

A Study on the Influence of Psychological Training on Volleyball Setter of Non-sports Majors in Colleges and Universities

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Abstract

In the volleyball match, the setter is the core of the team, the accurate pass, so that the attacker can not only spike the ball, but also use the tactics according to the situation, so that the opponent in the moment of blocking the wrong judgment, improve the chance of their own attacking score. To be a setter, you need strong psychological traits, calm, decisive, Sensitive to tactics, as well as a strong tactical awareness, can accurately judge the opponent's blocking intention, understand and motivate each team member and analyze the characteristics and skills of the opponent, in the fierce competition of unity and attack. Therefore, the psychological quality and physical quality of the volleyball setter are equally important. This article takes the psychological training as the breakthrough point, analyzes the psychological quality training method of the setter of the non-sports major, and finally carries on the example analysis, so as to verify the reliability of the training method.

Keywords

Volleyball; Non-sports Major; Williams; Psychological Training.

1. Introduction

The fierce competition of competitive volleyball promotes the continuous development of volleyball and the continuous improvement of competitive level, and a series of changes have taken place in tactical innovation. In order to break through the bottleneck of volleyball and further improve its tactics, it is necessary to break the original tactical mode, enrich the number of tactics and improve the quality of tactics. Williams team as the core of a team, the development of psychological quality depends on the strength of the whole team, as the setter, need powerful psychological traits, calm, resolute, sensitive to tactics, and a strong sense of tactics, in order to accurately determine the opponent blocking intention, understanding and encourage each team member and the analysis of features of rivals and skills, in the fierce competition of unity and attack.

2. Manuscript Preparation

2.1. Research object

This paper takes psychological training as the breakthrough point and systematically analyzes the influence of psychological training on non-sports volleyball setter

2.2. Research method

2.2.1. Literature survey

According to the research needs, through the Internet access to the school library, CNKI, Wanfang and other academic data platforms, with psychological training, non-physical education major, setter players as the key words to retrieve relevant literature, focus on reading the research results of high relevance, to lay the foundation for this study.

2.2.2. Questionnaire

According to the research needs, a questionnaire was prepared to randomly select 50 non-sports volleyball setters from five universities in Yunnan Province, among which 30 were the main setters and 10 were the substitute setters. A total of 50 questionnaires were sent out and 48 were effectively received, of which 47 were effectively received with a recovery rate of 96% and an effective rate of 94%.

2.2.3. Mathematical Statistics

Using sports statistics knowledge, SPSS 17.0 software was used to integrate and process the data, and to find and mine various characteristics revealed by the data.

3. Research results and analysis

3.1. Brief introduction of the setter

In volleyball, special players are divided into attack player, setter and free player. The setter refers to the player who organizes the attack for the second time after receiving the ball. He is the organizer of organizing the attack and implementing the tactics on the field. The role of the setter in the game is mainly to organize and implement the tactics through the distribution of passes, so the setter is also called the "soul" of the field. Every world team that wins the world championship is all related to the world-class excellent setter in the team.

3.2. Psychological characteristics of setter

A good setter must have the psychological characteristics. Fast response in complex and changeable environment, accurate time and space sense, good "ball sense" and court awareness, strong will quality and good emotional characteristics, strong communication and solidarity and cooperation ability. Good state of mind is an important guarantee for athletes to play their skills and tactics. The setter should have tenacious will, high sense of responsibility, cooperative spirit and cool head. As an organizer of tactical, the choice of tactics and the distribution of the reckoning, all need a clear head to make judgment, an excellent fofao, can put all the condensation of tapping hand into a fist attack, rather than a simple five fingers to attack every bits of bit, therefore, who want to have a certain cohesion, high team spirit. In addition, as an offensive organizer to mobilize other players on the court, the setter must have a high sense of responsibility, which is also an important reflection of the setter as the captain of a high-level team.

3.3. Mental quality that setter must have

During a match, setters must adapt quickly and predictably to accurate observations, judgments, and changes. All these require the setter to master the correct technical movement, master the various changes of technical movement and cultivate. Ability to adapt to the use of technology. Only through a solid technical foundation can we improve our future skills, solve various problems flexibly on the spot, and win the final victory of the competition. With the development of volleyball tactics, the training of setter's psychological quality becomes more and more important. While arranging basic movements, strengthening systematic training, paying attention to technical problems and improving tactical awareness, we should attach

importance to psychological training. Strong will, serious. The attitude and calm of the setter can lead the team to success and victory

3.4. Analysis of the factors influencing the effectiveness of passing by the psychological training of non-sports major setter

3.4.1. Objective factors of the influence of setter's psychological training ability on the effectiveness of passing

The objective factor is the factor other than the person involved in the event, which can be the environment, or other factors that are not subject to the will of people. Through investigation;

3.4.2. Influence of opponent's condition on the effectiveness of setter's passing

According to the statistics, 17 people think the situation of the opponent will affect; 5 felt that the opponent's situation would not affect them; Eight didn't know if it had any effect. Most of the 17 players are substitutes and most of them have shorter years of life. Strengthen the setter's personal ability in the training process, reduce the influence of the opponent's situation.

3.4.3. Coach factor is effective for setter to pass the ball

The influence of sex According to statistics, 35 people think the performance of coaches will have an impact; Nine felt that the performance of coaches did not matter; Five people don't know if it will have any effect. It shows that the attention of more than half of setters will be affected by the performance of coaches, which will affect the effectiveness of passing. It is suggested that the coaches should give priority to encouraging language in training and competition to reduce the psychological pressure of the players, so that the players can focus on the training and competition and improve the effectiveness of passing.

4. Conclusion

(1) Setter volleyball players psychological quality training is very important, because a setter on the pitch in the center position, the other players to setter as a benchmark in order to develop sports, setter in the players psychological quality training, the author analyzes the psychological quality of the training can improve the compressive capacity of setter, speed ability on the pitch, random strain and focused, psychological quality training for the training for volleyball setter is a necessity.

(2) There is no significant difference in attention span and attention stability between the main setter and the reserve setter; There are significant differences in attention distribution and attention transfer.

(3) Sports fatigue, self-evaluation, competition anxiety, opponents, coaches' factors and first pass rate are the subjective and objective factors that affect the attention of the setter.

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