In Docker, volume management allows you to manage persistent data for containers. With volumes, you can store data generated by a container outside the container's filesystem, making it available even after the container is removed or recreated. In this way, volumes allow you to decouple data management from container lifecycle management.

There are two types of volumes in Docker: anonymous volumes and named volumes. Anonymous volumes are created and managed by Docker, and are identified by a random string. Named volumes are created and managed by you, and are identified by a user-specified name.

Here are some basic commands for managing volumes in Docker:

1. Create a named volume:

```
docker volume create mydata
```

2. List all volumes:

```
docker volume ls
```

3. Inspect a volume:

```
docker volume inspect mydata
```

4. Remove a volume:

```
docker run -it --name mycontainer -v mydata:/app/data myimage
```

5. Create a container with a named volume:

```
docker run -it --name mycontainer -v mydata:/app/data myimage
```

6. Mount a host directory as a volume:

```
docker run -it --name mycontainer -v /host/data:/app/data myimage
```

This will create a container named "mycontainer" from the "myimage" image and map the "/host/data" directory on the host system to the "/app/data" directory inside the container.