THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 2

Topic: Designing multi-year development of basketball players

Session 1: Planning of effective basketball youth players training. Prof. R.Paulauskas

Session 2: Basketball training models. Prof. R.Paulauskas

Please write to us reflections on each question. It is up to 200 words to each question.

These questions will help you write your reflection:

1. What basketball training planning benefits you would name as most important?

2. How you can describe simultaneous training model?

3. What training models you are using in your daily practice?

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

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

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