

ZEN BASKETBALL

DIRECTOR

Mike Hoolboom

DURATION

4:30

YEAR

2020

ORIGINAL LANGUAGE

English

CATEGORY

Experimental

**DESCRIPTION**

In a series of simple frames, the often misunderstood practice of Zen takes shape as basketball bliss. Now in retirement, the greatest defensive player of the amateur leagues continues to practice on a remote island, far from the madding crowds. His techniques and dedication undergo continual refinement, revealed here in this startling exposé.

SOUND

Stereo

SHOOTING FORMAT

Digital

KEYWORDS

Sport, basketball, practice, zen

THEMES

Private life