



# Kids Mini Basketball

**Kids' Mini Basketball** focuses on teaching the rules of game, introducing and developing fun skills and drills while building children's confidence and fitness with no pressure environment. The following will be covered:

- Key aspects of good dribbling and ball controlling
- Crisp passing and confident receiving
- Shooting technique
- Positional play and responsibilities of each person
- Offensive concepts for attack and defensive tactics for getting the ball back
- Basketball terminology

兒童籃球訓練課程將講解籃球規則、教授籃球技術和進行有趣遊戲。在沒有壓力環境下，幫助建立孩子的自信和體格、課程將涵蓋：

- 拍球和控球
- 傳球和接球
- 投籃技術
- 不同崗位的責任
- 進攻和防守戰術
- 籃球術語

**Day** : Every Friday

**Time** : 4pm-5pm (Age 3-5 years)

: 5pm-6pm (Age 6-12 years)

**Fee** : \$150 per class

**Venue** : Squash Court B



For enquiries and registration, please contact the Fitness Centre on 2657 8292