

FLUIDITY AND ARC – Phase 4

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Slow to Quick	10	25	8-11 ft	80%
#6 Drill	10	25	10-14 ft	80%
Rolls the Ball Layers	25	50	10-14 ft	75%
Hip Tap with Catch	25	50	10-15 ft	75%
#6 Drill with Catch	25	50	10-15 ft	70%
Torbett Series	25	50	10-14 ft	70%
Mirror Body Soft Toss	25	50	11-15 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:

You can layer Slow to Quick into most other drills as needed. If you feel something isn't right, just slow down.

Get the ball close to the body early so that it can lift in one smooth continuous path.

Be aware of catching the ball with different grips. Try to catch the ball with as close to a shooting grip as you can.

Get your feet set on or before the catch whenever possible.

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