

FID Men's National Team 2nd Camp Time Schedule(B)

3/19～3/20 @ トッケイセキュリティ平塚総合体育館

DATE	TIME	Contents	
3/19	10:15	Staff Meeting	スケジュール等全体確認、内容確認
	10:30	全体MTG	今後の方針、スケジュール確認
	10:45	Practice① Start～W-up(吉田C)	Coordination含む ※止まり方注意
	11:05	Ball Handling Dribble Drills (大野C)	
	11:20	Full Court 2lane	
	11:30	Shooting Drill	Meet Shoot
	11:45	Full Court 1on1	Foot Work
	11:55	2 Men game drill (P&R, P&P)	
	12:20	Shooting Drill	2Group Competition
	12:30	Practice① Finish Lunch Time	
	15:00	Practice②Start～W-up(吉田C)	
	15:20	Half Court 1on1	From Wing(Direction)
	15:35	2 Men game drill (P&R, P&P)	
	16:00	Transition Drill 4on4	
	16:10	Scrimmage	
17:00	Down～Practice Finish		
3/20	9:00	Staff Meeting	スケジュール確認、内容確認
	9:15	Practice③Start～W-up(吉田C)	
	9:30	Ball Handling Dribble Drills (大野C)	
	9:40	Half Court 1on1	
	9:50	2 Men game drill (P&R, P&P)	
	10:05	2 Men game drill (P&R, P&P)+1	
	10:20	2 Men game drill (P&R, P&P)+1→Down Back	
	10:35	Scrimmage	
	11:45	Shooting Drill	2Group Competition
	12:00	Down～Practice Finish Lunch time	