THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 12

Topic: Injuries prevention for basketball players;

Friday class: Main types, situations and factors causing injuries in different ages of players.

Saturday class: Exercises for injury prevention and recovery for basketball players of different ages.

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 are the main reasons that affect youth players injuries?

2. Describe relationship between physical load and injuries.

3. Explain the main principles of injuries prevention exercises performance

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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