

PURE RELEASE – Phase 4

Drill	Min Reps	Suggested Reps	Distance	Expected Accuracy Rate
Isolation Drill	25	50	8-11 ft	80%
ABC	25	50	10-14 ft	80%
Drop in bucket	25	50	10-14 ft	75%
Roll the ball	25	50	10-15 ft	75%
Soft toss	25	50	10-15 ft	70%
Knuckles	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 the set point, getting the guide hand off the ball, and lifting in a simple motion.

Difficult pass? You may need to catch it more securely. Good pass? Focus more on catching in a shooting grip.

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