THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 3

Topic: Designing multi-year development of basketball players

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

These questions will help you write your reflection:

1. What is the main focus of planning? Which planning benefit is the most important in youth training in your opinion?

2. Describe please micro, mezzo and macro cycles purposes in planning of sport training process?

3. What training methods are mostly prevailing in your training practices?

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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: ibulatvia@gmail.com