

Trentyn Flowers - vs Illawara Hawks October 14, 2023

Trentyn Flowers caught fire from deep in an elimination game of the NBL Blitz Preseason Tournament to help his team advance to the next round in a comeback win by pairing his hot shooting with great energy as an off ball player. Given his slow start to the preseason it was good to see him get going in his first breakout game of the season, although he still needs work in the speed of his shooting form, lack of willingness to face contact, and tapping into his defensive upside.

As soon as he got in the game Flowers clearly had the mindset of being aggressive both on and off the ball to get downhill to the rim where he was able to generate free throws. Based on his body language it appeared that this was a huge confidence boost to him as he confidently made his first three point attempt when the defense dared him to shoot. Great energy and mindset overall in this game, he showed up on both ends as an off ball connector as his confidence grew with each three he made. Flowers has great touch around the rim but was not willing to go into the chest of defenders more as a possible area of improvement. His free throw form did not look ideal as he has a hitch in his shot, this hitch is also noticeable on his regular shooting form but is not as glaring so could be an area to adjust.

Defensively, Flowers did not stand out but also did not make many mistakes, which is important to note as he is a young player with a defined role on a professional team. He definitely had spark plug moments in this game on both sides of the ball, particularly on the glass, which was good to see because this was an area of potential concern coming into the season. His athletic tools and bigger frame as a guard gives him the potential upside of being a defensive stopper which he showed flashes but still has a lot of work to do on that side.

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