

Claims:

1. A transmission method of a resource set, comprising:
sending, by a first terminal, a transmission resource set to a second terminal, wherein a transmission resource included in the transmission resource set belongs to transmission
5 resources in a first time-frequency range.
2. The method of claim 1, wherein the first time-frequency range comprises a starting location of a time domain and an ending location of a time domain.
3. The method of claim 2, wherein the starting location of the time domain and the ending location of the time domain are determined based on first indication information sent by the
10 first terminal.
4. The method of claim 3, wherein the first indication information is carried in sidelink control information (SCI), or media access control (MAC) control unit (CE).
5. The method of claim 3 or 4, wherein the first indication information and the transmission resource set are carried in a same sidelink channel.
- 15 6. The method of claim 2, wherein the starting location of the time domain and the ending location of the time domain are determined based on third indication information of the second terminal.
7. The method of claim 6, wherein the third indication information comprises time domain location indication information, wherein the time domain location indication information
20 comprises the starting location of the time domain and the ending location of the time domain.
8. The method of claim 6, wherein the third indication information comprises indication information of a resource selection window, wherein the indication information of the resource selection window comprises:
a starting location of the resource selection window;
25 an ending location of the resource selection window,
wherein the starting location of the time domain is determined according to the starting location of the resource selection window, and the ending location of the time domain is

determined according to the ending location of the resource selection window.

9. The method of claim 6, wherein the third indication information comprises information of a resource reservation period.

10. A first terminal, comprising:

5 a sending unit, used to send a transmission resource set to a second terminal, wherein a transmission resource included in the transmission resource set belongs to transmission resource in a first time-frequency range.

11. The first terminal of claim 10, wherein the first time-frequency range comprises a starting location of a time domain and an ending location of a time domain.

10 12. The first terminal of claim 11, wherein the starting location of the time domain and the ending location of the time domain are determined based on first indication information sent by the first terminal.

13. The first terminal of claim 12, wherein the first indication information is carried in SCI, or MAC CE.

15 14. The first terminal of claim 12 or 13, wherein the first indication information and the transmission resource set are carried in a same sidelink channel.

15. The first terminal of claim 11, wherein the starting location of the time domain and the ending location of the time domain are determined based on third indication information of the second terminal.

20 16. The first terminal of claim 15, wherein the third indication information comprises time domain location indication information, and the time domain location indication information comprises the starting location of the time domain and the ending location of the time domain.

25 17. The first terminal of claim 15, wherein the third indication information comprise indication information of a resource selection window, and the indication information of the resource selection window comprises:

 a starting location of the resource selection window;

 an ending location of the resource selection window,

wherein the starting location of the time domain is determined according to the starting location of the resource selection window, and the ending location of the time domain is determined according to the ending location of the resource selection window.

18. The first terminal of claim 15, wherein the third indication information comprises
5 information of a resource reservation period.