

Research on the application of goal oriented teaching in college volleyball class

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Abstract: Volleyball is one of the main contents of physical education classroom teaching. Effective volleyball teaching strategies can cultivate college students' learning interest, learning ability and lifelong physical education, thereby promoting the continuous improvement of college students' comprehensive quality. In order to achieve better results of college volleyball teaching, it is necessary to increase the application of goal oriented teaching in college volleyball teaching. According to the characteristics of volleyball education and the students' mastery of volleyball skills, this paper further discusses the application strategies of ball courses.

1. The Connotation of Goal Teaching in Volleyball Class

In the process of volleyball education, fully considering the role of goal orientation is an important factor to improve the level of volleyball education and training. Positive orientation can help students shorten their learning time and improve their volleyball level. In the process of volleyball teaching in colleges and universities, in order to improve the application of positive orientation rules, on the one hand, it can promote the learning level of college students' sports skills, on the other hand, it can promote the development of students' physical and mental health and comprehensive quality. This requires teachers to increase the decline of goal motivation and goal oriented function in the process of goal oriented application, and constantly improve the teaching effect and level of volleyball technology. Through the expected effect of volleyball teaching, we can improve the students' academic performance, shape the teaching objectives, and lay a solid foundation for the next step of teaching. Clarify the content and learning methods of this lesson to improve the students' initiative and enthusiasm to participate in volleyball learning after understanding the goal. The third step is to do a good job in practice and promote the goal under the guidance of the goal. Therefore, as a systematic teaching method, we must constantly optimize the efficiency of goal oriented teaching from the aspects of goal definition, goal classification, goal content selection, goal evaluation, etc., in order to promote subjectivity and the dynamic and systematic nature of goal oriented teaching in volleyball lessons.

2. The Application Strategy of Goal Orientation in College Volleyball Teaching

2.1 Improvement of volleyball teaching target orientation

In view of the importance and educational value of goal orientation in volleyball teaching in colleges and universities, it is necessary for physical education teachers to design and organize volleyball teaching on the basis of a comprehensive understanding of the concept and laws of goal orientation, optimize physical education teaching in combination with the characteristics of volleyball education, scientifically apply goal oriented laws, ensure the realization of volleyball teaching goals, and create more effective conditions for the transfer of volleyball technology. For example, in the practice of volleyball swing arm sprint, students and teachers with good swing arm can further improve the forward movement of swing arm in volleyball teaching by improving the frequency of swing arm and the effect of swing arm on the arc. In view of the general situation of volleyball sprinters shaking hands, teachers can help them build confidence in sprint practice and further stimulate their interest in learning by strengthening arm swing and other training techniques. At the same time, the teaching objectives of volleyball in colleges and universities are also constantly being developed. The diversity of goal positioning is one of the obvious characteristics

that require teachers to connect organically. To adapt to the changes in volleyball education, the innovation and implementation of volleyball goal positioning are implemented.

2.2 Play a positive incentive role in volleyball goal orientation

The goal oriented teaching method is a teaching method that takes teachers as the main body and students as the main body. In college volleyball education, teachers and classroom organizations focus on the goal of volleyball education. In order to stimulate students' interest in volleyball, for example, in the context of volleyball service education, in order to further improve students' understanding and ability to use the type of service, teachers must pass the service list, service intensity, service position and other links. Through explanations, demonstrations, group exercises, coaching and other methods, set goals, develop students' volleyball ability, master volleyball service ability, teachers must combine volleyball service learning goals, develop new learning goals, promote the continuous improvement of students' volleyball technical level, and better play the positive role of goal oriented motivation.

2.3 Optimization of goal oriented content selection and implementation

In college volleyball teaching, in order to further improve the teaching efficiency of goal oriented courses, teachers must increase the selection and strengthening of goal oriented content and implementation process. This is affected by the type of volleyball, sports composition, technical action and other factors. In order to better promote the positive role of goal orientation in promoting volleyball energy conservation, teachers should consider the relevance of goal oriented teaching and performance evaluation. Goal oriented teaching research in volleyball spiking course teachers should pay attention to the accuracy of arm swing and the transmission of arm vibration structure in serving teaching. The nature and strength of these two kinds of volleyball can accelerate the effect of college students' volleyball lessons, and further promote the effective realization of college students' volleyball goals.

Today is the information age, and various multimedia devices have penetrated into daily life, study, work and other fields. As college teachers, we should keep pace with the times, update teaching concepts, and learn new teaching methods. Teachers should strengthen the training of multimedia skills, be familiar with and flexibly use Flash, Power Point, Photoshop and other courseware making tools and software. Only when teaching activities, according to the physical and mental characteristics of students, The multimedia course will scientifically and reasonably design the teaching content according to the key points and difficulties of volleyball teaching and the actual acceptance of students. It will be elaborately designed to make the atmosphere of volleyball education active. The students are ready to actively practice volleyball. The teachers can always point out the difficulties of students. The teacher-student relationship is even a harmonious relationship. It is also a relationship between a teacher and a friend, growing and progressing together.

2.4 Strengthen the evaluation and application of classroom volleyball goal education

As one of the keys to improve the efficiency of volleyball teaching, teacher evaluation also needs scientific classroom teaching to achieve the goal oriented effect. In order to improve the efficiency of target use, teachers are required to scientifically evaluate volleyball technical level based on comprehensive analysis and formulation of volleyball assessment standards and programs, combined with volleyball teaching practice. The difficulty of sports ability goal, the effectiveness of volleyball goal orientation, and the optimization strategy of goal orientation. When applying teaching values, we should increase the evaluation of students' transfer rules and learning changes to further optimize and promote goal oriented teaching. For example, teachers can evaluate the effectiveness of targeting two handed volleyball through on-site tests. The objective and real evaluation of the goal setting and management accuracy of two handed volleyball is made, which provides a direct basis and reference for the next step of goal setting.

2.5 Improve students' understanding of goal oriented teaching

As one of the effective means of volleyball teaching in colleges and universities, it is necessary to further improve the application effect of goal oriented teaching. In the process of volleyball teaching in colleges and universities, teachers should constantly improve students' interest in physical exercise, base themselves on students' dominant position, combine the needs of volleyball cause, comprehensively design and optimize the teaching process, attract college students to actively participate in the learning process, and through imperceptible volleyball health education Personalized volleyball teaching goal positioning and other ways can enhance students' interest in volleyball, stimulate students' confidence in learning volleyball, promote volleyball sports skills and physical and mental health, and constantly improve the level. For example, during the guidance of volleyball mat, the guidance of volleyball mat is boring. To further improve the target orientation of volleyball mat guidance, teachers can give play to Chinese characteristics

The technical competition between the women's volleyball team and the world's leading women's volleyball team, the importance of mats in the tactical system and other means have enhanced students' interest in volleyball. The measurement of classroom teaching and the understanding of target positioning have been improved to varying degrees.

3. Conclusion

Only when they have a strong interest in something can they focus on it. So is volleyball learning. Only when they love volleyball from the bottom of their hearts, their interest in "three minutes" is easily confused and unbearable. Therefore, teachers can successfully carry out teaching activities and become an important part of the modern education system. Students can fully understand and encourage students to actively learn some knowledge according to their physical and mental characteristics, Multimedia technology is used as an auxiliary means to present students with a more vivid and intuitive teaching experience, attract students' attention, let students get rid of boredom, learn patiently and curiously, and improve teaching quality, such as playing some wonderful volleyball clips, volleyball players' action skills, so that students can feel the charm of volleyball, feel equal, and actively participate in volleyball learning.

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