

研究報告

アジアサッカー育成年代選手の競技力向上に関する研究  
— 3か国によるU-14代表選手の競技力の実態調査から —

Improvements in performance of young Asian soccer players  
— Survey of performance level in U-14 selection teams in three countries —

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Abstract

A survey consisting of Japan Football Association (JFA) physical assessment, and Diagnostic Inventory of Psychological-Competitive Ability for Athletes 3 (DIPCA 3) was conducted to assess performance level of young soccer players in Cambodia, Laos, and Northern Mariana Islands, who were coached by expatriate soccer coaches, in order to investigate their performance. The results indicated that young players in Cambodia had a higher level of agility compared to players in other countries, as assessed by the “shuttle run” and the “agility step 50”, of JFA physical assessment. On the other hand, their kicking power and throw-in skills were relatively low. Moreover, DIPCA 3 indicated that their motivation to win, self-control, confidence, ability to relax and decision-making ability were relatively high. Furthermore, young players in Laos compared to players in other countries were faster as assessed by the 50-meter run, included in JFA physical assessment, as well as in kicking power of the left foot, and jumping ability, including “bounding” and “one-leg hopping”. On the other hand, their “agility forward” was low. However, there were no significant differences in DIPCA 3 scores. Also, young players in Northern Mariana Islands had lower shuttle run and bounding with both legs scores, as indicated by JFA physical assessment. DIPCA 3 indicated that their competitive spirit, motivation to win, decision making ability, and cooperativeness were low.

However, soccer players in the three countries showed lower scores on the JFA physical assessment and DIPCA3, compared to Japanese players. In order to improve their performance, it would be necessary to implement training programs for players in these three countries based on guidance for coaches, and to increase their experience of participating in international games.

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