

## 4th Grade Curriculum

### Fundamentals

Skills			Drills	
Pass & Catch	Stationary	Target Hands, Passes on Target, Triple Threat	Stationary	Partner Passing, Dribble-Pivot-Passback
	On Move	Catch & establish pivot foot, pass to moving player	On Move	Scramble Passing
	Footwork	Inside Pivot Foot	Footwork	Scramble Passing
Ballhandling	Stationary	Confidence with ball, Head up	Stationary	Single Ball, 2 Ball, Body Circles
	On Move	Crab Dribble, Change directions	On Move	Fullfloor Ballhandling
	Weakhand	Crab Dribble, Change directions	Weakhand	2 Ball, 15 sec Ballhandling
Shooting	Form	Waiter-Rocket-Goose, Balance, Eyes on rim	Form	Form Shooting, Closeout Shooting
	On Move	Inside Pivot Foot	On Move	L/R Shot
	Footwork	Inside pivot foot into shot, Pullup footwork	Footwork	Mass Footwork, Liberty Shooting, 3 pt Square Ups
Defense	1 on 1	Stance, Contain ball, Closeouts	1 on 1	Containment Drill, Zig-Zag
	Positioning	Attackside, Gap	Positioning	3 on 3 Shell
	Communication	Off Ball, Five Call	Communication	3 on 3 Shell

### Tactical

Skills			Drills	
Player Movement	Cutting	Basket Cut, Finish cut, Cut hard, Fill, Read Line	Cutting	Pass & Cut Drill, Dribbles Ats
	Screening		Screening	
Ball Movement	Fakes	Ball Fake, Shot Fake	Fakes	Dribble-Pivot-Passback
	Sureness	Run through the ball, Square Up	Sureness	Loose Ball Drill, 3 Man Keep Away
Scoring Actions	1 on 1	Beating the ball defender, finish at rim	1 on 1	Daily Dozen, 1 on 1 Live, 3 on 3 Live
	Pen & Pitch	Circle Movement	Pen & Pitch	Penetrate & Pitch Drill, Circle Movement
Team Defense	Off Ball Position	Jump to Ball	Off Ball Position	3 on 3 Shell, 2 on 2 Help & Recover
	Post Defense	Front Post, Wall Up	Post Defense	3 on 3 Shell with post
Defending Screens	On Ball	Switch Ballscreen	On Ball	2 on 2 Ballscreens, Vegas Closeouts
	Off Ball	Ballside	Off Ball	3 on 3 Shell, 4 on 4 Shell w/ Screen Away
Rebounding	Box Outs	Hit & Get	Box Outs	Form Box, 4 Min Rebounding
	Outlets	Pivot out, Keep ball high, Outlet Pass	Outlets	Loose Ball Recoveries, Outlet & Go
Transition	Offense	Sprint the floor, Banana Cut	Offense	3 on 3, 4 on 4, 5 on 5 Live
	Defense	Quarterback stop ball, matchup	Defense	3 on 3, 4 on 4, 5 on 5 Live

### Psychological

Traits		Exercises	
Motivation	Enjoyment of the game, value of role on team	Letter to Self	
Self-Confidence	Handling adversity, connecting hard work/practice to confidence	I Got You	
Competitiveness	Playing hard, positive attitude, never quit	Toughman Shirts	
Focus	Listening skills, ability to execute instruction, ability to communicate	Repeat Button	
Commitment	Practice outside of team practices	HW assignments	
Respect	Treatment of coaches, teammates, opponents, officials	What's Your 68?, I'm Thankful for..	
Discipline	Willingness to do what is expected, even when it's not what they want	Gatorade for charge	