BASKETBALL FEDERATION OF KOSOVO

ONLINE BASKETBALL COURSE FOR YOUTH COACHES

Student name and surname:

REFLECTIONS DOCUMENT

Week 4. Building team tactic: defense

Topics:

Sessions:

Coach Steponas Kairys, Topic: Principles of effective defense 1×1

Coach Steponas Kairys: Teaching basketball defense fundamentals

Coach Dalius Ubartas: Players communication on the court

Prof. Rutenis Paulauskas: Main principles of team defense. How we teach it in Lithuania?

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 the main principles of 1x1 defense?

2. How do develop group players interaction in the defense?

3. What is your way of strengthening communication abilities among your team players? How you train it?

4. To what you agree and disagree watching Lithuanian way of team defense development?

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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