

Danny Hurley, Rhode Island (40-25 in last two seasons at URI)

-90% of defensive philosophy comes from my dad (Bob Hurley, St. Anthony High School in Jersey City, NJ).

-Learned from a variety of different coaches:

- Bob Hurley: love your players. In order to be 100% truthful with them, you need to build up your relationship.
- P.J. Carlesimo: the power of meticulous preparation. His scouting put us in advantageous situations every night.
- George Blaney: basketball can be fun.

-It's all about culture. I've been able to back off a bit this summer because I know our culture is right. In the past, I was on these guys every day because the culture wasn't where it needed to be.

-How do we define our culture?

1. Habits (so much of what you do in your life you do unconsciously)
2. Attitude (improvement-based mindset)
3. Relationships
4. Competition (daily winners)
5. Balance

-What are you putting into each day?

- 3-4 hours of investment in your craft
- Rest/recovery/sleep
- Nutrition

-Have paid attention to providing our athletes the resources to live a balanced life. URI has hired a "Mental Skills Coach" that has previously worked for Cleveland Browns and Boston Red Sox. Additionally, they host a spiritual meeting (non-denominational) on Monday mornings at 7:30.

Team Workout

Circle Dribbling

7 circles of cones (10-foot circumference) are laid out around the court. The players pair up with each circle assigned to a pair. Players work in 30-second segments (with the other player resting).

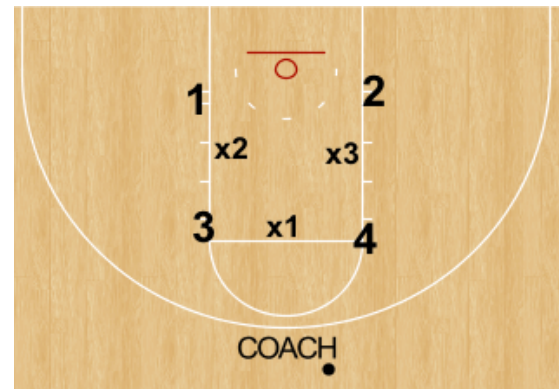
- Right-hand only
- Left-hand only
- Both hands (1 ball)
- Both hands (2 ball)

4-on-3 Rotation

4 offensive players spread around the perimeter with 3 defensive players working to defend them. Defenders closeout to the ball with one high-hand with a hard no-middle stance. Off-ball: drop into lane rather than jumping to the ball because of the scramble mode.

Box Passing

4-on-3 (no dribbles; no moving). Offense is trying to complete 6 passes in 12 seconds. Deflection = turnover. 3 teams (if team completes 6 passes, they stay on offense and a new D comes on). Play for 3 minutes, whichever team has most "6 Passes" wins the drill.

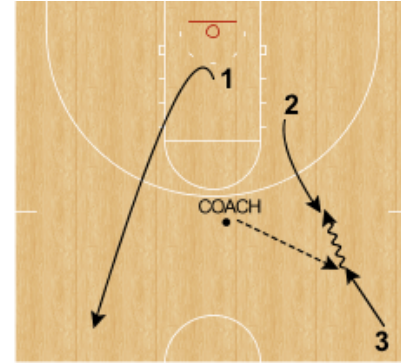
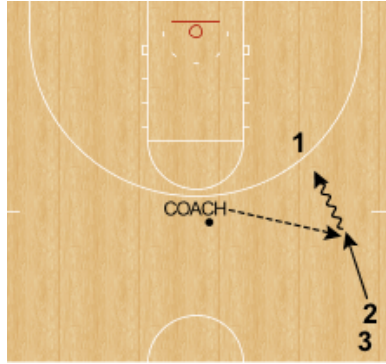


Block 1-on-1 (Bigs)

Coach stands at the free throw line with a ball. A player sits on each block with their chest facing the coach. Coach throws it to one player while the other rushes to defend.

Transition 1-on-1 (Perimeters)

Offensive player starts at halfcourt and sprints towards the hoop to catch a pass from the coach. Rotation: Offense goes to Defense. New Offense comes on from halfcourt as Defense goes to end of the line. **Change angles (top-of-key)



-We're focused on offensive basketball until October rolls around.

2-on-2

On coach's whistle, guards play 1-on-1 within the cones and the forwards sprint to the opposite corner and slide across the baseline. Play 2-on-2 once the guards have emerged from the cones.

