**8thAnnual**

**Bridgewater-Raritan Basketball Camp**

**Week #4 July 18th – July 22nd, 2016**

**‘Team Basketball Concepts’**



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| Advanced Workouts with Coach Chris Fox  Girls Varsity Assistant at Hillsborough High School  ‘Advanced Team Basketball Drills’ |

**8th Annual**

**Bridgewater- Raritan Basketball Camp**

**“Camp Notes”**

**Monday, July 18, 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.
* **The 1 on 1 Offense and Defense Teaching Points**
  + **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}
  + **Defensive Teaching points Bridgewater-Raritan Varsity Head Coach: Gene McAteer**
    - 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 arm’s 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 Olivia Ortelli**

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 Dan Kaschak**

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 with Coach Speakthatlingo**

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.

**Jab Series with Coach Mitchell D’Elia**

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 with Jerry Jabbour**

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 with Coach Micky Sangimino**

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.

**2 Ball Shooting Drill with Coach TJ Driscoll**

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

**Monday’s Morning Contest 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

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| **Advanced Workout Drill of the Day – 1 on 1 Close-Out Shooting**  **(demonstrated by advanced campers)**   * One player is at the foul line and the rest are under the basket with a basketball * The first player on the baseline passes to the player at the foul line * They will then proceed to close-out on the shooter * In an effective close out players must remain under control so the offensive player cannot just simply drive pass them * Players will chop their feet to be on their toes and able to move laterally if the player attempts to drive to the basket * They also must have a hand up on the shooter, some coaches preach the hand on the side of the shooter’s shooting hand and some preach both hands up * The hand up makes the shot more difficult for the shooter to focus on the basket as the hand should be in the shooter’s line of sight, we are not going for a block * The shooter is looking to catch the pass while stepping into their shot. Do not catch the ball flat footed. * The shooter will shoot and get their own rebound and then go into the line on the baseline * The player closing out will turn and become the shooter at the foul line * The drill can be done from anywhere on the court not just the foul line * If moving it to the wing or baseline area, again coaches preach different things on the close-out. Players will either close out forcing middle or forcing baseline depending on preference but work on both. * Closing-out to force middle or baseline has to do with foot work. You want to force them to the foot that is further back on the close-out. Where you want to cut off needs to be the higher foot. |

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

* 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 spotthat 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 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

**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”**

**Monday’s Afternoon Contest Partner 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
  + For the purposes of getting as many campers the most repetitions in contest we partnered them up. So both players will start on the same elbow, once the first shots and begins dribbling to the opposite elbow their partner will go.
  + Players will also work on dribbling with their heads up so they do not collide with their teammates.
  + The partners will report their score to the coach and the highest tandems will advance to the finals on Friday.

**Tuesday, July 19, 2016**

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

**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.
* Offense – Pick and Roll Basketball
  + Screener
    - Setting the screen
      * Set feet, you can not move your body. No dipping the shoulder or sticking your hip out, that will be an illegal screen.
      * It is the player coming off the screens job to bring the defender to you not yours to seek out the defender.
      * Square shoulders to the direction that the ball handler is coming from to set a solid screen.
    - Rolling off of the screen
      * You want to open like a gate when rolling to the basket. The ball handler is basically pushing you the way you need to roll to the basket**.**
      * It will pin the defender behind you leading to an easier lay-up.
      * You also must keep good spacing otherwise two players can be guarded by one.
      * You must roll hard every time as if you were getting the ball every time. You cannot take plays off.
  + Ball Handler
    - Setting up the screen
      * You must take the defender away from where the screen is being set
      * Take them away perform a dribble move then attack the screen
      * This will not allow the defender to see the screen coming if there is poor communication
    - Coming off of the screen
      * You must go shoulder to shoulder or shoulder to hip off of the screen. This will utilize the screener to the maximum.
      * If you leave space the defender will be able to fight through easily or your screen will move and get called for an illegal screen.
      * Always come off the screen thinking attack and score
      * That means look to go “downhill” or towards the basket, coming off a screen flat or horizontally will not make the screen as effective. It will be harder to score or to hit the screener rolling.
      * Keep proper spacing as said with the roller you don’t want one player being able to cover two players.
    - Refusing the Screen
      * Same starting principals regarding taking your player away from the ball screen.
      * This time the defender cheats over the screen. You ”refuse” the screen or don’t use it.
      * You make a dribble move at the screener to go back in the direction in which you set the defender up.
      * This is an option if you feel the defender is already cutting off the option of using the screen.

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| **Advanced Workout Drill of the Day – Banana Shooting Drill**  **(demonstrated by advanced campers)**  **(drill featured in YouTube link below)**  [**https://www.youtube.com/watch?v=BAyGRA\_hInA**](https://www.youtube.com/watch?v=BAyGRA_hInA)   * One player under the basket (shooter), one passer at the elbow or three point line, and one rebounder and two basketballs. * The player under the basket runs a “banana cut” to the elbow, curling outside to the lane to step into their shot. * They receive a pass for a catch and shoot * After they shoot they will back pedal to half court and sprint in at a good angle for a bounce pass lay-up. * Once they shoot their lay-up they go under the basket and start again. * Players will do this drill for an allotted time whether it be 45 seconds to 1 minute. * It is a good conditioning drill as well as shooting and a finishing drill. |

* **Tuesday Contest is Partner Hot Shot**
  + In hot shot, players have 45 seconds to make as many shots as possible from different locations on the floor
  + One camper will shoot and get their own rebound
  + They will then pass to their teammate for a shot
  + Each location is worth a different value
    - * Block is worth 2, elbow 3, foul shot 4, and three pointer with 5
      * Players must shoot one shot from each block, one from each elbow, a foul shot, and a three before they can move around freely
      * They can not shoot the same point value shot twice in a row
  + The partners will report their score to the coach and the highest tandems will advance to the finals on Friday.

**Wednesday, July 20, 2016**

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| **Advanced Workout Drill of the Day – Figure 8 Chair Shooting**  **(demonstrated by advanced campers)**   * One shooter, two basketball placers, and one or two rebounders * There will be two chairs on the wings, you can determine any distance for the shot. Both chairs have basket balls on them. * The player will start in the middle of the lane * On the whistle they will run around the chair from the inside out around the chair and then take the ball off the chair while stepping into the shot * Once they shoot they will immediately run to the other chair again, running in front of it and then around it making a figure 8. * The rebounder will pass to the placer so the basketball is set for the next shot. * The drill continues for a set time * Make the drill competitive by having the players with the least makes run a sprint or do push-ups. |

* **Wednesday Morning’s Contest is Trio Corner Jumpers**
  + Groups of three will have 45 seconds to make as many corner jumpers as possible.
  + Each player will have their own ball so once they shoot they will have to get their own rebound and dribble back to the corner in which they shot from.
  + The distance they shoot from is dependent on their age.
    - High School Division 5 – 10 foot jumpers
    - College Division 10 – 15 foot jumpers
    - Pro Division 15 – 18 foot jumpers

**Wednesday’s Teaching Stations**

**Star Passing Drill with Coach Speakthatlingo**

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 with Coach Jerry Jabbour**

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 with Coach Mitchell D’Elia**

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 with Coach Dan Kaschak**

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 with Coach TJ Driscoll**

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.

**Lay-ups – One Foot Strong and Weak, Two Foot Power lay-ups, Reverse with Coach Grigal and Olivia Ortelli**

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. +

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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.

**Drive and Kick with Coach Griffin Rosen**

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.

**Give and Go Jumpers with Coach Micky Sangimino**

This drill has the same set up as give and go lay-ups. However, upon receiving the first pass the player will take a dribble or two towards the top of the key. The passer will run down the sideline and relocate to the corner for a catch and shoot jumper. The second passer will get the rebound and players will switch lines.

**Bridgewater-Raritan Junior Varsity Coach: Steve Kline**

* Pivoting into the jumper
  + Players will work on spinning the ball out with their back to the basket, catching in a jump stop and pivoting towards the basket.
  + It is important to jump stop because you will have either foot as an option to be your pivot foot
  + Players will work on a regular pivot and a reverse pivot to go into a shot or attack.
  + A regular pivot is pivoting away from the defender to the outside.
  + A reverse pivot is pivoting in towards the defender to create space.
  + Players will go into a jumper or use one of the moves from the jab series to attack the basket and work on different finishes.
* **Wednesday Afternoon’s Contest is 1 on 1**
  + **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.

**Thursday, July 21, 2016**

**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.
    - 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

**Bridgewater-Raritan Junior Varsity Head Coach: Steve Kline**

* **Offensive teaching focus – 3 vs. 3** 
  + Two offensive concepts to focus on: Pass Screen Away and Pass Basket Cut
    - Pass screen away is a concept to help a teammate and yourself open
      * A lot of times players think if they are they screener in a non-ball screen scenario they are not a scoring option. This is incorrect, if a player sets a great screen they will most likely get their teammate or themselves open due to a lack of defensive communication.
      * The player coming off of the screen has the responsibility to wait for the screen to be set and then set up the defender. Setting up the defender means taking them away from where you actually want to go. Misdirection is very important in getting open. The player will run off the screen shoulder to shoulder either towards the ball for a possible catch and shoot or will curl off of the screen to the basket for a lay-up.
      * The screener needs to read the player coming off of the screen. If the cutter goes to the ball they can open up and roll to the rim. If the cutter curls to the basket they can pop to the ball for a catch and shoot.
    - Pass and basket cut
      * When cutting to the basket players must always cut full speed and cut as if they are going to get the ball every time.
      * Cutting lazily or slow will not get you open.
      * Players again need to set their defender up to help themselves get open.
      * Take a step or two away from the ball before planting your foot and exploding to the basket

**Friday, July 22, 2016**

* **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 with Coach Mitchell D’Elia**

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.

**Ball Handling on the move with Coach Speakthatlingo**

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.

**V-Cut to get open and Back door cuts with coach Olivia Ortelli**

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.

**Passing Tag with Coach Micky Sangimino**

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.

**Dribble Knockout with Coach Griffin Rosen**

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.

**Starburst Lay-ups with Coach Alden Christensen**

All players start in the middle circle with a basketball.On the whistle the players dribble to one of the designated baskets and shoot a lay-up. When they make it they will dribble back to the circle.The last two players back to the circle are out and you continue to go until you have one winner**.** This drill works on pushing the ball out while dribbling and keeping it under control.Every kid is trying to go to the same area so a uncontrolled dribble may lead to the ball rolling away.It also works on finishing in traffic. There will be multiple people shooting lay-ups at the same time or in the lane at the same time. Players must focus on making the lay-up.Speed dribbling is worked on to get back to the circle. Players must keep their heads up because there are a lot of players all returning to the circle at the same time.

**V-Cut Shooting Attacking the Basket with Coach Jerry Jabbour**

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.

**3 Line Passing to 2 on 1 with Coach Dan Kaschak**

This is a 3line 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

**High School Contest Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Chen** | **Ethan** | **1** | **1** | **1** | **4** |
| **Dowlapalli** | **Krishna** | **N/A** | **2** | **N/A** | **N/A** |
| **Dowlapalli** | **Risha** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Huhn** | **Tyler** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Kumar** | **Ishaan** | **2** | **6** | **N/A** | **N/A** |
| **Pearson** | **Drew** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Sappidi** | **Neel** | **8** | **3** | **6** | **N/A** |
| **Shah** | **Aarush** | **N/A** | **3** | **1** | **N/A** |
| **Sham** | **Josen** | **3** | **N/A** | **N/A** | **N/A** |
| **Thomas** | **Joann** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Xie** | **Ethan** | **N/A** | **N/A** | **N/A** | **2** |
| **Acharya** | **Aesha** | **1** | **1** | **N/A** | **N/A** |
| **Ayre** | **Liam** | **1** | **1** | **N/A** | **N/A** |
| **Ciminelli** | **Anthony** | **4** | **11** | **8** | **9** |
| **Gardner** | **Richie** | **4** | **10** | **8** | **N/A** |
| **He** | **Isabella** | **3** | **1** | **2** | **N/A** |
| **Kandra** | **Pranav** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Khanvilkar** | **Vikrant** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Brady** | **Sean** | **11** | **5** | **14** | **7** |
| **Calyanakoti** | **Raghav** | **9** | **2** | **3** | **3** |
| **Collazo** | **Jaden** | **6** | **4** | **5** | **N/A** |
| **Czahor** | **Andrew** | **N/A** | **7** | **17** | **N/A** |
| **English** | **Aidan** | **8** | **5** | **10** | **9** |
| **Grote** | **Fred** | **7** | **11** | **17** | **11** |
| **Herrera** | **Marcus** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Jaiswal** | **Neil** | **7** | **13** | **N/A** | **11** |
| **James** | **Michael** | **12** | **12** | **4** | **N/A** |
| **Kothare** | **Sharanya** | **1** | **1** | **N/A** | **1** |
| **Lane** | **Connor** | **6** | **1** | **N/A** | **3** |
| **Li** | **Megan** | **7** | **12** | **12** | **12** |
| **Robinson** | **Darryl** | **7** | **13** | **N/A** | **N/A** |
| **Sharma** | **Tia** | **3** | **1** | **1** | **N/A** |
| **Walsh** | **Casey** | **N/A** | **10** | **N/A** | **N/A** |

**High School Contest Results (cont)**

|  |  |  |
| --- | --- | --- |
| Partner Bank Shots  Aidan English and  Neel Sappidi – 18  Sean Brady and  Fred Grote – 17  Andrew Czahor and  Jaden Collazo – 16  Casey Walsh and  DJ Robinson – 16  Michael James and  Neil Jaiswal – 13  Megan Li and  Richie Gardner – 13  Raghav Calyanakoti and Aarush Shah – 10  Ethan Chen and  Liam Arye - 8  Tia Sharma and  Sharnya Kothare – 6  Andrew Arndt and  Tyler Huhn – 3  Anthony Ciminelli and  Ethan Xie – 3  Aesha Acharya and  Ishaan Kumar – 1  Krishna and Risha  Dowlapalli – 1  Connor Lane and  Vikrant Khanvilkar – 1 | Trio Corner Shooting  Neel Sappidi, Ethan He and Liam Ayre – 7  Casey Walsh, DJ Robinson and Connor Lane – 18  Sean Brady, Fred Grote, Andrew Czahor – 19  Aidan English, Richie Gardner and Anthony Ciminelli – 17  Raghav Calyanakoti, Neil Jaiswal and Michael James – 11  Aarush Shah, Ishaan Kumar and Jaden Collazo – 5  Tyler Huhn, Andrew Czahor and Josen Sham – 5  Tiam Sharma, Sharanya Kothare and Risha Dowlapalli – 6  Megan Li, Isabella He and Aesha Acharya – 8  Krishna Dowlapalli, Ethan He and Vikrant Khanvilkar - 2 | Partner X – Out Results  Neel Sappidi and  Michael James – 9  Ishaan Kumar and  Richie Gardner – 9  Megan Li and  Anthony Ciminelli – 7  Sean Brady and  Fred Grote – 7  Isabella He and  DJ Robinson – 6  Aidan English and  Conner Lane – 5  Tia Sharma and  Sharanya Kothare – 4  Jaden Collazo and  Raghav Calyankoti – 4  Andrew Arndt and  Josen Sham – 3  Neil Jaiswal and  Aarush Shah – 4  Liam Ayre and  Vikrant Khanvilkar – 2  Aesha Acharya and  Joann Thomas – 2 |

**College Contest Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Last Name** | **First Name** | **Mikan** | **Hot Shot** | **1 on 1** | **Swish** |
| **Billups** | **Colin** | **9** | **N/A** | **1** | **9** |
| **Chandler** | **Devon** | **8** | **9** | **12** | **11** |
| **Datla** | **Akhil** | **8** | **16** | **4** | **6** |
| **Fattore** | **Matthew** | **7** | **23** | **N/A** | **N/A** |
| **Gao** | **Daniel** | **9** | **8** | **3** | **5** |
| **Grigel** | **Cole** | **4** | **11** | **2** | **8** |
| **He** | **Ethan** | **8** | **27** | **5** | **N/A** |
| **Margaritonda** | **Daniel** | **3** | **N/A** | **N/A** | **1** |
| **McDermott** | **James** | **4** | **15** | **1** | **6** |
| **Puthenchira** | **Sean** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Sayani** | **Shaan** | **2** | **2** | **N/A** | **N/A** |
| **Spirra** | **Joe** | **9** | **N/A** | **N/A** | **N/A** |
| **Thomas** | **George** | **3** | **N/A** | **N/A** | **N/A** |
| **Verano** | **Frankie** | **7** | **23** | **7** | **11** |
| **Cinque** | **Joseph** | **6** | **46** | **32** | **12** |
| **Liu** | **Wesley** | **10** | **21** | **4** | **11** |
| **Liu** | **Stanley** | **7** | **36** | **1** | **11** |
| **McKinney** | **Christopher** | **7** | **15** | **11** | **9** |
| **Patrone** | **Zachary** | **1** | **N/A** | **N/A** | **N/A** |
| **Sappidi** | **Rishi** | **7** | **24** | **8** | **10** |
| **Shah** | **Aarnav** | **5** | **10** | **N/A** | **1** |
| **Sham** | **Katelyn** | **3** | **N/A** | **N/A** | **N/A** |
| **Shaw** | **Zachary** | **9** | **26** | **4** | **6** |
| **Xie** | **Ian** | **4** | **29** | **8** | **14** |
| **Zhang** | **Bryan** | **9** | **20** | **13** | **N/A** |
| **Chandler** | **Sydney** | **7** | **2** | **7** | **10** |
| **Koller** | **Trent** | **8** | **8** | **N/A** | **15** |
| **Li** | **Alexander** | **11** | **26** | **26** | **8** |
| **Memoli** | **Jake** | **N/A** | **N/A** | **N/A** | **N/A** |
| **Rawls** | **Reilly** | **9** | **18** | **5** | **7** |
| **Reilly** | **Lena** | **6** | **11** | **7** | **7** |
| **Zimmerman** | **Gregory** | **7** | **10** | **17** | **N/A** |

**College Contest Results (cont)**

|  |  |  |
| --- | --- | --- |
| Partner X – Out Results  Joey Cinque and  Chris McKinney – 9  Bryan Zhang and Alex Li - 7  Rishi Sappidi and  Akhil Datla – 7  Greg Zimmerman and  Reilly Rawls – 7  Stanley Liu and  Wesley Liu – 6  Colin Billups and  Daniel gao – 6  Lena Reilly and  Daniel Margaritonda – 6  Matt Fattore and  Frankie Verano – 5  Aarnav Shah and  Ian Xie – 5  Ethan He and  Katelyn Shah – 5  James McDermott and  Joe Spirra – 4  George Thomas and  Shaan Sayani – 3  Sydney Chandler and  Devon Chandler – 2  Trent Koller and  Zach Shaw – 1 | Trio Corner Shooting  Greg Zimmerman Frankie Verano and Zach Shaw – 17  Joey Cinque, Lena Rielly and Chris McKinney – 19  Stanley Liu, Ian Xie, Jake Memoli – 8  Alex Li, Wesley Liu and Bryan Zhang – 25  Devon Chandler, Daniel Gao and Colin Billups – 23  Rielly Rawls, Akhil Datla and Rishi Sappidi – 18  James McDermott, Shaan Sayani and Daniel Margaritonda – 7  Ethan He, Aarnav Shah and Cole Grigel – 20  Sydney Chandler, Devon Chandler and Lena Rielly – 13 | **Partner Bank Shoots**  Trent Koller and  Zach Shaw – 34  Dan Gao and  Wesley Liu – 30  Shaan Sayani and  Chris McKinney – 27  Joey Cinque and  Rielly Rawls – 26  Stanley Liu and  Akhil Datla – 25  Rishi Sappidi and  Aarnav Shah – 22  Sydney Chandler and  Lena Rielly – 21  Colin Billups and  Jake Memoli – 21  Zach Shaw and  Frankie Verano – 19  Alex Li and Ian Xie – 17  James McDermott and  Devon Chandler – 13  Cole Grigal and  Dan Margaritonda – 11 |

**Pro Contest Results**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Last Name** | **First Name** | **Mikan** | **Hot Shot** | **1 on 1** | **Swish** |
| **Cohen** | **Maxx** | **8** | **25** | **6** | **6** |
| **Liu** | **Dennis** | **14** | **16** | **9** | **17** |
| **McAteer** | **Mac** | **8** | **19** | **11** | **14** |
| **Abdelkar** | **Fayrooz** | **11** | **8** | **N/A** | **8** |
| **Abdelkar** | **Mahmood** | **10** | **16** | **3** | **9** |
| **Acharya** | **Abhishek** | **N/A** | **13** | **2** | **11** |
| **Bhatt** | **Shrey** | **9** | **19** | **17** | **12** |
| **Ciarlante** | **Devin** | **12** | **19** | **17** | **12** |
| **Cohen** | **Sam** | **17** | **25** | **17** | **14** |
| **English** | **Liam** | **14** | **21** | **2** | **17** |
| **Gladstone** | **Evan** | **15** | **19** | **15** | **15** |
| **Jiao** | **Patrick** | **10** | **23** | **8** | **14** |
| **Lavroff** | **Josh** | **5** | **9** | **2** | **11** |
| **Lelli** | **Robert** | **12** | **10** | **3** | **6** |
| **Liu** | **Joshua** | **7** | **16** | **N/A** | **12** |
| **Liu** | **Derek** | **13** | **16** | **4** | **13** |
| **McKinney** | **Ryan** | **N/A** | **18** | **12** | **12** |
| **Medovnik** | **Joshua** | **5** | **N/A** | **5** | **N/A** |
| **Metch** | **Ryan** | **13** | **13** | **N/A** | **13** |
| **Naylor** | **Garrett** | **9** | **20** | **7** | **8** |
| **Pearlman** | **Jacob** | **9** | **15** | **4** | **9** |
| **Pollard** | **Charlie** | **6** | **19** | **N/A** | **13** |
| **Shaw** | **Ryan** | **12** | **17** | **1** | **15** |
| **Shetty** | **Rishabh** | **16** | **19** | **16** | **12** |
| **Szeto** | **Brandon** | **5** | **12** | **N/A** | **12** |
| **Tiwari** | **Roshun** | **8** | **23** | **1** | **11** |
| **Vulichi** | **Raj** | **17** | **16** | **11** | **14** |
| **Whelan** | **Alec** | **13** | **18** | **18** | **8** |
| **Zhou** | **Jason** | **11** | **17** | **N/A** | **9** |
| **Arasappan** | **Vishwa** | **15** | **28** | **12** | **7** |
| **Fang** | **Sam** | **N/A** | **14** | **2** | **10** |
| **Huang** | **Jonathan** | **14** | **14** | **18** | **N/A** |
| **Michaels** | **Brian** | **14** | **N/A** | **19** | **N/A** |
| **Rainey** | **Mekhi** | **13** | **23** | **11** | **N/A** |
| **Reddy** | **Akshay** | **13** | **28** | **11** | **14** |
| **Trivedi** | **Tarun** | **13** | **13** | **3** | **8** |

**Pro Contest Results (cont)**

|  |  |  |
| --- | --- | --- |
| **Partner Hot Shot**  Ryan Shaw and Greg Z – 9  Bryan Z and Alex Li – 15  Trent K and Frankie V – 10  Aarnav and Stanley – 9  Rielly and Devon – 15  Joey C and Chris M – 14  Lena and Sydney – 23  Wesley and Ian – 14  Colin B and Dan Gao – 10  Ethan He and Cole G – 9  Shaan S and Dan M – 6  Joe S and James M – 16  Akhil and Rishi – 13 | **Trio Corner Shooting**  Derek Liu, Joshua Liu and Brandon Szeto – 19  Rishabh Shttey, Evan Gladstone and Jason Zhou – 8  Maxx Cohen, Ryan McKinney and Devin Ciarlante – 18  Mekhi Rainey, Michael Bernstein and Mac McAteer – 21  Jonathan Huang, Brian Michaels and Sam Fang – 15  Ryan Shaw and Mahmood Abdelkar – 13  Sam Cohen, Shrey Bhatt and Garrett Naylor – 23  Patrick Jiao, Roshun Tiwari and Raj Vulichi– 17  Akshay Reddy, Tarun trivedi and Vishwa Arasappan – 17  Alec Whelan, Dennis Liu and Laim English – 18  Jacob Pearlman, Charlie Pollard and Robert Lelli – 11 | Partner Bank Shoots  Maxx Cohen and Devin Ciarlante – 14  Vishwa Arasappan and Akshay Reddy – 13  Raj Viluchi and Jacob Pearlman – 12  Shrey Bhatt and Dennis Liu – 11  Evan Gladstone and Rishabh Shetty – 11  Sam Cohen and Garrett Naylor – 10  Alec Whelan and Liam English – 10  Jason Zhou and Ryan Shaw – 8  Joshua Lavroff and Ryan Metch – 7  Michael Bernstein and Ryan McKinney – 7  Roshun Tiwari and Patrick Jaio – 6  Derek Liu and Joshua Liu - 6  Charlie Pollard and Fayrooz Abdelkar – 5  Sam Fang and Jonathan Huang – 4  Mekhi Rainey and Mac McAteer – 3  Mahmood Abdelkar and Brandon Szeto – 3 |