

Cultivation and Exploration of Volleyball Players' Concentration

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Abstract: Good concentration training can greatly enhance the volleyball team's own ability and enhance the on-court confrontation ability. Strong focus can play a huge role in reversing the score and changing the field. Therefore, in addition to volleyball skills and tactics, the training of volleyball players' concentration is indispensable. We can improve the concentration of the players through attention training, thinking ability training, and suggestive adjustment training.

1. Conceptual Definition

Focus is different from attention. "Focus" is more of a comprehensive analysis and integration of internal and external stimuli. It is a perception of individual psychological processes and individual psychology of perception, thinking, emotion, etc. "Attention" (attention) is a psychological activity for certain objects. Pointing and concentration are points to external stimuli. Professor Alan Lange, an American psychologist, pointed out that "to be focused, it means that you can't interact with people in a planned plan to get a preset effect; full concentration means that we stay awake: everything is possible that different thinking is endless." Therefore, "attention" is part of "concentration."

The structure of concentration, different scholars have different analysis, but they emphasize attention, self-awareness, etc. It emphasizes that individuals mobilize their own cognitive processes, and they are aware of their own thinking and behavior, so they have a good attitude. It can handle your life and life more calmly and effectively. Therefore, some researchers pointed out that the structure of concentration consists of attention, thinking, open mind and self-awareness. According to the structure of concentration, this paper proposes the corresponding training methods.

2. Research Basis for Volleyball Players' Concentration Training

2.1 The Particularity of Volleyball and the Actual Needs of the Game.

Volleyball has a special attribute. Because there is no physical contact with the net, the technical and tactical aspects play a decisive role. In addition, the experience and vision of the game have also laid the foundation for the game. Under the conditions of balanced strength of the two teams, the better the concentration of the players on the field, the more they can change the situation, so it needs to be studied in depth.

Throughout the Heilongjiang Provincial University Volleyball Championships, the college sports volleyball tournaments and the amateur volleyball tournaments in recent years, many teams have the same basic technical strength, and the teams that can really win the competition are all more active and flexible on the court. And focus, and this is the embodiment of concentration. Taking the 2018 Heilongjiang University Student Volleyball Championship as an example, we mainly participated in the women's volleyball competition in the general undergraduate group. Most of the women's teams are based on serving, padding and handling the ball, but the real jump. There is basically no smash, so the overall strength is relatively average, and the more stable the basic technology, the more likely the team will win. In the case of a small gap in stability, the competition is not good. It is the concentration of the players on the field, especially when the score is close to or a tug-of-war,

whoever is more focused on the competition, the higher the probability of winning. This is indeed reflected in the major volleyball matches.

Therefore, on the basis of ensuring skills and tactics, improving the team members' concentration will help to cultivate a professionally literate volleyball team.

2.2 Volleyball Players Have Less Research on Concentration.

From the development of the last century to the present, volleyball has undergone a qualitative leap in technology and tactics, but there are few studies on the psychological skills training of players. Psychological skills training is an indispensable part of the volleyball training system, which affects the improvement of the team's physical, technical and tactical level. A good psychological state can ensure that the team members adapt to the requirements of training and competition, and create excellent results. Therefore, this article will explore the concentration of volleyball players.

Most of the existing researches are reflected in the cultivation of attention, including the role of attention, detection and evaluation, and cultivation. However, "attention" is only part of "focus", and the word "concentration" has been proven to have a deeper meaning in the field of psychology. Regarding the research on concentration, Cao Yunchang, the leader of the Focus Group of the Chinese Education Society, held a launching ceremony of focus training at Shandong University in September 2004 and led his dedicated team to conduct research. In September 2011, the research team was established. Apply for the "Theory and Practice Research on Cultivating Children's Attention" and set up an on-campus research base in Shandong. This study is only for children, and in volleyball, it is also necessary to study the concentration of volleyball players.

3. The Methods and Means of Volleyball Players' Concentration Training

In the high level of modern volleyball competition, psychological factors have become one of the key factors for each team to win. Psychological skills training is a process of influencing the trainee's psychological process and personality psychological characteristics in a purposeful and planned manner. It sets a certain situation and uses comprehensive ability to adjust it to improve its coping ability. Psychological skills training is more detailed, and the ability to cope with the impact of the game will gradually improve, and the team's concentration is also a process of gradual improvement in the intensity of psychological skills training.

Concentration needs to be based on good psychological training. It is very important to focus on cultivating the psychological construction in the early stage. This requires teachers or coaches to pave the way for this work at the beginning of training, which is convenient for the next step. Therefore, in the usual teaching, training and competition, in addition to let students clear the theoretical knowledge, we must also use the corresponding methods to train the team members' concentration.

3.1 Concentrated Attention Training.

The first thing to do in concentration training is to concentrate attention training, that is, concentrate on the ability to determine the goal and not to distract from other internal and external stimuli. Focusing ability is very important to improve the performance of the game. The intensity of the concentration state and the ability to maintain this intensity will affect whether the player has the best psychological state and whether he has the confidence to win. There are many training methods for concentration. Here are a few ways to do this:

3.1.1 Quick reaction practice

In daily training, we can add game elements to improve students' quick response ability. For example, the number of clap exercises, the number 4 or the mantissa with 4 and 4 multiples are not reported, only the high-five, asking for a quick report. This game requires a lot of concentration and quick response.

3.1.2 Short-term attention practice

For example, you can also let the team keep 3 minutes, 5 minutes, 8 minutes, etc. to focus on a fixed target or an activity target to practice, and slowly cultivate this experience. From slow to fast, from short to long. Gradually increase the difficulty.

3.1.3 Small score attention practice method

Organize teaching competitions, play 5 or 10 points of the game, give the players psychological hints before the game, and ask to carefully play each ball, the field teachers or coaches should also use language to repeatedly stimulate and strengthen, because it is 5 points or 10 points, the score is relatively small, the attention is not easy to disperse, which is conducive to the cultivation of the team's concentration on the field. In this process, the coach or teacher can record the player's status on the field by means of video recording. After the game, the team members can analyze their own problems and summarize the feedback to correct their shortcomings.

3.2 Thinking Ability Training.

Thinking ability training is also very important and cannot be ignored. Sports can promote people's intellectual development and improve our thinking ability. High-level sports teams and sports majors must have good physical and intellectual skills in addition to good physical fitness, that is, solving problems in specific sports situations. The ability to detect, store, extract, and decision-related issues in the process of motion information processing, such as perception, attention, memory, and thinking.

In the training process of the players, it is necessary to teach the team members how to cultivate their thinking ability and how to quickly analyze the form and trend on the field. This requires the players to have good concentration to ensure. On the one hand, the team's experience is passed on to the players. On the other hand, the team members learn to analyze and judge on the field, and they are good at using brain thinking to play the game. This puts higher demands on the players, so it requires thinking ability to refine the training. The following methods can be used:

3.2.1 Improve the ability of players to read the game

In the teaching competition or the specific competition process, the teacher or coach first introduces the conventional anti-reverse take-off and offensive defensive areas to the players, so that the players can strengthen and remember the regular offensive and defensive tactical drills in repeated exercises, and analyze the specific situation. On the basis of ensuring rapid movement, analyzing, judging, and moving in advance, and being good at observing and analyzing the characteristics of opponents, understanding the characteristics of each other's play, and targeted defense is the key to winning.

3.2.2 Analysis of teammate technical characteristics

You can assign homework to the team members and ask everyone to go back and do an homework. That is to analyze the technical characteristics of each teammate and hand in the homework within the specified time. This is also a way to cultivate students' observation ability.

3.2.3 Observing the combination of high-level events and competitions

By observing high-level events, the players will watch the game with problems and purpose. After the game, the statistics of the success rate, success rate, success rate of the attack, and success rate of the block will be counted, and the success will be analyzed. The reason is to let the players actively think and develop their thinking.

In addition, by participating in the competition or inviting the team to play the match, in the process of the competition, the rapid analysis, storage, extraction, decision-making, the combination of observation and practice, learn the conversion of ideas, and make the information processing faster. The ability to execute is stronger so that the ultimate goal can be achieved.

3.3 Suggestive Adjustment Training.

Implied adjustment is a method of using language to influence mental activities, such as gestures, expressions, ciphers, meditation, etc. Of course, you must make positive psychological hints here, and also relieve tension by deep breathing and listening to music. This is similar to the relaxation training method and the imaginative training method. The purpose is to relax the muscles, calm the mind, and avoid the tension. This is more conducive to the player's level.

3.3.1 Psychological self-suggestion combined with reasonable suggestion by the coach or teacher

Psychological preparation before the game, during the game, after the game is the premise of playing the game, and motivate yourself at all times. In addition to the coach or teacher to give positive psychological counseling to the players, the psychological self-suggestion of the players is very important. Players need to have self-psychological adjustment ability, set goals, standards and expected results for themselves, remember not to set the target too high or have the mentality of wanting to win or lose, the mentality is stable, let go of yourself may get unexpected results. For example, in the 2018 Women's General Undergraduate Group Competition of the Heilongjiang University Student Volleyball Championships, our students made reasonable self-suggestion in the face of the third opponent of the previous session. There was no fear of emotions, only a steady state of mind, but instead 2: 1 defeated the strength over our opponents. Obviously, different psychological cues will bring different results. One team is to bring their own skills and tactics to the limit. One team is afraid of being able to make a difference, so a good psychological suggestion is more conducive to the concentration of concentration.

3.3.2 Positive information suggestion in the game

As the coach or teacher, the information transmitted to the players during the training and competition should be different. In the training, it needs to be treated seriously, severely and seriously, and every detail must be strictly required. However, in the real game, the information and language are more positive, so that the team members can feel the affirmation and trust, and give encouragement and comfort in a timely manner, constantly adjusting the players' emotions, so that they are always in a positive and courageous mood. among. At the same time, the performance of the players themselves may also have an impact on teammates. Therefore, the positive information in the game suggests that it will promote the victory of the game.

3.3.3 Analysis and recovery of psychology after the game

The analysis, adjustment and recovery of the psychological state of the players after the game is very important. Regardless of whether the game wins or wins or is difficult, it is necessary to carry out the psychological construction after the game. Don't be proud and complacent, indulge in the excitement and excitement, and don't fall into the situation of depression and distress, suffer and suffer, and blame others. After the game summary, you must correctly evaluate yourself and the outcome of the game, or eliminate mental fatigue as soon as possible through positive language suggestion, or use psychological feedback training, hypnotism, etc. for psychological rehabilitation training, or use imagination, music adjustment and other methods to relax. Physical and mental, in order to finally achieve the purpose of psychological recovery after the game.

4. Conclusion

As for the concentrating training methods of volleyball players on the field, the future will be deeper and more specific. The concentrating research of volleyball projects is relatively rare in China, which also provides more space for future research and needs more detailed questions. In-depth mining, such as the use of advanced techniques such as biofeedback methods for research.

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