

Executive Summary

Three key areas for Thomas (Center/Forward) to improve are: (1) start-of-game aggressiveness and physical presence (establishing early post position, running the floor, demanding touches), (2) rebounding production and box-out consistency (especially turning size/footwork into extra possessions), and (3) offensive impact without needing called plays—screening/rolling, sealing, and quick decision-making (catch strong, finish or kick-out) to stay effective even when he isn't the primary option.

Key Points:

- Roster notes identify “being aggressive at the start of games” as Thomas’s main weakness at his position.
- Thomas personally targets aggression and rebounding, matching what the position demands.
- Scoring output varies and is often low, suggesting he can impact games more through screens, seals, rebounding, and quick finishes.

Confidence Level: Medium — strong alignment between roster insights and Thomas’s own reflection, but limited game-by-game advanced stats for rebounds/blocks/turnovers and a name mismatch in files (Thomas Davenport vs. Thomas Duncan).

Key Findings

Thomas’s biggest developmental lever is starting games with more aggression and assertiveness as a post player (early seals, sprint-to-rim, playing through contact).

- Participant Coverage: Single participant analyzed (N=1); supported by coach-provided roster insight and Thomas self-report.

Rebounding/paint presence is a clear improvement area based on the limited tracked rebounding data and Thomas’s stated focus.

- Participant Coverage: Single participant analyzed (N=1); limited quantitative rebounding samples available.

Thomas’s game-to-game scoring impact is inconsistent, indicating a need to create higher-percentage touches through screens, seals, and “quick decisions” rather than waiting for set plays.

- Participant Coverage: Single participant analyzed (N=1); scoring pattern derived from multiple game box scores.

Thomas has tools to be a high-efficiency interior scorer (size/footwork), so the next step is converting those tools into consistent possession-by-possession advantages (deep catches, strong base, finishing through contact).

- Participant Coverage: Single participant analyzed (N=1); based on coach + self-evaluation.

Detailed Analysis

1) Start-of-game aggressiveness (setting the tone as a big)

For a Center/Forward, Thomas's early-game energy and physicality often determine whether he gets deep post touches, creates foul pressure, and anchors the team's interior play. The roster explicitly flags early aggressiveness as his weakness, and Thomas also names "play aggressive" as his priority. Translating that into position-specific behaviors means sprinting rim-to-rim in transition, sealing immediately on entry opportunities, and initiating contact to carve space before the catch rather than after.

- Supporting Data: Roster CSV: Thomas weakness — "Being aggressive at the start of games.," Player Responses CSV: Thomas — "I would like to play aggressive..."

2) Rebounding & box-outs (turning size into possessions)

Thomas's position demands consistent rebounding as a baseline contribution, even on nights when touches are limited. The only tracked rebound line available shows 0 rebounds versus Woodland, which is a strong indicator that his positioning, first contact, and pursuit can improve. A practical focus is: hit first (box out), then go get it with two hands; also anticipate shot location to gain inside position earlier. Rebounding will also naturally increase his confidence and offensive chances via put-backs.

- Supporting Data: 2026-1-16 @ Woodland box score: Thomas — Rebounds: 0., Player Responses CSV: Thomas wants to "grab a lot of rebounds."

3) Consistent offensive impact: screening/rolling, sealing, and quick decisions

Coach notes suggest Thomas can be a reliable interior scoring option when the team runs him specific actions ("Curl" and "Duke" on the block). However, his scoring totals include several low/zero-point games, implying he can raise his floor by impacting offense without needing a called post-up every time. Key improvements: setting legal, physical screens; sprinting into a hard roll; sealing smaller defenders on the roll; and making quick reads on the catch (finish strong in 1–2 dribbles or kick out to shooters). This will increase efficiency and reduce empty possessions.

- Supporting Data: Roster CSV coach insight: “Running Curl and Duke for Thomas on the block will get the team some easy baskets.”, 2026-1-13 vs Cedartown box score: Thomas total points = 0., 2026-1-16 @ Woodland box score: Thomas total points = 0., 2026-1-20 @ Dalton box score: Thomas total points = 6.

Recommendations

Build a “first 3 minutes” checklist: sprint 2 rim runs, set 2 hard screens, and demand 1 deep seal before the first sub.

- Rationale: Directly targets the identified weakness (start-of-game aggressiveness) with measurable behaviors that fit a Center/Forward role.
- Applicability: All games; especially when Thomas starts or is part of the first rotation.

Rebounding emphasis drill focus: (a) contact-first box outs every shot in shell, (b) 2-hand high-point rebounds, (c) immediate chin-and-outlet (or quick put-back).

- Rationale: Improves paint presence and addresses the mismatch between role expectations and the limited rebound output shown in available stats.
- Applicability: Daily practice; highest priority before physical opponents and teams that crash the glass.

Add 2 reliable post “finishes” and 1 counter: strong-hand jump hook, drop-step finish, and a quick up-and-under if cut off.

- Rationale: Leverages coach-identified strengths (size/footwork) while improving conversion when he does get touches—especially through contact.
- Applicability: Skill workouts and post-player stations; use in games when Curl/Duke or any post entry is called.

Screen-and-roll impact goal: set 8+ purposeful screens per half, roll hard every time, and seal the help defender for a 2-count.

- Rationale: Raises offensive consistency even when post-ups aren’t available; creates layups, dump-offs, and open threes for teammates.
- Applicability: All offensive systems; particularly effective alongside strong guard play and shooters spacing the floor.