

3rd Annual
Bridgewater-Raritan Basketball Camp
Camp Notes

Week 6:

“Position Specific Training”

August 1st - August 5th, 2011

Teaching Concentration: Specialized, position-specific instruction was emphasized. The initial teaching featured point guard play. Further instruction focused on wing and forward skills. Finally, the teaching shifted to low post, back-to-the-basket play. Getting exposure to position work different than the player’s normal spot will only enhance the player’s skill set and versatility.

Location – Eisenhower Intermediate School

Featured Guest Speaker – Brian Feath, newly appointed coach at Ridge High School, returned to camp. Coach Feath is an excellent communicator and teacher of the fine points of the game. On Tuesday, August 2, Coach Feath spoke about shooting guard play.

BRHS basketball staff scheduled to work: Our 7th grade coach, Dan Grigal worked this session of camp. The older campers worked with Coach Grigal this week. Needless to say, there can be no guarantee that any boy will make a team just by coming to camp. Nevertheless, the experience at camp and the exposure to Coach Grigal should be viewed as a positive step in improving as a player overall. The key part of player development is working on basketball, on your own, once camp is over. How much of an effort are you willing to put forth on your own?

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

Monday, August 1st, 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 basketball knowledge, skills, and versatility.

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Monday's Teaching Objective is *Point Guard Play*

Lecture:

Alex Mahony:

Bridgewater-Raritan High School Head Junior Varsity Coach and Assistant Varsity Coach

4 Components of a Point Guard

-DEFEND -Bring the Ball up the Court -Finish in the lane -Start the Offense

➤ **Defensive Drills**

- The point guard position is one of the only positions that the player will need to defend the full length of the court
- The point guard should try and make the offensive point guard change their direction 2 times before getting over half court to disrupt the momentum of the offensive team and to disrupt the offense's plays
- Lane Slides – Slide across the lane from side to side for 20 seconds (helps work on containing the ball handler)
- Full Court Slides (2 players) – Make sure you turn the dribbler, change their direction two times before half court

➤ **Bring the ball up the Court**

- The point guard must be able to bring the ball up the court under full court defensive pressure
- The point guard will have to do this quickly and efficiently without turning the ball over
- The point needs to keep their dribble if they get stuck that could put them in a very tough position
- The point guard needs to be aware of other defenders on the court too, they will need to be able to see and read if another defensive player leaves their man to trap the point guard
- The point guard has ten seconds to get the ball across half court
- The point guard will have passing outlets if they pick their dribble up or if the pressure is too much

➤ **Finish in the Lane**

- Get the ball into the lane- Dribble Drive Action
- To work on this play 1 on 1 from the top of the key and the wings
- Finish strong with the contact
- Make sure you have a good angle on the backboard when finishing from the wing off the backboard

➤ **Start the Offense**

- The point guard must run the team and get them into their offensive sets
- The point guard will need to do that by making sure the ball gets to the right spot on the floor to start each play
- Whether the point guard needs to pass it to the spot or dribble they must be efficient enough in both aspects of the game to get the ball to the spot that it is needed
- This requires the point guard to be strong with the ball to achieve their goal
- There will be a lot of defensive pressure on the point guard in the half court, so they must protect the ball well to ensure they do not turn the ball over often

Teaching Stations:

Kristen Helmstetter - 2 Ball Dribbling

Andrew Ortelli - 1 Ball Dribbling

Dom Pace - Anthony Melesurgo Tennis Ball Ball-Handling

- 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

Russell Hawkins - Dribble Drive and Pull-Up and 3 Man Passing into a 2 on 1 Fast Break

Jessica Venturelli - Dribble Drive and Kick to a Wing Shooter

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
- 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:

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Alex Mahony:

Bridgewater-Raritan High School Head Junior Varsity Coach and Assistant Varsity Coach

- ***Stationary Dribbling with right and left hands***
 - 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

Tuesday, August 2nd, 2011

Today's Teaching Objective is the Shooting Guard Position

Teaching Stations:

Jessica Venturelli - Form Shooting

Gene McAteer - Moving without the ball

- Player will run down the wing looking for a pass at the half court line and not get it
- They will then go to the wing, look for a kick out pass for a jump shot and not get it
- They will then cut back door for a lay-up and not get it
- They will then cut to the top of the key looking for a shot and not get it
- They will again cut back door to the basket for a lay-up and not get it
- Lastly, they will cut out to the opposite wing catch, pivot, and shoot

Dom Pace - Catch and Shoot

Andrew Ortelli - Ball Handling

Kristen Helmstetter - Princeton Shooting

Lecture:

Andrew Ortelli:

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Former Bridgewater-Raritan Varsity Player

➤ **B.E.E.F / Form Shooting / Free Throw Shooting**

○ **B.E.E.F. =**

- **Balance**: use a staggered stance with your feet about shoulder width apart. There should be a slight bend in your knees to promote good stability. You should feel the weight of your body on the balls of your feet so that you can use your legs for power and finish your shot up on your toes...perhaps even leaving the ground depending on the distance to the hoop.
- **Eyes**: Just like hitting a baseball, golf ball, or throwing a dart; it is critical to pick a specific spot on the rim and focus your concentration there. Common targets include the front of the rim, the back of the rim, or the square if attempting a bank shot. Another key is to be consistent in what your eyes focus on throughout the entire shot.
- **Elbow**: Proper elbow placement is directly under the ball. In fact, during form shooting, you should take your guide hand off the ball to see if the ball will rest easily in your single hand. If the ball falls out, this is an indication that your elbow is out to the side & not directly under the ball.
- **Follow-through**: the final opportunity to influence the flight of the ball is your follow-through. The shooting motion is almost completely an upward movement with your arm & then a snapping on the wrist at the very top to provide the horizontal component to the shot. Some shooters snap their follow-through all the way over and finish with the fingers pointing directly down to the floor. Other good shooters have a follow-through which finishes with the fingers pointing toward the rim. Either is fine but being consistent with what you do is imperative to be a precise shooter.

- **Form Shooting** – have all campers practice one-handed shooting at all the baskets and the coaches should evaluate the B.E.E.F elements. The next time through, campers should use their ‘off-hand’ or ‘guide hand’ and try to do exactly the same routine as before when they used only one hand.

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
- High School - Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5

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- College and Pro - Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5

Special Guest Lecture:

Brian Feath:

Newly appointed Head Varsity Coach at Ridge High School

(formally of Middlesex HS)

“How much time you put in outside of camps, summer leagues, and AAU to improve your game and achieve your goals to make the team or contribute is what sets you apart from all other kids at camps around the world.”

“You can never be too good of a ball handler or a shooter!”

➤ **Recap of Form Shooting**

- Ball on fingertips
- Legs
- Elbow in
- Feet, hips, and shoulders square to the basket
- Rotation – end over end back spin
- Follow Through

➤ ***Close Range Form Shooting is the first thing a player should do when entering the gym whether in middle school, high school, or college***

➤ **Shooting game “51”**

- Play from any spot on the floor
- If you make the first shot it is worth 5 points
- If you get your rebound in 1 bounce or less, your next shot is worth 3 points
- Finally a weak hand lay-up is worth 1 point

- If the player makes all 3 they get a bonus point giving them 10 and they get to go again immediately
- The player must get 51 exactly if they go over 51 they go back to 13
- If a player misses the rim on any shot they go back to 0

➤ **Ray Allen Drill (2 Player Shooting)**

- 1 player starts under the basket and one starts at the foul line
- The player at the foul line is the passer, the player under the basket must set up the defender by going the other way than they plan to cut to shake their defender, changing speeds will help the offensive player get open
- The player then catches the pass and shoot, a two pointer is worth 2 points and a three pointer is worth 3
- The passer goes in for a rebound if the shot is missed and they gather the rebound before it bounces and they finish the lay-up they get 1 point
- The players do the drill for 1 minute
- A good score for a varsity high school player is 20

➤ **'7 Up, 7 Down'**

- Younger players choose one spot on the floor and older players will change between 2 or 3 spots on the floor, and a rebounder is required
- The game starts when the shooter makes their first shot
- If the shooter makes a shot it is worth 1 point if they miss it is worth -2 points
- The game goes to the player hits 7 or -7

Wednesday, August 3rd, 2011

Today's Teaching Objective is the Wing or Forward Position

Lecture:

Gene McAteer: Bridgewater-Raritan Varsity Head Coach

➤ **Wing Play**

- If player starts at the block they must take the defender away from the direction they want to go, then pop out
- Get to the wing catch the ball, establish a pivot a foot and turn and square up to the basket
- When facing the rim, have the ball in triple threat position and have your eyes on the rim
- Then attack the basket with various dribble moves
 - Crossover
 - Between the legs crossover
 - Stutter move
 - Behind the back dribble
 - Spin move

Teaching Stations:

Dom Pace - Pop out, Catch, Square to the Basket, Dribble Move for a Lay-Up

Andrew Ortelli - Ball Handling 2 Ball Stationary Dribbling

Kristen Helmstetter - Perimeter Rebounding

Jessica Venturelli - Back Door Cuts for Lay-Ups

Russell Hawkins - Shooting Drills

Today's Contest is 'X - Out'

- X – Out is a contest that works on lay-ups, ball handling, and pivoting
- The player will start at the right elbow and drive in with their right hand and finish on the right side with their right hand
- They will grab their rebound and dribble out to the left elbow with their left hand
- When they get to the elbow they will plant their foot and turn to go back towards the basket and drive in with their left hand and finish with their left hand
- They will then get the rebound and dribble out with their right hand pivot turn and attack the basket with their right hand
- The drill goes for 30 to 45 seconds, the players with the highest score will compete in the finals on Friday afternoon

Lecture:

Gene McAteer: Bridgewater-Raritan Varsity Head Coach

➤ **Pushing the Ball out in Front of you**

- Players should be able to get from half court to the rim for a lay-up in two dribbles and finish at the rim, right hand, left hand

➤ **Crossover Lay-Up Drill**

- The players will dribble in to the wing and make a crossover and in one dribble get across the lane to finish on the opposite side of the rim, left handed lay-up on the left side and right handed on the right side

➤ **Linden Shooting**

- 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 or a team of three can play against another team of three...

Thursday, August 4th, 2011

*Today's Teaching Objective is **Post Play***

Lecture:

Gene McAteer: Bridgewater-Raritan Varsity Head Coach

➤ **Post Defense**

- DO NOT get caught right behind the offensive player = Trouble for the defense
- If fronting the post, hands up and make sure there is weak side help and ball pressure to support the post defense.
- At camp we teach the campers to neither front the post nor play behind. Rather, the camper should play discourage in the post just like on the wing. (One pass away)
- Defense should have 1 foot above the post player and 1 foot below the post player.
- The defense wants to force the offensive player to move away from the basket.

Teaching Stations:

Dom Pace - Post Shooting

Andrew Ortelli - Passing out of the Post

Kristen Helmstetter - Post Rebounding

Jessica Venturelli - 1 on 1 in the Post

Russell Hawkins - 2 Ball on the Move Ball-Handling

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.

Lecture:

Dan Grigal - Bridgewater-Raritan 7th grade Head Boy's Basketball Coach

➤ How to post up:

- Always begin above the block – straddle the first lane marker
- Bend Knees- Feet should be spread slightly wider than your shoulders –
 - WIDE BODY
- Balance – Head in the middle of your body
- Toes to passer – Show passer your body
- Butt on the defender – Allows you to know where the defender is playing you
- Don't turn in the post
- Communicate –
 - Eyes to Passer
 - Point
 - Talk to the Passer
- Make and maintain contact with the defender at all times – Never lose touch

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➤ **Low Post Moves**

- Front Face
- Drop Step
- Turn Around
- Up and Under
- Inside Pivot

➤ **Mirror the Ball Drill**

- Have 3 players on the perimeter with the ball they will act as the passers in the drill.
- Have one player on offense in the post, as the ball is passed around on the perimeter the post player will slide to post up in front of the player with the ball.
- The perimeter players will through an entry pass to the post, and then the post player will execute one of the 5 moves listed above to score.
- Then add a defensive player in the post to practice feeling the defender and making their move.

➤ **1 on 1 Drill**

- Passer on the wing
- Line at opposite elbow
- Defender on the block
- One at a time flash across the lane to the block and receive the ball and play 1 on 1

➤ **1 on 1 Drill**

- Passer at the top of the key
- 1 player on each block
- Pass to either player
- The other player would rush across the lane and play defense in a 1 on 1 situation

Friday, August 5th, 2011

Gene McAteer: Bridgewater-Raritan Varsity Head Coach

- ***Thanks for attending camp this summer. We hope that you are motivated to work hard on your own to improve as a player. Use the 'Camp Notes' as a guideline for drills and activities to stimulate your practice routine. And remember, the only time you fail is when you don't give your best effort. Trying your best to improve is a victory!***

- **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 you.
- 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.

Pro Game Highlights

- Aaron Gao continuously knocked down open shots for his team.
- Jack Datin always beat the defense down the court which led to easy lay-ups.
- Jason Molina was aggressive on the offensive end of the court tearing down offensive boards and finding easy baskets.
- Praveen Sakthivel played with more hustle than anyone in the league, going after every loose ball.
- Harrison McClarren guarded the paint allowing limited penetration by the opposing team.
- Adam Schnitzer was vocal on the court giving his team direction during crucial moments of the game.
- Samanvit Vijapur was an excellent defender turning the opposing point guard numerous times slowing down the offense.
- Ashay Chandra was poised with the basketball as he created shots for himself and his teammates.
- Souvik Ganguly used his length to his advantage getting into the passing lane resulting in numerous steals.
- Joshua Jiang was a solid defender giving intense pressure that caused multiple turnovers.
- Patrick Juan ripped down a defensive rebound and then used his speed to take it “coast to coast” for a lay-up.
- Ryan Owens is a leader on the court getting his teammates organized on both the offensive and defensive ends.
- Regan Goldberg displayed great ball handling skills as he weaved through defenders with ease.
- Surya Tahliani hustled to every loose ball showing his dedication to his team and winning.
- Andrew Larkey played with intensity demanding only the best from his teammates.
- Anu Dasari was a team player and was key to his team’s success.

College Game Highlights

- Caleb Herring is a fantastic ball handler who gets into the lane whenever he wants.
- Justin Horak is an exceptional defender who always pressures the ball.
- Jack Lehberger is automatic when shooting in the paint. He just doesn't miss.
- Brian Michaels can fill it up from anywhere on the court.
- Matthew Thomas is a great rebounder who gets every offensive rebound.
- Ethan Wu sets great screens to free up his teammates for open shots.
- Steven Chen plays amazing off the ball defense getting into passing lanes for steals.
- David Fink makes plays for himself and gets all of his teammates involved.
- Shiven Prem has perfect shooting form. Shiven knocks down all his open shots.
- Rohit Roy has a solid overall game. He displays all his abilities every time he steps on the court.
- Zachary He knocks down elbow jumpers like a pro.
- Connor Michaels scores every big time shot that his team needs him to make.
- James Parry makes big time shots in the fourth quarter of every game.
- Vincent Zaman is a superb rebounder on both ends of the court.
- Drew Mayor can handle the ball as good as any other player in the College League.
- Jack Kenny is a great teammate who likes to make the "toughness plays" for his team.
- Milan Tahliani finishes in the lane at will. Any time he wants to score in the paint, he does!
- Joey Pastor is a "beast" on the boards. Nobody can keep him from getting the rebound.
- Ritvik Chandrashekhar has a great passing game; he gets all his teammates involved and racks up the assists.
- Jeffrey Mao is a threat to score from any spot on the floor no matter how far he is from the rim.
- Vishnu Pathmanaban has impeccable shooting form. He can pull up from anywhere.
- Billy Littwin is a player who enjoys making the tough play that helps lead his team to victories.

High School Game Highlights

- Ashwin Sakthivel hustled after every loose ball and gave 110% effort all week.
- Sam Datin used his size and skill to score easy baskets for his team.
- Masaki Matsuda demonstrated his long range shooting ability in every game.
- Mac McAteer used his body and toughness to box out and gets countless rebounds; that boy should play football...
- Matthew Mayor may have been smaller in size but not in heart, grabbing numerous rebounds over taller players.
- Evan Goldberg used his speed and quickness to get to the rim.
- Michael Pastor was a "monster" on the low block. He poured in basket after basket.

FALL BASKETBALL IS COMING!

To keep your skills sharp and start preparing for the winter season, consider the Fall Recreation Clinics we'll be running; tentative dates for those sessions are:

Boys only:

Grades K-4: Tuesdays, October 4, 11, 18, 25, and Nov 1 (6:00-7:30pm)

Grades 5-8: Thursdays, October 6, 13, 20, 27, and Nov 3 (7:00-8:30pm)

Co-Ed Camp:

Thursday & Friday, November 10 & 11 (Teacher's Convention) –
9:00am - 3:00pm...*Same format as our summer program!!*

For more info (or to sign up for email notifications, if you're not already receiving them), visit our web site. We'll confirm dates and let you know when registration starts as soon as we can.

Finally, a big B-R
THANK YOU

to all campers and their families
for a great summer basketball
camp experience!