THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 14

**Topic: Innovative training models for youth basketball players.**

Session 1: Optimum physical loads application for youth players development. Dr. M. Balciunas

Session 2: Simultaneous training method. A new approach to pre-season and in-season

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

These questions will help you to write your reflection:

These questions will help you to write your reflection:

1. What are criteria’s of physical load optimization? What optimal physical load means?

2. What is the main idea of simultaneous basketball players preparation model?

3. What other training innovations or models you are using in your training practice?

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

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

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