THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 10

Topic: Basketball defense;

Session 1: Main principles of basketball defense Stepas Kairys

Session 2: Building an effective defensive system. Expert’s insights. Stepas Kairys

Please write to us reflections to 200 -250 words on each question.

These questions will help you to write your reflection:

1. Describe please main principles of the individual defense.

2. What are key points of successful and effective team defense?

3. When in your opinion the zone defense should be applied? And what kind of zone defense you use most often?

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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