

大学女子バスケットボール選手の体力と技術を客観および主観の両面から評価して  
競技力向上に結びつける手法の開発 (第 2 報)  
～評価結果を用いて個人面談を行いトレーニング介入をすることの効果～

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**【研究概要】**

大学女子バスケットボール選手 8 名を対象として, 当該競技に求められると考えた 14 の基礎的な体力・技術についての測定を行った. 加えて, 競技場面で求められる実戦的な体力・技術に関する 14 の能力について, 指導者の主観的な評価を数値化した. そして, 両者を組み合わせて選手の長短所がわかるフィードバックシートを作成し, 個人面談により個々の選手の意見も聴取した上で, 各選手の課題に合わせたトレーニングを実施した. 8 名のトレーニング方針は, ①垂直方向への跳躍能力の改善(3 名), ②連続的な跳躍能力の改善(1 名), ③持久力の改善(2 名), ④下肢の筋力の改善(2 名)の 4 種類となり, それぞれ週 3 回の頻度で 5 週間のトレーニングを行った. その結果, 8 名中 7 名で, 課題としていた基礎体力が改善した. 選手の自省報告でも「自分の伸ばしたい能力を鍛えることでモチベーションを保ちやすかった」など肯定的な意見が多かった. また「ディフェンス時に低い姿勢が保てるようになった」など, トレーニングによる基礎体力の向上を練習や試合で実感している選手も多かった. 以上を考察した結果, 本手法は個々の選手の基礎体力を改善する上で効果が高いと考えられた.

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**Method aimed at improving the competitive skill of university  
female basketball players by using subjective and objective  
evaluations: Part 2 Effects of individualized training programs based  
on interviews utilizing the evaluation results**

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Key words : individual differences , measurement of physical strength and technical skills, numerical rating scale

**[Abstract]**

In the present study, 8 university women basketball players were measured on 14 items objectively evaluating their physical strength and technical skills that are fundamental for basketball. In addition, their coaches' subjective evaluations of 14 abilities concerned with practical physical strength and techniques that are required in basketball games were quantified. Combining those two sets of data, a feedback sheet was produced to show each player's strong and weak points; the feedback sheets were then given to each individual player in an interview in which the subject's opinion was requested. Then, training programs based on these fundamentals were designed to focus on each individual's problems. The training programs were divided into the 4 categories in which individual players had shown need for improvement: (a) vertical jumping ability for 3 players, (b) repetitive jumping ability for 1 player, (c) endurance for 2 players, and (d) leg muscle strength for 2 players. The training was conducted 3 times a week for 5 weeks. The measures taken after the conclusion of the training showed that 7 of the players' fundamental physical strength had improved. The players' introspective reports also revealed positive opinions such as that they had maintained high motivation during the training because it was aimed at improving their own weaknesses. Other comments from the players confirmed their self-realization of improvement in their fundamental physical strength through the training, such as by reporting that it had become possible to keep a low posture in the defense phase. These results suggest that this method may be effective for improving the fundamental physical strength of individual players.