

Teaching And Training Methods Of Volleyball Blocking Technique

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ABSTRACT. *The development of modern volleyball emphasizes more on three-dimensional attack. In such a development trend, the teaching of volleyball blocking technology is very important, and it is very important to analyze the teaching links and training methods pertinently. In this paper, we will focus on the whole teaching process and training methods of volleyball blocking technology, and finally we want to achieve the purpose of flexible application.*

KEYWORDS: *teaching and training methods of volleyball blocking technique*

1. Introduction

1.1. Existing problems

The development of modern volleyball is rapid progress, more emphasis on the development trend of three-dimensional attack, put forward higher requirements for defensive techniques and tactics. In recent years, the development of College Volleyball Championships in the province has also promoted the development of campus volleyball. The volleyball level of colleges and universities has made great progress through the competition, but some problems have also been reflected in the volleyball blocking [1]. The problem of the whole team is that the attack is strong and the defense is weak, and the attack is relatively sharp, but the targeted successful blocking and effective blocking are relatively few, which is what we call strong spear and weak shield. If there is no effective blocking, the back defense will be very difficult.

1.2. Development direction

In the modern volleyball match, the fierce competition on the net is between smashing and blocking. Block is the first line of defense and the first line of attack in volleyball match. On the contrary, it can reduce the pressure of the back row defense, block can disturb and destroy the organization of the attack tactics of the other side, weaken the attack spirit of the other side, shake the confidence of the

other side, and cause psychological threat to the other side. Therefore, the level of blocking directly affects the outcome of the game [2]. The improvement and innovation of blocking technology also plays an important role in promoting the development of volleyball. Through the interpretation of blocking technology, we can easily find a problem. In order to improve the overall strength of the team and the level of the game, it is necessary to improve and innovate the blocking technology teaching and training methods.

2. The present situation of volleyball blocking technology teaching and training

2.1. Volleyball blocking technology teaching

Volleyball is a very important part in school physical education teaching. In volleyball teaching, the proportion of blocking technology teaching is relatively small, and more emphasis is placed on attack teaching and training [3]. The reason for this result is that first of all, it has a lot to do with blocking technology itself, which is less interesting and relatively boring. Second, it focuses on attack but less defense. From the perspective of watching the game, there is a lack of watching, after all, the audience would like to see a match with equal strength and frequent conversion of attack and defense. It's not advisable to emphasize the technique of setting up the ball and neglect the barrier of blocking. It's important to receive the service of the opponent and catch the ball in place, but blocking is the first attack as well as the defense. It's very important to strengthen the teaching of blocking technique in the actual teaching to improve the technique.

2.2. Volleyball blocking technical training

Volleyball blocking training is the normal of each school team. In terms of training content, the time allocated to blocking is also limited. Under the influence of three-dimensional attack as the mainstream, each team emphasizes more on the efficiency of attack, compared with whose attack point is stronger [4]. But in the process of the game, we will find that there are very few effective blocks or blocks, many of which are direct attack scores. This will also give each team a hint when training, as long as we strengthen their own serve, ensure the premise of one pass to strengthen the attack, and give up the barrier of blocking. The last thing we saw was the lack of brilliance in the game. In some rounds, the ball came back and forth because the attack was not strong. This is what the teams lack and need to strengthen in their usual training. Therefore, in summary, the training arrangement of blocking in after-school training is relatively less and lack of pertinence is a prominent problem.

3. Teaching analysis and training methods of volleyball blocking technique

3.1. Teaching analysis of volleyball blocking technique

In the teaching of blocking technology, there are many types, mainly divided into three types. The first type can be divided into blocking back attack, blocking fast attack, blocking strong attack, mobile blocking and in-situ blocking according to the use; the second type can be divided into straight arm blocking, eaves blocking and cap blocking according to the action; the third type can be divided into three blocking, double blocking and single blocking according to the number of people [5]. For the above technologies, we can introduce them from three aspects.

3.1.1. Blocking according to the use is a common way for us at ordinary times, and it is also a teaching content that we attach great importance to in our teaching. Because of its strong pertinence and effectiveness in actual application, it is the focus and difficulty of our teaching. We know that blocking is the first barrier of defense, and also the counter reaction attack. It improves the blocking ability and the overall attack and defense ability of our side. Here are five types of blocking.

(1) When blocking the back attack, the hitting point is relatively backward, the spike sector is relatively wide, and it is difficult for the blocker's hands to contact or approach the ball. Therefore, the blocking difficulty is increased, and the advantages of collective blocking are obvious. The blocker should try to extend upward and block the route. The key to blocking is to grasp the time of jumping and choose the right jumping position. There are usually two types of back attack: strong attack and fast attack. The strong attack block usually takes off with the attacking team members and completes the hand shape. If the other side pulls up too high a curve, it can form a three person block and form an effective block. Fast attack blocking speed should be moderately accelerated, try to jump with the second pass, and quickly judge the direction of attack, to make effective blocking. If the timing control is reasonable and the control of the hand type is good, it will basically form blocking or blocking,

(2) Block fast break, which is slightly different from the fast break in the back row. The position selection, prediction and timing of block should keep up with the rhythm of the other side. Try to jump close to the net as much as possible. When blocking, stretch your hands over the net and get close to the ball, and try to cover it, so that it cannot change the spike route. Because there are many kinds of fast break, such as near body fast ball and short flat fast ball, it is very important to move quickly when blocking. Basically, take off at the same time or earlier. Take the position and grasp the opportunity to make the ball unable to change the route.

(3) To block a strong attack, the competition is absolute strength, because the characteristics of a strong attack are high hitting point, great strength and many changes in the route. Generally, there will be two or three people blocking, and the blocking will be sufficient. There will also be open type fast attack ball, which requires that when blocking, we should keep up with the rhythm and take off time of

the other side, and even take off before the other side and form a stagnant air, making it difficult for the other side to pass the blocking barrier.

(4) Mobile block and in-situ block. Mobile block is a step-by-step or cross step. It can expand the defensive area by moving and taking positions, and achieve the effect of mobile block by stepping forward to the net or blocking at a short and medium distance. The in-situ block is the block that takes off at the same place. It is usually the block method chosen for blocking the other party's time difference. Generally, the prepared block is combined with the foot movement. If the distance is a little longer, it is necessary to use the way of running to form a fast moving block or a group block, and to control your body orientation and hand shape after taking off.

3.1.2. Blocking according to actions is less taught in our teaching, but it is emphasized that blocking technical actions are not as detailed as analysis. First is straight arm block, that is, simply close to the net arm straight, the ball hit in the hand to change the direction of the ball. Next is the eaves type block, which is introduced most in the actual teaching, like the eaves with hands stretched over the ball net. In the end, it's like putting the other side's racket back. It's full of cover and can't get rid of it.

3.1.3. Block according to the number of people. According to the number of people, block by single person, double person and three people. This is not particularly clear, because it is obvious that no matter how many people are blocking, they should block effectively on the basis of the first two blocking methods.

3.2. Training methods of volleyball blocking technique

There are many researches on the training methods of volleyball blocking technology at home and abroad, and there are also fixed training methods and methods, but they are used in school teaching and the proportion of training is relatively small, so it is very necessary to have targeted blocking technology training. Block is made up of several parts, such as preparation, starting, run-up, take-off, landing, etc. Starting is based on the preparation of posture, starting is the start of run-up, if the starting is not timely, it will affect the take-off time. The grasp of the take-off time is one of the difficulties in the teaching of spike. If the teacher's requirements for the students' preparation posture, start-up run-up and take-off exercises are too low, and the arrangement of practice time is too short, and the content is passed by in teaching, it is difficult for the students to start, run-up and take-off in time, and can't make the arm swing action and the position of the ball. At the same time, it will be accompanied by wrong actions, which will directly affect the teaching effect. Let's list some training contents.

3.2.1. Blocking technology by application

(1) in the training of blocking and attacking, it is very important to strengthen the blocking opportunity and blocking position. First of all, in the training, first practice the players to judge the type of attack, usually the fast ball or semi high ball in the

back row is played when the first pass is in place, so the defensive players need to take off in advance to keep up with the rhythm of the other side, and then judge the path of the ball according to the hand type of the other side. Secondly, if it is a strong attack in the back row, it can be started together with the take-off of the other side and form a block of two or three people [7].

(2) block fast attack ball, fast attack is a common means of attack in the game, and there are many ways of fast attack, such as close body fast ball, short flat fast ball, etc. this way of attack is relatively difficult to defend, because the speed is fast and still cover the attack, when blocking, it is easy to form an empty net or a single block, here we will mention the eaves block behind, even If the judgment of single block is right, it will adopt the blocking type of closer to the ball to make the defender's hand closer to the ball, so that the other side cannot change the route. In addition, according to the approach route and take-off position of the spike and grasp the take-off time, we should generally deal with the take-off point of the spike, take off at the same time or earlier with the spike, and stretch our arms to block the route by scoring goals.

(3) Block the strong attack ball. The strong attack is usually the attack point with strong attack ability of the opponent. No matter how high or how fast the line changes, there will be at least two people blocking to block or block the ball. This kind of ball should not be blocked by the cap type as much as possible. The straight arm blocking can be used for the shorter one, and the eave blocking can be used for the higher secondary attack, which is strong To attack the ball, it is required to take a slow high jump, give full play to the height, reach over the opponent's field as far as possible, and expand the effective blocking surface[8].

(4) The footwork of moving block can be summarized as: "the previous step, near parallel step, middle cross, far run" All of them show the application of mobile block method. One step moving is usually the blocking step forward to the front of the net, provided that the braking is done well to avoid touching the net and to ensure the vertical take-off. Close step, lateral movement, easy to take off at any time, block relatively close ball. The middle cross is faster than the parallel step and the moving distance is larger, but the toes of the feet should face the net after landing. Running is usually a large-scale movement, with a long distance and fast speed. With the help of run-up, you can get a higher take-off effect, but you need players to control their body posture after taking off in the air[9].

(5) in situ block, this is a fixed position block, such as time difference or position difference, which needs to fully take off and extend to achieve the final take-off effect, and control the hand shape in the air, select the position, find the take-off time and grasp the other side's exit route.

(6) Some actions of blocking. Preparation position: facing the net, the players closely watch the movement direction of the opponent's players, with their feet parallel to each other, about the same width as the shoulder, with their knees slightly bent, and their hands naturally bent in front of their chest. If you are a tall player, you can raise your head and be ready to jump or move in the direction of movement. Movement: according to different situations, athletes can flexibly use various

moving steps, such as parallel step, step, slide, cross step, running, etc., move the body center of gravity to the general position of the block, and then prepare to take off. Take off: the athlete shall brake immediately after moving to make sure that his body is facing the net and then take off, or turn his body to the net in the air during the take-off process. This action shall be completed quickly. If you start to take off in place, you should start from the block preparation position, and push your feet on the ground with great force, and pull your arms up in a small arc on the side of your body to drive your body to take off vertically. The bending depth of the knee joint can vary from person to person and from ball to ball. Air stroke: players take off after a little belly, try to control the balance. At the same time, the two hands are close to the forehead and parallel to the net, extending along the front and above, so that the two arms are straight, and the two shoulders are raised as much as possible. When blocking, try to extend your hands to the other side as far as possible, close to the ball, naturally open your hands, bend your fingers and wrists, and cover the front and upper part of the ball with strength. When blocking, according to the change of the spike line of the opponent, the two hands are extended to the ball in the air, and the outside palm turns the ball inside when blocking the ball. Landing: the arresting hand falls back to the ground naturally, and knees are bent to cushion when landing. Prepare for the next move after landing.

3.2.2. According to action block and according to the number of people block, there are introductions and explanations in the use[10]. Here is a simple distinction between the types of use. Straight arm block is usually used for relatively short players. Eaves type or cap type is usually used for relatively tall secondary attack and connection. Blocking according to the number of people mainly depends on the speed of the opponent's attack to have a targeted defense, fast single slow more principle. Only when the distinction is clear can it be used flexibly.

(1) According to the action blocking, it can be divided into straight arm blocking, eaves blocking and cap blocking. These three blocking methods are all defense methods for different types of balls. Let's introduce these three blocking methods. First of all, straight arm block is mainly used to deal with the opponent's far net attack and back attack. Straight arm block is usually used for the following two situations. One is that the attacking team members are relatively tall and the attacking points are relatively high. Generally, the ball in this kind of attack usually adopts slow rise and high jump to form an effective block or block the other side's spike to reduce the pressure on the back row defense. Pay attention to that the two arms should not be too open, and adjust their arms according to the changes of the other side's spike. The other is that the blocking team members are not very tall To stop the opponent from attacking the high ground, we need to use this way of blocking. We also need to follow the rhythm of the opponent and the spike line. Secondly, the eaves block is mainly used to block the players whose attack points are obvious to the other side, or a block used in man marking block, which makes the ball refract and bounce back to its own field area on its own arm. When blocking on both sides, pay attention to its left and right arms, form a hand shape that bounces back to the field as much as possible, and control its body and arms To mark people, areas and positions with pertinence, and to avoid leakage as much as possible.

Finally, the block is to reach over the net to the opponent's field, and then let the hand as close to the ball as possible, and try to cover the ball, forcing the opponent to change the attack path. This is used more in the fast ball blocking, because the characteristics of fast attack is to emphasize the fast passing through the net, the attack speed is fast, but the passing point is relatively low, as long as the target is fixed on the block will be basically successful, and the most difficult thing is to catch up with the other side, now some ball teams have evolved a high point fast attack, which requires the block height of the secondary attack to the attack height of the other side .

(2) According to the number of people, block can be divided into three blocks, two blocks and one block. These three blocks are also used to cope with different types of spike. The following three blocks are introduced respectively. First of all, three person block is a way of blocking with a large number of people, and the area where the spike players change their routes is also very small. It can form a three person collective block to show that the blocking points of the other side are relatively short of time for the other side to organize defense, or the other side has paid attention to the other side's habit of distributing the ball and adopted a collective targeted layout block, so as to stop the other side's attack Purpose. Secondly, double block is a part of the commonly used block technical and tactical combination, especially on both sides of the second and fourth positions of the opponent's attack, mainly focusing on the opponent's main attacker and catching the second pass attack, forming a stable defensive formation in the back row. Because the opponent's spike is relatively far away from the net, it is necessary for the blocker to slow up and jump high, or jump together with the other's take-off time, If the opponent's spike is half high or the fast ball is pulled out, the blocker needs to take off in advance. Be sure to see clearly the height arc of the opponent's second pass passing, speed up the pace to follow the step point, control his hand shape in the air, and avoid making the opponent's hitter out of the field. Finally, the single block is a one-to-one confrontation, which is usually used in the fast break of position 3. It is also used in the time difference and position difference of the blocking opponent. Because it is a single block, we will require the players to use the blocking cap type in the action application, so that the arms are closer to the ball, so that the opponent cannot change the smashing route. This technology mainly focuses on people, and in the air to control their own arms, in order to achieve blocking or blocking the attack of the other side.

4. Conclusion

Through the above review, it is not difficult to find that there are many knowledge points to master in blocking technology, and the development of blocking technology in the future will follow the evolution of Volleyball Attack System, and the faster the attack speed is, the faster the blocking follow-up speed will be. In addition to position selection and timing, it will also be more accurate and reasonable in the use of hand shape. In the future, higher requirements will be put forward for volleyball blocking, which will play a positive role in promoting the

teaching and training of volleyball blocking technology in the future. I believe that the development of future technology will make blocking more targeted, more sophisticated and more conducive to our summary.

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