

6<sup>th</sup> Annual  
Bridgewater-Raritan  
Basketball Camp

Camp Notes Week 2:  
June 30, July 1, 2, & 3, 2014

**Teaching Concentration is: "4-Day Shooting School"  
(NO CAMP ON JULY 4)**

**\*Filmed shooting analysis & individual shooting technique training provided!**

**\*Each camper will watch himself or herself on video while a camp coach provides feedback!**

**\*The fee for this session is the same as our 5-day camps due to the personal video coaching offered during this week only.**

“The Shooting School”  
& Pro Shot Clinic

# *6<sup>th</sup> Annual Bridgewater- Raritan Basketball Camp “Camp Notes”*

Monday, June 30, 2014

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

➤ **Welcome to Basketball Camp**

- 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 Stations**

- Bank Shots
  - Work on angles high off the glass
- Lay-Ups (basic foot work)
  - Going right, left when shooting a lay-up from the right side of the basket and left, right when on the left side
- Form Shooting
  - Not holding the ball in the palm of your hand, guide hand on the side of the ball, creating an “L” with your arm, good follow through
- Panther Shooting
  - One person at a time, each team shoots from the elbow, first team to make 3 shots wins
- Knockout
  - Begin shooting from the foul line and then wherever you want, if you make it before the person behind you you're safe, if the person behind you makes it before you you're out

- Free Throws
  - Practicing free throws from the foul line
- Dribble Moves/Shots
  - Start from half court, make a dribble move at the 3-point line, shoot off the dribble
- Catch and Shoot
  - Receive the pass with proper footwork and shoot
- Today's Contest is Partner Shooting
  - Two partners will have 30 seconds to make as many shots as possible
  - The player that shoots must get their own rebound and pass to their partner
  - Each player will shoot from the elbow
  - The best scoring teams will compete in the finals on Friday afternoon
- Daily Competitive Shooting Competition - Panther Shooting
  - Panther Shooting is an elbow shooting game
  - Teams are selected at random with each age group having at least one member on each team
  - The game is to three
  - The players line up at the elbow and shoot a jumper (the younger campers are permitted to move up)
  - The player that shoots must get their own rebound and pass it to the next player in line
  - The winning team moves on to the next basket
  - Once they make it to the money basket, each win they get counts as a point in the weekly standings
  - Friday there is a tournament to crown our Panther Shooting Team Champions
- ❖ **Today's Contest is Hot Shot**
  - In hot shot, players have 30 or 45 seconds to make as many shots as possible from different locations on the floor
  - Each location is worth a different value
    - Rookie- Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5
    - High School, College, and Pro- Block shot is worth 1, Free Throw is worth 3, and a Three Pointer is worth 5
- ❖ **Contest Results**
  - **Rookie**

• Andy Wang – 13	Sharon Lin – 11
• Dominick Elias – 8	Nishika Meruva - 7
• Jollen Dai – 17	Brina Yang – 17
• Jenny Wang – 9	Lucas Travisano – 23

▪ High School

- Daniel Larosa – 0
- Ryan Xie – 6
- Alex Lu – 9
- Siddhesh Raorane – 1
- Angelo Chen – 0
- Christian Dominguez – 11
- Natalie Papic – 1
- Akash Pamal – 7
- Medha Bhmaraju – 2
- Rachel Ou – 8
- Drew Rossi – 5
- Justin Chen – 2
- Steven Larosa – 0
- Ethan Wang – 8
- Joseph Cinque – 0
- Krish Nambiar – 3
- Christopher Zou – 5
- Ross Kavet – 0
- Olivia Papic – 6
- Alexander Hu – 10
- Matthew Lardieri – 4
- Peter Lin – 12
- Tri-an Nguyen – 14
- Allen Gu – 1
- Neil Song – 8
- Bryan Zhang – 11
- Charlie Wang – 9

▪ College

- Roshun Tiwari - 18
- Joey Callari – 10
- Ali Versi - 12
- Rishabh Shetty – 21
- Sanemi Nair - 22
- Rushikesh Manche – 0
- Charlie Pollard - 13
- Patrick Cullen – 22
- Peter Della Volpe - 11
- Jarrett Dugenio – 16
- Liam English - 21
- Eric Lin – 24
- Ryan Harper - 15
- Jack Bolka – 16
- Jacob Pearlman - 24
- Charlie Sun – 17
- Josh Lavroff - 8
- Jason Zhou – 14
- Lucas Chen - 18
- Sam Fang – 17
- Raj Vulichi - 23
- Evan Gladstone – 14
- Devin Ciarlante – 18
- Sneha Yalgi - 23
- Dennis Liu – 27
- Leo Timmerman - 13
- Eric Chung - 24
- Alex Fromberg – 28
- Nikhil Meruva – 18
- Adam Peru – 10
- Ryan Harper – 15
- Cory Waddington – 10

▪ Pro

- John Sibiga – 30
- Nick – 10
- Caroline – 11
- Woody – 26
- Johnathan – 20
- Shantan – 39
- Greg – 4
- Nabhay – 5
- Jack – 38
- Hruday – 23
- Rhamad Bonney – 16
- Teddy Sommers – 25
- Kevin Liu – 23
- Zack – 21
- Nick – 30
- Henry Reu – 14
- Jeff Bolka – 25
- Leon Masin – 2
- Damien – 27
- Abhi – 10
- Alec Whelan – 20
- Matt – 19
- Tarun Trivedi – 24
- Brian Michaels – 23
- Jack Lehberger – 27
- Nikhil Meruva – 5
- Alan Puthenchira – 22
- Zach Letts – 24
- Ryan Rawls – 28
- Dan – 12
- Karthik Murthy – 19
- Dominic Vitelli – 19
- Jake Deveries – 30
- Milan Bhat – 20
- Vincent Zaman – 15
- Alex Froberg - 5

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

➤ **Pro Shot Clinic Teaching Point of the Day**

- Dip and Turn – The best shooters get good rhythm in their shot partly by dipping the ball on the catch. A pass that is caught at chest level can be lowered to waist level before going into the shooting motion and still get to the release quickly. Turn refers to slightly angling your toes to the side. Your feet do not have to be perfectly position toward the rim. For a right handed shooter, turning the toes on an angle to the left allows for the shooting hip and shoulder to be aligned to the rim. This allows for the ball to go in a straight line to the basket. Missing right or left could be from bad footwork.

Tuesday, July 1, 2014

➤ **Teaching Stations**

- Crossover Pull Up
  - Perform a crossover move and shoot off the dribble
- Lay-up/Reverse
  - Working on footwork and angles for reverse lay-ups
- Step into shot/close shots
  - Proper footwork when taking shots from close range
- Off Screen Catch and Shoot
  - Being close enough to the screener to slow down the defense and catching a pass coming out of the screen then going right into a shot
- Competitive team shooting-wing
  - 2 or 3 teams shooting from different spots, loser does push-ups
- Bank Shots
  - Working on good angles off the glass
- Baby Hook
  - Catch and turn, then shoot while protecting the ball with your body and follow through
- Drive, jump stop, pass, catch, shoot
  - Make sure player jump stops, then step into shot

❖ **Today's Contest is Partner 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
  - Rookie- Lay-up is 1 point, Block Shot is worth 3, and a Free throw is worth 5
  - High School, College, and Pro- 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

➤ **Contest Results**

- Rookie
  - Andy Wang and Neil Jaiswal – 24
  - Dominick Elias and Jollen Dai – 15
  - Jenny Wang and Sharon Lin - 14

- Nishika Meruva and Brina Yang – 12
- High School
  - Daniel and Steven Larosa – 4
  - Ethan Wang and Charlie Wang – 5
  - Krish Nambiar and Christopher Zou – 1
  - Ross Kavet and Olivia Papic – 1
  - Alexander Hu and Matthew Lardieri – 6
  - Peter Lin and Tri-an Nguyen – 6
  - Allen Gu and Neil Song – 1
  - Bryan Zhang and Joseph Cinque – 12
  - Ryan Xie and Alex Lu – 0
  - Siddhesh Raorane and Angelo Chen – 2
  - Christian Dominguez and Natalie Papic – 9
  - Akash Pamal and Evan Xie – 3
  - Medha Bhmaraju and Rachel Ou – 3
- College
  - Roshun Tiwari and Joey Callari – 17
  - Ali Versi and Rishabh Shetty – 22
  - Sanemi Nair and Rushikesh Manche – 16
  - Charlie Pollard and Patrick Cullen – 17
  - Peter Della Volpe and Jarrett Dugenio – 21
  - Liam English and Eric Lin – 26
  - Ryan Harper and Jack Bolka – 11
  - Jacob Pearlman and Charlie Sun – 17
  - Josh Lavroff and Jason Zhou – 11
  - Lucas Chen and Sam Fang – 19
  - Raj Vulichi and Eric Chung – 26
  - Alex Fromberg and Evan Gladstone – 21
  - Cory Waddington and Devin Ciarlante – 13
  - Sneha Yalgi and Dennis Liu – 25
  - Leo Timmerman and Evan Xie – 5
- Pro
  - Jake Devries and Jeff Bolka - 38
  - Tarun Trivedi and Nabhay Prashad – 30
  - Vincent Zaman and Rhamad Bonney – 19

- Dominic Vitelli and Alex Fromberg – 19
- Jack Leheberger and Nick Rossi – 30
- Damien Barczewski and Shantan Yalamanchi – 26
- Kevin Liu and Caroline Ou – 24
- Brian Michaels and Woody Latta – 30
- Leon Masin and Milan Bhat – 8
- Ryan Rawls and John Sibiga and Henry Reu - 27

## Bridgewater-Raritan Varsity Head Coach: Gene McAteer

### ➤ Pro Shot Clinic Teaching Point of the Day

- Hop into a shot – again the footwork leading into the shot is crucial. Many players are taught to “1, 2 step,” as they catch a pass and go into a shot attempt. The hop is exactly as it sounds. The player will jump in the air on the pass, “ball in the air, player in the air.” As the player catches the ball, she will land on both feet simultaneously and then bounce directly into a shot attempt. The purpose of this is to develop more rhythm in ones shot. There are a few dangers with this style however. If the player is not facing the basket on the catch, for instance, if they are coming out off of a screen down, they must hop and turn their body while in the air. That can be tricky. In addition, if the player does not end up shooting the ball but rather landing in a triple treat situation, the hop into a shot has not allowed for a pivot foot to be clearly visible to the referee. The likelihood of a traveling violation can increase if the player is sloppy with their footwork while attempting to pivot, pass, or dribble. The “1, 2 step,” style clearly establishes a pivot foot and reduces the chance of a travel.

Wednesday, July 2, 2014

### ➤ Today's Stations

- Knockout
  - Knockout from different spots on the court
- Lay-ups/ get across lane
  - Be able to get across the lane and have the proper footwork
- Pivot, dribble, pull up



- Pull up off the pivot and shoot
- Fade off screen
  - Step back to fade off the screen and shoot
- Competitive team shooting, corner
  - Similar to panther shooting but teams shooting from the corners
- Post up, catch, pivot, bank shot
  - Establish position in the post, pivot off the pass, and take a close range bank shot
- 2 ball shooting
  - 3 players have 2 balls, once each player shoots they get their own rebound and pass to the player without the ball, then go to a new spot on the court for their next shot
- Attack rim, jump stop, shoot
  - Player jump stops to slow down defender and shoots off the jump stop
- ❖ Today's Contest: 10 Spot Shooting
  - 10 spot shooting is a new contest for our shooting school week of camp
  - 10 spots- 2 blocks, corner, wing, elbow, free throw, elbow, wing, corner, 3-point
  - Must make previous shot to advance
  - Make as many as you can

<b>Bridgewater-Raritan Varsity Head Coach: Gene McAteer</b>
---

➤ <b>Pro Shot Clinic Teaching Point of the Day</b>
--

- |  |
|--|
| <ul style="list-style-type: none"> <li>○ <u>"Sweep and Sway"</u> – enough talk about the feet already....right? Wrong! 'Sweep' refers to the shooter jumping forward on the shot attempt. For example, on a 3-point shot, the player jumps from behind the line but lands in front of the line. It is important to not jump to the right or left that would interfere with the ball moving in a straight line. 'Sway' refers to the nature movement of the shoulders backward on the release. As the shooter's feet glide forward the players back and shoulders sway back giving the shot a greater arch. The whole concept of sweep and sway allows players to have greater (deeper) range on their shot.</li> </ul> |
|--|

Thursday, July 3, 2014

➤ **Championship Thursday**

- Friday afternoon we have our contest finals as well as our Panther Shooting Tournament. Each league will have the top 12 campers, based on results from the week, compete to win the competition finals in a 1 on 1 Tournament, X – Out, Mikan, and Hotshot.
- The Panther Shooting Tournament is a bracket tournament in which every team will compete. Each round will be played to a different make total until we crown a champion

➤ **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.
- These characteristics are essential not just in basketball but in life as well. It is important to be respectful in victory and defeat to the opponent. It is easy to shake hands in victory but it shows more when you are able to after to defeat

### **Basketball Shooting Philosophy – “B.E.E.F”**

BEEF should be used a friendly reminder of a few shooting components, but it should not be used as a shooting system. Unfortunately, BEEF has taken off with a mind of its own. BEEF is an informational acronym that was created decades ago by shooting coach, George Lehman. Coach Lehman is a legendary shooting coach that is highly respected. BEEF was created to compliment Coach Lehman's shooting program. What has occurred is that coaches and players only have remembered BEEF and forgot about what Coach Lehman actually taught. For example: Do you know that Coach Lehman actually taught to align the shooting shoulder and hip to the basket? In other words, he taught to turn the feet. Do you know that Coach Lehman taught to dip the ball when catching off the pass? The Problem with BEEF is that players, parents and coaches have come up with their own interpretations for each letter. In regards to Balance, it is highly believed by many that you want to shoot in a shoulder width position or wider. Lehman never spoke about this. In BEEF, the elbow is to be aligned to the basket, but unless you actually turn your body, this cannot happen as you would expect. This information is crucial, but unfortunately few know about the "turn". Of course everyone should Follow-through, but BEEF gives no information regarding what should the follow-through should look like. I see thousands of players each year that follow-through in a squeezing or arthritic manner. Definitely not what Lehman wanted!

- B.E.E.F. =
  - **Balance:** use a staggered stance with your feet around shoulder width apart. There should be a slight bend in your knees to promote good stability. You should feel the weight of your body on the balls off your feet so that you can use

your legs for power and finish your shot up on your toes...perhaps even leaving the ground depending on the distance to the hoop.

- Eyes: Just like hitting a baseball, golf ball, or throwing a dart; it is critical to pick a specific spot on the rim and focus your concentration there. Common targets include the front of the rim, the back of the rim, or the square if attempting a bank shot. Another key is to be consistent in what your eyes focus on throughout the entire shot.
  - Elbow: Proper elbow placement is directly under the ball. In fact, during form shooting, you should take your guide hand off the ball to see if the ball will rest easily in your single hand. If the ball falls out, this is an indication that your elbow is out to the side & not directly under the ball.
  - Follow-through: the final opportunity to influence the flight of the ball is your follow-through. The shooting motion is almost completely an upward movement with your arm & then a snapping on the wrist at the very top to provide the horizontal component to the shot. Some shooters snap their follow-through all the way over and finish with the fingers pointing down toward the floor. Other good shooters have a follow-through which finishes with the fingers pointing toward the rim. Either is fine but being consistent with what you do is imperative to be a precise shooter.
- Form Shooting – have all campers practice one-handed shooting at all the baskets and the coaches should evaluate the B.E.E.F elements. The next time through, campers should use their ‘off-hand’ or ‘guide hand’ and try to do exactly the same routine as before when they used only one hand. For older or more advanced campers, allow some form shooting off the dribble and/or off the catch.

## **Additional Shooting Drills**

- **Linden Shooting**
- 3 players and 2 balls
  - Player A will shoot, get their own rebound and pass to Player C
  - Player B will shoot, get their own rebound and pass to Player A
  - Player C will shoot, get their own rebound and pass to Player B
  - Every player must sprint to different spots on the floor after making their pass, so they are ready to catch and shoot
  - This drill is also competitive by having the first player to make five baskets the winner
- **Oak Hill Shooting – 9 Person Shooting**
- The drill begins with three players along each baseline one at each three point line and one in the middle all with a basketball and three players at center court in line with the

players on the baseline(can also be done with four people on each baseline at the edges of the lane and three point line and identically positioned at half court)

- The drill begins with the players at half court running towards the same baseline, they will receive a pass from their player on the baseline, catch and shoot, then get their own rebound and fill one of the spots on the baseline
- The player who threw the pass will then take off to run to the other end of the court, they will receive a pass from the other baseline, catch and shoot then get their rebound and replace
- The drill continues in this manner for a set amount of time
- The drill can be adjusted so the players practice different shots such as: dribble in for a lay-up, one dribble left and right to a pull up, two dribbles to a pull up

## Championships

- At week's end, we have our contest finals as well as our Panther Shooting Tournament. Each league will have the top 12 campers, based on results from the week, compete to win the competition finals in a 1 on 1 Tournament, X – Out, Mikan, and Hotshot.
- The Panther Shooting Tournament is a bracket tournament in which every team will compete. Each round will be played to a different make total until we crown a champion

## 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.
- These characteristics are essential not just in basketball but in life as well. It is important to be respectful in victory and defeat to the opponent. It is easy to shake hands in victory but it shows more when you are able to after to defeat

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

#### ➤ **Pro Shot Clinic Teaching Point of the Day**

- Follow-Throughs that are acceptable:
  - 1) snap your wrist and “FLICK” your fingers toward the rim
  - 2) snap your wrist and have your fingers point down to the floor. This is called putting your hand in the “COOKIE JAR.”

- 3) Pro Shot follow-through is called the "FINGER"

**Week #2 → June 30, July 1, 2, & 3 2014: Teaching Concentration is "4-Day Shooting School" (NO CAMP ON JULY 4)**

\*Filmed shooting analysis & individual shooting technique training provided!

\*Each camper will watch themselves on video while a BRHS coach provides feedback!

\*The fee for this session is the same as our 5-day camps due to the personal video coaching offered during this week only

Filmed shooting analysis & individual shooting technique training was provided during this week of camp. We attempt to have each camper watch himself on video while a coach provides feedback on how to improve as a shooter. Little do players and parents realize is that the jump shot is an aspect in sports that requires great attention to modeling! The best shooters use very similar techniques to each other. Great shooters turn their feet (square shooting shoulder and hip), sway and dip the ball when shooting.

There is always the exception of a Reggie Miller or Jamaal Wilkes. In other words, there will always be that one "odd ball" that has unusual shooting form, but is an effective shooter. If you look hard enough you will always find the exception in anything in life including shooting form. It is safe to estimate a certain percentage of effective shooters have a flaw in their form, but are able to be accurate and consistent form thanks in large part to a tremendous work-ethic practicing on their own.

