

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

**Camp Notes**

**Week 6:**

**July 26<sup>th</sup> - July 30<sup>th</sup>, 2010**

**“Individual  
Offensive  
Improvement”**

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

Monday, July 26, 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- Out of Bounds***

Article 1: A player shall not cause the ball to go out of bounds.

NOTE: The dribbler has committed a violation if he/she steps on or outside a boundary, even though he/she is not touching the ball while he/she is out of bounds.

Article 2: No player shall be out of bounds when he/she touches or is touched by the ball after it has been released on a throw-in pass.

Article 3: A player shall not leave the floor for an unauthorized reason.

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

### ➤ ***Syracuse Lay-Ups and Syracuse Passing***

- 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

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- 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
- Also do the drill where the player will receive the second pass, then jump stop and throw a bounce pass to the other line this is Syracuse Passing.

Tuesday, July 27, 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

***Coach McAteer's Rule of the Day- Travel, Kick, Fist, Ball Enters Basket***

***From Below***

A player shall not travel with the ball, as in 4-44, intentionally kick it, as in 4-29, strike it with the fist or cause it to enter and pass through the basket from below.

NOTE: Kicking the ball is a violation only when it is an intentional act; accidentally striking the ball with the foot or leg is not a violation.

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## Middlesex Head Varsity Boy's Basketball Coach: Brian Feath

- **Ball Placement when shooting, dribbling, and passing**
  - Ball always on your finger tips
  - Allows more control over the ball
  - Elbow in almost making a letter L
  - Feet, knees, hips, and shoulders must be squared up to the basket
  - Arm should be fully extended after shot
  - Rotation on the ball, end over end
  - Bend your knees
  - “NEVER UP, NEVER IN”
  - Last two fingers to touch the ball are your index and middle fingers
  - Put your hand into the basket, like you're reaching into a cookie jar on the top of the “fridge”
  - Practice close to the basket with form shooting, then move back
- **Triple Threat Position**
  - Allows you to shoot, pass, and dribble
  - Make sure you are comfortable in the position, not too low and don't stand up
- **Drill 1**
  - Place a ball at each wing
  - Player start at baseline spread lane width apart
  - Dribble out to the ball on the wing, dribble around it, change direction and two dribbles back to the basket for a lay-up.
  - Always keep eyes up, down the court when dribbling out, then focused on the rim when going back in.
  - Switch sides
- **Drill 2**
  - Same set up but with a passer at the top a little further than the three-point line
  - Start with a chest pass, sprint to the elbow, back pedal to the wing, catch and shoot
  - Then back pedal to the corner
- **Drill 3**
  - 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

Wednesday, July 28, 2010

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

- **Passing and catching skills emphasized**
  - 2 hands for every catch and 2 hands for every pass
- **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
  - They 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

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➤ **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

➤ **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- Illegal Dribbling***

A player shall not dribble a second time after he/she first dribble has ended, unless it is after he/she has lost control because of:

Article 1: A try for a field goal.

Article 2: A touch by an opponent.

Article3: A pass or fumble which has then touched, or been touched by, another player.

**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

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- 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

Thursday, July 29, 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

➤ **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- Three Seconds***

Article 1: A player shall not remain for three seconds in that part of his/her free-throw lane between the end line and the farther edge of the free-throw line while the ball is in control of his/her frontcourt.

Article 2: The three-second restriction applies to a player who has only one foot touching the lane boundary. The line is part of the lane. All lines designating the free-throw lane, but not lane-space marks and neutral-zone marks, are part of the lane.

Article 3: Allowance shall be made for a player who, having been in the restricted area for less than three seconds, dribbles in or moves immediately to try for goal.

➤ **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

Friday, July 30, 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.
- Friday's camp schedule features contest finals in a variety of competitions. Many campers will have the opportunity to win, but only one player in each age group can prevail. Campers are encouraged to give their best effort to try to win. Remember it is the effort that counts and your attitude that displays the character you possess.

### ➤ **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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# *NBA Game Highlights*

- With Jack Lilienthal's size advantage, he was a dominant inside presence all week. However, his skill level with the ball was the most impressive aspect of his game.
- Jacob Toye showed his mental toughness as he battled on defense and rebounding in every game all week.
- Adam Ianelli sliced and diced the defense with his speed and ball handling skills as he showed why he was the best guard in the camp.
- Leo Yu showed vast improvement in his lay-up and ball handling skills in his last week of camp.
- Ashwin Anandacoumar held his own in the older NBA league with his quickness and shooting ability. He was always a scoring threat for his team.
- Daniel Kim grabbed several offensive and defensive rebounds all week long even though he gave up several inches in height to the guys he was matched up against.
- AJ Paturu improved greatly from week to week, and proved to be one of his team's best players in his final week of camp this summer.
- Adam "Schnitz" Schnitzer gave his team great energy and enthusiasm in every game and was also able to knock down some open shots when given the opportunity
- Anirudh Arikarevula showed to be a consistent inside/outside offensive threat for his team.
- Claudia Blanco proved that she was more than capable of playing with the "big boys" as she consistently sprinted by defenders and scored at will.
- John Sangimino used his athleticism and quickness to finish several baskets in transition and grabbed several tough rebounds in traffic.
- Maurice Lunger may have been the most improved camper from Monday to Friday. As he began to assert himself on offense, he became a consistent scoring threat for his team.
- Tom Schuller had an unmatched "motor", similar to the "Birdman" Chris Anderson of the Denver Nuggets. He was ferocious on the boards and relentless as a scorer in the paint.
- Justin Mehrmann was one of the better passers on his team. He set up a teammate for open shots on several occasions throughout the week.
- Aarushi Wadhwa played extremely hard and unselfishly all week; doing it all with a smile on her face.
- Deanna Centi was "Miss. Hustle" this week at camp. She grabbed every rebound that she could get her hands on and sprinted the floor on every offensive and defensive possession – a coach's dream
- Emily Freda was an unselfish teammate, wreaked havoc on defense, and set up her teammates with precise and timely passing.
- Erin Miksztal carried her advance 1 on 1 skills over to the 5 on 5 games as she provided her team with an offensive threat on every possession.
- Marian Gallo displayed her great defensive skill by stopping a 3 on 1 fast break, preventing the other team from getting an easy basket.
- Matthew Miksztal, the big man in the middle, rejected several of the opposition's shots and grabbed a "boat load" of rebounds as he controlled the paint for his team.
- Praveen Skathivel used his savy court awareness and quickness to play up with the big boys in the NBA. He was also involved with a couple very impressive fast break assists for lay-ups.
- Pranav Darbha earned the right to play in the NBA again this week due to his ball-handling skills and ability to knock down open shots.
- Though over a foot shorter than the other team's big man, Rohan Paturu showed his defensive tenacity when he block his shot which started a fast break that turned into a lay-up.
- Ryan Owens has improved every week this summer, earning the title of the best shooter in the camp. He also showcased great court vision and playmaking abilities.
- Thomas Lilienthal made an unselfish, Magic Johnson-like pass on a 2 on 1 fast break. His teammate delivered him a pass, and he gave it right back with a touch pass for a wide-open lay-up.

# *NCAA Game Highlights*

- Aaron Gao uses his size and skill to wreck havoc on opponents, never letting the defense take a play off.
- Abby Freda is a smart basketball player. She understands the game and knows what needs to happen in games to win which is a priceless trait.
- Abby Gilbert wisely uses her height to her advantage grabbing tons of rebounds, giving her team valuable second shots.
- Abhay Puri continues to be a great ball handler who always sees a play ahead.
- Aidan Perry would win “Mr. Hustle” if there was an award given for it. He doesn’t think twice about diving after a loose ball.
- Anisha Ghosh plays solid defense and can lock her opponent down when she sets her mind to it.
- Brayden Andre is an extraordinary shot maker who can “make it rain” from anywhere on the court.
- Catherine Gallo’s relentless effort on the court makes her ideal to coach and invaluable to any team she plays on.
- Conner Haig is just an all around stud when it comes to game time. When a contest is close don’t count him out.
- Connor Michaels dominated the glass over taller opponents, grabbing dozens of rebounds and getting easy put backs.
- Jeffrey Mao has great all-around skills, when it comes to dribbling, shooting, and passing. There is nobody better.
- Micky Sangimino brings intensity to the court, hustling and giving full effort every play, bringing his team’s energy up and making his team better.
- Natalie Young is a coach’s dream always doing what’s best for the team.
- Neha Nirmal uses her size and length to distract drivers and ballhandlers from coming into the paint.
- Rohit Roy rarely commits a turnover. His passing is deadly accurate and on time.
- Shiven Prem is a pure shooter that stretches the defense out like a little kid stretching silly puddy.
- Surya Tahlani is a constant presence on defense, pressuring the ballhandler and causing turnovers.
- Trisha Kaundinya’s hard work pays off. She hits shots, her defense is solid, and her court awareness is very good.
- When Vishnu Pathmanaban is open, the defense has made a terrible mistake because he “torches” down open shots like it’s his job.
- Yash Addganti is a point guard who gets wherever he wants on the court at will.

# *NIT Game Highlights*

- Abhisek Prakash gives his teammates a high five every time they score boosting his team's morale and making him a great teammate.
- Aman Wadhwa has improved every day in every aspect of the game.
- Anuj Puri was a fantastic passer this week. He saw the open player and gave them the ball in a good position to score.
- Billy Littwin shows great energy on both the offensive and defensive side of the ball. He inspires his teammates to play harder every time he is out on the floor.
- Brian Michaels is the force behind his team by making shots, being selfless and rebounding on both ends of the floor.
- Jeffrey Koc could be the best passer in the NIT. He is elusive and uses his quickness to his benefit in all phases of the game.
- Not only can Jonathon Huang play tremendous defense every second of every game, he can score at will on offense.
- Mac McAteer was not just one of the best scores in the NIT this week but also showed great determination to win making him one of the best players in the league.
- Masaki Matsuda uses his great speed to get to the basket at will and has a sweet finishing stroke around the basket.
- Rohit Desai is a pest on defense. He uses his agility and intensity to deny the passing lane and alter shots.
- Trisha Addaganti has not only become a smarter basketball player, but she has also improved her shooting and passing which benefits her team in games.
- Ian kim greatly improved his offensive skills this week. He has become a much better shooter, dribbler and passer.
- Russell Hawkins would be proud of how well Tarun Trivedi played; he has started to become one of the elite players in the NIT.
- Siddarth Taneja has very strong fundamentals which will lead to him being a great basketball player.
- Simar Singh has the best attitude in the NIT, he cheers for all of his teammates even if he isn't playing well and when he does his whole team is behind him as well.
- Steven Chen was a great addition to the NIT this week, along with being one of the better shooters; he was very coachable and a great listener which you can't teach.
- Shane Perry has a fiery passion for the game and always gives it his all no matter if they are up 2 or down 10 he will never give up.
- Ashina Taneja has been a great student of the game this week. She has put everything she has learned into affect in the games leading to success.