

Study on the Current Situation and Countermeasures of Air Volleyball in Simao City

Hangyu Li

School of physical culture, Yunnan Normal University, Kunming, 650500, China

Abstract

In order to promote the better development of Air Volleyball in Simao City, promote the people in Simao City to actively carry out Air Volleyball activities, respond to the national call for national fitness and improve their physical quality. This paper uses the methods of field investigation, expert interview and logical analysis to investigate the current situation of Air Volleyball in Simao City, analyzes the problems in the process of Air Volleyball in Simao City, and the factors that hinder the development of Air Volleyball in Simao City, and formulates a series of targeted countermeasures to improve the development level of Air Volleyball in Simao City.

Keywords

Simao City; Air volleyball; Development status; Countermeasure.

1. Introduction

Air volleyball is a kind of sports that is created independently in China and widely carried out in various regions of China. It is loved by sports lovers and the masses at all stages. Since it was launched in Hohhot, Inner Mongolia in 1984, after 37 years of development, it has set off a wave of sports in China and gradually become a popular item of leisure, entertainment and fitness exercise for the people. The reason why Air Volleyball can be favored by the majority of sports lovers and the masses is that Air Volleyball has the characteristics of high safety, competitiveness, entertainment, universality and popularization.

As the administrative center of Pu'er City, Simao urban area studies the development of Air Volleyball in Simao urban area, which can objectively reflect the development of Air Volleyball in Simao urban area, so as to reflect a level of the development of Air Volleyball in Pu'er City. This paper systematically investigates the current situation of Air Volleyball in Simao City, analyzes the main influencing factors in the process of Air Volleyball in Simao City, and formulates a series of reasonable and targeted countermeasures and suggestions, so as to promote the development of Air Volleyball in Simao City, promote the progress of Air Volleyball in Simao City, and promote the masses to actively carry out physical exercise and participate in sports activities. Make their physical and mental quality develop in an all-round way, have good social adaptability and develop the awareness of lifelong sports, and actively respond to the call of the national national fitness plan. At the same time, it also has important reference value for the promotion of Air Volleyball in Pu'er City.

2. Research Results and Analysis

2.1. Analysis on the History of Air Volleyball in Simao City

Since the establishment of Air Volleyball in 1984, Yunnan Province is one of the first provinces to follow up the national development of Air Volleyball. According to records, Yunnan Province began to develop among elderly sports lovers as early as around 1996. Under the leadership of some sports lovers, Air Volleyball gradually spread to the whole province, and Yunnan Air Volleyball Association was established in 2014. Pu'er City is the first area in Yunnan Province

to carry out Air Volleyball activities. In 1997, Air Volleyball was introduced into Pu'er City from Guangxi. It was first carried out in Zhenyuan County of 2 Pu'er City, and then introduced into Simao City, which was widely carried out in Simao City. After that, the atmosphere of Air Volleyball became stronger and stronger in Pu'er City. Some Air Volleyball lovers spontaneously organized and established Air Volleyball teams, and the Air Volleyball competition also developed slowly. The level of Air Volleyball competition in Simao City was also improving day by day. Subsequently, with the support of Pu'er municipal government, Pu'er Air Volleyball Association was registered and established in 2012. Therefore, it can be seen that the development of Air Volleyball in Simao City is still in the primary stage, and the development history is relatively short. This reflects that Simao City Air Volleyball project still lacks some experience in the promotion and development process, it is difficult to form some professional practical development experience as guidance, and the degree of practice is not enough. There are still shortcomings in many technical aspects, and the population covered is still relatively small, and the degree of development is not deep enough. Therefore, there is still a long way to go for the popularization of Air Volleyball in Simao City.

2.2. Analysis of Coaches and Referees Engaged in Air Volleyball in Simao City

From March 25 to 28, 2017, the first Air Volleyball coach training course in Yunnan Province was held in Kunming, and then the "Yunnan Air Volleyball coach (Pu'er) training course" was held in Simao City, Pu'er City for the first time from March 15 to 18, 2018. Air Volleyball lovers from all over the Province, including Simao City, participated in the training course, which effectively expanded the Air Volleyball talent team in Simao City. It has laid a good foundation for the development of Air Volleyball in Simao City. According to incomplete statistics, more than 30 Air Volleyball lovers in Simao City participated in the training. From July 21 to 23, 2015, Yunnan Air Volleyball Association and Pu'er Sports Federation jointly hosted the "2015 Yunnan Air Volleyball referee training course (Pu'er area)", which was attended by more than 130 students from nine counties and one district of Pu'er City, Xishuangbanna and Lijiang. Before that, there was no clear record of any Air Volleyball referee training activities. Most of the referee work is to understand each other and learn from the outside world among Air Volleyball lovers. Through the training in 2015, the professional level of Air Volleyball Referees in Simao City has been continuously improved, and the professional knowledge and literacy have also been continuously improved. According to the statistics of Pu'er Air Volleyball Association, there are 73 Registered Air Volleyball Referees in Simao City. Generally speaking, there are few opportunities to organize the training of Air Volleyball Referees and coaches in Simao City, which makes the staff engaged in the work of Air Volleyball coaches and referees relatively scarce. With the increasing development of competition activities, it needs quite sufficient Air Volleyball referees to organize competitions and participate in refereeing. At the same time, it also needs to expand the team of coaches and cultivate high-quality and high-level Air Volleyball players, so as to make the Air Volleyball in Simao City show a positive development trend. At present, the team of Air Volleyball Referees and coaches in Simao City is obviously insufficient. When there are most competitions in Simao City, about 20 competitions are held at the same time every day, and each field of Air Volleyball competition is equipped with at least 4 referees, including referee, deputy referee, recorder and scorer. Therefore, with the continuous development of Air Volleyball competition, the training of referees and coaches needs to be improved.

2.3. Analysis on the Development of Air Volleyball in Simao City

With the continuous development of Air Volleyball in Pu'er City and the establishment of Pu'er Air Volleyball Association, the atmosphere of Air Volleyball in Simao City is becoming more and more active. "Pu'er thousand team Air Volleyball Competition" has become a major Air Volleyball competition in Pu'er City. Since it was held, teams from the whole city and even all

over the province have come to participate every year. So far, it has been held for eight times. With the leading of the wave of Air Volleyball in Pu'er City, the development of Air Volleyball events in Simao City is becoming increasingly fierce. It is understood that since 2010, Simao district has held an employee Air Volleyball Games every year, which aims to show the spiritual outlook of the majority of employees in Simao District, guide employees to exercise scientifically, and carry forward the employee culture of vitality, health and active performance of their duties. By 2020, Simao District employee Air Volleyball Games will be the 10th, with more than 100 teams from various units. In addition to this large-scale Air Volleyball competition, all units in Simao City have actively carried out Air Volleyball events and included Air Volleyball events in the games. For example, Pu'er college has held seven sessions since holding the first employee Air Volleyball Games in 2013, Pu'er Mobile has held three sessions of Air Volleyball Games in Simao City from 2017 to March, and Pu'er Banking Association has held seven sessions of Air Volleyball Games in Simao City since 2014. In addition, all units, including Pu'er old Sports Association, municipal audit system, political and legal system, Simao district hospital and primary and secondary schools, have actively carried out Air Volleyball Competitions in recent years, which has greatly activated the atmosphere of Air Volleyball events in Simao City. Therefore, it is not difficult to see that the active situation of Air Volleyball in Simao City reflects the love of the people in Simao City. There are big problems in the development of Air Volleyball Competition in Simao City. For example, the insufficient reserve of referees leads to the slow progress of the competition, the small number of professional coaches, the athletes can not get professional teaching, the skill level is general, the degree of specialization of the competition is not high enough and the appreciation is poor. Secondly, most of the Air Volleyball Competitions in Simao City are carried out in the face of unit employees. There are too few large-scale Air Volleyball Competitions in the face of the broad masses, which makes it difficult for the wide atmosphere volleyball lovers to communicate, and hinders the development and popularization of Air Volleyball in Simao City.

2.4. Analysis on the Number of Air Volleyball Courts in Simao City

Because the requirements of the Air Volleyball field are similar to that of the badminton field, most of the fields used by the Air Volleyball lovers in Simao City are badminton fields, and a jumping line of Air Volleyball is added on the basis of the badminton field as the field of air volleyball. According to statistics, most units and Gymnasiums in the north and south of Simao City, including Pu'er Industrial Park, are equipped with a certain number of professional Air Volleyball venues and 68 badminton venues, which are used by Air Volleyball and badminton lovers, providing venue conditions for the development of air volleyball. Badminton and Air Volleyball also exposed a disadvantage in sharing the field. If we carry out badminton, Air Volleyball cannot be carried out, and most of the Air Volleyball venues in Simao City are carried out with the help of badminton venues. It is an important condition to restrict the development of air volleyball. The lack of professional Air Volleyball venues in Simao City and the inconvenience of Air Volleyball will reduce the enthusiasm of the masses for Air Volleyball physical 4 exercise. As a result, Air Volleyball can not be popularized, which hinders its development.

3. Conclusions and Suggestions

3.1. Conclusion

After more than 20 years of development, Air Volleyball in Simao City has had some development experience, which has laid a certain historical foundation for the promotion of Air Volleyball in Simao City. With the guarantee and joint efforts of Pu'er Sports Federation and Pu'er Air Volleyball Association, the competition of Air Volleyball can be carried out. With the active development of Air Volleyball events, the majority of Air Volleyball lovers in Simao City

will have the opportunity to exchange and learn from each other, which is conducive to the exchange and dissemination of Air Volleyball in Simao City. Pu'er College offers courses for air volleyball, which makes Air Volleyball teaching more systematic and professional. It is an important measure to cultivate reserve talents of air volleyball. Through the professional teaching of Air Volleyball, a large number of reserve talents have been trained for the development of Air Volleyball in Simao City. The atmosphere of Air Volleyball in Simao City is good. Some people actively participate in this sport, have high enthusiasm for Air Volleyball and have great interest in Air Volleyball games. Under such an atmosphere, it is conducive to infect more people to participate in Air Volleyball and promote the development of Air Volleyball in Simao City. However, there are still many deficiencies in the development of Air Volleyball in Simao City, including:

3.1.1. The Number of Coaches and Referees Engaged in Air Volleyball Is Small

There are few training opportunities for coaches and referees in Simao City, resulting in a small number of coaches and referees. It is one of the important reasons why the level of Air Volleyball lovers in Simao City can not be improved and it is difficult to carry out Air Volleyball events, which hinders the development process of Air Volleyball in Simao City.

3.1.2. The Events in Simao City Are Scattered and There Are Few Fixed Events

Most of the events in Simao City are organized by some units or trade unions. There are few events organized by the government or relevant institutions, and there are no fixed events. The event organization is relatively scattered, and there is no large-scale event organized in the face of the broad masses of society. As a result, the communication between Air Volleyball lovers in Simao City is not enough, so that the Air Volleyball technology is difficult to be improved, which affects the specialization process of Air Volleyball in Simao City.

3.1.3. The Number of Venues Is Small and the Specialization Level of Equipment Is Low

There are few professional Air Volleyball venues in Simao City, and a large part of them are carried out on Badminton venues. Air Volleyball is greatly limited by venues. Moreover, a large part of the Air Volleyball equipment in Simao City has been aging and can not be replaced, which limits the development of Air Volleyball in Simao City.

3.1.4. The Publicity of Air Volleyball Is Too Small

At present, the publicity of Air Volleyball in Simao City is too small. Most of them are promoted with the help of events, and there are few publicity among communities and media. The publicity is too small, which leads to many people not knowing this sport, which hinders the development of Air Volleyball in Simao City.

3.2. Suggestions on the Development of Air Volleyball in Simao City

3.2.1. Strengthen the Team Construction of Air Volleyball Coaches and Referees

With the gradual increase in the number of people participating in air volleyball, people's demand for Air Volleyball coaches will gradually increase. In order to make the Air Volleyball develop better and improve the sports skills of the people involved in air volleyball, it is the basis of the high-quality development of air volleyball. To cultivate the sports skills of Qi Nourishing volleyball, coaches need to give full play to professional skills teaching. At the same time, with the increase of people participating in air volleyball, people's enthusiasm for competition will continue to rise. It is necessary to equip a certain number of referees to organize and maintain the competition, so as to meet people's needs for competition, learning and communication, so as to promote the continuous development of Air Volleyball in Simao City. Therefore, we should actively carry out the training of coaches and referees and strengthen the team construction.

3.2.2. Relevant Departments Actively Carry Out Air Volleyball Events

Air volleyball competition is an important means to realize the exchange and learning of Air Volleyball technology. Through Air Volleyball competition, the participants of Guangzhou atmospheric volleyball can realize their shortcomings and learn some excellent competition techniques and tactics. It plays an irreplaceable role in improving their own level and making the high-quality development of air volleyball. Therefore, relevant departments should actively organize wide range of atmospheric volleyball lovers to participate in Air Volleyball competitions, and do a good job in safety guarantee.

3.2.3. Improve the Construction of Air Volleyball Venues and Equipment

The problem of field equipment has always been an important condition for the development of ball games. As a net separated antagonistic sport, Air Volleyball itself has the characteristics of lightness, which has very high requirements for the field. There are still some deficiencies in the number of Air Volleyball venues in Simao City, which can not meet the needs of an increasing number of people. In addition, it shares the venue with badminton, and the aging equipment can not be replaced in time, which makes the development of Air Volleyball easy to be limited. Therefore, in order to better develop the Air Volleyball in Simao City, we must solve the problem of field equipment. The government should increase capital investment, improve the Air Volleyball venues and equipment facilities, and meet the needs of Air Volleyball lovers.

3.2.4. Strengthen Publicity and Improve the Social Influence of Air Volleyball

Active publicity is an important means for people to understand a thing. In order to improve the influence of Air Volleyball in society, as a relevant department, we should actively publicize the characteristics and advantages of air volleyball, so that people can correctly understand air volleyball. With the rise of the tide of national fitness, relevant departments should seize this opportunity and actively publicize the competition system, rules and advantages of Air Volleyball in national fitness activities, so as to stimulate the interest of the masses and enable more people to participate in it, so as to achieve the purpose of promotion.

3.2.5. Increase Exchanges with Surrounding Areas and Learn from Experience

In Yunnan Province, each region has its own unique development model and its own unique advantages. In order to promote the development of Air Volleyball and promote air volleyball, we should connect with the surrounding areas, actively linkage, learn their development experience and the application of techniques and tactics, so as to improve the strength of Air Volleyball in Simao City and make the sport flourish in Simao City.

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