



4th Grade Checklist

Things all players should know after they play a season in 4th grade.

Circle Move - Offensive movement based on the direction the ball is being driven
Tape - Imaginary line that runs from rim to rim. In our help defense, 2 passes away you want to be at the tape
Dribble at - Ball handler dribbles at someone (with their shoulders square) that person being dribbled at should backdoor
Jump to the ball - Every defender quickly moving to their spot when the ball is passed, players need to be in spot ON THE CATCH
Rip through - Catch and rip ball across to begin a drive, usually through some sort of arm or body contact.
High hand - Hand in players face as they catch it so to stop them from catching and shooting immediately in rhythm
Hound - To guard the ball focused and ferociously, moving the ball handler side to side while staying in front

Flank - Area known as 'short corner', we DO NOT call it that, we call it the flank
Five Second Call - Violation that occurs when closely guarding the ball for 5 seconds (new 5 on dribble & pickup)
Pass Fake - Stop your pass before you throw it, should look like a pass, sell with your eyes
Straight up - When contesting at the rim, put your arms/shoulders back with your arms straight up. Do not want to swat at the ball
Backdoor - Cut behind defender as their eyes are focused elsewhere
Laker Cut - Pass to player in post then cut towards them for a handoff
Spin or Swim - When rebounding and boxed out, your options to get off of that box out are to spin or swim
Read Line - 3 point line, if your defender is guarding you off ball passed the read line, you cut to backdoor them
Basket Cut - Sprinting towards the rim for an expected catch and finish
Advance the Ball - Not dribbling the ball up the court, throwing it ahead to an open player
Nail/Pinch - Area between elbows at the free throw line

Character Goals for the year:

[Articulate how core values are displayed in basketball and life](#) I would take 1 of them for a few practices/days. Ask them: What they mean, how they can show it, and what they DON'T look like

[What does it mean to be a GREAT teammate?](#) Have them describe what a bad, good, and GREAT teammate are. Can do this as a written down activity. The link has some ideas on how to get there.

[Defeating Murphy's law](#)