



KBA Curriculum

4th 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)
Wall Touches	Quick exchange on move Low dribbles Hard dribbles	Athletic Stance Stay Low
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
Fullfloor BH -Progression Beginner (Speed Dribble, Crab Dribble, Red/Green Light) -Progression - Advanced (Rips, Cross, Between Legs, Behind Back, Back Dribbles)	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)
Up 2, Back 2	Head Up Flip Hips on Back Dribble Ball on back foot Explode out of Back Dribble	Eyes Up Flip Hips Explode Out
Kill The Grass	Head Up Game Speed	Game Speed Eyes Up

