball in the primary school attached to the No. 1 middle school. There are systematic basketball training three days a week. Other schools in the province have exchange activities for basketball games, and teachers also regularly participate in coach training activities organized by the Middle School Students Sports Association and the Sichuan Provincial Sports Association. The physical education teachers of Jiangdong Experimental Primary School and Yan'an Road Primary School are not basketball specialties.

### 3. Problems Existing in Small Basketball in Nanchong

#### 3.1 The Policies Related To Small Basketball Are Not Perfect

In 2017, the country launched the "Small Basketball Rules" and the "Chinese Junior Basketball

Player Hierarchy System", which was unified for the whole country<sup>[10]</sup>. Chairman Yao Ming also vigorously promoted the development of small basketball in various provinces and cities, which is undoubtedly beneficial, but there are no specific implementation requirements and policies for the situation in various provinces and cities. In 2018, the China Small Basketball League began to be carried out in many provinces and cities at the same time, and there are still very few that have continued to implement and have achieved remarkable results. The country's unified policy is only applicable in a wide range, and it is implemented in Sichuan Province and Nanchong City. Some of them cannot be implemented, the degree of implementation is not enough, and the influence is not far-reaching enough. grading system.

### ***3.2 The School does not Pay Enough Attention***

All primary schools in Nanchong City have after-school basketball interest courses, but through field research, it was found that they were relatively popular at the beginning of construction, the students were enthusiastic, and the level of basketball skills was constantly improving. There are not many opportunities for students to express themselves, and due to the reform policy of double reduction, in addition to the courses of the main course, the courses of interest after class have been reduced. On the basis of exam-oriented education, further education has become the primary task. Although the proportion of football, basketball and volleyball in sports has increased in junior high schools, sports still do not receive enough attention in primary schools, ignoring the importance of students participating in sports activities.

### ***3.3 Insufficient Teachers and Insufficient Venue Equipment***

With the promotion of the small basketball plan by the Chinese Basketball Association and the formulation of the "Little Basketball Rules", only a small number of people can correctly understand and understand the small basketball [11]. According to the survey, Nanchong City has carried out less professional training for coaches and referees, and only some physical education teachers in primary schools are professional basketball teachers. This will not only affect the explanation and teaching of the rules, techniques and tactics of small basketball, but also Greatly influenced the development of small basketball. In terms of venue equipment, through field research, it was found that most of the venues in the school are adult standard baskets and courts. Only one or two schools have baskets that meet the requirements, but the selection of venues and balls is still not standard enough, which makes training and competition completely different. When muscle memory and practice methods form a pattern, it is not only conducive to the formation of technical level, but also has certain restrictions on performance in competition[12].

### ***3.4 Parents don't know Enough about Basketball***

Parents play a vital role in the growth of students, and their decisions can directly affect the progress and growth of students. In the environment of exam-oriented education, cultural courses can attract their attention, and they hope to improve in these areas in their spare time. The pressure of further education is not only placed on students, but also on parents. For physical education courses, most parents think that they are only used for physical exercise, and they can be carried out in their spare time, but only used as an after-school recreational activity. Students are not supported to participate in small basketball games mainly because training and competitions will consume a lot of time and energy, and they are worried that it will affect the time and efficiency of students' learning; secondly, they are worried that there will be sports injuries in the process of sports, which will affect the body. Health has a certain impact. A small number of parents who have known about small basketball are still very supportive, but the influence is still not enough[13].

## **4. The promotion and development path of small basketball in Nanchong City**

### ***4.1 The Government Has Issued Relevant Policies to Increase the Attention of Schools***

The smooth development and promotion of small basketball is inseparable from the support of the government and relevant departments. On the basis of national policies, learn from the models of other provinces and cities, and provide safeguard measures belonging to the city according to the specific conditions of Nanchong City, such as Formulate documents such as "Plan for the Popularization of

Small Basketball in Nanchong" and "Outline for the Development of Small Basketball in Nanchong". At the same time, the concept of "integration of sports and education" is integrated into the school, strengthening the emphasis on sports in learning, introducing small basketball into the campus, and integrating it into the teaching of physical education in primary schools. The school should make full use of the big classes, publicity boards and newspapers to popularize the knowledge and rules of small basketball, organize small basketball leagues between classes and school levels; It has laid a good foundation for the development and promotion of small basketball in the campus[14].

#### **4.2 Strengthen Teacher Training and Improve Venue Equipment**

With the support of the policy, the Nanchong Basketball Association can organize more professional training activities for referees, coaches and physical education teachers of small basketball games to ensure the promotion of small basketball games. Support them to participate in national-level training, learn new small basketball teaching methods, teaching models and practice methods, and regularly carry out sharing activities, not only limited to coaches, but also invite students and parents to observe, so that they can understand and understand Little basketball, so I fell in love with this sport. In addition, venue facilities are the guarantee for small basketball sports. The sports venues of primary schools in Nanchong City are standard adult venues. The government department will issue the "Plan for the Construction of Small Basketball Facilities in Nanchong City" to speed up the infrastructure construction of small basketball sports.

#### **4.3 Change the Concept of Parents**

Parental approval plays a very important role in the promotion of small basketball, and parents should be fundamentally aware of the advantages of small basketball. Under the system of examination-oriented education, the education of children should follow the all-round development and promote the healthy growth of children. In the small basketball league held, parents were invited to watch the game together, so that they could experience the children's hard work on the court, not admit defeat, do not give up, work together for a goal, and feel the influence of small basketball on children. Regular home-school small basketball joint activities are held to popularize the knowledge of small basketball for parents, so that they can understand and recognize the charm of this sport.

### **5. Summary**

Carrying out small basketball can not only better guide young people's interest in participating in basketball, but also improve their basic basketball skills. The development of small basketball in Nanchong City is an important link in the training of basketball reserve talents in Sichuan Province. It is hoped that Nanchong City can strengthen the promotion of small basketball, carry out training and competition related to small basketball, so that children have a good understanding of small basketball. Comprehensive understanding, increase interest in small basketball, and have a reasonable plan for the selection of reserve talents and the integration of venues and facilities. Maximize the use of the existing resources of Nanchong City to promote the development of small basketball.

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