

3rd Annual
Bridgewater-Raritan
Basketball Camp

Camp Notes

Week 5: July 25th – 29th,
2011

“Individual Offensive
Improvement”

Teaching Concentration is individual offensive improvement drills and skills.

Location – Eisenhower Intermediate School

Featured Guest Speaker – Anthony Melesurgo from highly successful Bound Brook HS. Coach Melesurgo has turned Bound Brook into a top contender in Somerset County! The 2010-11 squad won 24 games and won their conference.

BRHS basketball staff scheduled to work: Our freshman basketball coach, Phil Manuel and our 7th grade coach, Dan Grigal worked this session of camp. The older campers had the opportunity to work with Coach Manuel this week. Needless to say, there can be no guarantee that any boy will make a team just

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by coming to camp. Nevertheless, the experience at camp and the exposure to the coaches should be viewed as a positive step in improving as a player overall.

2011 Bridgewater-Raritan Basketball Camp

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- On site, walk-in registration is always available.
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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 on August 2nd

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No additional registration page is needed.
- If you attended weeks 1-5 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:

Boys only:

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

Co-Ed Camp:

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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Camp
“Camp Notes”

Monday, July 25, 2011

Gene McAteer: Bridgewater-Raritan Varsity Head Coach

Welcome to Basketball Camp

- Keys to Learning:
 - Explanation
 - Demonstration
 - Correction
 - Repetition
- Listening Skills & eye contact
 - Anticipate what the coach will say. Guess what is coming next. Then listen intently to see if you were right or wrong – either way you’re listening more closely
 - 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.

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Lecture:

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

❖ 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 as close to the rim as possible.
 - The top players in each league participate in the contest finals on Friday afternoon

Teaching Stations:

Alex Mahony – Shot Fake Drive for a Lay-Up

Phil Manuel – Lay-Ups and Reverse Lay-Ups

Dan Grigal - Jab Moves, Jab step then drive to the basket – {JAB & GO}

Kristen Helmstetter –Form Shooting

Eric Murdock – 1 Ball Stationary Dribbling

Gene McAteer – Passing and Catching

➤ Lecture – “**Steve Nash Shooting Drill**”

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

Drill Done by Eric Murdock - Returning Bridgewater-Raritan Varsity Player

(all campers participated in this drill first thing Tuesday 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

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- ◆ 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

Tuesday, July 26, 2011

Teaching Stations:

Alex Mahony – Steve Nash Drill

Phil Manuel – Catch, Rip Thru, 1 Dribble, Pull Up Jump Shot

Dan Grigal - Jab Moves, Jab step then step across and go to the basket
– {JAB & CROSS}

Kristen Helmstetter – Range Form Shooting

Eric Murdock – 1 Ball Dribble Moves

Dom Pace – Lay-Ups and Reverse Lay-Ups

Competition Demonstration:

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

Drill Done by Eric Murdock & Dom Pace

Bridgewater-Raritan High School Players

➤ **Today's Contest is the 'Skills Competition'**

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- 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
- The top players in each league participate in the contest finals on Friday afternoon
- The obstacle course can be changed to fit the abilities of the campers in the different age groups

Lecture:

Phil Manuel: Bridgewater-Raritan High School Freshman Coach

➤ **Argentina Passing Drill**

- Put a player in each corner of the court, a player on both sidelines positioned at center court, and two right under the basket on the baseline
- The drill starts with two players standing opposite each other
- They pass the ball to the person to the right of them and then exchange 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

➤ **X-Out (Wednesday's Contest)**

- X – Out is a timed drill that practices lay-ups and pivoting
- The player starts at the elbow with the ball and dribbles in with their outside hand finishing with a lay-up with the proper hand on that side (right hand right side, left hand left side)

- After they make or miss the lay-up they will gather their rebound and dribble out to the other elbow plant turn to the outside and go in for a lay-up on that side
- Keep in mind that the player should always dribble with their outside hand making it game relevant, in a game if the player dribbles with their inside hand the likelihood of a defensive player getting a steal is greater
- The player should count the lay-ups made in the time allowed and always look to better their score
- Players in camp will have 30 to 45 seconds to complete the contest and have multiple chances to participate
- The top players in each league participate in the contest finals on Friday afternoon

Wednesday, July 27, 2011

Teaching Stations:

Alex Mahony – Spin Move into a Jump Shot

Phil Manuel – Stutter Dribble into a Lay-Up

Dan Grigal - Jab Moves, Jab step to back your defender off then shoot your jump shot – {JAB & JUMPER}

Kristen Helmstetter – 2 Team Competitive Shooting

Gene McAteer – 2 Ball Dribbling on the Move

Dom Pace – 2 on 1 Finishing Strong at the Rim

➤ **Hot Shot (Thursday's Contest)**

- 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
 - High School - Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5
 - College and Pro - Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5

Special Guest Lecture By:

Anthony Melesurgo:

Bound Brook High School Boys Varsity Head Coach

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“Always go at game speed. I’d rather a player go for 30 to 40 seconds at game speed than 3 or 4 minutes just going through the motions.”

▪ **Shooting Drills**

- Individual Drill
- “Baseball”
 - ◆ This is a shooting drill from different spots on the floor
 - ◆ The player will shoot from the same spot for an “inning”
 - ◆ An “inning” consists of 3 outs which would be 3 misses
 - ◆ If the player makes 3 shots in a row they score a run
 - ◆ The player will play 9 innings
- Partner Shooting
 - ◆ 2 players and 1 ball are required
 - ◆ One player shoots the ball and follows his shot to get the rebound
 - ◆ The other player sets up for their shot when the pass is thrown to them
 - ◆ The players will move to a different spot on the floor after every shot

▪ **Dribbling Drills – With Tennis Ball**

- Oak Hill Tennis Ball Drills
- “This drill is not about speed. It is about consistency”
 - ◆ Player will start with the basketball dribbling in their right hand and once their dribble is consistent throw a tennis ball in the air a little higher than their shoulders and try to catch the ball
 - ◆ This drill helps a player keep their head up and have a feel for the basketball
 - ◆ Do the same drill with the basketball in their left hand and tennis ball in their right
 - ◆ A third drill to do is have the players perform a crossover while the tennis ball is in the air
- Partner Oak Hill Tennis Ball Drill
 - ◆ Players will start about lane distance apart
 - ◆ They will dribble the basketball with their right hand and throw one tennis ball back and forth with their left hand, the drill will be repeated with the dribble in the left hand and the throwing with the right hand

Thursday, July 28, 201

Teaching Stations:

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Alex Mahony – Toughness Drills

Phil Manuel – Shooting off of the Dribble

Dan Grigal – Jab Series in 1 on 1 situation

Kristen Helmstetter – 2 on 2

Eric Murdock – Melesurgo Tennis Ball Handling Drills

Dom Pace – Rebounding

➤ 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

Lecture:

Dan Grigal:

Bridgewater-Raritan Middle School Boys 7th Grade Head Coach

➤ 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

➤ V – Cut Shooting

- Two lines at the foul line extended
- The first player in one of the lines does not have a ball, there will be two balls in each line
- The first player will v – cut to the block then up to the foul line for a catch and shoot
- After the player shoots they will get their own rebound and pass to the other line
- After the player passes the ball they will do a v – cut for a catch and shoot and the drill continues on until the coach stops the drill

➤ Mikan Drill (Friday's Contest)

- 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.

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- 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.

Friday, July 29, 2011

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

➤ **Ball Handling**

- 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

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

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

- High School - Toss the ball up in the air and clap one and catch the ball, repeat and clap as many times as you can
- College – 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
- Pro – 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

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- 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

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.
- 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.

High School Game Highlights

- Sammy Fromberg didn't allow any easy shots with his "lockdown defense".
- Samuel Huang broke ankles with his killer crossover, getting himself numerous open lay-ups.
- Ryan Luis is a "monster" on the boards. Any shot that is missed is going to be his rebound without a question.
- Justin Nguyen is a "sharpshooter" making a number of 3's for his team.
- Masaki Matsuda had an amazing steal which he converted into an easy lay-up.
- Timothy Peng effortlessly floated down the court and set himself for open shots.
- Philip Qiu dominated the boards ripping down rebounds on both ends of the court.
- Ashwin Sakhivel soared to the basket for a monstrous dunk with a little help from a coach.
- Alexander Song displayed excellent defensive skills causing a number of turnovers.
- Bryan Zhang had a sick two handed dunk taking off from full court (with help from the coaches) putting his team up by two.
- Nicholas Ge was a huge contributor to his team's success with various assists.
- Billy Littwin was a leader on the court directing his team to victory.
- Mac McAteer made an impact on the high school league the two days he was at camp.

- Erin McAteer showed great agility in the game avoiding defenders left and right.

College Game Highlights

- Rohit Roy proved to be a “sharp-shooting” guard who was very efficient at using the backboard.
- Nick Duenas drove to the hole, blowing by his defender and scoring consistently.
- Alex Fromberg used both his left and right hands to pour in lay-ups.
- Abby Gilbert was the most dominant player in the league. She was great at blocking shots, rebounding, and finishing shots around the basket.
- Justin Horak played outstanding defense in every game this week.
- Kira Mathis was an ultimate team player all week. She did all the little things needed to help her team win.
- Brian Michaels continues to be a “sharp-shooter” for his team and always was a threat to win knockout.
- Connor Michaels showed his excellent court vision as he assisted his teammates.
- Jason Nguyen knocked down the mid-range jumper game-in and game-out.
- Shiven Prem displayed great hustle and energy every time he was on the court giving his team a much needed spark.
- John Sibiga showed “John Wall” – like quickness as he split defenders and got into the lane at will.
- Deven Smith was a solid offensive threat for his team inside and outside.
- Milan Tahlani harassed whoever he was guarding causing numerous turnovers.
- Siddharth Taneja always gave his team everything he had and never gave up on a play.
- Eric Tribel was extremely coachable, and showed very good ball-handling and shooting skills.
- Tarun Trivedi was an assist “machine” creating wide open shots for his teammates.
- Jenna Vadinsky has become a more consistent shooter with every day of camp and puts her skills on display every time she has the chance in a game.
- Charlie Weill was a “rebounding machine” giving his team multiple second chance shots.
- Vincent Zaman showed excellent shooting range, knocking down shots from all over the court.
- Simar Singh used the backboard to his advantage consistently knocking down bank shots.
- Natalie Young used her quickness, athleticism, and hustle to lead her team to several wins this week.
- Henry Reu used his body intelligently to box out and secure rebounds for his team.
- Vishnu Pathmanaban was a terror for the defense to try to keep him out of the paint.
- Andrew Castellon consistently dominated the afternoon games on offense.
- Nathan Puskuri infused his enthusiasm and energy into every afternoon game.

- Jay Puskuri was one of the smallest players in the league, but played defense with a big heart.

Pro Game Highlights

- Kevon Allen is a first-rate ball-handler who also plays aggressive defense.
- Aaron Gao is a solid all-around player who likes to get his teammates involved.
- Andrew Larkey is a good athlete who drives the ball to the rim and finishes strong.
- Anu Dasari is a good team player whose big rebounds were a key to his team's success.
- Katie Roselle is a knockdown shooter but she is willing to pass up a shot for a teammate with a better look.
- Emily DeAgazio is a good ball-handler and is an assist queen. She always finds her open teammate for the easy basket.
- Kiara Allen is a strong post presence with an outstanding signature move.
- Tyler Waddington is a great shooter with a "good handle" as well making him a nightmare to guard.
- Samanvit Vijapur is a tenacious defender who is everywhere on the court. It is like there are five of him!
- Surya Tahliani drives the ball well to the hoop and is a dominant offensive rebounder.
- Adam Schnitzer is a good shooter, but he also is more than capable of creating shots for his teammates.
- Shreya Saranathan is an aggressive player who grabs numerous rebounds a game.
- Praveen Sakthivel is an unselfish player handing out tons of assists while still being a key rebounder for his team.
- Mark Pirella is able to knockdown any shot he is left open for and is capable of getting to the rim.
- Rohan Paturu is an excellent team player who does what is needed for his team to win.
- AJ Paturu was able to drive and get to the rim at will and converts easy baskets for his team.
- Ryan Owens is a great all-around player who shows his skill set in every game scoring, defending, and passing.
- Matthew Miksztal was an amazing rebounder using his size to his advantage grabbing every rebound on offense and defense.
- Brendan McKee is a very athletic player who showed the skill to finish in traffic at the rim.
- Alan Kinzy is a good ball-handler who showed a lot of hustle, diving for every loose ball in his area.
- Patrick Juan is an extremely hard worker. His diligence showed in every game with his ability to get to the basket.

- Joe Goodberlet is a “knockdown” shooter. If you give him any room he will make you pay!
- Souvik Ganguly was a “lockdown” defender who guarded the best player on the opposing team.
- TJ Driscoll is a team first player. He rises to the occasion, and when he is needed by his teammates, he always knocks down the key shot.
- Mitchell D'Elia is a scrappy player who plays good defensive and is always in the mix for any rebound.
- Nikhil Bhat showed hustle every second he was on the court; he never let up whether winning by 20 or in a close game.

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