



KBA Curriculum

6th Grade

Shooting

Shooting on the Move

Drill	Key Coaching Points	Terminology
+ / - 7	Pullup Footwork Catch, load, toes, release, finish Eyes on back of rim Make the next one	Game Speed Catch, load, toes, release, finish Make the next one
Liberty Shooting	Hands & feet ready to shoot Footwork into shot Game Speed	Inside pivot into shot Low rip Straight line - attack hip
3 Man Closeout Shooting	Catch, load, toes, release, finish Hands ready Passes on time & on target Footwork into pullup	1 - 2 on catch Attack hips Straight line drives
32 Shootout	Game Speed Footwork on pullups Catch, load, toes, release, finish	Game speed 1 - 2 on catch Catch, load, toes, release, finish
11 FTs	FT routine Load, toes, release, finish Focus & confidence	FT routine Load, toes, release, finish
Triangle Cone Attacks	Head up Hard move at each cone Full speed finishes Protect ball on drive Footwork into pullup	Power layup Floater Chin it (on layup)

