THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 5

Topic: Basketball shooting technique development

Please write to us reflections on each question. It is up to 200 words to each question. These questions will help you to write your reflection:

1. What are the main differences between teaching and improvement processes for basketball shooting technique action?

2. Shooting stability in basketball. How do you understand it and how you are developing it during the training sessions for youth players?

3. Express your opinion: What helps players to reach a high level of shooting stability at the professional level?

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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