

**Bob Hurley One Day Coaching Clinic  
Bridgewater, Massachusetts  
August, 14, 2009**



## **Topics:**

- Practice Planning
- Defensive Philosophy
  - Passing Drills
  - Defensive Drills
  - Rebounding Drills
  - Offensive Drills
  - Shooting Drills
- Miscellaneous Ideas
- Individual Improvement Ideas

# PRACTICE PLANNING

“I love practice. If it were up to me, we’d not play any games, we’d just practice.”

-Maximize your facility:

-Whatever you have, maximize it. Take pride in it. Make it clean.

-Sweeps floor before every practice and at halftime of JV game. “This shouldn’t be the custodian’s job. The coach should take pride in doing this.”

-Practices after school during the week and in the mornings on the weekend (either 9:00 am-11:00 am or 8:00 am-10:00 am)

-Priorities:

1. Team play
2. Keep individual skills up
3. Prepare for opponent

-Early season practices:

-Know exactly how many opportunities you have to work with your team before the first game. We have 16 practices and 3 scrimmages before our first official game.

-First day of practice: 4 hours with a 15 minute food break (bananas) at the 2 hour mark. This practice is followed by another 4 hour session the next morning (a Saturday) and a free clinic Sunday morning for area coaches.

-Post your practice plan:

-It doesn’t have to be fancy or even typed out, but it has to be on paper.

-Players should have an idea of what practice will be about. They won’t study it, but give them an idea at least.

-Be careful not to overcoach on the day before a big game. Your players will catch on and they will know something up (2 bad things can happen: they'll tense up or, later on, will relax during the next "day before" practice when you're not as tense)

-Bad coaching: spending too much time on one thing

-Once saw P.J. Carlesimo, then at Seton Hall lose his team over 45 minutes of pick & roll defense. "The next drill was a shooting drill and you could just see that they didn't want to be there."

-"I love teaching, but how long can you maintain their attention?"

-Late in the year if you're in a drill that's scheduled for 4 minutes, but you're sharp and after 2 minutes you realize your guys get it, call it after 2 and move on. "Don't be a slave to your practice plan."

## **VALIDATION**

-Validate all drills with a made free throw (Coach Hurley credits Vance Walberg)

-Team drill (team does drill as one group): Coach selects a player from the group to step to a free throw line and the player must make a free throw to "complete" the drill. If he misses, the group does a form of punishment.

-Competitive drill (team is split and it is group vs. group): Coach selects a player from the winning team and he must "validate" the win by making a free throw. If he makes it, the losing team does a form of punishment. If he misses, the team that won is punished.

-Forms of punishment: down-and-back in 10, 2 down-and-backs in 20, 8 second sprint (baseline to baseline and back to the free throw line), 10 pushups, 10 crunches (legs in the air).

-Limit the number of validations on the day before a game because you don't want to wear out your team

-Your practice must fit how you play

-Stay short with drills (5-10 minutes) alternating easy and hard drills

-Philosophy > Plays.

-“Basketball is over-coached and under-taught” –Pete Newell.

-Simplicity: “I just need to be smarter than the guys on my team”

-Coach Hurley holds players accountable for 2 things in practice

-Mood/enthusiasm: we have to practice hard every day

-Correct their mistakes.

-Make practice a learning situation for your assistants and players

-Position work daily: guards on one end with 2 coaches, posts on the other end with 2 coaches and Hurley walks in between (If a coach is on the road scouting, Hurley goes to an end to give each group 2 coaches). If you just have 1 assistant, put the assistant with the more veteran of the groups as you, the head coach, works the younger group.

-Practice needs to be competitive. You can't ignore shell drills and walkthroughs, but just make sure you follow them up with something competitive and hellacious.

-Make practices harder than games. Hurley uses no more than one timeout in about half of his team's games so most of them are over in under an hour. A St. Anthony practice runs for 2 hours on the dot; “By the second half of the season, when our game is done my players are looking around the gym for someone else to play.”

-“Day Before” Practice:

-Start with 20 minutes of scouting followed by 5 minutes of stretching.

-Never go more than an hour and a half.

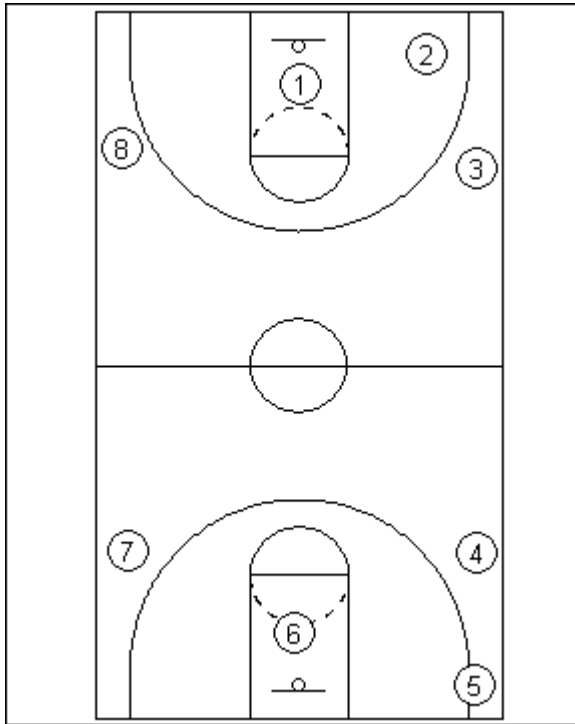
- Shorten practice as season progresses, but never lessen the intensity
  
- Get your running in with a ball through your transition drills and you're shooting drills.  
"They're idiots. As long as there's a ball, they won't ever know."
  
- "My whistle is the law"
  - Hurley doesn't agree with the coaches that run practice without a whistle.
  - Whistle blows, everything stops. He points to the half court circle, everyone sprints there in order to build a conditioned response for sprinting to the bench at end of quarter or for timeout.
  
- Shooting in practice:
  - 20 minutes every day. Don't be too slick, get your shots up.
  - You have to be able to make shots if you're going to be any good.
  - Too many coaches are afraid to tinker with a player's shooting form.
  
- Use the clock (and managers if you have luxury). It helps the players in that they can see that there's 1:25 left in this drill. Also, put the score up there throughout the drill.
  
- All practices are open for other coaches and media, but not for parents (practice just isn't the place for parents because it sends a mixed message about the agenda). "It's a crime for coach to disallow other coaches from attending their practices. Coaching is learning and sharing."
  
- Late to practice with no phone call: sit on the sideline and watch the whole team do the most strenuous set of running we'll do all year. ("The only times we really kill them with pure running is screwing up in school and tardiness to practice.")

-Have a Maroon Team and a White Team (or a Black/White, Blue/White, etc.).

-Maroon Team is made up of the starters, however, "They lose their jobs as they breathe. Mistake? Go white."

-Team that ends in maroon starts the next day in maroon.

-Conditioning Stations:



1. Lane Slides- both feet outside of paint

2. Running Figure 8- wrap ball around legs in figure 8 pattern as you run to half court. Reverse.

3. Crunches

4. Step-Ups (onto first row of bleachers)

5. Wall Sits

6. Power Jumps- stationary, 1<sup>st</sup> jump: knees to chest, 2<sup>nd</sup> jump: heels to butt)

7. Pushups- regular, with a medicine ball or with a basketball

8. Shirt Drag- push shirt across the floor.

-2 players at each station. Players go together.

-8 minutes on the clock.

-Start with 35 seconds of conditioning and 25 seconds of rest. Move all the way up to 45/15 by a week before the season starts.

-Players like this more than just pure running.

## **BEGINNING OF PRACTICE**

- Get your assistants together at some point before practice.
- Meet with team before and after every practice. Hurley will meet with his team quickly after stretching. In the post-practice meeting, try to be positive.
- Say each player's name and mention something positive in first 15 minutes
- Requires each player to call out receiver's name on every pass in first 15 minutes

-Twice a week during the season, the team will do strength work before practice—A great way to get a read on where your team is physically. Coach Hurley communicates extensively with the strength coach—“Where are our numbers? If they're slipping, I will tone down the conditioning. During the season, it is all about maintaining their strength.”

# DEFENSIVE PHILOSOPHY

-Style: “Simplicity and Execution” ← with element of surprise.  $\frac{3}{4}$  court pressure defense with point guard harassing the ball handler.

-Style: “Aggressive on-ball defense; intelligent helpside defense.”

-Freshmen team: 100% man-to-man, Junior Varsity: 100% man-to-man first half of the year, 2<sup>nd</sup> half: mix in some zone press and zone defense if star player is in foul trouble.

-Off-the-ball defense: up the line, but not in the passing lane. “We’re supporting our teammate playing on-ball defense. We’re not trying to steal the pass to go to the wing because it’s our objective to get the ball out of the middle of the floor and to the sideline.” On this early help, you must train your guys to recover to their man not on the pass, but on the ball handler’s non-dribbling hand coming up to the ball.

»There is a signal they have (“fist”) when the player does not recover to man, but instead doubles the ball handler and there is a player from weakside covering catch.

-Zone all OOBs especially in the first half

-Press the pattern teams on your schedule. Really amp up the pressure and don’t allow them to get comfortable

-Come out of timeouts in zone or junk defense of your choice (triangle and 2, box and 1). If the opposing team looks disoriented, stay in the defense until they score. “You can’t be stubborn. Be ready to ride a spurt.”

-A 3-2 zone is a great defense to go to in the 2<sup>nd</sup> half with a lead



## **PRESSURE ON THE POINT**

### **CUT THE HEAD**

- “This is where our defense starts. This initiates everything else in which we do.”
- Key: contain his first dribble. After that, you’re in control.
- Harrassing the ball handler. Make him turn his back
- Pester him. Make him know you’re there
- Rattle him. Cut the head of the offense
- If beat sideline: run to get in front
- If beat middle: chase from behind to get back tap (teammate steps up to stop ball)

-Fronting the post:

- Ball above FT line: 3/4 the offensive player
- Ball below FT line: dead front

-During scouting observe a team’s offensive balance. On every team, there’s a kid that gets nothing. Identify him and help off him. If he’s a big, just zone the basket with his man. “For a team to really kill you on this, a guy who usually doesn’t touch it needs to become a scorer.”

-Attack the opponent’s best player. Do not sit back and allow him to beat you. Deny him, double him on the catch.

-Contest the shot on the shooter’s shooting shoulder. A righty’s shot should be contested with defender’s left hand on the righty’s shooting shoulder.

»Process: Strip on way up, Contest at top of shot (this arm becomes your forearm strike on box out), Go to the eyes

-Run a 2-2-1 press to take away a good sideline break

-Push ball sideline and baseline (If ball is in middle of floor: send him left—there are so few point guards at the high school level that can really hurt you with their weak hand). Play up the line on the wing. On a wing catch, we're not allowing them to change sides of the floor so we're denying reversal. On a dribble pickup, we're denying everything.

## **TRANSITION DEFENSE**

### **GOAL: GIVE UP NO EASY BASKETS**

-Coach Hurley holds getting back in transition so important that he is willing to be a bad offensive rebounding team if it means his kids are sprinting back.

-“We don't believe in jamming the rebounder because we want running to be instinctive at that very moment when the defense controls the rebound.”

-Practice your transition defense 10 minutes every day. Have one team run your transition offense, but focus solely on coaching your defense.

-“While we don't jam the rebound, we will deny the outlet with our point guard to force their primary ball handler to come back to receive the ball.”

-On a score, the defender guarding the inbounder will double the point to deny inbounds pass going directly to him.

-Box out with all 5 players.

-We want 6-8 fast breaks a game started with our guards getting long rebounds

-“If you have the fortune of a tall guard, it is advantageous to put him on the point guard because as the opposing point guard is sprinting back to protect deep, this tallish guard can sprint to glass without worrying about box out. With other four boxing out, this guy can really control glass. We did this with Tyshawn Taylor.”

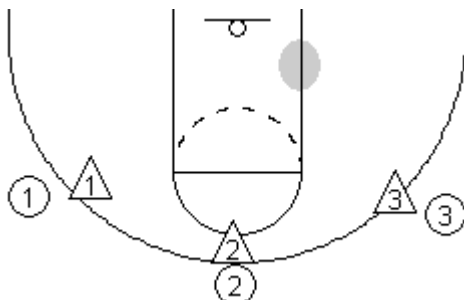
-If you have a talented post that can put it on the floor, allow him to bust it out on the break rather than throwing the outlet. This will invert the D and cause plenty of matchup problems.

## **PHILLY COLLAPSE**

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Presented by Shooting Touch · Bridgewater, Massachusetts  
Notes compiled by Zak Boisvert, student manager at Fordham University

Use this drill to practice how you will react to post catches during games. In this naked post drill, you can practice collapsing all 3 perimeter defenders, doubling with the opposite big or doubling off the non-shooter.



The drill begins with 3 pairs of players (1 offense, 1 defense) around the perimeter with a coach inside on the block. Prior to the drill beginning, the coach will call out one of 3 defensive calls. A “Duke” call will have everyone collapsing on the coach (the post player) once the ball is entered. A call of “LA” will signal for whichever player guarding the biggest player to drop off his man and double the coach on any post catch (you may want to drop the biggest offensive player to the block opposite of the coach for this call).

A “Michigan” call will have the player defending the non-shooter being the one who doubles on any post catch.

-The post player is always a coach at the beginning of the year, but as the year progresses you should place one of your posts that needs work on his passing out of the post in there and have a coach defending him (just hitting him with pad as perimeters dig down)

-It’s good to go “Duke” early in the game because after one catch, the big will be terrified to touch the ball and will be trying to get rid of it as soon as he catches

-“One of the best defensive performances we ever had at St. Anthony is shutting down a 6-11 center headed to BYU that had 17 and 14 the night before to ZERO shot attempts.

Our perimeters ATTACKED him on each catch and I give full credit to this drill.”

-Trap all side pick and rolls because at the high school (and even the college level) teams don’t move their weakside guys enough offensively to hurt you when you bring your helpside defenders over to cover the roll guy (as his defender traps ball).

-Show on middle pick and rolls by the screener's defender stepping out just beyond screen (with his feet parallel to screener's). This defender's job is to reach out with his top hand (hand farthest from hoop) and halt the dribbler while he pulls his teammate through the screen with his other hand.

-“We don't go under ball screens. Screw the scouting report that says he's a non-shooter. We're St. Anthony, we don't go under ball screens here.”

» You'll see your players begin to take pride in this.

-Defending down screens:

-Screener's defender moves quickly to open up to protect basket.

-Because it is such a tough transition from this position to denying the pass to the post on a wing catch, you must drill it with your bigs endlessly. Start them defending on the wing to opening to protect the basket on the down screen to moving over the offensive post's top shoulder (on the cutter's catch) to moving to a dead front as ball is brought below the free throw line.

-“I'm very concerned with basket penetration so I drop my bigs back to half court on free throw attempts (Another example of me giving up offensive rebounding opportunities for the sake of transition defense).”

-When guarding on-ball, have your players pay attention to the rhythm of the ball handler's dribble. Recognize it and pounce (Practice this!)

-Biggest fear defensively: A team forcing us to guard the entire court from sideline to sideline.

-Communication on defense is essential (Coach K: “Everyone talks to the ball”). Get your guys to talk all the time by having them call out what their man is doing. The bottom guy on helpside that sinks to the basket is the most important.

## **BALL PRESSURE**

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Presented by Shooting Touch · Bridgewater, Massachusetts  
Notes compiled by Zak Boisvert, student manager at Fordham University

- Single focus of everything you do defensively
- Positioning: head below shoulders; staring at middle of body; close enough to touch with fingertips (back up 6 inches if offensive player is really skilled)
- Hands are active—in constant movement. “We get deflections just because they’re there and always moving.
- You must pressure the pass. You cannot allow direct-line passes (this all starts with ball pressure)
- Teach your players the power step where they jump in the direction where their man just threw the pass. If an offensive player at the top of the key passes to the right wing, his defender should make a power step to his left by jumping into the passing lane to deny a direct line pass back.
- Skip passes are caused by a lack of ball pressure.

-Make the offense play 3 on 5 in the half court. Load to the ball (teach your players to get to the midpoint by telling them to see the other rim). Get the ball out of the middle of the floor.

### **Evaluate Your Defensive Philosophy**

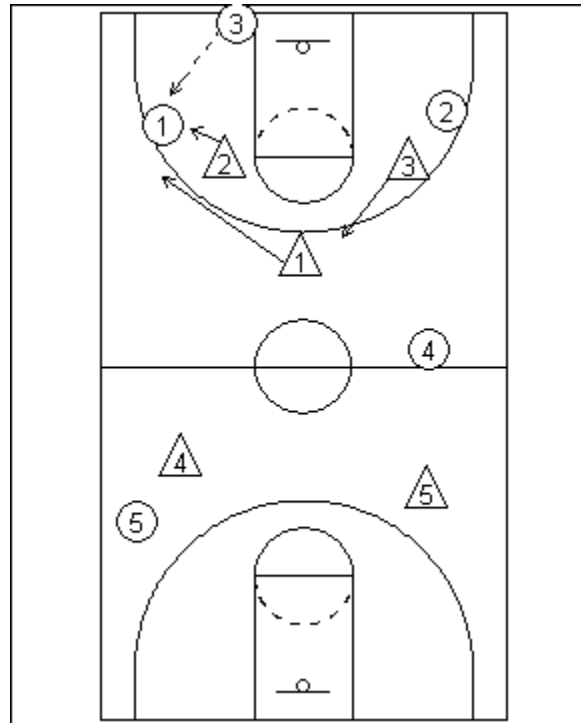
- What fits my team this year? (rather than “What do I want to run?”)
- Are we hard to play against? (Can a team prepare for us in 2 days?)
  - Can we spurt/come from behind in what we do?
  - Can we beat the schedule’s best teams with what we do?
- Your pickup point depends on who you are and who they are. Start by guarding the 3 point line and in. Once you master that, extend.

-Switching:

-Switch only lateral cross screens.

-A good way into the season you may want to begin switching other stuff, but make sure you get your guys playing the way you want until offering them the switch bailout.

-Coach Hurley loves playing this 2-1-2 press late in a game with the lead (up 10 with 5 minutes go) because with the 2 guys back, teams can't run and score on you. The 2 men back also really allows your front 3 to make some plays.

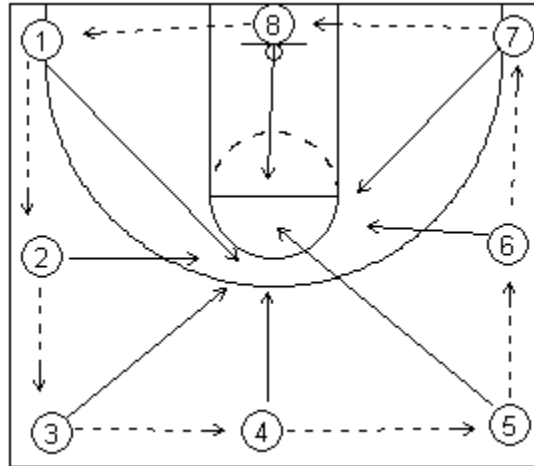


-If running a 3-2, know your personnel and what you can get away with. If one of your bottom guys can step out and guard the ball in the corner, have him do so. If he can't, bump him down and have a guard take corner.

# PRACTICE DRILLS

-Three Man Weave/Figure Eight: goal is 20 layups in 2 mistakes. If ball hits floor, start the 2 minutes over. Break team into 2 groups and have them compete not only to get 20, but also against the other group.

-Argentina: Drill consists of 8 players lined up around half court, 4 pairs (1&5, 2&6, 3&7, 4&8). 1 and 5 begin with the basketballs. They pass to the player to their right and switch spots with each other. 2 and 6 now have the basketballs and they each pass to the player to their right and switch spots with each other. Each pair is involved with a pass to the right and then a switch.



-Make sure players are pivoting on the catch and not just tossing it to their right.

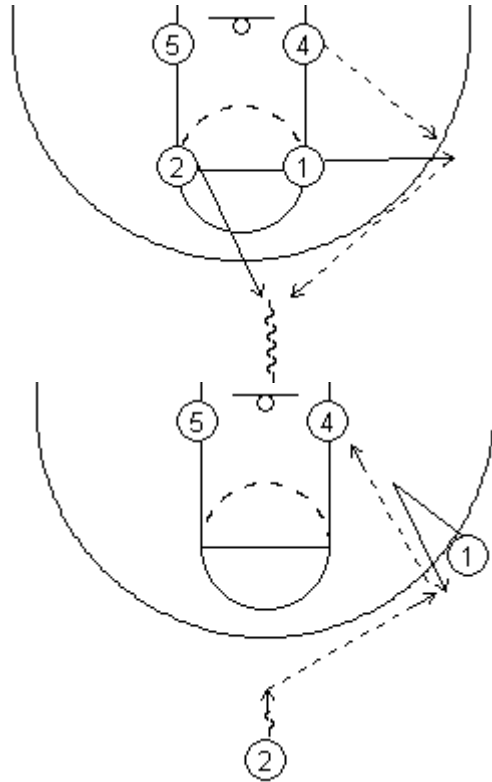
-Break team into 2 groups or just have 1 group with coaches hawking sidelines

-“Do this before a game during warmups because teams will think you’re smarter than you really are.”

-Passing Tag: a 5-on-5 drill working on passing, intelligence, peripheral vision, quickness and pivoting. The “offensive” team has a ball and is trying to tag players from the other team with the ball. Use only one side of half court. As the offense passes and moves to touch the “defense,” they can’t dribble (or run with the ball). They can only catch and pivot. As a player is tagged, they step off. You can go up to 8-on-8 with this or go disadvantage and play it 4-on-8.

-1-on-1 Tight: Have players play 1-on-1 live, but with offense starting with the ball in the free throw circle and the defense tight on him with his heels no farther below than the free throw stripe.

-Laker Drill: Drill begins with 4 players aligned in the box of the lane (1 player, most likely a post, at each block, 1 player, most likely a guard, at each elbow). A coach throws the ball off of the glass, the player on the right block (4) jumps to grab the rebound at its highest point and turns over his outside shoulder to throw an outlet to the right elbow guard (1) who has sprinted to outside the three point line (foul line extended). At the same time as the guard is catching the outlet, the guard from the left elbow (2) is making a sharp diagonal cut to the middle of the floor to receive a pass. This guard dribbles to half court and turns around. 1 makes a v-cut and comes back to wing to receive a pass from 2. 1 catches and enters the ball into the post to the 4 man who turns and throws it off glass to the other big. 5 will be turning over his outside shoulder to throw to a new guard stepping on (guard lines are placed on the sideline at foul line extended) while 1 will now be playing the role that 2 played in the previous sequence (flashing middle on a diagonal cut, dribbling it to half court before throwing it to the wing and stepping off to be replaced).



»Only 1 post is active in each sequence so after a post has gone once, rotate a new one in for him.

-Gentle Ben: A 1-on-1 rebounding drill taken from Bob Huggins. Split your team into several pairs and spread them around the court. Each pair begins sitting down with their backs against each other. On the coach's whistle, the players spring up and push against each other using their backs (simulating a player driving out another on a boxout). Players hold boxout for 2 seconds before leaping in air to snatch invisible rebound with 2 hands.



-2 Wide: A fast paced shooting drill, it begins with a line at the top of the key (balls with the first 3 people in the line) and a line in the right corner (balls with 2<sup>nd</sup> and 3<sup>rd</sup> person of line). Drill starts with the 1<sup>st</sup> player from the corner line making a blast cut to wing for a catch and shoot (pass is thrown by 1<sup>st</sup> player in top of key line). After making the pass, the player at the top of the key now steps toward the wing before flashing backdoor. He receives a pass from the line in the corner. The drill is continuous so after making the pass to the backdoor, the player from the corner line makes a blast cut to wing to catch a pass from the top of the key. Force the players to hustle after their rebound and dribble the ball out to the opposite line (the line their pass came from) rather than just throwing it there.

»You can literally do any series of offensive moves off of this.

-New Jersey Nets Transition: An advantage/disadvantage drill that progresses from 2-on-1 to 3-on-2 to 4-on-3 to 5-on-4 to 5-on-5. Drill begins with a line of skins in each corner along one baseline and a line of shirts in each corner on the opposite baseline. A player from skins attempts a free throw while two shirts are on bottom blocks (like a regular free throw). Once the free throw is made or missed, the shirts are transitioning in a 2-on-1 break against the skins player that has now dropped back to defend the disadvantage situation. At the completion of the possession (only 1 shot on each possession, no offensive rebounds) and the skin defender has secured the ball, 2 new skins join him on the court and skins transitions 3-on-2 to the other end against the 2 shirts. The same sequence occurs on the other end with 2 new shirts hopping on to go 4-on-3.

-Saint Joseph's Shooting: Break team into 2 groups with one group one each side of the floor. The groups line up with 1 ball at the start of the line. The first shooter shoots, gets his rebound and passes to the next guy. Group shoots until they get to 7 with the caveat being that if two shots in a row are missed, the count goes back to zero. Designate a certain number of spots on the floor and have the 2 teams compete.

## TOUGHNESS DRILLS

-Ball Pop: Line of players on baseline (lane line) facing half court and 1 player directly above them behind the three point line (facing the line). 1<sup>st</sup> player from baseline dribbles the ball and makes a jump stop at the elbow. The player from up top runs and rips the ball from the ball handler's hands and drives around to score layup. The ball handler becomes the guy up top while the "stealer" jumps in the back of the line. Make sure the ball handler is putting up resistance and not letting the ball just be ripped out of his hands. Run on both sides of the lane.

-Feel & Go: An offensive and a defensive player stand at the block with a coach at the three point line directly up court from them, the offensive player stands in front of the defensive player as they both are turned to face the coach. The coach slams the ball off the ground and the defensive player (playing 75%) makes a decision to go over offensive player's right or left shoulder to grab the ball. The offensive player feels him and pivots to seal him, grabbing the ball and scoring. Run on both sides of the lane, alternating which side goes.

-Dive: line of players on baseline, coach rolls ball out to wing. Player dives (on his jersey. You go farther!) and gathers the ball to throw back to coach with two hands from the ground before springing up and sprinting to receive a return pass from coach for a layup.

-Save: Same structure, but now coach tosses it in direction of out of bounds and player must jump to save the ball back to the coach before it goes out. Player sprints back into the play to receive a return pass from coach for a layup. The player is instructed to save it only if he can see the coach (same follows in a game where a player who saves the ball without first spotting a teammate as a receiver has made a mistake).

-Five on Three plus Two: Offensive unit lines up on baseline, defense lines up across foul line extended across from their matchup. This is the traditional drill where the coach throws it to a player on the offensive team and one of the players from defense runs to touch the baseline while the offense transitions the other way. The twist Coach Hurley put on it is one he got from Phil Martelli at Saint Joseph's. On Mondays, when coach throws it to the offense, the two wide defensive players run to touch baseline and sprint back. On Tuesdays, the 2<sup>nd</sup> and 4<sup>th</sup> players in the defense run to touch. On Wednesdays, the middle defender runs to touch. On Thursdays, it's full 5-on-5.

-Oklahoma: Taken from Jeff Capel, Coach Hurley holds this to be the blackout drill ever. The drill begins with 4 offensive players on the perimeter and 3 defenders in the paint. The coach throws the ball to one of the corners and the defense must cover the 3 most dangerous people on the floor (the ball and both wings—leaving the opposite corner open), the corner offensive player swings the ball to the nearest wing who swings it one more to the opposite wing and then he passes it to the corner. At any time the coach can blow the whistle and the offensive player with the ball shoots. The players scramble to box out all the offensive players except the shooter.

»Variation: add another defensive player underneath the rim then sprints to check out the shooter on the release of the shot

»Although it's a rebounding drill, reward scoring by giving the offensive team a point for a made shot because it emphasizes the importance of closeouts and getting a hand up. Another way to do this is to blow the whistle while the shooter has the ball.

-Pensacola Closeout: Drill starts with an offensive player on each wing and a defensive player foot-tapping on the block. On the coach's "Go" the ball is passed to the wings and each defensive player closes out on the player on his side of the court. The emphasis of the closeout is no middle. The offense plays it full speed, trying to go by the guy, but is allowed only 2 dribbles and just mimics a shot without actually shooting it.

-Florida 1-on-1: A fantastic closeout drill that gets your players thinking about angles on their closeouts. 2 players and a coach start at half court. The players are shoulder-to-shoulder facing the hoop and on the coach's "Go" they start running to the hoop. The coach will call out either "Left" or "Right" and that signals which player is popping out to the wing for a catch (On "Left" the player on the left side would turn to catch on the left wing with the player on the right closing out). Play live from there.

-Cardinal 2-on-1: Drill that simulates gamelike 2-on-1 situations. A half court drill, it begins with 2 lines at half court, one on each sideline facing the rim and a player in each baseline corner. Ball starts in the left line, he skips the ball (using an overhead pass) to the first player in the right line. These 2 are the offensive players and they attack the lone defensive player situated in the middle of the free throw line (only 1 pass is allowed in this sequence). On completion of possession (a score or defensive rebound), the shooter sprints to touch the half court circle while the other 2 try to grab it out of net and outlet it to the nearest baseline corner who throws an overhead pass to the line up the sideline from him. This player catches and quickly skips it to other line and the 2 players are attacking the 1 defensive player (the previous sequence's shooter).

»You can make this a competition by ordering the players to line up at half court in a shirts-skins-shirts-skins sequence.

-3 Man Weave + Defense: A defensive drill to work on getting through dribble handoffs. The drill consists of the offense running through a simple 3 man weave. The technique Coach Hurley taught was to not try to fight over the dribble handoff, he instead teaches the player guarding the ball handler to step off the handler as he goes to make the handoff to allow space for his teammate (the defensive player guarding the player receiving the handoff) to slide through (This man is supposed to not only allow space for his teammate through, but to also clutch his teammate's jersey and drag him through the gap).



»Variation: Rather than handoff, pass + follow with a ball screen.

## 5-on-5 Defensive Work

In all drills, offense is playing dummy until the coach's call, they then play live

**-Drive:** On coach calling "Drive" the on-ball defender must run to touch the nearest boundary (If covering the wing, defensive player touches sideline; if in slot, defensive player touches half court) while his offensive player is looking to drive the opening After touching line, defensive player sprints back into play.

**-Trap:** On coach calling "Trap" the nearest off-ball defender runs up to trap the ball.

**-Switch:** On coach's "Switch" call, the offense drops the ball and the defense picks the ball up to attempt to score at the same basket the offense was previously trying to score at (staying on the same side of half court). The caveat is that the newly turned defensive players are not allowed to guard the player that was covering them.

**-Change Ends:** On coach calling "Change" the offense drops the basketball and picks up a player other than the one that was guarding them while the defense gains possession and transitions to score the other way.

# MISCELLANEOUS

-It doesn't matter how many guys you're returning, you don't know your team until the 11<sup>th</sup> game of the year. Therefore, you must be hesitant in putting in too much too early in the year. Make your players play in that first stretch of the season (first 10 games). "We will not play one possession of anything but man-to-man." Don't offer them a bailout, make them figure it out and then once you get a feel of who you are as a team and what you can do, add the things that make you tough to prepare for (the trick defenses, etc.)

» "Be careful not to sacrifice your beliefs for short term wins."

-Locker room sign: "We Get Better the Longer We're Together"

-Respect is big:

-Every player in the program must say hello when they see Coach Hurley in the halls.

-“I have some of the toughest guys in the Jersey City projects that will sprint to my chin at the sound of my whistle because we emphasize respect so much.”

-“We're in this together, but I'm in charge.”

-“If you do things right, things will find a way to work themselves out.”

-“There's some quit in this generation. They're just not as tough as generations past.”

-Gear:

-Varsity gets two sets of practice gear, freshmen and JV get one set each.

-Coach Hurley works as hard as he can to get the varsity as much gear as he can because he wants something for the younger kids to aspire to

-If it is in the means of your program, try to go away for a tournament over Christmas.

-Make your seniors responsible daily. It's their team. You want them to lead even if the best player is a junior.

-“Coaches can pick the captains, but they can't pick the leaders”

-You must figure out a way to figure out a way to find out what's going on in the locker room. Use your managers as moles. Our managers dress with the team daily and they give the coaching staff about any possible bad apples.

-Curfew

-Assigned landline phone number they must call from every night.

-Each player has a designated person in their family that coaches will call on.

-Open Gym ideas:

-8 point games with 2's and 3's; player who hit game-winning shot now steps to the free throw line to shoot a validation. On a make, his team wins. On a miss, play continues (now with game point being to 10). On the second win, the player who made the game-winner steps to the line for a validation. If he makes it, his team wins. If he misses it, his team loses and is now running.

-Live ball through the hoop—whoever takes the ball out of the net on a score is awarded possession and can play from there. Defense does not need to take ball out.

-All big men can only use their weak hand on finishes.

-“With a problem kid, I have a social worker's mentality so I'm more apt to figure out a way to keep him, but not at the expense of the rest of the team. Be aware of what one kid being thrown off can do to the rest of the team. You think you have a bunch of problem kids and you find the weed and kick him off and all of a sudden everyone hops into line.”

-On any steal (except last play of game), the player that stole the ball is rewarded by being guaranteed a shot.

-Watch films of your previous game, but don't kill them with it (no more than 30 minutes). This will be productive because teenagers are visual learners, but monitor their attention level. Don't show them the really good or the really bad. Emphasize effort things: poor closeouts, poor blockouts, or not getting to level of ball in transition.

-A great trip for a coach would be to visit Philadelphia on a weekend. Chances are you can get 3 very good practices in during one day with Temple, Villanova, and St. Joseph's all in good distance from one another.

-Listen for their input, you'll never get any insight more valuable than one of your players coming off the court saying, "I think we can switch that screen away. I can get that." Remember: it's non-geniuses playing against non-geniuses.

-Eliminate breakdowns by a.) repetition b.) sell them on the fact that they can get better

-Against full court pressure:

- Never turn your back to the pressure

- Keep the ball off the sidelines and think like a football coach in trying to get the ball to "space."

-On Freshmen and JV programs: "I don't ask them to run the same offense as the varsity, I tell them. Sell your guys on the concept that they're varsity assistants. We don't talk about the JV or Freshmen team's record because a.) the goal is to prepare the players for varsity basketball not to win games b.) what they're doing is so alien to what they did in grammar school.

-"In order to run the Dribble Drive Motion you must have 2 guards that can make plays with the ball. It goes back to matching your philosophy to your personnel. We have 3 bigs this year so we're going to the "Kansas Double Post" rather than the DDM. It will be good old fashioned NFC East smash mouth football."



-On what young kids are missing:

-“Kids only play organized ball. They only play against guys their own age. Kids aren’t playing against older kids enough.”

-“They don’t know how to practice.”

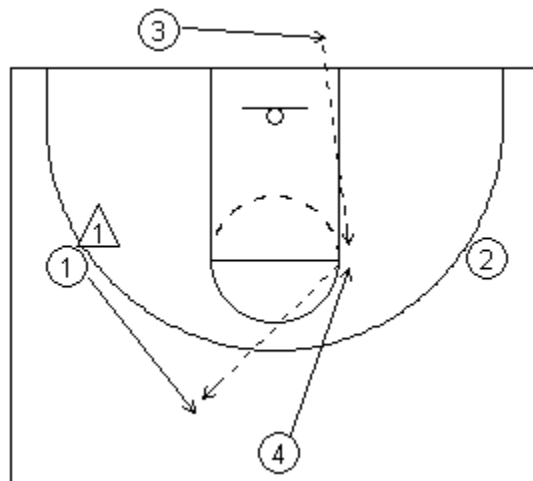
-“Winning and losing has lost significance because of the high number of games the travel teams play. There should be a limit.”

-Eight Second Sprint: a good practice punishment for losing team. Teams start on baseline and sprint to other end and back to free throw line in under 8 seconds.

-Good idea for practice: Tell them “Practice starts at 9, but we’ll be there at 8:30 with basketballs.”

-Get your big in the line of the pass when the ball is at the top of the key. Don’t flatten him out to be alongside the offensive big. Get him in the passing lane and up the floor.

-On full court pressure when the team is denying the inbounds pass, rather than bringing your point guard to below the free throw line and having him receive the ball in an area where we don’t want it (too easy to trap). Instruct your inbounder to run the baseline and throw to a big flashing to the opposite elbow. On his catch, he turns and hits the point guard flashing middle (taking advantage of x1’s overplay).



-Get your kids to buy into the virtues of ball reversal. Get them to understand that with each pass the offense completes, the defense weakens. On each pass, help defense is distorted.

-Make your drills harder than games. If you're playing a pressing team, eliminate the fear of the press by going 5-on-7 in practice

-Perfect your player's shot fake. Have them come to view a shot fake as merely a shot that they chose not to take.

-On traps, the defense's legs should be into the offense's legs.

-Get off the floor when shooting: "Legs and Lift" & "Drive your toes into the floor"

# TEN COMMANDMENTS

1. When a winner makes a mistake, he says, "I was wrong."  
When a loser makes a mistake, he says, "It wasn't my fault."
2. A winner credits good luck for winning, even though it isn't good luck.  
A loser blames bad luck for losing, even though it wasn't bad luck
3. A winner works harder than loser and has more time to give.  
A loser is always too busy to do what is necessary.
4. A winner goes through a problem.  
A loser goes around it, but never past it.
5. A winner shows he's sorry by making up for it.  
A loser says, "I'm sorry," but does the same thing the next time.
6. A winner knows what to fight for and what to compromise on.  
A loser compromises on what he shouldn't, and fights for what isn't worth fighting about.
7. A winner says, "I'm good, but not as good as I ought to be."  
A loser says, "I'm not as bad as a lot of other people."
8. A winner would rather be admired more than liked, although he would prefer to be both.  
A loser would rather be liked than admired, and is even willing to pay the price of mild contempt for it.
9. A winner respects those who are superior to him, and tries to learn something from them.  
A loser resents those who are superior to him, and tries to find chinks in their armor.
10. A winner feels responsible for more than his job.  
A loser says, "I only work here."

# STEVE NASH SHOOTING

**Everything is done at game speed. Shoot, chase after your rebound and dribble to the next spot to shoot again.**

Baseline Pullup Shot (from both sides)	1:30
Midrange Bank Shot (from both sides)	1:30
Foul Line Elbow (from both sides)	1:30
Floating Jumper (drive from wing into middle of floor, shoot with 2 hands)	1:00
Back-to-Basket Series (turn and shoot, hook shots, step through)	2:00
Shot Fake + Dribble Pullup	1:30
Hesitate with live dribble	1:30
Spin + Shoot (spin right into shot, no extra dribble)	1:00
Stepback for Shot	1:00
Catch + Shoot (spin out for shot)	1:30
Pick & Roll (1 dribble/ 2 dribble jumper)	2:00
Chauncey Billups (speed dribble from half court into 3)	1:00
Mike Rosario (Deep Three Pointers—from volleyball line)	1:00
Free Throws (Shoot while tired)	2:00