

Golden State Warriors Media Conference

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Moses Moody

Media Conference



Q. We've been hearing about these workouts. This time was it a little different? Were you there when Chris came and what was that like?

MOSES MOODY: The summer workout? Yeah, it was good. We haven't really even done them very much since I've been here, so just going and being around the guys, being able to hang out off the court and on the court, just getting on those runs, being able to get acquainted before training camp starts I feel was pretty good.

Q. Who was in charge of getting them together?

MOSES MOODY: Between 30, CP, Dray, somewhere in there. I guess that group.

Q. Entering your third year, what have you learned about off-season preparation and how has that changed over the course of your career to know what you need to do to get ready for a season?

MOSES MOODY: Yeah, that's a good question. Over the years I've realized that off-season is when you really make those improvements, make those jumps, because during the season you've got to manage your load, manage how much you're working out and all of that, so much that you don't actually get to get the full work in like you want to.

So being able to get in a routine I feel like is how you get the most progress, and being able to come up with a consistent routine over a period of time, you've got the opportunity to do that in the summertime.

Q. Over the past couple seasons it's been harder for younger guys to get out on the court with this team and have consistent playing time. What do you see as your goals for this season? Has the coaching staff talked to you about role, and what do you hope to build on this year really?

MOSES MOODY: Yeah, preparation and all of that has been going towards being a contributing factor to winning. Like I want to be on the floor. I want to be a part of winning

these games. On a championship team that might look different than the situations, whatever, but I want to be a part of things.

Q. At the end of last season and again last week, Steve and Mike talked about connectivity and chemistry as being things that really need to improve this year. I'm wondering, do you see an improvement? Obviously today is the first day of camp, but in the workouts together do you see improved chemistry, and how do players -- it's one thing to say let's improve our chemistry, but how do you go about actually doing that?

MOSES MOODY: Yeah, I feel like even a lot of it might be genuine, just pieces and people kind of gravitating where we're closer together. Thus far, though, summertime workouts, being around each other, hanging around each other kind of gave us more time to develop authentic relationships rather than being thrown into training camp saying, you guys are best friends now.

We've had some time to be around each other, figure out things that you like about guys, and I think it's been able to kind of authentically happen that way.

Q. Draymond mentioned he noticed in scrimmages that if Chris was with the younger guys, I don't know if he is with you, but maybe Kuminga, and there's things he's telling them, discussions. Have you had those interactions with Chris and has he said, hey, if you do this, I can do that?

MOSES MOODY: Yeah, he communicates. He talks. A lot of us -- obviously everybody knows how smart of a basketball player he is, but not only that, he's able to communicate what he's thinking really well. He might have an idea of somewhere you should be or some way you should do something on defense, and he's just willing to kind of dish out knowledge and game that he's picked up over the years.

Q. How many times was Chris up here for workouts?

MOSES MOODY: I mean, he's been here a lot. He even



came to Vegas and got a run in with the Summer League guys, so he's been going a lot. I don't know necessarily how many times, but he's been here.

Q. Was it mostly him with the young guys?

MOSES MOODY: Whoever is in town really, so it's most of the young guys, people that's been in town. So whoever is in town at that time they're do teams like that, but I don't know if it's specifically with the young guys.

Q. What do you think was the difference for you last year early in the season when you kind of fell out of the rotation compared to playoff time, you're back in? That Lakers series you're playing 25 minutes a night.

MOSES MOODY: I feel like it was a journey. Figuring things out throughout the time that I wasn't playing as much or whatever, just trying to figure out something that works and trying to figure out what I can do to get on the floor and just being able to do that by the end of the year.

Q. I'm just curious what the best thing you did was this summer, non-basketball related?

MOSES MOODY: Best non-basketball thing of my summer is a pretty tight race between the camp -- I started my foundation. I started that, and we had an event with a camp back home in Little Rock. And also my family trip. We went to Hilton Head, South Carolina. Had a house on the water. Everybody was there, kids running around. That was a good time.

Q. I think that was the one with Klay, right?

MOSES MOODY: Yeah.

Q. What did it mean for Klay to leave Greece and come to Arkansas to be with you?

MOSES MOODY: Yeah, it was cool. He told me he was going to do it in the Playoffs and I didn't really -- I thought he was just talking, but he stood on it. He came to Little Rock, Arkansas, and not only did he show up, but he showed out. He was running around with the kids, lifting them up. They had fun shooting paper airplanes everywhere and everything. It was cool.

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