

長野県協会講習会

AM9:15-12:00 オフェンスのファンダメンタル

Warming-up 5min

0. Shooting Challenge

Passing Fundamentals1 50min

1. 対面パス: Chest、FakeChest、SidePush、SemiHook、Hook、Loop、Jumping、FakeOverHead
2. 対面パス2on1(DEFとの対峙)
3. Seal Catch
4. Post Pass-in

Post Fundamentals 30min

1. Low 1on0
 - TurnShot
 - BaseLineDrive
 - Drop
 - BabyHook
 - Front
 - Behind
 - Turn
 - Up&Under
 - 3Dribble
2. Low1on1 7points

Passing Fundamentals2 60min

1. ReturnPlay 2on0: Quick、Long、Behind、Post、PassMotion-Attack、PassMotion-Shoot
2. Passing 2on2
3. Wing Receive 3on0
4. Cutting 3on0
 - Top cut W cut
 - HelpSide cut W cut
5. Passing 3on3

PM13:15-16:00 ディフェンスのファンダメンタルとトランジション

Warming-up 5min

0. Agility Drill

DEF Fundamentals 30min

1. SlideStep確認→Drill(Slow,Wide,Quick) *改善Drill(棒、MB)
2. CrossStep確認→Drill(Slow,Quick) *改善Drill(荷重、棒)
3. Body-up:Pivot、Drive、Live *15sec
4. 3PLINEDEF: Slide、Slide-Cross-Slide、1on1(NoBall)、1on1(w/Ball)

Pick DEF Fundamentals 40min

1. 3PLINE SC FightOver
2. Pick 2on2: FightOver+Show→Slide→Trap
3. HighPick 2on2 : Under→Contain

Transition OFF&DEF 80min

1. 3on3 BoxPass TRN
2. Passing 2on1→3on2
3. 3on3 REB&Score
4. 4on4 Shell to TRN *NoSC
 - Shell&DriveCover *3-4Passes
 - 2Pick: FightOver+Show, Trap
5. ALL Transition 4on4 *2or4 Groups *NoSC