

FID Men's National Team 1st Camp Time Schedule

2021.4.27

DATE	TIME	Contents	Other	
5/1	14:00	Staff Meeting	スケジュール全体確認、内容確認	
	14:20	Team Meeting	今後の方針、スケジュール確認	
	14:50	Men's Team Meeting	内容確認	
	15:00	Practice Start~W-up		
	15:30	Dribble work & Shooting drill		
			・Paint attack~Floater	
			・Kick out	
	16:00	3men 5ball		
	16:10	Rebound~break 2-1, 3-2		
	16:20	4on4 Scrimmage		
16:50	Down~Practice finish			
5/2	8:50	Staff Meeting	スケジュール確認、内容確認	
	9:00	Practice Start~W-up		
	9:30	3men 5ball		
	9:40	Rebound~break 2-1, 3-2		
	9:50	Shooting drill	Offenseの考え方	
			・Paint attack~Floater	
			・Kick out	
	10:20	1-4 Situation		
			・カラ動き	
	11:00	5on5 Situation (Live)		
	11:20	Down~Practice finish		
	12:00	Lunch time		
	14:00	Practice Start~Shooting drill		
	14:30	1-4 Situation		
	15:00	Shell Defence drill (5-4 situation)		
	15:30	Trap Defence		
16:20	4on4 Scrimmage			
16:50	Down~Practice finish			
5/3	8:50	Staff Meeting	スケジュール確認、内容確認	
	9:00	Practice Start~W-up		
	9:30	3men 5ball		
	9:50	Shell Defence drill (5-4 situation)		
	10:30	5on5 Situation (Defence MtoM)		
	11:20	5on5 Situation (Defence Zone)		
	11:50	Down~Practice finish		
	14:00	Practice Start~Shooting drill		
	14:30	5on5 Situation (Defence MtoM & Zone)		
	15:30	5on5 Situation (Defence All court press)	2-2-1 1-1-2-1	
	16:30	5on5 Scrimmage (Live)		
	16:50	Down~Practice finish		
5/4	8:50	Staff Meeting	スケジュール確認、内容確認	
	9:00	Practice Start~W-up		
	9:20	3men 5ball		
	9:30	Rebound~break 3-2, 4-3		
	9:40	5on5 Situation (All court press)	2-2-1 1-1-2-1	
	10:30	5on5 Scrimmage		
	11:50	Down~Practice finish		