

この度、Danish Football Association（デンマークサッカー協会）が日本サッカーの現状を学ぶために来日し、Japan Football Association(日本サッカー協会)等を訪問する一環で、東京大学にて脳機能とサッカーパフォーマンスとの関連に関するミニセミナーを開催します。皆様のご参加を心よりお待ちしております。

日時： 2023年10月26日（木） 10：15～11：15

場所： 伊藤国際学術研究センター 3F 中教室

演者： 酒本勝太 博士

演題： Possible requirement of executive functions for high performance in soccer

In open-skill sports such as soccer, the environment surrounding players is rapidly changing. Therefore, players are required to process a large amount of external information and take appropriate actions in a very short period. Executive functions (EFs)-the cognitive control processes that regulate thoughts and action-are needed for high performance in soccer. In this study, we measured the EFs of young soccer players aged 8±11 years, who were applying for admission to an elite youth program of a Japanese Football League club. We found that even though admission was determined by the soccer performance of the players, significant differences were observed between players who were approved and those who were not approved into the program. Soccer players who had been approved into the program got higher scores in general EFs tests than those who had been rejected. Our results proposed that measuring EFs provides coaches with another objective way to assess the performance levels of soccer players.

<reference>

※Sakamoto S†, ※Takeuchi H†, et al., Possible requirement of executive functions for high performance in soccer. *PLOS one*. 2018 Aug 22;13(8): e0201871. doi:10.1371/journal.pone.0201871.

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