



KBA Curriculum

3rd Grade

Footwork & Body Control

Pivoting

Drill	Key Coaching Points	Terminology
Toss Out Partner Pivot	Pivot with ball low/below knee Left Foot Pivot for right hand player Right Foot Pivot for left hand player Quick pivots under control Full pivots - square to the rim Strong pivots with low rip through	Catch & Check the Rim Rip it Low & Hard Take your Space Attack Low/Hips (shoulder to hip)
Dribble, Pivot, Passback	Hands & feet ready to catch Catch low in triple threat Rip low - below knees Opposite pivot foot Closeout with high hands & choppy feet Short step, long step (shot fake) Ball goes up, butt goes down (shot fake)	Front pivot & Reverse pivot Rip & go Shot fake Jab & go 1 - 2 Footwork Attack Hips
Diamond Pivot Passing	Step into Catch Rip Ball Low & Hard Stay Balanced with hard pivot Step Hard into Every pass Be aware of travels passing to pivot foot side	Step through Ball Step through Pass Target Hands

Body Control

Drill	Key Coaching Points	Terminology
L Cone Sprints	Sprint hard to closeout Short choppy steps to finish 2 High Hands Butt Low ready to Defend Drive Slide hard - Don't cross feet Back Pedal with weight over hips	Low Cross Game Speed
L Sprint Closeouts	Sprint to gap - no shuffles/slides 2 High Hands - Contain the Drive Offense Ready- Hands & Feet	Low exchange Attack the hips Change Speeds Bounce Back (Back Dribbles)
3 Point Speed Dribble	Stay tight to 3 point line No touching the line Sprint and push the ball out in front	Head Up Pound dribbles Low hips

