

# FLUIDITY AND ARC – Phase 6

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Slow to Quick	10	25	8-11 ft	80%
#6 Drill	10	25	10-14 ft	75%
Pound Dribble	25	50	11-15 ft	70%
Pound Dribble with Step	25	50	11-15 ft	70%
Scissor Dribble	25	50	12-16 ft	65%
Mirror Body Pound Dribble	25	50	13-17 ft	60%

Continue to use drills from past phases as part of a warm up.

Don't be afraid to test drills – challenge yourself with more but be willing to simplify when needed.

## Reminders:

Hold yourself accountable to picking up the dribble in a perfect shooting grip during stationary pound dribble. If you need to adjust your grip on the pick-up, go back and do it again.

Keep the ball moving up and forward as though you've pressed your nose to a pane of glass – not backwards where the ball would break the glass.

Strive for perfection, but don't expect it. Just try to be as REPEATABLE as possible.

**MAKE SURE YOU ARE AWARE AND MINDFUL OF THE HABITS WE ARE WORKING ON. THAT IS THE WHOLE POINT OF GOING SLOWLY.**