

Wall Hawks Shooting Notebook

This notebook is designed to help you become a GREAT shooter. If you are willing to spend an hour a day, YOU CAN BECOME A GREAT SHOOTER. The ideas in this notebook have worked for big time shooters and they will work for you.

If you will commit you 30 days this spring and 50 days this summer to take 300 shots a day, you will shoot 24,000 shots. Shooting by yourself or with a partner, you can easily get off 300 shots in an hour. Using The Gun, you can get it done in 25 Minutes.

The Results will be amazing!

An Hour a day is a small price to pay!



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Self Improvement Resources

1. Super Seven Work Out (next page)

This workout was designed many years ago by a state championship winning HS coach to help players practice on their own. It has produced great results of the years for those who have committed to it.

2. www.basketballworkout.com

This is another individual workout system that is accompanied by music. You turn on a stereo and go to work. It's a fun way to improve your game.

3. www.betterbasketball.com

Individual practices used by NBA players

4. www.StarShooter.net

A great way to improve your Shooting

5. www.puresweatbasketball.com

A website with online training resources available.

6. hoopboost.blogspot.com

A blog created by Texas A&M Coach Bob Starkey for serious basketball players.

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Super Seven Practice

1. Seven Minutes of Ball Handling

Rest: 14pizza shots- focus on 'gun strait'
14 regular shot- focus on your 'tomahawk'

2. Make Seven Dribble Weapons

-Hesitation and Crossover/Hesitation and go(full speed)
Rest: Make 7 Free Throws (push up for each miss)

3. Make Seven 3 Pointers

-Spin Back, Left Pivot/ Spin back Right Pivot (no walking!)
Rest: Make 14 left handed shots (off hand)

4. Make Seven Pull up Jumpers

-Start with a shot fake-right pivot going left, right pivot going right
Rest-Make Seven Free Throws (push up for each miss)

5. Make Seven 3 pointers

-Spin Back, Right Pivot/ Spin back Left Pivot (no walking!)
Rest: Make 14 left handed shots (off hand)

6. Make Seven pull up Jumpers

-Start with a shot fake- right pivot going left right pivot going right
Rest-Make Seven Free Throws (push up for each miss)

7. Make Seven 3 Pointers

-Spin Back, Left Pivot/ Spin back Right Pivot (no walking!)
Rest: Make 14 stationary reverse shots

8. Make Seven Pull up Jumpers

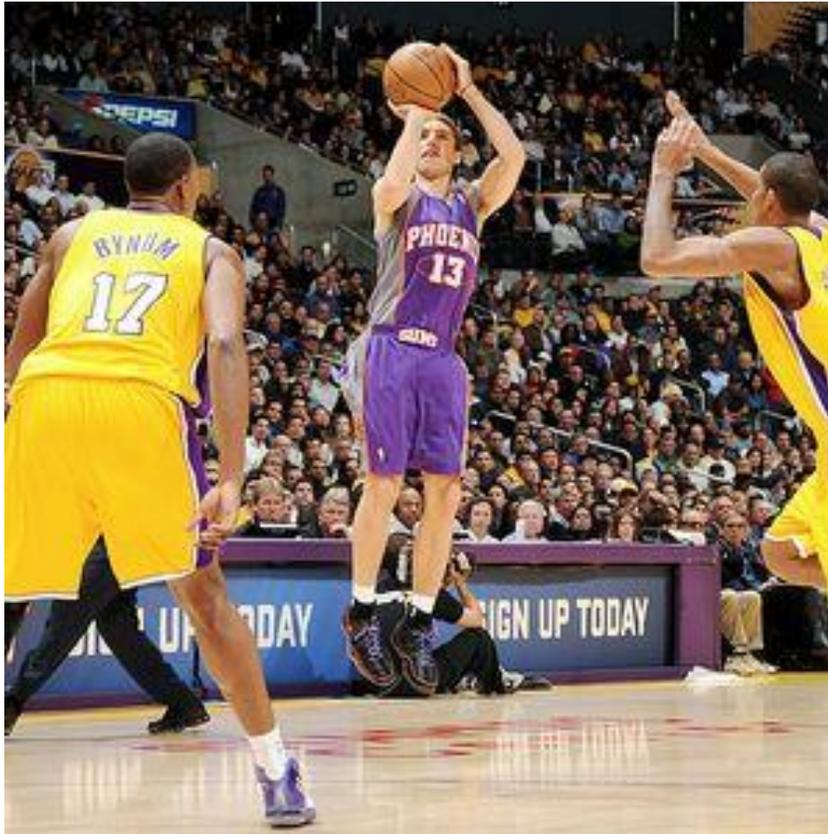
-Start @ volleyball spike line- double crossover dribble
Rest: Make Seven Free Throws (push up for each miss)

9. Make Seven 3's off the dribble

-Start @ volleyball spike line-alternate inside out and inside out and crossover
Rest: Make 14 left handed shots

10. Make seven 3's without missing two in a row.

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When you consider the fact that Steve Nash is the only player in the NBA that finishes in the top ten in three point percentage, free throw percentage, and field goal percentage (*he is the only guard on the top ten Field Goal Percentage list*) every year, it is arguable that he is the best shooter in the world.

When he was with the Mavericks I emailed Mark Cuban asking about Nash's shooting regime. Cuban Explained that Nash shoots 750 shots a day on off-days and 500 shots on game days with one catch....

He never leaves the gym without making his last ten in a row. That way, he always leaves the gym "hot".

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Kevin Durant's Shooting Routine

University of Texas Coach Rick Barnes stated that Kevin Durant was the most dedicated player he has ever coached. He described Durant's offseason Shooting Regime:

6am-7:15am: Game Shots with a Coach or Manager Contesting all shots.
These shots were on the move at game speed not spot shooting

7:30am-9:15am: Lift hard with strength Coach

Go To Class

2pm-3pm: Spot Shooting
Worked very quickly- as many shots as possible in an hour.

3pm-5pm: Pick up Games with Teammates

Night: He would come back after supper and school work to 'groove his shot'. He would shoot as long as it too until his shot felt perfect.



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Phil Forte's Typical Day Shooting

Phil was a two time state champion and all-state player for Flower Mound Marcus High School (5A) Because of his phenomenal shooting ability he received scholarship offers from Oklahoma, Alabama, UNLV, Utah, Wichita State and many other and accepted an offer to play at Oklahoma State University, despite the fact that he is only 5'11" and not blessed with great athleticism.

As a freshman - 67 threes at 46.8%
As a Sophomore - 119 Threes at 51.1%
As a Junior - 141 threes at 48.6%

Below is his typical daily shooting routine:

7:00 AM (before School)

Make 100 threes moving elbow to elbow and wing to corner

Make 50 step back mid-range jumpers

Make 100 threes off the dribble

Make 50 fall away pull up jumpers

Make 20 FTs for rest between each station

Evening (after practice using the Gun)

Make 300 threes with a minimum of 70%

Make 125 pull up jumpers with a minimum of 70%

Make 75 Floaters with a minimum of 70%



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A few years back, a coach I worked with wrote letters to the best shooters in college basketball that season asking them what they did in the off-season to develop their shooting. Five of them emailed the following replies.

J.J. Reddick- Duke

He shoots with a rebounder passing to him for 60 minutes, trying to make as many threes as possible. He is on the move the entire time, shooting from wherever he catches the ball. Reddick said that on a good day he can make 700 threes in 60 minutes.

Kirk Hinrich- Kansas

Hinrich shoots from 6 spots on the floor from behind the arc. He takes 100 shots from each spot and charts his results. The first 90 from each spot are threes and the last 10 are pull ups.

Hollis Price- Oklahoma

He shoots every morning at 7:00 AM and then lifts weights. He shoots 500 shots. If he does not make a minimum of 350, he does it again, not leaving until he has made 350 out of 500.

Gerry McNamara – Syracuse

McNamara uses the gym every day for a minimum of 500 shots. Some days he shoots as many as 1500. He said he will shoot as many as it takes to get “in that perfect groove”

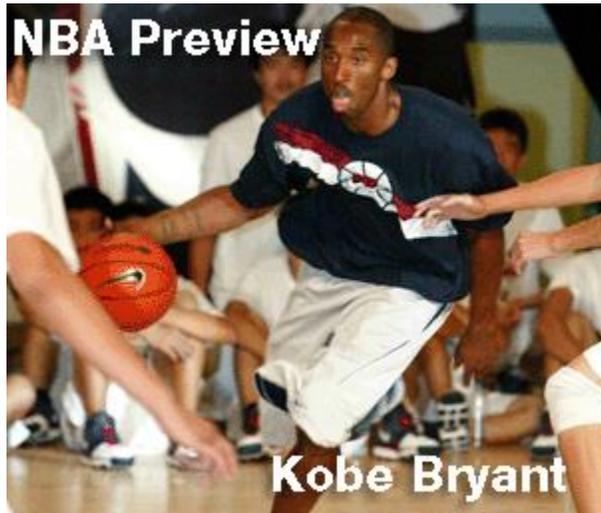
Brandon Mouton – Texas

Mouton always shoots competitively against a teammate. They will play various shooting games from one on one up to 90 minutes. He said what made him a great shooter was how badly he wanted to eat his partner in every shooting game.

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Kobe Bryant

He trains harder and longer than anyone else in the NBA



MF: Can you give us some insight into your training routine, both off-season and during the season?

Kobe: During the season, I focus a lot on weight training, obviously building up my strength level as the season progresses. In the off-season, it's about getting stronger as well, more agile. Also, conditioning plays an important part in that, because you want to make sure you come into the upcoming season in tip-top shape. Then, obviously, you want to get on the [basketball floor](#) and work on your skills.

MF: In the off-season, you probably spend many more hours training, is that right?

Kobe: During the season, it's probably about four hours or so a day, with practice and extra work.

MF: So specifically though, in the off-season, what kind of weight lifting are you doing? Is it explosive movements, like plyometrics?

Kobe: Not really, it's all Olympic lifts. I do a lot of track work.

MF: So like snatches, things like that?

Kobe: Yeah, clean-pulls, deadlifts, Romanian deadlifts, back squats, things of that nature.

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MF: One of the most impressive aspects of your game is your stamina – your ability to play so many minutes per night at such a high level. If you could pass along some tips on how to get bigger, obviously, but also to stay agile and have extra energy, would you recommend Olympic lifts?

Kobe: That helps tremendously. I think it's a combination of lifting weights and doing a conditioning program. Whatever your program is, the key is to push yourself to a level where you're hurting. You can't gain conditioning without going through it. You're going to have to feel some pain, you're going to have to feel like your lungs are burning, and you know, you want to spit up blood, that sort of thing.

MF: Sure. So what kind of cardio do you have to do – I'm imagining that during the [games and practice](#), you get plenty –

Kobe: No, but I do a lot more. When I get on the basketball floor, it's about fine-tuning my skills, it's not about conditioning. My conditioning comes from just running, whether it's on a track, or on a field, or on the court itself, just doing suicides, or sprints.

MF: So it's just a technique thing, shooting jumpers, things like that?

Kobe: Yeah, it's something I can do over and over, so I'm in great shape. **MF:** How many do you shoot in a **day**?

[Kobe:](#) It's between 700 to 1,000 makes a day.

MF: How has your training program changed over the years? You're already becoming a veteran of the league.

Kobe: It's become more efficient. I'm not just doing a whole bunch of things. I think when you first come into the league, you kind of figure out what works best for your body, what wears down your body, what doesn't, recovery, what works best in that area. I've been in the league 10 years, 11 years now so I know exactly what works and what doesn't work for me.

MF: Do you have any training tips, aside from Olympic lifts, that you'd recommend to younger [basketball players](#)?

Kobe: The thing that I tell them all the time is consistency. If they watch me train, running on a track, it doesn't look like I'm over-exerting myself. It's a consistency with which you do it, in other words, it's an every-day-thing. You have a program, and a schedule, and you have to abide by that, religiously. You just stick to it, and it's the consistency that pays off.

MF: If you could pinpoint one part of your game – and this would really be nitpicking – what would it be?

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Kobe: It depends – I usually make those evaluations at the end of the season, along with Phil (Jackson) and the coaching staff, and break down the season and how I progress, and how I evolve as a player, go into the summer with a plan, exactly what I need to work on.

MF: So that's every summer? You break your game down?

Kobe: Oh yeah. You have to.

What are you doing EXTRA?

How many shots are you MAKING a day?

How much stronger are you getting?

Are you working harder when it's painful?....Or are you quitting/cheating?... Are you avoiding pain altogether?



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Norfolk constantly shooting for a title

By [Dirk Chatelain](#)

WORLD-HERALD STAFF WRITER

NORFOLK, Neb. — Pull open the thick gymnasium doors, fix your eyes on the lone figure inside and start counting.

One, two, three ...

Two weeks ago, more than 2,000 people packed this gym two hours before tipoff to see their Norfolk Panthers, the No. 1 team in the state. But tonight, it's quiet. Tonight the loudest sound is leather passing through nylon.

Four, five, six ...

Swish, swish, swish. Every three seconds.

He's 5-foot-10, 150 pounds, scrawny by Class A basketball standards. His white T-shirt is soaked in sweat.

Official team practice finished with shooting drills an hour ago. Jalen Bradley is still shooting. He won't go home until he makes 1,000 jump shots. Alone.

Seven, eight, nine ...

His shots drop through the net and into a machine called "the gun," which fires balls back to him on the right wing, just inside the 3-point line. The sophomore catches and reloads.

One day he made 255 straight free throws. Another day he made 105 straight jumpers from 17 feet. Another day he made 43 straight 3s.

"I don't try to go for consecutive shots," said Bradley, who this season made 51 percent of his 3s and 42 of 43 free throws. "I just kind of let it happen."

10, 11, 12 ...

Today, Jalen Bradley and Norfolk descend on the Devaney Center, where at 2 p.m. they'll face Grand Island and try for the Panthers' first state tournament win in 23 years.

The Panthers are unique in Class A, not only because of where they come from, but how they got here.

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Juggernauts hail almost exclusively from Omaha and Lincoln.

But no team in Omaha or Lincoln shoots like Norfolk: 51 percent from the field, 44 percent from 3-point range, 78 percent from the free-throw line. (The latter two numbers would lead Division I college basketball.)

Five years ago, another shooting great, Kyle Korver, came to Norfolk and shared his wisdom.

Jalen Bradley listened, and every day since June 9, 2005, he's kept a running count of the jump shots he's made.

As of March 11, 2010 he had made 509,500.

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2 Time NBA All-Star Caron Butler was unhappy with his perimeter play last season, Butler dedicated himself to making 100,000 jumpers during the summer, 1,000 per day with a cousin dutifully clicking a counter. The results? He was averaging a career high 22.1 points through Sunday on 50.4% shooting and had improved his three point accuracy to 44.4% from 25%. "I'm more comfortable with my jump shot than ever" says butler "Before it was never more than a second option. Now I'll pull up from anywhere."

This was reported in Sports Illustrated on December 24, 2007 by Chris Mannix

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Hubert Davis, one of the best professional shooters and 3rd leading three point shooter in NBA history has a ritual he follows at every practice:

When practice is over he makes 20 threes from five spots on the floor. If he misses 3 in a row from any spot, he starts over at that spot. He does not go home until he has accomplished his goal.

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Shooting Ideas

The Gun

Use the gun to chart 500 shots in less than 45 minutes. After each Segment of 100 attempts, record how many made. Establish personal records for made shots out of 100 and also a personal record for made shots out of 500. Understand, however, that no one can break their record *every time* they shoot. After just a few days you will see your averages soar, subsequently this is when you are on your way to becoming a great shooter!

Hawk Shooting

Compete against a partner on Greyhound Shooting Drill. The first series is three pointers on the move(10), then second series is a shot fake pull up jumpers(10), the third series is threes off the dribble (5) and dribble weapon- pull up jumpers (5), and the fourth series is free throws(10). If you play best of seven on each series you will get a maximum of 280 shots, therefore you will need to play this game twice to get in 500+ shots.



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Ball Spins Make 10 Work-out

1. Dummy Ball Spins (forward pivot)

Catch w/ but down, on balance, and square to the rim

- Catch and square up
- Direct drive *
- Sweep *

*Work on shot fake mechanics

2. Make 10 catch and shoot jumpers from 15' (Inside Pivot)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

3. Make 10 catch and shoot 3's (inside pivot)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

4. Make 10 direct drive pull-ups (inside pivot)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

5. Make 10 Sweep Pull-Ups (inside pivot)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

6. Make 10 Sweep Pull-Ups (quick stop)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

7. Make 10 Double Sweep Pull-ups (quick stop)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

8. Make 10 Pro-Hop Lay-ups (alt. between forward pivot and quickstop)

- Alternate right pivot and left pivot each shot
- Rest: make 5 free throws

9. Make 10 Step Backs (alt. between forward pivot and quick stop)

- Alternate right pivot and left pivot each shot