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Competitive Shooting & Team Based Drills
3/25/20

I. Intro

Advice for those looking for their Big Break?

- Hard Work is the price of admission.
- Continue to be dedicated and be great at your craft.
- Be patient and make sure you are ready for your moment when it comes.
- The most dangerous person is the one who is continually improving.
- Be Known for something. Good Opportunity to stand out from the crowd.

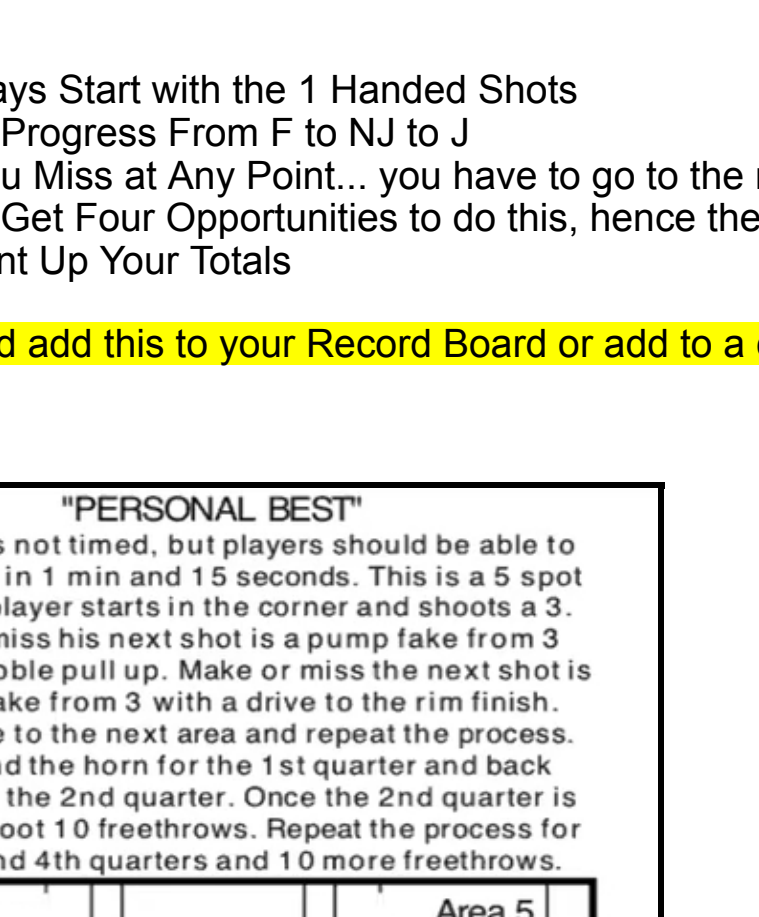
II. Competitie Shooting

High Score Board -

- Create a Record Keeping Board in which players could set new records, erase the broken records and Write in their own name.
- **Could Create our own Board with our Own Drills & Post Them. This would be great for creating a Shooting Culture amongst our players.**

CHARLOTTE HORNETS COMPETITIVE SHOOTING				
DRILL	HORNETS PLAYER	HORNETS HIGH	ALL TIME RECORD	RECORD HOLDER
RAPID 100		85	91	JJ Redick
STREAK SHOOTING			7 / 2	CJ McCollum
PERSONAL BEST			126	Channing Frye
M DRILL		8 / 3 / 4	8 / 3 / 4	Marvin Williams
BURNER		91	96	Doug McDermott
STAR DRILL			28	DJ Augustin
UNLIMITED STREAK			92	Ben Gordon
DOUBLES		42	48	Tobias Harris / Ben Gordon
AROUND THE HORN		38	38	Kemba Walker
OVER AND BACK			24	Evan Fournier

"Quarters"
The drill starts on the baseline with a 1 handed form shot 5 ft from the basket. If you make it you move back to 10 ft for another 1 handed form shot. If you make it you move back to a 15 ft shot with balance hand on the ball without jumping. If you make it you move back to 20 ft for a jumpshot. If you make it you move back to shoot a 3 pointer. At any point in time if a player misses they have to move to the next shooting area and will miss out on any additional shots in that area. There are a total of 5 areas with 5 potential points available at each. This will be repeated 4 times. If you make all the shots you will have 100 points.



Quarters -

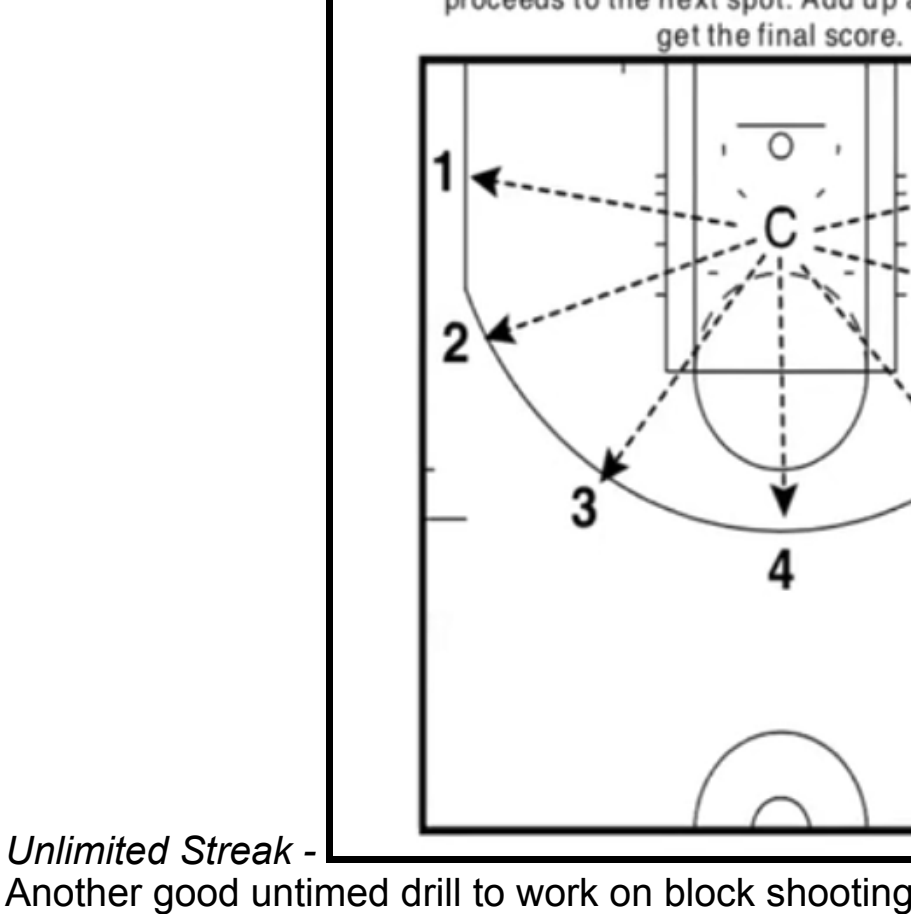
This is a drill he liked to do at the start of a workout, almost as a warm type drill. This is an untimed drill that they usually use with a rebounder.

F - 1 Handed Form
NJ - No Jump Shot
J - Jump Shot

1. Always Start with the 1 Handed Shots
2. You Progress From F to NJ to J
3. If You Miss at Any Point... you have to go to the next line.
4. You Get Four Opportunities to do this, hence the "Four Quarters"
5. Count Up Your Totals

- **Could add this to your Record Board or add to a competitive Cauldron too.**

"PERSONAL BEST"
This drill is not timed, but players should be able to get around in 1 min and 15 seconds. This is a 5 spot drill. The player starts in the corner and shoots a 3. Make or miss his next shot is a pump fake from 3 with a 1 dribble pull up. Make or miss the next shot is a pump fake from 3 with a drive to the rim finish. Then move to the next area and repeat the process. Go around the horn for the 1st quarter and back around for the 2nd quarter. Once the 2nd quarter is finished shoot 10 freethrows. Repeat the process for the 3rd and 4th quarters and 10 more freethrows.



Personal Best -

This drill is untimed, but if players are working hard they should be able to around the horn in about 2 minutes. Maybe longer if you did it with multiple players.

3 - 3 Point Shot (Worth 3 Points)

2 - One Dribble Jumper (Worth 2 Points)

1 - Lay Up (Worth 1 Point)

- Each Player Goes 4 Times
- Shoot 10 Free Throws After 2nd Turn
- Shoot 10 More After Last Turn
- After 4 Quarters Add Your Total

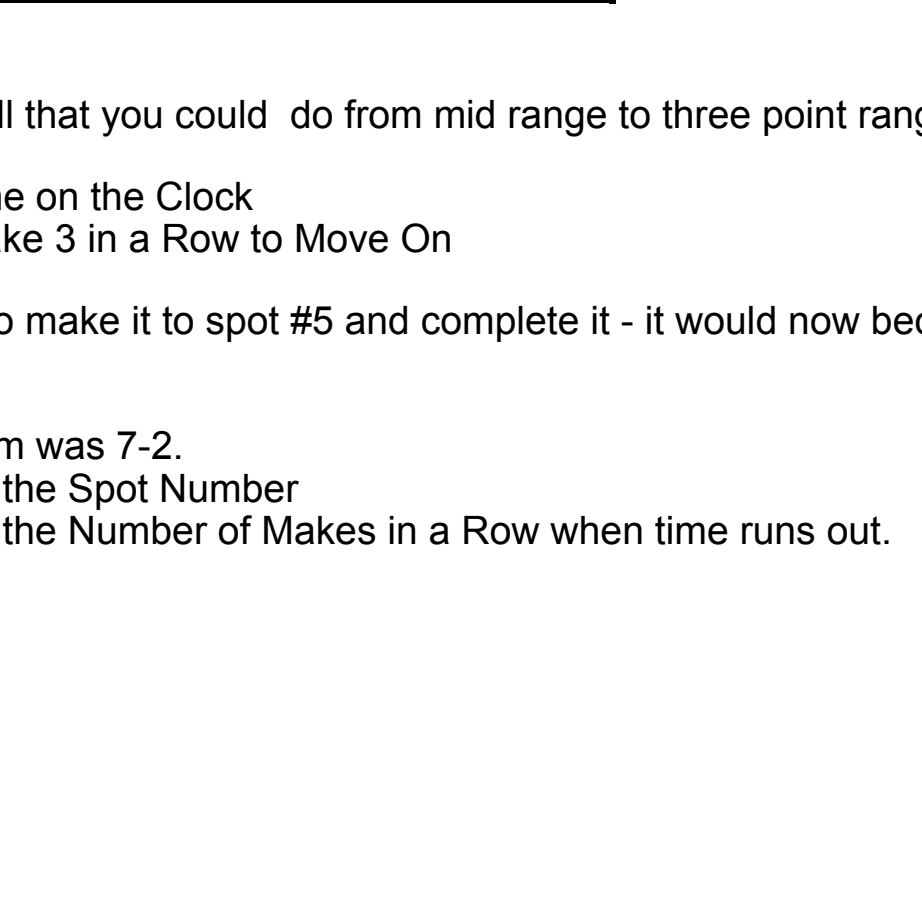
Highest Possible in 1 Turn 30 Pts.....

Obviously 20 Possible FT Points.....

Highest Possible Total is 140.

- **We Call this 30/30 Drill**

"UNLIMITED STREAK"
The player starts with a make at spot 1. Once he misses he moves on to spot 2. If the first shot is a miss at any other spot after spot 1, then the player proceeds to the next spot. Add up all the makes to get the final score.



Unlimited Streak -

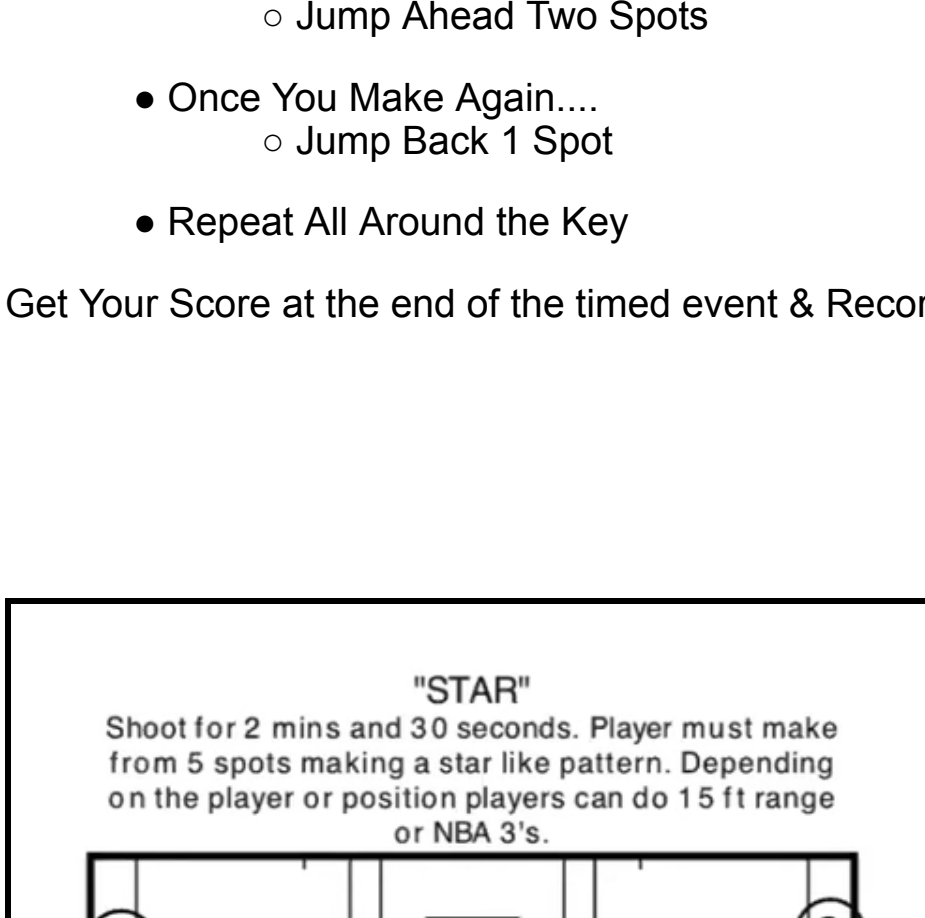
Another good untimed drill to work on block shooting. Guys would get the opportunity to go either 1-2 times.

- His guys would set a 35 Goal.
- Ben Gordon Record High with 92 (at NBA Range).

1. You Start at Spot #1 & Shoot Until You Miss
2. As Soon as You Miss You move to the Next Spot
3. At the end of the Session Add up Your Score

This would be a good drill to start practice with, perhaps have 2-3 players at a basket. You could possibly reduce the number of spots.

"STREAK SHOOTING"
Streak Shooting is 1 minute and 30 seconds. A player must make 3 shots in a row before he can move on to the next spot. Depending on the player or position players can do 15 ft, high school 2's or NBA 3's.
NOTE: Only one rebounder and one ball.



Make 3 shots in a row from each spot. Attempt to get to as many spots as you can in 1:30. Once you get to the corner go back around starting in the same corner you finished at and try to go back around. The score is based on 2 numbers. The first number is the spot you are on, and the second number is the number of shots you have made in that spot. The score 7 / 2 would mean that the shooter got to the 7th spot and makes 2 shots in a row from that spot. 6 / 0 would mean the shooter hit 3 shots from the 6th spot, but did not make any in the next spot.

Streak Shooting -

This is a timed drill that you could do from mid range to three point range.... Or perhaps even NBA range.

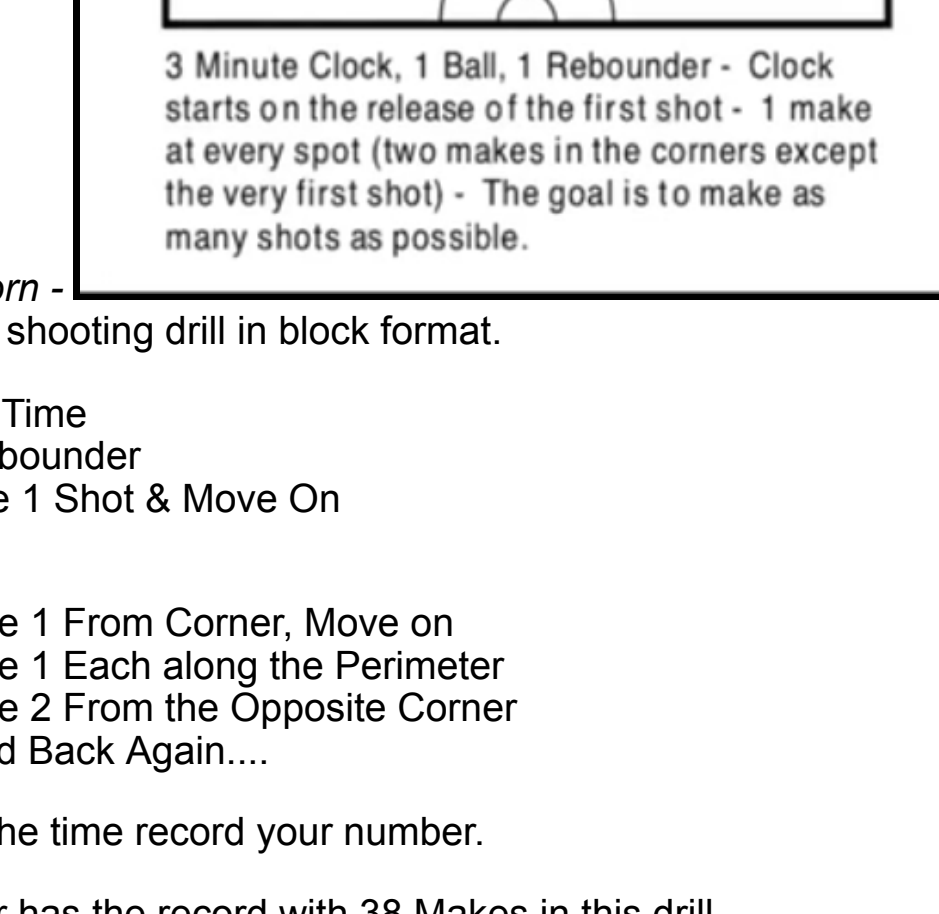
- 1:30 Time on the Clock
- Must Make 3 in a Row to Move On

If you happened to make it to spot #5 and complete it - it would now become Spot #6 and you would work your way around.

The Record for him was 7-2.

- The 7 is the Spot Number
- The 2 is the Number of Makes in a Row when time runs out.

"OVER AND BACK"
Make 1 shot at each spot - After the player makes his first shot, he moves forward two spots - After the player makes his second shot he will go backwards one spot - repeat this process for two minutes (Clock starts on the release of the first shot) - Count the total number of spots.



Over & Back -

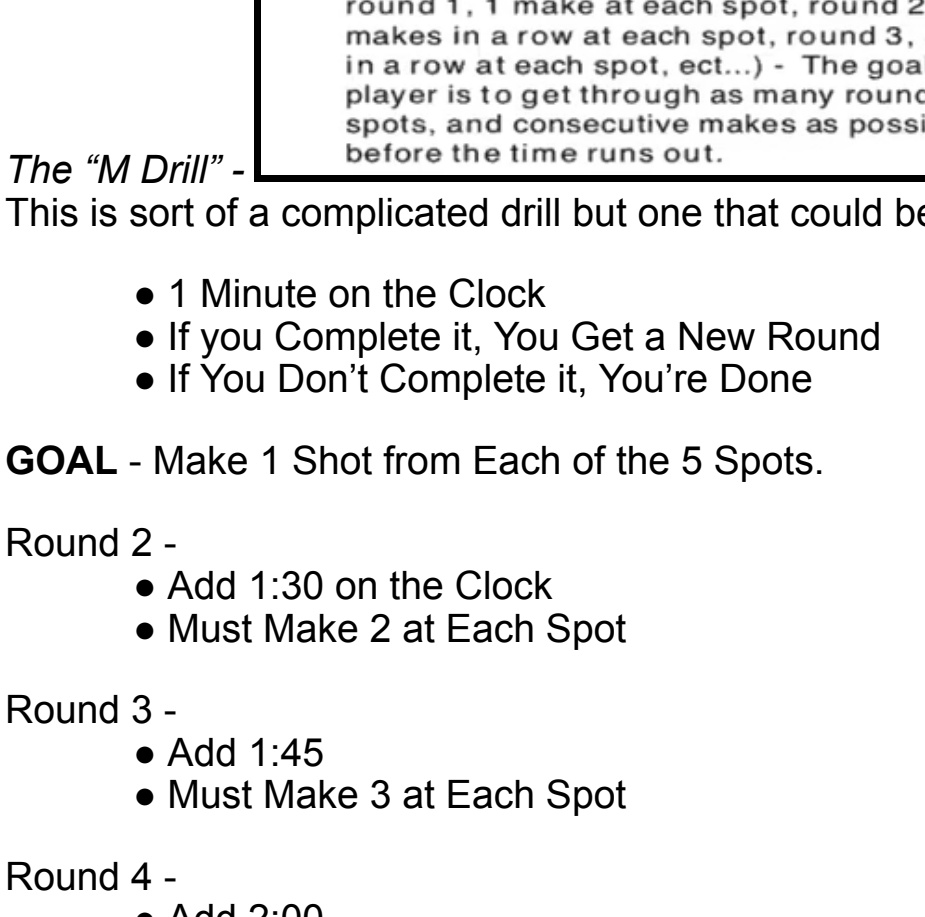
This is another timed drill where shooters are working on moving to new spots.

Time for 1:30

- Once You Make.....
 - Jump Ahead Two Spots
- Once You Make Again....
 - Jump Back 1 Spot
- Repeat All Around the Key

Get Your Score at the end of the timed event & Record your number.

"STAR"
Shoot for 2 mins and 30 seconds. Player must make from 5 spots making a star like pattern. Depending on the player or position players can do 15 ft range or NBA 3's.



Shoot in order from these 5 spots on the floor. Only move to the next spot once you have made the shot you are taking. Attempt to complete as many stars as you can in 2:30 minutes.

Star Shooting -

This was a drill he borrowed from Mark Few at Gonzaga. You can do this from any range, mid range, High School, or NBA Range.

- 2:30 Time Frame
- Rebounder
- Each Shot is Worth 1 Point

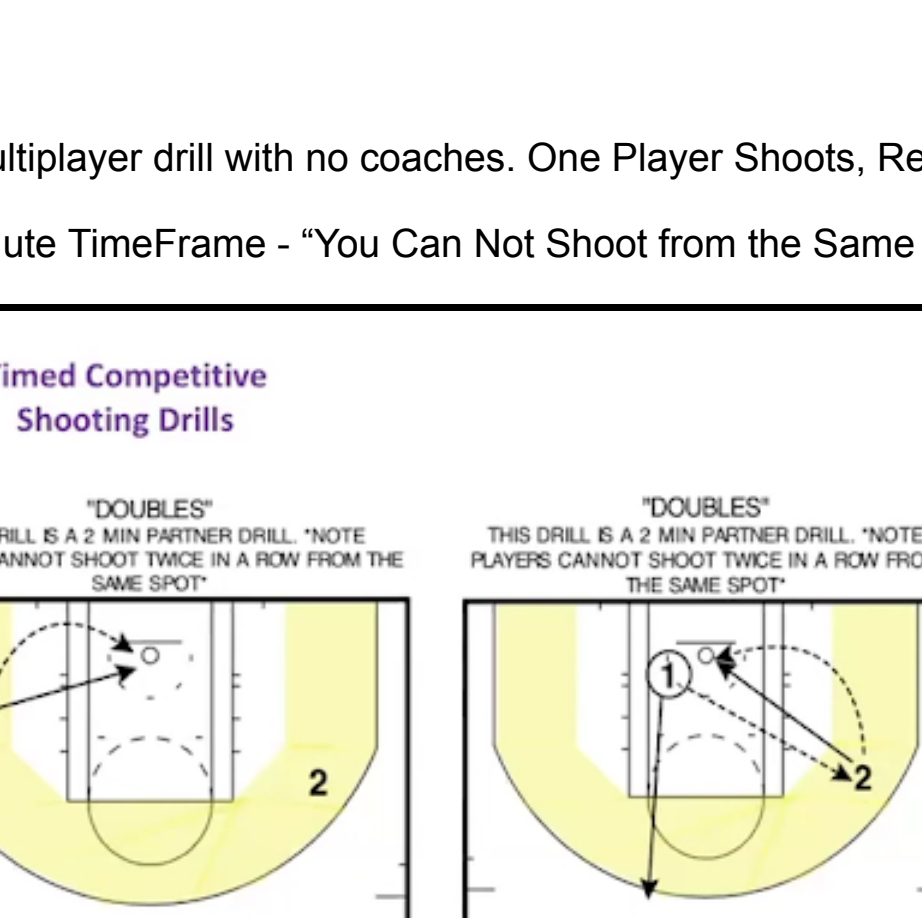
After Each Make you move along to the next Spot.

1 - 2 - 3 - 4 - 5.

His record is DJ Augustine with 28 Makes from NBA Range.

** Later in the Presentation he talked about mixing

"AROUND THE HORN"
3 Minute Clock, 1 Ball, 1 Rebounder - Clock starts on the release of the first shot - 1 make at every spot (two makes in the corners except the very first shot) - The goal is to make as many shots as possible.



Around the Horn -

Another timed shooting drill in block format.

- 3:00 Time
- 1 Rebounder
- Make 1 Shot & Move On

Order of Drill:

1. Make 1 From Corner, Move on
2. Make 1 Each along the Perimeter
3. Make 2 From the Opposite Corner
4. Head Back Again....

At the end of the time record your number.

Kemba Walker has the record with 38 Makes in this drill.

"M DRILL"
1 BALL - 1 minute on the clock to start - start clock on the first shot - Start the drill by making one shot from 5 spots in under one minute - If the player makes all 5 shots in under the 1 minute time frame the remaining time along with a new minute will be added to the next round (example: Round 1 - 1 minute, Round 2 - 1 minute plus remaining time from round 1, Round 3 - 1 minute plus remaining time from round 2, ect..). - each round adds one consecutive make to each spot (example: round 1, 1 make at each spot, round 2, 2 makes in a row at each spot, ect..). - The goal for the player is to get through as many rounds, spots, and consecutive makes as possible before the time runs out.

The "M Drill" -

This is sort of a complicated drill but one that could be really competitive.

- 1 Minute on the Clock
- If you Complete it, You Get a New Round
- If You Don't Complete it, You're Done

GOAL - Make 1 Shot from Each of the 5 Spots.

Round 2 -

- Add 1:30 on the Clock
- Must Make 2 at Each Spot

Round 3 -

- Add 1:45
- Must Make 3 at Each Spot

Round 4 -

- Add 2:00
- Must Make 4 at Each Spot

→ The Goal for his players is to get to Round 4.

Burner Drill -

Coach does not recommend this for beginner players, thinks this is a drill for competitive elite shooters.

"BURNER"
Player can go to any spot behind the 3 point line - Player will shoot in that one spot for 5 minutes - Keep track of total makes.

Volume, Block Shooting style drill.

- 5:00 Min on the Clock
- 2 Rebounders
- Stay in One Spot

Shoot for 5 Minutes and count the number of makes that you get.

- Record Holder is Doug McDermott with 96 (Chose a Wing Spot), Kemba Walker had 91.

Doubles -

This is a timed multiplayer drill with no coaches. One Player Shoots, Rebounds his miss, and then passes to his teammate.

- 2:00 Minute TimeFrame - "You Can Not Shoot from the Same Spot Twice"

Timed Competitive Shooting Drills

"DOUBLES"
THIS DRILL IS A 2 MAN PARTNER DRILL. NOTE: PLAYERS CANNOT SHOOT TWICE IN A ROW FROM THE SAME SPOT.

Player one shoots a mid range shot and gets his own rebound and passes it to his teammate.

"DOUBLES"
THIS DRILL IS A 2 MAN PARTNER DRILL. NOTE: PLAYERS CANNOT SHOOT TWICE IN A ROW FROM THE SAME SPOT.

Player 2 shoots a mid range shot and follows while player one spots up for a shot.

"DOUBLES"
THIS DRILL IS A 2 MAN PARTNER DRILL. NOTE: PLAYERS CANNOT SHOOT TWICE IN A ROW FROM THE SAME SPOT.

If the team makes 2 consecutive shots they can then move back behind the 3 point line to shoot for shots worth more points. Once you are outside the 3 if you miss two consecutive shots as a team you must move back inside the 3 point line. As long as your team does not miss two in a row you stay outside the 3 point line. Scoring in mid range worth 1 point and NBA 2's worth 2 points. The drill goes for 2 minutes.

III. Q & A

Typical Game Day for Him?

1. Office around 7-7:30
2. Working on Scouting Report & Video
3. Coaching Staff Meeting around 9:00
4. Discussion on Opponent Strategy etc
5. HOME GAMES - 20 Min Workout
 - a. Chance to work with guys
6. 3-3:30 back in the office putting together film clips for his players
 - a. Talked about Terry Rozier and the specifics for him
7. Before the Game they are doing Walk through Type Stuff
8. 7:00 Game Time

→ Did talk about trying to keep guys off their feet as much as they could. Some Good research out there about Load Management, etc.

VITAMIN - Pre-Game Workout, probably something that they do every single game.

"Star Shooting Drill" - Sometimes they incorporate different things to give it more variety

- Contesting the Shot
- Pass & Set a Ball Screen
- Get into a DHCO