

PURE RELEASE – Phase 3

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	25	50	8-11 ft	80%
ABC	25	50	10-14 ft	80%
Variable Hop ABC	25	50	10-14 ft	75%
Stepping ABC/S2Q	25	50	10-15 ft	75%
Decisions and ABC	25	50	10-15 ft	70%
Fake and Reload	25	50	10-14 ft	70%

CLEARLY IDENTIFY THE HABIT YOU ARE WORKING ON

Reminders:

Don't confuse the situation with the habit. Know what habit you are working on in the situation.

If you can't execute the habit you are working on in the situation, make the situation easier.

As you start moving more, make sure feet are wide enough and body position is athletic enough to be able to stop negative energy.

Find ways to be able to make decisions and reads while doing form shooting.

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

Maintain your advantage during a fake. Keep balance or be able to get back on balance and into a shooting position quickly.

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