

# 怪我による長期のチーム離脱で低下した持久力を段階的に向上させ 復帰を果たした大学サッカー選手の取り組み事例

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## 【概要】

筆者が所属するサッカーチームでは専属のトレーナーがおらず、怪我をした際に低下した体力を十分強化せずに競技復帰をして再受傷するケースが多い。本研究では、筆者が受傷したことを契機に、自身の体力を計画的に回復させ、より効果的な競技復帰を図った事例について報告した。

受傷による痛みの消失後、現状把握のために体力・技術テストを実施したところ、いずれも大きく低下していた。そこで自身および指導者の意見、文献等を総合的に考察し、解決すべき能力に優先順位をつけた。その結果、持久力の改善を優先課題とした。

第1期ではLT走トレーニングを実施したところ、LT相当の走速度やYo-Yo Test(レベル1)は改善したが、復帰直後の練習ではダッシュを反復する際の持久力に課題を感じた。そこで第2期では高強度インターバル走を実施したところ、Yo-Yo Test(レベル2)の成績にも改善がみられ、試合のスタッツ、筆者自身の内省および指導者の内省報告でも肯定的な結果が得られた。

この取り組みの手順は、トレーナー不在のチームで、選手が主体となって計画的に体力回復を図り、よりよい競技復帰を果たす上で、他選手の参考にもなると考えられた。

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## **A stepwise recovery of endurance by a soccer player who was able to return safely to the game after a long time on the injured list**

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Plan-Do-Check-Act cycle (PDCA)

## **[Abstract]**

A soccer team that the first author participates in has no exclusive trainer, with the result that injured players often return to play before recovering sufficiently and, as a consequence, get injured again. The present study reports the first author's experience in which he was injured but then exercised systematically in order to recover his strength, after which he was able to return safely to play.

When the first author conducted physical and technical tests in order to have a better understanding of his physical condition after the pain from the injury had disappeared, he found that his scores on all the tests had decreased significantly. Then, on the basis of his own ideas, the coach's opinion, and published articles, he prioritized the abilities that he should work on, giving the greatest emphasis to improvement in his endurance. In the first stage, after doing lactate threshold (LT) training, his running speed improved, as did his results on level 1 of the Yo-Yo Test, but he had only limited endurance in repeated dashes. In the second stage, he did high intensity interval runs, after which his results on level 2 of the Yo-Yo Test improved and his game stats showed positive results. That he had improved was also supported by his own and the coach's feelings about his recovery.

This approach may provide useful hints to other athletes who are on teams that have no trainer and who thus have to prepare on their own initiative a plan to recover their strength so that they can return safely to the game.