

SABERS MEN'S BASKETBALL 2015-16



November 合宿 schedule

“What gets measured gets done.”

- Testing: skill, speed, strength
- Improving: shooting, ball handling, footwork, positioning
- Bonding: part of our goal to “enjoy the season”

11月19日(木)

15:45	• MS practice until 17:45
16:00	• Plyometrics: stair jumps; box jumps; drop jumps; knee ups, burn outs • Strength training: dead lifts; cleans; presses; pull ups • Testing: pull ups; dead lift; tire push; juggling
17:00	• Chalk talk , video session (light snack: onigiri, sandwich)
17:45	• Practice • Testing: free throws; best jump; defensive shuffle; rope climb
19:30	• Shower
20:00	• Dinner
21:00	• Movie
23:00	• Lights out

11月20日(金)

06:30	• Rise and shine.
07:30	• Practice • Testing: mikans; jump hooks; weak hand layups; push ups
09:00	• Testing: beep test. (Girls practice 9:00–11:30.)
09:15	• Breakfast
10:15	• Plyometrics: stair jumps; box jumps; drop jumps; knee ups, burn outs • Strength training: tires, rings, sand bags • Testing: free choice (dead lifts, pull ups, tire push, push ups, juggling)
11:15	• Lunch preparation.
13:30	• Practice. • Testing: shooting clinic; 1-foot swish drill; 3-point shooting
16:00	• Meeting
16:30	• Go home.

11月21日(土)

08:30	勝尾寺 run
10:00	Breakfast
10:30	せんと?

BRING: energy, positive attitude, pillow, sleeping bag or blanket, food money, towel, toiletries, medicine, sleeping clothes, change of clothes, running shoes, drinks