

団体スポーツにおける個人を活かすチーム・マネジメント

—C 大学女子ソフトボール部の実践例—

Team management that utilize the individual in organized sport : Practical example of C university softball team

二瓶雄樹* 桑原康平*

*中京大学

Abstract

The purpose of the present study is the following two. Verify it with the effect of "Team management that utilize the individual". And, Present the coaching process where "Individual as existence that plays the role" in group sports is clarified.

The following effects were achieved from "Team management that made the best use of the individual".

1. Effective use for time and environment
2. Game power improvement of the player who gave role
3. Effective, efficient preparation before it plays a game
4. Improvement of management power of team

The following results were obtained about the coaching process where "Individual as existence that played the role" was clarified.

1st stage: Making and well-known of "Team vision"

2nd stage: Making and well-known of "Team vision" and "Definition of team" based on game characteristic.

3rd stage: Presentation of "Individual role" that considers individual game power.

"Individual as existence that plays the role" can be clarified through these stages.

In the softball team that had become an object in the present study, the problem was canceled by passing this coaching process. And, practicing positive effect was achieved. It is hoped that this process will be invoked to a variety of group sports in the future.