THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 2, October 9-10, 2020:

Topic: Training young body.

Please write to us reflections on each question. It is up to 400 words, half of A4 page.

These questions will help you write your reflection:

1. What are the most important physical abilities for basketball players and what basic rules should be followed for effective development of them?

2. How do you understand “Sensitive period” for physical abilities and technical skills development?

3. How do you determine and control overtraining in your daily coaching practice?

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| Question 1 |
| Your reflections....... |
| Question 2 |
| Your reflections....... |

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| Question 3 |
| Your reflections....... |

After completing reflections signed PDF file should be sent to the email: info@basketballstudies.com