THE FOUR MONTHS ONLINE ADVANCED YOUTH BASKETBALL COACHING COURSE

Name and Surname:

REFLECTIONS DOCUMENT

Week 11

Topic: Basketball defense.

Session 1: Specific defensive situations. Defense against opponent team leader, opponent center player, opponent shooter and etc.

Session 2: Drills strengthening communication abilities among players for individual, group and team defense.

Please write to us reflections to 200 -250 words on each question.

These questions will help you to write your reflection:

1. What defensive system you would offer Lithuanian National team coach to defend Luka Doncic?
2. What factors help players to understand each other better on the court? What methods are you applying to strengthen it?
3. What famous coach defensive system you like most? Why?

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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: iburussia@gmail.com