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## Study on the optimization of basketball training and competition system in China

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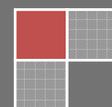
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### ABSTRACT

In recent years, basketball has become more and more popular in China. The amateur players have improved; so have the professional ones, which are just like the pyramid-great foundation produces a higher point-so basketball is thriving among people in China. However, the mechanism of Chinese basketball fails to select talents for, in schools of sports, height and physical fitness-regardless of tactics, basketball IQ and sportsmanship-is the only standard for talents selection. In addition, students in elementary and middle school play basketball much but just play without guidance, which means that the basketball talents in these schools can hardly get the chance to play pro or semi-pro. This paper, focusing on basketball coach, player, fans, training time and fees as well as competition rules, reviews the previous researches, carries a survey in the form of interviewing or questionnaire, collects the data and analyzes the current problems in the organization, training system, competition system of Chinese basketball, thus making it possible for the optimization basketball system. In the end of the paper, the author puts forward a structure design for competition system which helps the optimization of basketball training and competition.

### KEYWORDS

Basketball system; Questionnaire; Organization; Structural design.



## INTRODUCTION

As one of the three balls including football, basketball and volleyball recognized by the world, Chinese basketball has made great achievement at home and abroad. China even introduces the mode of NBA—promoting competition practice—to bring Chinese Basketball Association (CBA), Women Chinese Basketball Association (WCBA) and Chinese University Basketball Association (CUBA) into people's view; also, the organization system of Chinese basketball is gradually perfecting with scientific and high-efficient training. However, due to the limited time of development, Chinese basketball has not, at present, built a win-win sports-education cooperative mechanism among the sports system, education system and social system<sup>[1]</sup>. This directly leads to the unsolvable problems in talents and market, and training and competition. The national sports organization and each sports club all devote their energy, talents and money to current league matches rather than to the systematic and overall development of the Chinese basketball. How to set up a coherent, optimal and practical basketball management system is now not only the focus of the basketball industry, fans and the society, but also the key to the rise of Chinese basketball.

It is well known that theoretical system is the foundation for building up systematic platform. After a thorough study of previous researches, the author analyzes the history and current situation of Chinese basketball and illustrates her design of optimization of the organization and structure of basketball training and competition system in China.

## CHINESE BASKETBALL

### Current Chinese basketball

In June, 1956, CBA was set up. In the 21<sup>st</sup> century, China's economy booms and, to make sure that Chinese people can enjoy health and fitness, various sports resources are available<sup>[2, 3]</sup>. Chinese basket confronts with problems including how to carry on a comprehensive reform, how to improve training scientifically and how to perfect professional clubs and league matches. Therefore, although facing many challenges, Chinese basketball is in its best time to carry on a reform in the management system and enjoy a rapid development.

A major problem existing in Chinese basketball is players' caring about sports skill and ignoring of knowledge. According to survey, these players spend more time on training than that on studying<sup>[4]</sup>. To enhance performance in league matches, people seldom cares about players' academic background, which lead to a consequence that many players who are not good enough to play in high-level matches can not find themselves another career path. Therefore, there exists an urgent need to combine training with studying<sup>[5]</sup>. Another problem is the lack of talents in Chinese basketball, which has been the core task of basketball training and even the whole sports system; the solving of this problem will exert positive and profound influences on Chinese basketball training system<sup>[6]</sup>.

### Research objects and methodology

#### Research objects

The research objects in this paper include basketball coach, player, training time and money, competition principles, which are also the objects of basketball training and competition.

#### Methodology

The methodology in this paper is literature review, survey in the form of interviewing or questionnaire, and statistic analysis.

The five sets of questionnaire are released respectively to basketball specialists, local basketball administrators, professional coaches and professional players as well as coaches for youth teams and for junior teams. The detailed information is demonstrated in TABLE 1.

**TABLE 1 : Release and retrieve of questionnaire**

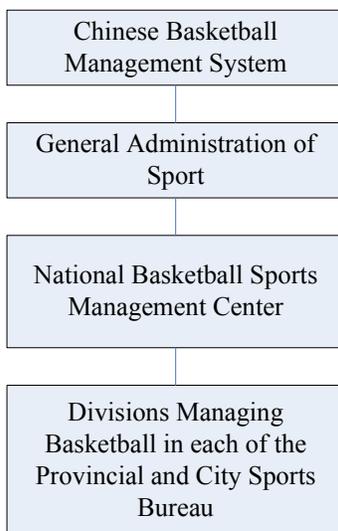
Sets of Questionnaire	Number of Release	Number of Retrieve	Number of effective Questionnaire	Rate of effective Questionnaire
Current basketball training and competition system	35	35	35	100%
optimization of the basketball training and competition system	35	32	32	
local basketball administrators	20	18	18	
professional coaches and players	26	24	24	
coaches for youth teams	26	23	23	
coaches for junior teams	25	20	20	

**OPTIMIZATION OF BASKETBALL TRAINING AND COMPETITION SYSTEM**

**Organization of Chinese basketball system**

**Management system for basketball**

With decades of rapid development in management system, Chinese basketball has entered into an age of socialization, commercialization and professionalization<sup>[7]</sup>. The vertical structure of basketball management system is: for the nation to the local; from the top to the bottom; from the sports administrative organizations of the central government, that of provincial government, that of city government to that county government, which are supposed to accomplish the task of developing Chinese sports and improve Chinese people’s health. Chinese basketball management system consists of sports system, education system and social system. The vertical structure of basketball management system in China is shown in Figure 1.



**Figure 1 : Vertical structure of Chinese basketball management system**

General Administration of Sport is responsible for the sports-related work in China. It is independent in function and has 9 sub-divisions including the General Office, People’s Sports Bureau, Competitive Sports Bureau, Sports Economy Department, Department of Policies and Laws, Personnel Department, Public Relations Department, Department of Science, Technology and Education, and Press and Publicity Department.

National Basketball Sports Management Center is responsible for the General Administration of Sport and the daily affairs of CBA. It manages all basketball-related work in China under the guidance of the General Administration of Sport. Its organization is demonstrated in Figure 2.



**Figure 2 : Organization of the national basketball sports management center**

Due to the unbalanced reform in difference places, the existing training management system has a “thin neck” but a “wide body”, which mainly lies in the distribution of “power and responsibility” and the “problems” after local reforms. At present, Chinese basketball is going through a profound reform, so there is no escaping of the “vague distribution of power and responsibility”. Therefore, how to distribute the “power and responsibility” in the National Basketball Sports Management Center and the General Administration of Sport and enhance the efficiency of guidance, coordination and supervision is of great importance. In addition, the National Basketball Sports Management Center should further manage well the basketball training and competition and promote the basketball as a sports activity.

**Education system for basketball**

Educational system is the very foundation of mass sports and school sports and its function lies in serving for the mass' health and promoting the mass' overall development. Education system is in no way a national sports management organization; it is responsible for the Ministry of Education of the People's Republic of China. Its vertical structure can be seen in Figure 3.

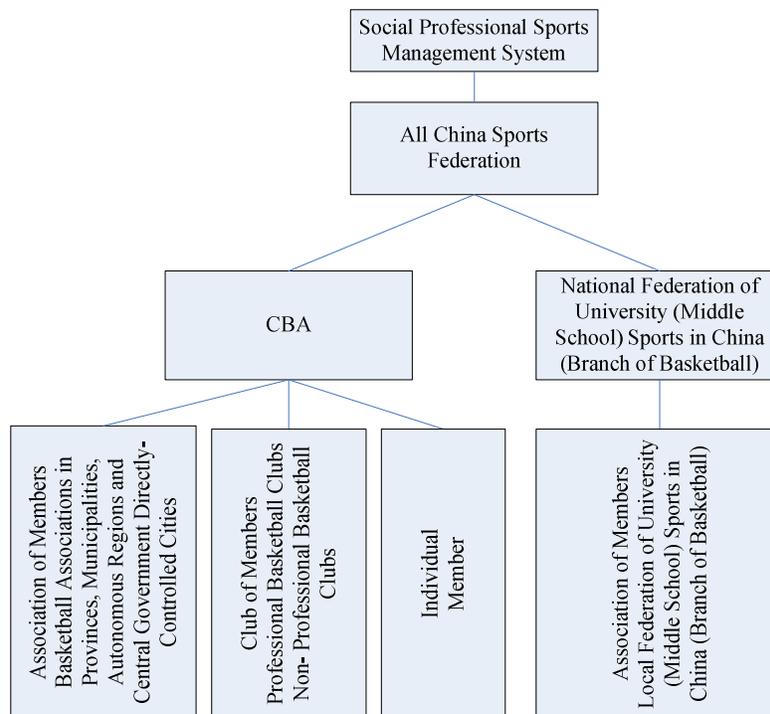


**Figure 3 : Vertical structure of educational systems**

The education system is only responsible for sports training. Due to the many organizations in the bottom, the duties of each of these organizations are not inclusive, which leads to low efficiency of management.

**Social system for basketball**

The social system consists of non-professional sports management system and professional sports management system. Professional system (See in Figure 4) includes Chinese National Sports Association which is set up by the society to manage sports-related work; non-professional system refers to the organizations built by various sports fans and featuring self-organizing, independent development and self-management.



**Figure 4 : Organization of social system**

### **Current basketball training**

As part of Chinese basketball management system, basketball training has a complicated multi-level organization. To realize the optimization of allocation, there is an urgent need to make most use of the limited resources in this organization.

The current three-level training system has gone through four major periods: first period, from 1954 to 1965, the amateur sports training system was primarily set up; second period, from 1966 to 1971, the amateur sports training system was destroyed; third period, from 1972 to 1978, amateur competitive sports training system was greatly restored; fourth period, from 1979 to the present day, China's sports go to the world, Chinese athletes make progress in skill and Chinese training system develops in a diverse way.

So far, the three-level training system consists of high, middle and junior levels, each of which for the three age groups is respectively. Amateur training in elementary school is to lay a solid foundation; professional training in sports school is to be specially cultivated and to cultivate basketball talents; finally, these talents join in the national basketball team or professional clubs, thus going to the world.

### **Hypothesis on optimization of basketball organization system**

Chinese basketball competition system can be divided into three levels: adults, youngsters and teenagers. Adults players mainly take part in national high level matches including CBA, WCBA and CBL, which is to promote competition practice, improve the skill of Chinese basketball and activate the basketball market. Youngster players are to take part in matches held by basketball associations and clubs, which is to cultivate and select future basketball talents. Teenage players are to take part in the national teenager basketball matches and traditional matches among schools, which is to lay a solid foundation for these players and store talents for basketball field.

CBA for the adult players has become more and more mature and perfected with promotion, relegation, external assistance, increase of the number of games, as well as to extend seasons. However, some matches including the First Division Group A League have some deep contradictions, such as old-fashioned philosophy and training being no better than inviting new players.

The development trend leads to the optimization of Chinese basketball competition system and it can be divided into two groups: short-term objectives and long-term objectives.

According to the short-term objectives, Chinese basketball competition system, controlled by the National Basketball Sports Management Center, is to adjust and optimize itself. The junior matches mainly include basketball matches for middle school students, basketball matches for junior players as well as those by amateur clubs. These matches cover all the age groups, relate to their range and are attended with many other players. By marketing, these matches can activate basketball as sports, spot new talents, and improve the basketball industrialization. Matches for youngsters mainly conclude CUBA, the University Basketball Super League Matches and the National Men's Basketball League Matches; they are based on the philosophy of "sports-education communication and combination" and are to lay a good foundation for basketball playing. Matches for adults consist mainly of CBA and WCBA; by bestowing preferential policies and correct market price, the skills of competitive sports are improved and they make it important to guide and radiating effects.

The major objectives in the basketball competition system are to make perfect basketball training and competition system featuring clear responsibilities and duties, reasonable rules and great operation. At the same time, China should integrate the advanced theories at home and abroad, set up a three-level basketball competition system, and make every important match stages for new talents, thus making financial benefits and activate basketball market. Of course, to judge if a system is perfect need to see how the system works in practical training and competition. Only after solving the problems including perplexed forms of matches, vague levels of organization and narrow channels of matches can the value of the two objectives of these researches reflect themselves. At last, the author is to break the ice with medals in matches, activate the industrial market of basketball and lay a solid foundation with various theoretical resources.

## **CONCLUSION**

This paper analyzes theoretically the vertical structure of basketball management system in China by focusing on the optimization of organization system, reform in training system and optimization of competition system. It is revealed that the basketball system does not work perfectly due to the inefficiency of management, education and social systems. What's more, from the competition system, China's organization system still needs further work. Therefore, the design for the optimization in basketball training and competition system is as this: the National Basketball Bureau should guide the competition system to work with the education system, thus making it possible for the development of basketball in each level of school; with basketball league matches in elementary and middle school as the foundation, CUBA as further lead, and China's national basketball league as guidance, a coherent training system with clear duty and responsibilities can be formed. Together with basketball cultures conflicting in the world and Chinese basketball booming, the author recommends that all Chinese should watch world basketball from a certain perspective so that we can contribute to Chinese basketball and push it to a new high.

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