

# CONSISTENCY AND BALANCE – Phase 6

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%
Stationary Pound Dribble	25	50	10-14 ft	70%
Pound Dribble with Step	25	50	11-15 ft	70%
Push Pound Dribble	25	50	11-15 ft	65%
Push Turn Pound	25	50	12-16 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, do it again.

Keep your shoulders forward in an athletic body position throughout the dribble and shooting motion.

Finish with weight on both feet at the end of each shot, whenever possible.

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