Notes Before Laurier

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I would like to start by congratulating the team for winning 6 in a row and making the play-offs. It truly is an amazing feat and I am happy to be apart of this win streak and the 6-0 run to 5th place. I hope we can achieve the same success in the playoffs.

- My initial impressions are that Laurier is one of the strongest all around teams. Everyone on the team can shoot, everyone scores, they have a good balance of guards to forwards and all of them can shoot free throws well.
- In statistics, a key to beating the opponent is getting more possessions. McMaster can make this possible with Quiring and Adu-Poku allowing McMaster to get second attempts (2 and 2.3 average offensive rebounds respectively vs Lauriers' best 1.5 offensive rebounds per game by number 3). Laurier is not very efficient at offensive and even defensive rebounding. This means the two should be trying to get as many rebounds as possible to keep possessions and giving our guys second chances.
- As you already know they are primarily transition and spot up shooting team that occasionally uses the pick and roll.
- The importance is knowing who will be running what. In transition number 6 and 2 are the main ball handlers with a very good efficiency rating however if they are covered on the inbounding of the ball, the ball goes to number 9 or 15 who are incredibly likely to turn the ball over. (16.3% and 31.6% turnover rate)
- Number 2 also has a tendency to turn the ball over at 22.2%. Overall no-one on the team has less than a 15% turnover rate meaning it benefits us to play tight defence and try and go for steals.
- Laurier has only scored 128 points through out the whole season in the post and won't be looking to their big man often.
- Number 11 has nearly every "play" (attempt at FGA/FTA at 71%) off of a screen, whether that be a pick and roll or a simple screen to create room to shoot, proper switches need to be executed to contain him to contested shots.

- This team is unable to defend within the paint. They allow a 60% FG% off of cuts into the paint, 52% on post ups and 55.6% on Pick and Rolls where the guard drives. Essentially the key to this team is to play harder in the arc and battle down the middle.
- Laurier is very ineffective at switches and only manages a 36% effectiveness on and off ball screens. Unfortunately there is not statistic measuring them separately.
- Laurier has 94% defensive rating on catch and shoot plays.
- Number 3 is their best defender and number 2 is their worst.
- Laurier is statistically one of the most "average" teams meaning their general stats do not really show much weakness or strength.