

## CONSISTENCY AND BALANCE – Phase 4

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	80%
Bounce on Toes	25	50	10-14 ft	75%
Extreme Nash Series	25	50	10-15 ft	75%
Turn Drill	25	50	10-15 ft	70%
Slow to Quick	25	50	10-14 ft	70%

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:

Clearly define what you need to do well IN the drill before starting the drill.

Get as stable as possible on every shot.

Focus on shoulders forward and hips back if you are losing your balance forwards or backwards.

Challenge your balance by trying to land both feet at the same time in some drills. Landing on a 1-2 step isn't wrong, just makes it easier to control balance, so you don't learn as much from it.

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