



KBA Curriculum

5th Grade

Footwork & Body Control

Drill	Key Coaching Points	Terminology
Fullcourt Closeout	Quick changes of direction - slides to sprints 2 high hands - low hips Short, choppy steps on closeouts No rounded corners - finish through the line	Closeouts 2 high hands Short, choppy steps
Flash, Front, Charge	Communicate Sprint to new position on pass Deny the flash - hit him Get to the front of the post Take the charge - fall in direction of the drive JUICE from teammates	Deny flash Front post Sprint to the ball
12 Second Drill	Defense High Hands Gap Awareness Hands Ball Level Offense Power Position Limit Ball Movement Change Heights Pivot Together	Closeout Gap - 0, 1, 2, 3 arm length Hands ball level on catch Power position
Partner Post Moves	Catch & Settle Check Inside Shoulder Aggressive & Strong Finish with both hands	Catch & settle, check inside shoulder Drop step Dribble drop Jump hook Up & under
Face Up Series	Game Speed Footwork - pivot, shot fake, jab, pullup Change finishes	Game Speed Front/Reverse pivot Low rip Shot fake Jab step
Small Area Passing	Take your space Power Position Ball Fakes Run through the ball	Take your space Power Position Ball Fakes Run through the ball

