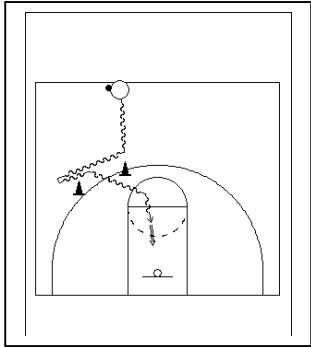
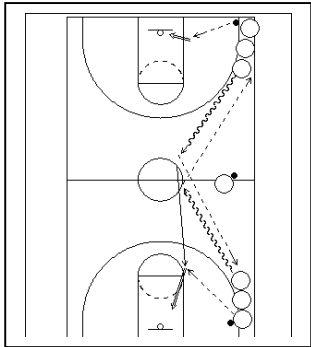
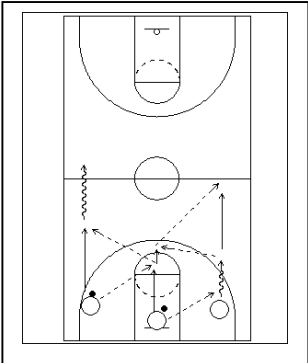
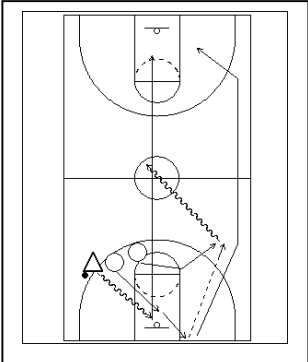


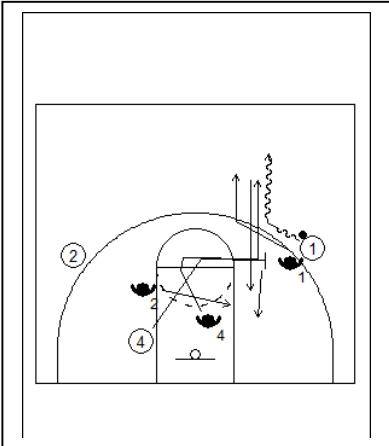
平成26年度ジュニアエリートアカデミー(ビッグマン&シューター) 第4回キャンプ バasketボールスキル ドリル

Practice plan 1, January 9th, 2015 - PM 14:00 – 16:00 Emphases: 1on1 off dribbling, Fast break fundamentals

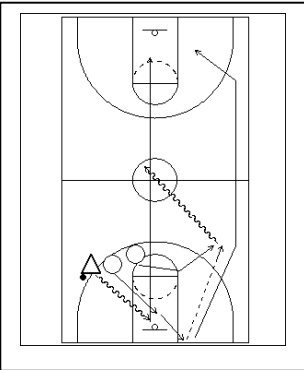
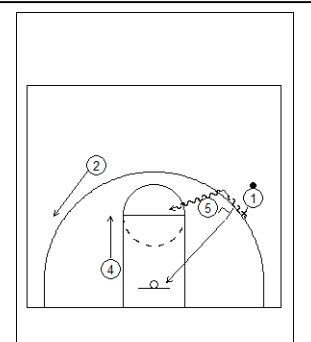
<i>Time</i>	<i>Emphases</i>	<i>Organizing</i>	<i>Comments</i>
30	WARMING UP:	Training of coordinative abilities	
30	1on1 FOOTWORK: (offense)	1on1 off dribbling  Speed cross over	Float and attack Speed cross over without defender
30	TRANSITION GAME FUNDAMENTALS:	Fast break fundamental drill 1 	<ul style="list-style-type: none"> • Pass off dribbling • Run and seal

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		<p>Fast break fundamental drill 2</p>  <p>2on1 – Full court</p> 	
20	1on1 COMPETITION:	1on1 starting off dribbling	

5 10:10	BREAK		
20 10:30	BALL SCREEN DEFENSE:	3on3+2 	Elements: <ul style="list-style-type: none"> • Positioning • Back door help • Cut defense • Ball screen defense • Help rotation
30 11:00	3on3 DEFENSE COMPETITION:	1.) Rebound competition 2.) 3on3 Half court competition	Rule: Ball screen entry

Example Practice plan 4 – January 11, 08:45 – 11:00 – Fast break fundamentals, Motion offense automatics

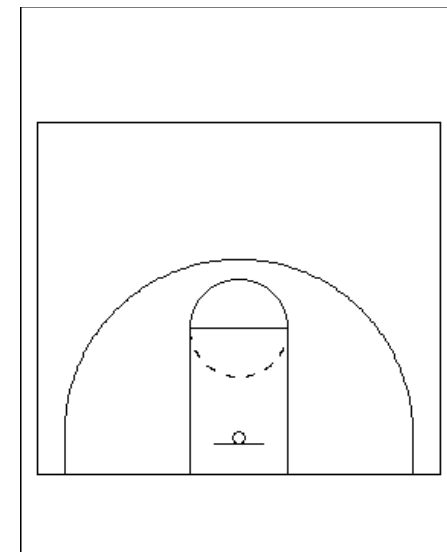
<i>Time</i>	<i>Emphases</i>	<i>Organizing</i>	<i>Comments</i>
- 09:25	INDIVIDUAL TRAINING:	08:45 – 09:20: Shooting practice (Shooters) 09:00 – 09:20: Physical warm up (big men)	
25 -09:50	TRANSITION FUNDAMENTALS:	Fast break fundamental drill “Run & seal” 2on1 – Full court 	
30 - 10:20	MOTION AUTOMATICS:	4on4 motion automatics 	4on0 / 4on4

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20 - 10:40	SCRIMMAGE:		
15 - 10:55	1on1 FINALS:		





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