

### 3rd Grade Curriculum

#### Fundamentals

Skills		
Pass & Catch	Stationary	Target Hands, Passes on Target, Triple Threat
	On Move	Target Hands, Passes on Target, Jump Stop
	Footwork	Permanent Pivot Foot
Ballhandling	Stationary	Comfort with ball
	On Move	Speed Dribble
	Weakhand	Speed Dribble
Shooting	Form	Waiter-Rocket-Goose, Balance, Eyes on rim
	On Move	1/2 Step, L/R Shot or R/L Shot , No Fade
	Footwork	Shoulder width, Shooting foot ahead, 1-2 Step
Defense	1 on 1	On Ball, Stance, Contain the ball
	Positioning	Off Ball, Ball - you - man, pistols
	Communication	Matching up in transition

Drills	
Stationary	Partner Passing, Dribble-Pivot-Passback
On Move	Scramble Passing
Footwork	Scramble Passing
Stationary	Single Ball, 2 Ball, Body Circles
On Move	Fullfloor Ballhandling
Weakhand	2 Ball, 15 sec Ballhandling
Form	Form Shooting
On Move	L/R Shot
Footwork	3 pt Square Ups
1 on 1	Containment Drill, Zig-Zag
Positioning	3 on 3 Shell
Communication	3 on 3 Shell

#### Tactical

Skills		
Player Movement	Cutting	Basket Cut, Finish cut, Cut hard, Fill, Read Line
	Screening	
Ball Movement	Fakes	
	Sureness	Square Up, Check the Rim
Scoring Actions	1 on 1	Beating the ball defender, finish at rim
	Pen & Pitch	Draw help & pass to open man, Penetrate & Pitch
Team Defense	Off Ball Position	Jump to Ball
	Post Defense	
Defending Screens	On Ball	
	Off Ball	
Rebounding	Box Outs	Hit & Get
	Outlets	Power Position
Transition	Offense	Sprint the floor
	Defense	Quarterback stop ball, matchup

Drills	
Cutting	Pass & Cut Drill
Screening	
Fakes	Dribble-Pivot-Passback
Sureness	Scramble Passing, Pass & Cut Drill
1 on 1	Daily Dozen, 1 on 1 Live
Pen & Pitch	Penetrate & Pitch Drill
Off Ball Position	3 on 3 Shell
Post Defense	
On Ball	
Off Ball	
Box Outs	Form Box, 4 Min Rebounding
Outlets	Loose Ball Recoveries
Offense	3 on 3, 4 on 4, 5 on 5 Live
Defense	3 on 3, 4 on 4, 5 on 5 Live

#### Psychological

Traits	
Motivation	Enjoyment of the game, value of role on team
Self-Confidence	Handling adversity, connecting hard work/practice to confidence
Competitiveness	Playing hard, positive attitude, never quit
Focus	Listening skills, ability to execute instruction, ability to communicate
Commitment	Practice outside of team practices
Respect	Treatment of coaches, teammates, opponents, officials
Discipline	Willingness to do what is expected, even when it's not what they want

Exercises	
Letter to Self	
I Got You	
Toughman Shirts	
Repeat Button	
HW assignments	
What's Your 68?, I'm Thankful for..	
Gatorade for charge	