

## FLUIDITY AND ARC – Phase 2

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	25	50	8-11 ft	80%
Slow to Quick	25	50	9-12 ft	80%
#6 Drill	25	50	9-12 ft	75%
Hop into Slow to Quick	25	50	10-13 ft	70%
Floor Taps	25	50	10-13 ft	70%

CLEARLY IDENTIFY THE HABIT YOU ARE WORKING ON

### Reminders:

Remember the keys to creating arc – getting your shooting hand under the ball and creating a lifting motion.

Work to keep the ball moving in a fluid arc or path as you lift from triple threat. Avoid the ball changing direction as you lift it.

Add as much variability as you can to simple drills. Different spots on the floor and slightly different distances each time.

Use over-exaggerations to help you feel new movements – on floor taps over-exaggerate the leg bend so that you can feel the ball moving first while the legs stay bent.

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