



KBA Curriculum

3rd 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
Rebound, Pivot, Kick	Use Pivot to Separate If nothing after pivot, kick the ball out and play Guards communicate "Kick, Kick, Kick" Get to a space without the ball	Move without the Ball, no spectators Get open for the kickout Pivot to separate Don't settle Hit & Spin, Swim move

Defensive

Drill	Key Coaching Points	Terminology
Form Box	Closeout & Contest Forearm on shooter Pivot based on way offense goes Stay on balance	Hit & Go Get It
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

