

バレーボール技術の評価に関する研究

(第2報) 女子一流チーム・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 2: The Results of Volleyball Skills of Top Class
Japanese Women's Players in International Games

by

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The purpose of this study is to evaluate the individual skills of all Japan women's players in 26 international games (94 sets), using the new recording method.

1) Average ratio of spike success of top class players was 35%, spike miss was 7.4%, but that of the best spiker was 45% and 5.0%.

2) Average ratio of service ace was 6~9%.

3) Average of block success was 2~3 times per one set. Average of Japanese team was superior than that of U.S.S.R. and Peoples Republic of China (P.R.C.).

4) Average of spike reception and service reception were 70.4% and 91.6%.

These average were superior than that of U.S.S.R. and P.R.C. team. (66.4, 87.1%)

5) Average of set up success was 92~93% both in Japanese team and U.S.S.R., Red-team.

6) These results showed us that Japanese women's team superior in service and spike reception than that of foreign team.

7) In comparison them with men's data, women's team superior in service ace and spike-reception (64%, 20%). Men's team, superior in spikeace, block success and service reception (22%, 44%, 4%). So in case of women's team, service and spike reception are very important skills.

[Proceedings of Department of Physical Education, College of General Education, University of Tokyo, No. 6, 71~79, 1972]

I. 緒 言

スポーツの指導をより合理的におこなうためには、その選手の持っている意欲や体力などの心理的・生理的条件を充分把握すると共に、現実のスポーツ活動の成績を直接左右する選手や生徒達の

技術上の特徴を理解することが必要である。このような観点から従来多くのスポーツにおいて、その種目の特性を考慮して多くのスキルテストが検討工夫され、スポーツ技術評価の指導や尺度として多くの貢献を果してきた。日頃の練習や試合の場で、指導者はスポーツ活動に参加している選手や生徒を観察し、時には科学的な手法でこれらに検討を加え、具体的且つ総合的なデータを基礎

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