

Steph Curry Challenge

- Stationary ball handling challenge
 - Player has 1 minute 15 seconds to complete the following dribbling sequence.
1. 50 V-Dribbles in front of their body
 - Low, quick hand to hand dribbles
 2. 50 Push/Pull dribbles with right hand only.
 - Right hand v-dribble on right side of your body, front to back
 3. 50 V-Dribbles behind the back
 - Bend your knees, spread out your feet. The ball should pass under your butt.
 4. 50 Push/Pull dribbles with left hand only.
 5. 50 V-Dribbles in front of your body