

# Discussion on the cultivation of tactical awareness in volleyball training in universities

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**Abstract:** Volleyball courses are an important component of college physical education courses and sports competitions. At the same time, volleyball is also a sports event with strong competitiveness in China. Cultivating the tactical awareness of college volleyball athletes is the key to improving the overall competitiveness of teams. However, we often find that there is a problem of insufficient cultivation of tactical awareness in training. This article will explore this issue and propose corresponding solutions.

**Keywords:** universities; Volleyball training; Tactical awareness

## 1. Introduction

Improving tactical awareness is the goal pursued by every college volleyball player. Only by cultivating good tactical awareness can one make correct decisions and effectively utilize one's abilities in competitions. This article will explore the problems and solutions faced in cultivating tactical awareness in college volleyball training.

## 2. The Basic Connotation of Tactical Awareness

Tactical awareness is a crucial quality in college volleyball competitions. It covers the team members' understanding and application of game tactics, which has a significant impact on the development of both individual players and the team. Firstly, tactical awareness requires team members to be able to comprehensively observe and analyze the overall situation of the game. This includes an understanding of the opponent's strength, weaknesses, and tactical arrangements, as well as an objective assessment of one's own strengths and weaknesses. Only with a comprehensive understanding can targeted tactical plans be formulated. Only by mastering basic technical movements and tactical principles can players make correct judgments and decisions in the game. For example, during an attack, team members need to choose the attack method based on the weak links of the opponent's defense; When defending, it is necessary to position and block reasonably based on the characteristics of the opponent's attacking player. These all require players to have a solid technical foundation and familiarity with volleyball rules.<sup>[1]</sup>

Secondly, tactical awareness requires players to be able to quickly make the right decisions during the game. Under pressure, players may not have much time to think, so they need to develop intuition and responsiveness through long-term training in order to make the best decisions in a short period of time. This includes how to choose the best pass route, when to launch an attack, and how to effectively defend. In addition, tactical awareness also requires players to have good communication and cooperation skills. After all, volleyball is a collective event, and players need to cooperate and collaborate with each other to maximize their advantages. In games, players need to communicate information through language, gestures, or eye contact in order to better coordinate the execution of tactics. In competitions, the situation often changes, and opponents will constantly adjust their tactics. Players need to promptly perceive changes in the opponent and respond quickly. For example, if the opponent's attacking hand constantly changes position, the player should be able to adjust their position in a timely manner; The opponent's defensive strategy needs to be changed to be able to break through the opponent's defense line by changing the passing method. Only with a flexible and adaptable tactical awareness can teams maintain their advantage in complex game environments.<sup>[2]</sup>

Finally, tactical awareness also requires players to have flexibility and innovation. Each game may face different opponents and situations, so team members need to be able to adjust their tactics at any time to cope with different challenges. Moreover, tactics are constantly evolving, and players also need

the ability to explore new tactics to maintain competitiveness. In college volleyball matches, each player plays an important role and requires mutual cooperation and cooperation. Only by achieving mutual understanding, trust, and collaboration can teams better execute various tactics. For example, when attacking, players need to accurately pass the ball to the attacking player, and the attacking player also needs to make corresponding attack decisions based on the quality of passing and receiving position. This requires tacit understanding and cooperation among players in order to achieve the best results. Tactical awareness is very important for college volleyball players. It not only plays a crucial role in matches, but also cultivates players' observation, decision-making, communication and collaboration abilities, as well as flexibility and innovation. Therefore, we should recognize the basic connotation of tactical awareness, strengthen relevant training, and enhance the overall strength of the team. Only in this way can we achieve better results in the competition.<sup>[3]</sup>

Volleyball is a sport that requires overall coordination, and each team member plays a different role on the field. When students have a tactical awareness, they will understand how to cooperate with each other on the field, use various tactics to attack and defend opponents' attacks, and thus maximize the strength of the entire team. This teamwork spirit not only plays an important role in volleyball matches, but also reflects in students' daily lives, enabling them to better cooperate and communicate with others.<sup>[4]</sup>

In volleyball matches, tactics are adjusted and changed based on the situation of the match and the characteristics of the opponent. Students need to develop tactics based on the situation on the field and choose the most suitable attack and defense methods. This will prompt them to have agile thinking, a certain level of judgment and decision-making ability. At the same time, cultivating students' awareness of volleyball tactics also encourages them to actively innovate and try different tactics in order to achieve victory in the competition. Such thinking ability and creativity have a positive impact on students' learning and life. By learning and applying tactics, students can more comprehensively utilize various technical means, such as passing and receiving, serving, spiking, etc., thereby improving their technical level. At the same time, the execution of tactics requires students to have good physical qualities, such as explosive power, flexibility, and coordination. Therefore, cultivating students' volleyball tactical awareness will also promote their comprehensive development in terms of physical fitness.<sup>[4]</sup>

### **3. Analysis of the Importance of Cultivating Students' Tactical Awareness in Volleyball Teaching in Universities**

With the rapid development of sports, volleyball teaching in universities is receiving increasing attention. In traditional physical education, emphasis is placed on developing students' physical strength and basic skills, while neglecting the cultivation of tactical awareness. However, cultivating students' tactical awareness is of great significance for improving overall technical level and enhancing competition competitiveness. In volleyball matches, tactical thinking can enable students to better understand the execution methods of tactics, judge the dynamics of opponents, and make corresponding responses. By identifying the strengths and weaknesses of opponents, students can develop more targeted tactical strategies and flexibly apply them in competitions. This comprehensive thinking ability encourages students to make more diverse actions and decisions in technology, thereby improving their overall technical level. Every volleyball match is a complex battle that requires rational tactics to cope with different situations. Students cannot stand out in competitions solely based on basic skills, and the cultivation of tactical awareness can enable them to better grasp the rhythm and situation of the competition, thereby leading the development of the competition. By cultivating students' tactical awareness, they can flexibly adjust the team layout and tactical strategies, effectively utilize their own advantages and identify opponents' weaknesses, thereby fully leveraging the overall strength of the team.<sup>[5]</sup>

Tactical awareness not only requires students to have good teamwork spirit, but also requires them to have strong decision-making ability and on-site adaptability. In volleyball matches, students need to constantly observe and make judgments, and make corresponding tactical adjustments based on their own judgment. This process of thinking and decision-making can exercise students' logical thinking and reaction abilities, cultivate their leadership skills and teamwork spirit, and thus promote their personal growth. By cultivating tactical awareness, students can improve their overall technical level, enhance competition competitiveness, and benefit from personal growth.<sup>[6]</sup>

With the popularization and promotion of student sports activities, volleyball, as a popular sport, has attracted more and more students to join the volleyball team. However, although students love this sport, achieving good results in competitions is not easy. Improving students' volleyball skills and tactical

awareness is crucial for their success in competitions. In order to improve students' volleyball skills, schools should provide them with sufficient training time and opportunities. Volleyball is a highly technical sport that requires students to continuously practice and hone in order to achieve proficiency. Schools can organize regular training courses, including exercises in basic skills such as serving, receiving, passing, and spiking, as well as tactical training such as offensive, defensive, and organizational abilities. In addition, schools can invite professional coaches or former volleyball players to guide students and provide them with professional advice and technical guidance.<sup>[7]</sup>

Volleyball is a collaborative sport that requires players to work closely together and cooperate with each other during matches. Schools can strengthen students' tactical awareness by organizing short-term tactical training camps or competitions. In training, students can learn how to observe and analyze opponents' weaknesses, and master appropriate tactical strategies to cope with different game situations. At the same time, schools should also encourage students to actively participate in team discussions and exchanges, share their ideas and suggestions, in order to improve the tactical level of the entire team. Schools can also enhance students' volleyball skills and tactical awareness by organizing volleyball competitions and intercollegiate communication activities. Participating in competitions allows students to apply the skills they have learned to practice, and exercise their psychological quality and adaptability in competitions. Communication activities with other schools can allow students to interact and understand different volleyball tactics and styles, and improve their comprehensive competitive abilities.<sup>[8]</sup>

Effectively helping students analyze the situation on the field correctly and improve their volleyball tactical awareness is one of the keys to cultivating excellent volleyball athletes. Here are some suggestions to help students make positive progress in this area. Firstly, pay attention to the education of basic tactical knowledge. In the teaching process, it is necessary to ensure that students have a basic understanding of volleyball tactics. This includes different tactical strategies, court positions, and role division. Through simple and easy to understand explanations and demonstrations, students can better understand and master the essentials of tactics. Secondly, cultivate students' observation ability. Observation is the key to analyzing the situation on the field. By observing game videos, practicing drills, and watching professional competitions, students can learn how to observe changes on the field and judge opponents' strategies. In addition, students can also share observed information and opinions through communication with teammates and coaches, in order to jointly provide more comprehensive and accurate analysis.<sup>[9]</sup>

Thirdly, enhance students' tactical awareness. Tactical awareness is the ability of students to make correct decisions in competitions. By simulating competition scenarios, conducting tactical analysis and discussion, and participating in team collaboration training, students can enhance their understanding and application abilities of different tactics. In addition, coaches can also help students improve their tactical awareness by organizing practical exercises, providing personal feedback, and conducting regular tactical reviews. Fourthly, encourage student teamwork. Volleyball is a team sport, and teamwork is crucial. Students need to understand the tactical position and role of each team member, and understand how to work closely with teammates. Through team collaboration training and competitions, students can better understand and apply tactical strategies, and cultivate good communication, collaboration, and trust abilities.

Finally, continue to encourage students to strive for progress. Learning to analyze the situation on the field and improving tactical awareness is a long-term process. Coaches should provide students with sufficient encouragement and positive feedback to help them maintain motivation and confidence. At the same time, coaches should also set appropriate challenges and goals to stimulate students' learning enthusiasm and promote their continuous progress. Through the above methods, students can gradually improve their ability to accurately analyze the situation on the field and their awareness of volleyball tactics. This will enable them to make wiser decisions and more flexible responses in the competition, laying a solid foundation for individual and team success.<sup>[10]</sup>

#### **4. Strategies for cultivating tactical awareness in volleyball teaching in universities**

##### ***4.1. Emphasize the rational penetration of tactical awareness in basic teaching***

Volleyball, as a highly competitive sports event, is highly regarded and loved worldwide. For those who want to become an excellent volleyball player, in addition to improving their technical level, the cultivation of tactical awareness is also very important. In basic teaching, we should pay attention to the

rational penetration of tactical awareness to cultivate students' comprehensive abilities. Passing the ball is a crucial aspect in volleyball matches, and good passing can create the best attacking opportunities for teammates. In basic teaching, we need to teach students the correct passing skills, as well as how to pass the ball reasonably based on the situation on the field and the opponent's defense. Only when students have high passing skills and the ability to flexibly use the ball can they better play a role in the game. Receiving a serve is the beginning of a volleyball game, and a good start can bring a great advantage to the entire game. In basic teaching, we need to teach students how to receive the ball correctly, and focus on cultivating their tactical handling after receiving the ball. For example, when the ball falls far away, students should choose to pass it to their teammates instead of blindly hitting the ball back. This reasonable penetration of tactical awareness can make the team's serve scoring rate higher.

Volleyball is a team sport, and in addition to personal technical proficiency, tactical awareness is also very important. In the basic teaching stage, cultivating students' tactical awareness will play a crucial role in their future matches. Tactical awareness can help players better understand the game situation and make correct judgments. For example, when the opponent serves, the player should choose the receiving strategy based on their position and the direction of the ball: whether to pass to the setter or launch a counterattack directly. This judgment relies on tactical awareness and can only be gradually improved through continuous practice in actual matches. In volleyball matches, tacit cooperation among team members is crucial. Only through the cultivation of tactical awareness can players better understand their role in the tactical system and work closely with teammates to achieve better coordination effects. For example, the position and running route of teammates during attack, as well as the mutual support between players during defense, need to be based on tactical awareness.

Each team has its own characteristics and tactical system, and understanding and analyzing the opponent's tactical intentions can enable players to respond accordingly. This requires players to start paying attention to observation, learning, and thinking during the basic teaching stage, and develop corresponding tactical strategies by analyzing the opponent's strengths and weaknesses. The process of cultivating tactical awareness requires players to constantly think and learn, reflect and adjust their skills and roles. In this process, they will improve their observational, analytical, and decision-making abilities, further enhancing their overall personal qualities.

In volleyball matches, attack is one of the key factors determining victory or defeat. In basic teaching, we need to teach students how to launch attacks correctly, and focus on cultivating them how to choose the best tactical strategy based on the situation on the field during the attack process. Only when students can make reasonable choices based on the opponent's defensive style and the position of their teammates can the overall offensive efficiency of the team be improved. By cultivating students' tactical awareness in passing, receiving, and attacking, they can improve their adaptability and overall level in matches. Only by emphasizing the cultivation of tactical awareness in basic teaching can we cultivate more outstanding volleyball players and contribute to the development of China's volleyball industry.

#### ***4.2. Emphasis on volleyball training and tactical awareness cultivation in practical combat***

In volleyball, in addition to improving technical proficiency and physical fitness, the cultivation of tactical awareness is also very important. If a team lacks tactical awareness, even with good skills, it is difficult to achieve good results in the competition. Therefore, focusing on volleyball training and cultivating tactical awareness in actual combat is crucial for the development of the team. The cultivation of tactical awareness needs to start from training, and coaches and team members should clarify the goals of each training stage and consciously combine the training content with practical combat. In the training of passing and receiving the ball, various tactical exercises can be set up, such as simulating difficult situations in the game, so that players can learn to make correct judgments and reactions based on the situation under pressure and limitations. In offensive training, tactical exercises can be conducted using conditions such as the size of the field and the position of defenders to cultivate players' vision and communication skills. Through such training, team members can better understand and apply tactics in practical combat. In practical combat, team members should be able to quickly adapt and respond to changing situations. The tactics in a game are flexible and often require adjustments and changes based on the opponent's situation. Therefore, team members need to have sharp observation and quick reaction ability. They should be able to accurately assess the opponent's weaknesses and defensive actions, and then use their own strengths to attack. At the same time, it is necessary to maintain communication and cooperation at all times on the field, and achieve tactical execution through communication and tacit understanding.

For volleyball teams, collective tactical awareness is particularly important. Every team member

should understand that personal interests can never override the interests of the team. On the field, team members should be able to put aside their personal thoughts, obey and execute collective tactical arrangements. They should be able to sacrifice their personal glory and honor and work hard for the team's victory. Only when every team member can achieve this can a truly strong team be formed. Emphasis on volleyball training and the cultivation of tactical awareness in actual combat is crucial for the development and improvement of team performance. Through training, team members can learn to make correct judgments and reactions based on the situation; In the competition, they can cope with changing situations and maintain good communication and cooperation; The most important thing is that every team member must understand that personal interests can never override the interests of the team. Only through such cultivation can teams truly unleash their collective strength and achieve excellent results.

#### ***4.3. Pay attention to the close combination of psychological training and tactical training in volleyball teaching***

In volleyball teaching, it is very important to pay attention to the close combination of psychological training and tactical training. Psychological training can help players improve self-confidence, control emotions, and enhance team cohesion, while tactical training can improve players' technical abilities and tactical awareness. Only by combining these two can players' overall level of play be improved. The role of psychological training in volleyball teaching cannot be ignored, as it can enhance players' confidence. In the game, players need to face various challenges and pressures, and only with sufficient confidence can they better cope with these difficulties. Through psychological training, players can develop trust in their own abilities, thereby improving their performance during matches. Emotional fluctuations are common in intense competitions. If players cannot control their emotions well, it will affect the progress of the game. Psychological training can teach players how to adjust their emotions, maintain calmness and focus, and thus improve their performance during matches.

In addition, psychological training can also enhance the cohesion of the team. Volleyball is a team sport, and the success of a team cannot be separated from the tacit understanding and cooperation among all team members. Through psychological training, players can better understand and trust each other, improve communication and collaboration skills, and enhance team cohesion. Only with unity can a team achieve good results in the game. And tactical training is the key to improving players' skills and tactical awareness. Tactical training includes training in attack, defense, passing, and other aspects, aiming to improve players' technical level and ability to cope with various tactics in the game. Through repeated training, players can proficiently master various skills and be able to flexibly apply them in matches. At the same time, tactical training can also cultivate players' tactical awareness, enabling them to correctly judge the situation and make correct decisions in matches.

In practical teaching, psychological training should be combined with tactical training. For example, adding some psychological quality training to tactical training, such as psychological adjustment in the face of pressure during matches, communication during team cooperation, etc. At the same time, some tactical thinking cultivation can also be introduced into psychological training, such as how to make correct decisions based on the competition situation. The close combination of psychological and tactical training is crucial for improving the effectiveness of volleyball teaching. Only by combining these two can players' technical abilities, tactical awareness, and psychological qualities be comprehensively improved, enabling them to achieve better results in matches.

As a sports event that combines strength, speed, skills, and teamwork, volleyball plays an important role in school physical education. However, in addition to cultivating skills and tactics, it is also necessary to focus on cultivating students' sense of perseverance. Perseverance refers to the ability to continuously strive and maintain a positive attitude in the face of difficulties and challenges. In volleyball teaching, cultivating students' sense of perseverance can not only improve their physical fitness, but also help them form correct values and attitudes towards life. Teachers should use positive incentives to stimulate students' interest and confidence in learning, such as setting up group competitions to encourage students to cooperate and achieve success together. At the same time, during the training process, teachers should pay attention to providing positive feedback and affirmation to students, helping them establish self-confidence and persevere.

Volleyball is a collaborative sport that requires the tacit cooperation of all team members to achieve victory. Therefore, in teaching, teachers should encourage students to collaborate with each other, solve problems together, and overcome difficulties. Through group confrontation, students can feel the importance of teamwork and cultivate a sense of perseverance through it. In volleyball matches, students

may face various pressures and setbacks, such as mistakes, failures, and difficulties. Therefore, teachers should guide students to correctly handle these setbacks and difficulties, and help them learn to actively face and respond. For example, teachers can share stories of successful individuals to help students understand that both good and bad times are part of life, and only by persevering and striving can they overcome difficulties.

## 5. Conclusion

In college volleyball training, cultivating tactical awareness is one of the important tasks for the development of athletes. Through solid basic training, learning tactical theory, practical exercises, guidance and guidance from coaches, and the importance of teamwork, athletes can improve their tactical awareness level. In future training, we should continuously summarize experience, optimize training methods, and contribute to cultivating more athletes with excellent tactical awareness in college volleyball.

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