

台灣保齡球運動發展之研究

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摘 要

本研究旨在探討台灣保齡球運動的發展，採取文獻分析法、歷史研究法及深入訪談法，研究目的針對台灣保齡球運動的歷史背景，現況與未來發展趨勢，加以蒐集、整理、分析、歸納與探究，獲致結論與建議如下：

- 一、國內選手年齡層偏高，年輕選手實力落差甚遠，往下紮根，培育新一代的青少年選手乃為當務之急。
- 二、國人自創之飛碟球打法，至今仍然停留在土法煉鋼階段，應成立科學研究中心，研究一套有利的理論基礎，以提升專業技術的突破。
- 三、曲球打法為國際保齡球主流，科技的研發與設備設施配合主流設計，乃屬必然趨勢。必須加強曲球球路領域的發展，針對曲球專業技能的不足，可聘請國外知名曲球專業教練指導訓練，才有實質上的助益。
- 四、規劃更健全的教練培植制度，並嚴謹把關，確實執行教練考核，加強國家教練的素質與專業技能，以提升教練水準。
- 五、國內保齡球館多以商業營運形態，球館設備與球道等設施與國際水平差距甚大，有關單位應獎勵與輔導各球館改善球道等設備設施，提升國內保齡球運動水準，並協助培訓優秀選手。
- 六、國內選手缺乏符合國際水準的專業訓練場地，培訓計劃難以落實，與國際發展趨勢難以接軌，期望我國體育主管機關重視與輔導，籌建國家保齡球館，讓台灣保齡球運動再創新局。

關鍵詞：九瓶保齡球運動、十瓶保齡球運動、飛碟球

Study on the Development of Bowling as a Sport in Taiwan

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Abstract

The purpose of this study is to explore the development of bowling as a sport in Taiwan through the analysis of document, historical studies, and in depth interviews. The focus is on the historical background, current status, and future development trends of bowling in Taiwan. With the collection, organization, analysis, and exploration of data, a conclusion and suggestions are listed below:

1. The average age of players in Taiwan is quite high, and the skill level of younger players are lacking in comparison. Developing a new generation of teenage players is a priority that must be addressed.
2. The Spinner form developed in Taiwan is still in infantile stages. A scientific research center should be established to study an advantageous basic theory in order to bring new innovation to technical skills.
3. The cranking form is the mainstream Hook in international bowling; therefore, technological study and equipment facilities to meet this trend are necessary. We must strengthen the development of Hook and invite famous foreign professional coaches to offer guidance to bring practical benefits in addressing the problem of being inefficient in the skill of cranking.
4. Establish a more thorough training standard that is monitored vigilantly while also ensuring that coach qualifications are appropriately achieved through testing to strengthen the quality of national coaches in terms of professional skill.
5. Bowling alleys in Taiwan are commercially managed yet their facilities and the quality of lanes are severely lacking when compared to international standards. Related departments should give incentives and counsel these bowling alleys to make changes to their bowling lanes and facilities to increase the standards of bowling in Taiwan and also support the development of superior players.
6. Taiwan's players lack a professional training facility matching international standards, making it difficult to properly conduct training and transition to international trends. Hopefully, through the care and guidance from our sports related departments a national bowling facility can be built to bring new life to the sport of bowling in Taiwan.

Key words: Ninepin bowling, Tenpin bowling, Spinner