In this presentation, I explore how data science and big data analytics can uncover meaningful insights from large datasets using NBA player and team statistics spanning 26 years (1996–2022). By applying Python for data cleaning, sorting, grouping, and visualization, I conducted various analyses to examine player height, scoring performance, team averages, and age distribution. The results highlight trends in player performance, team dynamics, and demographic distributions, demonstrating how data science techniques can transform raw data into actionable insights. This project also emphasizes the importance of visualization in effectively communicating findings, offering a deeper understanding of the role of analytics in sports.