

2020・2・23 沖縄 春季キャンプ 第5クール 2日目 投手22名

| ゲームメンバー                                          | 残留メンバー                                                                                                                                                            | 1日キャプテン                                                  |
|--------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------|
| ガ<br>ン<br>ケ<br>ル<br><br>49 19 14 61 56 36 115    | 西<br>守<br>屋<br>高<br>橋<br>小<br>野<br>秋<br>山<br>青<br>柳<br>岩<br>貞<br>谷<br>川<br>馬<br>場<br>中<br>田<br>藤<br>川<br>エ<br>ド<br>ワ<br>ー<br>ズ<br>ス<br>ア<br>ス<br>ガ<br>ル<br>シ<br>ア | エ<br>ド<br>ワ<br>ー<br>ズ<br>ス<br>ア<br>ス<br>ガ<br>ル<br>シ<br>ア |
| ホテル出発 9:40                                       | W-UP (MG)                                                                                                                                                         |                                                          |
| 10:30 W-UP                                       | (サブG移動)                                                                                                                                                           |                                                          |
| CB                                               | CB (サブG)                                                                                                                                                          |                                                          |
| ゴロ捕                                              | 投内連係                                                                                                                                                              |                                                          |
| ランニング<br>体幹：B2<br>肩：S2<br>ドリル：MBスロー<br><br>12:15 | P回り                                                                                                                                                               |                                                          |
|                                                  | 投手コンディショニング<br>・体幹：B2<br>・肩：S2<br>・ドリル：MBスロー                                                                                                                      |                                                          |
|                                                  | ランチ                                                                                                                                                               |                                                          |
|                                                  | 打撃練習：Tee/バント/バスター                                                                                                                                                 |                                                          |
| ゲーム準備                                            | 強化ランニング<br>① 90mx5本x3セット(60秒/セット間4分)<br>② 30mハーフGx7本x2セット(40秒/セット間4分)<br>③ 50m/30mx各7本<br>④ 30m/20m/10mx各5本<br>⑤ 300m快調走x10本                                      |                                                          |
| オープン戦 vs Carp                                    |                                                                                                                                                                   |                                                          |
| クールダウン                                           |                                                                                                                                                                   |                                                          |
| ホテル帰館                                            | 個別/課題練習                                                                                                                                                           |                                                          |
| WT<br>ストレッチ                                      | WT<br>ストレッチ                                                                                                                                                       |                                                          |

10:00

2020・2・23 沖縄 春季キャンプ 第5クール 2日目 野手21名

10:00

| 残留メンバー              | ゲームメンバー |         |         |                                                                                                                                                                                                                                                                                                                                                                                       |         |        |         |         |         |                |        |        |         |         | 1日キャプテン |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|---------------------|---------|---------|---------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------|--------|---------|---------|---------|----------------|--------|--------|---------|---------|---------|--------|---------|--------|--------|---------|---|---|---|---|---|---|---|---|---|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|--|
| 福 留<br>8            | ポ<br>41 | サ<br>52 | マ<br>31 | 坂<br>12                                                                                                                                                                                                                                                                                                                                                                               | 梅<br>44 | 北<br>2 | 江<br>25 | 原<br>94 | 片<br>95 | <b>糸井</b><br>7 | 近<br>5 | 高<br>9 | 上<br>00 | 島<br>53 | 陽<br>55 | 大<br>3 | 植<br>62 | 木<br>0 | 熊<br>4 | 糸<br>33 |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (宜野座球場)             |         |         |         | 朝練習 (残波室内)                                                                                                                                                                                                                                                                                                                                                                            |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| W-UP                |         |         |         | ホテル出発 9:40                                                                                                                                                                                                                                                                                                                                                                            |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| (着替え/準備)            |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                       |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| CB                  |         | BT回り    |         | W-UP 10:30<br>(沖縄室内)                                                                                                                                                                                                                                                                                                                                                                  |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| ゴロ捕/打球捕             |         |         |         | BT回り (1カ所) 11:00                                                                                                                                                                                                                                                                                                                                                                      |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         | (沖縄移動)  |         | ① ⑧                                                                                                                                                                                                                                                                                                                                                                                   |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 打撃練習                |         |         |         | ② ⑨                                                                                                                                                                                                                                                                                                                                                                                   |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | ③ ⑩                                                                                                                                                                                                                                                                                                                                                                                   |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | ④ ⑪                                                                                                                                                                                                                                                                                                                                                                                   |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | ⑤ ⑫                                                                                                                                                                                                                                                                                                                                                                                   |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | ⑥ ⑬                                                                                                                                                                                                                                                                                                                                                                                   |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | ⑦                                                                                                                                                                                                                                                                                                                                                                                     |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 個別練習                |         |         |         | 12:15                                                                                                                                                                                                                                                                                                                                                                                 |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | シートノック (後) 12:30                                                                                                                                                                                                                                                                                                                                                                      |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 【コンディショニング】<br>体幹：C |         |         |         | 12:40                                                                                                                                                                                                                                                                                                                                                                                 |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| WT                  |         |         |         | 13:00                                                                                                                                                                                                                                                                                                                                                                                 |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | オープン戦 vs Carp (先発: #14 大瀬良)                                                                                                                                                                                                                                                                                                                                                           |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | <table border="1"> <thead> <tr> <th>一</th> <th>二</th> <th>三</th> <th>四</th> <th>五</th> <th>六</th> <th>七</th> <th>八</th> <th>九</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> <tr> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table> |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         | 一 | 二 | 三 | 四 | 五 | 六 | 七 | 八 | 九 |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| 一                   | 二       | 三       | 四       | 五                                                                                                                                                                                                                                                                                                                                                                                     | 六       | 七      | 八       | 九       |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                       |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         |                                                                                                                                                                                                                                                                                                                                                                                       |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | (ホテル帰館)                                                                                                                                                                                                                                                                                                                                                                               |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | 個別練習 (残波室内)                                                                                                                                                                                                                                                                                                                                                                           |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | 打撃：(コーチ指示)                                                                                                                                                                                                                                                                                                                                                                            |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
|                     |         |         |         | ウエイト：                                                                                                                                                                                                                                                                                                                                                                                 |         |        |         |         |         |                |        |        |         |         |         |        |         |        |        |         |   |   |   |   |   |   |   |   |   |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |