Analysis on the current situation and countermeasures of college volleyball development in Zhejiang province

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ABSTRACT:

It is a new direction for the development of sports in Zhejiang to promote the development of sports in Zhejiang through volleyball in colleges and universities, popularize the value and significance of volleyball, and show the value of competitive sports so as to promote the development of mass sports. This paper takes the volleyball sports of college students in Zhejiang Province as the research object, and uses the methods of literature, interviews, questionnaires, and mathematical statistics to discuss the development status of volleyball sports in colleges and universities in Zhejiang Province. The college students' participation in volleyball after graduation was investigated in four aspects, and the investigation results were discussed and analyzed. Finally, the corresponding countermeasures were put forward. The following conclusions are drawn in this paper: First, college students do not know enough about volleyball. Colleges and universities generally have no good interest in volleyball. The number of people interested in volleyball and the number of people engaged in volleyball is low. Because volleyball is characterized by short and quick hitting, direct contact with the ball, and difficulty in using movement techniques, many students have resistance, and it is difficult to gain happy emotional value when they first contact. 2. Some colleges and universities in Zhejiang Province have set up volleyball teams. However, there are several problems as follows: 1. The site conditions are poor, and individual schools are difficult to meet the daily training needs. 2. The training equipment and auxiliary facilities are too old, and the physical training room is not universal enough to meet the training needs of various means. 3. There are not enough rehabilitation and medical facilities, so more investment and attention should be paid to this aspect.

Key words: ordinary colleges and universities; Development status; Countermeasures; Volleyball

Reference:
