

## Discussion on The Measures to Improve The Stability of Students' Volleyball Cushion in Physical Education Teaching

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**Abstract:** In the process of Volleyball Course Teaching in higher vocational colleges, volleyball mat training is both key and difficult. Promoting the reform of junior middle school physical education is related to the improvement of national quality education to a certain extent. Teachers should teach students according to their aptitude, stimulate students' learning enthusiasm through diversified teaching according to students' psychological and physiological characteristics, so that all students can actively participate in volleyball training and seriously study volleyball theoretical knowledge. Through diversified volleyball cushion teaching, students can form correct sports concept, so as to promote students to establish lifelong sports thought. At present, most students have some problems in the learning process of putting the ball, such as improper methods of putting the ball, improper use of strength and low stability. Volleyball cushion is a kind of batting skill, which can ensure one's active attack by hitting the ball. Therefore, in order to ensure the cushion effect, teachers should teach students the correct hand shape, posture and hitting position in teaching. In this paper, how to improve the stability of junior high school students' volleyball mat ball is explored in detail, hoping to communicate with peers.

### 1. Introduction

Junior middle school physical education teaching is reformed in practice and innovated in reform. Its purpose is to improve students' physical quality and bring some positive effects to students' healthy physical and mental growth [1]. In the process of Volleyball Course Teaching in higher vocational colleges, volleyball cushion training is both key and difficult [2]. Promoting the reform of junior middle school physical education is related to the improvement of national quality education to a certain extent. In the teaching of sports volleyball in junior middle school, the front two hand pad is not only the key point of teaching, but also the key point of cultivating students' interest in learning volleyball [3]. Teachers should teach students according to their aptitude, stimulate students' learning enthusiasm through diversified teaching according to students' psychological and physiological characteristics, so that all students can actively participate in volleyball training and seriously study volleyball theoretical knowledge [4]. Teachers need to use effective teaching methods to cultivate students' participation interest [5]. It is necessary to improve the stability of volleyball cushion and stimulate students' sports enthusiasm. It is necessary to integrate all favorable resources to help students form correct ideas and make them have lifelong sports consciousness [6]. Junior high school students have just come into contact with volleyball, and the stability of volleyball cushion ball is poor. In junior high school volleyball teaching, to improve the stability of students' volleyball cushion ball, teachers need to teach students a variety of methods to improve students' training efficiency.

To some extent, volleyball's cushion action shows an aggressive posture. In order to strengthen the stability of billiards cushion to a greater extent, we must find out the key links in the training process [7]. Volleyball cushion is a kind of hitting skill, which ensures that you can attack actively by hitting the ball. Therefore, in order to ensure the cushion effect, in teaching, teachers should teach students the correct hand shape, posture and hitting position [8]. Junior middle school physical education teaching can follow the trend to greater success. Junior middle school students can also slowly grow into high-quality and all-round pillars and contribute a strong boost to the socialist modernization. In the extra-curricular time, we can also participate in some sports,

gradually promote the improvement of our physical quality, form a correct view of study, thought and life, and promote mental health [9]. Through diversified teaching of volleyball mat ball, students can be promoted to form correct sports concepts, thus promoting students to establish lifelong sports ideas. At present, most students have some problems in the learning process of putting the ball, such as improper methods of putting the ball, improper use of strength and low stability. Teachers should pay attention to these problems, improve the teaching level of volleyball mat ball, and promote the stability of students' mat ball.

## 2. Introduction to volleyball mat

Volleyball cushion is a way of dribbling in volleyball practice, which requires students to have good physical coordination. Volleyball cushion has a certain initiative, that is, when receiving the ball, take the initiative to control the movement state of volleyball. Volleyball cushion is mainly based on the whole body force, and the arm is used to complete the encounter action to ensure that the ball bounces from the cushion surface. When students face the ball with high speed, large radian and low landing point, they can also hit back correctly, which is the main practice goal of cushion ball. When placing the ball, we must master the correct preparation posture and reasonable batter shape to ensure that the arm maintains an appropriate angle with the ground, so as to obtain a good placing effect. When volleyball cushion, we need to give strength to the whole body to ensure the correctness of volleyball operation, and use the arm to assist to ensure the stability of volleyball cushion. The front two handed cushion is the basic link of the cushion technology, and it is also the key content of the volleyball cushion practice in junior middle school. During the front two handed cushion, students should prepare the correct posture, judge the route and landing point of the ball, keep the ball in front of the abdomen and aim their arms at the ball in the future. The following is volleyball mat training, as shown in Figure 1.



Figure 1

## 3. Analysis of cushion practice

Learning in junior middle school plays an important role in the whole learning process of students and affects their future development. Before the formal mat, teachers should first teach students the posture and essentials of mat, and guide students to simulate mat. Cushion is the basic action in volleyball. Only after mastering it can we use it at will, improve students' volleyball skills, and promote students' interest in sports. Let the students practice the mat hand type, and all the students try it. The teacher can check and correct it. After practicing the prepared posture, the students can simulate the complete mat action with their bare hands in situ. They should be coordinated and correct to prevent the students from feeling bored when practicing the mat action. Then, in junior high school students' volleyball cushion learning, teachers should cater to students'

physiological and psychological characteristics and carry out various forms of cushion learning, so as to promote the smooth development of teaching activities and the improvement of teaching quality. It is an important period for junior high school students to learn knowledge, including the study of professional knowledge and quality education. Junior middle school physical education teachers need to train students to establish a correct concept of physical exercise before teaching the practical operation of volleyball mat ball, so as to guide students to have a correct understanding of physical education.

(1) Self practice, as the name suggests, is that students throw volleyball by themselves in the process of training, and then throw it up repeatedly.

(2) In classroom teaching, junior middle school physical education teachers first group students in pairs, and then begin to practice volleyball cushion.

(3) Junior middle school physical education is not only conducive to the cultivation of students' comprehensive quality, but also provides students with diversified development space. In the process of teaching volleyball cushion, junior middle school PE teachers need to pay attention to improving students' interest in learning. This practice method helps to enhance students' sense of cooperation and promote students' sense of group honor. Students and students can guide each other, communicate and enhance their feelings.

#### **4. Main contents of volleyball cushion training**

##### **4.1. Correct the preparation posture and move the position reasonably**

Preparing posture is the first item in volleyball cushion learning. Correct preparation posture is the premise of accurate setting. Being well prepared can ensure timely response when the ball strikes back. The practice of posture is the premise in the practice of putting the ball. Students must understand the difference between preparation posture and moving posture, and use relevant skills to fight back correctly, which is the most effective way to cushion the ball. During the practice, students can also guide each other, so that each student can correctly understand their mistakes and improve the stability of the ball cushion. The preparation posture can be divided into half squat and deep squat. Half squat is to keep the center of gravity moving forward, which can meet the opponent's throwing attack. Squatting is to improve the amount of the whole body and increase the starting speed.

##### **4.2. Make clear the position of the cushion ball and fight back correctly**

Padding can be divided into two ways: one-arm padding and two-arm padding. Students can choose any way to cushion the ball to counter the incoming ball. No matter whether it is double-arm or single-arm pitching, the position of the shoulder should be on the same contact surface as the seeking surface. In the actual training process, when facing the volleyball thrown by the other side, students should keep their arms straight forward, so as to ensure that the volleyball is located between the clamped arms and leans forward, and the distance between wrist joint and hitting position should exceed 10 cm. When placing the ball, the arm shall be kept in a corresponding horizontal plane with the hitting part. When learning, students can grasp the key points of action according to the formula: "one insertion, two clips and three shoulder lifts." for students who initially train, they often ignore the details of action. At this time, teachers should guide them and correct students' non-standard behavior.

##### **4.3. Reasonable control of angle and effective control of radian**

In addition to the posture of the cushion, it is extremely important to grasp the angle of the cushion. When padding the ball, students should pay attention to controlling the angle and radian of hitting the ball if they want to improve the effect of hitting the ball and fight back successfully. Students' practice of controlling the radian and angle of the cushion ball can also enhance the stability of the volleyball cushion ball. During the cushion ball, students should control the movement speed and direction to ensure that the radian of the volleyball is consistent with the angle

thrown by both arms, and that the speed of the volleyball is consistent with the strength of lifting the arm. Secondly, teachers should encourage students to combine the movements of feet and waist with the help of hand strength, so as to ensure the stability of the body, and thus reasonably control the running direction of the ball. To accurately make the ball get the correct return stroke and throw the return stroke to the target at a stable speed, it is necessary to ensure the movement direction and speed of the return stroke. Usually, students' footstep strength can help students complete the waist raising action in time and increase the power and efficiency of hitting the ball. In this process, teachers need to observe the students' hitting posture and correct the students' irregular behavior, so as to improve the stability of volleyball cushion to a greater extent.

#### **4.4. Grasp the hitting speed and reduce the hitting strength**

Junior high school students are prone to the problem of improper strength control when practicing volleyball mat ball. Therefore, teachers should reasonably guide students to train the strength of cushion ball. In actual physical education classroom teaching, teachers should guide students in the intensity and range of the movement of both arms. However, due to the short time in physical education classroom, teachers should also make a reasonable teaching plan in order to improve the practice effect. From the practice point of view, students have limited time, so students must actively seek effective ways to accumulate more training experience and improve training efficiency. During training, teachers should let students learn to control their strength, practice slowly and feel the relationship between the speed of the ball and their strength. Pay attention to the practical guidance for students, so that students can fully realize the importance of ball cushion strength in the process of practice, and avoid non-standard sports behavior.

#### **5. Conclusions**

To sum up, volleyball cushion is the focus and difficulty of junior high school physical education classroom teaching. Volleyball is an interesting and collective sports activity, and cushion is the basic skill of volleyball. Improving the stability of middle school students' cushion ball can promote them to learn other volleyball skills in the future. Teachers must play a guiding role, control students' actual situation, understand students' sports needs, and perfect and formulate a reasonable teaching plan. In teaching, teachers should not only pay attention to the correctness of students' actions, but also pay attention to the improvement of students' interest and enthusiasm in learning, so that students can devote themselves to cushion ball activities with positive enthusiasm. In the process of carrying out sports volleyball cushion teaching in higher vocational colleges, teachers should guide students to find the correct training posture, determine the accurate cushion position, reasonably adjust the angle of cushion, strictly grasp the strength of cushion, and give students enough cushion practice time. Students should carefully practice according to the cushion movement taught by the teacher, and constantly improve the cushion level in practice. The process of volleyball cushion includes mechanical knowledge. Teachers should closely contact it with life scenes, so as to help students master more action essentials and improve the stability of cushion.

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