

2024年度 FID日本男子代表チーム 合宿スケジュール&練習メニュー

Date	Time	Contents	備考
5/2	13:30	Physical Check	トレーナー面談方式
	14:30	Team Meeting	
	15:00	W-up	
	15:30	測定① (マルチステージ)	
	16:10	Fundamental Drill	
	16:45	Down	
5/3	6:00	Shooting Drill	
	6:50	Down	
	9:00	W-up	
	9:20	Fundamental Drill	
	9:40	Shooting Drill①	
	10:00	Fast Break Drill	
	10:30	Scrimmage	
	11:45	Down	
	14:00	W-up	
	14:20	Fundamental Drill & Rebound Drill	
	14:40	Defense Drill	M to Mの整理
	15:40	Shooting Drill②	
	16:00	Scrimmage	
	17:30	Down	
19:30	測定③ (Push up、Sit up) & Care		
20:50	Down		
5/4	6:00	Shooting Drill	
	6:50	Down	
	9:00	W-up	
	9:20	Fundamental Drill	
	9:40	Shooting Drill③	
	10:00	Fast Break Drill	
	10:30	Scrimmage	
	11:45	Down	
	14:00	W-up	
	14:20	Fundamental Drill & Rebound Drill	
	14:40	Defense Drill	Zoneの整理
	15:40	Shooting Drill④	
	16:00	Scrimmage	
	17:30	Down	
19:30	Shooting & Care		
20:50	Down		
5/5	6:00	Shooting Drill	
	6:50	Down	
	8:30	測定② (身長、体重、WS)	
	9:00	W-up	
	9:20	Fundamental Drill & Rebound Drill	
	9:40	Shooting Drill⑤	
	10:00	Scrimmage	
	11:20	Down	
13:00	Team Meeting		