



KBA Curriculum

4th Grade

Team Defensive Concepts

½ Court Defense

Drill	Key Coaching Points	Terminology
Zig Zag	Defense Body Stops Beat to Spot Flip hips & sprint Shoulder square to baseline Don't cross feet or bob up & down Offense All the way to lines Head up Good change of direction move FIVE CALL Walk up pivot leg Velcro Chest Arms Up	Body stops Beat to spot Active hands Stay in front Turn your man
4 on 4 Shell	Stay in a stance Communicate Sprint to new position Emphasize any defensive concepts	On ball Gap Attack side Closeouts Fake & Fall
2 on 0 Ballscreens	Switch Both defenders are switching men Under Both defenders are staying with their own man High hands Communicate	Ball Screen Aggressive switch No split

Transition Defense

Drill	Key Coaching Points	Terminology
Get Back	Sprint to 1/2 court Reverse pivot Touch lines Snap head & deny Communicate	Sprint in transition Snap head & deny
5 on 5 Transition	QB - STOP BALL FB - No one behind you Sprint back Guard ballside first	Quarterback - stop the ball Fullback - no one behind you on shot Sprint back

TOUGH

PASSIONATE



UNIFIED

THANKFUL