

FLUIDITY AND ARC – Phase 7

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%
Spin Out Behind	10	25	12-16 ft	70%
Self Pass Read Feet	10	25	12-16 ft	70%
Mirror body, Read Hands	10	25	12-16 ft	65%
1 on 1 Form Shooting	10	25	13-17 ft	60%
Close Out Drill	10	25	13-17 ft	60%
Knuckles Drill	10	25	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 Fluidity and Arc, 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.