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Time to clean house on your fantasy team

BY KYLE STACK • Special to amNewYork

There is an easy way for fantasy basketball owners to gain momentum heading into this weekend's All-Star break: Purge the dead weight off your roster and pull neglected players from your league's free-agent list.

Below are two over-owned players in ESPN and Yahoo! leagues (ownership percentages included) and a pair of under-owned players to replace them.



OVER-OWNED

Rasheed Wallace
Forward/center, Boston Celtics
ESPN 70%, Yahoo! 80%



Wallace

You have to go back to 'Sheed's rookie year to find point and rebound averages as low as the 10 and 4.2 marks, respectively, the 15-year veteran has posted so far this season. Wallace has yet to record a double-double, and he's grabbed eight or more boards in just five of 46 games. While his 1.4 3-pointers per game are alluring for a post player, his inability to block or rebound with any consistency makes him expendable.



John Salmons
Guard/forward, Chicago Bulls
ESPN 87%, Yahoo! 81%

What happened to the swingman who averaged 18.3 points for the Kings and Bulls last season?

He has a measly 12.6 scoring average because of a six-point drop in his field-goal percentage, which is down to 41 percent. Scoring had been Salmons' MO because he never offered notable help in any other category. Without a reasonably high scoring average, the 30-year-old swingman is just another guy who can be replaced by a guard who has better shooting percentages.

UNDER-OWNED

George Hill
Point guard, San Antonio Spurs
ESPN 11%, Yahoo! 34%

Hill has answered the Spurs' need for an extra scorer by averaging 16 points on 49 percent shooting from the field in his last 11 games.

Given coach Gregg Popovich's well-known affinity for him, fantasy owners can bet Hill's minutes will stay north of 30 for most of San Antonio's remaining games. His scoring prowess, complemented by his 78 percent free throw percentage (plus a 3-pointer and a steal per contest) has turned Hill into a wise buy-low option.



(PHOTOS: GETTY)

Udonis Haslem
Power forward, Miami Heat
ESPN 5%, Yahoo! 40%



Haslem

Try finding another player with Haslem's ownership percentages who is also a consistent double-double threat. In his 49 games, Haslem has produced 10-plus points 25 times and eight-plus rebounds 24 times, with 17 of those games a combination of both efforts.

He accomplished all this despite a per-game average of less than 28 minutes. The four other players who average at least seven rebounds in less than 30 minutes are owned in at least 57 percent of ESPN and Yahoo! leagues. Haslem simply goes unnoticed.

