

Study on the Awareness Cultivation and Training Methods of the Volleyball Setters' Tactics

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Keywords: Volleyball second pass; Awareness training; Training method

Abstract: With the rapid development of volleyball and the correction and implementation of new rules of the match, the contradictions in the match have become more and more prominent, and the match has become increasingly fierce. The tactics of volleyball are generally divided into two types, one is personal tactics and the other is collective tactics. The so-called personal tactics are the players' adjustments in the match according to the situation of the match and the opponent. The so-called collective technology is the mutual cooperation among members to complete planned and purposeful tactical changes. Personal tactics and collective tactics are complementary, and promote each other, thus ensuring the victory of the match. Team members should use tactics based on the basic situation of the team first, and then change the tactics according to the situation of the other team members. Therefore, improving tactical awareness is not only the need of volleyball development, but also the development of an excellent volleyball team, which shows that the cultivation of tactical awareness of the second setter is particularly important.

1. Introduction

With the rapid development of volleyball sports techniques and tactics, as well as the implementation of new volleyball rules, the match in volleyball matches is becoming increasingly fierce. The speed of a team's growth and the combat power depend to a large extent on the ability of setters. The second setter must not only have good physical fitness and comprehensive technical level, but more importantly, have good tactical awareness for organizing attack. The setter with good tactical awareness can choose breakthroughs reasonably in the match according to the on-the-spot changes, play to the strength and avoid the weaknesses, and organize various tactical attack flexibly and skillfully. In each match, the importance of the setter is becoming more and more prominent. The setter is not only the core of a team, but also the soul of the volleyball field. It is the main organizer of attack and the leader and specific executor of the tactical intention of the coach. Solid basic skills and flexible tactical awareness are important components of the setters' comprehensive capabilities. Adolescents are in a period of puberty, with quick mind, strong ability to accept, quick response, and are easy to learn and quickly master new actions. Therefore, the coaches should pay close attention to the basic technical training for the young setters in the youth stage according to these characteristics of young people, and teach them the methods of training tactical awareness to lay a solid foundation for their future career. This paper starts with the content of tactical awareness of volleyball setters, analyzes the role of tactical awareness training and training of setters, and puts forward constructive suggestions on how to cultivate and train the tactical awareness of volleyball setters, in order to be able to provide useful references for college volleyball teaching.

2. The Concept and Connotation of the Tactical Awareness Ness of Volleyball Setters

The tactical awareness of the volleyball setter refers to whether the setter can accurately judge the situation of the match, select and apply appropriate tactical awareness in the volleyball match. In a nutshell, the tactical awareness of the setter is the sum of many psychological abilities such as the environmental observation ability, the schedule analysis ability, and the tactical judgment ability of the setter. Specifically, the tactical awareness of the setter mainly includes the following contents:

(1) Correct predictive ability. The volleyball match is fierce and the situation on the field is changing rapidly. Each team member is subject to a certain time limit when the relevant actions and techniques are completed, which requires them to correctly predict the situation on the field. However, this is easier said than done.

The tactical awareness of the volleyball setter is mainly composed of theoretical knowledge, competitive technology, psychology and physical quality. Among them, the theoretical knowledge means that the volleyball setter should fully understand the tactical characteristics, competition rules and development situation of volleyball, and improve the understanding of volleyball knowledge in daily practice and training, and flexibly use various tactics and techniques, which is the root of tactical awareness of volleyball. The level of volleyball setters' passing technology determines the formation of tactical awareness. The setter can only control the rhythm of the match accurately and flexibly and apply various tactics only if having superb volleyball skills.

3. Analysis on the Forming Factors of the Tactical Awareness of Volleyball Setters

The tactical awareness of the volleyball setter is formed by factors such as tactical thinking, perception, attention, reflection, game experience, intelligence level and intelligence. These factors affect the formation and development of the tactical awareness of setters.

3.1 Volleyball Setters' Sensory Ability.

The sensory ability of the volleyball setter on the field is mainly visual ability, and the visual ability includes the ability of looking around of the setters. Firstly, the volleyball setter should pay attention to the situation of the whole game site, and put more vision on the opponent's team, so that the overall game situation can be judged, and the situation of the player, the ball and the net can be accurately grasped, all changes can be seen, and then make corresponding tactical changes, carrying forward the advantages and avoiding showing the shortcomings of the team, leading the team to the victory. Secondly, the second setter must not only have broad field of vision but also a faster visual response speed, and gain more confidence within a certain time and scope, which plays an important role in the control of the whole situation by the setter.

3.2 Volleyball Setters' Reaction Speed and Experience.

The response of the setter is mostly based on transient reaction. The shorter his reaction time, the faster the accurate corresponding tactics can be selected. The experience of the volleyball setter is a reflection of memory and movement. The tactical thinking in the competition is dominated by past sports experience and immediate perception of the image on the field, prompting complex reactions to be carried out quickly to cope with the ever-changing situations.

3.3 Volleyball Setters' Intelligence Level.

The response of people to objective reality is achieved through a series of intellectual activities. The setters with high intelligence level have strong ability to comprehend tactical intentions. Then, the corresponding tactical awareness is also easy to improve, and the tactical thinking can be correctly and flexibly carried out in the on-the-spot game. Collecting intelligence before the game will enable the volleyball setters to fully understand the strength of the opponents, to know their own and the opponents' situation, and to take effective and reasonable tactics to achieve the final victory of the game.

4. Ways and Methods of Cultivating the Tactical Awareness of Volleyball Setters

4.1 Physical Fitness Training.

The material basis of tactical awareness is good physical fitness. If the setter wants to get a big improvement in technology, it needs to be closely coordinated with various physical qualities to complete. Therefore, the guarantee that the setters improve their tactical awareness is also to strengthen physical fitness training.

4.2 Basic Technical Training.

(1) Grasping the basic training: hand position and action is the basis of volleyball training. If the hand position and action is standard, the ball can be better controlled. Passing techniques should be gentle and coordinated. During the training, the frontal passing is mainly used, and passing with a partner or the wall and other ways of passing, combining with the vertical finger and wrist to pass the ball are adopted; the upright fingers, wrists and arms are accompanied by the passing force; slight hunkering accompanying by finger, wrist and arm, passing force generated by the quadriceps and ankles with hunkering to coordinate with the body; the difference between the fast and slow hitting of fingers on the ball when passing the ball allows the volleyball setters to fully experience the different passing force, and the passing feeling by crossing different fingers at the moment of hitting the ball.

(2) Fully mastering various attack and defense technologies: In the organizational tactics, the setter is the core force. In addition to being familiar with the techniques of mastering and using the volleyball second pass, the setter should also be able to attack and defend. Therefore, it is necessary to pay attention to the technology of “digging, spiking, blocking, and serving”. As an excellent volleyball setter, he should be comprehensive in technology, grasping the block of the second pass can effectively block the attack of the opponent’s spiker.

(3) Infiltrating tactical awareness in technical training: In the training process of basic physical quality, it is necessary to join the training purpose of cultivating tactical awareness from the beginning, and organically combine physical fitness training, technical training and tactical awareness training. As improving skills, the ability to use technology proficiently can also be improved to accelerate their ability to develop tactical awareness.

4.3 Tactical Training.

In the usual training, the coach should let the volleyball setters realize the essence of the tactics practically. Athletes are required to: actively organize attacking when the ball is in their own field; when the ball is in the front, try the twice ball tactics; when the ball is not in the front but higher than the net, try to organize effective attack.

4.4 Psychological Training.

There are many factors that influence the formation of tactical awareness, such as: perceptual ability, thinking ability, analytical ability, and personal willpower. To cultivate the tactical awareness of the volleyball setter, it is necessary to strengthen psychological training, because psychological factors play a vital role in the whole game.

5. Conclusion

The improvement of the tactical awareness of volleyball setters is the need for team development. It is also the need for the development of modern volleyball. Through the training and improvement of the tactical awareness of volleyball setters, they master various techniques and tactics as soon as possible, thus comprehensively improving their overall tactical level. The volleyball setter with high tactical awareness has broad vision, flexible mind, and strong will. The adopted tactical actions are timely and reasonable, and the tactics are properly matched, which can play the role of the soul on the field. Cultivating and improving the tactical awareness of volleyball setters cannot be built in a day, and it needs to be carried out over time. The above eight methods are complementary and promoted. They should be combined for use in the daily training of setters to achieve the goal of improving their tactical awareness and create excellent volleyball setters.

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