



# KBA Curriculum

## Core Values

### be TOUGH

Trait	Activity
Competitiveness - play hard, all the time; with a positive attitude; never quit	Tough Man Shirts - select 1 player each week to wear the 'Toughman Jersey' - those selected should model the characteristics of the tough, competitive players we would all want as coaches. Be sure NOT to make this an award you try to make sure everyone receives. It should only be given to those that deserve it or else the message will be lost. 'Toughman Jerseys' should also be worn during warmups for games and will be provided for each Select team
Self-confidence - handle adversity, connect hard work/practice to confidence	I Got You - at the end of practice have players form a circle. They then proceed to share 2 things the player to their left has been doing really well or did really well in that days practice. Coaches can participate too!

### be PASSIONATE

Trait	Activity
Commitment - work on your game outside of team practices	HW Assignments - ask your players to complete HW assignments prior to the next practice 200 weak hand pound dribbles, 50 pushups, draw the baseline out of bounds play on a piece of paper, etc. You'll be surprised how many of them do it!
Motivation - enjoyment of the game, value of role on team	Letter to Self - have players address an envelope & write a letter to themselves at the beginning of the season reflecting on himself as a player now and where he wants to be at the end of the season. At the conclusion of the season, send them the letter

### be UNIFIED

Trait	Activity
Focus - listening skills, ability to execute instruction, willingness to communicate	Repeat Button - require all players to repeat the name of each drill/activity you have them participate in throughout the entire practice. This should be carried over to play calls or instructions during games also.
Discipline - willingness to do what is expected for the good of the team, not self	Gatorade/Candy for a Charge - talk to players about taking charges and reward players that take a charge in a game by buying them a gatorade from the concession stand following the game. Other things worth rewarding - positive while on bench, being first to help up teammates, diving on the floor for loose balls, ect.

### be THANKFUL

Trait	Activity
Respect - treatment of teammates, coaches, opponents, officials	What's Your 68? - this is an exercise that is named after Yamir Yager, the greatest hockey player who wore number 68 in honor of his grandpa. Ask players to identify their 68 for the season - who would they like to acknowledge with their play, who would they want to see them play every game that may not be able to and why? Take an old basketball and have each player write their 68 on the ball, then take it to every game with you and sit it on the bench. Players may touch it before each game for good luck...also makes a great end of the season gift for a select player - or the coach! Makes for a great reference when players begin to struggle or not perform/act as expected - what would your 68 think of how you are handling this situation?
Gratitude - appreciation for the opportunities and things we have	I'm Thankful for... - ask players to share with the team 2 people in their lives they are thankful for and why; then ask that they share with one of those people why they are thankful for them.

TOUGH

PASSIONATE



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THANKFUL