THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 13

Topic: Injuries prevention for basketball players;

**Topic: Psychological preparation in Basketball**

**Session 1: Psychology for a player and a team: how to set one goal for different subjects.**

**Session 2: Different types of players: team “star” and “silent” hard worker. How to set the right motivation for everyone.**

Please write and send to us reflections around 200 words on each question.

These questions will help you to write your reflection:

1. What actions help to set high motivation for team leader and role player to strive for the team goal?
2. What methods of players motivations you use in your coaching practice?
3. What was your main finding in 13th week sessions? Why it is important?

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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