

小小籃球手

專業教練透過遊戲方式讓幼兒認識籃球規則，培養他們對籃球的興趣，並學習基本技巧，包括投籃、傳接球、運球、球感和步法等。同時，這種訓練有助於增強幼兒的肢體和感官協調能力，提高跳躍能力、平衡力和專注力。

Junior Basketball

Professional basketball coach teaches children the basketball rules and foster their interest in basketball games and teach them fundamental skills such as shooting, passing, dribbling, ball handling, and footwork. In addition, the course enhances children's physical and sensory coordination, improves their jumping ability, balance and concentration.

