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Insights of Kaoru Mitoma's thesis on dribbling (from Japanese article/interview)

# •Kaoru mitoma dribbling thesis insights•

"Why do I miss my dribbling?"

Graduation thesis written by rookie Kaoru Mitoma at the University of Tsukuba



-Put a small action camera "GoPro" on your head and go towards the opponent with the ball. It is to consider the view of dribbling with video. With the cooperation of the people around us, we compared it with other players and thoroughly verified it.

### •Why do I miss my dribbling?

This is the theme of his graduation thesis of Kaoru Mitoma of Kawasaki Frontale worked on during his time at the University of Tsukuba. The 23-year-old dribbler, who is one goal away from becoming the fifth rookie in J.League history to score in double figures, was just a year ago busy with reports, just like a fourth-year college student. The day after a Kanto University League game, I sometimes went to my computer late at night, even if I was still tired. Director Masaaki Kodo taught Mitoma his graduation thesis at the soccer laboratory of the College of Physical Education (Faculty of Physical Education).

"He was very serious. I also decided on my own theme and brought it with me. I hypothesized that my gaze when dribbling was different from other people's, and I experimented on the field and tested it hard. I was the type of person who thought for myself until the end, and I never immediately asked, 'What should I do?'"



**•"If you move the enemy's body, you win."**

As a result of the verification, there was a difference in the gaze before receiving the pass. Mitoma takes into view the opponent and space in front of him until the ball comes, and he hardly looks down even if he starts dribbling. Skillfully put in a body feint, look at the opponent carefully and set it up. I heard the true intention from him during the University of Tsukuba.

"I'm conscious of shifting the opponent's center of gravity. If you can move the enemy's body, you win."

The detachable dribbling mechanism is carefully written in the paper, and it is still stored in the laboratory of the University of Tsukuba. It has been passed down to the juniors as useful information, but it seems that it has left something more valuable than the contents.







• **The more the suitcase is full...**

"It's like proof that Mito, who has been very active since the first year as a professional, was also studying hard. It's a good example of not neglecting your studies."

The attitude of facing soccer was stoic. I've had a multifaceted perspective since I was in college, and I'm greedy for growth. We made full use of the environment of Tsukuba University, where the wisdom of sports science gathers. I spared every effort to make my sloppy body strong. Dietary management based on nutrition is one of them. Reo Hatate (Juntendo University), the current teammate from Kawasaki, who has been good friends with both public and private affairs since he was in college, was surprised by the expedition of the All Japan University Selection.

~"I thought my consciousness was very high. Even during the expedition, I had prepared enough food for my suitcase to become full."





• "Speed up" with great effort

Physical training is also good. I didn't work hard to improve my muscle strength in the dark to make my body bigger. I visited an expert according to my purpose and improved the exercise skills I needed. What I put in particular effort into was the linear speed-up. I walked a little on the university campus and asked Associate Professor Satoshi Tanikawa, who was the representative of the 110m hurdles at the Athens Olympics in Sydney, where the Japanese national team Genki Haraguchi (now Hannover / Germany) also taught him how to run.



Ken Mukojima, who has been watching  
Mitoma's play for many days in



< Notes



(now Hannover / Germany) also taught him how to run.



Ken Mukojima, who has been watching Mitoma's play since his academy days in Kawasaki, has been feeling the change since he was in his first year of university. "In college, not only the power but also the speed has increased. The technology has been quite high since the youth era, but I wasn't the type to take advantage of the speed like now. I wonder if the movement has become dynamic and I can use the reach well. The power of the characteristic dribbling has also doubled."



'm really s g-willed n and in the post...."



dribbling has also doubled."

< Notes



• "I'm really strong-willed now and in the past....."

Everything is a reverse calculation to be active from the first year of professional. In college, I wasn't satisfied with just pulling out one opponent. I kept in mind how to dodge the second and third. Mukojima Scout, who knows that he has always set hurdles for himself, just rolls his tongue at the height of consciousness.

~"I'm really strong-willed now and in the past I've had a clear goal since I was a college student, and I've been working hard to think about what I need. I've been doing it for 4 years. Even if you become a professional. I won't be swept away by anyone, and I have my own thoughts."

I guess it's stretching straight because the core is not shake. When I asked Mukojima Scout and Director Koiddo of the University of Tsukuba again about his professional performance, he said that he could imagine cutting through the enemy camp with dribbling.



the number of goals of Mitoma who surprised the fans...





Notes

through the enemy camp with



grabbing.

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**•The number of goals of Mitoma who surprised the two people**

However, it was more than expected for both of us.

"I didn't expect to score so many points."

18 league games, 9 goals. Last season, he scored 7 goals in 17 games in the Kanto University Division 1 league. It is no wonder that those who know Mitoma well are surprised. Director Koido was happy with a wry smile.

"I rediscovered it. Maybe I wasn't able to bring out the best of Mitoma in college. When I was in college, we played on the same side, made games, and even carried the ball. Because my work at Frontale has become clearer, I think I'm able to demonstrate my original strengths more."

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"There's such an interesting rookie."



Heading towards the final game of the

league, the





• "There's such an interesting rookie."

Heading towards the final game of the league, the marking on the uniform number 18 is getting tougher. Still, it doesn't matter if you can see the goal first. Even if the enemy is two people, challenge the game without hesitation. As I watched him greedily attacking, I suddenly remembered the words I had heard at the Nishigaoka soccer field a year ago.

"I want to keep playing in the game and take it at a pace of about 1 goal in two games. I want to show people all over Japan a play that makes people think, 'There is such an interesting rookie.'"

It is exactly what you say. How long should I continue to be surprised? I would like to expect more surprises in the remaining season.

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Japanese article:

<https://number.bunshun.jp/articles/-/845385>

<https://youtu.be/c4RQZquckF0>

Someone needs to leak his whole dissertation

### サッカーの1対1場面における攻撃側の情報処理に関する研究

三笠 薫 ( サッカーコーチング論)

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キーワード：競技レベル、姿勢、状況判断、認知、注意

**【目的】**

サッカーの1対1場面において、攻撃側の選手の情報処理の違いを競技レベルごとで比較検討することである。本研究では、攻撃側の選手が「相手選手のどこを見ているのか」を主観的なデータと客観的なデータで検討しつつ、その違いからサッカー選手の情報処理と競技力との関係について明らかにし、サッカーにおける育成・指導現場の一助と自分自身の競技力向上などを目的とした。

**【方法】**

1大学サッカー部に所属する攻撃的な選手21名を対象とし、競技レベルに応じて熟練群10名(トップ)

いる事が示唆された。

また、アンケートの結果からも有意な差は見られず、熟練群と準熟練群の主観的な注意の場所に差はないと言える。

Go Proの映像での分析は各種の比較であったため差は出なかったが、被験者内の平均値を分析したところ有意な差があった場所が異なり、熟練群と準熟練群で特徴的な違いが見られた。熟練群は準熟練群よりも相手選手を顔の中心で捉えている割合が高いことが示唆された。また、熟練群のほうが準熟練群よりも相手選手の身体部位の割合が下の段に高くなり、有意な差があった場所からも姿勢が熟練群のほうが高くなっていることが示唆された。これらには、

分析

**【文献】**

**環境設定**



7/12



画像分  
りも  
ら仕掛  
率にお  
ラップ  
位置

図2 アンケートの例

👉 This translates:

**•Keywords: Last level, variation, situational advantage, knowledge, attention**

[ ]

In the one-on-one scene of soccer, the difference in the information processing of the attacking players is compared and examined by the skill level.

In the current research, the attacking player is "the opposing player"

The purpose of this study was to clarify the relationship between information processing and Q skills of soccer players. From the difference, we will clarify the relationship between the information processing of soccer players and Q skills, and develop them in soccer. It was aimed at preventing the scene of winger positioning and improving one's own skills.

..... It was shown that there was  
In addition, a significant difference was  
observed from the results of the  
questionnaire.

Also, it can be said that there is no  
difference in the subjective place of  
attention between the junior high school  
group and the semi-enthusiastic group.  
Because the analysis at the Co Pro school  
was a comparison of each case

Although there was no difference, the place  
where there was a significant difference  
was different when we divided the post-  
normal temperature within the subject.

There was a divine and special price  
difference. Osome group should be normal  
Shingo, who holds the opponent in the  
center of the face, is higher than

was shown. In addition, Tekano group

It was shown that the ratio of the body parts  
of the opponent player was higher than that  
of the opponent, and the fluctuation was  
high even from the place where there was a  
sharp difference. These include....

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