



KBA Curriculum

4th 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 |

