

走幅跳における「骨盤主導型」踏切動作を導くドリルの提案
—「膝関節主導型」踏切で競技記録が低迷している大学男子走幅跳選手の
改善事例から—

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【要旨】

本研究は, 走幅跳において膝関節の屈伸を頼りに(「膝関節主導型」で)踏切動作を行い, 競技記録を低迷させている大学男子選手の, 競技記録の向上を目指して行った踏切動作改善のための踏切ドリルやその取組過程を明らかにするとともに, 取り組んだ踏切ドリルの妥当性や問題, さらに新たな踏切ドリルのトレーニングステップを提案したものである.

考案した踏切ドリルは, 「腰で踏切る」こと(「骨盤主導型」踏切)が感覚的に体得できない選手にとって, 「膝関節主導型」から「骨盤主導型」の踏切動作へと移行させ, その結果, 走幅跳の競技記録の向上も図れる可能性があることが示唆された.

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**Drill for teaching a hip-driven take-off in the long jump:
University male long jumper whose results had been poor
due to his knee-driven take-off**

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Key Words: long jump, hip, knee, lower leg, hinged movement, new drill

[Abstract]

The present study reports results of use of a drill that was devised for a university male long jumper who had been taking off by only bending and

stretching his knee (knee-driven take-off). Because of this inadequate form, his results had been poor. A drill was designed to improve his take-off. The process of training is reported, and problems with and validity of the drill are examined. A new step in training the take-off drill is suggested. The drill focuses on shifting the take-off from knee-driven to hip-driven for long jumpers who had not been able to acquire the feeling of the hip-driven takeoff, so that their results would improve.