

PURE RELEASE – Phase 6

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%
Pound Dribble Mvmnt	25	50	12-16 ft	65%
Read Hands	25	50	13-17 ft	60%
Mirror Body Read Hands	25	50	13-17 ft	60%
Scissor Dribble	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:

Hold yourself accountable to picking up the dribble in a perfect shooting grip during stationary pound dribble. If you need to adjust your grip on the pick-up, do it again.

Keep the ball close to the body on the pick-up and as you lift the ball.

Layer in ABC and Slow to Quick as needed when beginning to work on dribble pick-ups.

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