

CONSISTENCY AND BALANCE – Phase 5

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Hop into Wide Feet	10	25	8-11 ft	80%
Nash Series	25	50	10-14 ft	75%
Push Drill	25	50	12-16 ft	70%
Turn and Push Drill	25	50	12-16 ft	70%
Lean on Me	25	50	13-17 ft	65%

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:

Balance is created before the shooting motion starts. You need to be aware of your body position even before the drill begins. Be prepared early.

Add as much variety to drills as you can. Move to different locations on the floor and slightly change the distance of each rep.

You can't be passive, you need to FIGHT for balance. Take control of the situation.

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