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壘球都有「零秒出手」！? What Can You Do Within Half A Second!?



時機對於壘球擊球手來說非常重要。
Timing for a batter in softball is very important.
(Photo: Hong Kong Softball Association)

壘球起源於 19 世紀 80 年代的美國芝加哥，由棒球演變而成。當中壘球與棒球其中一個最大的分別，就是壘球的體積比棒球大。那麼，壘球擊球手是否比棒球的擊球手更容易打出全壘打？

其實不然。根據 ESPN 電視節目《Sport Science》的測試指出，精英投手可投出時速高達 113 公里的球，而壘球由球員於投手丘投出至本壘的距離平均約 37 呎，擊球者大概只有短短 0.35 秒的反應時間。相對於棒球，球場面積較大，投手與捕手之間的距離大約為 55 呎，所以即使投手以時速 145 公里的較快速度投球，擊球手仍有 0.44 秒的反應時間。

換言之，壘球比棒球的擊球手的反應時間，還要少百分之二十，所以壘球擊球手要於極短時間內判斷應否擊球、調整擊球力量及角度，甚至要打出全壘打也絕不容易。

Softball was originated and developed in Chicago in 1880s, it was a variant of baseball. One of the biggest differences between softball and baseball is the ball size of softball is bigger. So, is it easier for the softball batter to hit a home run?

Of course not! According to the test conducted by ESPN TV show 'Sport Science', elite softball pitchers can top speeds around 113km/h, and after they take their stride off the mound they are generally around 37ft away from home plate. It results in 0.35s of reaction time for the batter. Comparatively, the field size of baseball is larger, the distance between the home plate and the pitching mound for baseball is about 55ft. Thus the reaction time for a baseball batter to hit the ball is about 0.44s when the ball is reaching at 145km/h.



壘球（左）的體積明顯較棒球大。
Softball (left) is significantly larger than baseball.

(Photo: World Baseball Softball Confederation)

In other words, a softball batter has 20% less time to react to a pitch than a baseball batter, it is challenging for the softball batter to decide whether he/she should hit or adjust the hitting power and angle, and even hit a home run.