

PURE RELEASE – Phase 5

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%
Hop into M2Q	25	50	12-16 ft	70%
Stationary Q2Q	25	50	13-17 ft	65%
Head Fake M2Q	25	50	12-16 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:

Start to add more speed from triple threat position in order to generate more power, but be aware of the positions you are in at the set point.

Adding speed can cause players to go back to old habits – stay mindful and check video of your shot often.

Keep your legs bent on your head-fakes so that you don't have to reset your body to shoot.

Continue to take your guide hand off the ball, though it will be a smaller amount than in form shooting drills.

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