THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 8

Topic: Basketball offense;

Friday class: Improvement of individual offensive tactical skills Coach J. Ruiz Lorente

Saturday class: Effective offensive plays against a zone defense. Coach D. Lubys

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

These questions will help you to write your reflection:

1. Describe please your opinion on the 3 must-to-have individual offensive tactical skills for youth players?

2. What are the main principles of the effective offence again zone defense?

3. Against what kind of teams you are usually applying zone defense?

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

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| Question 3 |
| Your reflections....... |

After completing reflections PDF file should be sent to the email: ibulatvia@gmail.com