



KBA Curriculum

5th Grade

Rebounding

Rebounding (Offensive & Defensive)

Drill	Key Coaching Points	Terminology
3 Man Crush	Go hit If offensive/defensive player is low, push them under the rim Go get the ball Pivot to outlet	Hit & get it Push them under Front pivot
FT Box Drill	Offense Create space between defender Communicate with teammate Get in quick X, hit & spin, swim move Defense Initiate contact Step across their base & create space to rebound Pinch on best rebounder Identify who has shooter Stay on balance	X, hit & spin, swim move Pinch, shooter Power position Catch high, keep high Find open space
Grizzly Rebounding	Hard move by offense Eyes on rim, find the ball Strong to the rim - no fades Go hit Go get it	Hit & spin Swim move Hit & go get it
War	Hit & go get it Find open space Refuse to be blocked out QB/FB	Hit & go get it Hit & spin Swim move QB/FB
Rip, Tug, Pull	The Toughest Team wins	The Toughest Team wins
2 Ball Live	Communication Emphasize any offensive or defensive concept	Game speed Make the defense make a decision Read the defense Hard cuts Draft Drive L Cuts Exchanges

