

	12/24		12/25		12/26	
	A	B	A	B	A	B
9:00			W-up (吉田C)		W-up (吉田C)	
9:30			Out number Drill	Training	Out number Drill、Shooting Drill	
10:00			Shooting Drill		Zone Off、Zone Def	
10:30			Dribble work、1 on 1 Drill		M to M Off、M to M Def	
11:00			Zone Off		Scremage	
11:30	Meeting		Zone Def			
12:00	昼食		昼食		昼食	
12:30	コート設営				研修	
13:00	選手状況確認、面談		選手面談			
13:30						
14:00	W-up (吉田C)		Shooting Drill	Training		
14:30	マルチ測定		Out number Drill			
15:00	Shooting Drill	Training	M to M Def (All、Half)			
15:30	1 on 1 Drill、2 on 2 Drill		M to M Off			
16:00	Out number Drill		Scremage			
16:30	Shell Def Drill (4-4)					
17:00						
17:30						
18:00	夕食		夕食			
18:30						
19:00						
19:30	Training	Dribble work	Traning (測定)	Training (測定)		
20:00		Shooting Drill				
20:30		Line Traning				
21:00						