BASKETBALL FEDERATION OF KOSOVO

ONLINE BASKETBALL COURSE FOR YOUTH COACHES

Student name and surname:

REFLECTIONS DOCUMENT

Week 5. Building team tactic: offense

Topics:

Sessions:

Coach Dalius Lubys: Effective offensive plays against zone defense

Coach Joaquin Ruiz Lorente: Improvement of individual tactical skills

Coach Dalius Lubys: Drills for fast break teaching in youth age

Fitness. S&C coach Algirdas Stuknys: How to develop youth players' speed and coordination

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

Please answer to below presented questions:

1. What is the main focus of organizing effective play against a zone defense?

2. What are keynotes for players in teaching individual tactic skills?

3. Express your opinion: How is an important fast-break in youth basketball? Why?

4. What sequence of exercise complexity is recommended to apply for youth players developing speed and agility?

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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