THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 5

Topic: Basics of basketball player’s technique;

Friday class: Sequence of basketball technic elements teaching. When. What. How.

Saturday class: From technical elements to the skill. Teaching – improvement – stabilization.

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

These questions will help you to write your reflection:

1.How you can describe basic movements of young basketball players? What is the sequence of teaching basic movements in youth basketball?

2.What is the difference between technical element and skill in basketball?

3. What are stages of technical element transfer to skill?

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

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

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