

CONSISTENCY AND BALANCE – Phase 7

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Hop into Wide Feet	10	25	8-11 ft	80%
Nash Series	10	25	10-14 ft	75%
Read Feet	10	25	12-16 ft	70%
Mirror body, Read Feet	25	50	11-15 ft	70%
Mirror and read, contest	25	50	12-16 ft	65%
Coach touches elbow	25	50	13-17 ft	60%
Read Close Out	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:

Challenge yourself to add distance and speed to all drills as you progress. The distances on each ShotTracker are only guidelines when to move on.

Remember the details that cause Consistency and Balance, and not just the situation. Modify the drills as needed to create an Appropriate Level of Challenge.

Take lots of video of your shot to ensure you are building correct habits. Don't rely only on feel.

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