THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 14

**Topic: Innovative training models for youth basketball players.**

Friday class: Optimum physical loads application for youth players development. Dr. M. Balciunas

Saturday class: Simultaneous training method. A new approach to pre-season and in-season workout planning. Prof. R. Paulauskas

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 criteria’s of physical load optimization? What optimal physical load means?

2. What is the main idea of simultaneous basketball players preparation model?

3. What other training innovations or models you are using in your training practice?

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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