



# KBA Curriculum

## 3rd Grade

### Shooting

#### Stationary Shooting

| Drill                   | Key Coaching Points  | Terminology                                       |
|-------------------------|--|---|
| Form Shooting           | Catch - hands ready to catch away from body<br>Load - off foot planted with knees bent<br>Toes - Explode through toes & land on toes<br>Release - Elbow above eyes, no thumb<br>Finish - Flip wrist, guide hand fingers to the sky | Catch-Load-Toes-Release-Finish<br>Eyes on the Rim |
| 5's Repetition Shooting | Catch - hands ready to catch away from body<br>Load - off foot planted with knees bent<br>Toes - Explode through toes & land on toes<br>Release - Elbow above eyes, no thumb<br>Finish - Flip wrist, guide hand fingers to the sky | Catch-Load-Toes-Release-Finish<br>Eyes on the Rim |

#### Shooting on the Move

| Drill                   | Key Coaching Points  | Terminology  |
|-------------------------|--|--|
| 1-2 Shooting            | L down, R stepping through<br>Hands and feet ready to catch<br>Perfect Form  | 1-2 on catch Target Hands<br>Catch-Load-Toes-Release-Finish No Hop |
| Elbow to Elbow Shooting | Catch - hands ready to catch away from body<br>Load - off foot planted with knees bent<br>Toes - Explode through toes & land on toes<br>Release - Elbow above eyes, no thumb<br>Finish - Flip wrist, guide hand fingers to the sky | Catch-Load-Toes-Release-Finish<br>Eyes on the Rim                  |

