

バレーボール技術の評価に関する研究

(第1報) 新しい記録法の作成と男子一流チーム・選手の
国際試合における技術成績について

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Studies on the Evaluation of Volleyball Skills

Report 1: The Results of Volleyball Skills of Top Class
Japanese Men's Players in International Games

by

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The purpose of this study is to establish the new recording method of individual skills of volleyball players, to evaluate the abilities of them and to get some data for future coaching.

Authors recorded six elements of individual skills such as spike, service, blocking, service reception, spike reception and set-up, of all Japan men's national team players. We studied 25 international games between Japan to USSR, and Peoples Republic of China (P.R.C.).

- 1) Average ratio of spike success of top class men's player was 45%, and spike miss was 10%. But in case of ace-player, total average of spike success was 50~55%, and spike miss was 6~7%. These average were superior than that of Tokyo Olympic team.
- 2) Average of service ace was 4~6% and that of the best server was 12~13%. Total average of service ace of all Japan men's team was 5.4% and decreased than that of Tokyo Olympic team (7.2%).
- 3) Average of block success of Japanese team was 3.9 (per one set). These average were inferior than that of USSR and P.R.C. team (5.16 per a set). Japan men's team needs more hard practice on blocking.
- 4) Average of service reception was 91~95%, and that of spike reception was 55~60%.
- 5) Average of set up success were 95% and NEKOTA (No. 1 setter in the world) was 96.8%.

[Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 6, 57~69, 1972]

I. 緒 言

スポーツの試合に優れた成果をあげるためには、体力や精神力の強化とともに、試合に参加する選手の技術を日頃のハードトレーニングによって最高度に充実させておくことが必要である。そのためには、スポーツの指導にあたって、指導者が単に経験にもとづく指導のみでなく、選手個々の技術上の特徴や欠点を正しく分析把握し、個性

を生かした適切な指導法を考え出し、進んでその実践に当たりながら学習効果の評価と指導法の工夫反省という過程を通して、より高度なものへ到達するための努力が必要になる。

最近バレーボールの著しい普及発展に伴って、従来のように、バレーボールの技術を単に指導者の主観や経験によるのみでなく、客観的に具体的な事実に基いて評価する方法が要求されるようになってきた。トップクラスのチームにとっては、選手・チームの技術上の特徴や欠点を把握し勝敗

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