

2nd Annual
Bridgewater-Raritan
Basketball Camp

Camp Notes

Week 3:

July 6th - July 9th,
2010

“Shooting School”

2nd Annual Bridgewater- Raritan Basketball Camp “Camp Notes”

Tuesday, July 6, 2010

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ **Welcome to Basketball Camp**

- Listening Skills & eye contact
 - Anticipate what the coach will say. Guess what is coming next. Then listen intently to see if you were right.
 - 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**

- The 1 on 1 contest helps us create even teams for fair and competitive games
- 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.

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Coach McAteer's Rule of the Day- Shooting, Try, Tap

Article 1: The act of shooting begins simultaneously with the start of the try or tap and ends when the ball is clearly in flight, and includes the airborne shooter.

Article 2: A try for a field goal is an attempt by a player to score two or three points by throwing the ball into a team's own basket. A player is trying for a goal when the player has the ball and in the official's judgment is throwing or attempting to throw for a goal. It is not essential that the ball leave the player's hand as a foul could prevent the release of the ball.

Article 3: The try starts when the player begins the motion which habitually precedes the of the ball.

Article 4: The try ends when the throw is successful, when it is certain the throw is unsuccessful, when the thrown ball touches the floor or when the ball becomes dead.

➤ **B.E.E.F / Form Shooting / Free Throw Shooting**

○ B.E.E.F. =

- **Balance:** use a staggered stance with your feet about shoulder width apart. There should be a slight bend in you knees to promote good stability. You should feel the weight of your body on the balls off your feet so that you can use your legs for power and finish your shot up on your toes...perhaps even leaving the ground depending on the distance to the hoop.
- **Eyes:** Just like hitting a baseball, golf ball, or throwing a dart; it is critical to pick a specific spot on the rim and focus your concentration there. Common targets include the front of the rim, that back of the rim, or the square if attempting a bank shot. Another key is to be consistent in what your eyes focus on throughout the entire shot.
- **Elbow:** Proper elbow placement is directly under the ball. In fact, during form shooting, you should take your guide hand off the ball to see if the ball will rest easily in your single hand. If the ball falls out, this is an indication that your elbow is out to the side & not directly under the ball.
- **Follow-through:** the final opportunity to influence the flight of the ball is your follow-through. The shooting motion is almost completely an upward movement with your arm & then a snapping on the wrist at the very top to provide the horizontal component to the shot. Some shooters snap their follow-through all the way over and finish with the fingers pointing directly down to the floor. Other good shooters have a follow-through which finishes with the fingers pointing toward the rim. Either is fine but being consistent with what you do is imperative to be a precise shooter.

- Form Shooting – have all campers practice one-handed shooting at all the baskets and the coaches should evaluate the B.E.E.F elements. The next time through, campers should use their 'off-hand' or 'guide hand' and try to do exactly the same routine as before when they used only one hand. For older or more advanced campers, allow some form shooting off the dribble and/or off the catch.

Union High School Varsity Head Coach: Tony DiGiovanni

“Don’t start by jacking up 3’s”

- Work on form shooting close to the basket
 - Have your feet lined up properly for every shot
 - Middle finger and index finger are the last two to leave the ball
 - Always have hand centered on the ball
- 2 Person Shooting Drill Work
 - Face up to the basket
 - Spin the ball to yourself
 - Step into shot with left foot first, then with the right. (Right foot first, then left if you are left handed)
 - Shoot a little bank shot from the block
 - Rebound and pass to next person
 - Whatever you do from one side of the court you must work on it from the other side as well
 - Back to the basket
 - Spin the ball out again
 - Hop to catch it so you land on both feet while catching the ball
 - Pivot on your left foot to face the basket
 - Square up and shoot
 - Repeat drill on other side of the court and with your right foot as your pivot foot
 - 5 Miss Drill
 - Could do by yourself or with a partner
 - Shoot from each elbow until you miss five shoots
 - Count how many you make before you miss five and try to improve each time
 - Do this from various spots on the floor i.e. wing to corner, top of the key to wing
 - 5 Spots & 10 Shots
 - Goals 5 out of 10 for middle school age, 7 out of 10 for high school age
 - The players must combine to make the minimum amount from the spot before they can move on
 - If the players don’t make the minimum shoots they stay at the same spot and start again
 - The spots are: corner, wing, foul line, opposite wing, opposite corner

Wednesday, July 7, 2010

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ **How to practice shooting when you are alone**

▪ **1 player / 1 ball / 1 hoop**

- Perhaps the best way to improve as a shooter is to practice short shots around the basket. You should start under the rim and 'spin yourself a pass' as you move away from the hoop. Catch the ball & jump stop about 5 feet away from the basket. Pivot on your inside foot and turn all the way around so that you can face the basket. Attempt short bank shots if you have a good angle for a bank shot. Otherwise, shoot it straight in. Rebound the ball make or miss and repeat the same movements going out to the other side. Your goal should be to MAKE 10 before moving farther away from the basket.
- Another variation to this activity is to turn it into a game.
- "Beat the Pro" is a game that rewards the shooter 1 point for a make. But, awards 2 points to the Pro for every miss
- Campers should pick a Pro to play against like Michael Jordan, Kobe Bryant, or Larry Bird.
- The game is challenging because the camper must make 10 shots before she misses 5...

Coach McAteer's Rule of the Day- Free Throw

Article 1: A free throw is the opportunity given to a player to score one point by an unhindered try for goal from within the free-throw semicircle and behind the free-throw line.

Article 2: The free throw starts when the ball is at the disposal of the free thrower.

Article 3: The free throw ends when the try is successful, when it is certain the try will not be successful, when the try touches the floor or any player, or when the ball becomes dead.

Featured Guest Speaker: Mike Lanza the "Shot Man"

"Do Not bring the ball to the center of your body and shoot with two hands"

➤ **Ball Placement when Shooting**

- The ball should be on your fingertips not resting on the palm of your hand
- Two fingers should fit between the ball and your palm
- Bring the ball up on the side of your body that you shoot from not up through the center of your body
- ALWAYS square up to the basket
- Your index finger and middle finger should be the last two to touch the ball
 - Find a point to focus on

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- Warm up close to the basket and try not to hit the rim with the ball
- Do everything at game speed
- You do not need to jump as high as you can if you are not comfortable with it, shoot on your way up when jumping not the way down

“Never shoot a shot just to make it, put less pressure on yourself.

Just shoot the ball and it will find its way in”

➤ Drills

- X-Out – 30 seconds
- Free Throw Shots to cool down
- 3's, 2's, and 1's
 - First shot in the corner is a 3 worth 3 points
 - Second shot is a pump fake one dribble pull up for 2 points
 - Third shot is pump fake and get to the rim worth 1 point
 - Then do the same from the wing
 - Then advance to the top of the key
 - Then go to the opposite wing
 - Then the last spot is the opposite corner
- Mid-Range shooting
 - One dribble step in with your left foot then in with the right and shoot a jumper
- Help to get into the zone
 - Right in front of the basket start out
 - Spin the ball out
 - Catch and pivot face the rim
 - Locate the basket turn and face to shoot but don't and say psych
 - Do that six times, then complete the drill by shooting and say feel before every shot
 - Even after misses, say yes to keep your confidence up and stay positive, don't get down after a miss
 - Do the same process from the foul line as well

Thursday, July 8, 2010

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ **Drill Number 1 - 2 Man Shooting**

- 1 player rebounds and passes
- The other player catches and shoots until he makes five from a designated spot
- Then the players switch
- The pair that makes 10 first wins, losing team does push ups

Coach McAteer's Rule of the Day- Airborne Shooter

Article 1: An airborne shooter is a player who has released the ball on a try for a goal or has tapped the ball
and has not returned to the floor.

Article 2: The airborne shooter is considered to be in the act of shooting.

Bridgewater-Raritan Junior-Varsity Head Coach and Assistant Varsity: Alex Mahony

➤ **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 9, 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.

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NBA Game Highlights

- Matthew Albanese made a great steal on one end, started the fast break, and then made a Magic Johnson like baseball pass to a streaking teammate for a lay-up.
- Sarah Bender sneakily stole a pass at half court, and then made a fundamentally sound bounce pass to an open teammate for a shot.
- Matthew Bloom saved a bucket by the other team by stuffing his man's shot attempt and then securing the loose ball.
- Michael Brodsky made the defensive play of the week; stepping in front of a "raging bull" to take a charge for his team.
- Isaiah Davis is a "double-double machine", dominating the paint all week on both ends of the floor.
- Nick Frost knocked down several long range jumpers all week proving that his shooting stroke was the smoothest in camp.
- CB Garrett cleaned the glass like the "Windex-Man", ripped down 2 offensive boards and put them both back in like new New York Knick Power Forward, Amar'e Stoudamire.
- Jake Ghanaim caused havoc on the defensive side of the ball, as he jumped the passing lanes and consistently created fast break opportunities for his team.
- Connor Hanus was the recipient of a great fast break pass. After deflecting off of a teammate's hands, Connor maintained his concentration, caught the ball and finished with a lay-up.
- Aaron Janci drove down the left side of the court and made the unselfish play by "dropping a dime" to his teammate Sumil for a wide open jumper.
- Daniel Kim caught the ball on the wing, drove to the elbow, drew the defense to him and made a great fundamental bounce pass to a cutting teammate for a wide open shot.
- Brett Krause provided his team with endless supply of energy and hustle. He wreaked havoc on defense all week long.
- Brendan McKee showed his superior athleticism all week as he slashed and dashed through every defense.
- Sumil Nair proved to be one of the NBA's top sharp shooters as he consistently knocked down open shots.
- Ryan Owens played with relentless toughness all week. Almost every loose ball was ripped away by Ryan, and usually turned into a basket for his team.
- AJ Paturu was the ultimate team player. He set picks on offense and only took shots when he was open – a coach's dream player.
- Rajeev Pillutla made a great steal, and then buried a mid-range jumper on the following possession.
- Adam Schnitzer knocked down a clutch mid-range jumper in the closing minutes of a tight game.
- Griffin Soriano sliced and diced the 7th grade division of the NBA, creating shots for himself and his teammates.
- Connor Stewart rotated off his man on defense to reject a lay-up attempt into the second row like Orland Magic Dwight Howard.
- Alyssa Tammara ripped down a defensive board on one end, then unselfishly passed out of a double team on the offensive end that led to a bucket for her team.
- AJ Tammara played tough post defense, but was even more impressive setting his teammates up with great passes on the offensive end.
- Joey "the JokeMan" Vitello got hot in the 2nd half of a game, draining long-range 3-pointers to seal the deal for his team.
- Kevin Wolf sprinted down the floor on the break, showed great hands by catching a tough pass, and then regained his balance to finish a contested left-handed lay-up.
- Lei Yang provided a big defensive presence in the paint – he contested every lay-up and grabbed numerous big rebounds at crucial times in the game.
- Leo Yu drained a foul line jumper at the end of the 1st quarter to give his team a 6 point cushion.

NCAA Game Highlights

- Alex Bloom is a dynamic guard that handles the rock with ease, he always is looking to set up his teammates first, but scoring when it helps his team.
- Anthony Brady is a jet on the court. He is known for his numerous pass interceptions and his relentless drives to the cup.
- Anu Dasari is a monster on the boards grabbing every rebound that comes near him.
- Brian Chungis a good all-around player with the ability to score, pass, rebound, and handle the ball similar to NBA Hall of Famer "The Big O" Oscar Robertson.
- Christian Brito is a vicious slasher who can get to the paint at will like that of the Orlando Magic's Vince Carter in his prime.
- Claudia Blanco does it all for her team. She passes the rock so well that Magic Johnson would give her two thumbs up!
- Conner Haig is very important to any team he is put on. He is the glue that makes his team stick together, and when he is in the game his team prospers.
- Connor Michaels is a true rebounder, he mixes it up in the lane and consistently pulls down rebounds in traffic.
- Elizabeth Escudero is always at the right place at the right time, picking up loose balls and going coast to coast for baskets.
- Evan deCone is a rock solid defender and a great facilitator of the ball which makes him a great addition to any team.
- Jake Maggio loves to wear hats, but his true basketball skills come in the form of pressuring the ball and causing turnovers.
- James Parry is an overall great player. He is very good on both offense and defense and is an ideal fit for any team.
- Joe Goodberlet is a pure scorer. He hits shots, drives down the lane with ease, and is a huge threat to the other team's defense.
- Joseph Oliveri is a true point guard. He brings the ball up with no problem, gets his team into their offense, and can hit shots when necessary.
- Justin Krishnamurti might be the best screener in camp; getting his teammates open with numerous back screens
- Justin Davidovicz has a knack for scoring the basketball, it does not matter who is guarding him. He will leave defenders in the dust.
- Kyle Balao has almost perfect form on his shot, and when he is open he will hit his shot to spread the defense.
- Kyle Bender is the definition of a team player. When its crunch time, his teams are always on top.
- Lexi August is like bubble gum, sticking on any offensive player, not allowing any easy attempts at the goal.
- Michael Moody must be a Harlem Globetrotter as a side job, because defenders can't keep up with his mesmerizing handles.

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- Neha Nirmal is the secret weapon for any team, using her height and shooting touch to win big games.
- Nick Duenas is very coachable and puts 120% effort into everything he does. He never takes a play off and helps his team out tremendously.
- Nicole Garrett lives in the paint. She gets where ever she wants on the court, whenever she wants to.
- Pranav Darbha is a presence in the middle. He disrupts shots, grabs boards, and helps his team in every aspect of the game.
- Praveen Sakthivel is extremely fast, and uses his blazing speed to beat the defense down the court for easy lay-ups.
- Raj Koshal is the MVP for the NCAA for the hustle category, grabbing every loose ball that hits the floor.
- Rebecca Frost knocks down the corner jumper on a regular basis, it is her spot on the floor.
- Rohan Paturu is a great slasher. He can get to the basket whenever he chooses getting easy points for his team.
- Shawn Johnson is a tenacious defender; if the ball is in his vicinity, he will take it from any player without any hesitation.
- Shruti Kumar never gives up on a play and doesn't accept failure as an option, which is an uncoachable trait, you either have it or you don't.
- Siddhika Gupta is a key hustle player that shows her efforts on the boards and defense.
- Stephen Albanese is the NCAA's version of San Antonio Spur Tony Parker; he's a nightmare to defenders because of his mach-turbo quickness.
- Trina Sanyal uses her height to her advantage; she alters shots and discourages the other team from driving to the basket.
- Vinay Krishnan makes Ray Allen's jump shot look mediocre, as his shot tickles the twine every time.
- Vishnu Pathmanaban is an amazing distributor; he gets all his teammates the ball in great scoring position and piles up the assists.
- Yash Addaganti might have the best assist to turnover ratio in the camp. Former Pitt Panther Levance Fields would even approve
- Zach Alvarez is without a doubt the most coachable player in camp; he is always improving his game and takes what the coaches say to heart to help improve his game in every aspect.
- Brian Michaels who moved up to play in the NCAA is a hustle machine, and when he is on the court he creates chaos on the defensive end and helps create opportunities for his team.

NIT Game Highlights

- Trisha Addaganti contributed greatly to her team by being aggressive throughout every play.
- Rachel Bender was the “secret weapon” making a clutch lay-up in the final minute.
- Michael Bernstein was a “big man” on the court tearing down numerous rebounds to help his team.
- Shreyas Bharadwaj pulled down a tough rebound and had a great put back for his team scoring 2 points.
- JD Cargill had back to back jumpers putting his team into the lead.
- Eric Chung dodged in and out of the defenders with his quickness, and pulled up for a jumper in the paint.
- Tanay Deshmukh set a great screen to help his teammate get into the lane for an easy lay-up.
- Daniel Edelman is all about hustling for his team, he gets after every loose ball to get his team as many opportunities as he can.
- Justin Horak tore down boards left and right reeking havoc for the other team.
- Jonathan Huang played impeccable defense causing a turnover for the other team which led to a basket.
- Nicholas Johnson drove to the basket and had a turn around jumper to put his team up by 4.
- Arjun Koshal read a deceptive pass getting a steal and then made a great bounce pass to his teammate for the lay-up.
- Krutika Kumar hustled throughout every play, helping her team.
- William Littwin played with heart every game and converted crucial plays.
- Allen Lu’s long range jumpers helped lead his team to wins late in the game.
- Masaki Matsuda played tenacious defense using his speed to pester the opponent as the clock ran down.
- Mac McAteer crossed up his man leaving him in the dust and broke away, jump stopping in front of the basket, for the easy shot.
- Michael McAteer was ferocious attacking the basket and being successful continuously.
- Shiven Prem was a huge presence on the court being a dominant scorer.
- Joey Morrell viciously ripped the ball out of a jump ball situation and had a fast break lay-up.
- Sanemi Nair played amazing defense for her team shutting down her man leading to the win.
- Pooja Rangarajan was a big presence on the outside racking up assists.
- Milan Tahliani was a leader on the court helping his team collect wins.
- Aditya Thakkar was aggressive on offense and had a great drive through traffic to the rim.
- Tarun Trivedi dropped a deep outside shot putting his team up by 2

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