

On the Innovation of Volleyball Teaching in University

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Abstract: In recent years, the development of Volleyball Championship in Colleges and universities has promoted the development of volleyball teaching and training in Colleges and universities. In this context, the teaching and training of volleyball theory and practice in Colleges and universities must be reformed and innovated. Mainly through the reform of practical training and rich theoretical connotation to explore the feasibility, and combined with training and competition in the process of psychological skills training to carry out effective intervention, to achieve the goal of technology, tactics, psychological adaptation competition.

1. Introduction

In recent years, the development of Volleyball in Colleges and universities is very rapid, and it has begun to take shape. Competitions are held regularly every year. The successful holding of the league system among colleges and universities in China also provides a reference for the development of volleyball competitions in Colleges and universities in each province. Each province will hold regular Volleyball Championships in Colleges and universities in each province every year, and it can be seen from the competitions that it has taken shape and achieved remarkable results[1].

But in the process of the competition, we can also see some shortcomings and shortcomings, such as too single defensive cushion attack and their exposure of students' special physical decline and other problems, which are urgent to be solved. This paper is mainly for the discovery of many problems for exploratory research.

2. The Present Situation of Volleyball Elective Course

First, the current situation of college volleyball is very unsatisfactory. Both physical fitness and technical ability are significantly more backward than before. On the contrary, social groups, volleyball associations, and especially women's levels are increasing year by year, which is more intense with younger female college students. In contrast, students are at a disadvantage both physically and technically. On the other hand, the ideological consciousness is weak and the teacher's assessment standard is relatively low. Students' lack of driving force for volleyball learning will inevitably affect the teaching effect. This development trend is obviously contrary to the trend.

Secondly, college volleyball teaching is more difficult than other ball teaching. It is necessary to leave the body after instant contact, and the main ball is mainly to receive the ball, and the contact area is larger. Because of the technical characteristics of volleyball, it is difficult to learn. It is more difficult to learn. It is more difficult to master and use it flexibly. More students choose basketball or football that is easier to use because they can hold the ball or dribble[2].

Finally, the volleyball technology is not very interested in the beginner stage. The volleyball technology is very boring at the beginning stage. It is a single step movement and a ball pad and a throwing ball. The impression to the students is that the technical movements are mechanical and boring. However, the study of volleyball technology is a process that needs to be fixed. On the basis

of this, flexibility and agility can be significantly improved, but beginners are not aware of this problem. It is bound to affect students' interest in learning and inner driving force.

3. Text Methods of Teaching Reform and Innovation

3.1. Methods of Theoretical Reform and Innovation

The innovation of volleyball theory and practice in Colleges and universities has always been discussed and studied. What methods and means can be used to solve this problem. From the theoretical level, students can understand and understand the sport and the charm of the sport, as well as the achievements and glorious history of the sport in our country from various aspects and angles, exaggerate such patriotic feelings and cultivate good will quality, be able to face difficulties and fight tenaciously, and let students through your explanation Fall in love with the sport. Therefore, teachers should grasp the students' psychology and guide them to actively engage in sports and become qualified PE teachers, not only to teach but also to educate people[3].

3.2. Theory is the Basis of Guiding Technique and Tactics.

Volleyball Teaching in Colleges and universities has always been difficult, no matter the students of public sports or sports major, especially the connection between theory and practice teaching is not in place. Theory teaching includes two parts: technology theory and tactics theory. Theory is the basis of guiding the study of technology and tactics. Having a good theoretical basis to guarantee the improvement of technology and tactics plays an important role. In the actual teaching process, students do not pay enough attention to theoretical teaching, which is one of the factors that lead to the improvement of technical and tactical ability. For the future volleyball teaching, it is one of the key factors to combine theory and practice closely[4].

3.3. Application of Teaching Theory of Technical Action in Practice.

For the general course of public volleyball and the optional course of physical education major in Colleges and universities, the more convenient way to learn and accept knowledge teaching is a more intuitive way of teaching. Correct and standardized technical action teaching and accurate and easy to understand explanation will make students learn and digest more quickly and facilitate technical learning. In the actual teaching, we should highlight the key points of each technical action, summarize the essence, and summarize the theoretical key points of technical action. We should let students know where the key problems restricting their technical progress are, and make effective plans to improve their technology. In practical teaching, it will focus on which methods to solve this problem.

3.3.1. Establish and cultivate students' interest in Volleyball.

How to cultivate students' interest in Volleyball learning is a prominent problem that teachers are facing and need to solve, especially in college public volleyball elective courses, some students have to choose volleyball because there is no other choice. For this part of students, how to change their ideas is very important[5].

By introducing the achievements of Chinese volleyball and the most representative Chinese women's volleyball team, let the students understand the "spirit of women's Volleyball", that is, "clearly know that they will not win, but still try their best" Encourage everyone to carry forward the spirit of "women's volleyball team", dare not to face difficulties and challenges in learning, dare to face their own choices, dare to meet new challenges, although this option is not their ideal choice! But if you come, you will be at ease. If you want to do it, you should evaluate the best. Let yourself master more skills and skills of a sport. At the same time, cultivate your will quality and use it in future study and work.

3.4. Methods of practical reform and innovation

Volleyball practice teaching in Colleges and universities has always been the focus of the course. It is a common volleyball exchange activity on campus to carry out amateur training and organize

competitions, which can not only enhance the friendship between players, but also enhance the actual combat ability between teams. But in the actual combat, how to use the technique and tactics, how to play it more stably, this needs to explore and explore constantly in the practice teaching, summarize the reasonable teaching and training methods and means in the practice, and combine the effective psychological intervention, in order to better guide the teaching and competition. The specific innovation and reform methods are as follows:

3.4.1. Practice is the key to guide technique and tactics.

The volleyball practice teaching in Colleges and universities is relatively easy, because the students have a higher level and a more unified ideology, which is to avoid dropping out of school for good physical education. Therefore, how to improve the technical and tactical aspects of practical teaching is the key. We carry out optional courses for this purpose, which can strengthen the cultivation of students' technical and tactical awareness on the basis of physical training, so as to better guide students to participate in amateur training and major competitions in the next step.

3.4.2. Breakthrough point of innovation.

In recent years, volleyball in Colleges and universities has been carried out very frequently. High level groups, ordinary undergraduate sunshine groups and higher vocational and technical groups have been carried out regularly. Volleyball Championships are organized at the end of each year in the province, which has built a stage for college students to show their technical ability. According to the experience of leading the team to participate in various competitions in recent years, it is found that the breakthrough of volleyball innovation in Colleges and universities lies in the cultivation of a team with unified thinking and strong will.

In recent years, although the level of different teams is uneven, the ability gap between teams with relatively high level is not large. Therefore, the key factor affecting their good performance is often not the technical level, but more reflected in the team members' psychology. Some teams are not weak as a whole, but they will be out of the game soon because of the disunity of players' thoughts and lack of trust in their teammates. Therefore, here are three breakthrough points to cultivate a team with unity of mind and strong will[6].

(1) unity of thought is the foundation of the team

This problem must be solved at the beginning of team formation. If a team wants to achieve better results, the coach and the team members must unify their thoughts and trust each other. Ideological education is needed in team formation, before each game and in daily training. This is the key factor restricting the long-term development of the team[7].

(2) sense of honor and disgrace is the key content of team building

The lack of sense of honor and disgrace will make the team members relax their requirements and constraints, let the team members know what to be ashamed of, what to be proud of, train the team members to do their best for themselves, for the collective and tenacious struggle, and feel proud to obtain good performance and honor.

(3) cultivation of will quality

The team must be strict with the requirements and training: every player should have a strong will, with the "spirit of women's Volleyball". In the process of high-intensity confrontation and grass-roots competitions, there will be two or more competitions in one day, which is a severe test for the physical endurance and will quality of the players. In this case, it is the best way to see the will quality of the whole team whether they can face the difficulties and overcome them to play well. Therefore, will quality education should be carried out in classroom teaching and training.

3.4.3. Methods to promote reform and innovation.

Volleyball teaching and training in Colleges and universities have been carried out very widely, and there are many fans among students, which promote the development of campus volleyball[8]. For the better promotion of college volleyball, let volleyball into the campus activities have been ongoing, every year there will be a centralized competition to show the level of volleyball training in this year. Specifically, I put forward my own reform methods as follows:

(1) from the perspective of volleyball training in Colleges and Universities

Volleyball training in Colleges and universities has always been the main direction of attack. The level and intensity of training play a decisive role in the quality of the results. It can be trained in different levels based on the formation of echelon construction, or in the form of old with new. Before the training is not formed, remember not to practice on behalf of the competition, because the competition can only be carried out on the premise of having a solid training foundation, or it will deviate and get half the result with half the effort. In addition, the strength and endurance of the players should not be ignored while training[9].

(2) from the perspective of Volleyball Teaching in Colleges and Universities

Volleyball Teaching in Colleges and universities is the foundation of technical learning. Only by building a solid foundation can a high-rise building be built. To transport talents for the training team, it is necessary for teachers of elective courses to grasp the basic skills of students, so that they can have a solid foundation in the future training and improvement. Because in the balanced competition, in addition to the psychological quality, it depends on which team's basic technical ability is more solid.

(3) analysis from the angle of psychological quality training

The cultivation of the psychological quality of the team members is a lack in the training of colleges and universities. However, the national team and the international teams attach great importance to the cultivation and training of the psychological quality of the team members. Each team is equipped with special psychological doctors and psychological counseling to help the team members establish a strong psychological quality, which will provide a strong guarantee for technology[10]. Therefore, it is suggested that colleges and universities should also carry out psychological intervention to the players in the process of training and timely solve the negative emotions in order to avoid the situation of out of control emotions in the competition or training. Therefore, through appropriate and timely psychological intervention and guidance, the players can complete the training and competition on the basis of full mood and mutual trust, which is also the key to achieve the ideal.

4. Conclusion

The purpose of physical education is to let students learn to exercise, and volleyball teaching in Colleges and universities is the main way to cultivate students' special technical ability. Therefore, this paper discusses the innovative exploration of Volleyball Teaching in Colleges and universities. With the continuous development of the times, in the future, in the process of the continuous development of Volleyball in Colleges and universities, more innovative and reform methods will be summarized to promote the continuous improvement of volleyball teaching quality and the continuous improvement of students' Volleyball technical and tactical level. Of course, in this process, there may be some new problems, we will continue to explore in theory and practice with doubts, and make greater efforts for the further improvement of Volleyball Teaching in Colleges and universities.

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