THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 9

Topic: Basketball offense;

Friday class: Specific offensive situations. The last-second shot, free throw rebounding and etc.

Saturday class: Offence against full-court and half-court press. Teaching and improvement.

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. A simple and very common tied game situation: the attacking team has 10 seconds for the last possession of the 4th period, the defending team leads by 2 points, you are the coach of the defending team. What instructions will you give to the defense of the last attack? Active defense and not let throw a three-point shot, or will you risk and concentrate your defense by not allowing you to score two points? Please explain your decision.

2. What are the main tasks of the offensive team against half and full-court zone press defense for not losing the ball? And what tasks have a defensive team in order to make a steal a ball? Describe please the main principles of the actions for both teams.

3. Try to reflect, in what situations full-court zone press defense has the highest effectiveness of the application?

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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