

3rd Annual Bridgewater-Raritan Basketball Camp

Camp Notes

July 5th – July 8th, 2011

Week 2: ‘Shooting School’

Week #2 → July 5-8, 2011: Teaching Concentration is “4-Day Shooting School”

Only offered during this week of camp

*Filmed shooting analysis & individual shooting technique training provided

*Each camper watched him or herself on video while a BRHS coach provides feedback

Location -- Bridgewater-Raritan High School, 600 Garretson Road, 08807

Featured Guest Speaker: Expert shooting instructor the ‘Shotman’ returns to camp... Mike Lanza is the ‘Shotman’ and he was scheduled to appear on Tuesday, July 5 but he actually visited camp on Thursday, July 7

BRHS basketball staff scheduled to work the week: Our Varsity Assistant and also JV Basketball Coach, Alex Mahony worked this session of camp.

2011 Bridgewater-Raritan Basketball Camp

Remaining Camp Sessions

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

Week #3 → July 11-15, 2011: Teaching Concentration is “Basketball Agility Workouts” at BRHS
Featured guest speaker, Phil Colicchio from Linden HS and some of his players are visiting July 13

Week #4 → July 18-22, 2011: Teaching Concentration is “Fast Break Basketball” at BRHS
Former BR Coach, Tim Orтели is scheduled to speak to campers on July 21

Week #5 → July 25-29, 2011: Teaching Focus: “Individual Offensive Improvement” at Eisenhower.
Our special guest coach this week 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 week one or two, June 27th or July 5th weeks, 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!!

3rd Annual Bridgewater- Raritan Basketball Camp “Camp Notes”

Tuesday, July 5, 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.
 - Our objective for “Shooting School” is that the campers will learn a variety of drills, activities, & shooting games designed to help them improve their shooting abilities on their own
- Technology at Camp this week
 - 8.5 foot hoops for younger campers and to practice proper shooting form for all
 - Video taping of campers shooting form and analysis of shooting form by Bridgewater-Raritan High School coaches

❖ **Teaching Stations**

- Alessandro – 2 Line Shooting Corner Pass to the Foul Line
- Erin – 2 Line Shooting Elbow pass to the Corner
- Kristen- 2 Line Shooting Top of the Key Pass to the Wing
- Steve – Shooting off the Dribble
- Eric – Lay-up Lines
- Russell – Form Shooting

❖ **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

www.bridgewater-raritan-basketball-camp.com

- 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

❖ **B.E.E.F**

- Balance, Elbow, Eyes, and Follow Through are important to good shooting form
 - Balance
 - Have your feet shoulder width apart to stabilize your body the best
 - Have your knees bent, DO NOT bend them too much then you will lose the balance you created by having your feet shoulder width apart
 - Be on the balls of your feet, being flat footed or on you tippy toes will not help balance
 - Elbow
 - The players elbow must be in underneath the ball
 - If the elbow is out like a chicken wing the ball has less of a chance to go straight and where the player wants it to go.
 - The elbow underneath allows for more control and a better overall shot
 - Eyes
 - Player wants to be their eyes on the basket and no place else
 - This will help the player focus on the basket rather than a defender trying to contest a shot in a game
 - Looking elsewhere will have the shooter lose focus and will make the shot more erratic
 - Follow Through
 - The player wants to snap their wrist when releasing the ball
 - This will give the ball backspin that will give the shot more touch
 - If the ball has good backspin it will keep the shot allows more control and if it hits the backboard or rim it has a better chance of going in
 - The end result of the follow through will look like a kid with their hand in a cookie jar that is too high for them to reach

❖ **Hand Placement**

- The shooters hand needs to be under the ball and the guide hand should be on the side of the ball not in front of it
- If the guide hand is in front of the ball it will alter the flight of the ball and will force the player to shoot harder because they are blocking their own shot to an extent
- The hand under the ball should be placed that the middle of the ball is between the index finger and the middle finger

❖ Free Throws

- Good shooting form as taught: B.E.E.F; Balance, Elbow, Eyes, Follow Through
- Develop a routine
 - Do the same thing every single time you are at the free throw line
 - ALWAYS be focused on the basket
- Practice
 - Establish confidence when nobody is around
 - Get comfortable with your shot
 - Confidence and comfort will allow you to make the big free throws when the pressure is on in a game

Wednesday, July 6, 2011

Bridgewater-Raritan High School 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...
- **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

Thursday, July 7, 2011

Bridgewater-Raritan High School Varsity Head Coach: Gene McAteer

➤ **2 Man 1 Ball Shooting**

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

❖ **Shooting Stations**

- Alessandro – 2 Line Shooting Corner Pass to the Foul Line Pump Fake 1 Dribble Right/Left (alternate) and Pull-Up Jumper
- Erin – 2 Line Shooting Elbow pass to the Corner Pump Fake 1 Dribble Right/Left (alternate) and Pull-Up Jumper
- Kristen- 2 Line Shooting Top of the Key Pass to the Wing Catch Rip Through 1 Dribble Jump Shot
- Steve – Catch 1 Dribble Spin Move or Crossover 1 Dribble then Jump Shot
- Eric – Lay-up Lines including Reverse Lay-ups and Over the Front Rim Lay-Ups
- Russell – Spin the Ball Out to the Wing, Pivot, Jab Step, 1 Dribble into a Jump Shot

❖ **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.
 - 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 30 seconds.
- Try different types of Mikan lay-ups when you are practicing on your own

www.bridgewateraritanbasketballcamp.com

- Mikan off 1 foot
- Mikan off 2 feet
- Reverse Mikan off 1 foot & 2 feet
- 'Swish' Mikan drill = no backboard & no rim

❖ **Featured Guest Speaker: Mike Lanza the “Shot Man”**

➤ **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
- Your elbow should touch the side of your body when you bring the ball up to the shooting position
- ALWAYS square up to the basket
- Your ring finger and middle finger should be the last two to touch the ball
 - Find a point to focus on
 - 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
 - Shooting Game
 - ◆ Set a goal for yourself: 5, 10, 15 points...
 - ◆ For every make add one point to your score
 - ◆ For every miss subtract one point from your score
 - ◆ Play until you reach your goal

Friday, July 8, 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.

In most sessions of camp, our camp staff writes game highlights. These highlights feature some of the special plays made by campers during the games. While we did have two games per day, the

www.bridgewater-raritan-basketball-camp.com

clear focus of this week was learning to be a better shooter. So, rather than the game highlights, we are choosing to give a reminder to follow-up with your child regarding the suggestions and feedback that they received. Your camper watched him or herself taking a few shots on the TV. Either Coach McAteer or Coach Mahony gave some specific shooting instruction. We think it would be productive for you to have a follow-up conversation and inquire about the suggestions provided. The most common areas of suggestion include:

- **Elbow placement under the ball**
- **Lifting the elbow to shoulder level**
- **Your arm moves upward**
 - **Not outward like tossing a dart**
- **Both feet pointing toward the rim**
 - **If your feet are straight, your body is too**
- **Feet about shoulder width apart**
- **Bend your knees, be athletic**
- **Follow through with fingers pointing to the rim**
 - **No “high-five” follow through**
 - **Hold your follow through until ball gets to rim**

On the final day of camp, we demonstrated the “range-finder.” This is a drill where you practice form-shooting with one hand. The player stands near the rim and can move back a step after making two consecutive shots. Likewise, the player should move in after missing two straight attempts. See how far away you can get...

2011 Bridgewater-Raritan Basketball Camp

Remaining Camp Sessions

➤ **Open spaces remain in all camp sessions!!**

www.bridgewater-raritan-basketball-camp.com

➤ On site, walk-in registration is always available

Week #3 → July 11-15, 2011: Teaching Concentration is “Basketball Agility Workouts” at BRHS
Featured guest speaker, Phil Colicchio from Linden HS and some of his players are visiting July 13

Week #4 → July 18-22, 2011: Teaching Concentration is “Fast Break Basketball” at BRHS
Former BR Coach, Tim Ortelli is scheduled to speak to campers on July 21

Week #5 → July 25-29, 2011: Teaching Focus: “Individual Offensive Improvement” at Eisenhower.
Our special guest coach this week 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 week one or two, June 27th or July 5th weeks, 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!!