The content structure and cultivation strategy of college students' tactical
Consciousness in Volleyball Training in sports colleges

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ABSTRACT:
Volleyball training is an important part of volleyball education in sports colleges, and the cultivation of tactical awareness is one of the important contents of volleyball training in sports colleges and universities. In the volleyball training of sports colleges and universities, we should pay attention to the cultivation of tactical awareness of college students, which is helpful for them to use the skills and tactics they have mastered more comprehensively and flexibly, so as to improve their competitive level and performance. Therefore, teachers should pay attention to the cultivation of college students' tactical consciousness in the volleyball training of sports colleges. In this paper, using the method of literature and other research methods, this paper expounds the content structure of the cultivation of college students' tactical awareness in the sports college volleyball training, and focuses on the analysis of the strategy of the cultivation of college students' tactical awareness in the sports college volleyball training. Finally, the following conclusions are drawn: volleyball training is an important part of volleyball education in sports colleges and universities, and an important way to improve the level of volleyball competition and performance of college students. Therefore, in the volleyball training of sports colleges and universities, teachers should pay attention to the cultivation of college students' tactical awareness, including the awareness of sports behavior, the purpose of using technology, the anticipation of action, the accuracy of judgment and so on. In practice, on the basis of strengthening the tactical theory education of college students, volleyball teachers should integrate the training of tactical awareness into the tactical training and technical training of volleyball. In order to ensure the effect of cultivating tactical awareness, teachers should make scientific plans and pay attention to the physical training of college students during the implementation of the plans.

KEY WORDS college volleyball; Volleyball training; Tactical awareness; Cultivation of consciousness

Reference: