

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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Keywords. Volleyball, volleyball technique and tactics, teaching methods.

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 Despite its widespread popularity, the teaching of volleyball in colleges often struggles with outdated methodologies and a lack of emphasis on skill development and tactical understanding.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-

based strategies, this study seeks to contribute to the evolution of volleyball education in higher education and enhance the overall student experience on and off the court [4].

Research Purpose: the main objective of this study is to improve the teaching and training effectiveness of volleyball skills and tactics in the university environment, and to improve the actual combat ability and adaptability of athletes.

Material and methods. Literature review method: through the systematic collection, collation and analysis of academic literature on volleyball teaching and training at home and abroad. Survey Method: Design and implement questionnaires to collect data from volleyball coaches, athletes, and physical educators. Data analysis method: Descriptive statistics, inferential statistics and other quantitative analysis methods are used to deeply process and interpret the collected data. Case study method: Typical volleyball teaching and training cases are selected for in-depth analysis to reveal successful experiences and potential problems, and provide a rich practical background for research.

Results and their discussions. Volleyball has evolved significantly since its introduction to higher education. Initially viewed as a recreational activity, it has grown to become a critical component of physical education and competitive sports programs. The sport's ability to develop physical fitness, strategic thinking, and teamwork has made it an essential aspect of holistic student development. However, the teaching methods have not always kept pace with the sport's evolution, particularly in terms of integrating advanced skills and tactics into the curriculum.

The current state of volleyball education in colleges often focuses on basic skills training, such as serving, passing, setting, attacking, and blocking. While these skills are fundamental, there is a recognized need to also develop tactical understanding and strategic gameplay. The lack of emphasis on these areas can limit students' ability to compete at higher levels and to fully appreciate the complexity and nuance of the sport.

The physical and mental health benefits of collegiate sports participation are well-documented. Volleyball, in particular, offers a high-intensity workout that can contribute to cardiovascular health, agility, and coordination. Moreover, the team dynamics of volleyball foster social interaction and stress relief, which are crucial for student-athletes' overall well-being.

Despite its benefits, volleyball education in colleges faces several challenges. These include limited resources, lack of qualified coaching staff, and the need for a standardized curriculum that can accommodate different skill levels and learning styles.

In synthesizing the findings from both international and domestic research, it is clear that there is a shared goal of enhancing volleyball education and performance. However, the pathways to achieving this goal differ. International research provides valuable insights into how technology can be leveraged to improve tactical understanding and skill development. Domestic research, in turn, offers a robust framework for integrating sports education with broader societal goals, such as health promotion and cultural enrichment.

To sum up, the review of both international and domestic research trends in college volleyball education reveals a rich tapestry of approaches to enhancing the sport. While international research leads the way in innovative training methods and analytical strategies, domestic research in China complements this with a focus on the holistic development of student-athletes and the integration of sports with health and cultural education. This comprehensive review suggests that a synergistic approach, combining the best of international technological advancements with domestic focus on health and wellness, could offer the most effective path forward for volleyball education in higher education institutions.

Conclusion. Volleyball technique and tactical mastery and development:

1. Initial Introduction and Basic Skills Acquisition (Early Stage);
2. Intermediate Stage: Integration of Tactics and Strategy;
3. Advanced Stage: Refinement of Skills and Tactical Mastery;
4. Competitive Play and Strategic Adaptation;
5. Integration of Technological Assistance and Data Analysis;
6. Continuous Evolution: Adapting to the Global Volleyball Landscape.

The development of volleyball skills and tactics in college sports is a multi-stage process that evolves from basic skills acquisition to the mastery of advanced strategies and the integra-

tion of technology. Each stage builds upon the previous one, culminating in the development of well-rounded, competitive volleyball players who are prepared for success at the highest levels of the sport.

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THE PROMOTION STRATEGIES OF VOLLEYBALL FOR HEALTH AND ITS IMPACT ON STUDENTS IN CAMPUS

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Air volleyball for health, as a new sports project, has shown broad prospects in campus with its unique charm. It is not only full of vitality and fun, but also can effectively cultivate students' team cooperation ability and competitive spirit, which is of great significance for students' all-round development.

Compared with traditional volleyball, air volleyball has a lower technical threshold, enabling more students to easily participate in it. Whether beginners or advanced players with a certain foundation can find their own roles in air volleyball [1]. At the same time, its soft ball and moderate exercise intensity effectively reduce the risk of students getting injured during exercise, providing a guarantee for them to enjoy the fun of sports in a relatively safe environment. In addition, the high ornamental value and interesting nature of air volleyball greatly stimulate students' enthusiasm for participation, making more and more students actively engage in this sport.

For college students, air volleyball is not only a physical activity to exercise the body, but also an important platform to promote the development of physical and mental health. Moderate exercise intensity helps to enhance students' physical qualities, such as improving cardiopulmonary function, enhancing muscle strength and improving body flexibility. At the psychological level, participating in air volleyball can also help students relieve the pressure from study and life and cultivate a positive and optimistic attitude [2]. In team competitions, students can learn to face competition and setbacks, enhance psychological resilience and improve self-confidence. At the same time, through cooperation and interaction with teammates, they can also improve interpersonal skills and cultivate team spirit, further promoting psychological health development.

This paper aims to explore the promotion strategies of volleyball for health in campus and its impact on students by deeply analysing relevant literature, so as to provide useful references for the further development of this sport in campus.

Material and methods. The research material of this paper is derived from several literature analyses on the development of air volleyball sport on campus, and mainly adopts research methods such as documentation method, questionnaire survey method and expert interview method. Through the comprehensive use of these methods, various aspects of the promotion of air volleyball on campus, including promotion strategies, student participation, and the impact on students' physical and mental health, was explored in depth.

Results and their discussions. In terms of promotion strategies, air volleyball sport is popular among students for its fun, entertainment and fitness characteristics. For example, air