

## CONSISTENCY AND BALANCE – Phase 2

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Hop Laterally	50	100	8-11 ft	80%
Hop with Rotation	50	100	9-12 ft	80%
Floor taps	25	50	9-12 ft	80%

CLEARLY IDENTIFY THE HABIT YOU ARE WORKING ON

### Reminders:

Remember body position and foot placement are keys to balance. Don't just hop with no thought to those details.

The better you get at these drills, the more I want you to challenge yourself. Jump further and transition faster as you improve, while maintaining a balanced position.

More movement does not mean an excuse to relax. Learn to fight for stable positions.

Add as much variety as possible to drills, while maintaining focus on the habit you are working on. Change locations on each shot, alter distance slightly.

If you are missing the positions, slow down or move in.

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