

Trae Young: Offensive Impact & Team Fit

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Executive Summary

Trae Young remains one of the league's most polarizing offensive engines: a high-usage, high-gravity creator capable of organizing functional offense almost single-handedly. Across his career, teams built around him have finished top-10 offensively in three seasons (2020–21 through 2022–23) and top-12 in four of the last five.

That ceiling comes with tradeoffs. Young's defensive limitations and ball-dominant style impose strict lineup requirements. Spacing, rim protection, and secondary creation are prerequisites.

This report evaluates where Trae Young's offensive impact has historically scaled, where it has strained team construction, and whether a transition to Washington would amplify his strengths or reproduce the same structural constraints.

Career Profile

Table 1: Trae Young offensive profile, breakout and prime seasons (2019–2025)

Season	Age	MPG	PPG	AST	REB	FGA	3PA	FTA	TS%	TOV
2019–20	21	35.3	29.6	9.3	4.3	20.8	9.5	9.3	0.60	4.8
2020–21	22	33.7	25.3	9.4	3.9	17.7	6.3	8.7	0.59	4.1
2021–22	23	34.9	28.4	9.7	3.7	20.3	8.0	7.3	0.60	4.0
2022–23	24	34.8	26.2	10.2	3.0	19.0	6.3	8.8	0.57	4.1
2023–24	25	36.0	25.7	10.8	2.8	18.7	8.7	7.5	0.57	4.4
2024–25	26	36.0	24.2	11.6	3.1	18.1	8.4	7.4	0.56	4.7

From 2019–20 through 2024–25, Young has lived firmly in offensive-engine territory, averaging roughly 26 points and 10 assists per game (Table 1). While raw production has remained stable, efficiency has dropped since its 2021–22 peak.

Offensive Identity

Usage Load & Efficiency

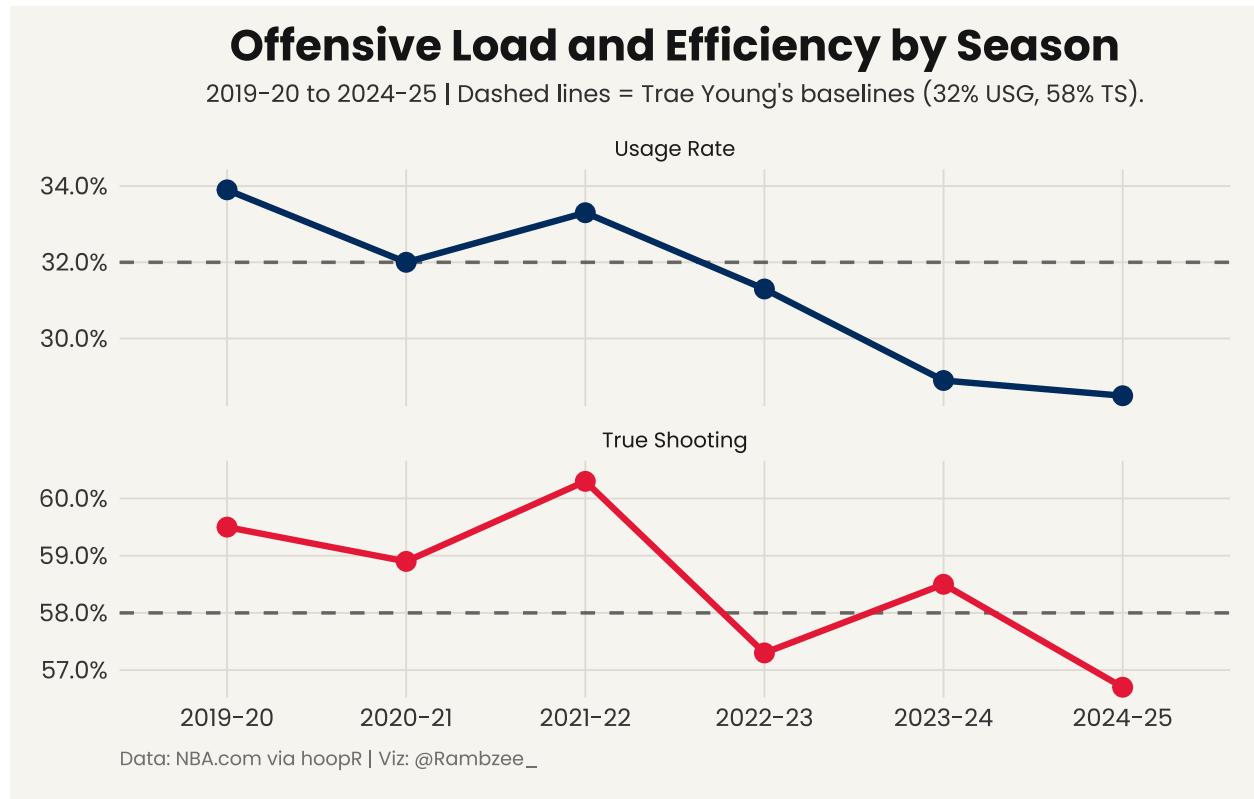


Figure 1: Usage rate vs TS% by season (Trae Young)

Young's game is defined by extreme responsibility. Usage and efficiency peak together in 2021–22, when he combined a heavy workload with above-average scoring efficiency (Figure 1). Since then, both measures have trended downward, reflecting a shift toward more off-ball involvement without a corresponding efficiency gain. This tension, ball dominance versus efficiency, defines a major issue in any Trae-centric offense.

Shot Diet & Conversion

Table 2: Trae Young shot-type efficiency, 2019–20 through 2024–25

Shot Type	FG%	2FG%	3P%	2PA	3PA	3 Share
All Jumpshots	37.8%	45.7%	35.7%	833	3141	79.0%
C&S	39.2%	16.7%	39.7%	12	585	98.0%
Dribble jumpers	37.5%	45.6%	34.9%	790	2492	75.9%
Runners	47.9%	47.9%		1994	0	
Rim	51.4%	51.4%		1726	0	

Young's offense is heavily jump-shot driven, which is consistent with his size and role. From 2019–20 through 2024–25, roughly 80% of his jump shots are threes (Table 2), tying his efficiency directly to spacing and rim finishing around him.

Trae Young: Shot-Type FG% Trends

Dashed line = 2019–2025 FG% baseline for that shot type

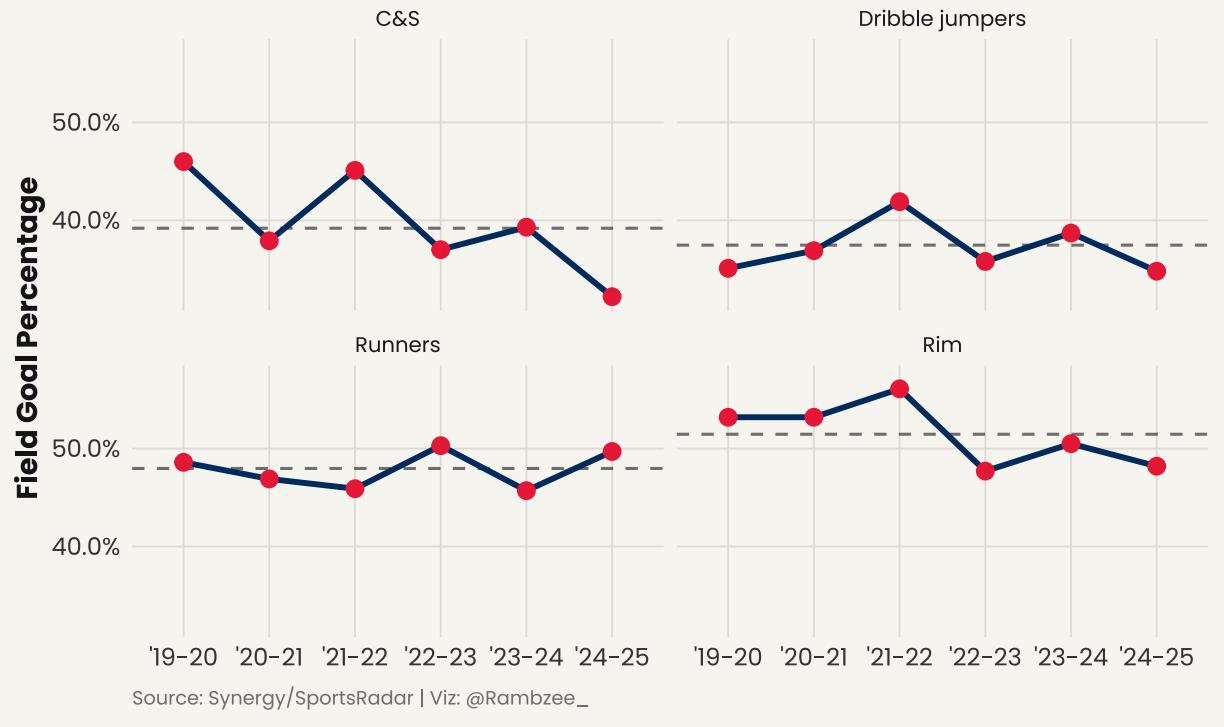


Figure 2: Shot type FG% over time (dashed = career weighted baseline).

Shot-type trends reinforce this volatility. Relative to his career baselines, Young’s jump-shot efficiency fluctuates year to year (Figure 2), while his floater game remains a stable source of value. He is not a plug-and-play scorer; his efficiency depends on a spacing environment around him.

Play-Type Portfolio

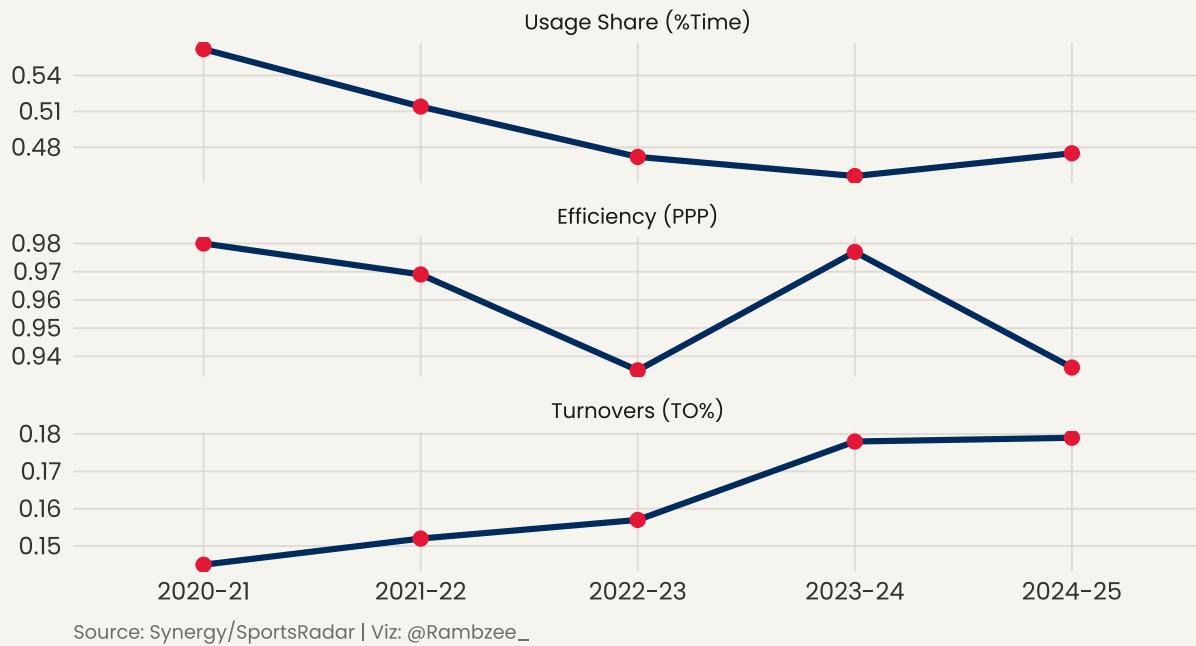
Table 3: Trae Young Play-Type Profile (2020–21 to 2024–25 | Source: Synergy/SportsRadar)

play_type	Seasons	Poss	Avg %Time	Avg PPP	Avg TO%	Avg 3P%
P&R Ball Handler	5	4480	49.9%	0.958	16.1%	37.4%
Transition	5	1444	16.3%	0.980	19.4%	35.6%
Isolation	5	1097	12.8%	0.945	9.4%	29.5%
Spot Up	5	717	8.2%	1.099	6.0%	40.4%
Misc Plays	5	533	5.9%	0.893	34.7%	21.1%
Handoffs	5	429	5.3%	0.860	14.9%	27.1%

Young’s offensive ecosystem is dominated by pick-and-roll ball handling. Over the five-season sample, P&R possessions account for roughly half of his tracked usage, far outweighing any other play type (Table 3). This concentration explains why roster fit is fundamentally a pick-and-roll problem rather than a general scoring one.

Trae Young P&R Ball Handler Trend

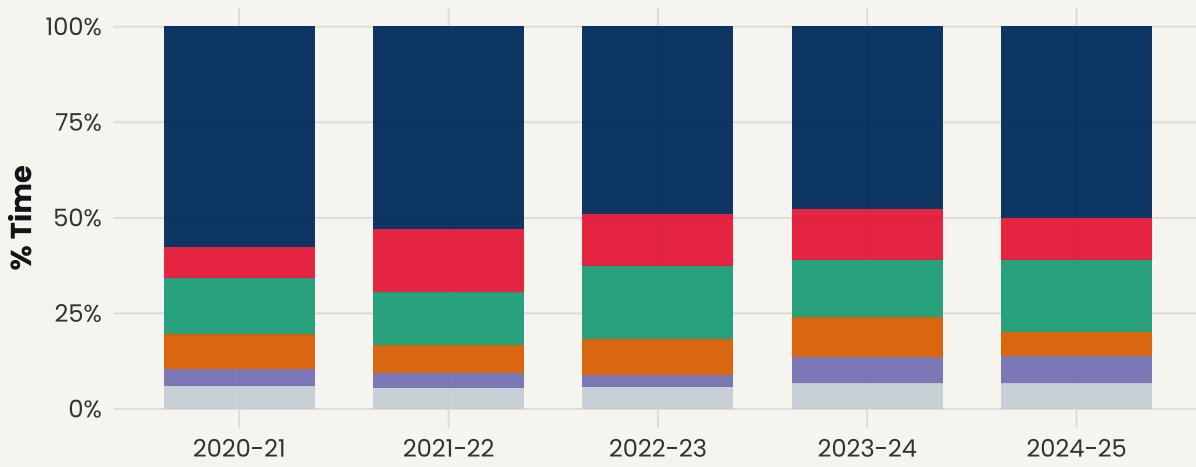
Context for how Washington would inherit his primary offensive engine



Trae Young Play-Type Usage Over Time (Wizards Fit Level)

% of possessions by Synergy play type

■ P&R Ball Handler ■ Transition ■ Handoffs
■ Isolation ■ Spot Up ■ Misc Plays



While the volume of P&R usage has remained stable, efficiency and turnover rates within that play type have fluctuated season-over-season. Young's usage is intentionally concentrated around early advantage creation, placing a premium on lineups that can finish possessions effectively.

Structural Weaknesses

Table 4: Trae Young On–Off Impact, 2020–21 through 2024–25 (Low-Leverage Removed)

Metric	On	Off	On-Off
Offensive Rating	118.1	112.0	6.2
Defensive Rating	117.7	114.5	3.1
Net Rating	0.4	-2.6	3.0
Team TS%	58.9	55.8	3.1
Turnover Rate%	13.3	14.1	-0.8
Offensive REB%	27.2	26.5	0.7

On–off data captures the tradeoff clearly: Young lifts offensive efficiency, but much of that gain is offset defensively (Table 4), leaving narrow net margins even when the offense performs well.

Table 5: Trae Young Crafted Offensive Metrics (Percentiles vs NBA Guards)

Stat	Value	Percentile
True Shooting%	57.2%	50
Shot Quality (SQ)	68.3	84
Free Throw Rate	46.8%	95
3P Attempt Rate	45.4%	54
Offensive Rebounds	1.4	65
Careless TOV%	8.2%	57
Offensive Load	64.7	99
Creation	14.9	99
Portability	6.4	73
Passer Rating	90.1	98
Crafted OPM	3.5	97

Table 6: Trae Young Crafted Defensive Metrics (Percentiles vs NBA Guards)

Stat	Value	Percentile
Deflections	1.7	25
Disruptive TOs (raDTOV)	0.5	83
Defensive Rebounds	-1.8	3
Versatility	21.3	27
Personal Fouls (rPF)	-0.7	84
Crafted DPM	-2.7	0

The CraftedNBA profile quantifies this imbalance. Young grades as an elite creator with extreme offensive load and passing value, ranking near the top of the league offensively (Table 5). Defensively, he remains a consistent liability (Table 6). While his activity has improved in recent seasons, particularly in passing lanes, physical limitations cap his defensive impact.

As a result, teams built around Young must win structurally. Defensive insulation, shooting volume, and secondary creation are requirements.

What Trae Provides

What you are buying

- Elite primary playmaking
- Pick-and-roll orchestration
- Shot-quality elevation for teammates
- Late-clock offensive organization

What must be supplied

- Point-of-attack and rim protection
- High-volume, high-accuracy shooting
- A secondary creator to relieve possession pressure

Team Context: Washington Wizards

Tre Johnson - Shot Quality Improvements

Tre Johnson's offensive profile already reflects efficiency. Entering the league as one of the top shooting prospects in his class, he has posted a 58.8% true shooting mark (64th percentile), driven by strong shot quality (SQ = 70, 88th percentile) and a high three-point attempt rate (51.7%). His creation and passing indicators lag behind his finishing efficiency, though recent games have shown growth attacking closeouts.

Young's value would not be increasing Johnson's usage, but preserving and amplifying the shot environment that already works. By pushing Johnson further toward catch-and-shoot and secondary attack opportunities, Trae stabilizes Johnson's efficiency without adding decision-making burden.

Keyshawn George - Decision Load Reduction

Keyshawn George presents a different problem. His offensive inefficiency is less about shot quality and more about role strain. He carries a relatively high offensive load (32.9, 68th percentile) with strong creation and passing indicators (77th and 78th percentiles), yet posts a below-average true shooting mark (55.7%) and an extremely poor careless turnover rate (11.8%, 12th percentile).

The disconnect points to a young creator being asked to do too much, too early. George's feel and vision are evident, but the numbers reflect excessive decision-making responsibility. Young's presence would reduce the number of reads George must make per possession while keeping him involved as a secondary creator. Defensively, George provides real value, helping offset some of the offensive growing pains.

Bub Carrington - Simplified On-Ball Development

Bub Carrington sits between Johnson and George developmentally. His flashes as an on-ball scorer and passer are real, but his efficiency and consistency remain volatile when asked to self-create. In a Trae-led offense, Carrington's development would shift toward attacking tilted defenses rather than initiating them, allowing him to refine shot selection and decision-making without the pressure of primary creation.

Bilal Coulibaly - Offensive Definition (Hopefully?)

Bilal Coulibaly represents raw athletic pressure without offensive structure. His true shooting (50.2%) and shot quality (33.4) rank near the bottom of the league, yet his free-throw rate sits in the 84th percentile. He consistently creates advantages through athleticism, but those advantages often fail to convert cleanly.

For Coulibaly, Young functions as a stabilizer. By initiating advantages earlier in the possession, Trae shifts Coulibaly's involvement from improvisational drives to finishing and cutting roles. The objective is not immediate efficiency spikes, but the removal of low-efficiency self-creation possessions. Defensively,

Coulibaly profiles as a potential point-of-attack anchor, offering insulation against some of the defensive limitations Young introduces.

Alex Sarr - Offensive Role Clarity & Balance

Alex Sarr is the most natural schematic fit alongside Trae Young. Offensively, 74% of Sarr's attempts this season have come at the rim, where he converts at 1.24 points per possession (61st percentile). His roll-man efficiency (1.03 PPP) sits near league average despite limited guard pressure. Thus, there's upside in a more aggressive pick-and-roll environment. A developing three-point shot (34.7% on 75 attempts) further enhances lineup flexibility.

Defensively, Sarr provides rim protection largely absent from Trae Young's career in Atlanta. He ranks in the 92nd percentile in rim defense, faces rim attempts at a top-three frequency, and posts an elite block rate. While Young introduces point-of-attack risk, Sarr's interior presence helps mitigate that exposure.

Why This Is a Development Accelerant

Washington's young core is not short on tools; it is short on structure. Johnson benefits from protected shot quality, George and Carrington from reduced decision load, Coulibaly from offensive definition, and Sarr from role clarity. Trae Young's value lies in resolving those tensions. He reduces creation burden for young guards and wings, clarifies offensive lanes, and anchors a coherent pick-and-roll ecosystem. The outcome is not immediate winning, but accelerated development for a roster in need of structure and advantage creation.