THE FOUR MONTHS INTENSIVE ONLINE ADVANCED BASKETBALL COACHING COURSE

Student name and surname:

Country of residence:

REFLECTIONS DOCUMENT

Week 14

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

Friday class: Optimum physical loads application for youth players development. Dr. M. Balciunas

Saturday class: Modern planning of training in Basketball. Prof. Alejandro Vaquera

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

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 your experience in applying individual physical load for basketball players?

3. What benefits modern planning in basketball gives to the training process?

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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](mailto:iburussia@gmail.com)