

The ingenious application of volleyball game in volleyball teaching and training

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ABSTRACT. *Volleyball is familiar to people, and China's volleyball is also very famous in the world. In volleyball teaching and training, volleyball games are indispensable. They are suitable for students' physical and mental development. In specific training, volleyball games can stimulate students' learning enthusiasm continuously. And students also can master some volleyball skills scientifically through them. This article is mainly to explain and analyze the application of volleyball games in volleyball teaching, hoping to provide references for relevant volleyball trainers.*

KEYWORDS: *Volleyball games; Teaching; Training; Application*

1. Research methods

Documentation method. Through consulting relevant literatures in recent years, and collecting relevant information through books, networks, etc., I will summarize them in this paper.

2. Introduction of Volleyball Game

Volleyball is a kind of competitive ball game, which has received much attention from the sports circles both at home and abroad. Volleyball games are commonly used in volleyball training. They integrate fun and antagonism, playing an important role in promoting both technology and tactics. Volleyball games have certain types, which need scientific ways in the application process. The games also have rules. Judging from the types of volleyball games, they can be divided into the following aspects:

The first type of the games is to improve flexibility. Mainly includes “the big fish net”, “the head crotch passes the ball”, “throws the ball to shout the number”, “imitates chases after fleeing” and so on. These game forms mainly carry on the training to the student's nimbleness, and the effect is very obvious. The second type is to train speed ability. From this aspect, the main volleyball games are “snatching

the ball for ratification”, “watermelon flying in the air”, “sticking to one side” and “receiving the rebound ball”. These games are designed to improve the reaction speed of students and play an important role in volleyball training and teaching. The third type is to improve the past and familiarity. Specifically, the forms of the game include “passing through the fire net”, “pointing holes to solve holes”, “hitting bottles”, “small hand ball competition” and so on. Through such game training, the trainees will be more familiar with volleyball and they can quickly leap over from the new trainees' level to the proficiency stage. And the fourth type is to improve basic skills, which includes passing relay, autobiographical self-cushion, seeing who picks more, snowballing, etc. The application time and duration of these volleyball game forms in volleyball training are relatively long, because it is a long-term process for students to improve their basic skills, and it requires continuous and repeated practice to see obvious effects. In addition, there are many types of volleyball games, mainly to improve students' mastery of volleyball skills and gradually achieve proficiency.

3. Analysis of the characteristics of volleyball games

3.1 Interest

Volleyball itself has certain dullness. However, by using the volleyball games, the rules will be simplified, and the requirement level will show a downward trend. It will be easier for students and teachers in the actual training, and they will be handy in every action. This is the embodiment of the interest of volleyball games. Students will be more interested in volleyball from the training activities. Also, they can improve their physical quality and master skills.

3.2 Education

Volleyball games can keep students in a relatively exciting and relaxing state. A good mood can improve learning efficiency. When training new movements, the use of volleyball games can help students master the essentials of movements and understand the essence of volleyball skills. At the same time, students can have a deeper understanding of the role of teamwork. And they can improve their confidence and courage greatly. That is the embodiment of volleyball game education.

3.3 Pertinence

Volleyball games can be divided into different types according to purposes, which require teachers to choose different types of games in different training. If teachers use volleyball games at random, it will not be helpful. Instead, students may resist to volleyball games. Therefore, the volleyball games have pertinence. Different types of games can make different effects.

4. The role of volleyball games

4.1 Stimulate Interest and Enthusiasm

In the specific volleyball training practice, students need to repeat the movements constantly to master the essence and improve their skills. However, repetition of the same movements can easily feel bored for students. Over time, students' resistance gradually increases, which may lead to the exclusion of volleyball. Especially for younger students, who are active and interested in the new things. And it will reduce students' enthusiasm for learning. In addition, each student has different personalities and different interests. Therefore, teachers can use volleyball games when teaching volleyball movements, which is the main way to enhance students' interest in learning and enthusiasm for participation. Teaching through fun can be a good way to improve students' volleyball skills.

4.2 Eliminate Conflicts and Strengthen Skills

The reason why volleyball can be involved in the competition is that volleyball can not only keep fit, some skills also be compared. Volleyball skills include quite a few high difficulty and intensity movements. Many students can hardly finish the training if their comprehension ability is not strong or the training times are few. Therefore, in the actual training, some students will naturally have some fear and resistance when they encounter difficult movements. This kind of psychological phenomenon will directly affect the enthusiasm of students and the quality of volleyball courses. In the process of training, teachers can integrate volleyball's difficult movements into the game, which makes the training process more entertaining and can greatly reduce students' inner resistance. Through simple and entertaining games, students can have a more accurate understanding of some volleyball movements. The difficulty of movements will be reduced during training. Students will unconsciously increase the number of exercises due to their devotion, which also strengthens their volleyball skills.

4.3 Unity and Cooperation to Improve Quality

The new curriculum reform is in full swing. Under the background of the new curriculum reform, people pay more and more attention to quality education. Physical education is also an important way to improve students' quality and morality. Volleyball teaching requires team members to cooperate and trust each other. Each team member has the duty to actively participate and exert himself. Adding the volleyball game is more helpful for everyone to give full play to its own value for the team, especially in the process of competition. Each member has a common goal, which is to make good grades. Therefore, the training and competition will improve the sense of honor and cohesion among the team members. It can be seen that playing volleyball depends on the unity and mutual assistance of the players. In the training, we should also display perseverance and perseverance,

and have a strong sense of competition.

5. Analysis of application principles of Volleyball Games

5.1 Security

Volleyball games can be regarded as an auxiliary form to promote students to master volleyball skills. There are some unsafe factors in practical application. However, the safety of volleyball games is often neglected. In the specific practice training, coaches and students often pay more attention to volleyball movements and skills. In the competition, they attach more importance to the result rather than the safety. Therefore, in order to ensure the safety of training, coaches will improve the safety when designing volleyball games. At the same time, making corresponding protective measures help volleyball games and volleyball training can be carried out in a safe environment. Furthermore, it can improve the efficiency of training.

5.2 Health

The so-called health refers to whether volleyball games can be designed from students' physical and mental health. In general, volleyball games are often neglected in the process of assisting volleyball training. The ultimate goal of the game is to provide services. Therefore, the design of volleyball games should be reasonably arranged. The design should be hierarchical, and the degree of difficulty is different to some extent, so as to adapt to different types and different age groups of students. Only when the contents and forms of volleyball games reach a certain level of health, can the quality of volleyball teaching be fundamentally improved and the teaching objectives are achieved.

5.3 Summing up

The mastery of volleyball technology is divided into different stages. In actual training, teachers should make a comprehensive summary after each volleyball game, so that feedback can be given the first time. Through the evaluation assessment and summative assessment, students can understand the essence of volleyball games and summarize their own mastery. If people only have training but no summary, the application of volleyball games will not achieve the expected effect. Obviously, in the actual training, students and teachers should be good at communicating and thinking, so as to achieve common progress.

6. The actual use of volleyball games

6.1 Application in Preparation

Volleyball teaching can be divided into different links. Each link has its own

importance and is of great significance to the whole volleyball training. As for preparation, it is the key link of teaching activities. For the overall quality of volleyball training and teaching, the preparation stage plays the most direct role. Therefore, the adequacy of preparatory activities is the key to improve the quality of teaching and training. Specifically, the preparation work before volleyball training includes warm-up exercises such as jogging and marching exercises. Moreover, these activities have been repeatedly applied in training and have become a relatively fixed form of activity. However, these preparatory activities are not different from traditional preparatory activities, and young students are not interested in such preparatory activities. If students cannot improve their interest in preparation activities, they will certainly not be able to actively participate in the following training. In order to catch the students' interest, the teachers actively quote volleyball games. Among them, the most common ones are passing the ball to each other, avoiding hitting the ball and playing volleyball in the form of “sticking plaster”. In order to guide students to improve their comprehensive quality, training forms such as “grounder, self-throwing” can be adopted. Only by making good preparations before class can students put their energy into the study of volleyball training.

6.2 Application in Skill Learning

For volleyball teaching, the ultimate teaching purpose is to enable students to master volleyball skills scientifically and reach proficiency. Therefore, make reasonable use of volleyball games, change the traditional monotonous and boring training methods, and add some innovative contents on the premise of improving students' interest in training. Let volleyball training and teaching activities become more abundant and finally form a relatively efficient volleyball teaching class. In specific training, coaches can apply volleyball game types such as “Yu gong yi shan” and “jump pass” to the training. In this way, the learning of volleyball skills will be interesting to a certain extent, the interest of students will be improved, and all efforts will be put into the learning of volleyball movements and skills. In addition, teachers should set up volleyball games according to the characteristics of students and the provisions of teaching objectives, so as to combine theory with practice and enable students to master volleyball skills faster and more firmly.

6.3 Application in Physical Fitness Training

The new curriculum reform advocates the reform of classroom teaching forms in various subjects, of which the physical education class also involves the reform, especially the reform of various ball games. The traditional teaching methods also have been effectively improved. The form of training is no longer monotonous, and the fun in training is increasing, greatly enhancing the enthusiasm of students in training. In the training of students' physical quality, teachers have incorporated many innovative elements. Among them, volleyball game is a common training form to enhance students' training passion. Students' enthusiasm for training will be

enhanced if they are highly excited during training. The main forms of quality training can be shown in the following aspects: in leg training, teachers can adopt “frog leaping relay”, “standing long jump” and other forms; in the process of training the strength of students' limbs, teachers can integrate the game type of “pushing a car” into the training. In addition, in the process of improving students' training sensitivity, the main type of game used by teachers is “beating rabbits”. Different types of volleyball games are adopted according to different training forms, which not only improve students' physical quality, but also enhance their enthusiasm for training.

6.4 Application in Competition

Volleyball training ultimately makes it impossible to directly evaluate students' learning effect without comparison and contrast in order to improve students' mastery of volleyball skills. Therefore, teachers will take certain volleyball matches after the teaching has reached a certain stage or after all the courses have been completed. Match means competition, and the competition in volleyball matches will be more intense. Students will inevitably have certain anxiety and tension before participating in the competition. In order to relieve the students' nervousness, teachers can integrate the corresponding volleyball games into the volleyball matches so that the students can relax their mentality and enhance their self-confidence. In the service match, the teacher can arrange the team in a “Hui” shape, with half of the court as the baseline and the two-meter area as the fixed point, forming a “Hui” shape. Each student has the opportunity to serve five times. If the volleyball falls outside this area, it is a failure to serve and the score is zero. If it falls in the small mouth area of “Hui”, they will get one score. If it falls completely into the “Hui” area, they will get two scores. Until the end of the match, the group that with more scores win. This kind of competition method can improve students' enthusiasm to some extent. At the same time can improve the actual effect of volleyball teaching. The most important thing is that this kind of competition can reduce students' nervousness, let students gradually adapt to regular volleyball matches, and form scientific competition psychology.

7. Conclusion

To sum up, the application of volleyball games in volleyball teaching is an innovation and improvement of traditional training methods, which not only breaks the shackles of traditional training methods, but also can promote the value of students' personality. Most importantly, the use of volleyball games has improved the efficiency of volleyball teaching. Therefore, in the future of volleyball training, game designers should strengthen the research on volleyball games and constantly apply innovative factors to the games. In actual training, teachers should give full play to the role of volleyball games in preparation, learning, quality improvement and competition according to the safety, healthy practice and summative characteristics of volleyball games application. On the premise of creating a good

training range, teachers should improve students' mastery of volleyball skills.

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