



KBA Curriculum

4th Grade

Rebounding

Offensive

Drill	Key Coaching Points	Terminology
Go Get It	Pursue ball with Intensity Be hard to Block Out Catch it high, keep it high Explode up -Throw hands to the ball	Get loose, be slippery Go get it Catch it high, keep it high Explode off the floor Hit & Spin, Swim move
Tandem Rebounding	Double up on a defender Stay Loose Be Aggressive without fouling	Work together Think like a basketball Anticipate where it's going Explode off the floor Drive them under Hit & Spin, Swim move
FT Box Drill	Offense Create space between defender Communicate with teammate Get in quick X, hit & spin, swim move	X, hit & spin, swim move Pinch, shooter Power position Catch high, keep high Find open space

Defensive

Drill	Key Coaching Points	Terminology
FT Box Drill	Defense Initiate contact Step across their base & create space to rebound Pinch on best rebounder Identify who has shooter Stay on balance	X, hit & spin, swim move Pinch, shooter Power position Catch high, keep high Find open space
3 on 3 Box	Initiate Contact Stay on balance Forearm and Pivot Loose Ball	Hit & Get It Do what we do Explode off The Floor Power Position Pivot Into Outlet 1 And Done
4 Minute Rebounding	Loose Ball - Go Get It Compete Hit & Spin, Swim move	Hit & Get It Do what we do Explode off The Floor Power Position Pivot Into Outlet 1 And Done

