THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 15

Topic: A new approach for physical preparation in youth basketball

Session 1: Explosive power and speed development for youth players; Strength and conditioning coach Algirdas Stuknys

Session 2: Strength training innovations in Basketball; Prof. N.Masiulis

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

These questions will help you to write your reflection:

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1. What are the main conditions for Speed and agility training in youth player’s age?

2. Describe relationship between strength and explosive power development.

3. What is physiological mechanism of muscle hypertrophy?

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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