

3rd Annual

Bridgewater-Raritan Basketball Camp

Camp Notes

July 11th – July 15th, 2011

Week 3:

‘Agility Week’

Teaching Concentration is “Basketball Agility Workouts”

Location -- Bridgewater-Raritan High School

Featured Guest Speaker -- Phil Colicchio from Linden High School was our featured speaker on Wednesday, July 13. Coach Colicchio’s teams are physically tough and agile; the result of intense workouts! Coach Colicchio brought 10 players and 2 assistant coaches with him to demonstrate some of their regular practice drills. Many of the campers were mixed in and participated with the Linden players’ during their workout.

BRHS basketball staff scheduled to work: Our 8th grade basketball coach, Brian Henry worked this session of camp. The older campers had the opportunity to work with Coach Henry this week. Needless to say, there can be no guarantee that any boy will make the middle school team just by coming to camp. Nevertheless, the experience at camp and the exposure to Coach Henry should be viewed as a positive step in improving as a player overall.

2011 Bridgewater-Raritan Basketball Camp

Remaining Camp Sessions

- Open spaces remain in all camp sessions!!
- On site, walk-in registration is always available

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Week #5 → July 25-29, 2011: Teaching Focus: “Individual Offensive Improvement” at Eisenhower Our special guest coach on Wednesday, July 27 is Anthony Melesurgo from Bound Brook High School

Week #6 → August 1-5, 2011: Teaching Concentration is “Position Specific Training” at Eisenhower Newly appointed Ridge High School Basketball Coach, Brian Feath is slated to appear this session

- If you have already attended camp this summer, no additional registration page is needed.
- If you attended weeks 1-3 it is only an additional \$100 to add another week of full-day camp. \$50 to add a half-day session.
- We plan to run the Fall Recreation Clinics again and the tentative dates for those sessions are:

Tuesdays, October 4, 11, 18, 25, and Nov 1 – grades K-4 – 6:00-7:30pm

Thursdays, October 6, 13, 20, 27, and Nov 3 – grades 5-8 – 7:00-8:30pm

Thursday & Friday, November 10 & 11 Teacher’s Convention
Basketball Camp from 9:00am - 3:00pm – same format as our summer program!!

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Bridgewater- Raritan Basketball Camp

“Camp Notes”

Monday, July 11, 2011

Bridgewater-Raritan High School 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.
 - 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.

❖ **Teaching Station Rotations:**

Steve- Panther Shooting

Jessica - Defensive Stance and Slides

Andrew - Box Out, Rebound, Pivot, and Outlet

Kristen - Star Passing with Lay-Up

Eric - Ball Handling

Dom – Catching and Passing

❖ **Today’s Contest is 1 on 1**

- The 1 on 1 games will be played within each league which are broken down by grade: Rookie League – 1st and 2nd graders, High School League – 3rd and 4th graders, College League – 5th and 6th graders, and Pro League – 7th, 8th, and 9th graders
- The games will be played until the offensive player scores a basket or the defensive player gets a stop
- If the offensive player scores they stay on and if the defensive player gets a stop they stay and play offense
- After a player loses at a basket they report how many times they won on offense to the coach and move to another basket
- The top 8 players will move on to the league finals on Friday afternoon

Mini Lecture:

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Brain Henry, Bridgewater-Raritan 8th grade Boys Basketball Coach

Agility Drills for the Day

➤ Line Jumps

- There are a series of different line jumps that will improve a players foot speed, quickness, and agility
 - First have a player jump with both feet together over a line from side to side. Do this for a certain duration of time like 30 or 60 seconds. Set a goal for the amount of times to jump the line in that time frame
 - Then have the player do the same drill except have them jump front to back over the line for the same duration of time
 - Then have the player jump from side to side on one foot. First on the right foot and then on the left foot. At first just practice on getting the balance down and as you get better improve your speed. There is no use in going quickly if you continue to lose your balance
 - Repeat the one footed jumps front to back.
 - Lastly crisscross your feet over the line. Start with one foot on the left of the line and the other on the right and on every jump change your footing.

▪ Ladder Agility drills

- First if you do not have an agility ladder you can make one by placing an outline of a ladder with tape on a floor or driveway with tape.
- There are then a series of jumps you can do, some similar to the previous ones and others become more advanced
- The player can start by jumping with their two feet together into each box of the ladder
- The player can then do the same with one foot into each box. As the player gets better improve the speed of the drill
- Another drill the player can attempt will require more concentration and agility then the previous ones. The player will start on the side of the first box of the ladder. They will first step into the box with their left foot then right foot, then step out with the left followed by the right. Then the right foot first

▪ Burpees

- This is a drill to improve a players quickness and explosiveness with regards to jumping
- The player will need a ball they will hold it with two hands then place the ball on the floor and do a push up until their chest this the ball
- The player will spring up to their feet grab the ball and jump with the ball above their head, and repeat the drill
- If the player is old enough try to have them touch the backboard with the ball every time
- Make it a competition between two players to see who can do more in 30 or 60 seconds

Tuesday, July 12, 2011

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Teaching Station Rotations:

Jessica – Ladder Drills

Andrew Steve Nash Drill

Eric – Dribbling Thru Cones

Steve – 2-Line Shooting- Team Competition

Kristen – Burpees, Squat Jumps, High Knee Line Jumps, and
Scissor Jumps with the Ball

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

❖ Agility Drills with 1 Ball

- Plank on the ball – toes on ground, hands on either side on the ball, and hold yourself up with straight arms. Your entire body should remain in a straight line just like a floorboard.
- Toes on the ball – in this exercise, the athlete holds her body in the up, push-up position. However, instead of your toes on the floor, the athlete must balance with her toes on the ball.
- **Push-ups on the ball:**
 - Both hands on the ball
 - Right hand on the ball
 - Left hand on the ball
 - Alternating hands on the ball

❖ 4-ball balance:

- As you feel more comfortable balancing on the ball, add more basketballs. Eventually, progress to the “4 ball balance” demonstrated at camp. Attempt to balance on one ball under the right foot, a second ball under the left foot, a third ball under your right hand, and then the fourth ball under your left hand.
- As a follow-up challenge on Friday, July 15 Coach McAteer said, “I will put video on our web site of any camper who can execute the ‘4-ball balance.’”

Wednesday, July 13, 2011

Teaching Station Rotations:

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Jessica – Ladder Drills

Andrew – Roll Ball Series, roll the ball out catch, pivot, shoot, catch, pivot one dribble shoot

Eric – Stationary Ball Handling with 1 and 2 Basketballs

Steve – Panther Shooting from Multiple Spots on the Floor

Kristen – 1 Ball Agility Drills as seen in Previous Days Lecture

Dom – Backdoor Cutting for Lay-Ups

- **Today’s Contest is the ‘Skills Competition’ (obstacle course varies for different leagues: Pro – 7th, 8th, 9th graders, College - 5th and 6th graders, High School - 3rd and 4th graders, and Rookie – 1st and 2nd graders)**
 - 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

Special Guest Speaker

Phil Colicchio: Linden High School Varsity Head Coach

“Whatever you put in is what you get out”

- **Ladder Agility Drills**

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- Both feet hit down in each box, stay low at the last box, then explode out and run to the baseline, or into a catch and shoot or lay-up
- On the side on of the ladder, both feet in then both feet out of the ladder
- Face the ladder with both feet on the side of the ladder, bring your left foot into the ladder then your right foot in followed by your left foot out and right foot out and move up the ladder hitting every box with both feet in it

➤ **“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.

➤ **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

➤ **Toughness Drills**

- **Rip**
 - Coach has the ball in his hands at the elbow

- Player runs up and rips the ball from the coach's hands while staying low in triple threat stance
 - The player will make a move such as a jab step then take one dribble around the coach and go in for a lay-up
 - The player will then go to the line going the opposite way on the court with the ball and pass it to the next player in that line without a ball
- **Bounce**
 - Players start on the baseline with the ball
 - They throw a pass to the coach at the 3 point line and the coach bounces it off the ground into the air
 - The player locates the ball in the air, gets under it, jumps and controls the ball then goes in for a lay-up and then switches lines
 - **Roll**
 - Players again start at the baseline and pass it to the coach at the 3 point line
 - This time the coach rolls the ball out on the floor
 - The player dives on the floor, recovers the ball, and then passes the ball to the coach
 - The player then gets up and cuts to the rim where the coach delivers a bounce pass to the cutting player for a lay-up
 - **Partner Roll**
 - Both players start at the baseline and the drill begins as the before mentioned roll drill does
 - However this time when the coach rolls the ball out, the player on that side of the court in which the ball is rolled will dive and recover the loose ball
 - The other player will flash to the elbow calling for the ball making themselves seen by their teammate
 - The player on the floor passes to his partner at the elbow gets up and the player at the elbow delivers a bounce pass to the player who was on the floor and got up and cut to the basket
 - **Save the Ball**
 - A coach will throw a ball going out of bounds
 - One player will track it down and save the ball in to his teammate making sure they last stepped in bounds before touching the ball
 - The partner in the drill comes back to the ball showing himself to his teammate
 - The player saves the ball to his teammate and cuts towards the basket for a lay-up
 - **Tiger Fast Break**

- This drill is a series of 2 on 1, 3 on 2, 4 on 3, 5 on 4, and 5 on 5 fast break drills
- The set up has three players on the court one shooting a foul shot and the other two in rebounding position on the block as if a real free throw
- On the same side of the court there will be 3 players out of bounds, 2 in one corner and one in the other waiting to join the drill
- The opposite end of the court there will be two players in both corners
- The drill begins with a foul shot if the player makes it the rebounders will take it out of bounds to start the drill if the player misses the drill starts in play
- The two rebounders get the ball and run a 2 on 1 fast break with the player shooting the free throw on defense
- Once there is a defensive stop or a made basket the shooter and the first two players in the corner lines will now be on offense and the passer and the second man on offense on the 2 on 1 fast break will now fall back and play defense
- The 3 on 2 goes down the court and whether there is a defensive stop or a made basket the two players on defense will be joined by the two players out of bounds and go on a 4 on 3 fast break against the 3 players who were just on offense
- The 4 on 3 goes until there is a stop or a made basket then the final two players at the one end of the court come in to the drill and make it a 5 on 4 fast break
- The 5 on 4 fast break goes until there is a defensive stop or a made basket and then the final player joins the drill and the teams go 5 on 5
- The drill can end after each team goes 5 on 5 or you can have the players continue

Thursday, July 14, 2011

Teaching Station Rotations:

Jessica – Ladder Agility Drills

Andrew – Shooting with a Hand up

Eric – Stationary Dribbling Drills

Brian – 1 Ball Agility Drills

Kristen – Lay-ups with Blocking Pad

Dom – Toughness Drills (From Coach Colicchio Lecture)

❖ Today's Contest is Hot Shot (good pivoting skills lead to success)

- In hot shot, players have 30 to 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

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- 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

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

- **2 Ball Agility Drills and Dribbling**
 - The first agility drill is a balance drill in which a player goes into push up position and a coach places 2 balls under their feet and the player must hold themselves up and balance. Once the player gets very good at balancing they can attempt to do a push up.
 - The second agility drill is the same this time however the balls will be under the players hands instead of their feet.
 - The third agility drill in this series is having a ball under both feet and both hands. Start with placing the ball under the player’s hands then feet. The coach should hold the ball so the player can get their feet on the balls and then let go and balance on the balls.
- **2 Ball Dribbling with Lane Slides**
 - The player will dribble two balls while doing defensive lane slides back and forth. Make sure campers stay low and keep their head up. Speed is not the top priority of the drill. As the camper improves they will become quicker at the drill
- **2 Ball Dribbling with Lane Slides & Cones**
 - The player will dribble two balls in a weave through a set of four cones from the baseline to the elbow
 - Once the player gets to the elbow they will perform a lane slide while continuing to dribble the ball from elbow to elbow
 - Once they get across the lane to the other elbow they will dribble and back pedal to the baseline
 - Lastly, they will do another dribbling lane slide back to where they started the drill
- **Up and Back 2 Ball Dribbling**
 - The player will dribble half way across the court while running and dribbling 2 balls having them hit the floor at the same time

- The player will then back pedal back to the sideline while dribbling both balls having them hit the floor at the same time
- Then the player will run dribbling 2 balls half way across the court with the balls alternating when they hit ground
- Then the player will back pedal performing the same dribbles
- **St. Anthony's Drill**
 - Speed dribble across the court there and back with their right hand and then there and back with their left hand
 - Then the players will perform a running figure 8 across the court and back
 - Lastly the next player in line will have a ball and give it to the player in the drill and they will run across and back dribbling 2 balls having them alternate when they hit the ground

Friday, July 15, 2011

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

❖ **Winning and Losing**

- 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.
- There are so many situations in basketball, and life, which test your character.
- Caring about winning is important.
- Trying your best to be successful is important.
- Handling the emotions that accompany the victories and defeats is a challenge.
- Doing your best to learn and grow as a person while dealing with these challenges is a victory in and of itself.

Rookie Game Highlights

- Bryan Zhang displayed excellent dribbling skills with both hands weaving in and out of defenders.
- Ryan Luis increased his shooting range, dominating when it came to game time.

- Eric Lin was one of the most consistent kids in camp never having an off day on either end of the floor.
- Johnathan Jen displayed real commitment to learning the game everyday.
- Alex Song attacked every person defending him with his unbelievable quickness.

High School Game Highlights

- Darien Rodriguez is always in the right position for offensive rebounds which keeps the play alive for his teammates.
- Arya Trivedi's all-around play makes him hard to stop. He truly is a "triple threat" which means he can dribble, pass, and shoot extremely well.
- Samuel Huang uses his smart decision making to set up his teammates for countless lay-ups.
- Timothy Peng is a defensive stopper that makes opposing guards quiver in fear because they can not get past him.
- Masaki Matsuda has speed comparable to a jet! He gets where ever he wants on the court and scores at will. He is faster than any player in his league.
- Phillip Qiu is a constant communicator on the court. He is a "glue guy" for his team, making sure everyone is on the same page which leads his team to wins.
- Mekai Nunez plays the game with a little bit of flare, making jaw dropping passes that hit his teammates on time and on target.
- Justin Nguyen doesn't talk a big game, but sure plays one. He always makes the right play at the right time on both ends of the court.
- Shreyas Bharadwaj uses his long arms to get numerous deflections and pass interceptions that lead to break away lay-ups for his team.
- Jonathon Huang knives his way through the defense as he always gets a piece of the paint to make a play for himself or a teammate.
- Milan Tahliani is a sharpshooter that stretches out the defense with his long range bombs. He's got range for days.

- Tarun Trivedi is a great finisher around the basket making hard shots like easy.
- Siddharth Taneja slashes his way towards the rim always keeping the defense on their heels.
- Jack Kenny has a knockdown jumper from the high post and the short corner that he rarely misses.
- Simar Singh is able to dribble effectively with both hands making it hard for defenders to guard him because he can beat them going either way.
- Rohit Deesai is an exceptional athlete who uses his quick feet and hands to “pickpocket” his opponent leading to lay-ups.
- Nicholas Updike is a fantastic scorer in the low post that uses the backboard on all of his shots.
- Rishikesh Gadre is a clutch playmaker that plays his best in the 4th quarter.
- Pranav Manchiraju is a tough competitor that always makes the “hard-nosed” play that not many others would be willing to make.

College Game Highlights

- Brian Michaels was a weapon on the offensive glass and poured in numerous put back shots.
- Anthony Brady was a prototypical point guard for his Duke Blue Devils, playing tough defense and driving into the lane and finishing at the basket.
- Alex Brennan proved to be one of Butler’s best long range shooters.
- Shiven Prem hustled all over the court all week and poured in some timely buckets for the Butler Bulldogs.
- Vishnu Pathmanban was one of the better shooters in the league, his “dead-eye” shooting keeps the defenders in denial all day.
- John Sibiga was one of the fastest and most explosive players on the court. The defense always had trouble keeping him out of the lane.
- Aakash Rangan was a clutch performer making shots when his team needed him to most.

- Kyle Bender the “silent assassin” let his jump shooting do all the talking.
- Joseph Oliveri, better known as “Speedy”, was the best passer in the league, as well as a great scorer, and on-the-ball defender.
- Jay Shah has his “silky smooth” jump shot on display all week.
- Vincent Zaman was a monster on the offensive boards, and had the toughest task of guarding the league’s tallest player.
- Jason Nguyen is silky smooth in the paint. When he enters the game the defense starts to get worried.
- Raj Koshal’s signature move the between the legs crossover. He left defenders stunned and gave him a wide open lay-up every time.
- Ryan Collins, the “beast” of the college league, was arguably an MVP candidate as he dominated the paint on both ends of the court.
- Alan Pathenchira came up with several key offensive rebound put-backs for the Duke Blue Devils.
- Yash Addaganti had a stellar week of camp in every aspect of the game. He scored when he needed to, passed to the open teammate, and guarded the best player on the opposing team. He did everything he could to ensure his team had a chance in every game.

Pro Game Highlights

- Siddharth Manchiraju is a real team player, putting wins above individual stats.
- Aaron Gao was one of the leaders of the Knicks. He was the floor general as their point guard which is the most important position on the court.
- Shawn Updike brought a great attitude to his team and contributed to his team’s success.
- Eshan Jain is a very unselfish player who always looks to get his teammates involved.
- Ashwin Anandacoumar was one of the most consistent players all week leading the Celtics to several victories.
- Kevon Allen leaves everything he has on the court for his teammates and was a great leader for his teammate as seen through his hard work and dedication.

- Jason Molina is an exceptional rebounder. He grabs every rebound in his area leaving no second chance opportunities for the other team.
- Praveen Sakthivel is a positive player in which teammates can look to for words of encouragement when their team faced adversity.
- Christian Bryson's effort and hard work were noticed by everyone who was around him all week, and with that hard work everyone could see a bright future ahead for Christian.
- Joe Goodberlet is a very quick player with a great first step that he uses to his advantage to leave defenders in the dust.
- Rohan Paturu aka "the quiet storm", lets his game do the talking for him.
- Anu Dasari aka "Chippy" is a budding star who has yet to realize all he is capable of. Anu had several steals using his sneaky tactics of hiding behind ball handlers. This allowed him to get the upper hand and the steal.
- Ben Brennan has a nice left hand hook shot that enables him to get the ball successfully over taller players.
- Connor Stewart was stellar all week displaying the ability to score, rebound, and dish the basketball.
- Adam Schnitzer was a knockdown shooter all week helping his team spread the floor and be more successful.
- Brody Chiovarou was a great teammate, he set everyone of his teammates up for open shots throughout the entire week.
- Harrison McClarren is one of the better rebounders in the league and is always a threat to score when he gets the ball around the basket.
- Sumil Nair is a threat to get to the basket at any time. He makes weaving through defenders effortless.
- Matt Mancuso is a beast on the boards. No matter if it's an offensive or defensive rebound he doesn't want anyone else touching the ball off a miss.
- Muiz Qadeer is a "silent assassin" on offensive making great plays out of broken plays.
- Liam Kelly leads his team with his outstanding defense which lead to more and more victories for his team.
- Billy Thomson has phenomenal ball handling ability running the point guard position like a true pro.

- Matthew Kolavitch is a leader by example, he doesn't just tell his teammates what to do, and he shows them which cultivates into wins.
- Ryan Owens is an outstanding player in many aspects of the game. He can score, defend, and distribute the ball, and he is always looking to get better listening to what anyone has to say to improve his game.
- Kiara Allen is the best rebounder in camp, doing whatever it takes to make sure she is the one coming up with the rebound.
- AJ Paturu is an excellent screener allowing his teammates to get open for shots. He is the ultimate team player doing all the little things that lead to success.
- TJ Driscoll is always knocking down the big shot to help his team to victory.

Remaining Camp Sessions

- Open spaces remain in all camp sessions!!
- On site, walk-in registration is always available

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