

FLUIDITY AND ARC – Phase 5

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%
Medium to Quick	25	50	10-14 ft	70%
Over the Backboard	25	50	8-11 ft	60%
Back on Heels, Up on Toes	25	50	11-15 ft	65%

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:

If a drill from another phase helps you, use it on a daily basis. These Shot Trackers are only a guide-line. You can always do more.

The height of the backboard is a slight exaggeration if you are close in, so don't feel bad if you hit the top of the board.

Since we are working to improve your arc, shooting with ARC will be more important than distance. Don't sacrifice what you are working on to get more distance.

Get the elbow above your eyes as the ball is leaving your hand.

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