

プロサッカー選手のタレント識別指標の検討

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Abstract

Recently, a lot of studies have investigated the talent identification in soccer players.

However, no clear results have been reported probably due to the lack of prospective research designs. The present study investigated the index of talent identification for adolescent soccer players in career development. Fifty-six male adolescent soccer players who belonged to the J-League academy participated in this study. They were divided into professional (n=7), collegiate (n=19), and regional (n=30) players based on their performance level at 18 years of 30 age. Height, weight, stepping speed, endurance, and choice reaction time (hand: HRT, foot: FRT and hand-foot-complex: CRT) were measured. The CRT was significantly faster in professional players (561.6 ± 59.7 msec, $p < 0.01$) and collegiate players (612.6 ± 59.7 msec, $p < 0.05$) compared with regional players (692.3 ± 120.0 msec). The mean values of body weight, height, and CRT tended to be higher for professional players than collegiate players, however they were not statistically significant. Our findings suggest that adolescent soccer players with faster CRT have possibility to advance their career in soccer. Evaluating this ability during mid-adolescence should therefore enable coaches to reduce the numbers of short-term dropout players.

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