



# KBA Curriculum

## 3rd Grade

### Ball Handling & Dribbling

#### Ball Handling

Drill	Key Coaching Points	Terminology
BH Series #1	Hard Dribbles Head Up Change height of dribble -shoulder, waist, knee	Athletic Stance Stay Low - No Bounce Eyes Up Sit on it (Behind the Back)
1-2-3 Cross	Hard Dribbles Stay Low - No Bounce Tight to the Body	Athletic Stance Stay Low - No Bounce Eyes Up
BH Series #2 -Progression- Change height, move while performing routine	Hard Dribbles Head Up Athletic Stance	Head Up Pound dribbles Low hips

#### Dribble on the Move

Drill	Key Coaching Points	Terminology
Cone Series - Tight	Stay Low - low shoulder/hip Eyes Up Game Speed	Low Cross Game Speed
Fullfloor BH	Footwork Game Speed Low/Sharp ball control Big Step out of move Change Speeds	Low exchange Attack the hips Change Speeds Bounce Back (Back Dribbles)
BH Series #2 -Progression- Change height, move while performing routine	Hard Dribbles Head Up Athletic Stance	Head Up Pound dribbles Low hips

