

Role and Value of Soft Volleyball in College Physical Education

Jing ZHOU

Hebei Institute of Physical Education, ShiJiaZhang, Hebei, China

Keywords: Soft volleyball, College physical education, Volleyball teaching, Value, Role

Abstract: Compared with other ordinary volleyball, soft volleyball has the characteristics of soft texture, small resilience and stronger entertainment. It is a new type of sports event, which is evolved from hard volleyball. However, soft volleyball has advantages over hard volleyball in learning and mastering skills and action essentials, which can promote the sustainable development of volleyball. This paper explores the unique characteristics of soft volleyball and its value and important role in college physical education, aiming to promote soft volleyball to play a greater role in sports activities.

1. Introduction

Volleyball is an early, entertaining and popular sport in China. Especially in colleges and universities, it has become a way of leisure and fitness for the majority of students. But the past volleyball belonged to hard volleyball, difficult to learn and master skills, so it was not suitable for students to take it as a means of lifelong exercise. On this basis, soft volleyball appeared. Because soft volleyball is better than hard volleyball in many ways, so colleges and universities in China began to actively promote the teaching of soft volleyball. However, China's introduction of soft volleyball is relatively late, and many people do not understand soft volleyball. In this case, the development of soft volleyball is relatively slow. In order to make more people have a more systematic understanding of soft volleyball, this paper makes a more comprehensive introduction to soft volleyball.

2. Unique Characteristics of Soft Volleyball

In terms of material, soft volleyball in China is made of soft materials such as rubber and sponge. Due to the soft manufacturing materials, soft volleyball has the characteristics of soft texture, light weight, large volume, good handle and small resilience, so that volleyball players are not easy to bruise their fingers when practicing soft volleyball, which reduces the harm to a certain extent and provides sense of security for practitioners. After the soft volleyball is hit out, due to the long flight time and slow speed in the air, it is not easy to land, coupled with the rules of soft volleyball is also simple, so for volleyball practitioners, the difficulty in learning and mastering movement skills is low. In addition, the requirements of soft volleyball for human body coordination and strength are lower than that of hard volleyball, and its flexible control is easier for students. Moreover, the sports ground of soft volleyball is also very casual, the rules are flexible and changeable, and it is more interesting to play. Soft volleyball is not restricted by age, gender and physique, and everyone can participate in it. It has become the most popular exercise method of sports fitness in China, which improves people's interest in learning volleyball and promotes the development of soft volleyball in physical education in colleges and universities.

3. Value of Soft Volleyball in College Physical Education

3.1. Easy for Students to Learn and Master Due to Simple Movement Skills of Soft Volleyball

The traditional volleyball is more difficult and can't become a long-term exercise for students because it requires learners to have a higher body coordination ability and body strength, and have a certain volleyball sports foundation. In addition, there are standard requirements for the tactical

movements of volleyball. If they do not have the above skills, it will be very difficult to operate volleyball skillfully, even unable to operate [1]. Soft volleyball does not have so many requirements, so learners do not have to worry too much. Its soft texture, good handle, light weight, flexibility, good control and other advantages make it easy for learners to operate the ball in the learning process. In addition, soft volleyball does not have great restrictions on people's body coordination ability and body strength. Even learners who have no volleyball foundation can also easily operate. These unique advantages make it easier for learners to learn and master skills and tactics. In college sports activities, carrying out soft volleyball teaching can help mobilize students' interest in learning volleyball, so that they can devote themselves to volleyball, get a sense of success from soft volleyball, so as to stimulate students' potential and enthusiasm to learn volleyball, and effectively improve the quality and efficiency of college sports teaching.

3.2. Arouse Students' Enthusiasm for Volleyball Learning with High Interest and Entertainment

Soft volleyball can be liked by the public not only because of its soft material, light weight, not easy to damage the body and so on, but also because its rules are more casual, and there are not too many requirements and restrictions for the choice of venues. It can carry out the three-person game, also can carry out the six-person game or even the nine-person game. After the start of the game, the rules of the game can also choose timing counting game, serve scoring game or pass shooting game. The rules can be freely selected, and the positions of participants can also be freely selected [2]. In addition, after soft volleyball is hit out, it will fly in the air in a long time at low speed, and the ball is not easy to fall to the ground. Even if the contestants do not hit the ball accurately, it will not change its running track greatly, so the winning rate is large. Even the students who do not have the basis of volleyball can also get pleasure, so as to drive the students' learning enthusiasm and enhance the participation of college physical education courses.

3.3. High Safety and No Psychological Pressure

Sports is a course with a large amount of exercise and the most harm to human body. Even if there is not so much exercise intensity in college physical education, it will also bring harm to students. Therefore, it limits the development of college physical education. The development of soft volleyball teaching, to a certain extent, solves the injury caused by volleyball for students, and enhances their sense of security. Without psychological pressure, sports teaching can enhance students' enthusiasm for learning sports, and promote the development of college sports, so that they can obtain efficient teaching results.

4. Important Role of Soft Volleyball in College Physical Education

4.1. Enhance Students' Physical Quality and Make Them Grow up Healthily

College students' physical function is still in the growth stage, and the plasticity is still very strong, which is the key period to strengthen the body and promote physical development. However, the physical education courses in colleges and universities are often only one or two sessions a week, which can't meet the needs of students in the growth stage. Therefore, students need to use the time after class, take leisure sports to get needed amount of activity to enhance physical fitness. Through the analysis of the characteristics of soft volleyball, it can be seen that the students who often participate in soft volleyball not only increase in speed and strength, but also improve other physical qualities, so that the various functions of the body have been improved.

4.2. Cultivate Students' Team Spirit and Enhance Their Friendship

Soft volleyball is not a single-person sport, and it needs many people to participate in, belonging to group activities. Such group activities can enhance students' sense of collectivism, cultivate students' team spirit, and cultivate students' awareness of respecting others, tolerating others, and cooperating with each other through competitions. At the same time, the mutual cooperation can enhance students' friendship, enrich students' spare time life, and make their campus life more

colorful.

4.3. Cultivate Students' Awareness of Lifelong Physical Exercise

Students' leisure sports exercise can cultivate the awareness of lifelong physical exercise and develop good sports habits. The reason for this judgment is that leisure sports can mobilize students' interest and enthusiasm in learning sports, improve students' physical quality, and achieve the purpose of entertainment while exercising [3]. In addition, it can also cultivate students' ability of lifelong learning sports and form unique sports personality, thus laying a foundation for students to carry out lifelong physical exercise.

Physical education is not only to complete the teaching task in the school, but also to derive sports to the whole life cycle of students. If sports can only appear in the school, then the significance of sports in teaching will be distorted. There is a close relationship between school physical education and lifelong physical education. Lifelong physical education is the ultimate goal of school physical education. Soft volleyball is not only a sport for college students, but also a sport for fitness and entertainment, which can be participated in by people at any stage. Its flexible and casual competition rules, simple operation skills, diversified batting methods, and pleasant sports atmosphere are loved by most college students, especially in female student groups. Students exercise their loved sports can experience the joy of physical exercise. Carrying out sports in the form of competition can not only feel the fun, but also feel the sense of success, virtually promote the physical and mental development of students, enhance their interest and enthusiasm to consciously participate in physical exercise, help to develop good habits of physical exercise. Therefore, soft volleyball can help students develop the awareness and habit of lifelong physical exercise.

5. Solve the Current Problems in College Physical Education

At present, most colleges and universities in China are affected by the narrow sports venues, imperfect sports facilities and backward teaching equipment, which limits the development scale and progress of sports and reduces the teaching quality and efficiency of sports teaching [4]. After the development of soft volleyball, it not only adds vitality to physical education, but also promotes the development of college sports because of its unlimited venues and wide application, and improves the effect of physical education.

6. Conclusion

To sum up, although soft volleyball is a new sport, it is more suitable for the development requirements of contemporary college physical education and more widely recognized by students because of its loose and flexible competition rules, simple and easy operation skills, high entertainment, high interest and high security. Soft volleyball meets the people-oriented and health-first educational reform ideas in college physical education, meets the teaching standard of quality education, and has become an important means for students to carry out leisure and fitness. Therefore, colleges and universities should actively carry out soft volleyball sports to promote the development of college sports.

References

- [1] Wang Ling, Shi Liyun, Tian Yi, Yu Shu, Qi Huixia. Research on the Application of Soft Volleyball in College Physical Education. Contemporary Sports Science and Technology, vol.10, no.27, pp.19-22, 2020.
- [2] Yuan Yanling. Research on the Status and Role of Soft Volleyball in College Physical Education . Sports Fashion, no.09, pp.82-83, 2018.
- [3] Yang Wenshi. Analysis on the Comparison of Soft Volleyball and Hard Volleyball Teaching

Effect in College Volleyball Teaching. Tomorrow Fashion, no.02, pp.231, 2017.

[4] Jin Chengye. Cross Application of Soft Volleyball and Hard Volleyball in College Volleyball Teaching. Contemporary Sports Science and Technology, vol.5, no.33, pp.219 + 221, 2015.