

7th Annual
Bridgewater-Raritan
Basketball Camp

Camp Notes
July 6th – July 10th, 2015



‘Team Basketball Concepts’

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7th Annual Bridgewater- Raritan Basketball Camp “Camp Notes”

Monday, July 6, 2015

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.

➤ **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 Coach Stephen Kilne**
 - 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 yourself an open shot
 - 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.

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Monday's Teaching Stations

Panther Shooting

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

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.

Lay-ups

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

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 Person Passing

Players will work on passing and catching the basketball. Passing and catching is becoming a lost fundamental in the game of basketball. Many younger and older players take it for granted. In games spanning every skill and age level you will see bad passes and dropped passes. Players do not take the time to focus on these simple skills to improve their game. Players will work on chest passes, bounces passes, one hand left and right passes, and over the head passes. It is important for the player receiving the pass to always have their hands up and to give the passer a target where they want the ball thrown. The passes job is to deliver a crisp pass to the hands of their partner, by stepping

with the right or left foot (depending on their dominant hand) towards their intended target to get their weight behind the pass.

Jab Series

The jab series listed above was worked on during this station prior to the one on one games. This gave campers an opportunity to work on what they learned before implementing the skill in a game setting.

V-Cut Shooting

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

Give and Go Lay-Ups

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.

Rebound and Put Back

The coach starts with a ball by the basket. The first camper in line steps up to the basket. The coach then tosses the ball off of the backboard and/or rim and the camper had to jump and rebound the ball with two hands. Once the camper gathered the rebound they quickly landed and sprang back off of the floor to put the ball back in for a lay-up. Campers focused on rebounding with two hands and quickly getting back off of the floor to make the lay-up.

2 Ball Shooting Drill

Two lines start under the basket where the lane line meets the baseline. One line has the ball in the front of the line the other has it with the second player. The first player runs to the block and across the lane as if the block on the court is a screener. They will make it across the lane and receive a pass for a lay-up from the opposite line. As the player makes the pass they will run behind the shooter in the same fashion to the other side for a lay-up. The rebounder gives the ball to the opposite line they came from and goes to the back of the line. Set a goal at each spot to make then take a step back to continue, the hash marks on the lane, the elbows, and three point line are good indicators in which you catch and shoot from. Continue to step back as you reach your goal. You can add onto the end of the drill with pump fakes and get to the rim for a lay-up, jab and go for a lay-up, or rip through and go for a lay-up with different finishes like a power lay-up, one foot right and left lay-ups, inside hand lay-up or reverse lay-ups

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- Ways to improve chances of getting the ball
 - 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.
 - 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. Use your body to help yourself get open. Basketball is a physical game do not be afraid to make contact with the defender
 - 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 where 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

CAMP SUGGESTION: If you have not attempted any of the above five strategies, please do not go home and tell your parents “No one will pass me the ball”

Tuesday, July 7, 2015

Special Guest Speaker: Coach Chris Walker

**Former Girl's Varsity Basketball Coach at Hunterdon Central High School and
Boy's Varsity Assistant at Bridgewater-Raritan High School**

- There are eight things a ball handler can do using a high ball screen, but none of these will be effective if the player does not set up their defender by taking them away from the screen first
 - Pick and roll hitting the rolling screener
 - Turn the corner and attack
 - Come off the screen, if the defenders switch drag the bigger defender on a switch to the wing and beat them off the dribble
 - Come off the screen, if the defenders switch drag the big further to the wing, allow your screener to roll and the post up on the smaller defender
 - Come off the screen, if the defenders switch drag the big further to the wing, allow your screener to roll, and hit them with a pocket bounce pass on the roll
 - If the screeners defender hedges, split the defenders and attack the rim
 - If your defender goes under the screen and the big does not step out to play you, step back three pointer
 - Refuse the screen, if your defender is cheating over or under the screen use an in and out move, do not go over the screen and attack the basket

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➤ Drill 1

- Set up with a shooter in each corner, one big on the block, the other big in the short corner and the guard up top close to where the half court line and sideline meet
- The big on the block will pop out to the three point line above the elbow, the guard will pass them the ball
- The original player that had the ball will fake like they are going to the wing then cut back to get a handoff from the big at the three point line
- The big will take their foot closest to the basket and bring it up using their body to seal off the imaginary defender guarding the player coming for the handoff
- They will hand the ball off and roll to the basket as the player receiving the ball attacks the rim
- The two shooters will spot up and the short corner big will loop out to the three point line
- Go through the drill 5 times so each player gets a shot
 - The player with the ball attacking
 - Bounce pass to the roller
 - Kick out to one corner catch and shoot three
 - Kick out to the other corner catch and shoot three
 - Kick out to the trailing big for a catch and shoot three
 - These finishes can be in any order

➤ Drill 2 – 2 Person 2 Ball high Screen

- 6 players in the drill 3 on the block and 3 around the half court line and sideline on the opposite side of the court
- First player in the line on top with a ball second person in the block line with a ball
- The first player on the block will make an “L” cut, they will make it look like they are going across the lane, make contact with the imaginary defender and pop up to the three point line above the elbow
- The player up top will pass the ball to the big and set up their imaginary defender
- They will then come over the screen for a handoff, the big will use their body as explained above to seal off the defender
- The guard will attack the rim and the screener will roll
- The screener gets a pass from the block line for a lay-up
- Players will switch lines after
- The finishing moves for the guard line should be changed after a few times going through the drill
 - Lay-up
 - Reverse Lay-up
 - Floater
 - 1 Dribble pull-up
 - Handoff for a three pointer

- Drill 3 – 3 Ball 3 Line High Screen Drill
 - Same set up however this time there will be a line in the corner on the same side as the guard
 - One ball will start in the corner and two balls on the block
 - The corner player will throw an overhead pass to the top
 - The guard will then deliver a pass to the big who will make an “L” cut again
 - Once the big has the ball the top guard will make it look like they are coming off for the handoff however, they are going to screen the corner player’s defender
 - The corner player will then come off the screen for the handoff and attack
 - The screener will roll and the next player at the block will throw a bounce pass for a lay-up, the second player in the block line will throw a pass to the corner for a catch and shoot
 - Again have the attacking player mix up their finishes coming off of the screen as in the previous drill

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Defensive Teaching Focus – 2 vs. 2 – “Jump to the ball!”

❖ Defensive Terminology and Movement

- “Discourage” – This position is used when defending one pass away from the ball. Block the passing lane with your hand and keep your body between the player and the basketball.
 - “Gap” defense is when you are one pass away and you are playing the ball more so than the man and encouraging the player with the ball to pass it to your man. The challenge then is to closeout quickly when the ball is actually being passed to your man.
 - There is a difference between discourage and deny. When you are denying someone you are attempting to not let them touch the ball.
 - If you overplay, the offensive player might go backdoor for a basket.
 - In discourage, you have to make the person you’re guarding move to receive a pass.
 - You have to see your man and the basketball at the same time.
 - Always stay between your man and the ball.
 - The expectations of the defensive player are to have the ability to stay on your toes and always be ready to move.
 - Rookies will be able to move in the direction of the ball on every pass.
 - High School will be able to guard the V-Cut, seeing both man and ball at all times, and move in the direction of the ball on every pass.
 - College and Pros will be able to provide help and then recover. In addition, the Pros should be able to guard the V-Cut, seeing both man and ball at all times, and move in the direction of the ball on every pass.

- **Tuesday Morning'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
- **Tuesday Afternoon'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

Wednesday, July 8, 2015

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

❖ **Defensive teaching focus – 3 vs. 3 – “Ball, Discourage, Help”**

- **On Ball defending**
 - **Defensive Distance from ball handler**
 - When you are guarding someone you should be about an arms length away.
 - If you are too close the offensive player will get by you and if you are too far away the offensive player can take an uncontested shot.
 - If you are quicker than the person that you are guarding then you will be able to get closer and the opposite is true also.
 - **Defensive Stance**
 - Proper defensive stance is to bend your knees, drop down almost like you are sitting in a chair, and keep your back straight.
 - When you are in a good defensive stance, your legs will begin to hurt. This is the only way your legs are going to get stronger so you can master the defensive stance.
 - **Defensive Positioning**
 - You have to be able to slide and cut off a player without fouling by staying between the offensive player and the basket.

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- When you are guarding someone you should step and then slide instead of crossing your legs.
- You must also make sure to keep your feet wide; otherwise you will lose balance and not be able to properly defend.
- If the player you are guarding decides to switch directions you have to make sure you ‘drop step.’ If you don’t drop step you will not be able to force the offensive player into the corner. When this happens the offensive player will be able to either dribble past you or you may get a foul called against you because you will end up too close to the offensive player.
- **“Discourage”** – This position is used when defending one pass away from the ball. Block the passing lane with your hand and keep your body between the player and the basketball.
 - “Gap” defense is when you are one pass away and you are playing the ball more so than the man and encouraging the player with the ball to pass it to your man. The challenge then is to closeout quickly when the ball is actually being passed to your man.
 - There is a difference between discourage and deny. When you are denying someone you are attempting to not let them touch the ball.
 - If you overplay, the offensive player might go backdoor for a basket.
 - In discourage, you have to make the person you’re guarding move to receive a pass.
 - You have to see your man and the basketball at the same time.
 - Always stay between your man and the ball.
 - The expectations of the defensive player are to have the ability to stay on your toes and always be ready to move.
 - Rookies will be able to move in the direction of the ball on every pass.
 - College and Pros will be able to provide help and then recover. In addition, the Pros should be able to guard the V-Cut, seeing both man and ball at all times, and move in the direction of the ball on every pass.
- **“Help” -- Position**
 - If you cut the court in half lengthwise, the side that the ball is on is considered the ”strong side” (ball side) and the opposite side is considered the “help side” (the weak side)
 - The help position is when you have one foot in the paint to be close enough to the ball so you can help out another defender in they get beat and there is penetration
 - When the person you are defending is two passes away from receiving the ball, you should be in the help position
 - The rule of thumb is that you can be further away from your man, the further your man is away from the basketball
- **Help the Helper**
 - When a player on the wing drives baseline the opposite side defender who is in help defense will have to step in to help stop the ball

- When this occurs the player at the top that was in discourage positioning will drop further into a help position to be able to guard both their player and the player on the opposite wing
 - When an offensive player attacks baseline it puts the defensive team in a vulnerable position so these rotations must occur to prevent a wide open look and prevent an easy weakside offensive rebound
- **Make sure that you play intelligently on defense**
- This means that you should not have your mind made up already about what you are going to do because then you might be out of position.
 - It is good to anticipate the next move but not put yourself in a position that could hurt the team defensively

Wednesday's Teaching Stations

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. There will be a 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 4 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.

V-Cut Shooting – Catch, One Dribble, Shot

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 (left or right) 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, pump fake, one dribble (left or right) and a shot.

2 Ball Stationary Dribbling

Drills are done with partners for 30 seconds each and then switch. Players need to be in an athletic stance, knees bent, back straight, with your feet shoulder width apart and keep your head up. Dribble two balls waist height hard and fast having them come up at the same time. Dribble two balls waist height hard and fast having them come up at alternating times, so one ball up one ball down. Left hand waist high dribble and right hand knee height dribble. Right hand waist height dribble and left hand knee height. Both balls in and out dribble, both balls go to the right at the same time and to the left at the same time. Front to back with the balls on the side of the body with both balls going forward and backwards at the same time. Cross over and behind the back, this is by far the hardest of the group, one ball will be going behind the players back as the other crosses over in front of them.

Two Person Passing on the Move

Campers ran to half court and back making a series of passes with their partners. The first pass involved both players making a chest pass back and forth. The second series had the players making bounce passes. The last series involved two basketballs and one player throwing a bounce pass while the other threw a chest pass one way and then the players would switch the type of pass they made on the way back. The focus of this station was to continue working on passing and catching and for players to lead their partner. Players do not want a pass behind them that will slow their momentum.

2 on 2 defense jump to the ball

This station focused on the lecture from Coach McAteer on Tuesday afternoon. Players need to continue to work on these fundamentals continuously not just one day at camp.

3 on 3 defense ball dis help

Drill seen above as demonstrated by the camp staff.

Lay-ups – One Foot Strong and Weak, Two Foot Power lay-ups, Reverse

This station is a continuation of the lay-up drill from Monday. Campers worked on basic footwork as well as more advanced lay-ups depending on their age level. All lay-ups are crucial to a player. Each one is called upon in different situations in a game. A power lay-up can be used when there is a trailing defender and the offensive player jump stops for a power lay-up and lets the defender fly by. A reverse lay-up comes in handy when there is a bigger player looking to block a shot. The reverse uses the rim to protect the offensive player from getting their shot blocked.

Coach Walker 2 Person 2 Ball High Screen Drill & 3 Ball 3 Line High Screen Drill

These stations focused on the lecture from Coach Walker on Tuesday morning. Players need to continue to work on these fundamentals continuously not just one day at camp.

➤ **Wednesday 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

➤ **Wednesday Afternoon's Contest is Partner Hot Shot**

- In Partner 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
 - Teammates can't shoot the same shot
 - Must relocate after each shot and the shooter must get their own rebound

Thursday, July 9, 2015

Bridgewater-Raritan Varsity Head Coach: Gene McAteer

➤ **Shell Drill – 4 on 4**

- Start out with four players on the perimeter, and four players guarding them.
- As the ball moves around the perimeter the players need to shift on defense.
- After every pass you need to be in either “on ball,” “discourage,” or “help.”
- After every pass you should also say what defensive position you are in to help your teammates out and make sure that everyone is coordinated.
- When you are more than two passes away you should be under the basket.
- This will allow you to help out your teammates in case one of them gets beat.
- If you are in help and you have a hard time seeing both your man and the ball, you are probably too close to the line of the ball. This means that you should take a step back to better see what is going on.
- On defense you need to think in advance, but you cannot have your mind made up about what you are going to do. There is a difference between anticipation, which is a good thing, and making your mind up in advance, which is a bad thing.
- The thing that makes defense hard is that you need to have the willingness to do it and you need to have defensive intellect. You have to understand where you need to be on the floor, since your positioning is always changing.

➤ **Guarding Away From the Ball**

- When you are playing defense you often times need to get “dirty.” This means doing all the dirty work such as boxing out, taking charges, and diving on loose balls.
- To be a great defender you need to have heart. You need that determination to push yourself to become a better player.

➤ **Positioning**

- When the person you are defending is one pass away, you want to be one step away from the person you are defending and have one hand in the passing lane.
 - When the person you are defending is two passes away, you should be away from the person you are defending with one foot in the paint.

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- Once the person you are defending gets the ball you will be able to quickly get into a defensive stance and guard the player.
 - When you are away from the ball you need to be able to see both the man and the ball.
 - The reason you want to stay away from the person you are guarding, if they are not close to the ball, is because if one of your teammates is unable to stop the person they are guarding you can come over and help them.
- **Meet and Greet**
- If the person you are guarding tries to cut across the paint, don't be afraid to put some contact on them and make the go around you. Try to stay between your man and the ball at all times.

Friday, July 18, 2014

- **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's Teaching Stations

Attacking the Basket

Players will start at half court and dribble in to the 3 point line. At the 3 point line they will make a dribble move and attack the basket. The player will want to change speed and direction with the dribble move as to get their defender out of position and beat them to the basket.

Boxing out

There will be a ball equidistance between two defenders that will be facing the offensive player to simulate guarding them. When the coach blows the whistle the defense will turn and box out the offensive player. If they are able to keep the offense from getting the ball they will go to the back of the line and offense goes to defense. If they cannot they will stay on defense.

2 Line Passing

Two lines about 15 – 20 feet apart with one line with a ball. The player will throw a chest pass to the other line and run to the other line on the right side. Opposite line will meet the pass and catch it and make a chest pass without traveling. The drill is a continuous motion drill. After chest pass the players will throw a bounce

pass. The other passes to be thrown are a two hand overhead pass, a wraparound pass with the right hand and a wrap around with the left hand.

Ball Handling on the move

Players perform 1 ball dribbling on the move. Speed dribble up and back with the left hand and right hand. After that, players will work on dribble moves: crossover, between the legs, behind the back and spin move. Players want to change speed and direction with each dribble move.

Catch and Shoot from the Wing

A line at each wing with a basketball. First player will shoot and get their rebound and pass back to the line they were in, then switch lines. The player receiving the pass will meet the pass by stepping into their shot and get off a quick jump shot. You can add difficulty to the drill by having the previous shooter close out to the shooter with a hand up or make it competitive by having the losing team do push-ups or run.

3 on 3 Defense

This station is a carry-over from the morning lecture by Coach McAteer. This is where they whole has the opportunity to improve on the skills taught in the morning lecture. Coaches will help the players get into the right defensive position as taught earlier in the day; ball, dis, and help. They will also help make sure the players rotate their positions properly.

V-Cut to get open and Back door cuts

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. Or if the defender is over playing you on the v-cut plant your foot and go back to the basket. These cuts must be quick and hard otherwise you will not be able to get open.

HIGH SCHOOL CONTEST RESULTS

First Name	Last Name	1 on 1	Mikan	X- Out	Hot Shot	Foul Shots (10)	Swish
Kevin	Wang	14	18	10	51	5	13
Ethan	He	7	11	4	20	4	11
Manas	Gumedelli	6	12	8	0	3	11
Andrew	Czahor	2	13	8	9	7	9
William	Hockstein	17	18	12	37	3	9
Sean	Brady	4	8	7	31	4	8
Daniel	Kellstein	1	5	3	6	2	8
Gabriel	Kielb	5	8	6	7	8	7
Andre Paul	DeGuzman	6	12	8	39	5	7
Cole	Grigal	5	10	4	25	6	6
Drew	Lipke	0	12	6	33	3	6
Neil	Jaiswal	4	14	8	33	2	6
Susan	Peterpaul	1	2	3	3	2	5
Rohit	Mudduluru	0	5	0	29	1	4
Luke	Kim	4	4	3	4	1	4
Theo	Levitt	0	1	1	6	1	4
Neel	Sappidi	0	10	5	0	4	3
Sean	Puthenchira	20	10	9	28	3	3
Oliver	Hockstein	1	4	3	3	1	3
Daniel	Canuel	3	9	2	19	4	2
Isabella	He	3	4	5	35	2	2
Megan	Li	2	11	4	6	0	2
Sharon	Lin	0	6	3	10	0	1
Evan	Berry	7	7	5	11	7	0
Simran	Agarwala	0	6	6	11	1	0
Arjun	Agarwala	0	0	0	0	0	0

Anay	Mathur	0	0	1	23	0	0
Sameer	Kandra	3	8	8	4	0	0
Eric	Edelman	1	7	0	17	0	0
Hyeonhong	Chang	0	2	0	10	0	0
Mia	Beuacqua	4	3	3	11	0	0
Riya	Desai	0	8	3	4	0	0
Alan	Jiang	1	4	2	7	0	0

COLLEGE CONTEST RESULTS

First Name	Last Name	1 on 1	Mikan	X- Out	Hot Shot	Foul Shots (10)	Swish
Julian	Kielb	4	21	12	14	8	13
Ryan	Luis	18	32	9	8	8	13
Jack	Bolla	7	22	12	12	8	12
JASON	ZHOU	5	23	10	4	3	11
Alexander	Song	9	27	13	16	7	10
KEITH	WESSEL	8	21	5	7	9	9
Eric	He	9	20	13	13	7	9
Chanyoung	Chi	7	22	11	14	7	9
Alexa	Medley	5	24	12	7	5	9
John	Kim	2	11	2	5	1	9
Ryan	Shaw	4	24	13	13	8	8
Joseph	Cinque	7	22	13	6	5	7
Casey	Farrell	4	18	13	20	5	7
Leo	Kennedy	1	18	10	8	5	7
Zachary	Shaw	3	16	8	5	4	7
Maxx	Cohen	21	12	7	6	5	6
WESLEY	LIU	4	18	8	7	5	6
Cole	Cabatu	4	17	11	5	3	6
Declan	Adams	0	11	11	7	3	6
Nicholas	Thomas	0	13	4	8	1	6
Julianna	Hassounna	4	21	10	0	4	5
Jomar	Perez	0	10	3	8	1	5
Nick	Peterpaul	3	11	4	3	6	4
Aarav	Mathur	0	17	5	12	5	4
Roy	Kennedy	7	16	11	15	4	4

Kayla	McGovern	1	14	5	7	5	3
Charlie	Pollard	4	0	0	7	5	3
Briana	Flatt	0	24	13	14	4	3
RISHI	SAPPIDI	1	20	9	8	3	3
Simar	Shah	2	21	6	7	3	3
Jun Soo	Kim	0	14	5	6	0	3
STANLEY	LIU	0	18	9	7	8	2
Alex	Hu	3	17	9	6	4	2
Sabrina	Brady	9	21	8	8	4	2
Alexander	Li	14	31	9	8	3	1
Kevin	Li	0	6	6	0	0	1
Hyeonmin	Chang	0	11	4	4	3	0
Ashwin	Sakthvel	0	18	0	13	2	0
Tarun	Kandra	2	18	7	9	0	0
Brian	Edelman	12	23	0	11	0	0
Eric	Lin	4	18	9	8	0	0
Jessica	Guan	0	0	0	0	0	0
Evelyn	Fu	1	22	6	0	0	0

PRO CONTEST RESULTS

First Name	Last Name	1 on 1	Mikan	X- Out	Hot Shot	Foul Shots (10)	Swish
Ryan	Rawls	9	35	13	40	9	17
Allen	Zhou	6	0	0	27	5	16
Alvin	Cheng	34	52	16	43	8	13
Sam	Cohen	24	39	14	31	9	12
Akshay	Reddy	12	37	4	34	9	12
Roshun	Tiwari	6	18	12	22	7	12
Rishi	Mudduluru	19	48	12	24	6	12
Alec	Whelan	17	43	13	22	5	12
Eric	Chung	6	11	14	26	8	11
Anthony	Brady	30	42	14	27	6	11
PATRICK	JIAO	6	24	12	19	5	11
Vishwa	Arasappan	14	36	12	33	5	11
Yash	Kulkarni	0	21	5	15	8	10
Christopher	Hu	9	46	8	27	7	10
Rhamad	Bonney	2	27	11	14	7	10
David	Bayatmakou	1	20	10	33	4	10
Thomas	Neubauer	0	27	6	19	9	9
Alec	Oliveira	12	21	0	28	7	9
Liam	English	2	27	9	22	4	9
Ali	Versi	3	16	10	16	8	8
Evan	Gladstone	7	32	5	28	7	8
Jeffrey	Jiang	2	25	12	19	6	8
Rishabh	Shetty	7	34	12	32	6	8
CHARLIE	SUN	1	39	9	32	3	8
Arya	Trivedi	0	0	0	0	0	8

Varun	Sarabudla	0	20	10	22	7	7
Tarun	Trivedi	9	38	11	18	8	6
Colin	Robinson	12	30	12	21	8	6
Jeffrey	Mao	23	54	14	31	7	6
Joshua	Lavroff	6	16	9	13	6	6
Michael	Bernstien	6	33	13	23	5	6
Ben	Wachtel	2	25	10	15	5	6
Josh	Stasienko	0	16	0	18	4	6
Vishnu	Bindiganavile	1	26	10	21	8	5
Azahn	Ali	3	27	13	26	6	5
Rohit	Desai	11	35	11	30	6	5
Nicholas	Oliveira	5	17	7	27	3	5
Brian	Michaels	3	0	0	27	8	0
Devin	Ciarlante	0	28	14	11	0	0
Nate	Taylor	0	0	0	0	0	0
Caleb	Kim	7	0	12	0	0	0
Jon Soo	Kim	0	0	5	0	0	0
Akanksh	Chauhan	2	16	4	21	0	0
Daniel	Edelman	18	45	0	31	0	0