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Methods of Teaching Elective Sports at Tan Trao University, Vietnam

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Abstract:

The article researches the issue of teaching elective sports at Tan Traouniversity through understanding the current state of teaching elective sports to improve measures and solutions to improve the quality of teaching these sports

Keywords: *Teaching, elective sports, improve, tan Trao University*

1. Introduction

In the history of human development from a communist society to a socialist society, physical education has a very important position in terms of pragmatism and culture. When human society appeared class, education in general and physical education in particular were classed. Physical education was called for decades in the twentieth century in Vietnam as physical education, this is a type of education with specific contents of education of movement qualities, teaching of movements, teaching and training of sports.

Physical education is a subject in all levels and disciplines of the education system from elementary school to university.

Article 41 of the Constitution of the Socialist Republic of Vietnam in 1992 stated 'Stipulating the compulsory physical education regime in schools'. Physical education is a specialized form of education, in fact a facet of a comprehensive education.

According to Mac: 'Combining intellectual and physical education is the only method for comprehensive human development'.

Physical education is an important social factor that is decisive for physical development according to the development needs of society. It is pragmatic to serve the essential needs of living, working, cultural activities serving national defense,...

In the education system, physical education, in addition to supporting the acquisition of knowledge, also contributes to the formation of the personality of the young generation, bringing the youth into active activities. Therefore, in the education sector in our country today, physical education has become an important compulsory subject to educate the young generation.

Physical education is one aspect of comprehensive education, and at the same time is an integral part of the educational cause of our Party and State. The cause of education in general and physical education in particular has made a very important contribution in training the young generation to develop comprehensively, perfect in personality, mind and body to serve the industrial career. modernize the country, maintain and strengthen national security and defense. The importance of sport is clearly reflected in the thought and work of President Ho Chi Minh - who taught: 'Preserving democracy, building the country, creating a new life, everything needs health to succeed. '.

In the current context, the Education and Training sector is trying to innovate teaching methods in the direction of promoting the creativity and initiative of students in learning activities to match the trend of the times. This issue poses an urgent requirement for teachers to innovate teaching methods: teachers are only guides who direct students to find new knowledge and apply what they have learned in practice. Therefore, students must be self-disciplined, proactive, explore and discover new knowledge flexibly and creatively through the guidance of teachers in lessons. Therefore, choosing a teaching method that is suitable for the type of lesson and suitable for students is a very important issue, which is also a pedagogical trick of the teacher.

From the above reasons, I chose the topic: 'Methods of teaching elective sports for students of Tan Traouniversity'

2. Content

Volleyball is a team sport that competes in indirect confrontation without direct physical contact due to the separation net, volleyball competition activities in the direction of comprehensive - high - fast - variable. Comprehensive in competition Volleyball embodied in a series of basic techniques (pass, buffer, play, smash, block) in a short period of time. Practical technique for competition (apply in competition), forte technique - that is, the ability to skillfully apply it to a given situation is trained in accordance with individual characteristics (second pass, libero, mastermind). , assist, serve, block the ball), unique skill means having a high level of skill, creativity with a certain technique, unique of the

individual that others have not yet reached. To be more comprehensive in technique, the practitioner needs to pay attention to the promotion of the comprehensive strength of the body parts such as: the strength of two arms, two legs, the whole-body force, the ability to observe the eyes. In addition to technical comprehensiveness, it is also necessary to be comprehensive in knowledge of individual and collective tactical techniques, ability to adapt to circumstances, health, psychology, personality, and professional fitness. Specialized technical training to improve the ability to develop the professional physical qualities necessary for volleyball practitioners. The main means of professional technical training are supplementary exercises to guide the formation of motor skills and techniques. Most volleyball technical movements have a combination of motor qualities such as: Speed - Strength - Endurance - Flexibility and ingenuity, in the teaching process to make students have the ability to quickly acquire movement techniques of the subject, teachers need to pay attention to the following stages of teaching.

- The initial teaching phase: The purpose of this stage is to learn the technical principles of the movement, to form the skill to perform it, although in a 'simple' form, to achieve the above purpose needs to be solved. the following tasks: Create a general concept of movements to absorb movement techniques well. Prevent and eliminate excess movements. Form the general rhythm of the movement.
- Detailed teaching stage: The purpose of teaching at the initial stage is still simple, for movement techniques to a relatively complete level. If initially absorbing the technical basis, then this technical detail must be absorbed. The basic task of this stage is: To help students understand the laws of movement of the movement that need to be studied more deeply. It is necessary to have precise movement technique according to its spatial, temporal and dynamic characteristics so that it corresponds to the characteristics of the practitioner. Perfect the rhythm of the movement, perform the rhythm of the movements naturally and continuously.
- Stage of perfecting the movement technique: The purpose of this stage is to ensure that learners deeply absorb and apply the perfect movements in practice. The task of this stage is: Consolidate the existing techniques of movement technique, expand the deformation of the movement technique so that it can be performed reasonably in different conditions, including when it is necessary to express different movements. high level of physical fitness. In the process of teaching movement techniques, attention must be paid to the technical characteristics of movements in order to select exercises and use methods accordingly. In addition, in the process of teaching movement techniques, the selection of exercises as well as the use of teaching methods suitable to the characteristics of the practitioner, the teaching effectiveness brings high results.

3. Practical Facilities

Volleyball is a sport that does not require much equipment, relatively simple and easy techniques, suitable for all ages and genders, so volleyball is chosen as an elective sport to teach at Tan Trao University.

The teaching of volleyball over the years has been focused and achieved certain results, but there is still more work to be done to meet the increasingly strong movement. In order to better teach volleyball to students, it is necessary to firmly grasp the audience and constantly choose to improve, appropriate teaching methods and contents, thereby improving skills, techniques and skills. achievement for students.

Volleyball training has great effects in developing physical qualities, improving concentration, self-control and training courage, perseverance and overcoming difficulties in training. Through the technical exercises of jumping and smashing the ball strengthens and develops the qualities of speed, strength and speed power of the practitioner. Performing and handling aerial techniques well has trained dexterity, accuracy, improved coordination ability, helping practitioners improve both physical and mental health, serving effective for study, production and combat.

After considering and considering, on the basis of the above, I decided that the method to be chosen to achieve high-quality effectiveness in teaching elective sport of volleyball to students at Tan Trao University: The group of endurance, intuitive, and practical methods followed the path of research, proved to have many advantages in realizing training goals and were suitable for age-specific psycho physiological characteristics.

These methods promote self-discipline, positivity, initiative, creativity under the organization and direction of teachers, the acquired knowledge will become their own property. As a result, the students understand the lesson more deeply and grasp the knowledge more firmly. In this case, the methods contribute to the development of thinking, skill training for students, for them to practice and familiarize themselves with research methods in particular, cognitive methods in general, especially combining with the above factors and solve the problem.

4. Acknowledgement

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5. Solution

5.1. The Cause of Common Mistakes in Low-Hand Pass Technique (Ball Cushion) and High-Hand Pass Technique

When teaching techniques to students, teachers model, analyze weak areas of movement techniques and then let students practice. But for the specific characteristics of low-hand and high-hand passing techniques, it requires students to perform with a relatively difficult level of skill, so when teaching, teachers have not paid attention to the receptive level of most children. , during practice led to the following basic mistakes:

5.2. *Low-Hand Pass Technique (Ball Cushion)*

Wrong movements: The posture of moving to choose the drop point of the ball is not reasonable, the contact point of the ball is not accurate, using the wrong force, most of the people only use force from the elbow to the wrist, using too strong or too weak force, The body of the stork is restrained, the hand is always ready to go first. Not being able to coordinate the strength of the whole body using only one arm.

5.3. *High-Hand Ball Passing Technique*

Wrong movements: The basic posture of moving to choose the drop point of the ball is incorrect, the hand shape to receive the ball is too wide or inappropriate, when contacting the ball without delay, passed the ball, using uncoordinated force Fits fingers, wrists, shoulders and full body.

5.4. *Apply Some Supplementary Exercises to Overcome Common Mistakes as Well as Some Advanced Exercises for Low-Hand and High-Hand Pass Technique*

Developing content of exercises: When building content of exercises for students, it is necessary to pay attention to 3 objects of students, exercises must be suitable to their psycho-physiological characteristics, not too demanding for students with good grades. Physical fitness is average as well as the exercises are not too monotonous for children with good physical condition. Special attention must be paid to some weak (gifted) children, to have supplementary exercises to guide them by giving them slow exercises, choosing exercises according to the method of dividing each stage, after having teaching skills, teacher asks for the complete set.

5.5. *An Exercise for Those Who Often Make Mistakes in the Technique of Low-Handed Passing (Ball Cushioning)*

- Practice the basic posture of how to move the legs and move the weight of the foot from the back foot to the front foot (slow), hold hands and release hands (hand grip, ball contact point, force)
- On the spot, the two hands hold the cushion without the ball, move without the ball according to the signal.
- (pay attention to footsteps, coordinate feet with shoulders)
- Keep both arms straight and swing in amplitude from bottom to front. Then adjust the hand shape according to the signal.
- Practice the ball path at a large angle (small and medium swing arm), practice the ball path at a small angle (strong swing arm).
- Coordination of the above stages (without ball and with ball).

5.6. *Exercises for Students Who Have Done the above Technique Well*

- Move sideways and pass the ball forward in groups of 2.
- Move the ball forward, 1 toss, 1 moves to pass.

5.7. *Training for Those Who Often Make Mistakes in High-Hand Passing Technique*

- Practice the basic posture of how to move the legs and move the weight of the foot from the back foot to the front foot (slowly), observe with your eyes moving.
- The exercise puts your hands in front of your face 15 -25cm higher than your forehead. Then relax and use your hands, elbows, and wrists to push up in the direction of 45 degrees (Watch the hand without the ball).
- Hand-forming exercise, put the ball into the hand and put it from the bottom to the top of the head (the ball is contacted by the 2nd fingers and out, the index and middle fingers are contacted by 3 knuckles and 1 callus of the index finger).
- The exercise brings the ball to the top of the head while shifting the weight of the front foot and coordinating the hips, shoulders, elbows, wrists and index fingers, the ball passes forward to the opposite side.
- The exercise toss and catch the ball to the top of the head (two hands tossing the ball up about 50-70cm above the top of the head) and moving the ball into the hands has a consummation phase.
- The exercise toss and catch the ball to the top of the head (two hands tossing the ball about 50-70cm above the top of the head) at the same time, moving the ball into the hands has a consummation phase. then shift the weight of the front foot, using the force of the hips, shoulders, arms, elbows, wrists and index fingers, the ball pushes the ball forward to the opposite side.
- Continuity with the ball combines the above stages in the forward direction to high for you to face.

5.8. *Exercises for Subjects Are Quite Good*

- Practice passing the ball in a formation of 3 children (triangle).
- Practice passing the ball over the net.
- Practice passing the ball in a formation of 3 children on a straight line (the middle child passes behind the head).
- Pass the ball sideways in groups of 2.
- Jumping the ball.

6. **The Method of Organizing and Practising the Above – Mentioned Supplementary Exercises**

When teaching the technique as well as the practice process, I selected gifted students who could perform the technique on Group 1 and some students who could not perform the technique on Group 2.

Group 1: Practice according to the program distribution because this is a group that performs relatively well, so I give advanced exercises, exercises for professional physical development. As the speed of movement increases, the number of repetitions increases, the rest time between intervals shortens.

Group 2: Practice the above-mentioned supplementary exercises because this group still has many technical errors when performing the passing technique, so it is necessary to apply the above exercises to supplement their expertise. Like the exercise performing slow movements, it requires the right technique, the right number of repetitions, the right amount of rest to have time to recover and especially for the children to self-assess your technique.

7. Conclusion

Through the application of the above exercises, I have selected a number of supplementary exercises to lead to improve student achievement which are:

Coaching exercises for children who often make mistakes in low-hand passing technique (ball cushion)

- Practice basic postures how to move the legs and move the weight of the legs from the back foot to the front foot (slow), hold hands and release hands (hand grip, ball contact point, force)
- At the place where the two hands hold the cushion without the ball, move without the ball according to the signal (pay attention to footsteps, coordinate feet with shoulders)
- Keep your arms straight and swing from bottom to front. Then adjust the hand shape according to the signal.
- Practice the ball path at a large angle (small and medium swing arm shape), practice the ball path at a small angle (strong swing arm shape).
- Continuous coordination of the above stages (without ball and with ball).

7.1. Exercises for Those Who Have Done Well the Above Technique

- Move sideways and pass the ball forward in groups of 2.
- Move the ball forward, 1 toss, 1 moves to pass.
- Beat the ball (1 child toss the ball up and hit the other 2 to move the ball).
- *An exercise for those who often make mistakes in high-hand passing technique.*
- Practice the basic posture of how to move the legs and move the weight of the foot from the back foot to the front foot (slowly), observe with your eyes moving.
- Exercises to put both hands in front of your face 15 -25cm higher than your forehead. Then relax and use your hands, elbows, and wrists to push up in the direction of 45 degrees (Watch the hand without the ball).
- Exercises to form a hand shape, for hugging the ball into the hand placed from the bottom to the top of the head (the ball is contacted by the 2nd fingers and out, the index and middle fingers are contacted by 3 joints and 1 callus of the index finger).
- Exercises to bring the ball to the top of the head while shifting the weight of the front foot and coordinating the hips, shoulders, elbows, wrists and index fingers, the ball passes forward to the opponent.
- Practice tossing and catching the ball to the top of the head (with both hands tossing the ball about 50-70cm above the top of the head) and moving the ball into the hands with a full stage.
- Practice tossing and catching the ball to the top of the head (two hands tossing the ball up about 50-70cm above the top of the head) and moving the ball into the hands at the same time. then shift the weight of the front foot, using the force of the hips, shoulders, arms, elbows, wrists and index fingers, the ball pushes the ball forward to the opposite side.
- The ball-based set combines the above stages in the forward direction up to the opposite side.

7.2. Exercises for Quite Good Students

- Practice passing the ball in a formation of 3 children (triangle).
- Practice passing the ball over the net.
- Practice passing the ball in a formation of 3 children on a straight line (the middle child passes behind the head).
- Pass the ball sideways in groups of 2.
- Jumping the ball.

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