

# Exploration of Teaching and Training Methods for College Volleyball Based on Competition Mode

Yiwei Jiao

Central University of Finance and Economics, Beijing, 100081, China  
jiaoyiwei@cufe.edu.cn

**Abstract:** This article takes the competition mode as the starting point to explore the innovation and reform of volleyball teaching and training methods in universities. Firstly, the current volleyball teaching and training situation in Chinese universities was analyzed, revealing the existing problems and challenges and looking forward to the development trend. Secondly, the theoretical basis of volleyball teaching and training under the competition mode was elaborated, including the characteristics of the competition mode, the basic principles of volleyball teaching and training, and the relationship between the competition mode and volleyball teaching and training. On this basis, a competition-based teaching and training method for college volleyball was designed, including teaching objectives and content settings, teaching methods and strategies, and training methods and evaluation systems. At the same time, through the analysis of practical teaching cases, the effectiveness of teaching and training plans based on competition mode was evaluated, and corresponding countermeasures were proposed for the problems existing in practice. Finally, measures for ensuring the learning and training of volleyball in universities based on competition models were presented, including the construction of teaching staff, guarantee of facilities and equipment, and inter-school communication and cooperation. The research conclusion of this article has important theoretical and practical significance for the reform of volleyball teaching and training in Chinese universities, which helps to improve the quality of volleyball teaching and training and cultivate competitive volleyball talents.

**Keywords:** Competition mode; College volleyball; Teaching and training; Method design; Safeguard measures

## 1. Introduction

With the deepening of education reform in our country, physical education in universities is gradually shifting from traditional teaching models to modern education models that focus on student-centeredness, cultivate sports interests and hobbies, and improve students' physical fitness and athletic abilities. As a traditionally advantageous sport in China, volleyball is essential in university physical education. How to use competition mode to improve the quality of volleyball teaching and training in universities and cultivate competitive volleyball talents has become the focus for current volleyball educators in universities.<sup>[1]</sup>

## 2. Overview of Volleyball Teaching and Training in 2 Universities

### 2.1. Current situation of volleyball teaching and training in universities

With the country's increasing emphasis on physical education, volleyball has received more and more attention in universities. Many universities have opened volleyball courses, providing students opportunities to learn volleyball. With the support of the government and various sectors of society, some volleyball facilities in universities have been improved, providing better conditions for volleyball teaching and training. In some universities, volleyball clubs and school teams are more active, and students have a higher enthusiasm for participating in volleyball sports, which helps to improve the quality of volleyball teaching and training. However, in some universities, the education and training of volleyball are relatively limited, lacking targeted and innovative content, which can easily lead to insufficient interest and even resistance towards volleyball among students. Some universities still use traditional teaching methods in volleyball teaching and training, such as teacher demonstration and student imitation, which can easily lead to low student participation and poor teaching effectiveness. Due

to various reasons, the time for volleyball teaching and training in universities is often limited, which makes it difficult for students to master the basic skills and tactics of volleyball in a short period. In volleyball education in Chinese universities, some coaches need more professional knowledge and teaching experience, significantly impacting volleyball teaching and training. Some universities need more resources, such as venues and equipment for volleyball teaching and training, which brings great difficulties to volleyball teaching and training.

## **2.2. Existing problems and challenges**

The teaching content must be more varied, requiring more specificity and innovation. In the current volleyball teaching and training in universities, many teachers focus too much on imparting essential skills and pay attention to cultivating students' abilities and interests. This teaching method can easily lead to students needing more interest in volleyball and even developing resistance. The teaching methods are too traditional, and the active participation of students needs to be higher. Many universities still use more conventional teaching methods in volleyball teaching and training, such as teacher demonstration and student imitation. This teaching method can easily lead to low student participation and poor teaching effectiveness. There is a need for more training time and practical opportunities for students. Due to various reasons, the time for volleyball teaching and training in universities is often limited, which makes it difficult for students to master the basic skills and tactics of volleyball in a short period. The level of teaching staff varies greatly. In volleyball education in Chinese universities, some coaches need more professional knowledge and teaching experience, which significantly impacts volleyball teaching and training.<sup>[2]</sup>The allocation of teaching resources is unreasonable, and some universities need more necessary resources, such as venues and equipment for volleyball teaching and training, which brings great difficulties to volleyball teaching and training. The volleyball foundation of students varies greatly, and there are significant differences in their volleyball foundation in universities, which poses substantial challenges to education and training. The cultural atmosphere of volleyball needs to be improved. In some universities, the popularity of volleyball is low, and the cultural atmosphere of volleyball needs to be improved, which brings great difficulties to volleyball teaching and training. The volleyball competition system could be better. In the current university volleyball competition, there are problems in competition organization and referee level, which have a significant impact on volleyball teaching and training.

## **2.3. Development Trends**

With the deepening of education reform and the continuous development of sports in our country, future volleyball teaching and training in universities will pay more attention to individual differences among students, implement differentiated instruction, and make teaching content more diverse to meet the needs of different students. Introducing modern educational technology, volleyball teaching, and training in universities will pay more attention to combining modern educational technology, multimedia, networks, and other means to improve teaching effectiveness. Strengthening inter-school communication and cooperation in future volleyball teaching and training in universities will strengthen inter-school communication and collaboration, broaden students' competitive platforms, and improve their competitiveness. To enhance the overall group of the teaching staff, university volleyball educators will pay more attention to improving the general level of the teaching staff, promoting the combination of teaching and research, and adapting to the development needs of volleyball teaching and training. By optimizing the allocation of teaching resources,<sup>[3]</sup>universities will pay more attention to optimizing volleyball teaching resources, improving teaching quality, and providing better student learning conditions. University volleyball teaching and training will pay more attention to developing competitive volleyball talents and contribute to the sustainable development of the national volleyball industry to increase volleyball competitive ability.

## **3. Theoretical Foundation of Volleyball Teaching and Training under Three Competition Models**

### **3.1. Characteristics of Competition Mode**

The competition mode, as a challenging and competitive teaching and training method, has the following characteristics: firstly, the competition mode has high practicality, which can effectively exercise students' practical operation ability, enabling them to master the basic skills and tactics of volleyball in practice; Secondly, the competition mode has strong competitiveness, which can stimulate

students' potential, cultivate their competitive awareness and teamwork ability; Furthermore, the competition mode has a high degree of pertinence, which can develop targeted teaching and training plans based on the characteristics and needs of students, and improve the effectiveness of education and training; In addition, the competition mode has a high degree of comprehensiveness, which can comprehensively examine students' physiological, psychological, technical, tactical, physical and other qualities, and cultivate competitive volleyball talents; Finally, the competition mode has a high degree of innovation, which can stimulate students' innovative awareness and ability, enabling them to flexibly apply and innovate on the basis of mastering the basic skills and tactics of volleyball. In short, the competition mode has high application value in volleyball teaching and training, which can effectively improve the quality of education and training and cultivate competitive volleyball talents.

### ***3.2. Basic Principles of Volleyball Teaching and Training***

The basic principles of volleyball teaching and training include systematic principles, individual differences principles, practical principles, innovative principles, scientific principles, targeted principles, cooperative principles, and sustainable principles. These principles require us to comprehensively consider various factors, such as students' physiological, psychological, technical, tactical, and physical abilities, when conducting volleyball teaching and training and to develop a scientific and reasonable teaching and exercise plan to ensure coordination and unity among various links. At the same time, we should fully pay attention to individual differences among students, teach according to their aptitude, and enable each student to improve their foundation. In the process of teaching and training, we should pay attention to cultivating students' practical operation ability, competitive consciousness,<sup>[4]</sup>team collaboration ability, innovation consciousness, and innovation ability to follow the laws of education and teaching using scientific teaching and training methods, and improve the quality of teaching and training. In addition, we also need to pay attention to students' long-term development so that they can develop good habits in volleyball and lay a solid foundation for their future life and work. In short, the basic principles of volleyball teaching and training provide us with helpful guidance, which helps to improve the quality of education and training and cultivate competitive volleyball talents.

### ***3.3. The Relationship between Competition Mode and Volleyball Teaching and Training***

The competition mode is closely related to volleyball teaching and training, and there is a specific connection between them. Firstly, the competition mode can serve as an effective means of volleyball teaching and training. By simulating real competition situations, students can master basic volleyball skills and tactics in practice and improve their practical operational abilities. The competition mode can stimulate students' potential and cultivate their competitive awareness and teamwork ability, enhancing the quality of volleyball teaching and training. The competition mode can serve as an essential way to test the results of volleyball teaching and training. Through the competition results, we can understand students' learning effectiveness and adjust the teaching and training plan and methods. In addition, the competition mode can also stimulate students' innovative awareness and ability, enabling them to apply and innovate flexibly based on mastering basic volleyball skills and tactics. The competition mode can also promote interaction and communication between teachers and students, enabling teachers better to understand students' learning needs and psychological conditions, thereby guiding students in volleyball teaching and training. There is a close relationship between the competition mode and volleyball teaching and training, as they mutually promote and influence each other, jointly improving the quality of volleyball teaching and training.

## **4. Design of Teaching and Training Methods for College Volleyball Based on Competition Mode**

### ***4.1. Teaching objectives and content setting***

Teaching objective: The design of university volleyball teaching and training methods based on competition mode should aim to cultivate students' comprehensive qualities, including mastering basic volleyball skills, accumulating competition experience, acquiring psychological qualities, and improving team collaboration abilities.<sup>[5]</sup>

Teaching content: The design of university volleyball teaching and training methods based on competition mode should mainly focus on competition rules, basic skills, tactical application, psychological quality, team cooperation, and other aspects of teaching content.

Teaching methods: In the teaching process, multiple methods should be adopted, such as explanation and demonstration, group exercises, simulated competitions, etc., to stimulate students' interest in learning and improve teaching effectiveness.

Teaching methods: In the teaching process, modern educational technology should be fully utilized, such as multimedia teaching, online teaching, etc., to enrich teaching methods and improve teaching effectiveness.

Teaching evaluation: The design of university volleyball teaching and training methods based on competition mode should pay attention to the objectivity and impartiality of teaching evaluation and comprehensively evaluate the learning effectiveness of students through competition results, technical evaluation, student self-evaluation, and other methods.

Teaching feedback: In the teaching process, timely collection of student learning feedback should be carried out, and teaching methods and content should be adjusted to improve teaching effectiveness.

#### ***4.2. Teaching methods and strategies***

The design of volleyball teaching and training methods in universities based on competition mode requires various teaching methods and strategies to improve teaching effectiveness. Firstly, teachers need to demonstrate correct technical movements by explaining the basic rules, technical essentials, and tactical applications of volleyball so that students can understand the basic knowledge of volleyball and master essential skills. Divide students into several small groups for targeted exercises to master the basic skills and tactics of volleyball in practice and improve their practical operational abilities. Students can exercise their psychological qualities by simulating competition situations, cultivating teamwork skills, and enhancing their competition experience. Evaluate the technical performance of students in competitions, provide feedback on their learning outcomes, help them understand their strengths and weaknesses, and adjust their learning methods to improve learning outcomes. Secondly, psychological counseling should be provided for students to address their psychological issues during competitions, helping them build confidence, strengthen their psychological quality, and cultivate a good psychological state. Utilize online teaching resources, such as online videos and teaching courseware, to enrich teaching methods and improve teaching effectiveness. Organize students to participate in inter-school volleyball competitions, broaden their competitive platforms, and enhance their athletic level. Finally, regular volleyball teaching training should be provided to teachers to improve their professional status and promote improving teaching methods. The design of volleyball teaching and training methods in universities based on competition mode requires various teaching methods and strategies to enhance teaching effectiveness. Teachers should flexibly apply multiple teaching methods and techniques based on the actual situation of students, stimulate their interest in learning, and improve teaching effectiveness.<sup>[6]</sup>

#### ***4.3. Training Methods and Evaluation System***

The design of volleyball teaching and training methods in universities based on competition models requires attention to improving training methods and evaluation systems. Regarding training methods, various forms such as explanation and demonstration, group exercises, and simulated competitions should stimulate students' interest in learning and improve teaching effectiveness. At the same time, make full use of modern educational technology, such as multimedia teaching, online teaching, etc., to enrich teaching methods and improve teaching effectiveness. In addition, organizing students to participate in inter-school volleyball competitions, expanding their competitive platforms, and improving their athletic level. In terms of the evaluation system, emphasis should be placed on the objectivity and impartiality of teaching evaluation, and a comprehensive assessment of students' learning effectiveness should be carried out through methods such as competition results, technical evaluation, and student self-evaluation. At the same time, collecting student learning feedback promptly and adjusting teaching methods, teaching content, etc., is necessary to improve teaching effectiveness.

### **5. Exploration of Teaching and Training Practice of College Volleyball Based on Competition Mode**

#### ***5.1. Analysis of practical teaching cases***

In the volleyball teaching and training practice of Sichuan universities, teachers first set teaching

objectives and content settings based on the actual situation of students. The teaching objectives mainly include mastering the basic skills of volleyball, improving competition experience, and cultivating psychological qualities and teamwork abilities. The teaching content mainly includes basic volleyball rules, technical essentials, tactical application, psychological quality, team collaboration, and other aspects.

Regarding teaching methods and strategies, teachers have adopted various forms such as explanation and demonstration, group exercises, and simulated competitions. In the demonstration section, the teacher explains the basic rules, technical essentials, tactical applications, and other volleyball knowledge to demonstrate correct technical movements, enabling students to understand the basic knowledge of volleyball and master essential skills. In the group practice session, the teacher divides students into small groups for targeted exercises, enabling them to master volleyball's basic skills and tactics in practice and improve their practical operational abilities.<sup>[7]</sup>In the simulation competition stage, the teacher simulates the competition situation to help students exercise their psychological qualities, cultivate teamwork skills, and improve their competition experience.

In terms of training methods and evaluation systems, teachers pay attention to improving training methods and evaluation systems. In terms of training methods, teachers use modern educational technologies such as multimedia teaching and online teaching to enrich teaching methods and improve teaching effectiveness. In terms of the evaluation system, teachers pay attention to the objectivity and impartiality of teaching evaluation and comprehensively evaluate students' learning effectiveness through methods such as competition results, technical evaluation, and student self-evaluation. In practical teaching, teachers found that students had good learning outcomes and achieved teaching objectives. At the same time, teachers also adjust teaching methods and content based on student learning feedback to improve teaching effectiveness.

### **5.2. Evaluation of practical teaching effectiveness**

**Student Skills Mastery:** Teachers need to evaluate students' mastery of basic volleyball skills, competition experience, psychological quality, and teamwork ability. At the same time, teachers need to measure students' level of technical progress through indicators such as technical evaluation and competition results.

**Student interest and participation in volleyball teaching and training:** To evaluate students' interest and involvement in volleyball teaching and training, questionnaire surveys, interviews, and other methods can be used to understand their satisfaction and interest in volleyball teaching and training.

**Student psychological quality and team collaboration ability:** Teachers can evaluate the psychological qualities and teamwork abilities developed by students in volleyball teaching and training through psychological tests, team collaboration activities, and other methods, and understand their performance in this area.

**Teacher's teaching level and teaching methods:** Evaluating a teacher's teaching level and teaching methods in volleyball teaching and training can be achieved through teacher training, teaching evaluation, and other ways to understand the teacher's professional status, teaching methods, and other aspects of performance.

**Teaching resources and evaluation system:** Evaluating the completeness of teaching resources and evaluation system can be achieved through the performance of teaching facilities, teaching methods, evaluation system, and other aspects to understand the effectiveness of teaching resources and evaluation system.<sup>[8]</sup>

### **5.3. Problems and Countermeasures in Practical Teaching**

In the practice of volleyball teaching and training in universities based on competition mode, although specific results have been achieved, some things could still be improved. In response to the crisis of students' insufficient mastery of skills, teachers should strengthen their technical guidance and adopt various teaching methods, such as explanation and demonstration, group exercises, etc., to help students master the basic skills of volleyball. In response to the problem of insufficient student interest and participation in learning, teachers should create rich teaching scenarios to stimulate students' learning interests and improve their involvement. In response to the problem of insufficient psychological quality and team collaboration ability of students, teachers should pay attention to cultivating their psychological quality and team collaboration ability through psychological counseling, team collaboration activities,

and other methods. In response to the problem of insufficient teaching levels and modes, teachers should actively participate in teacher training, improve their teaching level, adopt scientific practices, and improve teaching effectiveness. In response to the problem of insufficient teaching resources and evaluation systems, schools should increase support for volleyball teaching, improve teaching resources and evaluation systems, and enhance teaching effectiveness.

## **6. Guarantee Measures for College Volleyball Teaching and Training Based on Competition Mode**

### **6.1. Construction of teaching staff**

To ensure the effective implementation of competition-based volleyball teaching and training in universities, it is first necessary to strengthen the construction of the teaching staff. Schools need to improve the professional level of teachers, organize their participation in volleyball teaching and training, enhance their professional knowledge and skills, and better guide students in volleyball teaching and training. At the same time, schools can introduce volleyball professionals with rich experience and skills in volleyball teaching, and strengthen the construction of the school's volleyball teaching team. Schools also need to optimize their teacher structure, focusing on optimizing the age, education level, professional titles, and other aspects of the teaching staff to form a reasonable talent pool. In addition, schools need to establish a teacher incentive mechanism and an affordable teacher performance evaluation system to motivate teachers to improve their quality and continuously improve teaching effectiveness. Finally, schools need to strengthen teacher professional ethics education, cultivate professional ethics of dedication, love for students, rigor, and innovation, and improve the overall quality of the teaching staff.<sup>[9]</sup>

### **6.2. Facility and Equipment Guarantee**

To ensure the effective implementation of volleyball teaching and training in universities based on competition mode, it is also necessary to strengthen the guarantee of facilities and equipment. Schools need to improve volleyball facilities, ensure the integrity and good utilization of volleyball facilities, and provide good venue conditions for volleyball teaching and training. At the same time, schools need to update teaching equipment and timely update volleyball teaching equipment, such as volleyball, tennis nets, referee equipment, etc., to improve the quality and effectiveness of teaching and training. In addition, schools need to optimize teaching resources, collect and organize volleyball textbooks, such as teaching courseware, videos, etc., enrich teaching resources, and improve teaching effectiveness. Schools need to strengthen the maintenance and upkeep of facilities and equipment, regularly maintain and upkeep volleyball court facilities and teaching equipment to ensure their daily use. Schools can improve the utilization rate of facilities and equipment, fully utilize volleyball court facilities and teaching equipment, and improve the efficiency of facility and equipment utilization.

### **6.3. Inter school Exchange and Cooperation**

To ensure the effective implementation of competition-based volleyball teaching and training in universities, it is also necessary to strengthen inter-school communication and cooperation. Schools can regularly organize inter school volleyball competitions, broaden student competition platforms, and improve student competitiveness. Schools can also organize teachers to participate in inter school volleyball teaching exchange activities, learn from each other's strengths and weaknesses, and improve the level of volleyball teaching.<sup>[10]</sup> In addition, schools can hire volleyball coaches from other schools to guide volleyball teaching and improve the level of volleyball teaching in schools. Schools need to establish cooperative relationships with other schools in volleyball teaching, jointly carry out volleyball teaching research, and improve the level of volleyball teaching. Schools need to encourage students to participate in inter school volleyball competitions and exchange activities, in order to improve their competitiveness and overall quality. Schools can also build a volleyball teaching resource sharing platform to achieve the sharing and exchange of volleyball teaching resources, and improve the level of volleyball teaching.

## **7. Conclusion**

Exploring university volleyball teaching and training methods based on competition mode aims to improve the quality of university volleyball teaching and training through competition mode and cultivate competitive volleyball talents. In practical teaching, the competition mode can effectively stimulate

students' interest in learning, improve their practical operation ability, and cultivate their psychological quality and teamwork ability. At the same time, the competition mode can also serve as an essential way to test the results of volleyball teaching and training. Through the competition results, we can understand students' learning effectiveness and adjust teaching and training plans and methods. The volleyball teaching and training methods based on competition mode in universities have high application value, which helps to improve the quality of teaching and training and cultivate competitive volleyball talents. In future teaching practice, we will continue to explore and improve the teaching and training methods of university volleyball based on competition mode, making more significant contributions to improving the level of volleyball teaching in Chinese universities.

## References

- [1] Yan Faquan. *Research on the Current Situation of Volleyball Sports in Colleges and Universities in Shanghai Campus Volleyball League Contemporary Sports Technology*[J], 2023, 13 (19): 191-194.
- [2] Gong Yuhao. *A Study on the Factors Influencing the Construction of Volleyball Teams in Hainan Province's Universities from the Perspective of Sports and Education Integration* [D]. Hainan Normal University, 2023.
- [3] Zhang Xipeng, Qiao Fufeng. *On the Application of Mutual Aid Teaching Method in Volleyball Teaching in Universities* [J]. *Sports Perspective*, 2020, (12): 73-74.
- [4] Yu Yaguang. *The integrated development path of Volleyball Teaching in universities and cultivating students' core competencies Research on Innovation in Ice and Snow Sports*[J],2020, (09): 55-56.
- [5] Li Yi. *Research on the Teaching Model of Air Volleyball in Universities* [J] *Yellow River, Loess, Huangzhong People*, 2020, (05): 53-54.
- [6] Liu Gang, Fang Di. *The Application of Happy Sports Teaching Method in Volleyball Teaching in Universities* [J]. *Technology Information*, 2019, 17 (11): 110-111.
- [7] Bi BO. *Exploration of Introducing Club Model into Volleyball Teaching in Universities in Lanzhou City* [D]. Northwest Normal University, 2017.
- [8] Liu Guangyi. *The Value and Significance of Integrating the Spirit of Women's Volleyball into College Volleyball Teaching* [D]. Hebei Normal University, 2016.
- [9] Zheng Xin. *The application of competition teaching method in volleyball classes in universities* [J]. *Liaoning Sports Technology*, 2006, (01): 84+86.
- [10] Yue Yuande, Zhou Ye. *An Analysis of the Status and Role of Soft Volleyball in College Physical Education Teaching* [J]. *Sichuan Sports Science*, 2004, (03): 134-135.