THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 12

Topic: Injuries prevention for basketball players;

Session 1: Main types, situations, and factors causing injuries in different ages of players. Dr. L. Siupsinskas

Session 2: Exercises for injury prevention and recovery for basketball players of different ages. Dr. L. Siupsinskas

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

These questions will help you to write your reflection:

1. What are the main reasons that affect youth players injuries?

2. Describe relationship between physical load and injuries.

3. Explain the main principles of injuries prevention exercises performance

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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