

# On the Construction and Practice of Cooperative Teaching Mode in Volleyball Teaching

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**Abstract:** Volleyball is a characteristic sports item in college physical education curriculum, which has a positive role in promoting the development of students' physical and mental health. Cooperative teaching mode can promote the communication between teachers and students, improve students' learning enthusiasm and creativity. Constructing cooperative teaching mode in volleyball teaching can improve the classroom teaching effect of volleyball. This paper summarizes the cooperative teaching mode, constructs and designs a scientific cooperative teaching mode in volleyball teaching, analyzes the practical effect of cooperative teaching mode in volleyball teaching, and provides a basic guarantee for the scientific development of volleyball teaching in colleges and universities.

## 1. Introduction

Volleyball is a special sports item in college physical education course, which can promote students' physical and mental health development, relieve academic pressure, relax mood, and help students form a good character. Since the volleyball course was set up, it has injected fresh vitality into physical education teaching, and is welcomed by the majority of teachers and students. In order to strengthen the volleyball teaching in colleges and universities, combined with the characteristics of the volleyball course and the development plan of the college, this paper puts forward the construction and design of the cooperative teaching mode, and analyzes the practical effect of the cooperative teaching mode in volleyball teaching. This new teaching mode of cooperation and interaction between teachers and students can improve the quality and efficiency of volleyball teaching, which is of great significance to the development of volleyball teaching in colleges and universities.

## 2. Overview of Cooperative Teaching Mode

Cooperative teaching mode is a new teaching method which can promote the interaction between teachers and students. In the 1970s, the United States first developed the cooperative teaching mode, and then it was widely used all over the world. Cooperative teaching mode is recognized as a teaching mode which can be reasonably used in physical education and achieve good results. The main purpose is to let every student actively participate in the learning process and make the learning process more meaningful. This is a new student-centered teaching method, in which students play different roles, not only to learn the teaching content, but also to help other students in the same group to complete the learning task together. A learning task should be completed through the joint efforts of all members of the same group. The cooperative teaching mode, which takes students as the subject in the teaching process, is constructed by concept methodology, structure methodology, teaching methodology and guidance methodology.

### 2.1 Concept Methodology

There is an essential difference between the cooperative teaching mode and the traditional teaching mode. Teachers and students should first be clearly distinguished from the concept. In the cooperative teaching mode, teachers should first make clear that their role is not to issue the order,

but to put forward different teaching requirements in different teaching stages, and guide students to complete the learning tasks in each stage [1]. The role of students gradually transformed from the original recipient who simply accept orders and repeat monotonous learning into the subject of teaching, began to give full play to the subjective initiative of students themselves, enhance their sense of responsibility, strengthen the communication of group members, so that students can help each other and make progress together.

## **2.2 Structure Methodology**

The structure of cooperative teaching mode is to use the application program of creation, analysis and system to help students complete the communication activities. Cooperative teaching method requires teachers to divide each group according to students' learning level and organizational ability, ensure that the ability of each group members is evenly distributed, and emphasize that they complete the learning task through their sense of mutual help and their own responsibility.

## **2.3 Teaching Methodology**

The teaching method of cooperative teaching mode is to emphasize the mutual coordination and learning among the members of each group, so as to realize the improvement of students' professional ability and social ability.

## **2.4 Guidance Methodology**

When teaching by cooperative teaching method, teachers take the guidance methodology as the main countermeasure to improve the group's professional ability and social ability. In group learning, using the method of guidance can expand students' logical thinking, carry out learning exploration, and then complete the learning task.

# **3. Construction of Cooperative Teaching Mode in Volleyball Teaching**

## **3.1 Design of Cooperative Teaching Mode in Volleyball Teaching**

To design the cooperative mode in volleyball teaching, first of all, it is necessary to take the common teaching guiding ideology as the guidance, make teachers and students establish the concept of taking students as the subject and teachers as the leading role, transform the roles of teachers and students in the past teaching, and make teachers shift from the subject position to the guide of teaching activities. They are responsible to organize teaching activities, guide students to take part in, create a relaxed and pleasant learning atmosphere, enhance the opportunities of mutual communication between students and teachers, students and students, strengthen the concept of interaction, help every student to get progress, realize the education concept that every student can get all-round development, and actively participate in teaching activities.

## **3.2 Elements of Cooperative Teaching Mode in Volleyball Teaching**

The three basic elements of physical education teaching mode are teaching structure, teaching guiding ideology and teaching method system. In the construction of cooperative teaching mode in volleyball teaching, the main task of teachers is no longer to consider what kind of knowledge and skills students should learn, but to deal with the relationship between students and teachers, students and students, so as to maximize the leading role of teachers. In the whole teaching process, teachers can effectively promote the formation of mutual help, mutual promotion and mutual evaluation between students and teachers, students and students, fully display students' personality, enhance students' dominant position, ensure that each student can be affirmed and respected in group

cooperation, and fully implement interaction and cooperation in the teaching process [2]. In addition, teachers should establish the guiding ideology of people-oriented, and determine the teaching nature of cooperative teaching mode through this guiding ideology. According to the guiding ideology of teaching, teachers should reasonably ask questions, endow the students with the learning mission of volleyball movements, so that the members of the group can play a rich imagination, ask questions, analyze questions, discuss questions collectively, then verify collectively by teachers' guidance, and finally confirm the answers of the questions. The process is presented in each teaching unit at one time, and finally the cooperative teaching mode is constructed. In each unit of the teaching process, teachers need to add some teaching methods, such as the method of asking questions, the method of organizing students to analyze problems, and the method of collective discussion and verification, so that the cooperative teaching model will gradually become full. Only when three basic elements are available at the same time, can we realize the construction of the cooperative teaching mode.

#### **4. Application Effect Analysis of Cooperative Teaching Mode in Volleyball Teaching**

##### **4.1 The Implementation of Cooperative Teaching Mode is Helpful to Improve Students' Cooperation and Communication Ability**

Volleyball cooperative teaching mode is actually a teaching strategy of grouping class members or forming teams to complete the learning task. In the process of learning, it is necessary to learn to share feelings and experience. Some mat skills in volleyball need students to continuously practice for a long time. Continuous accumulation and continuation can bring the body ability effect on these movements from the physical level to the psychological level, so as to improve students' physical and mental health effect of volleyball [3]. For students who lack exercise, collective interaction is very important, which can enhance the students' physical and mental communication in cooperation, help students establish effective communication, timely find the problems in learning and make correction. In the cooperative teaching mode, students can not only feel the joy of cooperation, but also experience the fun of learning, and the mode can enhance the classroom atmosphere, improve the ability of cooperation and communication between students, enhance their sense of teamwork.

##### **4.2 Cooperative Teaching Mode is Helpful to Stimulate Students' Innovative Consciousness**

With the continuous improvement of social requirements for talents, innovative, practical and compound talents have gradually become the most urgent type in today's society, and innovative talents are the key objects of university training. Therefore, in classroom teaching, teachers should strengthen the cultivation of students' innovative consciousness, and volleyball teaching is no exception. Traditional teaching is boring and mechanical repetition can't stimulate students' interest, let alone innovation. The cooperative teaching mode is different, in which students transform from the passive learners of volleyball learning into the subject of active learning, stimulating students' interest in learning. Cooperative teaching mode is to learn in the form of group or team, which strengthens the communication among members. Students find and solve problems through mutual learning, and the process of students' improvement through others' suggestions is the formation process of innovation consciousness [4]. In addition, in volleyball teaching, students are often affected by a variety of subjective and objective factors, failing to master the theoretical basis and action essentials firmly, so they need the guidance of teachers. The cooperative teaching mode realizes the interaction between teachers and students on the basis of students' cooperation, and enhances students' innovation consciousness by correct guidance of teachers, so as to enhance students' innovation ability.

##### **4.3 Cooperative Teaching Mode is Helpful to Improve the Teaching Effect of Volleyball**

The cooperative teaching mode in volleyball teaching enhances the students' ability to coordinate with each other, so that students can help each other to complete their learning tasks. Mutual trust, mutual tolerance and mutual respect between students can help them form a good personality. In cooperative learning, students with poor ability can be promoted, and students with strong ability can stimulate their inner potential, so as to promote the development of students' mental health, enable students to effectively complete learning tasks, achieve teaching objectives and improve teaching effect.

## **5. Conclusion**

In a word, volleyball is a characteristic sport in physical education, which is conducive to the development of students' physical and mental health. It plays an important role in college physical education, and can promote students' all-round development and healthy growth. Cooperative teaching mode can significantly improve the quality and effect of volleyball teaching. Therefore, we should consider the construction and practice of cooperative teaching mode in volleyball teaching from multiple perspectives, so as to make the effect of physical education get a qualitative leap.

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