**8th Annual**

**Bridgewater-Raritan Basketball Camp**

**Camp Notes**

**July 11th – July 15th, 2016**

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**BRHS Freshman Coach Phil Manuel**

**“Rising-Freshman Showcase”**

**“High School Caliber Drills”**

**8th Annual**

**Bridgewater- Raritan Basketball Camp**

**“Camp Notes”**

**Monday, July 11, 2016**

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

* **Welcome to Basketball Camp**
  + Pay attention to detail: Personal responsibility and accountability are expectations at basketball camp
  + The ability to listen attentively and focus on instruction is expected from all campers of all ages
  + Listening Skills & eye contact
    - Anticipate what the coach will say. Guess what is coming next. Then listen intently to see if you were right.
    - Listen to what your coaches tell you & watch the demonstrations by the high school & college players. Be ready to try the drills when you get the chance.
    - Be alert & ready to do what you are asked. This way less time is wasted and you will have more time to play basketball.
    - 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.

**Bridgewater-Raritan Freshman Coach: Phil Manuel**

* **Today’s Morning Contest is 1 on 1**
  + **The 1 on 1 contest helps us create even teams for fair and competitive games**
  + **Offensive Teaching points**
    - Be in triple-threat position ready to drive or shoot. Use a shot fake or jab step to try and get the defense off balance or out of good position. As often as you can, drive the ball to the basket and get a close to the rim as possible.
    - Use your jab step to help get an open shot. More often now, players are being taught to jab directly at the defender, directly between their legs to illicit a reaction from the defense.
      * Jab step then drive to the basket **–{JAB & GO}**
      * Jab step to back your defender off then shoot your jump shot

**– {JAB & JUMPER}**

* + - * Jab step then step across and go to the basket **–{JAB & CROSS}**

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

* + **Defensive Teaching points**
    - Stay between the hoop and the player with the ball. Be down in an athletic stance with your feet more than shoulder width apart. You should be about an arms-length away from the ball handler. Be ready to ‘step & slide’ as the offense dribbles in an attempt to cut off the dribbler and force her into a tough shot farther away from the basket. The final element on defense is to put a hand up on the shot, box out, & rebound the ball.

**Monday’s Teaching Stations**

**Panther Shooting – WITH COACH TJ DRISCOLL**

Explanation of Panther Shooting Competitive game played at the end of camp every day and practice of the game. Two teams will shoot jump shots from the elbow until one team makes three. The player that shoots will get their own rebound and make a bounce pass back to the next person in line.

**Form Shooting – WITH COACH TONY COLARUSSO**

Players will focus on proper form shooting. Players will be within a few feet of the basket for a shot. The elbow should be under the ball, with the ball slightly to the side of the players head so they can see the basket. Players guide hand will be on the side of the ball; not the top or bottom because it will negatively influence the shot. Players will snap their follow through and leave it there for a second or two to emphasize it. We are not focusing on whether the ball goes in or not at this station. Players need the proper form to continue to improve their shooting. The form shooting from a few feet in front of the basket should maintain constant as the player moves back.

**Knockout – WITH COACH JERRY JABBOUR**

Campers play several knockout games for a chance to play in the camp-wide final knockout game at the end of each camp day. For campers who know how to play it is a station that gives them a small break from the fundamentals of the other stations. For new and young campers this station introduces them to a game that works on foul shots and lay-ups.

**Lay-ups – WITH COACH STERLINGO**

This station works on proper foot work for a right and left handed lay-up. On the right side players are to shoot with their right hand. This means jumping off of their left foot and bringing their right knee up on the jump. On the left side players will jump off of their right foot and bring their left knee up while shooting with their left hand. It is important to jump off of the proper foot because that will allow your momentum to take you up towards the basket instead of out of the play. It is important to shoot with the left hand on the left side and right hand on the right side to protect your shot from potential shot blockers.

**Stationary Ball Handling – WITH COACH GRIFFIN ROSEN**

Ball handling is one of the most important and difficult skills of the game to improve upon. It takes a lot of time and practice to continue to get better. Today we work on the basics of ball handling. The ball handler should be dribbling with their fingertips not their palms. This will allow them to control the ball better. The player should always have their head up. This will allow players to see up the court and advance the ball if the opportunity is there and allows them to see what the defense is doing. Players will practice right and left hand dribbling at a waist height, ankle height, and shoulder height. The players will then work on an in-and-out dribble with their right and left and a roll dribble with their right and left. The roll dribble is a back and forth dribble on the side of their body.

**2 Line Passing – WITH COACH BRIAN ALBERT**

Players will work on passing and catching on the move. The players will slide to half court and back performing various passes. First both players will perform a chest pass and second trip bounce pass. The third trip the players will pass and catch with one hand with their lead hand. The last drill is with two basketballs, one player will throw a chest pass while the other throws a bounce pass. Once they get to half court they will switch, the player throwing a bounce pass will throw a chest pass and vice versa.

**Give and Go Lay-Ups – WITH COACH MITCHELL D’ELIA**

Players had two lines at each wing like in V-Cut Shooting. There will be two or three in one line. The line with other the ball will have the first player flash to the elbow with their hands ready to receive the pass. The player with the ball will pass to the flashing player and move towards them as if they were going to receive the ball back. That player will then plant their foot that is further from the basket and cut back door. The player with the ball will deliver a bounce pass for a lay-up. The drill was done on both sides so players worked on their right and left handed lay-ups.

**½ Court Oak Hill Shooting – USED BY COACH MANUEL DURING THE ADVANCED WORKOUT**

There are three lines at the baseline with one ball in each line, with the second player in line. The first player runs to half court and back with their hands up ready for a pass from the baseline for a catch and shoot. One shot from the foul line and the other two shots come from the wing. After the pass is made the passer will run to half court and rpeat the drill.

**V-Cut Shooting – USED BY COACH MANUEL DURING THE ADVANCED WORKOUT**

To set up to this drill you need two lines on each wing two balls in each line first player in one of the lines does not have a ball. The player without the ball will make a v-cut by going down to the block and plant on one foot and pop back up to the elbow. Once they are at the elbow they will receive a pass from the opposite elbow for a catch and shoot. The shooter gets their own rebound and switches lines passing the ball to the next player in the new line without a ball. The passer will then make a v-cut for a catch and shoot and the drill continues

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| **BEFORE LUNCH**  **Coach Manuel’s ADVANCED UPGRADE Drill of the Day: V-Cut Shooting Series**   * The set up to the series is two lines on each elbow two balls in each line first player in one of the lines does not have a ball * The player without the ball will make a v-cut by going down to the block and plant on one foot and pop back up to the elbow * Once they are at the elbow they will receive a pass from the opposite elbow for a catch and shoot * The shooter gets their own rebound and switches lines passing the ball to the next player in the new line without a ball * The passer will then make a v-cut for a catch and shoot and the drill continues * The series continues with a catch, pump fake, one dribble pull up jump shot series, After the pump fake players will move back and shoot three pointers * After three pointers the player will catch and perform a rip through move and get to the basket * A rip through is the player swinging the ball from one side of their body to the other while keeping the ball under their knees to protect the ball from the defender * Have players make a certain amount of shots from each spot before moving to the next spot in the series |

**AFTER LUNCH**

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

* **Ways to improve chances of getting the ball**
  + V-Cut – take player away from the spot that you are looking to receive the ball, cut back to the ball at an angle to seal the defender off to allow yourself more space to catch the pass
  + Backdoor cut – Go towards the ball as if you were looking to receive a pass when the defense over pursues cut behind him to the basket looking for the pass
  + Offensive rebound – identify were the shot is going to be missed; right, left, short, long, get into good position and you can box out on offense to get the offensive rebound
  + Defense – get yourself the ball while playing defense either through a steal or defensive rebound
  + High Post Flash – Rather than standing on the opposite side of the floor waiting for the ball to come to you, CUT HARD to the high post (foul line area) with your hands ready to catch the pass. Showing your hands is a good quality for offensive players. Against strong defenses, you have to be willing to be physical. Instead of a straight line cut, make contact with the defense using your forearm to seal them off and give a target with your free hand. When the ball is in the air go meet the pass do not wait for the ball to get to you.
  + If you don’t try any of these ideas while you are here at camp, then you are a big part of the reason why you’re not getting the ball during the games…….
* **Today’s Afternoon Contest is Tim Duncan Bank Shots**
  + 45 second partner bank shot competition
  + Partners will have one basketball
  + One will shoot a bank shot and get their rebound. They will pass back to their partner and relocate to the other side of the court.
  + The drill continues to see how many shots the partners can make

**Tuesday, July 12, 2016**

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| **Coach Manuel’s Freshman Drill of the Day: Three Man Weave into Jump Shots**  - Three lines under each basketball, one under the basket, the other two by the three point line  - The starting side there will be one ball in the middle line in the first players hands and a ball in each of the side lines in the second players hands  - On the opposite end the two players on the outside lines have a ball  - The first side players will run a three man weave, after the pass they will run behind the player they passed to  - When they get to the opposite foul line area the player with the ball will make a bounce pass and the wing will go in for a lay-up  - The passer will get a pass from the baseline for a jump shot, the player not passing or shooting the lay-up will still follow their pass and get a pass from the baseline for a jump shot  - The player in the line under the basket will get the ball out of the net and start back the other way with the two passers from the baseline  - The drill continues, players need to focus on catching and passing without traveling |

* **Tuesday Morning’s Contest is 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

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

* **3 v 3 Screening**
  + Pass screen away.
  + Establish your position so you are not called for a moving screen. Square shoulders up to where the cutter is coming from.
  + That also relies on the player using the screen to exhibit patience.
  + Once the screener is set the cutter needs to use the screen properly.
    - First, take the defender away from where you want to go. Do not simply just run off the screen. You need to use misdirection.
    - Second, when coming off the screen you must be shoulder to shoulder. Leaving room in between yourself and the screener will allow the defender to fight through it more easily.
    - Third, come off the screen low so you are already in a shooting position. Be ready to shoot coming off of the screen.
  + Setting a solid screen may not just get the cutter open. It may also get the screener open for a shot due to a miscommunication between the defenders.
  + Coming off the screen properly is a huge part of the game and getting open.
  + This drill leads right into a 3 on 3 live period of camp. Teams will be selected at random. It promotes more kids getting a chance to improve their on ball and off ball skills.
* **Tuesday Afternoon Contest is Steph Curry 3 point shooting**
  + Top of the key three point shooting contest
  + You have a passer and two rebounds with 3 basketballs involved.
  + The shooter will continue to shoot top of the key three pointers for 45 seconds to see how many they can make.
  + The passers must deliver a good pass for the shooter to step into their shot
  + The rebounders must communicate who is passing the ball to passer to keep the contest going

**Wednesday, July 13, 2016**

**Wednesday’s Teaching Stations**

**Rebound catch quick off feet with Coach TJ Driscoll**

* Again works on players quickness off the floor and explosiveness
* Players need to be able to rebound the ball and quickly spring back up to lay it in as to give the defense less time to recover

**Star passing Drill with Coach Mitchell D’Elia**

* Player 1 starts with ball at the right block
  + - Player 2 is at the three point line between the wing and top of the key
    - Player 3 is in the corner opposite player 2
    - Player 4 is in opposite corner as player 3
    - Player 5 is in a similar position as player 2 on other wing
    - Line under the basket behind player one
    - Player 1 passes to player 2 then follows their pass to the right
    - Player 2 passes to player 3 then follows their pass to the right
    - Player 3 passes to player 4 and follows to the right
    - Player 5 cuts the basket as player four throws a bounce pass for a lay-up
    - Players must meet the pass not just stand and wait for it
    - After the lay-up is made or missed the next player gets the ball before it hits the ground and starts immediately

**Moves on the Move with Coach Sterlingo**

* + - Similar to 1 ball except working on both hands at once
    - Added to the drill is alternating dribbles where one ball hits the floor while the other is up
    - Players need to work on keeping their head up to see the floor
    - It is much easier for some to keep their head up with one ball, but even practicing with two the head must be up to see the floor

**V-Cut Shooting with Coach Dan Kashak**

* + - To set up to this drill you need two lines on each wing two balls in each line first player in one of the lines does not have a ball
    - The player without the ball will make a v-cut by going down to the block and plant on one foot and pop back up to the elbow
    - Once they are at the elbow they will receive a pass from the opposite elbow for a catch, pump fake, one dribble and a shot
    - The shooter gets their own rebound and switches lines passing the ball to the next player in the new line without a ball
    - The passer will then make a v-cut for a catch and shoot and the drill continues

**3 Line Passing to 2 on 1 with Coach Brian Albert**

* + - 3 line passing drill in which the players line up one in the middle of the key and the other two on the wings
    - The player in the middle will pass back and forth to the wing alternating back and forth
    - Once the players reach half court the two outside players will have a two on one opportunity against the player that was in the middle
    - The offensive will have one shot and one offensive rebounding opportunity to score

**3 Man Weave to 2 on 1 (half court) with Coach Griffin Rosen**

* + - 3 line passing drill in which the players line up one in the middle of the key and the other two on the wings
    - The player in the middle will pass to one of the wings and follow their pass behind the receiving player
    - The player that received the pass will pass to the other wing and follow their pass behind
    - Once they reach half court the player in the middle will put the ball on the floor and the two wings will have a two on one opportunity going back
    - The offensive will have one shot and one offensive rebounding opportunity to score

**Dribble Moves into different finishes with Coach Tony Colarusso**

* + - Line at half court with three basketballs in the line
    - Players dribble full speed to the three point line and make a dribble move: crossover, between the legs, behind the back, spin move.
    - They will then attack the basket and finish with a different finishing move each time; power lay-up, one foot lay-up, floater, euro step.

**Dribble Move into a jump shot with Coach Jerry Jabbour**

* + - Line at half court with three basketballs in the line
    - Players dribble full speed to the three point line and make a dribble move: crossover, between the legs, behind the back, spin move.
    - They will then attack the lane and shoot a pull-up jumper from 12- 15 feet.
* **Wednesday Morning’s Contest is X - Out**
  + This contest improves a players pivoting, ability to push the ball out, and finishing at the rim with a lay-up
  + The player will start on one of the two elbows
  + The player has 45 seconds to make as many lay-ups as possible, make or miss they will gather their rebound and dribble to the opposite elbow then pivot and go back to the basket to attempt another lay-up

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| **Coach Manuel’s Freshman Drill of the Day: Combination Guard Scoring Drill**  [**https://www.youtube.com/watch?v=gbsJTfxqsD8**](https://www.youtube.com/watch?v=gbsJTfxqsD8)  If you use this drill, you will want to include the types of actions that lead to shots in your offensive system.  In this drill, the 3 types of shots the players take are:  1) Ball Screen Read (You can change the read for each of the five shots, or make the same read on each shot. In this example, they are reading as though the defense is icing the ball screen.  2) Dribble Hand Off  3) Screen the screener action (You can run this from other spots on the floor where you run sts actions)  15 shots on the right side (5 shots from each of the 3 actions), then 2 free throws, and 15 shots on the left side of the floor. |

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

* **Star Passing Drill**
  + Player 1 starts with ball at the right block
  + Player 2 is at the three point line between the wing and top of the key
  + Player 3 is in the corner opposite player 2
  + Player 4 is in opposite corner as player 3
  + Player 5 is in a similar position as player 2 on other wing
  + Line under the basket behind player one
  + Player 1 passes to player 2 then follows their pass to the right
  + Player 2 passes to player 3 then follows their pass to the right
  + Player 3 passes to player 4 and follows to the right
  + Player 5 cuts the basket as player four throws a bounce pass for a lay-up
  + Players must meet the pass not just stand and wait for it
  + After the lay-up is made or missed the next player gets the ball before it hits the ground and starts immediately
* **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
* **Wednesday Afternoon’s Contest is Ray Allen Corner Shooting**
  + Players will have 45 seconds to shoot and make as many corner jumpers as they can.
  + There will be a passer at the foul line to deliver a pass to the shooter.
  + The shooter will back pedal to the sideline and run in to the corner so they are stepping into every shot they take.
  + Two rebounders will be under the basket like in the Steph Curry shooting contest.

**Thursday, July 14, 2016**

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

**Sam Jones Lay – Ups**

- Dashed lines are passes; solid lines are the path the player runs.

- Dotted lines are following the pass and replacing first passer.

- The red dot is the player with the ball who will shoot the lay- up at the end of the drill.

- The player passes to the first player near the sideline, the second player in line will follow that pass to the first wing position.

- The wing player will pass it back to the original passer while they are running down the floor.

- The original passer will catch the pass turn and make a pass to the player at half court; the sideline wing passer will then run to replace the next passer at half court.

- The original passer will continue to run the floor, catch a pass from half court, and throw another pass to the opposite sideline wing player. After the center court player makes the pass back they will fill in the wing players spot.

- The final wing player catches the pass and then delivers a bounce pass to the original passer as they go in for a lay-up; the last passer will follow their pass and get the rebound and start the drill on the other side of the court. The shooter is now the first replacement passer.

- The drill should be going on simultaneously on both sides of the court.

* **Thursday Morning’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
  + Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5
  + Players can not shoot a shot from the same point valued spot more than two times in a row

**Coach Manuel’s Freshman Drill of the Day: 3 on 2, 2 on 1**

* Offense
  + Three lines will be under the one basket while two players will be in a tandem defense on the opposite end of the court
  + The first player in each line will step out on the court, the player in the middle will have a basketball and throw it off the backboard to simulate a missed shot they will jump grab the rebound with two hands
  + Depending what side they toss it up on that wing player will yell outlet and come meet the outlet pass from the rebounder
  + The player receiving the pass will take the ball on the dribble to the middle of the court going forward
  + The rebounder will follow their pass running behind the ball handler
  + The third player will run up the wing
  + The key for the offensive players is staying level and keeping good spacing
  + They will attack the two players on defense and look to score quickly, this is a fast break drill so in a game defenders will be falling back
  + The ball handler wants to go until they are stopped by a defender if they can get to the basket get there and finish
  + If they are stopped they should pass to a wing then follow their pass to that elbow for a possible return pass for a jump shot
  + The passer of the ball that leads to the shot will be back on defense for the 2 on 1
* Defense
  + The top defender needs to stop the ball handler
  + The bottom defender in the tandem will play the first pass
  + If a pass is made the top player will drop to the opposite block to defend the basket
  + The defense rather give up a jump shot then a lay-up
  + If there is a pass the defense continues to rotate, one plays the ball the other will take away the most dangerous option out of the other two players
  + If there is a miss the defense will box out and grab the rebound then they will go attack the other way on offense for the 2 on 1
* 2 on 1 Offense
  + Same principals as the 3 on 2 apply to a 2 on 1
  + Players want to maintain good spacing so one defender cannot guard both
  + Staying level is also important so the defender cannot just sit under the rim and wait for the ball handler
  + Players want to move the ball quickly and try to score
* 2 on 1 Defense
  + The defensive player needs to stop the ball and try to get a hand on the pass
  + Once they have the ball handler pick up their dribble they want to fall back to the other player taking away an easy basket
  + Again if the offense takes a long range jump shot that is a successful defensive stand because you do not want to give up a lay-up even when it is a 2 on 1
* **Thursday Afternoon’s Contest is Foul Line Jumpers**
  + Foul line jumpers.
  + This contest is similar to the Ray Allen Corner Shot contest.
  + Players will shoot a foul line jump shot and then back pedal to the three point line.
  + This allows players to ensure they are stepping into their shot and not catching it flat footed.
  + Players will have 45 seconds to make as many shots as possible.

**Friday, July 18, 2015**

* **Winning, Losing, sportsmanship, and character…**
  + Enthusiasm is a great thing; however, make sure that it is in a positive manner. Winning and losing is something that applies to all players of all skill levels because no matter how good you are, eventually you are going to lose at something.
  + How you behave after a win or loss reveals a lot about your character. You should strive to win and lose with class and style; because how you act reveals a lot about who you are as a person.
  + Friday’s camp schedule features contest finals in a variety of competitions. Many campers will have the opportunity to win, but only one player in each age group can prevail. Campers are encouraged to give their best effort to try to win. Remember it is the effort that counts and the attitude you display reveals the character you possess.
* **Friday Morning’s Contest is Swish**
  + Campers will each shoot 12 foul shots (Rookie and High School move a little closer).
  + If the player swishes the shot they receive 2 points, if they make the shot using the rim or backboard they get 1. If they miss they get 0. Players shoot 4 shots and then rotate

**Bridgewater-Raritan Varsity Head Coach: Gene McAteer: Wednesday’s Agility Drills**

* Bag of Tricks
  + Tennis ball, ball handling
    - Players will dribble with their right and left hands while tossing a tennis ball in the air with the opposite hand
    - This will have the players maintain a dribble while focusing on something other than the dribble
    - The next drill is the player will do a lunge while dribbling and tossing the ball, when they get into a lunge position they will toss the tennis ball between there leg and catch it
    - Another more advanced drill is to allow the tennis ball to hit the floor, as it hits the floor the player will perform a dribble move before attempting to catch the tennis ball before it hits the floor
      * The advanced drill can be done with two dribble moves before attempting to catch the tennis ball before it hits the floor again
      * Players can also attempt to perform three dribble moves before catching it as well

**Friday’s Teaching Stations**

**Dribble Knock Out with Coach Mitchell D’Elia**

Every player will have a basketball. There will be a designated area in which players need to stay within to stay in the game. Players must maintain their dribble while trying to knock other player’s basketball outside the designated area. If the player loses their dribble while trying to knock someone out they are out of the game. You must maintain a dribble at tall times. As players get knocked out the designated area will become smaller. Players can not kick or throw their ball at another ball in an attempt to get someone out.

**Passing Tag with Coach Jerry Jabbour**

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.

**Argentine Passing with Coach Griffin Rosen**

As seen above in Wednesday’s Camp Notes.

**V-Cut Shooting Attacking the Basket with Coach Dan Kashak**

To set up to this drill you need two lines on each wing two balls in each line first player in one of the lines does not have a ball. The player without the ball will make a v-cut by going down to the block and plant on one foot and pop back up to the elbow. Once they are at the elbow they will receive a pass from the opposite elbow for a catch and shoot. The shooter gets their own rebound and switches lines passing the ball to the next player in the new line without a ball. The passer will then make a v-cut for a catch, rip through, and then one dribble to attack the rim.

**Tennis Ball, Ball Handling with Coach Alden Christensen**

As seen above in Friday’s camp notes.

**Cougar Shooting with Coach TJ Driscoll**

Players line up at the baseline directly under the basket. Every player has a basketball except the first player. The first player will run out to a spot on the floor and turn having there hands up ready for a pass. They will catch and shoot and get their own rebound and bring it to the back of the line. The passer will then sprint to a spot for a catch and shoot. The drill continues for a set time or until the players make a certain amount of shots. Add one dribble pull-ups to the drill to continue to work on different aspects of the game

**Friar Drill with Coach Brian Albert**

**Advanced Workout Drill of the Day with Coach Kline and campers from the advanced workout demonstrating to the camp – “Friar Drill”**

-The Friar Drill starts with a regular two on one fast break from half court. The shooter then runs to half court, they will be the defender in the next two vs. one.

-The player that gets the rebound outlets the ball to a corner.

-The player in the corner will throw a pass to half court and both corners will run to half court.

- The two players involved the first 2 on 1 that did not shoot will then go to the corners to be the outlets for the next group

-The player who receives the pass at half court throws a cross court pass to the other player to start the next two on one.

-The defensive player can jump the pass so the offensive players must be aware of what the defense is doing and not throw a weak pass or a pass without looking.

The Friar Drill was originally taught by Coach Hurley from St. Anthony’s

**Half Court Friar Drill**

**Dribble Drive Kick with Coach Sterlingo**

There will be two lines at half court, one on the left and one on the right. Balls will be on the left side to start. The player will dribble in to the three point line and make a dribble move to get into the lane. They will jump stop in the lane. The opposite line will drift down the court from the half court line to the wing with the initial dribble. As the ball handler attacks the lane they will fade to the corner for a kick pass for a jumper.

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| **Coach Manuel’s Freshman Drill of the Day: 3 Line Passing with 2 basketballs**  [**https://www.youtube.com/watch?v=PyKPt0ApTMc**](https://www.youtube.com/watch?v=PyKPt0ApTMc)  **Video until the 1:43 mark demonstrates the drill**  Three line passing with two basketballs. One outside player has a basketball and the inside player will have a ball as well.  The inner player passes the ball to the outside player without a ball.  The outside player with the ball dribbles up the court until the middle player faces them and then they will deliver a pass to the middle player.  When the outside player has a ball they will dribble the ball not simply run with it.  The drill goes the length of the court and back. |

**CONTEST RESULTS BELOW!**

**Rookie Contest Results**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First** | **Last** | **Mikan** | **Steph Curry 3s** | **X-Out** | **Ray Allen** | **Hot Shot** | **Foul Line Shot** |
| Ethan | Chen | 6 | 4 | 3 | 2 | 10 | 8 |
| Krishna | Dowlapalli | 3 | 3 | 2 | 6 | 6 | 7 |
| Risha | Dowlapalli | 0 | 0 | 1 | 0 | 0 | 1 |
| Michael | Eng | 5 | N/A | 1 | 7 | 8 | 6 |
| Nikolas | Kravets | 10 | 3 | 5 | 6 | 26 | 14 |
| Drew | Pearson | 7 | N/A | 4 | N/A | 5 | N/A |
| Nixon | Samayoa | N/A | N/A | N/A | N/A | N/A | N/A |
| Neel | Sappidi | 24 | 2 | 9 | 9 | 20 | 14 |
| Aarush | Shah | 11 | 3 | 3 | 4 | 10 | 13 |
| Joann | Thomas | N/A | N/A | N/A | N/A | N/A | N/A |
| Ethan | Xie | 3 | 1 | 1 | 3 | 3 | 5 |
| Aesha | Acharya | 6 | 4 | 6 | 7 | 15 | 9 |
| Anthony | Ciminelli | N/A | N/A | 7 | 15 | 6 | 27 |
| Jackson | Franklin | 16 | 2 | 3 | 11 | 8 | 17 |
| Richie | Gardner | 22 | 9 | 9 | 15 | 29 | 8 |
| Sameer | Kandra | 11 | 4 | 10 | 10 | 40 | 11 |
| Rohit | Mudduluru | 4 | 2 | 5 | 7 | 17 | 8 |
| Megan | Li | 31 | 12 | 14 | 15 | 41 | 13 |
| Eric | Edelman | N/A | N/A | 8 | 8 | N/A | 10 |

|  |  |
| --- | --- |
| **1 on 1**  Neel Sappidi – 5  Aarush Shah – 2  Anthony Ciminelli – 5  Richie Gardner – 1 | **Tim Duncan Bank**  Krishna and Risha Dowlapalli – 1  Ethan Chen and Jackson Franklin – 4  Michael Eng and Ethan Xie – 1  Nikolas Kravets and Sameer Kandra – 5  Neel Sappidi and Aarush Shah – 6  Megan Li and Aesha Acharya – 8  Anthony Ciminelli and Richie Gardner – 11  Rohit Mudduluru- 4 |

**High School Contest**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First** | **Last** | **Mikan** | **Steph Curry 3s** | **X-Out** | **Ray Allen** | **Hot Shot** | **Foul Line Shot** |
| Oliver | Hockstein | 21 | N/A | 1 | 7 | 2 | 6 |
| Gabriel | Kielb | 31 | 8 | 6 | 16 | 11 | 4 |
| SEAN | BRADY | 16 | 6 | 6 | 16 | 4 | 9 |
| Raghav | Calyankakoti | 15 | 0 | 3 | 8 | 8 | 5 |
| Haley | Comstock | 3 | 0 | 1 | 4 | 0 | 2 |
| Sabrina | Familletti | 5 | N/A | 2 | N/A | 0 | N/A |
| Marcus | Herrera | 7 | N/A | 1 | N/A | 0 | N/A |
| Neil | Jaiswal | 17 | 2 | 1 | 12 | 3 | 13 |
| MICHAEL | JAMES | 14 | 4 | 6 | 4 | 8 | 9 |
| Sharanya | Kothare | 2 | 3 | 2 | 0 | 0 | 6 |
| THEO | LEVITT | 5 | 1 | 2 | 3 | 4 | 8 |
| Darryl | Robinson | 17 | 2 | N/A | N/A | 3 | 5 |
| Casey | Walsh | 13 | 3 | 6 | N/A | 2 | 13 |
| Sean | Puthenchira | 18 | 4 | 4 | 7 | 7 | 8 |
| George | Thomas | N/A | N/A | N/A | N/A | N/A | N/A |
| Vanshika | Yadav | 5 | 0 | 3 | 0 | 1 | 4 |
| Tia | Sharma | 3 | 1 | 0 | 1 | 1 | 5 |
| Arshia | Gupta | 7 | 0 | 0 | 2 | N/A | N/A |
| Kyle | Bare | N/A | N/A | N/A | N/A | 3 | 3 |

|  |
| --- |
| **Tim Duncan Bank**  Michael James and Neil Jaiswal – 4  Gabriel Kielb and Oliver Hockstein – 5  Sean Puthenchira and Sean Brady – 9  Theo Levitt and Raghav Calyankakoti – 8  Tia Sharma and Sharanya Kothare – 3  Tia Sharma and Vanshika Yadav – 3  Casey Walsh and Darryl Robinson – 4 |

**College Contest Results**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First** | **Last** | **Mikan** | **Steph Curry 3s** | **X-Out** | **Ray Allen** | **Hot Shot** | **Foul Line Shot** |
| William | Hockstein | 48 | 3 | 18 | 13 | 33 | 5 |
| Ross | Kavet | 20 | 1 | 10 | 14 | 12 | 2 |
| Lia | Manuel | 40 | 2 | 20 | 7 | 14 | 5 |
| Zack | Catterson | 19 | 1 | 15 | 9 | 22 | N/A |
| Jake | Cronnell | 28 | 4 | 14 | 8 | 26 | 4 |
| Carmine | Familletti | 24 | N/A | 10 | 5 | 14 | N/A |
| Dhruv | Hemmige | 43 | 3 | 14 | 2 | 27 | 3 |
| Jeremy | Hu | 38 | 4 | 17 | 8 | 23 | 4 |
| Maanas | Gopi | 23 | 9 | 20 | 10 | 8 | 3 |
| Cinque | Joey | 46 | 12 | 23 | 17 | 28 | 4 |
| Ritesh | Kamjula | 10 | 0 | 4 | 2 | 11 | 1 |
| Tarun | Kandra | 38 | 4 | 18 | 9 | 10 | 5 |
| Julian | Kielb | 34 | 9 | 19 | 11 | 51 | 6 |
| Matthew | Lardieri | 46 | 3 | 23 | 6 | 18 | N/A |
| Wesley | Liu | 20 | 6 | 14 | 9 | 18 | 3 |
| Stanley | Liu | 24 | 6 | 21 | N/A | 15 | 3 |
| Zachary | Patrone | N/A | N/A | 21 | 7 | 15 | 4 |
| Rishi | Sappidi | 30 | 4 | 17 | 8 | 22 | 5 |
| Aarnav | Shah | 17 | N/A | 11 | 3 | 17 | 4 |
| Ian | Xie | 30 | 4 | 19 | 10 | 18 | 5 |
| Alexander | Zheng | 34 | 1 | 21 | 4 | 25 | 7 |
| Alexander | Li | 38 | 2 | 18 | 14 | 13 | 5 |
| Dennis | Liu | 47 | 11 | 23 | 16 | 27 | 7 |
| Mac | McAteer | 35 | N/A | N/A | 16 | N/A | 10 |
| Brian | Edelman | N/A | 8 | 18 | N/A | N/A | 9 |
| Daniel | Edelman | N/A | N/A | 24 | 10 | N/A | 7 |

**College Contest Results (cont.)**

|  |  |
| --- | --- |
| **1 on 1**  William Hockstein – 18  Lia Manuel – 6  Zack Catterson – 12  Jake Cronnell – 15  Dhruv Hemmige – 9  Jeremy Hu – 3  Maanas Gopi – 9  Joey Cinque – 15  Tarun Kandra – 9  Julian Kielb – 18  Matthew Lardieri – 12  Wesley Liu – 13  Stanley Liu – 13  Rishi Sappidi – 9  Aarnav Shah – 3  Ian Xie – 6  Alexander Zheng – 6  Alexander Li – 22  Dennis Liu – 22  Mac McAteer – 18  Brian Edelman – 18 | **Tim Duncan Bank**  Mac McAteer and Brian Edelman – 18  Rishi Sappedi and Dhruv Hemmige – 9  Aarnav Shah and Jeremy Hu – 3  Stanley and Wesley Liu – 13  Dennis Liu and Alex Li – 22  Joey Cinque and Jake Cronnell – 15  Julian Kielb and William Hockstein – 18  Ian Xie and Ritesh Kamjula – 6  Matthew Lardieri and Zack Catterson – 12  Lia Manuel and Alex Zheng – 6  Tarun Kandra and Maanas Gopi – 9 |

**Pro Contest Results**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **First** | **Last** | **Mikan** | **Steph Curry 3s** | **X-Out** | **Ray Allen** | **Hot Shot** | **Foul Line Shot** |
| Abbi | Acharya | 9 | 1 | 5 | N/A | N/A | 6 |
| Shrey | Bhatt | 11 | 5 | N/A | N/A | N/A | N/A |
| Emily | Chan | 6 | 0 | 3 | 1 | 5 | 5 |
| Matthew | Eng | 13 | 4 | 6 | 7 | 15 | N/A |
| Joe | Garner | 6 | 8 | 5 | 2 | N/A | N/A |
| Evan | Gladstone | 14 | 4 | 8 | 6 | N/A | 9 |
| Eshaan | Gupta | 2 | N/A | N/A | N/A | N/A | N/A |
| Ishan | Hemmige | 13 | 7 | 8 | 7 | 7 | 5 |
| Patrick | Jiao | 14 | 4 | 8 | 3 | N/A | 7 |
| Aarya | Kothare | 1 | 1 | 2 | 2 | N/A | 3 |
| Josh | Lavroff | 6 | 2 | N/A | 2 | N/A | 2 |
| Joshua | Liu | N/A | 5 | 4 | 3 | N/A | N/A |
| Derek | Liu | N/A | 7 | 8 | 4 | N/A | N/A |
| Joshua | Medovnik | N/A | 5 | 3 | N/A | 7 | 6 |
| Ryan | Metch | 12 | 2 | 4 | 4 | 11 | 4 |
| Riley | Mugford | N/A | N/A | 6 | N/A | 7 | N/A |
| Xander | Oakes | 8 | 6 | 7 | 5 | 8 | 7 |
| THOMAS | O'HARA | N/A | N/A | N/A | 7 | 7 | 1 |
| Jacob | Pearlman | 12 | 2 | N/A | N/A | 14 | 8 |
| Charlie | Pollard | 7 | 4 | 7 | 8 | N/A | 6 |
| Rishabh | Shetty | 17 | 8 | N/A | N/A | N/A | N/A |
| Eddie | Sleeper | 6 | N/A | 3 | 3 | N/A | 5 |
| Josh | Stasienko | 8 | 4 | N/A | N/A | N/A | N/A |
| Brandon | Szeto | N/A | 1 | m | N/A | 7 | 6 |
| Arya | Trivedi | 13 | 5 | 10 | 3 | 14 | 6 |
| Ali | Versi | 10 | 8 | 8 | 6 | 10 | 6 |
| Alec | Whelan | 14 | 4 | 10 | N/A | N/A | N/A |
| Jason | Zhou | 9 | 2 | 9 | 6 | 9 | 5 |
| Vishwa | Arasappan | 16 | 9 | 10 | 7 | N/A | 10 |
| Zach | Atanasov | 11 | 3 | 10 | 6 | N/A | 7 |
| Ritvik | Chandrashekhar | 14 | 6 | 9 | 7 | N/A | 11 |
| Eric | Chung | 16 | 5 | 10 | 7 | N/A | 6 |
| Michael | Finnen | 10 | 1 | 8 | 3 | 10 | 3 |
| Christopher | Hu | 10 | 10 | N/A | 6 | 16 | 6 |
| Jonathan | Huang | N/A | 1 | N/A | 9 | N/A | N/A |

**Pro Contest Results (cont)**

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Zach | Letts | 16 | 12 | N/A | N/A | N/A | N/A |
| Savannah | Lopez | 12 | 4 | 8 | 3 | 7 | 6 |
| Brian | Michaels | 17 | 9 | 10 | N/A | N/A | N/A |
| Rishi | Muddulureu | 14 | 10 | 8 | 4 | 21 | N/A |
| Mekhi | Rainey | 11 | N/A | 9 | 7 | 13 | 9 |
| Akshay | Reddy | 12 | 7 | 7 | 5 | 20 | 9 |
| Abhishek | Saxena | N/A | N/A | 6 | 4 | N/A | 6 |
| Eric | Tribel | 18 | 6 | N/A | N/A | 20 | 8 |
| Tarun | Trivedi | 13 | 4 | 8 | 6 | 8 | 7 |
| Shiven | Prem | N/A | 5 | N/A | N/A | N/A | N/A |
| Brian | Samayoa | N/A | N/A | N/A | N/A | N/A | N/A |
| Alvin | Cheng | 18 | 6 | 7 | 7 | 18 | N/A |
| Zach | Gonpat | N/A | N/A | N/A | N/A | N/A | N/A |
| Peighton | Williamson | 4 | 2 | N/A | N/A | N/A | N/A |
| Kishan | Patel | 13 | 6 | 8 | 8 | N/A | 7 |
| Lewis | Arone | N/A | 4 | 7 | 6 | 17 | 4 |

|  |  |
| --- | --- |
| **1 on 1**  Abbi Acharya – 2  Ishan Hemmige – 1  Patrick Jiao – 2  Josh Lavroff - 2  Joshua Medovnik – 5  Ryan Metch - 5  Jacob Pearlman – 5  Rishabh Shetty – 13  Ali Versi – 4  Jason Zhou – 1  Zach Atanasov – 5  Ritvik Chandrashekhak – 3  Christopher Hu – 8  Jonathan Huang – 10  Zach Letts – 9  Brian Michaels – 14  Rishi Muddulureu – 25  Mekhi Rainey - 8  Akshay Reddy – 1  Tarun Trivedi – 1  Brian Samayoa – 3 | **Tim Duncan Bank**  Abbi Acharya and Eshaan Gupta – 2  Evan Gladstone and Alec Whelan – 7  Patrick jiao and Brandon Szeto – 3  Charlie Pollard and Ishan Hemmige – 5  Eddie Sleeper and Xander Oakes – 2  Ali Versi and Rishabh Shetty – 5  Jason Zhou and Matthew Eng – 1  Vishwa Arasappan and Akshay Reddy – 6  Zach Letts and Brian Micheals – 7  Savannah Lopez and Lia Manuel and Aarya Kothare – 3  Rishi Muddulureu and Shrey Bhatt – 8  Mekhi Rainey and Christopher Hu – 5  Eric Tribel and Michael Finnen – 5  Tarun Trivedi – 4  Josh Lavroff – 5  Zach Atanasov – 6  Arya Trivedi – 7 |