



I'm not robot



Continue

Dwight howard stats lakers

American basketball player Dwight HowardHoward with the Atlanta Hawks in 2016No. 39 – Philadelphia 76ersPositionCenterLeagueNBAPersonal informationBorn (1985-12-08) December 8, 1985 (age 35)Atlanta, GeorgiaNationalityAmericanListed height6 ft 10 in (2.08 m)Listed weight265 lb (120 kg)Career informationHigh schoolSouthwest Atlanta Christian Academy(Atlanta, Georgia)NBA draft2004 / Round: 1 / Pick: 1st overallSelected by the Orlando MagicPlaying career2004–2012Orlando Magic2012–2013Los Angeles Lakers2013–2016Houston Rockets2016–2017Atlanta Hawks2017–2018Charlotte Hornets2018–2019Washington Wizards2019–2020Los Angeles Lakers2020–presentPhiladelphia 76ers Career highlights and awards NBA champion (2020) 8× NBA All-Star (2007–2014) 5× All-NBA First Team (2008–2012) All-NBA Second Team (2014) 2× All-NBA Third Team (2007, 2013) 3× NBA Defensive Player of the Year (2009–2011) 4× NBA All-Defensive First Team (2009–2012) NBA All-Defensive Second Team (2008) NBA All-Rookie First Team (2005) 5× NBA rebounding leader (2008–2010, 2012, 2013) 2× NBA block leader (2009, 2010) NBA Slam Dunk Contest Champion (2008) Naismith Prep Player of the Year (2004) McDonald's All-American Game Co-MVP (2004) Georgia First Squad Basketball (2004) Statistics at NBA.comStats on Men's Basketball Medal Basketball-Reference.com Representing United States Olympic 5x NBA rebounding Team fiba world championship 1st 2006 Japan FIBA America Championship Las Vegas Team 2007 Dwight David Howard II (born December 8, 1985) is an American professional basketball player for the Philadelphia 76ers of the National Basketball Association (NBA). He is an NBA champion, eight-time All-Star, eight-time All-NBA Team of honor, five-time All-Defensive Squad Member, and three-time Defensive Player of the Year. Howard, who plays center, spent his high school career at Southwest Atlanta's Christian Academy. He chose to forgoe college, entered the 2004 NBA draft, and was selected overall by the Orlando Magic. Howard set a lot of francais and league record during his time with the Magic. In 2009, he led the team to the NBA Finals. In 2012, after eight seasons with Orlando, Howard was sent to the Los Angeles Lakers. Following a one-year period with the Lakers, he played for the Houston Rockets, Atlanta Hawks, Charlotte Hornets and Washington Poststar. Howard returned to the Lakers in 2019 and won his first NBA championship in 2020. Howard's early life was born in Atlanta, to Dwight Sr. and Sheryl Howard, a family with strong sporting connections. His father was a Georgia State Trooper and served as a sports director at the Southwest Atlanta Christian Academy, a private academy for one of the best high school basketball programs in the country; Her mother played in the eldest women's basketball squad at Morris Brown College. [1] Mrs. Howard seven miscarriages before she was born. [2] A devout man Since his teens, Howard became serious about basketball around the age of nine. [3] Despite its large frame, Howard was fast enough and versatile to play the guard position. [4] He attended Southwest Atlanta Christian Academy for high school, and played mostly as a force forward, averaging 16.6 points, 13.4 rebounds and 6.3 blocks per game in 129 appearances. [1] As a senior, Howard led his team to a 31–2 record and 2004 state titles.[4][5] while averaging 25 points, 19 rebounds, 8.1 blocks and 3.5 assists per game. [4] That same year, he was widely recognized as the best American high school basketball player, and received this year's Prep Naismith Player of the Year Award. Morgan Wooten National High School Player, Gatorade National Player of the Year and McDonald's National High School Player of honour. [6] He was also with MVP (with J. R. Smith) from McDonald's All-American Game that year. [6] On 31 January 2012, Howard was honored as one of the 35 greatest McDonald's All-Americans. [7] Orlando Magic's (2004-2012) Professional career of the Early Years (2004-2008) Following the success of his secondary school, Howard chose to go to forego college and was declared for the 2004 NBA Draft—a decision partly inspired by his idol Kevin Garnett who did the same in 1995—in which Orlando Magic chose him first overall over UConn junior Emeke Okafor. [1] He took number 12 for his jersey, partly because it was instead Garnett's 21 when he played for Minnesota. [8] Howard joined the Magic squad that had run out with only 21 wins in the previous season; Further, the club has just lost Perennial NBA All-Star Tracy McGrady. [4] Howard, however, made an immediate impression. He finished the rookie season averaging 12 points and 10 rebounds; [9] setting several NBA records in the process. He became the youngest player in NBA history to average double in the regular season. [6] He also became the youngest player in NBA history to average at least 10 rebounds in a season and the youngest NBA player ever recorded at least 20 rebounds in a game. [6] Howard's interest to the Magic was heightened when he became the first player in NBA history to keep out of secondary school to keep out 82 games during his rookie season. [6] For his efforts, he was selected to play in the 2005 NBA Rookie Challenge, and was unanimously selected to the All-Rookie Team. [6] He also ranked third in the Rookie of the Year voting. [10] Howard reported to camp for his second NBA season after adding 20 pounds of muscle during the off-season. [4] Orlando coach Brian Hill—still responsible for enlarging the former superstar Shaquille O'Neal—decided that Howard should be swapped for a full center. [4] Hill identified two areas in which Howard needed to improve: his game after and his defense. He put additional pressure on Howard, saying that the Magic needed him to emerge as a power in the middle before the team had a chance in the playoffs. [4] On November 15, November, in a home game against Charlotte Bobcats, Howard posted 21 points and 20 rebounds, becoming the youngest player ever to score 20 or more points and accumulate 20 or more rebounds in the same game. [11] He was chosen to play at Sophomore Team in the 2006 Rookie Challenge during the All-Star break. [1] Overall, he averaged 15.8 points and 12.5 rebounds per game.[9] ranked second in the NBA in rebounding per game, rebounding an offensive, and double and sixth in the percentage of field goals. [1] Despite Howard's rise, the Magic finished the season with a 36–46 record and failed to qualify for the playoff for the second consecutive season since Howard's arrival. [12] Howard and Jameer Nelson in 2008 In the 2006-07 season (and for the third consecutive season), Howard played in all 82 regular-season games. [9] On 1 February 2007, he received his first NBA All-Star selection as a reserve on the Eastern Conference squad for the 2007 NBA All-Star Game. [1] On February 9, he made a game-winning oop off a boarding pass in the buzzer against the San Antonio Spurs. [13] Howard set a new career high with 35 points against the Philadelphia 76ers on April 14. [14] Under his leadership, the Magic qualified for the 2007 NBA Playoffs as the eighth seed in the Eastern Conference. [15] There, the Magic was swept away by the Detroit Pistons in the first round. [16] For the season, Howard averaged 17.6 points and 12.3 rebounds per game, finishing first in the NBA in bounce volumes, second in a field goal percentage, and ninth in the blocks. He was named the All-NBA Third Team at the end of the 2006-07 campaign. [17] Howard continued to post impressive numbers in the 2007-08 season and helped the Magic have their best season so far. Howard was named the starter for the All-Star Eastern Conference team. [19] On 16 February 2008, he won the Dunk NBA Slam Contest by receiving 78% of fans' votes via text messaging or online voting; in the competition, he performed a series of innovative dunks that he said had rejuvinated the competition, including donning a Superman cap for one of the dunks. [20] Howard led the Magic to their first division title in 12 years and to the third seed for the 2008 NBA Playoffs. [19] In their first round match against the Toronto Raptors, Howard's dominance (three 20-points/20-rebound matches) helped Orlando cope in five games. [21] Howard's total series of 91 rebounds was also greater than the total volume collected by the rest of the Toronto frontcourt. [22] In the second round against Pistons, the Magic lost in five games. [23] For the season, Howard was named the First All-NBA Team for the first time.[19] and was also named to the Team NBA All-Defensive. [24] Howard's Late Domination and NBA (2008-2011) performances in 2008, The Washington Poststar's 2008-09 season started well for Howard. Ten games into the season, the center presides over the league in blocks per game (4.2). [25] In December, Howard was injured. left knee, which caused him to miss the game because of an injury for the first time in his NBA career. Prior to this, he had played in 351 games in a row. [26] He won a record 3.1 million votes to secure a starting spot in the Eastern Conference team for the 2009 NBA All-Star Games. [27] Howard led Orlando to his second Southeast Division title[28] and to the third seed for the 2009 NBA Playoffs; the team finished the season with a 59–23 post. [29] In the first round of the playoff against the 76ers, Howard posted 21 points and 24 rebounds in Game 5 to give Orlando a 3–2 lead before the Magic closed the series in six games. In the second round against the Boston Celtics, after the Magic blew the lead in Game 5 to fall behind 3–2 in the series, Howard publicly stated that he should have been given the ball more and questioned Stan Van Gundy's coaching tactics. The Magic went on to beat Boston to win the series and move on to the Eastern Finals. There they were, beating the Cleveland Cavaliers 4–2. Howard had a career-high 40-point playoff to go with 14 rebounds in a game that made headline for the NBA Finals for the first time in 14 years. [30] In the NBA Finals, the Los Angeles Lakers took the first two home games, before a home win by the Magic brought the deficit to 2–1. In Game 4, although Howard put 21 rebounds and a final record of 9 blocks in a game, the Magic lost in overtime. [31] The Lakers clinched the series with victory in Game 5. [32] For the season, Howard became the youngest player to ever win the NBA Defensive Player of the Year Award. [8] He was also named NBA All-Defensive First Team [33] and to the All-NBA First Team. [34] Howard in 2010, contested a shot by future teammate Kobe Bryant of the Los Angeles Lakers in the 2009-10 season. Magic went down to a strong start, winning 17 of their first 21 games and setting a franchise record. On January 21, 2010, Howard was named the starting center for the East in the 2010 NBA All-Star Game. [35] The Magic completed the regular season with 59 wins and their third consecutive division title. The Magic playoff run produced another Eastern Conference finals appearance, in which they lost in six games to the Celtics. Howard won the Defensive Player of the Year Award for the second straight year. [36] He became the first player in NBA history to lead the league in blocks and rebound in the same season twice—and for two years in a row. [36] In the 2010-11 season, Howard recorded career highs in points and a percentage of field goals. He became the first player in league history to win an honorary defensive player of the Year for three consecutive seasons. Howard the league in doubles and also averaging 14.1 rebounds, 2.3 blocks and a career-high 1.3 steals this season. [37] He led the Magic to 52 wins, as they finished as the fourth seed in the Eastern Conference. They lost to the Atlanta Hawks in the first round of the 2011 NBA NBA He had a career-high playoff of 46 points and 19 rebounds in Orlando's 103–93 defeat to Atlanta in Game 1. [37] Howard led the NBA in a technical foul with 18 in the regular season, and received a one-match suspension after his 16th and 18th technical matches. [39] The final season in Orlando (2011-2012) Due to lockups, the 2011-12 regular season was shortened to 66 games. Shortly after the lock-up ended, Howard, who qualified to become a free agent at the end of the season, demanded trade to the New Jersey Nets, the Los Angeles Lakers or Dallas Mavericks. [40] Howard stated that although his priority was to remain in Orlando, he did not feel the Magic organisation had done enough to build a championship contender. [41] He would later meet with Magic officials and agreed to support his trade claims, but noted that he also felt the team needed to make changes to the schedule if they wanted to contend with the tournament. [42] On January 12, 2012, Howard tried out a free NBA 39th regular-season record against the Golden State Warriors. Howard entered the game making 42 percent of his free throw for the season and is just under 60 percent for his career. The Warriors backed Howard knowingly throughout the game, and he broke the usual Record Wilt Chamberlain 34 set in 1962. Howard made 21 of 39 attempts, finishing with 45 points and 23 rebounds in the Magic's 117–109 win. [43] On 24 January 2012, Howard became the magic scoring leader of all time. [44] On March 15, 2012, on the day of the trade deadline for the NBA, Howard waived his right to withdraw from his contract at the end of the season and was committed to remaining with the Magic through the 2012-13 season. He had previously failed to be traded to the New Jersey Nets. [45] If he doesn't sign the amendment, the Magic is willing to trade him to avoid losing him as a free agent. [45] On April 5, Van Gundy said that he had been informed by the management that Howard wanted him to be fired. During the interview, the centre walked and hugged his coach, unaware that Van Gundy had confirmed reports that Howard denied. [46] [47] Van Gundy was disconnected after the season. [48] On April 19, 2012, Howard's agent said that Howard would have surgery to repair a herniated disc behind him and would miss the rest of the 2011-12 season, as well as the 2012 Summer Olympics. [49] During the offslougher, Howard again sought trade to the Nets, which had moved to Brooklyn. He intends to be a free agent at the end of the 2012-13 season if he is not traded to Brooklyn. [50] [51] The Los Angeles Lakers (2012-2013) Howard with the Lakers in 2013 on August 10, 2012. Howard was traded from Orlando to the Los Angeles Lakers in a deal that also involved 76ers and Denver Nuggets. Howard took six months off the basketball after April back surgery, and has only a combined four weeks of camp practice and preseason to prepare for the season. [53] It still works itself into forms, paced himself throughout the season on offense and defence. [53] On January 4, 2013, Howard wound his right shoulder in the second half of the Lakers' 107–102 loss to the Los Angeles Clippers. In the middle of the season, the Lakers were a disappointing 17–24. Howard averaged 17.1 points on a 58.2% shooting, 12.3 rebounds, and 2.5 blocks, and also 3.6 fouls of the game with a 3.2% turnover while making just 50.4% of his free throw. [54] Howard was disappointed that he didn't get the ball enough, and he felt that Kobe Bryant shot too much. [55] Moving forward, Howard said he needed to take him and dominate more ways than just scored. [56] Howard missed the game due to his repeated shoulder injuries in January[57] and February. [58] In February, Bryant said that Howard was worried too much and did not want to let anyone down, urging him to play through pain when Pau Gasol was sidelined with a torn plantar fascia. [60] Howard returned the next game after commenting that Bryant was not a doctor, I was not a doctor. That's his opinion. [61] Howard with the Lakers in 2013 During the All-Star break, Howard adopted a healthier diet to get into better shape to anchor the Lakers' defense and run head coach Mike D'Antoni's choice and roll. [53] [62] Still, on February 23, Howard said he was not close to physically being where he wanted to. Coach Mike D'Antoni described Howard's difficulty running pick-and-roll—a game that coaches hope will be a staple for the team—with Steve Nash to Howard's lack of conditioning. [53] The Lakers were 8–2 after the All-Star break, surpassing Utah for the eighth and final playoff spots in the Western Conference, and Howard averaged 15.5 points, 14.8 rebounds, and 2.6 blocks. [65] In his first game back in Orlando on March 12, Howard scored a season-high 39 points and had 16 rebounds in the 106–97 Lakers' win. Booned throughout the game, he made 25-of-39 free throws, set a franchise record for a free throw PPG, and a franchise record for experimentation. [66] Howard made 16-of-20 free throws when he was deliberately fouled by magic. [66] With most of the season having the Lakers' defense and his overall game better.[67] The Lakers made the playoffs, but were swept up in the opening round by San Antonio. Howard was ejected in Game 4 with over nine minutes left in the third quarter. [68] Howard finished the season with his lowest scoring average since his second year in the NBA, but he was the league's leader in rebounding and ranked second in the percentage of pitch goals. Although he recovered from his back surgery, he only missed six games all season—all due to labrum [70] Howard was named the Third All-NBA Team after receiving five consecutive first-team honors. [71] He became a free agent in the summer, and he was offered a maximum five-year and \$118 million contract by the Lakers. [70] Houston Rockets (2013-2016) Howard with the Rockets in 2014, together Chandler Parsons on July 13, 2013. Howard signed with the Houston Rockets, joining James Harden to form a terrible duo. [72] Howard finished the regular season averaging 18.3 points and 12.2 rebounds and earned the All-NBA Second Team tribute. [73] During the 2014 playoffs, Howard averaged 26 points and 13.7 rebounds per game, but the Rockets were knocked out by the Portland Trail Blazers in the first round, losing the series 4–2. After playing in the Rockets' first 10 games to start the 2014-15 season, Howard missed 11 straight because of a tense right knee[74] before returning to play on December 13 against the Denver Nuggets and recording his 10,000th career rebound. [75] However, on January 31, Howard was sidelined for another month because of persistent problems with his right knee. [76] After a setback forced him out for another month and a total of 26 games, Howard re-played on March 25 against the New Orleans Pelicans. He started the game but was held under 17 minutes by coach Kevin McHale and finished with just four points and seven rebounds in a 95–93 victory. [78] Howard played only 41 games in the regular season. [79] The Rockets clinched their first division title in over 20 years[80] and made it to the Western Conference final, where they lost 4–1 to golden State Warriors. [81] On November 4, 2015, Howard had 23 points and 14 rebounds against the Orlando Magic. He shot 10-of-10 to become the first Rockets to make 10 or more pitch goals without a miss since Yao Ming went 12-of-12 in 2009. [82] On December 26, he eclipsed 15,000 points for his career in a loss to the New Orleans Pelicans. [83] On January 18, 2016, in an overtime loss to the Los Angeles Clippers, Howard had 36 points and tied a career high with 26 rebounds on the path to a 10–10 straight double, the league's fastest active period of the time, and the longest since a 14–match run in 2012–13. [84] On June 22, 2016, Howard rejected his player choice of \$23 million for the 2016-17 season and became an unlimited free agent. [85] Atlanta Hawks (2016-2017) Howard with The Hawks in 2017 On July 12, 2016, Howard signed a three-year, \$70 million contract with his hometown team Atlanta Hawks. [86] With Tim Duncan's retirement, Howard entered the 2016-17 season as an active NBA leader in rebounding (12,089) [86] and shots blocked (616). [89] In January 13, 2020, Howard waived his right to withdraw from his contract at the end of the season and was committed to remaining with the Magic through the 2020-21 season. He had previously failed to be traded to the New Jersey Nets. [45] If he doesn't sign the amendment, the Magic is willing to trade him to avoid losing him as a free agent. [45] On April 5, Van Gundy said that he had been informed by the management that Howard wanted him to be fired. During the interview, the centre walked and hugged his coach, unaware that Van Gundy had confirmed reports that Howard denied. [46] [47] Van Gundy was disconnected after the season. [48] On April 19, 2012, Howard's agent said that Howard would have surgery to repair a herniated disc behind him and would miss the rest of the 2011-12 season, as well as the 2012 Summer Olympics. [49] During the offslougher, Howard again sought trade to the Nets, which had moved to Brooklyn. He intends to be a free agent at the end of the 2012-13 season if he is not traded to Brooklyn. [50] [51] The Los Angeles Lakers (2012-2013) Howard with the Lakers in 2013 on August 10, 2012. Howard was traded from Orlando to the Los Angeles Lakers in a deal that also involved 76ers and Denver Nuggets. Howard took six months off the basketball after April back surgery, and has only a combined four weeks of camp practice and preseason to prepare for the season. [53] It still works itself into forms, paced himself throughout the season on offense and defence. [53] On January 4, 2013, Howard wound his right shoulder in the second half of the Lakers' 107–102 loss to the Los Angeles Clippers. In the middle of the season, the Lakers were a disappointing 17–24. Howard averaged 17.1 points on a 58.2% shooting, 12.3 rebounds, and 2.5 blocks, and also 3.6 fouls of the game with a 3.2% turnover while making just 50.4% of his free throw. [54] Howard was disappointed that he didn't get the ball enough, and he felt that Kobe Bryant shot too much. [55] Moving forward, Howard said he needed to take him and dominate more ways than just scored. [56] Howard missed the game due to his repeated shoulder injuries in January[57] and February. [58] In February, Bryant said that Howard was worried too much and did not want to let anyone down, urging him to play through pain when Pau Gasol was sidelined with a torn plantar fascia. [60] Howard returned the next game after commenting that Bryant was not a doctor, I was not a doctor. That's his opinion. [61] Howard with the Lakers in 2013 During the All-Star break, Howard adopted a healthier diet to get into better shape to anchor the Lakers' defense and run head coach Mike D'Antoni's choice and roll. [53] [62] Still, on February 23, Howard said he was not close to physically being where he wanted to. Coach Mike D'Antoni described Howard's difficulty running pick-and-roll—a game that coaches hope will be a staple for the team—with Steve Nash to Howard's lack of conditioning. [53] The Lakers were 8–2 after the All-Star break, surpassing Utah for the eighth and final playoff spots in the Western Conference, and Howard averaged 15.5 points, 14.8 rebounds, and 2.6 blocks. [65] In his first game back in Orlando on March 12, Howard scored a season-high 39 points and had 16 rebounds in the 106–97 Lakers' win. Booned throughout the game, he made 25-of-39 free throws, set a franchise record for a free throw PPG, and a franchise record for experimentation. [66] Howard made 16-of-20 free throws when he was deliberately fouled by magic. [66] With most of the season having the Lakers' defense and his overall game better.[67] The Lakers made the playoffs, but were swept up in the opening round by San Antonio. Howard was ejected in Game 4 with over nine minutes left in the third quarter. [68] Howard finished the season with his lowest scoring average since his second year in the NBA, but he was the league's leader in rebounding and ranked second in the percentage of pitch goals. Although he recovered from his back surgery, he only missed six games all season—all due to labrum [70] Howard was named the Third All-NBA Team after receiving five consecutive first-team honors. [71] He became a free agent in the summer, and he was offered a maximum five-year and \$118 million contract by the Lakers. [70] Houston Rockets (2013-2016) Howard with the Rockets in 2014, together Chandler Parsons on July 13, 2013. Howard signed with the Houston Rockets, joining James Harden to form a terrible duo. [72] Howard finished the regular season averaging 18.3 points and 12.2 rebounds and earned the All-NBA Second Team tribute. [73] During the 2014 playoffs, Howard averaged 26 points and 13.7 rebounds per game, but the Rockets were knocked out by the Portland Trail Blazers in the first round, losing the series 4–2. After playing in the Rockets' first 10 games to start the 2014-15 season, Howard missed 11 straight because of a tense right knee[74] before returning to play on December 13 against the Denver Nuggets and recording his 10,000th career rebound. [75] However, on January 31, Howard was sidelined for another month because of persistent problems with his right knee. [76] After a setback forced him out for another month and a total of 26 games, Howard re-played on March 25 against the New Orleans Pelicans. He started the game but was held under 17 minutes by coach Kevin McHale and finished with just four points and seven rebounds in a 95–93 victory. [78] Howard played only 41 games in the regular season. [79] The Rockets clinched their first division title in over 20 years[80] and made it to the Western Conference final, where they lost 4–1 to golden State Warriors. [81] On November 4, 2015, Howard had 23 points and 14 rebounds against the Orlando Magic. He shot 10-of-10 to become the first Rockets to make 10 or more pitch goals without a miss since Yao Ming went 12-of-12 in 2009. [82] On December 26, he eclipsed 15,000 points for his career in a loss to the New Orleans Pelicans. [83] On January 18, 2016, in an overtime loss to the Los Angeles Clippers, Howard had 36 points and tied a career high with 26 rebounds on the path to a 10–10 straight double, the league's fastest active period of the time, and the longest since a 14–match run in 2012–13. [84] On June 22, 2016, Howard rejected his player choice of \$23 million for the 2016-17 season and became an unlimited free agent. [85] Atlanta Hawks (2016-2017) Howard with The Hawks in 2017 On July 12, 2016, Howard signed a three-year, \$70 million contract with his hometown team Atlanta Hawks. [86] With Tim Duncan's retirement, Howard entered the 2016-17 season as an active NBA leader in rebounding (12,089) [86] and shots blocked (616). [89] In January 13, 2020, Howard waived his right to withdraw from his contract at the end of the season and was committed to remaining with the Magic through the 2020-21 season. He had previously failed to be traded to the New Jersey Nets. [45] If he doesn't sign the amendment, the Magic is willing to trade him to avoid losing him as a free agent. [45] On April 5, Van Gundy said that he had been informed by the management that Howard wanted him to be fired. During the interview, the centre walked and hugged his coach, unaware that Van Gundy had confirmed reports that Howard denied. [46] [47] Van Gundy was disconnected after the season. [48] On April 19, 2012, Howard's agent said that Howard would have surgery to repair a herniated disc behind him and would miss the rest of the 2011-12 season, as well as the 2012 Summer Olympics. [49] During the offslougher, Howard again sought trade to the Nets, which had moved to Brooklyn. He intends to be a free agent at the end of the 2012-13 season if he is not traded to Brooklyn. [50] [51] The Los Angeles Lakers (2012-2013) Howard with the Lakers in 2013 on August 10, 2012. Howard was traded from Orlando to the Los Angeles Lakers in a deal that also involved 76ers and Denver Nuggets. Howard took six months off the basketball after April back surgery, and has only a combined four weeks of camp practice and preseason to prepare for the season. [53] It still works itself into forms, paced himself throughout the season on offense and defence. [53] On January 4, 2013, Howard wound his right shoulder in the second half of the Lakers' 107–102 loss to the Los Angeles Clippers. In the middle of the season, the Lakers were a disappointing 17–24. Howard averaged 17.1 points on a 58.2% shooting, 12.3 rebounds, and 2.5 blocks, and also 3.6 fouls of the game with a 3.2% turnover while making just 50.4% of his free throw. [54] Howard was disappointed that he didn't get the ball enough, and he felt that Kobe Bryant shot too much. [55] Moving forward, Howard said he needed to take him and dominate more ways than just scored. [56] Howard missed the game due to his repeated shoulder injuries in January[57] and February. [58] In February, Bryant said that Howard was worried too much and did not want to let anyone down, urging him to play through pain when Pau Gasol was sidelined with a torn plantar fascia. [60] Howard returned the next game after commenting that Bryant was not a doctor, I was not a doctor. That's his opinion. [61] Howard with the Lakers in 2013 During the All-Star break, Howard adopted a healthier diet to get into better shape to anchor the Lakers' defense and run head coach Mike D'Antoni's choice and roll. [53] [62] Still, on February 23, Howard said he was not close to physically being where he wanted to. Coach Mike D'Antoni described Howard's difficulty running pick-and-roll—a game that coaches hope will be a staple for the team—with Steve Nash to Howard's lack of conditioning. [53] The Lakers were 8–2 after the All-Star break, surpassing Utah for the eighth and final playoff spots in the Western Conference, and Howard averaged 15.5 points, 14.8 rebounds, and 2.6 blocks. [65] In his first game back in Orlando on March 12, Howard scored a season-high 39 points and had 16 rebounds in the 106–97 Lakers' win. Booned throughout the game, he made 25-of-39 free throws, set a franchise record for a free throw PPG, and a franchise record for experimentation. [66] Howard made 16-of-20 free throws when he was deliberately fouled by magic. [66] With most of the season having the Lakers' defense and his overall game better.[67] The Lakers made the playoffs, but were swept up in the opening round by San Antonio. Howard was ejected in Game 4 with over nine minutes left in the third quarter. [68] Howard finished the season with his lowest scoring average since his second year in the NBA, but he was the league's leader in rebounding and ranked second in the percentage of pitch goals. Although he recovered from his back surgery, he only missed six games all season—all due to labrum [70] Howard was named the Third All-NBA Team after receiving five consecutive first-team honors. [71] He became a free agent in the summer, and he was offered a maximum five-year and \$118 million contract by the Lakers. [70] Houston Rockets (2013-2016) Howard with the Rockets in 2014, together Chandler Parsons on July 13, 2013. Howard signed with the Houston Rockets, joining James Harden to form a terrible duo. [72] Howard finished the regular season averaging 18.3 points and 12.2 rebounds and earned the All-NBA Second Team tribute. [73] During the 2014 playoffs, Howard averaged 26 points and 13.7 rebounds per game, but the Rockets were knocked out by the Portland Trail Blazers in the first round, losing the series 4–2. After playing in the Rockets' first 10 games to start the 2014-15 season, Howard missed 11 straight because of a tense right knee[74] before returning to play on December 13 against the Denver Nuggets and recording his 10,000th career rebound. [75] However, on January 31, Howard was sidelined for another month because of persistent problems with his right knee. [76] After a setback forced him out for another month and a total of 26 games, Howard re-played on March 25 against the New Orleans Pelicans. He started the game but was held under 17 minutes by coach Kevin McHale and finished with just four points and seven rebounds in a 95–93 victory. [78] Howard played only 41 games in the regular season. [79] The Rockets clinched their first division title in over 20 years[80] and made it to the Western Conference final, where they lost 4–1 to golden State Warriors. [81] On November 4, 2015, Howard had 23 points and 14 rebounds against the Orlando Magic. He shot 10-of-10 to become the first Rockets to make 10 or more pitch goals without a miss since Yao Ming went 12-of-12 in 2009. [82] On December 26, he eclipsed 15,000 points for his career in a loss to the New Orleans Pelicans. [83] On January 18, 2016, in an overtime loss to the Los Angeles Clippers, Howard had 36 points and tied a career high with 26 rebounds on the path to a 10–10 straight double, the league's fastest active period of the time, and the longest since a 14–match run in 2012–13. [84] On June 22, 2016, Howard rejected his player choice of \$23 million for the 2016-17 season and became an unlimited free agent. [85] Atlanta Hawks (2016-2017) Howard with The Hawks in 2017 On July 12, 2016, Howard signed a three-year, \$70 million contract with his hometown team Atlanta Hawks. [86] With Tim Duncan's retirement, Howard entered the 2016-17 season as an active NBA leader in rebounding (12,089) [86] and shots blocked (616). [89] In January 13, 2020, Howard waived his right to withdraw from his contract at the end of the season and was committed to remaining with the Magic through the 2020-21 season. He had previously failed to be traded to the New Jersey Nets. [45] If he doesn't sign the amendment, the Magic is willing to trade him to avoid losing him as a free agent. [45] On April 5, Van Gundy said that he had been informed by the management that Howard wanted him to be fired. During the interview, the centre walked and hugged his coach, unaware that Van Gundy had confirmed reports that Howard denied. [46] [47] Van Gundy was disconnected after the season. [48] On April 19, 2012, Howard's agent said that Howard would have surgery to repair a herniated disc behind him and would miss the rest of the 2011-12 season, as well as the 2012 Summer Olympics. [49] During the offslougher, Howard again sought trade to the Nets, which had moved to Brooklyn. He intends to be a free agent at the end of the 2012-13 season if he is not traded to Brooklyn. [50] [51] The Los Angeles Lakers (2012-2013) Howard with the Lakers in 2013 on August 10, 2012. Howard was traded from Orlando to the Los Angeles Lakers in a deal that also involved 76ers and Denver Nuggets. Howard took six months off the basketball after April back surgery, and has only a combined four weeks of camp practice and preseason to prepare for the season. [53] It still works itself into forms, paced himself throughout the season on offense and defence. [53] On January 4, 2013, Howard wound his right shoulder in the second half of the Lakers' 107–102 loss to the Los Angeles Clippers. In the middle of the season, the Lakers were a disappointing 17–24. Howard averaged 17.1 points on a 58.2% shooting, 12.3 rebounds, and 2.5 blocks, and also 3.6 fouls of the game with a 3.2% turnover while making just 50.4% of his free throw. [54] Howard was disappointed that he didn't get the ball enough, and he felt that Kobe Bryant shot too much. [55] Moving forward, Howard said he needed to take him and dominate more ways than just scored. [56] Howard missed the game due to his repeated shoulder injuries in January[57] and February. [58] In February, Bryant said that Howard was worried too much and did not want to let anyone down, urging him to play through pain when Pau Gasol was sidelined with a torn plantar fascia. [60] Howard returned the next game after commenting that Bryant was not a doctor, I was not a doctor. That's his opinion. [61] Howard with the Lakers in 2013 During the All-Star break, Howard adopted a healthier diet to get into better shape to anchor the Lakers' defense and run head coach Mike D'Antoni's choice and roll. [53] [62] Still, on February 23, Howard said he was not close to physically being where he wanted to. Coach Mike D'Antoni described Howard's difficulty running pick-and-roll—a game that coaches hope will be a staple for the team—with Steve Nash to Howard's lack of conditioning. [53] The Lakers were 8–2 after the All-Star break, surpassing Utah for the eighth and final playoff spots in the Western Conference, and Howard averaged 15.5 points, 14.8 rebounds, and 2.6 blocks. [65] In his first game back in Orlando on March 12, Howard scored a season-high 39 points and had 16 rebounds in the 106–97 Lakers' win. Booned throughout the game, he made 25-of-39 free throws, set a franchise record for a free throw PPG, and a franchise record for experimentation. [66] Howard made 16-of-20 free throws when he was deliberately fouled by magic. [66] With most of the season having the Lakers' defense and his overall game better.[67] The Lakers made the playoffs, but were swept up in the opening round by San Antonio. Howard was ejected in Game 4 with over nine minutes left in the third quarter. [68] Howard finished the season with his lowest scoring average since his second year in the NBA, but he was the league's leader in rebounding and ranked second in the percentage of pitch goals. Although he recovered from his back surgery, he only missed six games all season—all due to labrum [70] Howard was named the Third All-NBA Team after receiving five consecutive first-team honors. [71] He became a free agent in the summer, and he was offered a maximum five-year and \$118 million contract by the Lakers. [70] Houston Rockets (2013-2016) Howard with the Rockets in 2014, together Chandler Parsons on July 13, 2013. Howard signed with the Houston Rockets, joining James Harden to form a terrible duo. [72] Howard finished the regular season averaging 18.3 points and 12.2 rebounds and earned the All-NBA Second Team tribute. [73] During the 2014 playoffs, Howard averaged 26 points and 13.7 rebounds per game, but the Rockets were knocked out by the Portland Trail Blazers in the first round, losing the series 4–2. After playing in the Rockets' first 10 games to start the 2014-15 season, Howard missed 11 straight because of a tense right knee[74] before returning to play on December 13 against the Denver Nuggets and recording his 10,000th career rebound. [75] However, on January 31, Howard was sidelined for another month because of persistent problems with his right knee. [76] After a setback forced him out for another month and a total of 26 games, Howard re-played on March 25 against the New Orleans Pelicans. He started the game but was held under 17 minutes by coach Kevin McHale and finished with just four points and seven rebounds in a 95–93 victory. [78] Howard played only 41 games in the regular season. [79] The Rockets clinched their first division title in over 20 years[80] and made it to the Western Conference final, where they lost 4–1 to golden State Warriors. [81] On November 4, 2015, Howard had 23 points and 14 rebounds against the Orlando Magic. He shot 10-of-10 to become the first Rockets to make 10 or more pitch goals without a miss since Yao Ming went 12-of-12 in 2009. [82] On December 26, he eclipsed 15,000 points for his career in a loss to the New Orleans Pelicans. [83] On January 18, 2016, in an overtime loss to the Los Angeles Clippers, Howard had 36 points and tied a career high with 26 rebounds on the path to a 10–10 straight double, the league's fastest active period of the time, and the longest since a 14–match run in 2012–13. [84] On June 22, 2016, Howard rejected his player choice of \$23 million for the 2016-17 season and became an unlimited free agent. [85] Atlanta Hawks (2016-2017) Howard with The Hawks in 2017 On July 12, 2016, Howard signed a three-year, \$70 million contract with his hometown team Atlanta Hawks. [86] With Tim Duncan's retirement, Howard entered the 2016-17 season as an active NBA leader in rebounding (12,089) [86] and shots blocked (616). [89] In January 13, 2020, Howard waived his right to withdraw from his contract at the end of the season and was committed to remaining with the Magic through the 2020-21 season. He had previously failed to be traded to the New Jersey Nets. [45] If he doesn't sign the amendment, the Magic is willing to trade him to avoid losing him as a free agent. [45] On April 5, Van Gundy said that he had been informed by the management that Howard wanted him to be fired. During the interview, the centre walked and hugged his coach, unaware that Van Gundy had confirmed reports that Howard denied. [46] [47] Van Gundy was disconnected after the season. [48] On April 19, 2012, Howard's agent said that Howard would have surgery to repair a herniated disc behind him and would miss the rest of the 2011-12 season, as well as the 2012 Summer Olympics. [49] During the offslougher, Howard again sought trade to the Nets, which had moved to Brooklyn. He intends to be a free agent at the end of the 2012-13 season if he is not traded to Brooklyn. [50] [51] The Los Angeles Lakers (2012-2013) Howard with the Lakers in 2013 on August 10, 2012. Howard was traded from Orlando to the Los Angeles Lakers in a deal that also involved 76ers and Denver Nuggets. Howard took six months off the basketball after April back surgery, and has only a combined four weeks of camp practice and preseason to prepare for the season. [53] It still works itself into forms, paced himself throughout the season on offense and defence. [53] On January 4, 2013, Howard wound his right shoulder in the second half of the Lakers' 107–102 loss to the Los Angeles Clippers. In the middle of the season, the Lakers were a disappointing 17–24. Howard averaged 17.1 points on a 58.2% shooting, 12.3 rebounds, and 2.5 blocks, and also 3.6 fouls of the game with a 3.2% turnover while making just 50.4% of his free throw. [54] Howard was disappointed that he didn't get the ball enough, and he felt that Kobe Bryant shot too much. [55] Moving forward, Howard said he needed to take him and dominate more ways than just scored. [56] Howard missed the game due to his repeated shoulder injuries in January[57] and February. [58] In February, Bryant said that Howard was worried too much and did not want to let anyone down, urging him to play through pain when Pau Gasol was sidelined with a torn plantar fascia. [60] Howard returned the next game after commenting that Bryant was not a doctor, I was not a doctor. That's his opinion. [61] Howard with the Lakers in 2013 During the All-Star break, Howard adopted a healthier diet to get into better shape to anchor the Lakers' defense and run head coach Mike D'Antoni's choice and roll. [53] [62] Still, on February 23, Howard said he was not close to physically being where he wanted to. Coach Mike D'Antoni described Howard's difficulty running pick-and-roll—a game that coaches hope will be a staple for the team—with Steve Nash to Howard's lack of conditioning. [53] The Lakers were 8–2 after the All-Star break, surpassing Utah for the eighth and final playoff spots in the Western Conference, and Howard averaged 15.5 points, 14.8 rebounds, and 2.6 blocks. [65] In his first game back in Orlando on March 12, Howard scored a season-high 39 points and had 16 rebounds in the 106–97 Lakers' win. Booned throughout the game, he made 25-of-39 free throws, set a franchise record for a free throw PPG, and a franchise record for experimentation. [66] Howard made 16-of-20 free throws when he was deliberately fouled by magic. [66] With most of the season having the Lakers' defense and his overall game better.[67] The Lakers made the playoffs, but were swept up in the opening round by San Antonio. Howard was ejected in Game 4 with over nine minutes left in the third quarter. [68] Howard finished the season with his lowest scoring average since his second year in the NBA, but he was the league's leader in rebounding and ranked second in the percentage of pitch goals. Although he recovered from his back surgery, he only missed six games all season—all due to labrum [70] Howard was named the Third All-NBA Team after receiving five consecutive first-team honors. [71] He became a free agent in the summer, and he was offered a maximum five-year and \$118 million contract by the Lakers. [70] Houston Rockets (2013-2016) Howard with the Rockets in 2014, together Chandler Parsons on July 13, 2013. Howard signed with the Houston Rockets, joining James Harden to form a terrible duo. [72] Howard finished the regular season averaging 18.3 points and 12.2 rebounds and earned the All-NBA Second Team tribute. [73] During the 2014 playoffs, Howard averaged 26 points and 13.7 rebounds per game, but the Rockets were knocked out by the Portland Trail Blazers in the first round, losing the series 4–2. After playing in the Rockets' first 10 games to start the 2014-15 season, Howard missed 11 straight because of a tense right knee[74] before returning to play on December 13 against the Denver Nuggets and recording his 10,000th career rebound. [75] However, on January 31, Howard was sidelined for another month because of persistent problems with his right knee. [76] After a setback forced him out for another month and a total of 26 games, Howard re-played on March 25 against the New Orleans Pelicans. He started the game but was held under 17 minutes by coach Kevin McHale and finished with just four points and seven rebounds in a 95–93 victory. [78] Howard played only 41

