

West Power Rankings 12.29.09

Wednesday, 30 December 2009

#1 Strong Island

They still hold the top spot. SI has been in a few recent nail-biters, but their 6-0 record shoots them straight to the top. From their first close call (OT win in week 2 against SWAT) to their latest down to the wire game against the Panthers, SI has managed to come out on top each time. Titans next week. Lets see if they can continue to hold on.

#2 Strictly Biz

SB holds on to the number 2 spot again. They could have easily been 6-0 as well but could not overcome a 1point deficit against MKA and suffered their first and only loss of the season so far. Key win against the HUMANS show this team can beat the best. One things for sure...they are gunning for the number 1 spot.

#3 HUMANS

The defending champs jump up a spot to number 3. They have been playing well lately and look like the HUMANS of last year. They have the offensive and defensive weapons in place, they just need them to click on all cylinders in order to keep on winning. Their recent win against Rukus is huge, and they finally cooled down a really hot team. They get the Ravens next week....

#4 Hitmen

They drop a spot to number 4. Big loss to SWAT drops them down, however a key win against the Titans shows this team is still part of the elites. Their PG play is key in order for the team to flourish. They have the bodies ready to take on any team in the league, but the general is necessary for them to do it effectively. Huge game against Rukus next week. Can they go for 2 in a row?

#5 MKA

This team is quietly moving up the rankings. They have been on a tear lately winning key games. Their win against Strictly Biz shows they are good enough to beat anyone. They are playing as well as anyone in the league and are definitely a sleeper to watch out for. Another potential easy win next week against the Ballers.

#6 Rukus

Huge jump for Rukus up to the 6 spot. The only team this year to hit 100 in a game this year. Not once, but twice. This team can definitely score, but they have not yet won a game against the elite teams this year. The loss against the HUMANS raises concerns on whether this team is a pretender or contender. Next weeks game against the Hitmen is huge. They can take the 4 spot in the rankings with a win, or could fall in the pretenders category.

#7 Titans

We all know the potential this team has, but attendance has been their Achilles heal. They have the power to knock off the best of the league, but their inability to keep a streak going is killing their chances of winning a championship. But one thing is for sure. They have always gutted it out and found themselves in the finals. The last two season have been proof of that. They don't start playing until it really counts.

#8 SWAT

This team proves that history does repeat itself. Another season plagued by attendance and roster issues. They showed a lot of promise early in the season but they have dropped 3 of their last 4 and need to start winning or the playoffs will have to wait till next year. A huge win against Hitmen was key but they need to play consistently and need their players to show if they want to keep it going. Next week against Panthers can have major playoff implications.

#9 Panthers

They could have easily had the 7th seed. However, they lost to the same Hitmen team SWAT manhandled. One of the monsters of the league last year is struggling this year and have not found their groove yet. Playoffs are coming and they need to start winning. Next weeks game against SWAT is huge and can control the rest of their season.

#10 Ballers

This team remains a mystery. One of the most consistent and strongest teams in SABL history find themselves in the lower tier of the league. No one is sure why they have been losing, but one thing is for sure, they have the potential and experience to turn things around. They need to change things up ASAP if they want to make the playoffs.

#11 Red Jaguars

This team has been getting better with every game. But they have not been able to close any deals. They are full of fine young players but need some time before they can make some real noise in the playoffs. But others should not sleep on them. This team plays hard throughout and can knock off anyone who isn't giving it their all.

#12 Ravens

Find themselves winless and looking for an answer. They have kept it close in many games but have not been able to get the win. They have some of the right pieces but the talent level may not be quite there yet. Unless they go on a real hot streak, I think its time to start thinking about 2010 and tanking for the #1 pick.