

2024年度 FID日本男子代表チーム 第2次強化合宿練習メニュー

Date	Time	Contents	備考
7/13	13:30	Condition check	Dr面談あり
	14:30	Meeting	
	15:00	動画視聴	
	15:30	W-up	
	15:30	Fundamental Drill (Shooting Drill ①)	
	16:00	Fast Break Drill~Out Number Drill	
	16:20	2Men game	
	16:40	3 on 3	
	17:00	Down	
7/14	9:00	W-up	
	9:20	Fundamental Drill	
	9:40	Shooting Drill ②	
	10:00	Fast Break Drill	
	10:20	4 on 4 (Box Def)	
	10:50	Scrimmage	
	11:45	Down	
	14:30	W-up	
	14:50	Fundamental Drill & Rebound Drill	
	15:00	Defense Drill (M to M, Zone)	
	15:40	Shooting Drill ③	
	16:00	Scrimmage	
	16:50	Down	
7/15	9:00	W-up	
	9:20	Fundamental Drill & Rebound Drill	
	9:40	Defense Drill (M to M, Zone)	
	10:10	Shooting Drill④	
	10:30	Fast Break Drill	
	10:50	Scrimmage	
	11:40	Down	
	13:00	Team Meeting	