



# Teams Overview

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

202320242025

# of Teams  
30

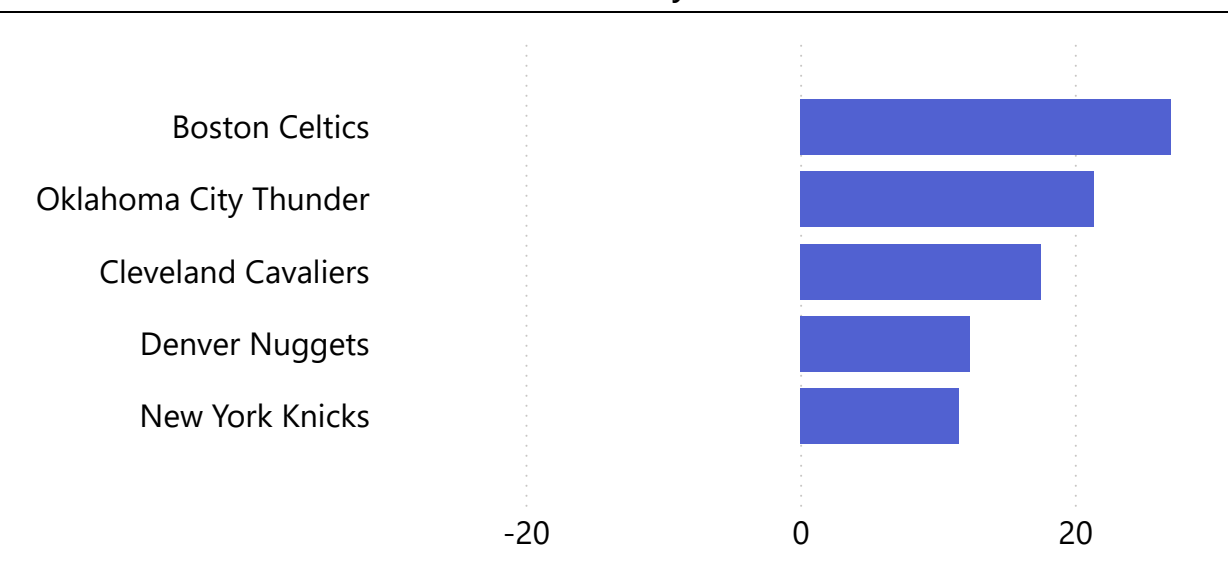
Games Played  
2,149

Avg Net Rating  
0.00

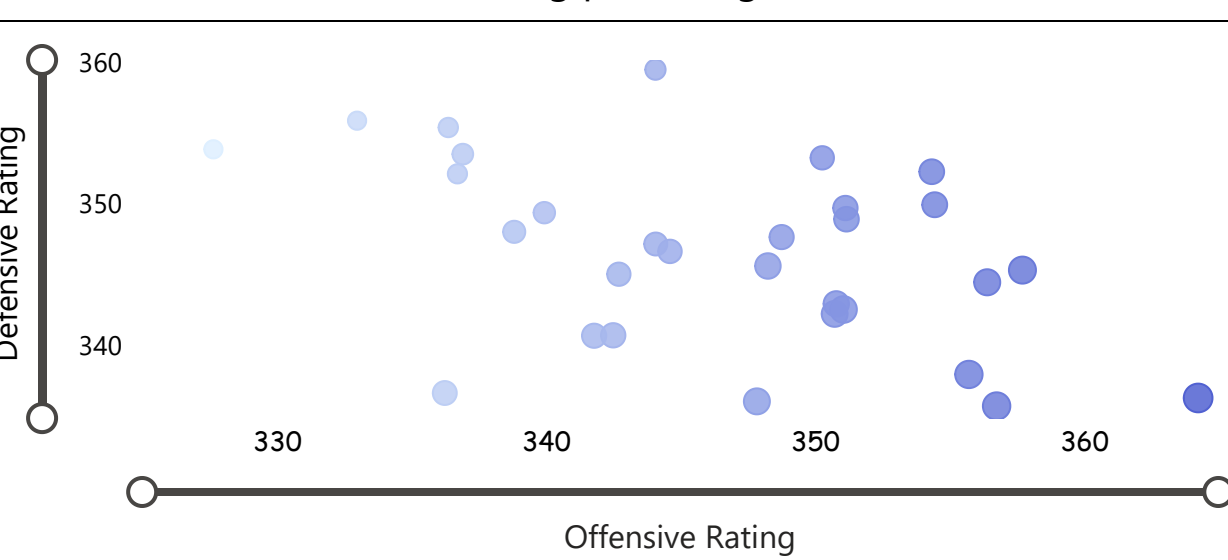
Avg Defensive Rating  
115.50

Avg Offensive Rating  
115.50

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



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



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  |



# Players Overview

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

2023

2024

2025

|              |                |                  |                    |                   |             |
|--------------|----------------|------------------|--------------------|-------------------|-------------|
| # Of Players | Avg Player Age | Avg Games Played | Avg Minutes Played | Avg Points Scored | Total Fouls |
| 771          | 26             | 42               | 19                 | 8.47              | 3,319       |

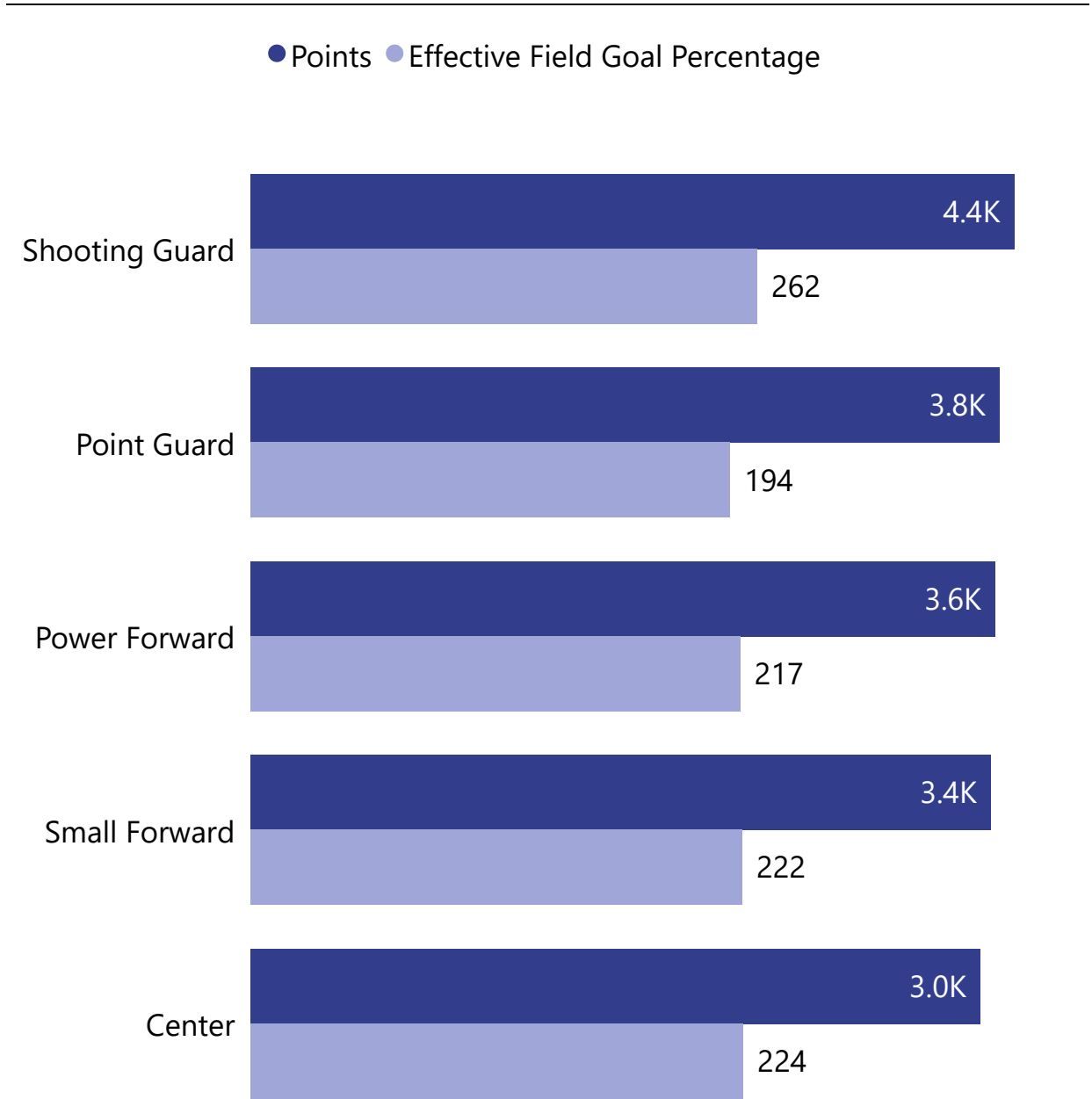
Which players play a lot and still perform efficiently?

| 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

30

Games Played

2,149

Avg Pts Scored Per Game

114.24

Avg Pts Allowed Per Game

114.24

Avg Adjusted Net Rating

0.00

Which conference shows stronger performance by Net Rating?

West

East



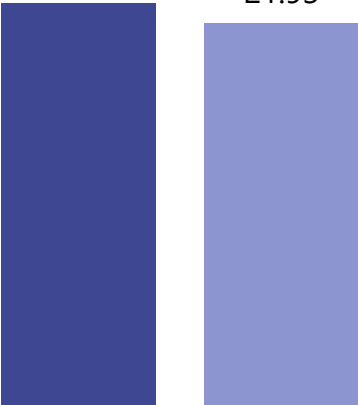
Which conference shows stronger performance by Winning Percentage?

23.07

21.93

West

East



Which division shows strength based on winning percentage?

Pacific

8.4

Atlantic

8.0

Northwest

7.9

Central

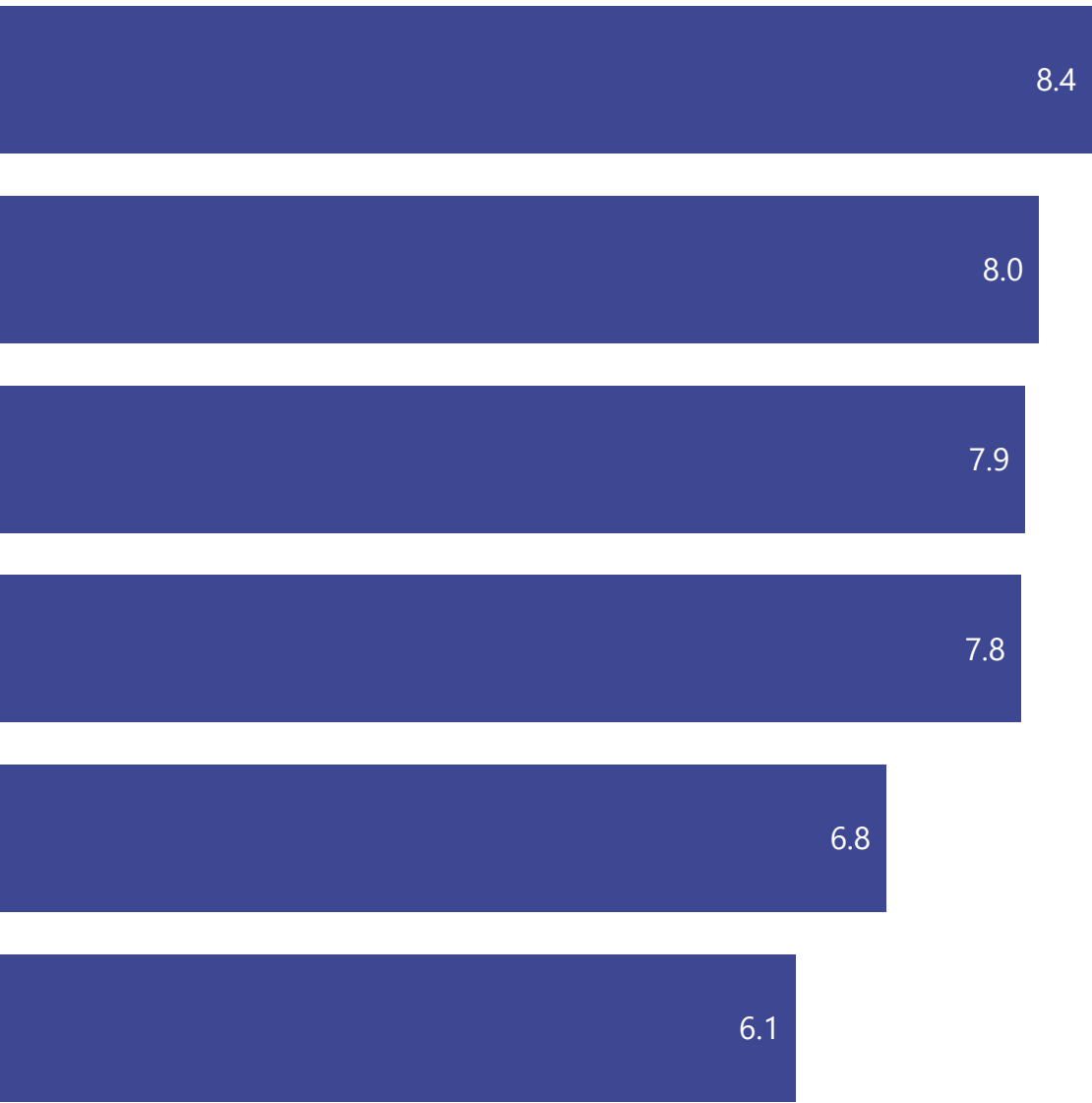
7.8

Southwest

6.8

Southeast

6.1



Which conference demonstrates stronger offensive/defensive intensity?

Offensive Rating

Defensive Rating

West

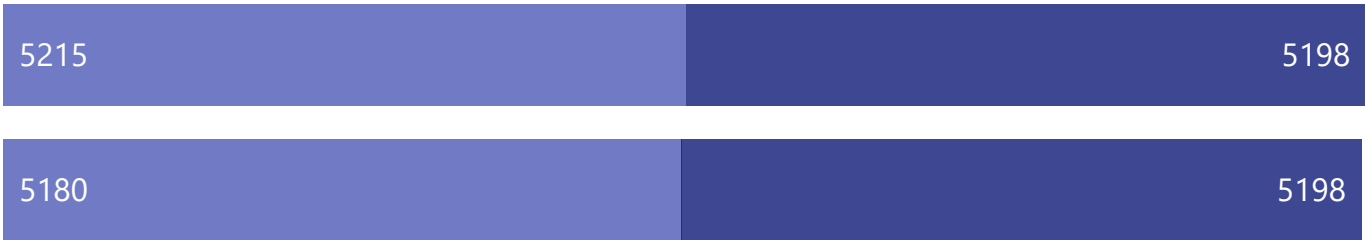
5215

5198

East

5180

5198



Teams

Players

Conference