

# 淺談籃球運動員的心理訓練問題

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## 【摘要】

籃球運動在台灣是十分熱門項目，在各式各樣的休閒運動中，參與籃球運動的人口所佔的比例可說是屬一屬二的。由於有線電視的普及，世界高水準的籃球比賽（NBA、NCAA）幾乎隨著可見，而台灣職籃（CBA）的成立，使得籃球運動吸引了更多參與者。隨著籃球運動員技術水平不斷的提高和發展，籃球比賽越來越緊張激烈。運動員在比賽中不僅要消耗大量的身體能量，同時也會消耗大量的心理能量並可能摧毀運動員的自信心，甚至導致運動員受傷，縮短運動壽命。在籃球比賽決定勝負的關鍵，不但取決於身體條件、技術水平的優劣及戰術的應用，同時也取決於運動員在比賽中心理適應和心理承受能力。在大專盃及高中的聯賽過程，檢討的結果總給人們的印象是，越到關鍵時刻，成功率越低，暴露出許多心理障礙而導致技術失誤的問題。在此我提出個人對於籃球運動員在心理訓練方面的淺見。

關鍵詞：心理訓練、籃球

# **Topics of Mental Training on Basketball Athletes**

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### **【Abstract】**

Basketball is a very popular sport in Taiwan. People joining it comprises very high percent of the total sport population. In recent years, the Cable TV has developed rapidly so we can watch the world high class basketball games, like NBA and NCAA on cable TV anytime anywhere (if you want to).

Because of the establishment of CBA, it attracts more people to join in. With importing the skills of basketball players, basketball games have become more and more exciting. In the games, players exhaust not only their energy but also a lot of spirit – this could be destroy a player's confident, even result a player gets hurt and abbreviate his life of sport.

The key of winning basketball games is decided by athlete healthy, energy, skills and mind. And it's also up to inner adaptation or ability. In UBA and HBL games, people always feel miss results lower success. (This conclusion is about athlete inside peace.)

This is my opinion about basketball athlete mental training.

Key words : mental training, basketball