

Justin Forrest (Appalachian State) 6'2" 195 G (film 02-22-20 vs Troy)

He did not start this game but subbed in at the 15-minute mark most likely due to a foot injury sustained a few games prior. You can notice a difference in his defensive intensity from the moment he subbed in. His first basket was a midrange floater and 1 from the left side. He handled most of the point guard duties this game like initiating the offense and bringing the ball up the court.

Offensively he used the pick and roll more effectively and didn't use an excessive amount of dribbles to get his spots. He was much more willing to swing the ball so it didn't stick in his hands which resulted in 4 assists. He also grabbed 6 rebounds and was not afraid to get physical in the paint. He used his speed in transition to keep the defense off balance. He had a more efficient game offensively scoring 24 points shooting 9 for 16 from the field with 2 made threes and 4 for 6 from the free throw line.

Defensively he was more engaged at times but occasionally he would let cutters get behind him and not rotate fast enough to disrupt the opposing team's offense. He played better in the pick and roll and did not switch as often which led to less mismatches. He finished the game with 3 steals so his ability to be a capable and opportunistic defender is still there.

He was still able to score at all 3 levels while also not being a defensive liability. I think he has the tools to be a better defender than what shows and his offense is at its best in transition.