THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 6

Topic: Basketball technique development;

Friday class: Basketball shooting – from teaching to skill. Lithuanian way

Saturday class: Training decision-making skills while learning technical elements

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. What the main differences between **teaching** and **improvement processes** for basketball technique actions?

2. Shooting stability in basketball. How do you understand it and how you are developing it during the training sessions for youth players?

3. How do you develop decision-making ability for your players? In what training conditions decision-making improves most fast in your opinion?

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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