

CURRENT SITUATION ANALYSIS AND COUNTERMEASURE OF FOOTBALL TRAINING IN HIGHER VOCATIONAL COLLEGE

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In China, football as a popular sport, loved by the masses of the people, with a large number of participants, the scale of the game and other characteristics, gradually deep into the campus, the campus field, often can see the figure of the students. Campus football is an important content of physical education teaching in all types of colleges and universities, which can strengthen students' physical quality to a certain extent, and help to innovate and develop sports work. This paper will take higher vocational colleges as an example, analyze the current situation of campus football common teaching, and analyze the common teaching problems, and then combined with the actual situation of higher vocational colleges students, put forward the corresponding solutions. In order to help the relevant social and relevant educators, understand the actual situation of football education in higher vocational colleges, and constantly innovate teaching programs, while solving the problem, and contribute to the future in-depth teaching research [1, 2].

In order to enhance students physical fitness and physical fitness, improve students team spirit and sense of struggle, the Ministry of Education has issued relevant documents, requiring all primary and secondary schools to actively carry out campus football activities, build a football talent training system combining physical education, and better popularize football skills and knowledge. As higher vocational colleges have a broad mass base, many students have a certain understanding of football programs, and may become interested in football after class. Therefore, higher vocational colleges can actively carry out campus football activities, so as to respond to the national policies, enrich campus sports activities, improve students' physical quality, cultivate students' interest in football, and better promote the development of sunshine sports [3,4].

The purpose of the study – analysis of the present situation of higher vocational football training.

Material and methods. Documentary method, expert interview method, mathematical Statistics.

Results and their discussions. Lack of policy and financial support. Due to the profound influence of exam-oriented education and the great pressure of society, the leaders of many universities do not support the activities of large football league. This is because the confrontation of football matches is relatively fierce, if the referee control is poor, it is easy to stimulate the conflict on the field, and then students fight, affecting the reputation of the school; at the same time, students are easy to get injured in the high confrontation and high-speed football game, and the leaders cannot explain to the parents and the school. In addition, the maintenance and construction of football fields need to spend a lot of funds, but the funds of many universities are mostly used for teaching, but less invested in the development of football, which leads to the development of campus football due to the limitation of funds.

There is a conflict between sport and learning. For many students in higher vocational colleges, they basically spend their time on professional courses and practical courses. Some students take part-time jobs on weekends, which makes this part of students do not have enough time to play football. At present, higher vocational colleges do not properly handle the relationship between football and students learning, do not adjust the physical education course scientifically, and students do not have enough time for football or physical exercise after class.

Hardware conditions limit. Many higher vocational colleges are limited by funding, which cannot provide enough equipment and venues for students, and some schools even use football fields from other schools for sports. This brings a lot of inconvenience to the student's football training, which affects the student's interest in participating in football training.

The professional degree of football teachers in higher vocational colleges is limited. In order to establish a good football training atmosphere, professional teachers need to promote both theoretical knowledge teaching and practical teaching, so that students can have a complete understanding of this sport. An excellent football coach is not only to teach students football skills, but also needs to assist the whole process of pre-match warm-up activities, attack and defense. However, at present many schools football coach can not meet the condition, ignoring the football coach training and recruit problems, even some school football training is not guided by professional football coaches, therefore, this is deprived of the students timely learn enough professional football guidance and systematic football training opportunities.

Students lack of enthusiasm for training. Although the nature of students in higher vocational colleges is relatively special, they mainly focus on theoretical knowledge and practical courses, and students also have a heavy learning burden. Secondly, the school life is rich and colorful, including community activities and social practice, so it may be the appropriate physical exercise time to be ignored, and a lot of spare time is occupied by other things. Many students may think that physical training is very tired, so that student's enthusiasm for football training is greatly reduced.

Conclusion. Countermeasures and measures for improving football training in higher vocational colleges:

1. Give adequate support from all aspects. Higher vocational colleges should actively respond to the call of the country to actively promote the football strategy, pay attention to the cultivation of students interest and ability in football, and provide policy and financial support for the development of football on campus. For example, holding football league activities, updating training equipment, site planning, construction and maintenance, etc., showing a positive attitude, to ensure that the campus football teaching activities can be conducted smoothly.

At the same time, the leaders of higher vocational colleges should give more support to the holding of campus football activities, and should not set up too many obstacles, but should vigorously support the safety of students, such as giving preferential policies to the football community for training. Actively guide the inheritance and optimization of campus football culture, support campus football teams to actively participate in the league or exchange activities within the region or between colleges and universities, appropriately increase the number of football matches, and put forward long-term and stable development plans of sports activities.

2. Actively organize football activities. With the help of its own campus platform, relying on classes, associations, departments and other small groups, schools can organize a good and harmonious football game platform, so that students in different fields have the opportunity to play their strengths and give full play to their own characteristics and advantages. And the use of rich media resources in the school to publicize football, guide and promote students to actively participate in football, promote the formation of school football atmosphere.

In addition, students can offer elective courses on theoretical knowledge of football, rules of football matches, matters needing attention, so as to give interested children the opportunity to choose knowledge. Conditional, can include the course into the physical education curriculum, and organize the innovation of sports activities, provide students with rich and colorful campus sports life, stimulate students interest in sports, maximize the active role of football, and for the good atmosphere of campus culture booster, further promote the construction of the national sports atmosphere.

3. Reasonable allocation of hardware equipment and learning resources. Due to the limitation of regions and funds, each school can provide different learning conditions. Schools should do a good job in the construction of football fields within the scope of their ability, and give the most perfect professional training equipment and teacher resources, so as to achieve the substantial improvement of football training level.

At the same time, due to the special nature of physical education courses, the school should be equipped with sufficient medical rescue equipment, each teaching or training, actively connect with the school hospital, and do a good job of medical security work related to the emergency of training competition.

4. Strengthen the construction of the teaching staff team. The campus managers of higher vocational colleges should pay attention to the role of physical education, and realize that only good teachers can cultivate good students. The football level and teaching level of football coaches are very important to the construction of campus football and play a role in infrastructure construction. Therefore, higher vocational colleges should actively strengthen the scientific construction of teachers, should invest a certain cultivation cost to the football coaches, should not ignore the role of sports, but only pay attention to the study of the main course.

At the same time, the cultivation of football coach, should be systematic planning, teachers should know enough theoretical knowledge of teaching subjects, at the same time should also learn how to convert theory into practice, through the organization of effective football training, football game, through the practical guidance of training.

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VOLLEYBALL SPORTS SKILLS AND TACTICS TEACHING RESEARCH AND TRAINING IN COLLEGES AND UNIVERSITIES

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Volleyball, a sport that demands a combination of physical prowess, strategic acumen, and teamwork, has long been a part of the physical education curriculum in higher education institutions. Originating in the early 20th century, volleyball quickly gained popularity due to its accessibility and the values it instills, such as sportsmanship, communication, and coordination. In the context of college sports, it serves as a platform for students to develop not only their athletic abilities but also their social and leadership skills. However, the traditional approach to teaching volleyball has often focused on basic skills and rules, neglecting the tactical aspects and advanced skills that are crucial for competitive play [1].

In the realm of higher education, physical education plays a pivotal role in the holistic development of students. Among various sports, volleyball stands out as a popular and engaging activity that not only enhances physical fitness but also fosters teamwork, strategic thinking, and mental agility. Despite its widespread popularity, the teaching of volleyball in colleges often struggles with outdated methodologies and a lack of emphasis on skill development and tactical understanding. This research aims to address these gaps by exploring innovative approaches to volleyball teaching in higher education, focusing on skill enhancement and tactical training [2].

The integration of skill and tactical training in volleyball is not only relevant to the sport's performance aspects but also to the broader goals of physical education. It aligns with the educational objectives of promoting lifelong fitness, cultivating a growth mindset, and developing well-rounded individuals who can contribute to society. Through a more engaging and comprehensive volleyball curriculum, students can gain a sense of accomplishment, build self-esteem, and learn to work effectively in a team, all of which are valuable life skills [3].

Against this backdrop, this research aims to explore and evaluate the innovative applications of skill and tactical teaching methods in college volleyball education. By examining the current state of volleyball teaching, identifying areas for improvement, and proposing evidence-