**Rienk Mast Post Breakdown**

**Threes:**

* Shooting 35.85% in conference play
* 50% on wide open threes, 26.09% on mild contest, 35.71% on good contest
* Surprisingly only 30% of his attempts were wide open
* All attempts were catch and shoot

**Post Overall:**

* Shooting 54.35% overall in conference play
* 54.93% on jump hooks from the post
* 3-9 on mid-range jumpers from the post
* 8-10 layups
* **Went right 57.6% of the time**
  + **Shooting 62.26% going right**
  + **Shooting 43.24% going left**

**Left Block:**

* Shooting 61.9% from left block
* 45.65% of post-up attempts were from left block
* Went right 61.9% of the time
* 23-32 (71.88%) on jump hooks
  + 18-26 (69.18%) with right hand
  + 5-6 with left hand
* 3-5 left-handed layups
* 0-4 on jumpers
  + Faded left on three of four attempts

**Right Block:**

* Shooting 44.44% from right block
* 49% of post-up attempts were from right block
* Went right 54.8% of time
* 37.14% on jump hooks
  + 8-18 (43.75%) with right hand
  + 5-17 (29.41%) with left hand
* 4-4 on layups
  + 3 going right, 1 going left

**Center (Above Restricted Circle)**

* 4-5 from middle of the paint
* 5% of attempts
* 3-4 on jump hooks
  + All going right
* 1-1 layups
  + Went left

**Overall:**

* Seems very willing to go left, shooting much worse when he does
* From left block, would always back down with left shoulder
  + Either spun left for layup or took righty hook
* From right block, would always back down with right shoulder
  + Would frequently spin back right for layup or hook
  + Was willing go with lefty hook if spinning right wasn’t open, wasn’t successful with that
  + Baseline doubles were effective against his right block post-ups in a couple clips
* Were multiple clips where the opponent would send a double and he’d shoot the hook anyways
  + Seems like the most effective way was when the double came at his right hand
* Teams have forced 7 turnovers from post doubles in conference play
  + Double team attacked his right side in 5 of the 7 instances
* The variable that seems to determine his threes are if he speeds his form up or not
  + When he has to speed his shot up, not as accurate