THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 13

Topic: A new approach for physical preparation in youth basketball

Friday class: Explosive power and speed development for youth players; Strength and conditioning coach Algirdas Stuknys

Saturday class: Strength training innovations in Basketball; Prof. N.Masiulis

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 conditions for Speed and agility training in youth player’s age?

2. Describe relationship between strength and explosive power development.

3. What is physiological mechanism of muscle hypertrophy?

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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