



KBA Curriculum

6th 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
Cone Series - Tight	Stay low - low shoulder/hip Eyes up Game speed	Low cross Game speed

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
Daily Dozen	Eyes up Hard dribbles Attack hips Game speed Explode out of move	Eyes up Attack hips Game speed
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)

