BASKETBALL FEDERATION OF KOSOVO

ONLINE BASKETBALL COURSE FOR YOUTH COACHES

Student name and surname:

REFLECTIONS DOCUMENT

Week 2. Basics of basketball training theory Part 3

Week 2. Development of technical skills for youth players Part 1

Topic:

Sessions:

Prof. R. Paulauskas: Basics of selection in youth basketball

Dr. M. Balciunas Optimum physical loads training method.

Prof. Rutenis Paulauskas: The sequence of basketball technique teaching for youth players

Coach Dalius Lubys: Teaching shooting in basketball. Lithuanian way

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 are main principles of youth basketball players selection?

2. How do you determine Optimum physical load for player and how it is applied during practical training?

3. What is sequence of teaching basketball technic actions for youth players?

4. What is consistency of teaching proper basketball shooting technique in youth age?

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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 4 |
| Your reflections....... |

After completing reflections signed PDF file should be sent to the email: info@basketballstudies.com