



| TIME | 野手 | | | | | | | | | | TIME | 投手 | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
|---|---|-------|-------|-----------|-------|--------|-------|-----------|-------|--|------|--------|----|--|----|-----------|----|-------|-------|----|---|----|---|----|----|----|----|----|----|----|----|----|--------|--|--|--|----------|--|--|--|
| | グループA | | グループB | | グループC | | グループD | | グループE | | | グループA | | グループB | | グループC | | グループD | | | | | | | | | | | | | | | | | | | | | | |
| | 背番号 | 名前 | 背番号 | 名前 | 背番号 | 名前 | 背番号 | 名前 | 背番号 | 名前 | | 背番号 | 名前 | 背番号 | 名前 | 背番号 | 名前 | 背番号 | 名前 | | | | | | | | | | | | | | | | | | | | | |
| | 8 | 瀧間大基 | 5 | 野村祐希 | 6 | アルカンタラ | 3 | 加藤豪将 | 23 | 伏見寛威 | 15 | 上沢直之 | 14 | 加藤貴之 | 17 | 伊藤大海 | 29 | 井口和朋 | | | | | | | | | | | | | | | | | | | | | | |
| | 44 | 阪口崇 | 7 | 松本剛 | 21 | 清宮幸太郎 | 4 | 上川畑大悟 | 27 | 古川裕大 | 24 | 金村尚真 | 26 | 田中正義 | 18 | 吉田輝星 | 40 | 福田俊 | | | | | | | | | | | | | | | | | | | | | | |
| | 50 | 五十幡亮汰 | 37 | 江越大賀 | 56 | 細川凌平 | 38 | 石井一成 | 30 | 宇佐見真吾 | 57 | 北山亘基 | 45 | ボンセ | 20 | 上原健太 | 51 | 石川直也 | | | | | | | | | | | | | | | | | | | | | | |
| | 61 | 今川優馬 | 58 | 奈良間大己 | 66 | 万波中正 | 65 | 梅林優貴 | | | 59 | 根本悠揮 | 47 | 鈴木健矢 | 28 | 河野竜生 | 53 | 長谷川威展 | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | 62 | 宮内春輝 | 46 | 畔柳亨丞 | 68 | 松岡洸希 | | | | | | | | | | | | | | | | | | | | | | | | |
| VS サムスライオンズ(練習試合) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:10 | ・スタッフM | | | | | | | | | | 9:10 | ・スタッフM | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:30 | ・アップ | | | | | | | | | | 9:30 | アップ | | | | 10:15 アップ | | | | | | | | | | | | | | | | | | | | | | | | |
| 9:55 | ・試合前練習(ドリル) <table border="1" style="margin-left: 20px;"> <thead> <tr><th colspan="2">BT順</th></tr> </thead> <tbody> <tr><td>27</td><td>65</td></tr> <tr><td>23</td><td>30</td></tr> <tr><td>38</td><td>4</td></tr> <tr><td>7</td><td>37</td></tr> <tr><td>6</td><td>3</td></tr> <tr><td>8</td><td>50</td></tr> <tr><td>61</td><td>66</td></tr> <tr><td>5</td><td>21</td></tr> <tr><td>58</td><td>12</td></tr> <tr><td>44</td><td>56</td></tr> </tbody> </table> | | | | | | | | | | BT順 | | 27 | 65 | 23 | 30 | 38 | 4 | 7 | 37 | 6 | 3 | 8 | 50 | 61 | 66 | 5 | 21 | 58 | 12 | 44 | 56 | CB(サブ) | | | | 10:15 CB | | | |
| | | | | | | | | | | | BT順 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 27 | 65 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 23 | 30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 38 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 6 | 3 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 8 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 61 | 66 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 58 | 12 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 44 | 56 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| P | | | | コンディショニング | | | | コンディショニング | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | コンディショニング ダイアゴナルタップ×8 MBスロー(上/叩き/踏込) | | | | ゲーム準備 | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | ランチ | | | | ランチ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | ランチ | | | | 13:00 プレイ | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | 個人練習 | | | | (先)46(2)→28(1)→17(1)→18(2)→20(1)→29(1)→51(1) | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:10 | ・終了 ※ドリル→Sレッグ3種 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| | ・ランチ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:20 | ・セカンドアップ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 | ・シートノック | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 | ・プレイ | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| <table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr><th colspan="2">ポジション</th></tr> </thead> <tbody> <tr><td>7</td><td>50</td></tr> <tr><td>5</td><td>4</td></tr> <tr><td>46</td><td>38</td></tr> <tr><td>30</td><td>21</td></tr> </tbody> </table> | | | | | | | | | | | | | | | | | | | ポジション | | 7 | 50 | 5 | 4 | 46 | 38 | 30 | 21 | | | | | | | | | | | | |
| ポジション | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 7 | 50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 5 | 4 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 46 | 38 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 30 | 21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| DH:66 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 打順→50. 66. 7. 5. 21. 4. 38. 30. 37 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 個人練習 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 打) 65.37.44.50 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 補) 27 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 内) 5.21 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 外) コーチ指示 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 予備 40. 53. 68 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |