BASKETBALL FEDERATION OF KOSOVO

ONLINE BASKETBALL COURSE FOR YOUTH COACHES

Student name and surname:

REFLECTIONS DOCUMENT

Week 1. Basics of basketball training theory Part 1 & 2

Topic:

Sessions:

Martynas Rackauskas: Youth program management;

Prof. R. Paulauskas: Basketball training methods

Prof. R. Paulauskas: Planning for effective basketball youth players training

Prof. N. Masiulis. Training young body

Please write to us reflections on analyzed topic. It is up to 200 words for each question.

Pleas answer to below presented question:

1. What similarities and differences you see comparing Kosovo and Lithuanian basketball youth programs?

2. Describe please most common training methods, which are applied in youth basketball training.

3. What are the main components of physical workload planning?

4. What main conditions have to be secured for effective and safe training of young body?

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| Question 1 |
| Your reflections....... |
| Question 2 |
| Your reflections....... |

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| Question 3 |
| 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