

2008 CLINIC TO END ALL CLINICS

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“A PROGRAM W/O \$\$\$”

- Building a high school program: -Decide what type of kids you're going to have
- Keep a separation from your players (“I’m Coach or Mr. Hurley, I am not your buddy”) I never want a player to come back and say I was too nice to them and I should have pushed them harder.
- Have your former players come back and tell you're guys 2 things: that everything they're going through is worthwhile and how great college is.
- Give yourself time to develop your style, stick with it (In his first year at Duke, Coach K lost to Wagner)
- Very important to build feeder programs to your program (Jersey City Rec/ B&G Club) -With city kids, you have to keep them involved—it's okay for them to play other sports, it's better than them being on the corner
- Make freshmen and junior varsity programs mirror the varsity. Get the coaches to view themselves not in terms of win-loss, but rather as varsity assistants.
- Keep maximum number of kids -Make sure you keep size (even with no experience). Pay attention to how you handle these kids—keep telling him how good he's doing until he's there “in the web” and then treat him like shit like everyone else.
- Cultivate an identity in your community. If a cop sees a St. Anthony's kid on the corner, he will call me.
- Allow kids' play to dictate their playing time. Don't get too high on a kid as a freshman.
- Curfew: kids have to call from their home number between 9:30 and 10.
- Teach your kids how to act: short haircuts, no tattoos, good handshake and eye contact
- Pickup rules: Games to 8, 2's and 3's. Team that wins must “validate” the win with a free throw. If player misses, teams play again. If his team wins again, another free throw. On a miss, his team loses and is off.
- Drills: 2 teams go against each other for 4/8 minutes. Team that wins must validate the win with a free throw. If he makes it, losing team does the conditioning, but if he misses, his team is now the loser and must run.

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- Validation idea came from Vance Walberg (UMASS and Pepperdine)
- Good assistants, ambitious coaches who want to be there are so important. If you are told that you have to hire assistants from within the school, try to mediate that
- Everyone in the program has gear, but the varsity has more (something the JV and freshmen can aspire to)
- If you have the opportunity, try to take an overnight trip
- Try to play as many as you can get away with -Tries to get playing time for at least 1 sophomore each season
- Favorite players: ordinary players with an extraordinary desire to get better
- In today's game you must push fitness and strength training
- They must play hard. If they can't, they can't play for me.
- Your best player must buy into playing defense
- Motivates his best defensive player by telling him in the scouting report that he's worried about his match-up and switches him off opposing team's best player. "He's too quick/ too big." If your guy is tough, he will come to you and demand that he gets the assignment.
- If you make them play hard and guard like crazy, you must give them freedom on offense
- FREE SHOT! When a player records a steal, it is his shot to take and may push until he's stopped. If it's a big, he gives it to a guard, but it's mandatory that he gets it back.
- Most important individual statistic for a guard: Assist/turnover. Good= 2:1, but a guy that wants to play in college should be above 3:1.
- Be sure to chart individual statistics/growth/achievement -WIN STAT! Deflections + steals + contested shots + blocks + charges + defensive rebounds + loose balls + throw-aheads + offensive rebounds + 50% FG + 70% FT. Player who collects the most in each game gets to sit out all conditioning in the next practice.
- When practice starts, get the players together. -Make sure that in the first 15 minutes of practice you say something to every player. -After a bad loss, teach rather than blame
- Get your players to pay attention to detail, don't allow slippage -Doesn't change defensive philosophy other than, depending on personnel, he will change his pickup point
- Keep a senior who doesn't play much IF he helps you in the class room or locker room -You can pick your captains, but you can't pick your leaders.
- Talk constantly about their role, cultivate the back of your team
- 3 times a week they practice hustle plays. Drill: Player slides to block to take charge of incoming offensive player. Defensive player jumps up and must dive on the floor to retrieve ball

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thrown on floor by coach. Player throws it back to coach, gets up and sprints in to get ball back from coach for a layup

-Killer conditioner: In the locker room, have a box of old shirts left at open gym. Have players bend and slide around the perimeter of the court, wiping the floor with the shirts.

-Late to a practice? Player stands on the sideline and watches everyone else do sprints (physically breaks them down in these sessions)

-Once you get defensive philosophy in, you don't need to push defense too much in practice. 3 drills is enough, just to work defensive leg muscles. In terms of practice time, offense over defense, emphasis on transition.

-Syracuse Lane Slides: Defensive slide across the lane coming to a jump stop (both feet outside of lane). Goal: 20 in a minute -Work within your position only 10 minutes a day. Everyone practices every position everyday.

-A thousand times he has decided to try something else, but each time a kid (not even necessarily a player) has stopped him and kept St. Anthony's as being the only place he has ever worked. (Interesting to note that the closest he got to leaving was to Xavier with coach Gillen who preceded him at the lecture).

-You're crafted by who you played for/ worked with/ worked for.