



# Teams Overview

This Page gives insight on team performance based on important metrics.

2023

2024

2025

# of Teams

30

Games Played

2,149

Avg Net Rating

0.00

Avg Defensive Rating

115.50

Avg Offensive Rating

115.50

Which teams demonstrate the strongest dominance based on margin of victory?

Boston Celtics

Oklahoma City Thunder

Cleveland Cavaliers

Denver Nuggets

New York Knicks

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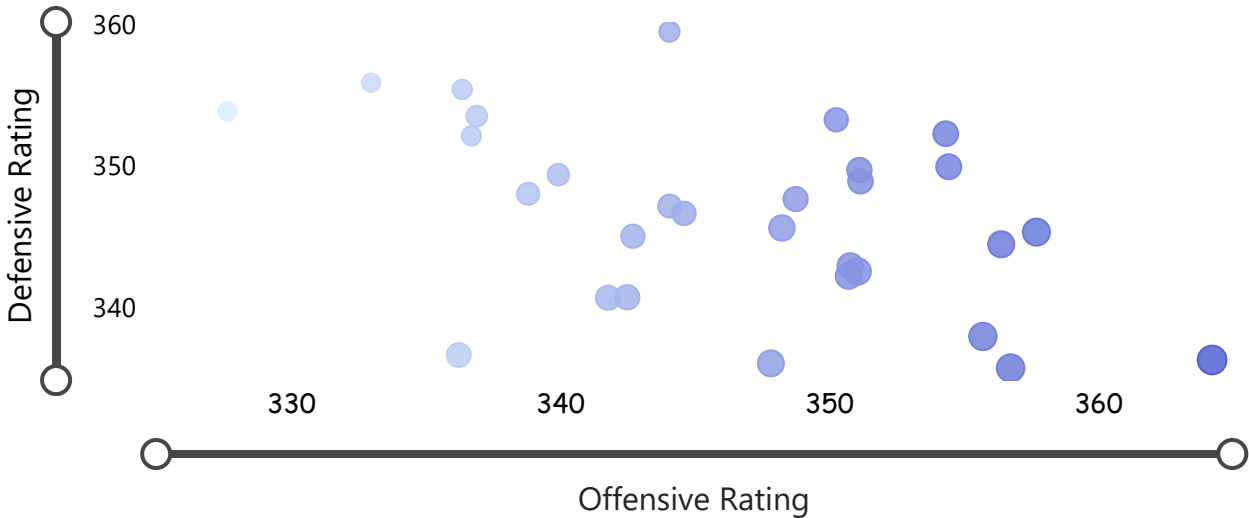
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Which teams show the strongest playoff potential by Net Rating, Adjusted Net Rating, and Winning Percentage?

Team	Net Rating	Adjusted Net Rating	Winning Percentage	Wins
Boston Celtics	27.94	26.46	2.22	181
Oklahoma City Thunder	21.04	20.78	2.01	164
Cleveland Cavaliers	17.77	16.42	2.00	163
Denver Nuggets	12.41	12.09	1.95	159
New York Knicks	11.95	11.38	1.80	147
Minnesota Timberwolves	11.79	11.74	1.79	146
Milwaukee Bucks	8.55	7.99	1.89	154
Los Angeles Clippers	8.51	8.58	1.76	144
Golden State Warriors	7.86	8.05	1.69	138
Sacramento Kings	4.53	4.88	1.63	133
Los Angeles Lakers	2.63	3.20	1.71	140
Phoenix Suns	2.28	2.72	1.59	130
Indiana Pacers	2.08	1.42	1.61	131
Miami Heat	1.78	1.01	1.56	127
Dallas Mavericks	1.41	1.66	1.55	127
Memphis Grizzlies	1.10	1.16	1.53	125
Philadelphia 76ers	1.10	0.62	1.53	125

How do offensive and defensive efficiencies affect team performance (winning percentage)?





# Players Overview

This Page gives insight on players performance based on important metrics.

2023

2024

2025

# Of Players

771

Avg Player Age

26

Avg Games Played

42

Avg Minutes Played

19

Avg Points Scored

8.47

Total Fouls

3,319

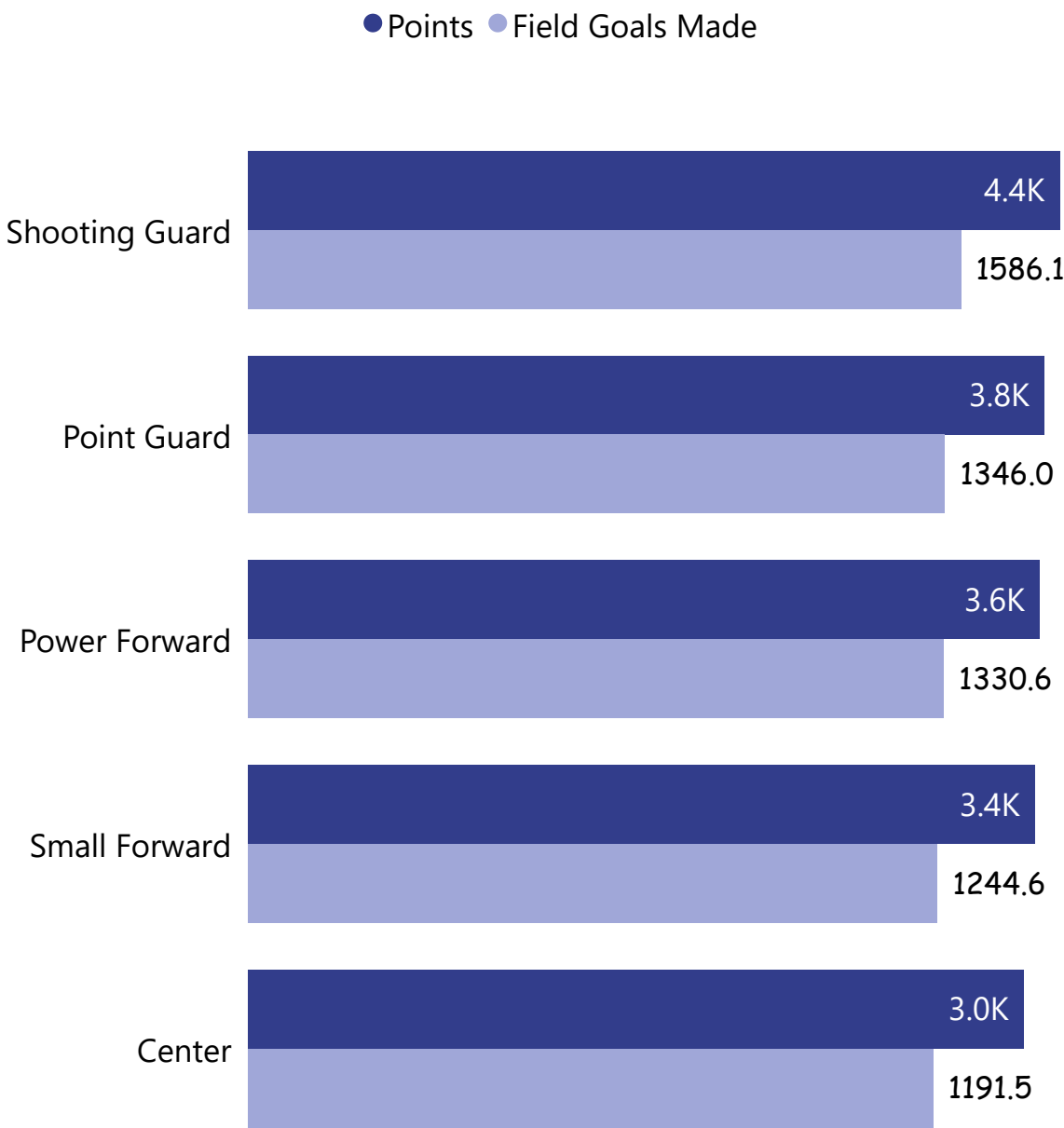
Which players play a lot and still perform efficiently?

Player	Minutes Played	Games	Games Started	Field Goal Attempts	Effective Field Goal Percentage	Field Goal percentage	Three-Point Percentage
Spencer Dinwiddie	214.10	389	292	72.50	3.53	2.89	2.44
Dennis Schröder	236.90	376	264	89.70	3.91	3.33	2.82
D'Angelo Russell	205.50	334	283	87.10	3.73	3.05	2.56
Buddy Hield	130.90	330	179	53.00	2.83	2.18	1.95
Mikal Bridges	178.10	330	330	77.70	2.70	2.34	1.87
Dorian Finney-Smith	205.40	326	268	51.50	3.82	2.93	2.59

Which players contribute most beyond scoring?

Player	Assists	Offensive Rebounds	Devensive Rebounds	Steals	Blocks	Turnovers
A.J. Green	2.60	0.60	4.20	0.90	0.20	1.00
A.J. Lawson	1.90	1.90	6.40	0.90	0.30	1.30
Aaron Gordon	9.70	6.40	11.50	2.10	1.70	4.20
Aaron Holiday	4.50	0.90	3.10	1.40	0.50	1.90
Aaron Nesmith	4.00	2.50	8.90	2.50	1.60	2.70
Aaron Wiggins	4.00	2.90	6.40	2.10	0.60	2.40

How does position influence efficiency and production?





# Conference Overview

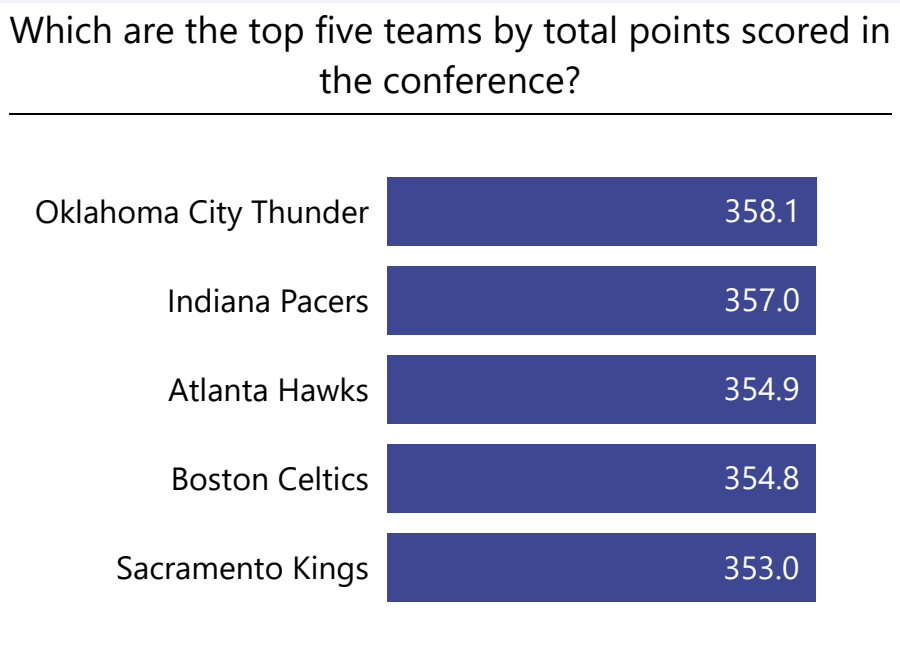
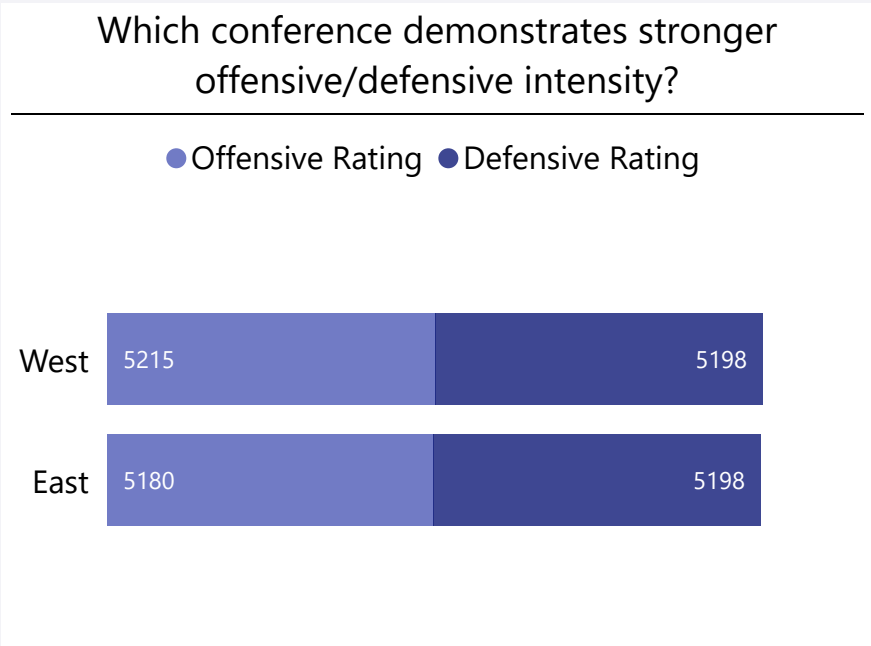
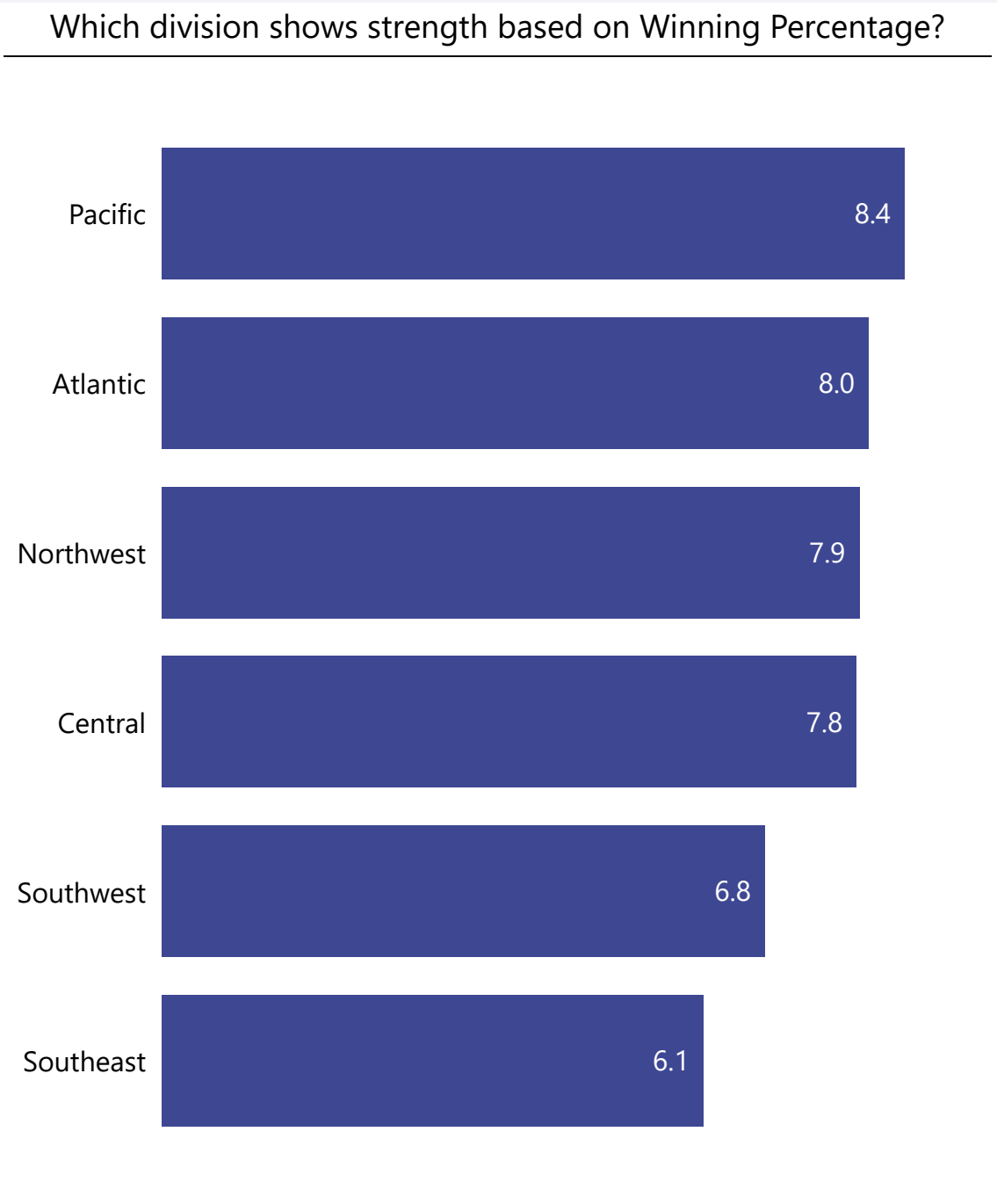
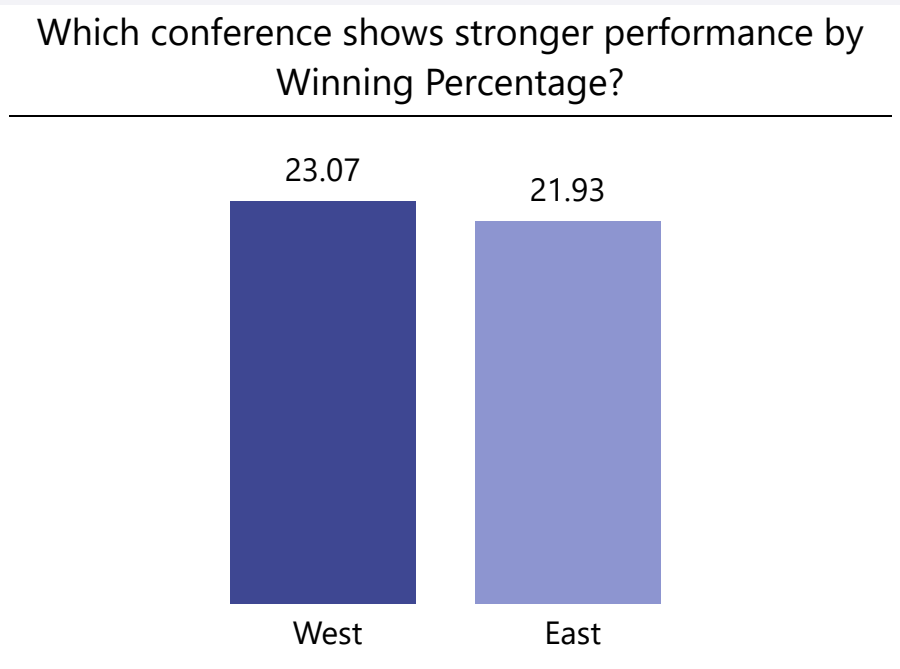
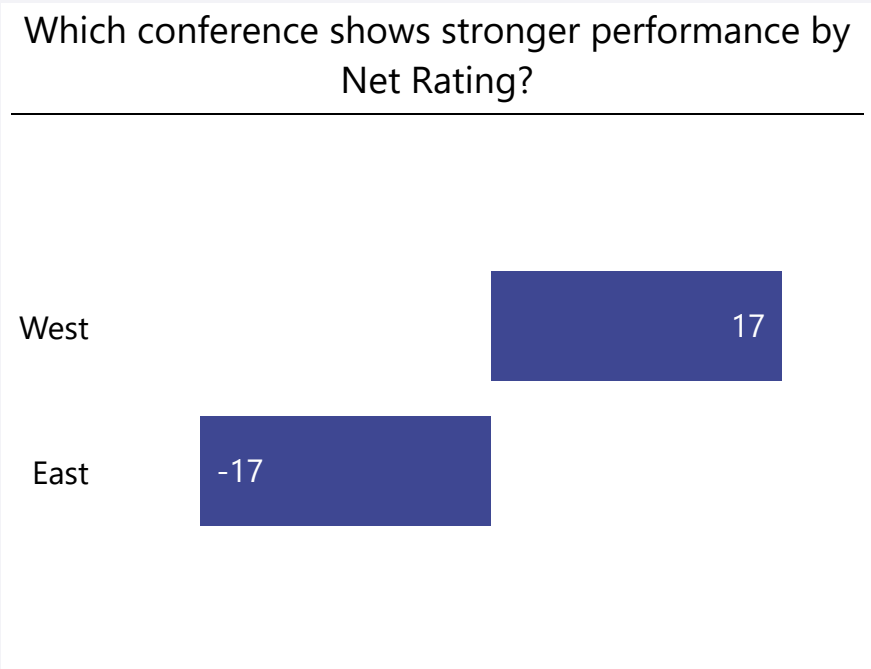
This Page gives insight on conference-wide competitiveness based on important metrics.

2023

2024

2025

# of Teams	Games Played	Avg Pts Scored Per Game	Avg Pts Allowed Per Game	Avg Adjusted Net Rating
30	2,149	114.24	114.24	0.00



Teams

Players

Conference