



# KBA Curriculum

## 5th Grade

### Ball Handling & Dribbling

#### Ball Handling

Drill	Key Coaching Points	Terminology
BH Series #3	Hard Dribbles Head Up Athletic Stance	Pound dribbles Eyes up Athletic stance
BH Series #4	Hard dribbles Eyes up Athletic stance Combination moves	Eyes up Athletic stance Pound dribbles Combo moves
Tennessee Passing	Target Hands On time & on target Step through pass	Target Hands On time, on target Step through pass

#### Dribble on the Move

Drill	Key Coaching Points	Terminology
Back Dribble Series	Create space with bounce Ball on back foot - flip hips Head on opposite rim - EYES ALWAYS UP Explode out of back dribble - LOW	Back Dribble Flip hips Eyes up Post to catch
Cone Attacks	Eyes Up Game Speed Explode out of move Low hips on attack	Game Speed Eyes up Attack hips
Triangle Cone Attack	Head up Hard move at each cone Full speed finishes Protect ball on drive Footwork on pullup	Power layup Floater Chin it (on layup)

