

## **Bob Hurley – Practice Essentials & Tips**

### *Practice Essentials*

- Put it down on paper
  - Can't wing practices, plan in advance!
  - Hurley keeps practices for several years to compare current quality of practice
  - Stick to what you write down!
- Alternate hard and easy parts of practice
  - Hard parts of practice shouldn't last more than 5 minutes
- Practice the way you play
  - St. Anthony's practices mostly in the fullcourt since they are an up-and-down team
- 2/3 time on individual skills, 1/3 team
  - Work on individual skills to improve the overall team
- Practice to improve the team first
  - Focus on your opponent second
  - Treat every game the same (kids notice when something is different)
- Breakdown work daily
  - Have one coach with big men, one with guards
- Shoot 20 minutes daily
  - Everything else you practice is worthless if you can't take advantage of scoring opportunities
- Shorten practices as season goes on but keep intensity up!
- Special-situation practices regularly
  - Hurley has one special-situation practice per 2 weeks (90 minutes, goes over 20 different situations)
- Shorten practices pre-game and post-game
  - Pre-game - focus on things you want done in the game but leave time for legs to recover for the game
  - Post-game - If they have a bad game, don't take it out on your team (they didn't intentionally lose.), teach instead
- Start and end each day with a meeting
  - Starts positive
  - Ends positive (reminders for what's coming up and tomorrow's focus)

### *Daily Practice Tips*

- Players are responsible for the mood and correcting mistakes

- Leaders on team need to be held accountable for getting it going
- Coaches just make a suitable situation for learning
- Team meeting at beginning and end of practice
- Early drills
  - Players call out names of teammates and names of drills
- Head coach uses each player's name within first 15 minutes
- Earn maroon shirt
  - No such thing as a game player (come to practice and work)
  - Designate 5 players who have maroon shirts at beginning of season (starters)
  - Each day the 2nd unit (Gold Unit) fight to earn the maroon shirts and the starters fight to keep them
  - 5 players who finish a practice with maroon shirt will start the next day's practice with them on; if next day is a game those 5 will start
- Change practice partners regularly
  - New faces help push players instead of settle
- Keep stats on drills
  - Have something to shoot for
- Listen to practice
  - You can find out a lot about your team by closing your eyes for a few seconds in practice
- Use a variety of drills
  - Identify where you got them from
  - Makes players feel like they have the edge
- All conditioning with the ball
  - Don't run just to run unless punishment
- Utilize assistants and gym space
- End practice on positive note
  - Reward practice players for effort