

原著論文

## 野球における盗塁時間と走速度，ストライド，ピッチ， 歩隔との関係について

Relationship between base stealing time and running speed, step length,  
step frequency, and step width in baseball

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### Abstract

The purpose of this study was to clarify running performance for quickness in base stealing. The subjects were 53 male junior high school students, 31 male high school students, 24 male university students, and six professional baseball players, for a total of 114 subjects. The subjects were instructed to steal second base as fast as they could. Their running speed, step length, step frequency, and step width were calculated, and the correlations with base stealing time were investigated. Running speed, step length and step frequency showed significant positive correlations with base stealing time from immediately after starting to steal the base to just before sliding. These results indicated that running faster from the first step is more important than achieving maximum speed soon after starting to run, and it is necessary to improve both step length and step frequency from the first step in base stealing. Players with fast base stealing times tended to have larger step width immediately after starting to steal the base; however, there was no correlation between step length and step width. This result suggested that larger step width was not utilized to increase step length.

キーワード 走塁，形態的発達，機能的能力

base running, morphological development, functional capability

### 1. 緒言

野球の攻撃には「打撃」と「走塁」がある。走塁の技術が良いと進塁率は高まり、得点する機会も増える。走塁の中でも盗塁は攻撃側の重要な戦術のひとつで、塁間27.431mをいかに短時間で走るかが重要となる。指導書の中で、石橋（2011, pp.182-187）は盗塁を成功

させるカギはStart, Speed, Slidingの「3S」の技術にあり、上体を深く沈ませないようにスタートすること、3歩目、4歩目で一気にスピードを上げること、そして、トップスピードを保ちながら最後の1歩でスライディングに入ることが重要であると述べている。しかし、寺町（2009, pp.36-37）は現場の指導者お

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