

## FLUIDITY AND ARC – Phase 3

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Slow to Quick	25	50	8-12 ft	80%
Roll the Ball	25	50	9-14 ft	75%
Steve Nash Series	25	50	12-15 ft	70%
Hop into #6 Drill	25	50	12-15 ft	70%
Hip Tap Drill	25	50	13-16 ft	65%

CLEARLY IDENTIFY THE HABIT YOU ARE WORKING ON

### Reminders:

Start to incorporate more movement before your shot. Be mindful of getting as balanced as possible before the shot.

Apply the habits you are working on into these new situations. Don't just practice the situation.

Slow down and move in on the first few reps of new drills. Because we added a layer of movement you may need to subtract another layer in the short term, then add it back in later.

Try to get the ball to the same starting point on every shot. It will be hard to be consistent if your shot is starting from a different point every time.

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