AVL:

Q) What it excels at?

A) Search times for the AVL tree are set up so that the height difference from any subtree is one. This helps maintain a fast and efficient search function. That of Log (N).

Q) Why?

A) With the difference between subtrees being at most one, this allows the program to not have to continue to recursively recall to find another nodes that may be further down. This keeps the tree well balanced.

ScapeGoat:

Q) What it excels at?

A) The most attractive attributes of the ScapeGoat tree is that it is easy to implement and does not consume as much memory. When compared to the AVL, the ScapeGoat does about the same or worse.

Q) Why?

A) The reason the ScapeGoat does not perform as well as the AVL is because it lacks another storage node where more data could be stored to help faster searching and insertion.