



KBA Curriculum

4th Grade

Shooting

Stationary Shooting

Drill	Key Coaching Points	Terminology
Pocket Shooting	Stuff the ball INTO the shooting hand Catch - hands ready to catch away from body Load - off foot planted with knees bent Toes - Explode through toes & land on toes Release - Elbow above eyes, no thumb Finish - Flip wrist, guide hand fingers to the sky	Catch-Load-Toes-Release-Finish Eyes on the Rim Stuff the ball
Seated Chair Shooting	1 Hand & 2 Hands Release - Elbow above eyes Finish - Flip wrist, guide hand fingers to sky	Catch-Load-Toes-Release-Finish No Thumb

Shooting on the Move

Drill	Key Coaching Points	Terminology
1-2 Shooting	L down, R stepping through Hands and feet ready to catch Perfect Form	1-2 on catch Target Hands Catch-Load-Toes-Release-Finish No Hop
Liberty Shooting	Hands & feet ready to shoot Footwork into shot Game Speed	Inside pivot into shot Low rip Straight line - attack hip
Closeout Shooting	Catch - hands ready to catch away from body Load - off foot planted with knees bent Toes - Explode through toes & land on toes Release - Elbow above eyes, no thumb Finish - Flip wrist, guide hand fingers to the sky Inside pivot foot for pullups	Catch-Load-Toes-Release-Finish Eyes on the Rim

