

Study on Innovative Development of Volleyball Training in Universities

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Abstract—The earliest volleyball is produced in the United States in 1895, about introduced to China in 1905. As a project that combines morality, intelligence, and comprehensive promotion, it is deeply loved by the public. Especially after the women's volleyball team in China won the World Cup, the World Championships and the Olympic Games, the volleyball sports ushered in the peak of development. Volleyball in the arena is the pride of the Chinese people. Volleyball is a combination of entertainment, leisure and fitness. It is a net-free confrontation, moderate in strength, and not easy to be injured. It can not only improve the physical quality of students in all aspects of the body, but also promote students' intellectual level and cultivate team spirit. A sport, so volleyball is also a sport that is popular among students in school. With the development of the times, the innovation of volleyball training has also attracted much attention. Therefore, this paper starts from the innovation of volleyball training, discusses the current situation of volleyball, and proposes effective innovative methods to improve volleyball training.

Keywords—Colleges and universities, Volleyball training, Innovation and development

I. INTRODUCTION

There are still some problems in the training of volleyball sports in our country at this stage. Through the review and analysis of related materials, the author summarizes these issues as follows: First, the volleyball training method is relatively simple. Volleyball training in colleges and universities mainly uses teacher's teaching as the main mode. Teachers are only responsible for teaching students how to play well. Volleyball. Afterwards, I will give a demonstration in person and allow students to practice freely. This model is difficult for beginners who have not received systematic training to master volleyball skills. Second, student participation Volleyball training does not have too high enthusiasm. In the present stage of volleyball training activities in colleges and universities in China, teachers occupy an active position, while students only passively learn, rarely participate in training activities, and the training mode is also a student. Self-training, in turn, results in less active student motivation for volleyball, and the effectiveness of volleyball training classes is not ideal. Third, classroom atmosphere is not good, students are not highly involved in training activities, and cannot be content of the classroom. Interest has been generated, which is unfavorable for the development of volleyball training. In summary, the innovative development of volleyball training in colleges and universities in China is imperative.

II. THE STUDY OF THE MAIN FACTORS AFFECTING THE DEVELOPMENT OF UNIVERSITIES VOLLEYBALL

A. Sports Characteristics

What kind of sports can arouse people's interest in participating in the game. When people choose to participate in sports, the first thing to consider is whether the characteristics of sports suit themselves and whether the function of sports meets their sports value orientation. Each sport has its own characteristics. This unique style of exercise and exercise rules are the most distinctive signs that distinguish it from other sports. Each sport has its own unique charisma, basketball's physical confrontation, passion for football shots, track and field pursuit of high, fast, far. Of course, volleyball also has its own unique features. (1) The time to touch the ball is short. Volleyball's various techniques are completed under the contact between the ball and the body. (2) There is no restriction on the part of the body that touches the ball. As the rules continue to improve, volleyball has become the only sport in the ball sport that can touch the ball. (3) The technique of hitting the ball in the air is one of the biggest and most original features of volleyball. (4) Unique scores and lost points calculations. (5) The limited number of touches when completing tactical coordination. Each side hits the net, at least not more than once. The above points can be said to be characteristics of volleyball. Losing them will also lose the charm of volleyball itself.

B. Policy system Factors

Modern athletic sports items originate from the mass and national sports activities. During a relatively long historical period of competitive sport development, competitive sports are a relatively high level of mass sports. Moreover, the two are popularization and improvement. However, with the development of the times and sports, the simple "improvement and popularization" and the "tower and tower base" between competitive sports and mass sports have become the past. The interior of contemporary sports has been divided, and it has become more and more obvious that it has a wide-ranging "binary sports" structure of national and popular mass sports and professional and international competitive sports.

Modern volleyball has also become more and more obvious in the structure of coexistence of competition and entertainment. It is by no means a simple relationship between "popularity and improvement". They are relatively independent and interconnected.

C. CUVA League Factors

The most attractive charm of the volleyball game lies in the appreciation of the game, the athletes smashing, the seamless cooperation, the rollover, the diving and other unique charms and perseverance, sketching one by one. Touching moments. The

coach's on-the-spot command art, volleyball arrays, unpredictable tactical use, difficult choices in the game, and a gripping feeling. The referee's art of law enforcement, referee gestures, and the charm of body language. The cheering performances of the cheerleaders, the shouts in the stands, the waves of people and the grandstand culture created by the audience are the value of the audience to appreciate the volleyball. Into the CUVA stadium, people will be immersed in madness and chaos, in a harmonious atmosphere of nostalgia, feel the rich cultural atmosphere, so that everyone who is immersed can deeply understand the connotation of volleyball culture.

It turns out that after CUVA, especially after the schools achieved results in CUVA. The attention of college students to volleyball is getting higher and higher, and the number of students participating in volleyball extracurricular exercises and elective courses is increasing.

III. THE DEVELOPMENT OF FOREIGN VOLLEYBALL

Most of the ways to promote volleyball abroad are promoted in schools or promoted mainly by club activities. Through school and club promotion, these two major methods will train and transport talents for competitive volleyball. At the same time, it will also be conducive to the popularization and promotion of mass volleyball and provide a foundation for the development of mass volleyball.

In the United States, the promotion of volleyball is based on the promotion of school volleyball. School education in the United States is an education that continues to focus on sports from an early age to a long time. School education in the United States regards education and sports as a whole. Because of the importance, the position of school sports in the United States in school education is also very important and cannot be ignored. In general, the United States attaches importance to the teaching and popularization of volleyball. In the middle school volleyball activities in the United States, both the number of volleyball players and the scale of the competition are enough to show the importance of the United States to the popularity of volleyball. Not only that, but the United States will also increase the opportunities for students to participate in the competition, the investment of funds, Equipment for environmental equipment, etc. In this case, when the students enter the university, they can also have a good basis for athletic volleyball in the university. The United States will form a high-level volleyball team in colleges and universities, and the management of the sports team is very strict. This kind of school education can provide volleyball special talents for the national team on a vertical level, contribute to the national team's excellent achievements, and provide support for the development of the public volleyball in the horizontal direction. Through this kind of training, the development of American volleyball has formed a good cycle, and the overall volleyball culture and physical quality of the public has been comprehensively developed and improved. In general, the development of American volleyball is based on the school. Through the development of volleyball in schools, it has achieved a large-scale promotion and popularization, and has been continuously improved.

The Brazilian volleyball team's game has very strict rules for competition. The financial resources of the sports team mainly rely on the sponsorship of the company to provide financial support for the sports team. In Brazil, the economic foundation is a positive and effective way to guarantee the development of the volleyball team. The Brazilian volleyball team has a strong online confrontational strength in technical and tactical.

IV. THE INNOVATIVE DEVELOPMENT STRATEGY OF COLLEGE VOLLEYBALL

A. Pay attention to Physical Training

In the process of volleyball development, students need to constantly carry out squatting movements, take-off movements and hard-hitting volleyball movements. These movements require students to have sufficient physical strength so that they can develop in volleyball. Flexible use. In fact, the basis for the development of volleyball is students' sufficient physical fitness. Only good physical fitness can ensure the high-quality completion of the action. During the development of volleyball training, teachers usually pay more attention to physical training so that the effectiveness of volleyball training can be guaranteed and the goal of volleyball training can be achieved.

B. Pay Attention to Individual Skill Training

In addition to the above physical training, good techniques are also essential in volleyball training. In the process of skill training, due to the different degree of difficulty in the technical movement of volleyball, it is necessary to pay attention to the students' basic movement training and to standardize the movement of students. A good training process will change the bad exercise habits, which in turn will increase the enthusiasm of students' training and the goal of volleyball training.

C. Pay Attention to the Cooperation Training Among Students

Volleyball is a sports program that requires multiple students to cooperate and complete defensive and offensive actions together. During the development of volleyball training in colleges and universities, while paying attention to individual physical fitness training and skills training, students can not ignore the cooperation training between students and students. For volleyball, a sport that requires multiple people to complete, the degree of tacit understanding between the player and the player is a major factor in determining the true strength of the team. In the process of volleyball competition, the eye contact between the player and the player represents the signal of attack or defense, and each team member bears his own responsibility. In volleyball training, it is necessary for students to cooperate with tactical training. In the daily training process, teachers should assign students according to the different situations of different students, arrange their obligations and responsibilities in the process of tactical execution, and then students can cooperate with the roles and tasks arranged by the teachers.

D. Pay Attention to the Psychological Training of College Volleyball

College volleyball training work should not only pay attention to students' physical training and basic skills training, but also strengthen the cultivation of students' psychological quality. The content of strengthening psychological quality training includes two aspects: the individual's psychological quality training and the student body's coordination training.

In daily training, students get along day by day and deepen mutual understanding. This will enable them to take care of each other in the process of volleyball matches and avoid the disadvantages of teammates exposed in the arena, thereby promoting the final victory of the game. The author uses the psychological cooperation training between the offensive player and the setter in volleyball as a case to explain that the position of the setter in volleyball is relatively more crucial, and it needs to be received by the coach according to the tactics arranged by the coach. The ball's direction, height, and arc give the ball a flexible transition. If a fast attacker often criticizes the quality of the passing pass of the setter in the game or the stadium, his offensive advantage cannot be fully played. For a long time, there will definitely be a gap between the players, which will affect the final result. Results of the game or training results. Therefore, in the daily training, we must pay attention to the psychological cooperation training between the fast attacker and setter, so as to avoid the occurrence of unpleasant things between the two in the arena or the training field, so as to complement each other and promote each other.

V. CONCLUSION

As a major position for the country to provide talent support for the country's future development, colleges and universities cannot ignore all aspects of their development, especially the development of college volleyball training. Because there are many problems in the college volleyball training in our country at present, the main reasons for these problems are concentrated in the aspects of teachers, students and volleyball itself. The original teaching mode and teaching methods can not be combined with the healthy development of students' physical and mental health. The need to adapt. Therefore, its future must adhere to the path of innovation and development. Pay attention to physical training; attach importance to individual skills training; attach importance to the coordination training among students; and pay attention to the psychological training of college volleyball. Only in this way can we ensure the smooth development of college volleyball training and accomplish the goal of teaching and training.

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