THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 4

Topic: Basketball management models (Federation – leagues – clubs).

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 on each question. It is up to 200 words to each question.

These questions will help you 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 signed PDF file should be sent to the email: iburussia@gmail.com