

CONSISTENCY AND BALANCE – Phase 3

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Hop into Wide Feet	10	25	8-12 ft	80%
Roll the Ball	25	50	9-14 ft	75%
Steve Nash Series	25	50	10-14 ft	70%
Torbett Series	25	50	10-14 ft	70%

CLEARLY IDENTIFY THE HABIT YOU ARE WORKING ON

Reminders:

The more you are moving, and the more you have to be aware of, the more likely you'll go back to your old habits. Make sure to be aware of your foot placement and body posture in all situations.

Take video of your shot often from different angles so you can see what positions your body is in.

Don't be afraid to add movement but also move in or slow down for the first few reps of new drills. Then you can add the distance and speed back as you get comfortable with the drill.

Make sure to get your feet set early. Avoid catching a pass and then having to set your feet as much as possible.

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