

2022 FID Men's JAPAN NATIONAL TEAM 1st Camp Practice menu

DATE	TIME	Contents	Memo
4/30	11:30	Team Meeting	年度強化方針説明、スケジュール全体確認、内容確認
	12:00	Lunch time	※12:30～Staff meeting
	13:30	Physical check / Taping	※13:45～新潟市行政挨拶
	14:00	Practice start～W-up	(小村TC)
	14:30	Position drill	(G : 大野C / F : 小川裕C / C : 吉田C)
	15:00	3 men 5 ball	
	15:20	Shooting drill	
		・Ball side cut	
		・Flare Screen	
		・3Point	
	16:00	5 on 5 Scrimmage	A・B合同
	16:50	Down～Practice finish	
5/1	8:50	Staff Meeting	スケジュール確認、内容確認
	9:00	Practice Start～W-up	(小村TC)
	9:30	3 men 5 ball	
	9:50	Dribble work	(大野C、小川裕C)
		・Paint attack～Floater	
		・Kick out	
	10:20	Out number drill	
	10:40	2 Men game situation	
	10:50	1-4 Situation	
		・Around	
		・Back door	
	11:20	Shooting drill	
	11:30	5 on 5 Scrimmage	A・B別
	11:50	Down～Practice finish	
	12:00	Lunch time	※面談
	14:00	Practice Start～W-up	(小川裕C)
14:40	Shooting drill		
14:50	Zone defence	(2-2-1、1-2-1-1、All coat press)	
15:30	5 on 5 Situation～Scrimmage	A・B別	
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	(小村TC)
	9:30	3 men 5 ball	
	9:50	Shell Defence drill (5-5 situation)	
	10:30	5 on 5 Situation (Defence M to M)	
	11:20	5 on 5 Situation (Defence Zone)	
	11:50	Down～Practice finish	Team Meeting
	12:30	Lunch time	
	13:30	Basketball Clinick Start	
	15:30	Basketball Clinick Finish	