

On the Core Elements of Volleyball Players' Special Physical Training

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Abstract: volleyball pays attention to mutual cooperation and confrontation. The whole game not only consumes a lot of physical energy, but also depends on the professional competitive level. The competitive level is affected by our own experience and professional skills. We can see the phenomenon of chess meeting our opponents in many stadiums. A series of physical training has also been carried out for volleyball in all parts of China. Physical training can exercise athletes' physical speed to a great extent and significantly improve the training effect. This paper discusses the training of volleyball players, puts forward solutions to the problems faced in the process of physical training, better promotes the development of volleyball, and puts forward solutions to the problems faced in the process of physical training.

1. Introduction

Physical training can improve the professionalism of volleyball players to a great extent. Volleyball itself needs to consume a lot of physical strength. If physical training is not strengthened in daily training, it is easy to lead to physical overdraft on the field. Physical training is the first professional quality that volleyball players need to have. As trainers and athletes, we should also pay more attention to physical training, so as to improve the overall core quality of athletes.

With the continuous consumption of time, the competition between volleyball players is not only competitive skills, but also depends on the consumption in the attack process. The continuous consumption of energy will lead to the phenomenon of overdraft in the human body, and then affect the overall competition effect. It is wrong to blindly carry out athletes' physical training. We must according to the athletes' own needs and training rules, so that athletes can continuously improve their physical reserves in a relatively relaxed environment. Good physical fitness can help athletes better store their physical strength, strengthen the attack of strength, strengthen the confrontation of speed, and improve the coordination of various systems of their body. Physical training is not carried out blindly. It must be based on the athletes' own physical quality. Some coaches blindly carry out physical training because they do not understand the characteristics of each athlete, resulting in some joint injury problems of some athletes in the process of training. When the problem is light, it will affect the overall competition progress, and when the problem is serious, It will even block the athlete's sports career.

2. .What Are the Core Elements of Physical Training

2.1 Training Speed and Strength

Speed and strength play an important role for an excellent volleyball player. In the process of volleyball competition, there will be actions such as receiving and moving the ball. These actions often consume a lot of physical strength and are closely related to speed and strength. For example, when volleyball players receive the ball, they must first reach the speed to ensure that the distance of receiving the ball is within the controllable range. After the speed reaches the standard, they are required to control the strength more reasonably to ensure that the strength when receiving the ball can hit the opponent's area. The angle also plays an important role and must be controlled reasonably, Too large or too small angle will affect the take-off and landing point of the ball. Volleyball is inseparable from flexible fingers. It is far from enough to strengthen the training of hand strength. It is also necessary to control the flexibility and bearing capacity of fingers so that the whole set of sports can operate smoothly. For speed control, we should not only control the rapidity, but also reasonably control the explosive force of speed. There are many methods to train explosive force. We can carry out basic actions such as sprint, squat and high leg lifting, so that athletes can better and reasonably control various functions of the body while exercising, so as to make training reach a new height.

2.2 Fully Coordinate the Cooperation of Various Muscles

Volleyball does not rely on only one place to serve. It requires the cooperation of various muscles of the body to make the strength form a formal transmission. The coordination of various muscles of the athlete's body just reflects the athlete's core strength. Core strength provides an effective guarantee for the technical level of athletes. It can make the whole competition process more stable and fully coordinate the cooperation of various muscles. There are many ways to exercise the strength of athletes in the core area, such as doing some flat support exercises and some sit ups, These can well drive the muscles and strength of the whole body into the training process, so as to improve the training effect of athletes.

2.3 Strengthen Sensitivity Training

Exercise is not only the athlete's physical ability, but also the athlete's response ability. The response ability has a vital impact. It directly determines the success or failure of the whole stadium. If the athlete's response ability does not meet the standard, some sudden serve will lead to the athlete's inability to make rapid judgment and make corresponding treatment measures. If a volleyball player has strong sensitivity, he can quickly make judgment and make treatment plans when facing sudden problems, so sensitivity is very important. With the change of people's concept of volleyball, more and more people begin to devote themselves to volleyball as volleyball players and trainers, It also constantly updates the training methods of volleyball players, sensitivity training, which occupies an important proportion in the overall training, so as to better organize new volleyball tactics and win more thinking time for the whole team. There are many methods to carry out sensitivity training, such as continuous hitting, so that athletes can hit multiple volleyball in a short time, which can not only improve their physical strength, but also improve their judgment ability.

2.4 Exercise While Paying Attention to Protection

The exercise of volleyball can not be carried out blindly. We must pay attention to the protection of athletes while exercising. If we don't even have a healthy body, how can we talk about exercising

and participating in the competition? Some athletes are eager for success. In order to achieve the training effect faster, there are some small bumps and do not pay attention to the maintenance of the injury in the training process, which leads to the further deterioration of the injury and brings problems to the overall team. Some athletes only pay attention to practical training, ignoring the importance of cover training and their own protection. For the work of protection, trainers can hold protection lectures regularly, which can not only provide leisure and relaxation for athletes, but also better strengthen their protection awareness and learn more quick rescue knowledge.

2.5 Exercise Take-Off Ability and Endurance

In the whole competition process, athletes need to take off to serve and pass the ball. The quality of athletes' take-off ability directly affects the strength, angle and direction of service. Therefore, in daily training, we must fundamentally exercise the stagnant ability of volleyball players. In addition, endurance is also very important. Some athletes are too eager for success because of their low endurance and psychological deviation caused by individual ball mistakes. In addition, we should cultivate a good competition mentality for athletes, so that they can eliminate their tension on the field, face the competition with an ordinary mind, and can not cause excessive tension when their spirit is moderately tense.

2.6 Actively Exchange Training Experience

With the continuous development of social economy and the continuous progress of scientific and technological level, computer technology has gradually appeared in people's daily life and work. Similarly, computer technology has also brought great changes to volleyball. It can provide athletes with a better information exchange platform. Through the information exchange platform, athletes can more timely and accurately reflect the training needs. Through the information exchange platform, we can also build a professional communication group, so that all athletes can participate in it to talk about the problems they face and solve the training problems.

3. What Aspects Should Be Paid Attention to in Carrying out Special Physical Training

Special physical training should first have clear training objectives, formulate different objectives according to the situation of different athletes, and then carry out planned implementation according to the objectives of the system, so that each athlete's strengths can be brought into full play and their weaknesses can be made up as much as possible. Carefully split the movements of physical training, so that each key movement can be expressed. We should not fix the training action too much, because different athletes have their own characteristics of development, and their efforts towards different events are also different. We must look at their physical training results from a correct perspective. Make sure the training process takes into account their self-confidence.

4. Conclusion

Volleyball, as a combination of physical and mental games, has brought a great impact on people's life. It can not only play an effect of leisure, entertainment and relaxation, but also exercise people's body. Volleyball is gradually recognized by the public. Similarly, volleyball is also an important competition content in the International Olympic Games. The Chinese women's volleyball spirit has spread all over the world. The women's volleyball spirit reflects not only the connotation of a sport, but also the strength of a country. Therefore, strengthening the professional

physical training of volleyball players is particularly important, which can better promote the long-term development of Volleyball in China.

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