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To Better Basketball

Physical Prep	B oga Session (yoga with a bball)	I ntegrate 20 minutes of physical activity into your daily life for 1 week	N eat hands, create your own ball-handling routine	G ive the Hoops @ Home Circuit a try	O rganize and complete a 20 minute recovery routine 3 times
Gratitude	B oost 3 teammates with 3 positive things about them	I mpress someone and tell them why you appreciate what they do	N arrate why you love basketball and ask 2 other people	G enerate a list of things you are grateful for, add something every day for 2 weeks	O ffer 2 coaches 2 positive things about them
Individual Prep	B uild your own pre-game talk for 3 different scenarios	I dentify 5 strengths, write them down	 FREE 	G ive a personal philosophy statement about who you are	O pen your mind with the Hoops @ Home Motor Imagery session
Bball IQ	B asketball favourite player and why	I nbound play creativity, make one and talk it through with someone	N ame your favourite coach and why	G ame strategy talk with a coach	O riginal offence, create it and talk it through with someone
Positive Mindset	B ring a positive from each day to a group for 1 week	I nclude 5 minutes of mindfulness every day for 1 week	N avigate 3 whole days using only positive language	G et 7 different people to smile in 1 day	O ne week of sharing a favourite quote with 1 new person every day
Bonus	B ingo to Better Basketball with someone else	I ndividual conversation with a coach about their job	N ew perspective after a conversation with a referee about their job	G o online to post a picture in team gear and tag Alberta Basketball	O utline 3 new moves to add to your game and plan how to make that happen

How to play:

- For anyone: athletes, coaches, parents
- Try and complete all the boxes on this card to improve on and off the court
- The more you work on each box, the more of a habit it may become



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