

2nd Annual
Bridgewater-Raritan
Basketball Camp

Camp Notes

Week 4:

July 12th - July 16th,
2010

“Individual
Offensive
Improvement”

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2nd Annual

Bridgewater- Raritan Basketball Camp

“Camp Notes”

Monday, July 12, 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. You can learn so much by simply paying attention to what is going on...
 - 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.
 - Our objective: Campers will be able to utilize variety of drills, activities, & fun games designed to help them improve their offensive basketball skills on their own.
- ❖ *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.
 - Use your jab step to help get yourself an open shot
 - Jab step then drive to the basket –{JAB & GO}
 - Jab step to back your defender off then shoot your jump shot –{JAB & JUMPER}
 - Jab step then step across and go to the basket –{JAB & CROSS}

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➤ **Steve Nash Drill (all campers participated in this drill first thing Monday morning)**

- 20 Minute Shooting Workout
 - Baseline Shooting
 - Outside to short corner 2 minutes
 - Bank Shooting
 - ◆ 30 seconds of turn and shoot
 - Elbow Shooting
 - 45 seconds turn and shoot
 - Runners
 - ◆ Off left leg right down the center of the lane
 - ◆ Mix in bank shots
 - ◆ 1 minute 15 seconds
 - Hesitation Pull-ups
 - ◆ Both Wings
 - ◆ Catch eye up the rim jab step or pump fake
 - ◆ Then go up and shoot the jump shot
 - Post Turn Shooting
 - ◆ Over both shoulders
 - ◆ Back to the basket
 - ◆ One dribble
 - ◆ 1 minute 50 seconds
 - Hooks Across the Lane
 - ◆ Off one leg
 - ◆ One dribble to the middle of the lane
 - ◆ 1 minute 10 seconds
 - One Dribble Pull-ups
 - ◆ Spin the ball out to the top of the key
 - ◆ Turn and face
 - ◆ Take one dribble to the right or left
 - ◆ Alternate which way you dribble
 - ◆ 2 minutes
 - Spin Move into Shot
 - ◆ From top of the key
 - ◆ Two dribbles towards wing
 - ◆ Spin dribble
 - ◆ One more dribble then pull-up
 - ◆ 1 minute 50 seconds

- College 3 Pointer
 - ◆ All spots around the arch
 - ◆ 2 minutes 10 seconds
- Step Backs
 - ◆ Start at top of the key
 - ◆ Take 2 dribbles in then one back
 - ◆ Shoot a pull-up jumper
 - ◆ 1 minute 30 seconds
- Pick and Roll Shooting
 - ◆ Dribble into your shot
 - ◆ Shoot from the top of the key the wings and the corners
- NBA Range 3 Pointer
 - ◆ Use legs
 - ◆ 1 minute 30 seconds

Coach McAteer's Rule of the Day- Hands and Arms, Legal and Illegal Use

Article 1: It is legal to extend arms vertically above the shoulders and need not be lowered to avoid contact with an opponent when the action of the opponent causes contact. This legal use of the arms and hands usually occurs when guarding the player making a throw-in, the player with the ball in pressing tactics and a player with the ball who is maneuvering to try for goal by pivoting, jumping, etc.

➤ **2 Line Passing**

- Players will start at the baseline, the lane distance apart
- Players will run the length of the court throwing a chest pass leading their teammate
- The then return back to the baseline
- After all players do chest passes switch the drill to bounce passes

➤ **3 Line Passing**

- Players will start at the baseline, two lined up with the 3 point line and one right under the basket
- The player under the basket starts with the ball and passes to one of the wings while the players run the court
- After receiving the pass back from the wing the player in the middle turns and throws to the other wing
- Practice both chest and bounce passes

➤ **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

➤ **5 Man Weave Practice**

- One player is centered at half court, a player on both wings, and a player in each corner
- The ball starts at the top and the player dribbles to one of the wings and hands off the ball to the player on the wing
 - The passer goes to the inside and the player who receives the ball goes on the outside
- The player receives ball dribbles to the opposite wing and the player who handed the ball off goes to the corner
- The player in the corner replaces the player on the wing
- After the players have the drill down add defenders
 - The defenders are not trying to steal the ball just to simulate a defender sliding in front

➤ **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

Tuesday, July 13, 2010

➤ *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

*Rutgers University Assistant Coach Dennis Gregory, Accompanied by
Rutgers Players: John Mitchell and Mike Coburn*

"Having a partner to workout with is a big advantage gets you more shots and motivates you."

- Form shooting to loosen up
 - Start stepping back towards the foul line to extend shot
- Work on being good close first then creep back
- Elbow to elbow shooting
 - Go elbow to elbow shooting a jump shot, follow the semi-circle above the foul line to go back and forth
 - Quick release, don't waste too much time
 - Time your step into the shot you don't want to be waiting at the elbow for the ball you want to step into the shot
 - End on a make

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“Be a basketball player, be able to play all positions, and don’t categorize yourself”

“Can’t be predictable on offense have to have elements to your game”

- Drive the ball to the basket from 5 spots around the arch
 - 5 spots: Corner, Wing, Top of the key, Wing, Corner
 - Do drill with both hands right and left
 - Shot fake drive to the basket for a lay-up
 - Same drill instead of driving in for a lay-up pull up for a mid-range jump shot

Coach McAteer’s Rule of the Day- Hands and Arms, Legal and Illegal Use

Article 2: It is legal use of hands to reach to block or slap the ball controlled by a dribbler or a player throwing for goal or a player holding it and accidentally hitting the hand of the opponent when it is in contact with the ball.

Article 3: It is legal to hold the hands and arms in front of the face or body for protection and to absorb force from an imminent charge by an opponent. This same protective use of arms and hands occurs when a player who has set a screen outside the opponent’s visual field is about to be run into by the player being screened. The action, however, should be a recoil rather than a pushing action

Ball Handling with Coach Alex Mahony, Assistant Coach BRHS

- Stationary Dribbling with right and left hand
 - 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

Wednesday, July 14, 2010

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ *Partner Passing - Competitive*

- Players stand at opposite ends of the lane
- Each player will begin with a ball
- All drills are two ball passing drills
- The drills are a variety of passing drills for players to practice in a competitive manner
- Place two sets of partners against another set and see who can record ten passes faster
 - The first drill is an alternating passing drill
 - ◆ One player will always throw a bounce pass to their partner and the partner will always throw a chest pass.
 - ◆ This allows the two basketballs to avoid each other while practicing passing and catching skills
 - The second drill is an one handed passing drill
 - ◆ Players will start with a pass with their right hand, and catching the pass with their left hand
 - ◆ Upon catching the ball they will pass it to their right hand to complete the next pass
 - ◆ The drill continues in that manner and as players get better the speed of the drill will increase
 - ◆ Also the drill should be done with the left hand passing the ball and the right hand catching the ball
 - The third drill is similar to the second
 - ◆ Instead of switching the ball from one hand to the other upon catching it the ball will continue in the same hand
 - ◆ One ball will be always passed with the right hand of the player to their partners left hand
 - ◆ The other ball in the passers left hand will always be caught in their partners right hand
 - ◆ Once again as the players get better the speed should increase

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- Figure 8 passing drill
 - ◆ Players will start with the ball in their right hand and perform a figure 8 passing the ball between their legs
 - ◆ Upon finishing the figure 8 the ball will once again be in the players right hand, they will throw an underhand pass with their right hand
 - ◆ The players will catch the incoming ball with either just their right hand or both hands
 - ◆ Then they complete the drill again starting with the ball in their right hand
 - ◆ After they get 10 passes, they will then do the drill starting with the ball in their left hand and completing their passes with their left hand

Coach McAteer's Rule of the Day- Hands and Arms, Legal and Illegal Use

Article 4: It is not legal to use hands and arms or hips and shoulders to force his/her way through a screen or to hold the screener and then to push him/her aside in order to maintain a guarding position relative to his/her opponent

Article 5: It is not legal to use hands on an opponent which in any way inhibits the freedom of movement of the opponent or acts as an aid to a player in starting or stopping

➤ ***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

Bridgewater-Raritan Coach Alex Mahony, Assistant Coach BRHS

➤ ***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
- The pass the ball to the person to the right of them and then exchanges 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

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Thursday, July 15, 2010

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ *Syracuse Lay-Ups*

- There is a line of players starting in both of the corners of the court
- There will be a player placed at the each of the four elbows
- Both sides of the court will be going at the same time
- 1 Ball in each line
- The corner will start by passing the ball to the player on the nearest elbow to them
- They will then run up the court and receive a pass back when about parallel to the player on the elbow
- Once receiving the pass they will then dribble up to center court
- Then pass the ball to the player on the elbow
- The player on the elbow will then lead the running player in for a lay-up
- After shooting the lay-up, make or miss, get your own rebound outlet & then go to the back of the line.
- After a while stop the drill place new passers at the elbows and allow the elbow passers to go into the corner lines
- Do the drill for both right and left handed lay-ups

➤ *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.

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Coach McAteer's Rule of the Day- Hands and Arms, Legal and Illegal Use

Article 6: It is not legal to extend the arms fully or partially in a position other than vertical so that the freedom of movement of an opponent is hindered when contact with the arms occur. The extension of the elbows when the hands are held on the hips or when the hands are held near the chest or when the arms are held near the chest or when the arms are held more or less horizontally are examples of the illegal positions used.

Article 7: It is not legal to use the hand and/or forearm to prevent an opponent from attacking the ball during a dribble or when throwing for goal.

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ ***Fun & challenging ball-handling drills for one player***

- NIT - Toss the ball up in the air and clap one and catch the ball, repeat and clap as many times as you can
- NCAA - Toss the ball up in the air and clap once and catch it behind your back, repeat and clap as many times as you can before catching the ball
- NBA - Throw the ball as high as you can , then kneel down and let the ball bounce in front of your toe and try to catch it on its way back up before it bounces over your knee

➤ ***Fun & challenging ball-handling drills for two people***

- Pass to a partner with your right hand and catch it with your left hand, transfer the ball from your left hand to your right and pass it back
- Pass to a partner with your left hand and catch it with your right hand, transfer the ball from your right hand to your left hand and pass it back

➤ ***Fun & challenging agility drills***

- While Watching TV Workout
 - Sit on the floor facing the TV, do a figure 8 with the ball passing it from your right to your left hand as you move your legs in a bicycle motion

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Friday, July 16, 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.

Coach McAteer's Rule of the Day- Hands and Arms, Legal and Illegal Use

Article 8: It is not legal to swing arms and elbows excessively. This occurs when:

- a. Arms and elbows are swung while using the shoulders as pivots, and the speed of the extended arms and elbows is in excess of the rest of the body as it rotates on the hips or on the pivot foot.
- b. The aggressiveness with which the arms and elbows are swung could cause injury to another player if contacted.

Using this description as a basis, an official will promptly and unhesitatingly call such action with the arms and elbows a violation.

Article 9: It is not legal to lock arms or grasp a teammate(s) in an effort to restrict the movement of an opponent.

NBA West Game Highlights

- Jack Bradley jumped the passing lane, stole the ball at half court, then made the unselfish pass to his teammate for the assist and a 2 point lead.
- Charlie Brennan showcased a combination of size and skill comparable to a right-handed Lamar Odom.
- Alessandro Castellani showed his blazing speed as he blew by his defenders on the way to the hoop like Leandro Barbosa.
- Ricson Cheng made a sweet contested lay-up as the time wound down at the end of the game to extend his team's lead.
- Jake Ghanaim was one of the two best hustlers in the league. He continued to jump passing lanes, create steals for his team, and slash to the hoop for lay-ups.
- Matt Gwaizdowski continued to be the best passer in camp, highlighted by a Chris Paul-like one-handed backdoor bounce pass to a streaking teammates for a lay-up.
- Matt Kolavitch showed great fundamentals as he caught the ball on the break, came to a jump stop, excuted a great shot fake, then took one dribble to clear himself to score the basket.
- Larry Martino was a force inside, contesting every interior shot and being a consistent rebounder for his team.
- Abhinav Miriyala proved to be one of the best talents in camp. His smooth shooting stroke and knowledge of the game made him an MVP candidate.
- Matt Molinari was great at finishing shots in the paint all week, similar to George Mikan.
- Adam Murphy showcased some great passing skills as he made the right pass at the right time for open shots two possessions in a row in crunch time.
- Mark Neubauer split the double team like "firewood" and finished in traffic with an outstanding lay-up.
- Ryan Owens showed his multiple talents as he grabbed a rebound, knifed through the defense, and then banked in a runner while getting fouled.
- AJ Paturu was an outstanding defender and rebounder all week, similar to Dennis Rodman, and was truly a team first player.
- Anthony Petrilli caught fire in the 2nd game on Wednesday as he buried multiple jump shots from all over the court.
- Isaiah Puga showed great potential with great athleticism, good ball-handling and shooting skills and most important an unselfish attitude.
- AJ Tammara was a dominant rebounder and scored at will all week. Even so, he always looked to pass first: any coach's dream.
- Billy Thompson filled the lanes on the fast break like a young James Worthy, time after time, scoring lay-ups on the run.
- Jacob Toye came to the NBA late in the week but made his presence felt in every aspect of the game as soon as he stepped on the court.

NBA East Game Highlights

- Praveen Sakthivel had a Dwight Howard-like performance as he ripped down 5 boards and scored his team's first 4 points of the game.
- Kyle Scott ripped down the defensive board, took it "coast to coast" with a sick "in and out dribble", and scored the tough lay-up for his team.
- KB Sullivan was the long-range "shooting assassin", draining multiple deep jumpers to help his team.
- Ben Brennan, "the southpaw", never gave up on a rebound and his diligence paid off as he got several offensive boards and put backs.
- Michael Castoro buried a 17 foot jumper with 30 seconds left to break a 22 all tie and give his team the eventual victory.
- Brian Chung was a "ball-hawk" all week, blanketing the man he covered and causing havoc on defense.
- Pranav Darbha was the ultimate team player, always hustled, played stellar defense, and rebounded when he could.
- Anu Dasari was the Joakim Noah of the NBA East, happy to pass to his teammates, and an absolute beast on the boards.
- Erich Della Volpe caught the ball in the corner, swung it to the baseline, took one good dribble and dropped in a 5 foot runner for 2 points.
- Justin Bryant, the youngest player in the NBA, always seemed to make the right play. He made great passes and ran the fast break as well as his uncle Kobe.
- Kevin Faure buried an impossible double-clutch jumper to tie the game up late in the fourth quarter.
- Nick Halpin was on the receiving end of a great pass from Justin. He gathered it up in traffic, squared up, and knocked down a contested mid-range jumper to help secure the victory for his team late in the 4th.
- Tyler Kim made a great pump fake, and then drained a short turn around jumper to break a tie. Then, he followed it up with a 2nd jumper to extend the lead to 4.
- Alan Kinzy caught a pass at the top, immediately spun around his defender, then took two long dribbles to the baseline and swished in a tough 12 foot runner.
- John Langenfeld came off a shoulder injury to make great passes out of double teams, and then as always, hustled after the loose balls and drained a couple jumpers to lead his team to victory.
- Matt Lynch was poised and smart, as he waited to get the last shot of the quarter, then drove hard to the bucket and converted a bank shot at the buzzer.
- Sean MacKinney played a point-forward (similar to LeBron James). He was one of his team's best rebounders, but could also handle the ball and set up teammates.
- Rohan Paturu perfected the right-handed baby hook around the basket as he poured in several of them throughout the week.
- Tyler Waddington was one of the best decision makers in the league. He passed to open teammates, and took his shots, that usually went in, when open,

NCAA Game Highlights

- Aaron Gao is a dominant player. He is tall like a big man but uses his many skills to run the team as a point guard.
- Alan Frank made great hustle plays to lead his team to victory.
- Alex Brennan is a great team leader that made many great plays.
- Anthony Brady is an excellent dribbler in traffic and then finishes the tough lay-ups.
- Brian Michaels is cool under pressure and can sink open shots contributing to the team's win.
- Charles Bragg is a "hustle machine". He's a terror on the court for the opposing team, and he goes after every loose ball like it is life or death.
- Christian Brito is a quick thinker which leads his team to victories.
- Connor Michaels can rebound with the best. He continuously gives his team second chance opportunities, which is priceless to any team.
- Daniel MacKinney can score at will. When he decides to, he can drive past any man guarding him and with his soft touch finishes the play.
- Daniel Edelman helps his team by guarding the other team's best player.
- Ethan Chen is a "rebounding machine" which converts to lay-ups on the offensive end.
- Ian Smoke "smoked" the competition with his tough rebounding and effortless baskets.
- Jason Choi is a great listener who always does what is asked of him for the success of the team.
- Joey Meyers is a shot maker to the core. He parts the defense like Moses parted the red sea.
- John Sibiga has "mad good" handles. He is a point guard and has the ability to distribute the ball, making his teammates better.
- Justin Horak's determination allows him to drive to the basket and finishes with ease.
- Justin Kim has a great all-around game. He guards his man and gives 100% effort on offense, which translates to good things for his team.
- Justin Krishnamurti had numerous great assists to keep his team in every game.
- Kyle Balao is a finisher. If he gets the ball around the basket he is automatic.
- Mac McAteer is a facilitator. He encourages his teammates, helps lead the team, and makes sure his team plays together.
- Neha Nirmal played intense defense on the opposing team's best player.
- Nick Duenas is a coach's dream. He listens intently, and does everything and anything asked of him to put his team in the best position to win.
- Rahul Pushpala sacrifices himself for the good of the team and isn't afraid to mix it up and get loose balls and steals for his team.
- Shawn Johnson continues to be the best defender in the NCAA, offensive players are afraid to go up against him.
- Shiven Prem is constantly working to get better. His practice shows in games where he effortlessly sinks jumpers.
- Tyler Mitchell can not be stopped in transition when he has a full head of steam.
- Vishnu Pathmanaban plays tough defense that allows for easy steals which translates into open lay-ups for his team.
- When Brayden Andre came into his team, he fit right in with his intense hustle providing that spark for his team mid-week.

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NIT Game Highlights

- Eric Chung ripped the ball out of a jump ball and passed it to a teammate for an easy lay-up.
- Peter Della Volpe crossed his man up leaving himself with a wide open lay-up.
- John Fischang played with intensity from the jump ball to the final buzzer inspiring his team.
- Rishikesh Gadre ripped down a tough board and threw an outlet pass to a teammate.
- Nicholas Gwiazdowski used his speed and agility to dribble through the defense going in for a lay-up.
- Jonathan Huang sunk a deep jumper to help further his teams lead.
- Nico Johnson grabbed an offensive rebound and immediately went back up with it for 2 points.
- Caleb Kim had amazing contributions on defense to benefit his team.
- Billy Littwin was aggressive throughout every play helping lead his team to victory.
- Masaki Matsuda was quick on defense acquiring numerous steals and deflections.
- Michael McAteer dribbled in and pulled up for a short jumper, putting his team in the lead by 2 points.
- Arjun Singh played tenacious defense creating several turnovers that lead to points for his team.
- Simar Singh had a turn around jumper closing his team's deficit to only a basket.
- Justin Tai used his quick hands on defense to frustrate the other team.
- Arya Trivedi blocked a shot from an opposing offensive player helping his team stay in the lead.
- Tarun Trivedi was tough going up for a contested lay-up making the shot and drawing the foul.
- Jason Xiong had a consistent jump shot from the top of the key, helping his team stay in the lead.

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