

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

Camp Notes

June 28<sup>th</sup> - July 2<sup>nd</sup>, 2010

Week 2:

“Team Development  
Concepts”

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

Monday, June 28, 2010

- *Bridgewater-Raritan Varsity Head Coach: Gene McAteer*
- *Welcome to Basketball Camp*
  - Listening Skills & eye contact
    - Listen to what your coaches tell you & watch the demonstrations by the high school & college players. Be ready to try the drills when you get the chance.
    - Be alert & ready to do what you are asked. This way less time is wasted and you will have more time to play basketball.
    - If you listen & try new things, you have the opportunity to learn and grow as a player. The key to success however, is to work on your own when you leave camp. This is how you become a better basketball player.
- *Today's Contest is 1 on 1*
  - Offensive Teaching points
    - Be in triple-threat position ready to drive or shoot. Use a shot fake or jab step to try and get the defense off balance or out of good position. As often as you can, drive the ball to the basket and get a close to the rim as possible.
  - Defensive Teaching points
    - Stay between the hoop and the player with the ball. Be down in an athletic stance with your feet more than shoulder width apart. You should be about an arms length away from the ball handler. Be ready to 'step & slide' as the offense dribbles in an attempt to cut off the dribbler and force her into a tough shot farther away from the basket. The final element on defense is to put a hand up on the shot, box out, & rebound the ball.

## ***Coach McAteer's Rule of the Day- Excessive Swinging of the Arms-***

Article 1: A player shall not excessively swing his/her arm(s) or elbow(s), even without contacting an opponent.

Article 2: A play may extend arm(s) or elbow(s) to hold the ball under the chin or against the body.

Article 3: Action of arm(s) or elbow(s) resulting from the total body movements as in pivoting or movement of the ball incidental to feinting with it, releasing it, or moving it to prevent a held ball or loss of control shall not be considered excessive.

➤ **“Passing Tag”**

- Passing Tag is a game that incorporates all of the vital components of being a solid offensive basketball team.
- Players must be able to pass, catch, & communicate with one another while running, sliding, & moving at game speed.
- The objective for the team with the ball is to tag the other team’s players with the ball which would result in that particular player being eliminated!
- Play continues until all five members of the other team have been tagged out.
- The team that does not have the ball must “run away” and avoid being tagged out for as long as they possibly can. The game is played in the half court.
- No dribbling is allowed. And, you may not throw the ball at the other team.
- Once you catch the ball, you may pivot but that is all the movement that is allowed as you stretch and try to tag people out.
- In tagging the other team, you must maintain solid possession of the ball.
- If you drop the ball while trying to tag out the other team, the person is safe.
- One of the keys to success is for the team with the ball to pick one player and surround that one guy. Try to trap each person near the sideline and pass the ball more quickly than the player can move.
- To make the game competitive keep track of which team tags out the other squad in less time.

***Coach McAteer’s Agility of the Day— Push ups!***

NIT - Regular push ups, both hands on the floor.

NCAA – Push ups on the ball. Each hand is on a ball.

NBA – Push ups with one hand on the ball and one hand on the floor. Switch the ball over after each push up.

Tuesday, June 29, 2010

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

**Defensive Teaching Focus - 2 vs. 2 - "Jump to the ball!"**

➤ **Defensive Terminology and Movement**

- Discourage
  - Block the passing lane with your hand and keep your body between the player and the basket
  - 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 an easy 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

➤ **Today's Contest is the 'Skills Competition'**

- The skills competition allows players to practice different skill sets while in a fun competitive way, this contest is a race against the clock
- The player will start on the baseline and do a crossover dribble weave through five cones
- After getting past the last cone the player will then dribble straight to the sideline and throw a chest pass into a taped off square on the wall/bleachers (the size of the square can vary with skill set)
- After the player successfully passes into the square they collect the ball and dribble straight to the foul line (or closer if younger) to shoot a foul shot, they must make the shot to advance
- Once they make the foul shot they will again do a dribble crossover weave through a set of cones
- Then they will dribble to the sideline and this time perform a bounce pass into the square
- To finish the competition the player must collect their ball and dribble in to take a lay-up, the lay-up must be made to finish the competition
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**Coach McAteer's Rule of the Day- Ten-Second Limit**

The try for a free-throw shall be made within 10 seconds after the ball has been placed at the disposal of the free thrower at the free-throw line. This shall apply to each free throw.

➤ **Argentina Passing Drill**

- Put a player in each corner of the court, a player on both sidelines positioned at center court, and to right under the basket on the baseline
- The two balls start with two players standing opposite each other
- They pass the ball to the person to the right of them and then exchange places with the player opposite of them...run!
- The ball continues around the court after each player passes he runs to the opposite spot i.e. - one center court sideline to the other
- Make players stop in the middle of the drill and switch direction the ball is passed or the type of pass

➤ **Star Drill**

- One player is positioned under the basket, two players on the 3 point line straight up from the elbow and a player in each corner
- The player under the basket starts with the ball and passes to the player at the three point line up from the right elbow and follows the pass to that spot going on the right side
- The player passes it to the corner diagonal from them and follows the pass to the right
- The corner player passes it to the other corner and follows to the right
- The last player cuts from the three point line to the basket and catches the ball for a right handed lay up and then goes to the back of the line
  - The next person under the basket catches the ball and goes right into the drill
  - Repeat the drill to do left handed lay ups, start by passing to the opposite player on the 3 point line

➤ **3 Man Weave**

- Three line at half court, one directly in the center of the court, and the other two on the edges of the circle
- Run the 3 Man Weave with the players staying the close distance
- Go to the baseline and then back

## *Coach McAteer's Agility of the Day— Flexibility*

Have player sit on the floor with legs flat, and start with the ball on the right side of the legs.

Roll the ball from the right side of your legs, passing in front of your toes, to the left side of your legs without bending your knees.

## **Wednesday June 30, 2010**

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

#### ➤ *Defensive Stance and Positioning on the ball.*

- Defensive Distance from ball handler
  - When you are guarding someone you should be about an arms length away.
  - If you are too close the offensive player will get by you and if you are too far away the offensive player can take an uncontested shot.
  - If you are quicker than the person that you are guarding then you will be able to get closer and the opposite is true also.
- Defensive Stance
  - Proper defensive stance is to bend your knees, drop down almost like you are sitting in a chair, and keep your back straight.
  - When you are in a good defensive stance, your legs will begin to hurt. This is the only way your legs are going to get stronger so you can master the defensive stance.
- Defensive Positioning
  - You have to be able to slide and cut off a player without fouling by staying between the offensive player and the basket.
  - When you are guarding someone you should step and then slide instead of crossing your legs.
  - You must also make sure to keep your feet wide; otherwise you will lose balance and not be able to properly defend.
  - If the player you are guarding decides to switch directions you have to make sure you 'drop step.' If you don't drop step you will not be able to force the offensive player into the corner. When this happens the offensive player will be able to either dribble past you or you may get a foul called against you because you will end up too close to the offensive player.

#### ➤ *Defensive Terminology and Movement*

- "Discourage" -- Position

- Block the passing lane with your hand and keep your body a big step off of, or away from, your man.
- 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 an easy 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
- "Help" -- Position
  - If you cut the court in half lengthwise, the side that the ball is on is considered the strong side and the opposite side is considered the help side.
  - The help position is when you have one foot in the paint to be able to help out another defender in they get beat and there is penetration
  - When the person you are defending is two passes away from receiving the ball, you should be in the help position
  - The rule of thumb is that you can be further away from your man, the further your man is away from the basketball
- Make sure that you play intelligently on defense
  - This means that you should not have your mind made up already about what you are going to do because then you might be out of position.

***Be able to read the play and anticipate what is going to happen!!***

➤ **Today's Contest is Hot Shot**

- In hot shot, players have 30 or 45 seconds to make as many shots as possible from different locations on the floor
- Each location is worth a different value
  - NIT- Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5
  - NCAA & NBA- Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5

***Coach McAteer's Rule of the Day- Screening***

Article 1: A screen is legal action by a player who, without causing contact, delays or prevents an opponent from reaching a desired position

Article 2: To establish legal screening position:

- a) the screener may face any direction
- b) Time and distance are relevant

- c) The screener must be stationary, except when both are moving in the same path and the same direction
- d) The screener must stay within his/her vertical plane with a stance approximately shoulder width apart

**Jason Murdock - Former Bridgewater HS standout player**

**Former Providence College player**

**Played Professionally in Europe**

**Current Pingry Head Basketball Coach**

- Play hard and be able to make lay-ups
- Work on all skill sets everyday
- Drills
  - Figure 8 – as you get better go faster
  - Pass the ball around 1 leg, then switch around the other leg 10x each leg
  - Pass the ball around:
    - Legs
    - Waist
    - Head
    - Then switch from legs to waist to head then back down
  - Through ball out to the 3-Point line run out catch the ball then speed dribble in to take a lay-up. Practice with both hands and off 1 foot and 2 feet
  - Dribble out to 3-Point change direction with a dribble move and speed dribble in for lay-up. Practice with both hands and off 1 foot and 2 feet
  - Elbow to elbow shooting
    - Player takes a shot from one elbow while another player rebounds
    - After shot the player follows the semi circle to the other elbow and catches and shoots and continues from elbow to elbow
  - Dribble in place
    - Practice different in a small area to practice control
      - Crossover, Between the legs, behind the back, and spin move
      - Finish with a lay-up
  - Dribble moves around the perimeter
    - Dribble along the 3 Point line
    - When changing direction practice a dribble move (one listed in prior drill)
  - 3 Spot Shooting
    - Wing, top of the key, other wing

- From each spot shoot a jump shot, take a shot fake then one dribble to a pull up jump shot, then shot fake and dribble in for a lay-up

### ***Coach McAteer's Agility of the Day— "Burpees"***

Place a ball on the ground with both hands on the ball. Do a push-up with your chest touching the ball and back up. Then hop to your feet and place the ball over your head and jump as high as you can and then drop to the floor and do another push-up and continue to do the drill for a set number or a time limit.

## **Thursday July 1, 2010**

### ***Bridgewater-Raritan Junior Varsity Head Coach: Alex Mahony***

#### **➤ *Shell Drill - 4 on 4***

- Start out with four players on the perimeter, and four players guarding them.
- As the ball moves around the perimeter the players need to shift on defense.
- After every pass you need to be in either "on ball," "discourage," or "help."
- After every pass you should also say what defensive position you are in to help your teammates out and make sure that everyone is coordinated.
- When you are more than two passes away you should be under the basket.
  - This will allow you to help out your teammates in case one of them gets beat.
- If you are in help and you have a hard time seeing both your man and the ball, you are probably too close to the line of the ball. This means that you should take a step back to better see what is going on.

- #### **➤ *On defense you need to think in advance, but you cannot have your mind made up about what you are going to do. There is a difference between anticipation, which is a good thing, and making your mind up in advance, which is a bad thing.***

The thing that makes defense hard is that you need to have the willingness to do it and you need to have defensive intellect. You have to understand where you need to be on the floor, since your positioning is always changing.

#### **➤ *Guarding Away From the Ball***

- When you are playing defense you often times need to get "dirty." This means doing all the dirty work such as boxing out, taking charges, and diving on loose balls.
- To be a great defender you need to have heart. You need that determination to push yourself to become a better player.

#### **➤ *Positioning***

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- When the person you are defending is one pass away, you want to be one step away from the person you are defending and have one hand in the passing lane.
- When the person you are defending is two passes away, you should be away from the person you are defending with one foot in the paint.
- Once the person you are defending gets the ball you will be able to quickly get into a defensive stance and guard the player.
- When you are away from the ball you need to be able to see both the man and the ball.
- The reason you want to stay away from the person you are guarding, if they are not close to the ball, is because if one of your teammates is unable to stop the person they are guarding you can come over and help them.

➤ ***Meet and Greet***

- If the person you are guarding tries to cut across the paint, don't be afraid to put some contact on them and make the go around you. Try to stay between your man and the ball at all times.

➤ ***Today's Contest is the Mikan Drill***

- The Mikan Drill is named after NBA great – George Mikan who was a Hall of Fame pro player in the 1940's & 1950's. George excelled at left hand & right hand baby hook shots around the basket.
  - The modern version of the Mikan Drill features continuous righty & lefty lay-ups.
  - Players must quickly move and get a good angle so that they may bank the ball in high & soft off the square.
  - Make or miss, players rebound the shot and step through to the other side.
  - Again, get a good angle so that you are not attempting a shot from directly under the rim.
  - In the contest, players strive to score as many lay-ups as possible in a 30 second.

***Coach McAteer's Rule of the Day- Jump Ball-***

Article 1: A jump is a method of putting the ball into to play to start the game and each extra period by tossing it up between two opponents in the center restraining circle, or as in 7-3 before the alternating-possession procedure has been established

Article 2: In all other jump-ball situations the teams will alternate taking the ball out of bounds for a throw-in.

Article 3: The jump ball begins when the ball leaves the referee's hand(s) and ends when the touched ball contacts a non-jumper, the floor, a basket or backboard

## **Bridgewater-Raritan Junior Varsity Head Coach: Alex Mahony**

### ➤ **2 Man 1 Ball Shooting**

- Do everything at game speed
- Step into all the shots you take
- Beat the Pro
  - Player must be make 10 shots before they miss 5 or before the “PRO” they are playing with makes 10
  - Play elbow to elbow, shoot from one elbow then run around the semicircle to the other elbow and shoot. Continue to go back and forth ALWAYS stepping in towards the hoop as you catch
- Close shooting
  - Stand one step back from the rim shoot until you make 10 shots then take a step back
  - 10 makes then step back and continue to move back
  - Bend your knees more as you move further back

### ➤ **Drill Number 2 - Linden Shooting**

- 3 players and 2 balls
- Player A will shoot, get their own rebound and pass to Player C
- Player B will shoot, get their own rebound and pass to Player A
- Player C will shoot, get their own rebound and pass to Player B
- Every player must sprint to different spots on the floor after making their pass, so they are ready to catch and shoot
- This drill is also competitive by having the first player to make five baskets the winner

## **Friday July 2, 2010**

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

#### ➤ **Winning, Losing, sportsmanship, and character...**

- Enthusiasm is a great thing; however, make sure that it is in a positive manner. Winning and losing is something that applies to all players of all skill levels because no matter how good you are, eventually you are going to lose at something.
- How you behave after a win or loss reveals a lot about your character. You should strive to win and lose with class and style; because how you act reveals a lot about who you are as a person.

# *NBA GAME HIGHLIGHTS*

- Brendan McKee drained a clutch mid-range bank shot with under a minute left to cut his team's deficit to 2.
- Kevin Ros – made an instinctive steal on the pass and then a perfect pass to a streaking teammate for an easy lay-up.
- Adam Schnitzer made a spectacular left-handed pass across the lane for an open lay-up to cut the lead to 2 in the final seconds of the game.
- Matthew Gwaizdowski grabbed a tough offensive rebound among the trees and finished the put-back lay-up.
- Ryan Owens snuck up behind his man, stole the ball and went coast to coast for the uncontested lay-up.
- AJ Paturu made a sharp cut to the hoop received a great pass from Kyle Lutz and finished off the glass.
- Lei Yang ripped down an offensive rebound over his defender and then made a great pass to an open teammate for the basket.
- Matthew Curry battled through a pre-existing injury in both games on Monday and consistently set up his teammates for open shots.
- Adam Iannelli had an incredible steal and went the length of the court converting on a tough contested lay-up.
- Adam Murphy drove the lane with his left hand crossed over completing a floater with his right.
- Justin Strohal ripped down the rebound, which turned into a fast break, after performing a perfect box-out.
- Kyle Lutz buried two consecutive deep threes from the wing the first three pointers of the week.
- Ryan Bliss drove strong to the right, stopped on a dime and spun around for a tough fade away jumper in the paint.
- Sumil Nair made a spectacular spin move to get open on the wing and then made a great move baseline and kissed the ball off the glass.
- Rajeev Pillutla pulled up at the elbow to sink a jumper which gave his team a crucial basket.
- Leo Yu chased down the ball on a fast break opportunity saving it and helping his team convert for 2 points.

# *NCAA GAME HIGHLIGHTS*

- Anthony Brady's handles are effortless, it's like he's got the ball on a string and can handle it under any pressure.
- Charles Bragg gets in the passing lanes disrupting the other team's offense causing it to malfunction like a bad watch.
- Conner Haig plays extraordinary defense, constantly locking up his man like a vice grip.
- Jeffrey Mao skied high to block his man's shot, got the ball and shed the defense.
- Nicholas Han using his size and tenacity is known as the "press master". He gets after the man with the ball causing multiple steals.
- Nathan Bliss is a hot shooter who can hit shots from all over the court, and is a constant threat to the other team.
- Michael Sun's quickness is unparalleled on the court; he can change direction and explode up the floor fantastically.
- Ethan Chen plays like a pro on the court, dominating other players and showing true valor.
- Vinay Krishnan can be compared to "zip-loc" brand, he seals and doesn't leak, not letting up any easy buckets.
- Neha Nirmal's hustle is incomparable; she never gives up on a play and makes things happen for her team on the court.
- Raj Koshal's stifling defense makes it hard for opponents to score, he's like "band-aid" brand, stuck on you
- Zach Alvarez is the most coachable kid on the floor and his listening skills are impeccable.
- TJ Driscoll led the fast break, crossed up multiple defenders, pump faked, made the basket and the made the other team look silly.
- Justin MacMath not only attacks the offensive glass like Charles Barkley, but he hustles like Mark Madsen.
- Siddharth Manchiraju is a finisher around the rim, if he gets the ball close to the hoop it's almost an automatic basket.
- Anna Oliveri controls the pace of the game, makes her teammates better, and is like a coach on the floor while scoring at will similar to two time NBA MVP Steve Nash.
- Rohan Paturu slashes to the basket, splitting the defense like a scissor through paper to score.
- Praveen Sakthivel is a speed demon on the court, and flies up and down the court with blazing speed like a G4 jet generating easy scoring chances.
- Mitchell D'Elia is a leader on the court; he's a general leading his troops into battle on the hardwood.
- Drew Perez is a presence in the post, and he uses his height to grab dozens of rebounds and distribute the ball to open teammates for many shots similar to Pau Gasol of the Lakers.

# *NIT Game Highlights*

- Mac McAteer put forth impressive efforts on defense showcasing what he had been practicing all week at football and basketball camp.
- JD Cargill improved shooting has been on display during games and “Panther Shooting”.
- Elizabeth Driscoll’s fast foot work allows her to play phenomenal help defense.
- Pranav Manchiraju’s relentless effort to score shows on the scoreboard for his team.
- Masaki Matsuda’s exceptional defense led to numerous steals that benefitted his team greatly.
- Jason Xiong is the most consistent shooter in the NIT, continuously working to get better day after day.
- Brian Arnold led the fast break which resulted in easy baskets for his teammates.
- Michael Bernstein constantly perseveres through bumps and bruises to continue pushing himself to help his team out.
- Jonathon Huang applied the defensive skills he was taught in his game being in the right position to help his teammate.
- Brian Michaels had a stunning steal which resulted in an easy lay-up on the other end.
- Arjun Koshal knocked down a fantastic jump shot which contributed to his team’s success.
- Kyle Balao had back to back to back blocks on the defensive end not allowing any easy baskets to the opposing team.
- Vishnu Pathmanaban used his amazing dribble skills to split through the defense and score.
- Shiven Prem used an exceptional screen to explode to the basket to make an impressive lay-up.
- Justin Krishnamurti had a spectacular bank shot to help his team tie the score at a pivotal moment in the game.