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## Discussion of Baseball Running

—Differences between Head Sliding and Foot Sliding—

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The purpose of this research is to investigate the differences between Head Sliding and Foot Sliding from the point of view of running velocity.

To study that, photoelectric-cells were placed at the point of 2.5m, 5m, 7.5m, 10m, 15m, 20m, and goal (=2nd base) from the starting point, and the time required of each interval were calculated by the computer system.

Main results are as follows:

- 1) The mean time for running of Head Sliding from the starting point to the 2nd base is significantly small in comparison with that of Foot Sliding ( $p < 0.05$ ).
- 2) On the velocity between 15m point and 20m point, there is a significant difference ( $p < 0.05$ ) between Head Sliding and Foot Sliding (Head Sliding is faster).

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