THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 11

Topic: Basketball defense;

Friday class: Specific defensive situations. Defense against opponent team leader, opponent center player, opponent shooter and etc.

Saturday class: Drills strengthening communication abilities among players for individual, group, and team defense.

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 would your instruction be for the defender of the opponent team's best player?

2. What actions make effective communication in defense among players of your team?

3. Explain please which five most important team defense key-actions in your opinion force to fail opponents in the offense.

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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