

# FLUIDITY AND ARC – Phase 1

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	50	100	8-11 ft	80%
Slow to Quick	50	100	8-11 ft	80%

Your set point, and the path the ball takes to get there, are key to creating arc. Make sure you focus on the details.

## Reminders:

The key to these drills will be to be MINDFUL in the beginning. It is ok that something might feel uncomfortable. That just means it is different than you are used to. Continue to practice and it will become comfortable.

Make sure your shooting hand wrist is bent back so that your hand can get under the ball.

Keep the ball close to your body as your lift so that it isn't changing direction and losing energy.

Doing this quickly is not our goal yet. We need to build the muscle memory of doing it slowly.

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