

PURE RELEASE – Phase 7

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	25	50	8-11 ft	80%
Hop into ABC	25	50	10-14 ft	75%
Stationary M2Q	25	50	12-16 ft	70%
Stationary Pound Dribble	25	50	11-15 ft	70%
Curl Read Defender	25	50	12-16 ft	65%
PNR Read Defender	25	50	13-17 ft	60%
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 a Pure Release, 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.