

**2<sup>nd</sup> Annual  
Bridgewater-Raritan  
Basketball Camp**

**Camp Notes**

**Week 1:**

**June 23<sup>rd</sup> - June 25<sup>th</sup>, 2010**

# 2<sup>nd</sup> Annual Bridgewater- Raritan Basketball Camp “Camp Notes”

Wednesday, June 23, 2010 –

Today’s Teaching Objective is ***Point Guard Play***

Guest Speaker – Tim Ortelli, Head Basketball Coach Rutgers Prep.

## 4 Components of a Point Guards

- DEFEND
- Run the team
- Finish in the lane
- Make Free Throws

## Defensive Drills

Lane Slides – Slide across the lane from side to side for 20 seconds (helps work on containing the ball handler)

Full Court Slides (2 players) – Make sure you turn the dribbler, change their direction two times before half court

## Run the team

Be the coach on the floor

Talk to your teammates

“If you can’t say it- You can’t do it”

## Finish in the Lane

Get the ball into the lane- Dribble Drive Action

To work on this play 1 on 1 from the top of the key and the wings

Finish strong with the contact

Make sure you have a good angle on the backboard when finishing from the wing off the backboard

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## Free Throws

Practice playing the game Swish

Each time a basket is made in a swish it is worth 2 points

A regular made free throw is worth 1 point

A miss is worth no points

Set a target goal for the game and play until it is achieved

**Coach McAteer's Rule of the Day – Closely Guarded** – A closely Guarded situation occurs when a player in control of the ball in his/her team's frontcourt, is continuously guarded by any opponent who is within six feet of the player who is holding or dribbling the ball. The distance shall be measured from the forward foot/feet of the defender to the forward foot/feet of the ball handler. A closely guarded count shall be terminated when the offensive player in control of the ball gets her/his head and shoulders past the defender.

## Ball Handling with Coach Alex Mahony, Assistant Coach BRHS

Stationary Dribbling with right and left hands

- Chest high dribble
- Waist high dribble
- Knee high dribble
- Ankle high dribble

Figure 8 dribbling drill

Moving Dribbling Drills with right and left hands

- Speed Dribble
- Forwards and backwards dribbling
- Stutter step/hesitation
- Cross over
- Cross over between the legs

2 Ball Dribbling Drills Stationary and Moving

- Balls hit the ground at the same time
- Machine gun dribble, balls alternate hitting the ground

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**Coach McAteer's Agility of the Day – Pillar on the ball –**

The athlete should place both hands on the basketball as the ball rests on the floor. Your thumbs should be placed in the middle of the ball while fingers are extended on both sides of the ball. Start exercise with knees and toes on the floor. Then, raise your legs off the floor so that the only body part touching the court are the player's toes. Your entire body should be in a straight line. Your arms should also be straight. Look ahead and maintain a flat back. The exercise will be strain on the midsection and the core muscles in the abdomen and back will be exercised.

Thursday, June 24, 2010 –

Today's Teaching Objective is ***Wing Play***

Guest Speaker – Tim Ortelli

The key is to get open on the wing where you want to be in the best position to benefit yourself and your team. How do you do that?

You want to take the defender away from the spot you want to receive the ball

If you want to catch the ball on the wing you want to bring your man down towards the basket then cut back up towards the wing to create space between you and your defender

Another way to get open on the wing is to come off of a down screen

A player has options when coming off a down screen. 2 of those options are to curl or fade.

“it's not how fast you come off a screen- its how you locate and read the defense”

**THE DEFENSE DICTATES WHAT YOU DO**

If the defender is behind you, you will want to curl off the screen. When curling off a down screen the player wants to leave no space between them and the screener. They want to almost run a circle around the screener and curl right to the basket for a lay-up.

If the defender plays in front of the screen anticipating

The 3 keys to wing play and getting open:

1. Going backdoor when over pressured
2. 1 on 1 moves to attack the basket

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### 3. Passing into the post

When the defender is pressuring you, fake the pass to where they think it is going then pass it the opposite way.

**Coach McAteer's Rule of the Day – Traveling** – Traveling (running with the ball) is moving a foot or feet in any direction in excess of prescribed limits while holding the ball. The limits on foot movement are as follows

Article 1... A player, who catches the ball with both feet on the floor, may pivot, using either foot. When the one foot is lifted, the other is the pivot foot.

Article 2... A player, who catches the ball while moving or dribbling, may stop, and establish a pivot foot as follows:

a. if both feet are off the floor and the player lands:

1. Simultaneously on both feet, either foot may be the pivot.
2. On one foot followed by the other, the first foot to touch is the pivot
3. On one foot, the player may jump off that foot and simultaneously land on both.

Neither foot can be a pivot in this case.

**Bridgewater-Raritan Varsity Head Coach: Gene McAteer**

**Defensive Teaching Focus – 2 vs. 2 – “Jump to the ball!”**

#### **Defensive Terminology and Movement**

- “Discourage” – This position is used when defending one pass away from the ball.
- Block the passing lane with your hand and keep your body between the player and the basketball.
- There is a difference between discourage and deny. When you are denying someone you are attempting to not let them touch the ball.
  - If you overplay, the offensive player might go backdoor for a basket.
- In discourage, you have to make the person you're guarding move to receive a pass.
  - You have to see your man and the basketball at the same time.
    - Always stay between your man and the ball.
    - Stay on your toes and always be ready to move.
  - NIT will be able to move in the direction of the ball on every pass.

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- NCAA will be able to guard the V-Cut, seeing both man and ball at all times, and move in the direction of the ball on every pass.
- NBA will be able to provide help and then recover. In addition, the NBA should be able to guard the V-Cut, seeing both man and ball at all times, and move in the direction of the ball on every pass.

**Coach McAteer's Agility of the Day – Toes on the ball** – Similar to yesterday's 'Pillar' with your hands on the ball, today we'll teach toes on the ball. This exercise is basically holding your body in the up push-up position while you balance your toes on the basketball.

## Friday, June 25, 2010 – “Today's Teaching Objective”

### **Post Play**

Guest Speaker – Tim Ortelli

How to post up:

1. Always begin above the block – straddle the first lane marker
2. Bend Knees- Feet should be spread slightly wider than your shoulders –  
WIDE BODY
3. Balance – Head in the middle of your body
4. 10 Toes to passer – Show passer your body
5. Butt on the defender – Allows you to know where the defender is playing you
6. Don't turn in the post
7. Communicate –  
A) Eyes to Passer. B) Point. C) Talk to the Passer
8. Make and contain contact with the defender at all times – Never lose touch

### **Drills**

1. Front Face
2. Drop Step
3. Turn Around
4. Up and Under
5. Inside Pivot

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### **Mirror the Ball Drill**

Have 3 player on the perimeter with the ball they will act as the passers in the drill.  
Have one player on offense in the post, as the ball is passed around on the perimeter  
the post player will slide to post up in front of the player with the ball.  
The perimeter players will through an entry pass to the post, then the post player will  
execute one of the 5 moves listed above to score.  
Then add a defensive player in the post to practice feeling the defender and making  
their move.

**Coach McAteer's Rule of the Day – Goaltending** – Goaltending occurs when a  
player touches the ball during a field-goal try or tap while it is in its downward flight  
entirely above the basket ring level and has the possibility of entering the basket in  
flight, or an opponent of the free thrower touches the ball outside the cylinder during a  
free-throw attempt.

### **Bridgewater-Raritan Varsity Head Coach: Gene McAteer** **Post Defense**

DO NOT get caught right behind the offensive player = Trouble for the defense  
If fronting the post, hands up and make sure there is weak side help and ball  
pressure to support the post defense.  
At camp we teach the campers to neither front the post nor play behind. Rather, the  
camper should play discourage in the post just like on the wing. (One pass away)  
Defense should have 1 foot above the post player and 1 foot below the post player.  
The defense wants to force the offensive player to move away from the basket.

### **Drill**

2 players will need to be on the perimeter: 1 on the wing and 1 in the corner  
1 player will be playing post offense. 1 will be playing post defense.  
When the ball is on the wing the defense wants to discourage on the high side or  
above the offensive player.  
If the ball is in the corner the defense wants to discourage on the baseline side  
When the ball moves from wing to corner and vice versa the player wants to use an  
x-step to switch sides of the offensive player.

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An x-step is when the defensive player steps with their back foot first then a cross step with the front foot to switch from the high side to the baseline side.

To make the drill more advanced you can allow the offensive player to have more freedom to move to get open and fight for position in the post vs. the defender.

You can allow the post player to pop out to the wing to get open and if they get open they can receive a pass and play 1 on 1.

To make the drill an ultimate defensive positioning drill you can start with the post player on the wing and flashing from the weak side to the ball for the pass.

The defensive player will have to stop the offensive player's progress with a forearm up to slow the player and maintain the positioning: ball – you – man.

After that the drill can be run the same as before:

The offensive player can post up or pop out to the wing to make the defensive player practice all defensive positions.

**Coach McAteer's Agility of the Day – Bicycle** – This drill differs from the previous two. The bicycle is a core workout involving one basketball. The camper will sit on the ground with their knees bent and feet elevated off of the ground. The camper will pass the ball under each leg while moving their legs in a pedaling motion as if on a bicycle.