Hobart Basketball Back-to-Back Second Day Analysis (2019-2025)

Executive Summary

In this chapter, we examine Hobart Basketball's overall performance over the past five seasons, comparing full-season averages to second-day back-to-back (B2B) games.

A distinctive feature of the Liberty League—Hobart's conference—is its schedule structure. Of the 25 regular-season games, 18 are conference matchups, and 16 of those are played on consecutive Fridays and Saturdays. This results in at least eight games each season being played without a day of rest in between. Additionally, most teams participate in one or two non-conference tournaments, which are also commonly scheduled as B2B contests.

Altogether, Hobart has played 44 second-day B2B games across the past five seasons. By comparing performance in those 44 games against their overall average from 135 total games during that span, we can identify trends and evaluate how B2B scenarios impact team performance. Insights are supported with graphics for clarity and professional presentation.

Second Day Back-to-Back Overview

Here we can see that out of the 44 games, Hobart has performed very well over the last 5 seasons, hosting 33 wins to 11 losses, good for a win percentage of 75.0%. As mentioned above, 8 games a year in the Liberty League are played as a B2B. Preforming well and winning these games are vital to having a successful season.

2nd Day - B2B Team Performance (2019-2025)

■ wins (Second Day B2B) ■ losses (Second Day B2B)
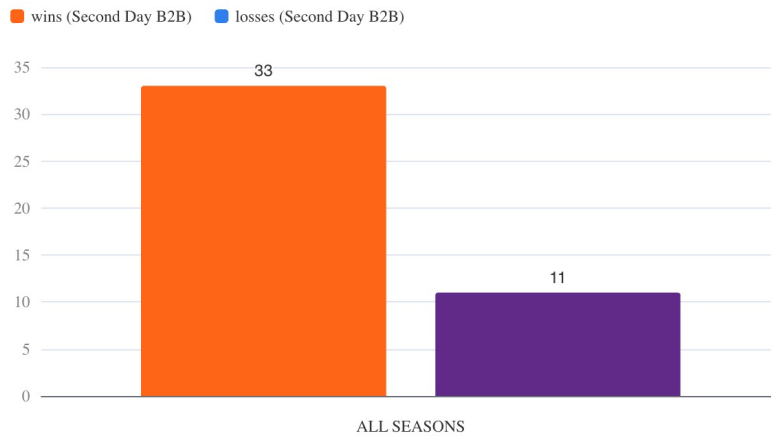
Key Highlights – Second Day B2B vs. Full Season

Metric	Full Season	Second Day B2B	Margin Change	% Margin Change
Win %	66.7	75.0	8.3	12.5%
FTM	12.87	13.95	1.08	8.4%
FTA	18.87	19.98	1.11	5.9%
3pt FG%	32.6	34.4	1.8	5.5%
Second Chance Pts	11.47	11.93	0.46	4.0%
Bench Points	21.43	22.09	0.66	3.1%
Turnovers	13.7	13.27	0.43	3.1%
FT %	68.2	69.9	1.7	2.5%

Several notable improvements occurred in second-day back-to-back games, most notably in **win percentage**, which increased from 66.7% to 75.0% — a **12.5% gain**. That's particularly impressive considering the physical and mental demands of B2B scenarios.

Other significant improvements include:

- **Free Throws**: FTA (+5.9%), FTM (+8.4%), and FT% (+2.5%), indicating sharper execution and composure under fatigue.
- **3PT FG%** improved by 5.5%, showing better shot selection or rhythm from deep.
- **Second Chance Points** and **Bench Points** were also up, suggesting that Hobart's depth and effort on the offensive glass have contributed to success late in these stretches.
- **Turnovers decreased slightly**, reflecting improved decision-making under pressure.

Moderate Decreases in B2B Games

Metric	Full Season	Second Day B2B	Margin Change	% Margin Change
Blocks	2.9	2.5	-0.4	-13.8%
3pt FGA	20.26	18.91	-1.35	-6.7%
Steals	5.81	5.55	-0.26	-4.5%
Off. Rebounds	11.63	11.14	-0.49	-4.2%
Rebounds	39.76	38.5	-1.26	-3.2%
FGA	58.81	57.57	-1.24	-2.1%
Fast Break Points	6.64	6.5	-0.14	-2.1%

Despite strong performances in several areas, there were some declines in metrics tied to **defensive disruption and pace**:

- **Blocks (-13.8%)** and **Steals (-4.5%)** decreased, possibly due to reduced aggressiveness or fatigue on the defensive end.
- Lower **3PT FGA (-6.7%)**, **Total FGA (-2.1%)**, and **Fast Break Points (-2.1%)** suggest a slight dip in tempo or transition opportunities.
- **Offensive Rebounds (-4.2%)** and **Total Rebounds (-3.2%)** were also slightly lower, which may connect to energy levels on the second day.

These decreases align with expected fatigue effects when rest is limited between games.

Neutral or Minimal Change Categories

Metric	Full Season	Second Day B2B	Change	% Margin Change
Pts. Off Turnovers	12.4	12.43	-0.03	-0.2%
FGM	26.16	26.05	-0.11	-0.4%
Points	81.79	72.55	0.76	1.1%
FG %	44.5%	45.2%	0.7	1.6%
3pt FGM	6.61	6.50	-0.11	-1.7%
Personal Fouls	17.21	16.91	0.3	1.7%
Points in Paint	34.52	35.09	0.57	1.7%

Some metrics remained relatively stable:

- **Points** scored saw a minimal increase (+1.1%), despite slight decreases in **FGM (-0.4%)** and **3PT FGM (-1.7%)**.

- **FG%** and **Points in the Paint** saw modest gains (+1.6% and +1.7% respectively), indicating interior efficiency held up well.

- **Personal Fouls** and **Points Off Turnovers** remained nearly flat.

Overall, these metrics suggest Hobart maintained its core identity and offensive structure in B2B games, even as certain effort-based categories fluctuated.

Conclusion

The data clearly highlights Hobart Basketball's ability to rise to the occasion during the second day of back-to-back games. Despite the physical demands and reduced recovery time, the team posted a **75.0% win rate** in these contests — a notable increase from their full-season average of 66.7%.

Key performance indicators such as **free throw efficiency**, **three-point shooting**, **bench production**, and **turnover management** all improved, demonstrating composure and discipline under fatigue. These trends point to strong **preparation, in-game adjustments, and depth across the roster**, particularly important when navigating a demanding conference schedule like that of the Liberty League.

While some expected declines occurred — notably in **blocks**, **steals**, and **rebounding** — these were moderate and aligned with typical fatigue-related effects. Importantly, **core offensive execution and scoring consistency remained intact**, further reinforcing the team's resilience and identity.

Ultimately, Hobart's performance on the second day of back-to-backs was not just sustainable — it was exceptional. This competitive edge offers a strong foundation for postseason success and speaks volumes about the program's culture, leadership, and overall toughness.