

BNL BULLETIN



The latest news and updates from the Basketball National League



BNL Announce The Introduction Of Its Appreciation Campaign

by Elvis Ukpog

The Basketball National League's Appreciation Campaign is aimed at acknowledging the League's stakeholders such as players, coaches, officials, strategic partners and fans for their contribution to the success of the league over the years. It is appropriate that on our nation's Youth Day, the apex basketball body which is heading into its 8th season in 2020, will dedicate a full month for this celebration through social media posts on all the League's communication and media platforms.

When making the announcement, the BNL General Manager, Mr Dali Dzingwa, explained the rationale behind this initiative: "As the League, we felt that it is important for us to acknowledge the contribution that our players, coaches, officials, strategic partners including Dept. of Sports, Arts and Culture (DSAC), Basketball SA, SuperSport, COJ, Genius Sport, as well as the fans, have made since the commencement of the League in 2013. Many renowned players and coaches have participated in the BNL, and as such, we would like to take this opportunity to express our gratitude and utmost appreciation for their effort in growing the game of basketball in our country."

Fans are encouraged to follow our social media pages and stay up to date with latest news. They can also participate in competitions where they stand a chance to win prizes. Stay Home, Keep Safe and follow the Government's Regulations!!!

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PHOTO BY E U

A Beginner's Guide: Shooting

by C K

Get a good basketball and go outside. You don't even need a basketball hoop yet.

Take your strong hand (the hand you write with, or do most activities with), and place it underneath the basketball.

Practice pushing the ball straight up into the air. Flick your wrist so the ball spins while in the air. End with a follow through.

Catch the ball with your fingers. Don't let it touch your palm. Repeat until you are very comfortable and can do it with ease.

Stand close to a basketball hoop. Do that same motion, but push the ball towards the hoop. Make sure you push high enough to get over the rim and into the hoop. Remember to push up not out. Pretend to end with your hand in the hoop.

Keep the ball steady while shooting. You can put your weak hand on the side of the ball, but don't push with it, just use it to guide the ball in the direction you want it to go.

Try different shots. Once you get better (after practice), try shots from different spots on the court.

Source: WikiHow

Prevent The Spread Of COVID-19

In 7 STEPS

- 01 Wash your hands frequently
- 02 Avoid touching your eyes, nose and mouth
- 03 Cover your cough using the bend of your elbow
- 04 Avoid crowded places and close contact with anyone that has fever or cough
- 05 Stay at home if you feel unwell
- 06 If you have a fever, cough and difficulty breathing, seek medical care early
- 07 Get information from trusted sources

Source: World Health Organization

