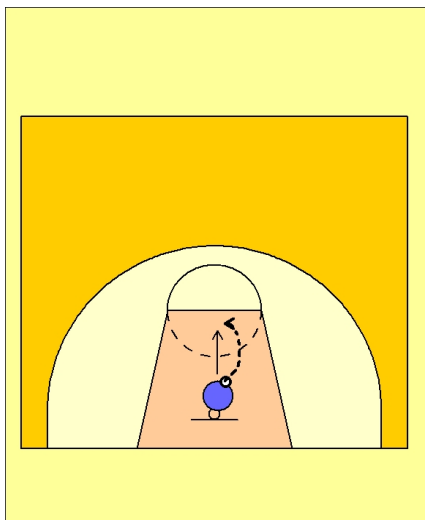


### Bank/swish



Bank/Swish is a fun game that players can do individually to develop "touch" with a basketball (fine motor skills).

Starting under the basket, toss the ball out 5-7 feet with back spin and go and get it. Hop to the ball and land in a stride stop (1 foot and then the other, back foot is the pivot). On the catch, put the ball in good shooting position and have your hands ready to go and knees bent. In one motion, pivot and in turn to the hoop and shoot a swish! Retrieve it immediately and repeat, except this time bank it! Always alternate bank/swish. Each time you successfully make both bank and swish consecutively, throw the ball a couple of feet further out.

See how far you can make it away from the hoop.

Learning how to use the back board, change your focus of vision, and the subtle difference between the two shots, will improve your fine motor skills and your shooting.

