

Want to

START
TODAY

Shoot like Steph Curry during lockdown?

No special equipment needed – Just any type of ball

What: Basketball Skills

When: Everyday for 10 minutes

Where: Outside on the pavement or in your garden

How: Dribble any ball up and down for 3 mins, then practice shots by aiming the ball at any target for 3 mins, then dribble again for 4 minutes changing hands every third bounce.



Improve your accuracy, improve your basketball skills, improve your fitness, improve your mental health, learn about a new sport and get fresh air all at the same time!

Playing at least 10 minutes of sport a day is proven to improve your mind and mental health



#lockdowntips
#basketballUK
#positiveminds

