

PURE RELEASE – Phase 2

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	25	50	8-11 ft	80%
ABC	25	50	9-12 ft	80%
Slow to quick	25	50	9-12 ft	80%
Hop into ABC	25	50	9-12 ft	75%
One Hand Form Shooting	25	50	8-11 ft	75%

CLEARLY IDENTIFY THE HABIT YOU ARE WORKING ON

Reminders:

Every drill is designed to for you to find the position of your set point with your hand in the correct position on the ball – on the middle of the bottom of the ball, parallel to the target line.

Continue to do these drills as slowly as needed to get your shooting hand into that position at the set point.

Add as much variety as possible to drills, while maintaining focus on the habit you are working on. Change locations on each shot, alter distance slightly.

If you are missing the positions, slow down or move in.

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