Reform and Innovation of Volleyball Teaching in Colleges and Universities from the Perspective of "Internet Plus"

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Abstract: *The rapid development of mobile Internet technology has had a profound impact on the teaching mode of colleges and universities, and the "Internet plus" technology has provided broad prospects for the innovation of the teaching mode of colleges and universities. As a new and interconnected teaching model, the traditional college volleyball teaching under the background of "Internet plus" urgently needs to make a breakthrough, change the dilemma of single status, limited time and space, and realize the innovation and creation of college volleyball teaching. This article uses research methods of literature and logical analysis to comprehensively analyze the problems in college volleyball teaching and the advantages of the "Internet plus" teaching model in volleyball teaching, and combine the actual needs of volleyball teaching to carry out volleyball teaching in colleges and universities. Research on the innovative ideas of the "Internet plus" teaching model in China, and propose corresponding countermeasures and solutions to provide a reference for the better development of college volleyball teaching in the Internet age.*

Keywords: *Internet plus, volleyball, colleges and universities, teaching, innovation*

1. Introduction

With the normalization of the COVID-19 prevention and control and the popularization of mobile internet technology, online teaching has become an important alternative for colleges and universities to carry out teaching work. Volleyball is more common in China and is deeply loved by contemporary college students. It is used in college physical education, has a very important position. Although some colleges and universities have initially tried the online teaching mode of volleyball, it is still in the preliminary stage of development. It is still in the full use of network resources, the use of Internet teaching concepts and teaching methods, and scientific and reasonable volleyball online teaching methods to immature[1]. In view of the huge advantages of the "Internet plus" teaching of volleyball in colleges and universities, colleges and universities must plan strategies, actively adapt, and actively promote, so as to better solve the current problems of insufficient volleyball teaching teachers and limited venues and equipment, so as to achieve the effect of volleyball teaching in colleges and universities, lay a solid foundation for improvement.

2. The application status of "Internet plus" in college volleyball teaching

2.1 Lack of Internet thinking in teaching

Currently, most college volleyball teaching system settings still lack Internet thinking and specific applications. The teaching method tends to be traditional, the teaching content is boring and monotonous, the teacher talks more about theories and less practice exercises, more sports rules talks about less classroom interaction, lacks the intervention of rich and colorful ways, the form is single, and the atmosphere is dull, which directly leads to the lack of teaching effect. At the same time, college volleyball teachers have limited time and energy, and the unified teaching method in the classroom may not be suitable for all students. The application of the Internet provides the possibility of differentiated teaching, saving teachers a lot of time and energy, and having more time and space. Control the pace of teaching and teach students in accordance with their aptitude. However, universities currently have major deficiencies in the introduction and practice of teaching students in accordance with their aptitude through the Internet.

2.2 The teaching content is too monotonous and lacks interesting guidance

At present, the teaching content of volleyball in ordinary colleges and universities is too focused on technical teaching, while ignoring the fitness and entertainment characteristics of volleyball itself, and it is impossible to effectively create a good learning atmosphere based on interest. In the specific practice of volleyball teaching, teachers mostly explain and demonstrate movements, lacking benign interaction, teachers' sense of leadership is not strong, and students passively accept it. For college students full of youth and vitality, too much emphasis is placed on technical volleyball teaching content. And it is boring, which in turn leads to the loss of students' enthusiasm and initiative in teaching courses, and also affects students' correct understanding of volleyball, which is not conducive to the development of volleyball in ordinary colleges and universities.

2.3 Teachers' ability to use the Internet for teaching needs to be improved

Volleyball is a highly professional sport with complicated rules and a large number of participants. At present, the number of volleyball teachers in colleges and universities is relatively small. A volleyball teacher needs to teach multiple courses, and there is general pressure from volleyball teachers on the use of time arrangements[2]. Too large and time constraints directly lead to teachers unable to delve into the application of Internet teaching. In addition, some college volleyball teachers did not go through a professional system of learning, instead of majoring in volleyball, but relying on self-study to master some knowledge of volleyball and hurriedly teach students. Such teachers themselves do not have a deep understanding of volleyball and lack of professionalism. It is difficult to adapt to teaching with the "Internet plus" thinking, it is difficult to achieve the ideal teaching effect, and the teaching effect is even harder to reflect.

3. Advantages of implementing "Internet plus" volleyball teaching in colleges and universities

The rapid development of "Internet plus" has brought opportunities to the innovative development of volleyball teaching models[3]. The in-depth teaching practice has gradually formed advantages. The "Internet plus" learning model has to a large extent made college volleyball teaching models better, which is reflected in the following aspects.

3.1 Can effectively consolidate and improve the learning effect

Volleyball is a sport with strong theory and practice. It not only requires long-term practical training, but also has comprehensive theoretical support to assist. Both are indispensable. The introduction of "Internet plus" in college volleyball teaching can be applied to teaching practice, which can realize continuous online and offline learning of students[4]. The technical actions learned in practical teaching can be used in online teaching after class through WeChat, QQ and other Internet instant communication tools repeated discussions and exchanges enhance memory and understanding, and with the rapid development of mobile communications, this scenario has become more and more widely used. It can be used anytime and anywhere through mobile Internet to figure out and learn, so as to achieve a steady improvement and a learning effect of excellence.

3.2 Achieve the superposition of efficiency in practice time and space

The introduction of "Internet plus" teaching in college volleyball has better solved the use of students' time and space. With the increase of college students and the increase of volleyball learners, most colleges and universities currently face insufficient volleyball teachers, limited sports venues, and process problems such as lack of communication. How to effectively solve these problems and make full use of the Internet to provide us with effective solutions and solutions. The opening of online classrooms and online real-time communication not only realize volleyball teaching anytime and anywhere, but also establish a network mutual aid communication platform for learners, which can take advantage of all fragments spend time, bring together volleyball fans, create a strong learning atmosphere, continuously stimulate students' interest in learning, and effectively improve teaching and learning effects.

3.3 Contribute to the sharing and utilization of volleyball teaching resources

At present, the number of participants in volleyball is becoming more and more extensive, and the demand for volleyball organizers and participants is higher and more diverse. College volleyball teaching introduces the "Internet plus" model, which breaks the barriers of the traditional teaching model and fully shares resources so that teachers and students can exchange their own methods and experiences through the network platform, strengthen their weaknesses, and encourage teachers in an interactive form[5]. Students communicate and communicate to achieve the purpose of sharing information resources, complementing resource advantages, and effectively using resources, and comprehensively promote the improvement of the quality of volleyball teaching in colleges and universities.

3.4 Enhance students' ability of independent learning and lifelong learning

With the development of mobile communication, student users continue to improve in network applications. The emergence of college volleyball network teaching mode is undoubtedly conforming to the development of the times, fully satisfying students' interest choices, relying on network teaching to fully awaken students' initiative and initiative in learning volleyball be able to persist for a long time to achieve high utilization of student learning time, effective improvement of learning efficiency, and scientific and effective learning methods. Realizing the student-oriented teaching method, stimulating motivation and persistence, deep learning the techniques and theories of volleyball, and earnestly achieving the improvement of skills and becoming a lifelong hobby, can be said to have benefited a lot.

4. Innovative measures for college volleyball teaching reform from the perspective of "Internet plus"

Combining the status quo of college volleyball teaching and the advantages of "Internet plus" technology in the application of volleyball teaching, we should focus on strengthening the application of the Internet in college volleyball teaching from the following points, so as to promote the overall improvement of volleyball teaching and students' technical level.

4.1 Advocate the introduction of Internet teaching thinking

With the continuous innovation and development of Internet technology, the reform of volleyball teaching in colleges and universities under the tide of "Internet plus" does not wait for me. Therefore, colleges and universities should take the initiative to use Internet technology, attach great importance to the use of the Internet in volleyball teaching from a strategic level, provide support and policy guidance from various aspects such as people, talents, and materials, and gradually improve and enhance the status of Internet technology in volleyball teaching. As a teacher, he should actively adapt to the trend of the Internet era, make full use of Internet thinking in the use of volleyball teaching forms, methods, and proficiently master the essence and connotation of volleyball teaching under the Internet and make full and reasonable use, especially in mobilizing students' enthusiasm for learning volleyball In terms of persistence, it is necessary to start from the perspective of students, innovate Internet teaching methods, highlight interest and vividness, in order to achieve twice the result with half the effort than traditional volleyball teaching.

4.2 Make full use of the Internet for differentiated teaching

The Internet is characterized by large capacity, multiple content, easy dissemination, and easy use, which provides the possibility of differentiated teaching for volleyball students. Because the different physical conditions, different volleyball foundations, and different cognitive levels of college students in colleges and universities will inevitably lead to differentiated needs for volleyball teaching, the traditional unified duck-filling volleyball teaching must be changed to fundamentally improve the level of college volleyball teaching. Multimedia teaching in the classroom, interconnection and intercommunication under the class, etc. can provide students of different levels with different characteristics of teaching, achieve the effect of teaching students in accordance with their aptitude, and can also lay a solid foundation for the development of volleyball in colleges and universities.

4.3 Build an effective Internet teaching platform

In college volleyball teaching, teachers take the initiative to introduce Internet teaching. They should focus on creating an effective Internet teaching platform, and focus on explaining some key and difficult actions in volleyball teaching. Use the Internet to work hard and make essays, for example: teachers can create volleyball teaching the official account regularly pushes a series of articles to improve the teaching effect from the shallower to the deeper; WeChat and QQ communication groups can be created to explain the technical difficulties in volleyball teaching in a timely manner, which can not only effectively enhance students' interest in learning, but also effectively use time resources , To achieve the effect of getting twice the result with half the effort. The construction of an effective Internet volleyball teaching platform is related to the effectiveness of Internet volleyball teaching. All colleges and universities and volleyball teachers need to build an Internet volleyball teaching platform that meets their own characteristics according to their own resources, forming their own characteristics, and a hundred flowers will bloom and a hundred schools of thought will contend.

4.4 Establish a true and effective evaluation feedback mechanism

Teaching and learning is an invariable truth to improve teaching effects, and it is also applicable in college volleyball teaching. Effectively establishing an evaluation mechanism for Internet volleyball teaching, so as to realize the mutual evaluation and mutual progress of volleyball teachers and students is the core element of volleyball teaching in the Internet era. By establishing a message area, teachers can grasp and answer questions of volleyball students in time, and students can also receive teachers' requests and explanations in time to form a benign interaction. At the same time, the increase in exchanges between teachers and students in the interaction can effectively increase the centripetal force between teachers and students, and jointly build ideas to impact higher volleyball teaching goals, cooperate and cooperate with each other, and quickly improve the level of volleyball teaching in mutual trust and mutual groups.

5. Conclusion

At present, the rapid development of Internet technology provides important opportunities for college volleyball teaching, and "Internet plus" technology creates favorable conditions for the innovation and reform of college volleyball teaching. All colleges and universities should follow the trend of the times, adapt to the development trend of the times, actively advocate the practice and application of "Internet plus" technology in volleyball teaching, create a good ecological environment for Internet teaching, and let the "Internet plus" volleyball teaching model grow rapidly. Volleyball teachers in colleges and universities must actively adapt, forge ahead, and continuously explore. With the help of Internet technology innovation to enrich volleyball teaching methods, not only will students quickly improve their volleyball skills, but they must also deeply understand and practice the spirit of volleyball throughout their lives, continuous improvement during the journey will benefit the sportsmanship for life.

Acknowledgements

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