# Nanchang Normal University Men's Basketball Team Plays Against Opponents in 2024 Jiangxi College Basketball League-Comparison and Analysis of Offensive and Defensive Capabilities

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**Abstract: Using methods such as literature review, video observation, and mathematical statistics, this study analyzes the technical statistics of the four matches in which the men's basketball team of Nanchang Normal University participated in the 2024 Jiangxi Province College Students' 5-on-5 Basketball Tournament. The analysis aims to summarize the strengths and weaknesses of Nanchang Normal University in both offense and defense, as well as the reasons for not advancing to the top eight. The findings are intended to provide recommendations for preparing for the 2025 Jiangxi Province College Students 'Basketball League. The study concludes that the men's basketball team of Nanchang Normal University has a significant number of outside players, lacks depth in the bench, has an average height that is relatively low, poor team coordination, insufficient player stamina, and obvious offensive weaknesses. Recommendations: The selection criteria for the men's basketball team should be raised, with a focus on strength and physical training to improve team coordination. In terms of offense, the team should enhance cooperation, refine overall tactics, promote teamwork, and reduce the frequency of individual plays. For defense, the team should learn and reinforce more defensive strategies, vary defensive formations, minimize unnecessary fouls, enhance mutual defense awareness, and improve defensive tactics in critical moments.**

**Keywords: College Basketball League; Nanchang Normal University; Offensive and Defensive Ability; Comparative Analysis**

Under the guidance of the strategy to build a strong sports nation, basketball, a sport that is widely loved and highly influential, has been given a significant mission. To promote the high-quality development of China's basketball industry, the government has actively issued a series of policies. The role of school sports in revitalizing the' three major ball 'sports has become increasingly prominent. As a foundational sport for building a strong sports nation, basketball, especially school basketball, is crucial for its high-quality development. In August 2020, the General Administration of Sport of China and the Ministry of Education jointly released the' Opinions on Deepening the Integration of Sports and Education to Promote the Healthy Development of Young People, 'marking the deep integration of competitive basketball talent cultivation with school sports, thus opening up broad prospects for the vigorous development of school basketball. This article will conduct a comparative analysis of the offensive and defensive capabilities of the men's basketball team at Nanchang Normal University against its opponents, delving into the team's scoring methods and efficiency on offense, such as three-point shooting, inside attacks, and fast breaks; and its defensive strength, rebound protection, and defensive skills, including steals and blocks, precisely quantifying all data to gain a comprehensive understanding of the team's true performance in games.

## 1. Comparison Analysis of Offensive Ability Between Nanchang Normal University Men's Basketball Team and Opponents

### 1.1 Comparison and Analysis of Shooting Indicators

From the shooting data of nearly 4 games, it is evident that Nanchang Normal University's men's basketball team has a significant difference in shooting performance compared to their opponents. The team made 112 out of 280 shots, achieving a shooting accuracy of 40%, while the opponent made 135 out of 300 shots, with an accuracy rate of 45%. This indicates that

in conventional shooting, Nanchang Normal University's men's basketball team is less efficient than their opponents and needs to improve their shooting skills and tactical coordination to boost their shooting accuracy. In three-point shooting, Nanchang Normal University's men's basketball team attempted 90 three-point shots and made 27, achieving a shooting accuracy of 30%, while the opponent attempted 100 three-point shots and made 40, with an accuracy rate of 40%. Although Nanchang Normal University's men's basketball team attempted slightly more three-point shots than their opponents, their shooting accuracy was 10 percentage points lower. As a highly effective offensive tool, the low shooting accuracy makes it difficult for Nanchang Normal University's men's basketball team to widen the score gap or catch up in games through three-point shooting.

**Table 1. Comparison of Shooting Indicators**

| team | Total shots taken | Number of hits | shooting average | Three-point attempts | Three makes in the field | Three-point shooting percentage |
|---|---|---|---|---|---|---|
| Nanchang Normal University men's basketball team | 280 | 112 | 40% | 90 | 27 | 30% |
| opponent | 300 | 135 | 45% | 100 | 40 | 40% |

Overall, Nanchang Normal University's men's basketball team's disadvantage in shooting accuracy, particularly in three-point shooting, has negatively impacted the game's outcome. Future training should focus on enhancing shooting skills, refining three-point strategies, and improving players 'shooting stability and efficiency during games. This will enhance the team's competitiveness on the court and aim to achieve better results in future matches.

## 1.2 Comparison and Analysis of Penalty Indicators

By comparing the game video replays with the free-throw metrics, it is evident that Nanchang Normal University's men's basketball team had more free-throw attempts than their opponents. This is due to a significant difference in offensive strategies between the two teams. The Nanchang Normal University team relied more on individual skills for one-on-one plays and lacked teamwork. In contrast, the opposing team emphasized teamwork, often passing the ball multiple times to find open teammates to attack the basket.

**Table 2. Comparison of Penalty Shooting Indicators**

| team | Free throws | free throw percentage |
|---|---|---|
| Nanchang Normal University men's basketball team | 60 | 70% |
| opponent | 55 | 85% |

Throughout the group stage, Nanchang Normal University's men's basketball team faced issues such as a lack of depth in their lineup, poor tactical execution by players, and an over-reliance on one-on-one plays. These factors led to significant physical fatigue, which in turn resulted in a low free-throw percentage. In contrast, the opponents reduced the number of one-on-one plays and frequently employed tactical combinations, which helped maintain the players 'physical condition within a reasonable range, leading to a higher free-throw percentage. Overall, Nanchang Normal University's men's basketball team needs to adjust their lineup, enhance physical training, improve tactical execution, and reduce the frequency of one-on-one plays in their post-training sessions.

## 1.3 Comparison and Analysis of Assisting Indicators

By comparing the game video replays with the assist indicators, it is evident that Nanchang Normal University's men's basketball team has a noticeable gap in team offensive coordination compared to their opponents. The team averages 12 assists per game, while the opponent averages 15 assists per game. This indicates that the opponent can more frequently create scoring opportunities through team collaboration, demonstrating a smoother offensive coordination system. The difference in average assists highlights the need for Nanchang Normal University's men's basketball team to improve their passing awareness, tactical execution, and player chemistry. Throughout the game, Nanchang Normal University's men's basketball team had fewer assists compared to their opponents, suggesting that they opted for too many one-on-one plays. This not only wasted the players 'energy but also allowed the opponents to seize opportunities for quick counterattacks, potentially altering the game's outcome. In contrast, the opponent relied more on team coordination, maintaining their energy while ensuring a high number of assists.

**Table 3. Comparison of Assisting Indicators**

| team | Average assists per game |
|---|---|
| Nanchang Normal University men's basketball team | 12 |
| opponent | 15 |

Overall, the men's basketball team of Nanchang Normal University's weakness in assists highlights a lack of effective offensive coordination. To enhance the team's competitiveness, future training should focus on improving team passing and coordination, enhancing players' passing awareness and vision, optimizing tactical arrangements, and boosting the level of teamwork among players. This will increase team cooperation, reduce the number of one-on-one plays, and gain a competitive edge through more efficient team attacks.

### 1.4 Comparison and Analysis of Front Court Rebound Indicators

By comparing the game video replays with the frontcourt rebound data, it is evident that Nanchang Normal University's men's basketball team falls short in secondary offensive opportunities compared to their opponents. The team averages 8 frontcourt rebounds per game, while their opponents average 10. This clearly shows that the opponents have a significant advantage in frontcourt rebounding, which leads to more secondary offensive opportunities. The difference in average numbers highlights the need for improvement in the players' awareness and ability to compete for rebounds.

**Table 4. Comparison and Analysis of Front Court Rebound Indicators**

| team | Field goal rebounds per game |
|---|---|
| Nanchang Normal University men's basketball team | 8 |
| opponent | 10 |

Reviewing the entire group stage, Nanchang Normal University's men's basketball team performed significantly worse than their opponents in offensive rebounds. The lower number of offensive rebounds by Nanchang Normal University's men's basketball team means that, with the same number of offensive plays, they have a lower rate of securing offensive rebounds compared to their opponents. This not only reduces the team's opportunities for second-chance shots but also allows opponents to quickly launch counterattacks after securing defensive rebounds, disrupting Nanchang Normal University's offensive rhythm. The disadvantage in offensive rebounds has negatively impacted the team's second-chance shots and the overall game flow. To address this issue, future training should focus on enhancing players' rebounding awareness, strengthening physical confrontation training, and improving

their ability to compete for rebounds under the basket. Additionally, optimizing team rebounding tactics, clarifying player roles, and improving overall rebounding efficiency can increase the average number of offensive rebounds per game, boost the offensive rebound rate, create more opportunities for second-chance shots, and enhance the team's competitiveness in the game.

### 1.5 Comparison and Analysis of Error Indicators

By comparing the game video replays with the error indicators, it is evident that Nanchang Normal University's men's basketball team has a noticeable difference in offensive stability compared to their opponents. The team averages 10 turnovers per game, while their opponents average only 8 turnovers. This suggests that Nanchang Normal University's men's basketball team is more prone to making mistakes during games, which can disrupt their offensive rhythm. The significant difference in turnover rates highlights the need for improvement in the team's ball-handling skills and consistency. In terms of the types of turnovers, 75% are passing errors, and 25% are dribbling errors. A high proportion of passing errors indicates that players struggle with timing, power, and accuracy in their passes, leading to lost possession and potential quick counterattacks by the opposing team. The higher percentage of passing errors also suggests that players may lack solid passing skills or be shorter, making it difficult for them to handle the ball effectively under defensive pressure. However, the opponents have a higher percentage of passing errors (70%) and dribbling errors (30%), indicating that they make more dribbling errors when facing the active double-teaming of our school's guards.

**Table 5. Comparison of Error Indicators**

| team | Average points per game | Dribbling error | errant pass |
|---|---|---|---|
| Nanchang Normal University men's basketball team | 10 | 25% | 75% |
| opponent | 8 | 30% | 70% |

The men's basketball team of Nanchang Normal University has shown a significant disadvantage in the number of turnovers throughout the group stage, which has greatly impacted the team's offensive efficiency and the game's direction. To address this issue, future training should focus on enhancing players' fundamental skills, such as

passing techniques and dribbling proficiency. Additionally, improving players 'decision-making abilities during games is crucial to enhance the rationality of ball handling and minimize unnecessary errors. Furthermore, through tactical drills, the team can optimize player coordination to reduce the risk of passing errors, thereby enhancing the team's offensive stability and competitiveness.

## 2. Comparative Analysis of the Defensive Ability Between Nanchang Normal University Men's Basketball Team and Its Opponents

### 2.1 Comparison and Analysis of backcourt Rebound Indicators

Based on the game video replays and defensive rebound data, it is evident that Nanchang Normal University's men's basketball team has a noticeable gap in defensive performance compared to their opponents. The team averages 19 defensive rebounds per game, while their opponents average 20. This clearly indicates that the opponents have a significant advantage in defensive rebounding, effectively controlling the boards and reducing Nanchang Normal University's opportunities for second-chance scoring. The disparity in defensive rebounding highlights the need for improvement in defensive rebounding awareness and competitiveness among Nanchang Normal University's players.

**Table 6. Rebound Data**

| team | Average defensive rebounds |
|---|---|
| Nan Shi Shi Yuan men's basketball team | 19 |
| opponent | 20 |

Overall, in the defensive rebound aspect of the game, Nanchang Normal University's men's basketball team was slightly inferior to their opponents. By comparing the depth and average height of the team, it was found that the team had a significant disadvantage: there were too many perimeter players and the average height was relatively low, which led to a slight disadvantage in defensive rebounds. These weaknesses not only give opponents more offensive opportunities but also put the team at a defensive disadvantage, increasing defensive pressure. The team's weakness in defensive rebounds has negatively impacted their overall defensive performance. To improve the team's defensive capabilities, future training should focus on optimizing the team's lineup, enhancing

players' defensive rebound awareness, strengthening physical confrontation training, and improving players 'ability to compete for rebounds under the basket. Additionally, the team should optimize its defensive rebound tactics, clarify player roles, and enhance overall rebounding efficiency to increase the average number of defensive rebounds per game, improve the defensive rebound rate, and strengthen the team's competitiveness on defense, laying a solid foundation for the team's success.

### 2.2 Comparison and Analysis of Interception Indicators

By comparing the game video replays and the steals metrics, it is evident that there is a significant difference in steals between Nanchang Normal University's men's basketball team and their opponents. The team averages 6 steals per game, while the opponents average 8. The team's lack of teamwork in offense, with too many individual plays, has led to excessive physical strain and a higher turnover rate. However, the team has more perimeter players, which puts significant pressure on the opposing guards, causing them to overexert themselves and make mistakes.

**Table 7. Comparison of Interception Indicators**

| team | Total tackles per game |
|---|---|
| Nanchang Normal University men's basketball team | 6 |
| opponent | 8 |

Throughout the game, Nanchang Normal University's men's basketball team's disadvantage in steals significantly weakened their defensive effectiveness. To improve the team's defensive capabilities, future training should focus on enhancing players 'defensive awareness, increasing their focus and enthusiasm during defense, and actively seeking opportunities to steal the ball. Additionally, targeted training in stealing techniques should be conducted to standardize players' stealing actions and enhance their stealing skills. Furthermore, through team defensive drills, players 'cooperation should be strengthened to form an effective defensive perimeter, increase the chances of steals, thereby improving the team's defensive competitiveness and better limiting the opponent's offensive efforts.

### 2.3 Comparison and Analysis of Cap Indicators

By analyzing the comparison of game video replays and blocking statistics, it is evident that Nanchang Normal University's men's basketball team has a noticeable disadvantage in defensive rim protection compared to its opponents. The team averages 3 blocks per game, while the opponents average 4 blocks per game. This disparity is due to the team having more perimeter players and fewer interior players, as well as being shorter on average, which results in fewer blocks compared to the opposing team. This also highlights the team's lineup issues.

Reviewing the entire group stage, the Nanchang Normal University men's basketball team's disadvantage in blocks significantly weakened their interior defense and deterrence. To reverse this situation, future training should focus on enhancing players 'physical fitness, specifically improving their jumping ability and explosive power, while also strengthening specialized block training, including correct defensive positioning, precise timing of jumps, and standardized blocking techniques. Additionally,

by optimizing team defensive tactics, players should be encouraged to coordinate and cover each other, forming a tighter interior defense system. This will enhance the team's overall blocking ability, strengthen the defensive impact on the opponent's offense, and give the team more control in the game.

**Table 8. Comparison of Cap Indicators**

| team | Average blocks per game |
|---|---|
| Nanchang Normal University men's basketball team | 3 |
| opponent | 4 |

**2.4 Comparison and Analysis of Violation Indicators**

According to the comparison between the video replay and the fouling index, there is a significant difference in the fouling control between Nanchang Normal University men's basketball team and its opponents. The average number of fouls per game of Nanchang Normal University men's basketball team is 12, while that of its opponents is only 10.

**Table 9. Comparison of Foul Indicators**

| team | Average fouls per game | Type of fouls (defensive fouls, offensive fouls, etc.) |
|---|---|---|
| Nanchang Normal University men's basketball team | 12 | 90 percent of fouls are defensive and 10 percent are offensive |
| opponent | 10 | 60 percent for defensive fouls and 40 percent for offensive fouls |

In terms of the types of fouls, the Nanchang Normal University men's basketball team committed 90% defensive fouls and 10% offensive fouls. Due to the team's average height being relatively low and having more perimeter players, they used the rotation of their guards to put significant pressure on the opposing team's guards. However, this high defensive intensity also led to a higher number of fouls. Additionally, the presence of more perimeter players resulted in fewer rotations for the interior players, leading to excessive physical strain on the interior players, which reduced their concentration and increased the number of fouls when defending against opponents. In contrast, the opposing team committed 60% defensive fouls and 40% offensive fouls. The Nanchang Normal University men's basketball team used their players 'shorter average height to position themselves along the opponents' penetration routes, resulting in more offensive fouls for the opposing team.

**3. Conclusion**
First, the data from the four group stage matches

show that the Nanchang Normal University men's basketball team averaged 57.25 points per game, with a shooting accuracy of 40%, a free-throw success rate of 70%,12 assists, 27 rebounds, 10 turnovers, 6 steals, 3 blocks, and 12 fouls. Second, throughout the group stage, the team exhibited significant offensive weaknesses, with excessive one-on-one plays leading to poor teamwork, low shooting accuracy, and severe fatigue. This resulted in low scoring efficiency, poor offensive rhythm, and almost no tactical execution. Third, on defense, the uneven player types and shorter average height of the team made the team's defensive strategies ineffective, leading to a heavy reliance on the perimeter players for full-court pressure. This is a double-edged sword; a defensive mistake can result in easy two-point opportunities and frequent fouls. Finally, the team's lineup needs better management. The excessive number of perimeter players and insufficient depth on the bench led to significant weaknesses in both defense and player playing time, causing excessive physical strain and a significant drop in game focus.

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