

PURE RELEASE – Phase 1

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	100	200	8-11 ft	80%

Make sure you have measured your hand

Isolation Drill Reminders:

Take as much time as needed to get the middle of your hand (most likely index finger) on the very bottom of the ball (6 o'clock) and parallel to the target line.

Guide hand beside the ball but not touching.

Hold that set point for 3 seconds so that your body can start to memorize where it is.

Make sure your legs are engaged and that you are staying well inside your range. We don't want to have to shoot the ball forward or flat because you went too far out. We need to learn to lift the ball. My NBA players do this drill from 12 feet out at most.

Start from a low athletic stance and only go up with legs as the ball is lifting. Avoid dropping down at the beginning of the shooting motion.

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