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Evaluating the actual situation in teaching basic overhand volleyball passing technique for volleyball-intensive students at danang university of physical education and sports

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Abstract

Evaluating the actual situation in teaching basic overhand volleyball passing technique greatly affects the competition performance of volleyball athletes. In order to teach and train this technique effectively, it's necessary for teachers and coaches to use a lot of professional supplementary exercises. Through a practical survey of the teaching of volleyball-intensive subject at the school, we have valued the limitations in teaching – training basic overhand passing technique, in which the application of professional supplementary exercises is an important factor.

Keywords: Evaluate, actual situation, teaching, volleyball, student

1. Introduction

The basic techniques in volleyball in general and the basic overhand volleyball passing technique in particular are increasingly being renovated and improved according to the complex and transforming trend. Therefore, in teaching, it is necessary for us to frequently innovate the teaching methods and training facilities in order to improve those techniques. However, this issue so far has not been paid attention and studied adequately.

Surveying the practice training process for volleyball students at Danang University of Physical Education And Sports in recent years proves the fact that, although the school has innovated the enrollments and teaching methods, the training result on technical practice in general and basic overhand volleyball passing technique for volleyball-intensive students have not achieved the desired results, namely:

- Students' technical level of basic overhand volleyball passing in the same course and other courses are unequal. Many students still lack basic technical qualification before their completion of the second academic year.
- The practical technical training after three academic years hasn't achieved the high results, the number of intensive students hasn't reached the athletes level II accounts for a large proportion.

We recognize that the training process has revealed a number of issues that significantly affect the quality of training including the school has not determined the proportion of technical, tactical and physical training sessions. Especially, the system of professional exercises, physical training exercises and professional supplementary exercises have not been built accordingly for the practice of volleyball passing technique and necessary professional physical strength development.

2. Research method

The research process uses the following methods: documents analysis and synthesis; interview; pedagogical observation; pedagogical examination; mathematical statistics

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3. Research result

3.1. The actual situation of practicing results in volleyball study of intensive students at danang university of physical education and sports.

We conducted a survey of the actual situation in volleyball study for intensive students of the university courses 39 and 40. The survey results are shown in the Table 3.1 and Table 3.2.

Table 3.1: The current situation of quality of volleyball study of intensive students of the university courses 34 and 36.

TT	Course	Sex	Learning result					
			Good		Average		Weak	
			n	Tỷ lệ %	n	Tỷ lệ %	n	Tỷ lệ %
1.	University Course 34	Male (n = 34)	7	20.59	16	47.06	11	32.35
		Female (n = 0)	-	-	-	-	-	-
2.	University Course 36	Male (n = 20)	4	20.00	12	60.00	4	20.00
		Female (n = 3)	1	33.33	1	33.33	1	33.33

Table 3.2: The learning result of basic overhand volleyball passing technique of volleyball-intensive students of the university courses 34 and 36

TT	Course	Sex	Technical performance result						Score achieved
			A		B		C		
			n	Tỷ lệ %	n	Tỷ lệ %	n	Tỷ lệ %	
1.	University Course 34	Male (n = 34)	6	17.65	17	50.00	11	32.35	6.57
		Female (n = 0)	-	-	-	-	-	-	-
2.	University Course 36	Male (n = 20)	5	25.00	9	45.00	6	30.00	7.30
		Female (n = 3)	0	0.00	2	66.67	1	33.33	6.54

The exam results shown in the Tables 3.1 and 3.2 reflect

- The results learning in volleyball of students of the university courses 34 and 36 are still low, the number of students achieving the average and the weak results accounts for relatively high proportion (from 33.33% to 60.00% for the average and 20.00% to 33.33% for the weak), the number of students ranked as good students accounts for a lower proportion (from 20.00% to 33.33%).
- The result of performing basic overhand volleyball passing technique is similar. The technical qualification of level A is in low proportion (from 17.65% to 25.00%), the technical qualification of level B and level C accounts for quite high proportion compared to level A (from 45.00% to 66.67% for level B; from 30.00% to 33.33% for level C).

3.2. Evaluating the actual situation of the teaching of basic overhand volleyball passing technique of volleyball-intensive subject for the past 2 years.

We conducted a survey on the actual situation of the teaching in volleyball subject to the intensive students at Danang University of Physical Education And Sports in the past 2 years on the following aspects:

- The proportion of teaching - training time for basic overhand volleyball passing technique.
- The proportion of professional exercises and supplementary exercises applied in teaching - training for basic overhand volleyball passing technique belongs to the following exercise groups: Group 1: Professional exercises; Group 2: Physical exercises; Group 3: Supplementary exercises. The results are shown in the Table 3.3 and Table 3.4.

Table 3.3: The proportion time in teaching - training basic overhand volleyball passing technique for volleyball-intensive students at danang university of physical education and sports.

No	Teaching content, moving training	Teaching time by grade (hours)	
		n	%
1.	Technique	49	25.79
2.	Tactic	38	20.00
3.	General Physical Strength	52	27.37
4.	Professional Physical Strength	51	26.84
	Total	190	-

Table 3.4: The actual situation of exercises using in teaching - training basic overhand volleyball passing technique for volleyball-intensive students at danang university of physical education and sports.

No	Course	Number of professional exercises per each group						Total
		Group 1		Group 2		Group 3		
		n	%	n	%	n	%	
1.	University Course 34	66	46.48	54	38.03	22	15.49	142
2.	University Course 36	60	42.86	56	40.00	24	17.14	140

The results collected in the tables 3.3 and 3.4 shows

- When considering the teaching - training time for basic overhand volleyball passing technique for the research subjects which reflects the proportion time of the teaching - training contents rather equally. Particularly, the proportion time for technical and tactical training has

the least (accounting for 20.00% to 25.79%).

- The professional teaching - training exercises for basic overhand volleyball passing technique of the above mentioned exercise groups were used by most teachers in the process of teaching - training volleyball for intensive students of the school's courses.

- The system of exercises applied in teaching - training basic overhand volleyball passing technique for volleyball-intensive students at the school are not diverse and plentiful (from 140 to 142 exercises). Simultaneously, the exercises used in teaching basic overhand volleyball passing technique have not been systematically organized and unequally distributed in the groups. The exercises used the most are in group 1 and group 2 (group of professional exercises and physical exercises, from 54 to 66 exercises, accounting for 38.03% to 46.48%), the least in exercises belong to group 3 - group of supplementary exercises (from 22 to 24 exercises, accounting for 15.49% to 17.14%).

3.3. Practical mistakes often made by research subjects when performing basic overhand volleyball passing technique

In order to assist the teaching process and learning result to be highly effective, by using the method of pedagogical observation combined with conversation exchange process from perennial teachers inside and outside the school. We identified some of the common mistakes made by the students in learning the basic overhand volleyball passing technique, namely:

1. Overhand passing the ball, the hands were too backwards, thumbs turning forwards.
2. The force of the legs and the whole body was not coordinated to perform the technique effectively.
3. The pass was performed in the wrong rhythm.

Deriving from the characteristics and mistakes that students often made in the learning process and in order to improve the quality of teaching and learning the basic overhand volleyball passing technique of volleyball-intensive students at Danang University of Physical Education and Sports, it's essential to:

- Need to select professional supplementary exercises in the teaching process to overcome common mistakes.
- Enhancing academic discipline in learning (promoting the role of the teacher).

IV. Conclusion

Teaching - training basic technique in volleyball in general and teaching - training basic overhand volleyball passing technique for athletes in particular play an important role in the process of training - coaching athletes (especially for the research subjects - volleyball-intensive university students at Danang University of Physical Education and Sports) for increasing the effectiveness of the training and coaching process for students and athletes. Through the research, it is also shown that the process of teaching - training basic overhand volleyball passing technique and the process of testing and evaluating basic technical level of overhand volleyball passing performed in various ways and many different methods; however, they must still be the methods which have enough scientific arguments as the research process of the topic determined.

Presently, the teaching - training basic overhand volleyball passing technique for volleyball-intensive students at Danang University of Physical Education and Sports has not been paid attention properly by teachers and coaches. The distribution of time for basic technical training in general and basic overhand passing technique in particular is uneven, the limiting use of professional supplementary exercises in teaching - training basic overhand volleyball passing technique for volleyball-intensive students lead the low results in student learning.

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