

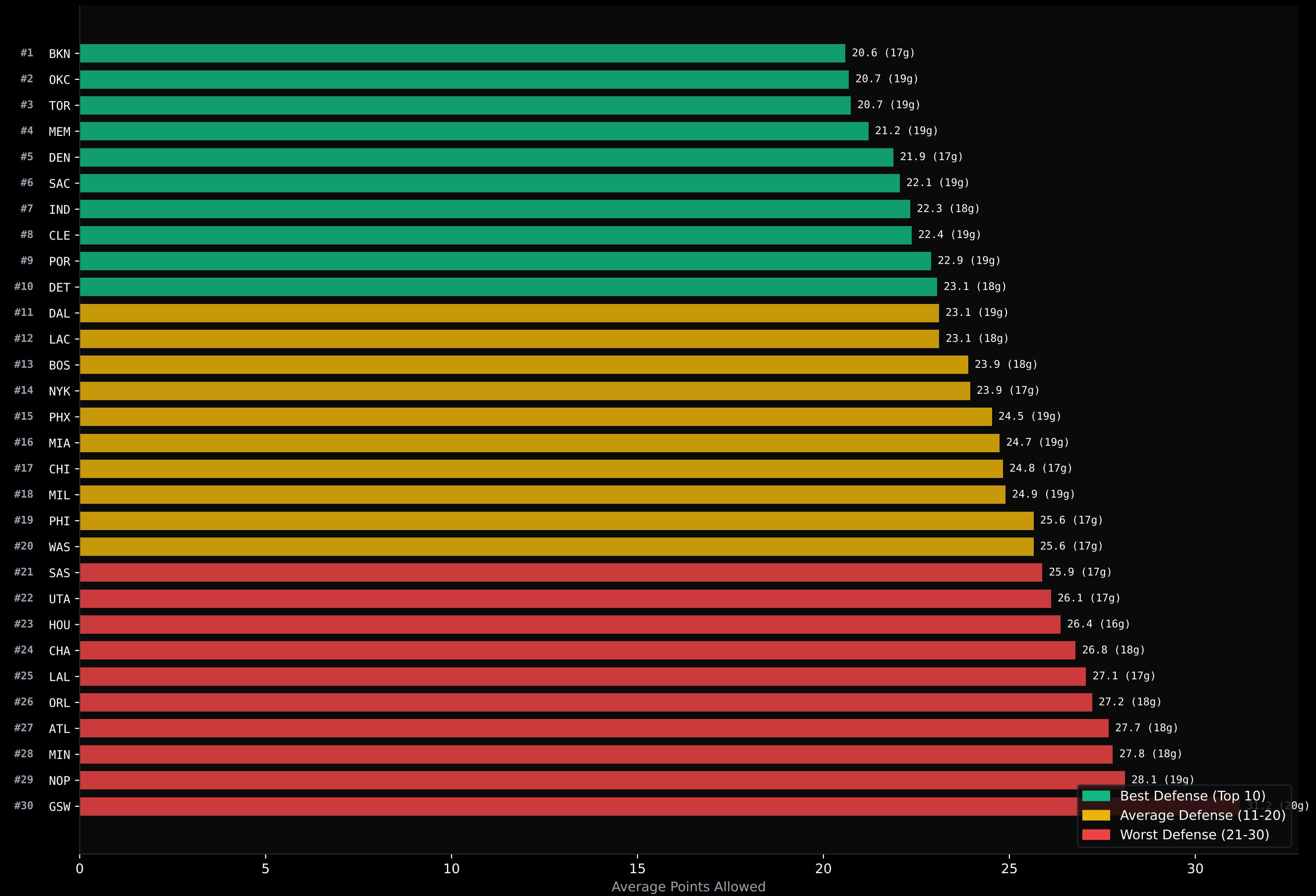
NBA Position Defense Rankings - 2025-26 Season

Lower PPG = Better Defense | Green = Best 5 | Red = Worst 5

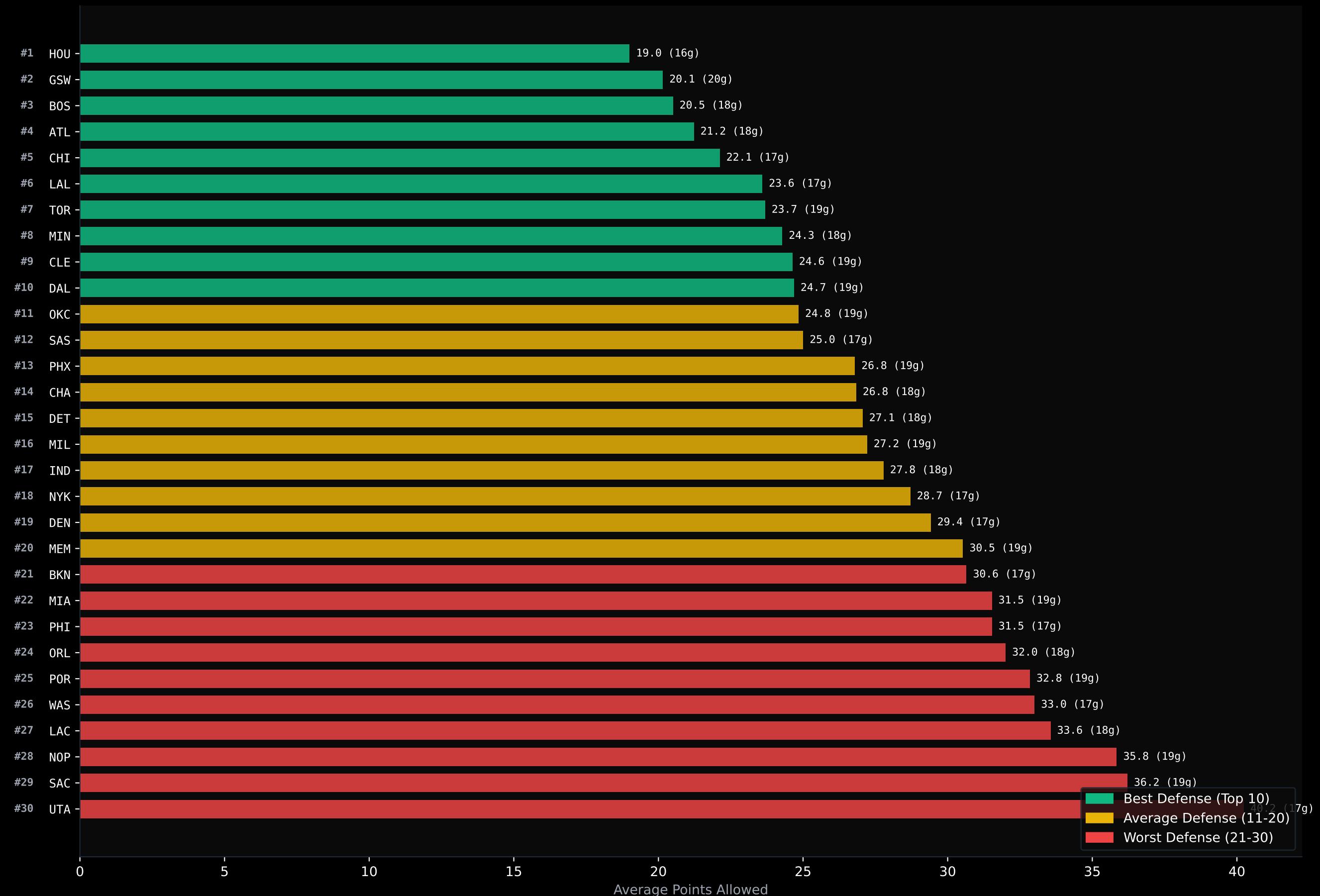
PG	Point Guards		SG		Shooting Guards		SF		Small Forwards		PF		Power Forwards		C	Centers	
1. BKN	20.6	1. HOU	19.0	1. MIN	16.6	1. NOP	13.6	1. NOP	19.1	6. NYK	14.5	1. LAL	10.8	1. LAL	10.8	1. LAL	
2. OKC	20.7	2. GSW	20.1	2. OKC	17.9	2. HOU	16.6	2. HOU	19.3	8. NOP	17.6	2. ORL	12.9	2. ORL	12.9	2. ORL	
3. TOR	20.7	3. BOS	20.5	3. MIA	18.7	3. LAC	17.9	3. LAC	19.7	9. WAS	18.1	3. MEM	14.4	3. MEM	14.4	3. MEM	
4. MEM	21.2	4. ATL	21.2	4. PHX	18.7	4. PHI	18.7	4. PHI	20.4	10. DET	18.2	4. NYK	14.9	4. NYK	14.9	4. NYK	
5. DEN	21.9	5. CHI	22.1	5. ORL	18.7	5. SAC	18.7	5. SAC	21.5	11. IND	19.4	5. SAS	14.9	5. SAS	14.9	5. SAS	
6. SAC	22.1	6. LAL	23.6	6. DEN	19.1	6. NYK	19.1	6. NYK	22.3	12. SAS	20.6	6. DEN	15.2	6. DEN	15.2	6. DEN	
7. IND	22.3	7. TOR	23.7	7. UTA	19.1	7. CLE	19.1	7. CLE	22.8	12. TOR	20.8	7. MIL	15.7	7. MIL	15.7	7. MIL	
8. CLE	22.4	8. MIN	24.3	8. NOP	19.3	8. GSW	19.3	8. GSW	23.0	15. ATL	20.9	8. UTA	16.1	8. UTA	16.1	8. UTA	
9. POR	22.9	9. CLE	24.6	9. GSW	19.7	9. WAS	19.7	9. WAS	23.3	13. SAS	21.2	9. OKC	16.6	9. OKC	16.6	9. OKC	
10. DET	23.1	10. DAL	24.7	10. SAC	20.4	10. DET	20.4	10. DET	24.8	11. DAL	21.3	10. MIN	16.9	10. MIN	16.9	10. MIN	
11. DAL	23.1	11. OKC	24.8	11. DAL	21.5	11. IND	21.5	11. IND	25.0	12. CHA	21.4	11. BOS	17.0	11. BOS	17.0	11. BOS	
12. LAC	23.1	12. SAS	25.0	12. CHA	21.8	12. TOR	21.8	12. TOR	25.6	20. BKN	22.5	12. ATL	17.2	12. ATL	17.2	12. ATL	
13. BOS	23.9	13. PHX	26.8	13. CHI	22.3	13. SAS	22.3	13. SAS	26.8	14. POR	22.8	14. MIA	17.8	13. LAC	17.8	13. LAC	
14. NYK	23.9	14. CHA	26.8	14. POR	22.8	14. POR	22.8	14. POR	27.1	15. SAS	23.4	15. CHI	17.9	14. MIA	17.9	14. MIA	
15. PHX	24.5	15. DET	27.1	15. SAS	23.0	15. ATL	23.0	15. ATL	27.8	17. PHI	23.4	15. CHI	18.0	15. ATL	18.0	15. ATL	
16. MIA	24.7	16. MIL	27.2	16. DET	23.3	16. BOS	23.3	16. BOS	27.8	17. PHI	23.4	16. DET	18.2	16. BOS	18.2	16. BOS	
17. CHI	24.8	17. IND	27.8	17. PHI	23.9	17. ORL	23.9	17. ORL	28.7	18. MIL	23.7	17. CLE	18.3	17. ORL	18.3	17. CLE	
18. MIL	24.9	18. NYK	28.7	18. MIL	24.4	18. UTA	24.4	18. UTA	29.4	19. MEM	24.0	18. PHX	18.4	18. MIL	18.4	18. MIL	
19. PHI	25.6	19. DEN	29.4	19. MEM	24.8	19. PHX	24.8	19. PHX	30.5	20. BKN	24.2	19. BKN	18.5	19. MEM	18.5	19. MEM	
20. WAS	25.6	20. MEM	30.5	20. BKN	25.2	20. BKN	25.2	20. BKN	30.6	21. BOS	24.7	20. CHA	18.8	20. BKN	18.8	20. BKN	
21. SAS	25.9	21. BKN	30.6	21. BOS	25.4	21. MIA	25.4	21. MIA	31.5	22. WAS	25.1	21. IND	19.2	21. BOS	19.2	21. BOS	
22. UTA	26.1	22. MIA	31.5	22. WAS	25.6	22. MIL	25.6	22. MIL	31.5	23. LAC	26.4	22. PHI	19.2	22. MIL	19.2	22. MIL	
23. HOU	26.4	23. PHI	31.5	23. LAC	25.7	23. MEM	25.7	23. MEM	32.0	24. TOR	26.6	23. DAL	19.5	23. LAC	19.5	23. LAC	
24. CHA	26.8	24. ORL	32.0	24. TOR	26.0	24. DAL	26.0	24. DAL	32.8	25. NYK	26.7	24. HOU	19.5	24. TOR	19.5	24. TOR	
25. LAL	27.1	25. POR	32.8	25. NYK	26.1	25. CHA	26.1	25. CHA	33.0	26. LAL	26.7	25. POR	19.6	25. CHA	19.6	25. CHA	
26. ORL	27.2	26. WAS	33.0	26. LAL	26.2	26. OKC	26.2	26. OKC	33.6	27. ATL	26.9	26. TOR	19.6	26. LAL	19.6	26. LAL	
27. ATL	27.7	27. LAC	33.6	27. ATL	26.3	27. LAL	26.3	27. LAL	35.8	28. HOU	27.2	27. GSW	22.6	27. LAL	22.6	27. LAL	
28. MIN	27.8	28. NOP	35.8	28. HOU	28.0	28. DEN	28.0	28. DEN	36.2	29. CLE	28.2	28. WAS	22.6	28. HOU	22.6	28. HOU	
29. NOP	28.1	29. SAC	36.2	29. CLE	28.7	29. MIN	28.7	29. MIN	30.2	30. IND	31.7	29. NOP	24.7	29. SAC	24.7	29. SAC	
30. GSW	31.2	30. UTA	40.2	30. IND	30.7	30. CHI	30.7	30. CHI			37.0	30. SAC	25.0				

Generated: 2025-11-28 15:32

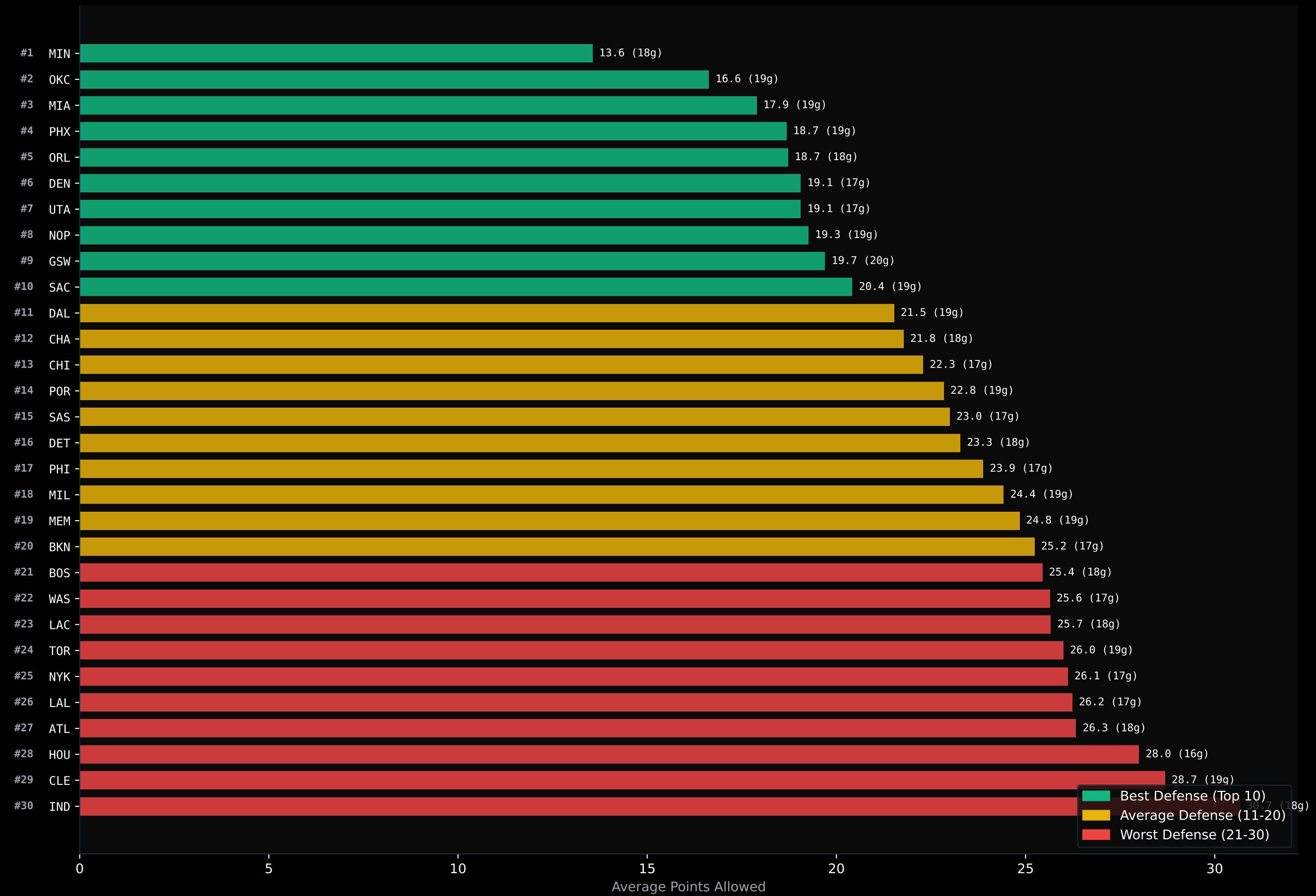
Defense vs Point Guards (PG) - League Rankings



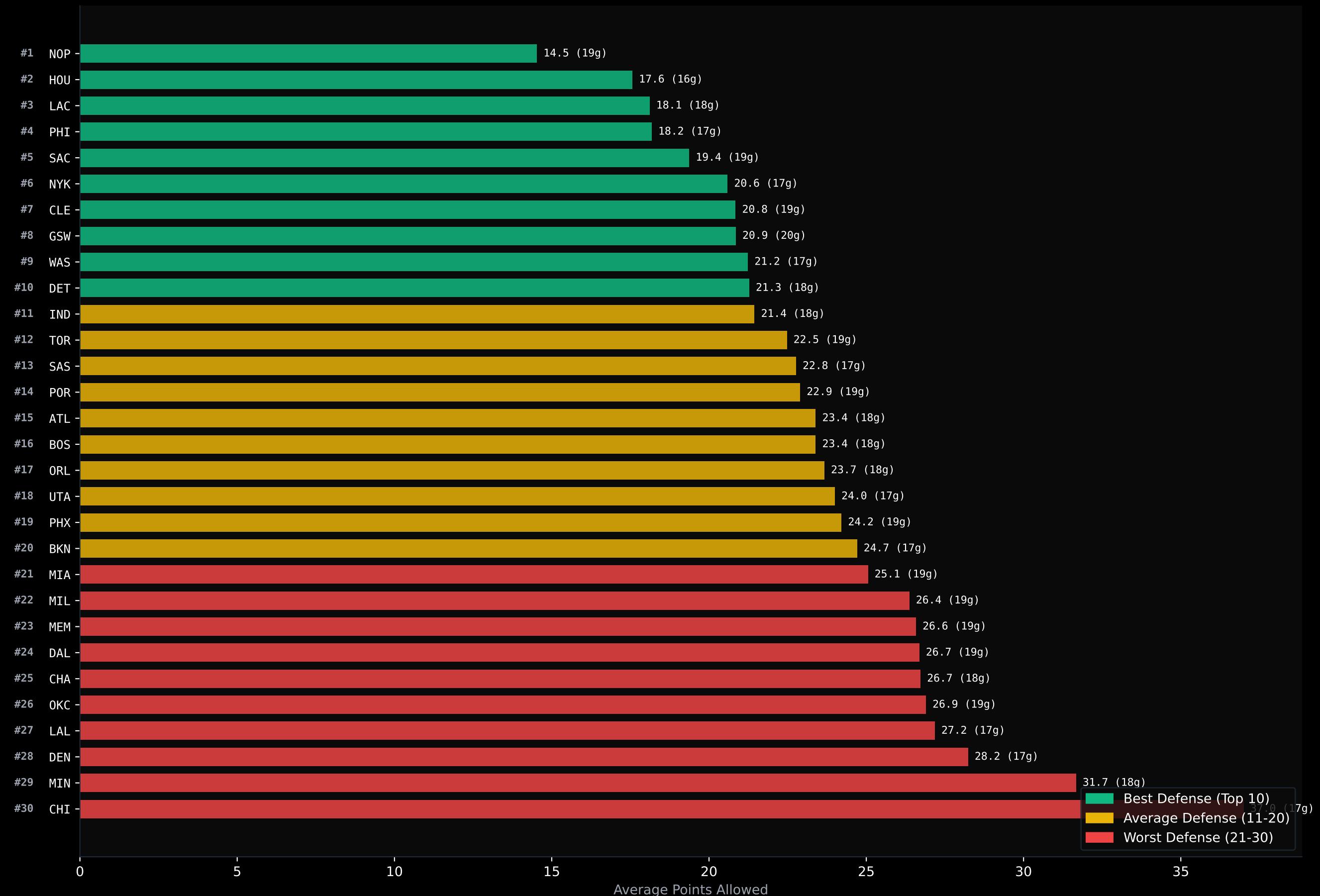
Defense vs Shooting Guards (SG) - League Rankings



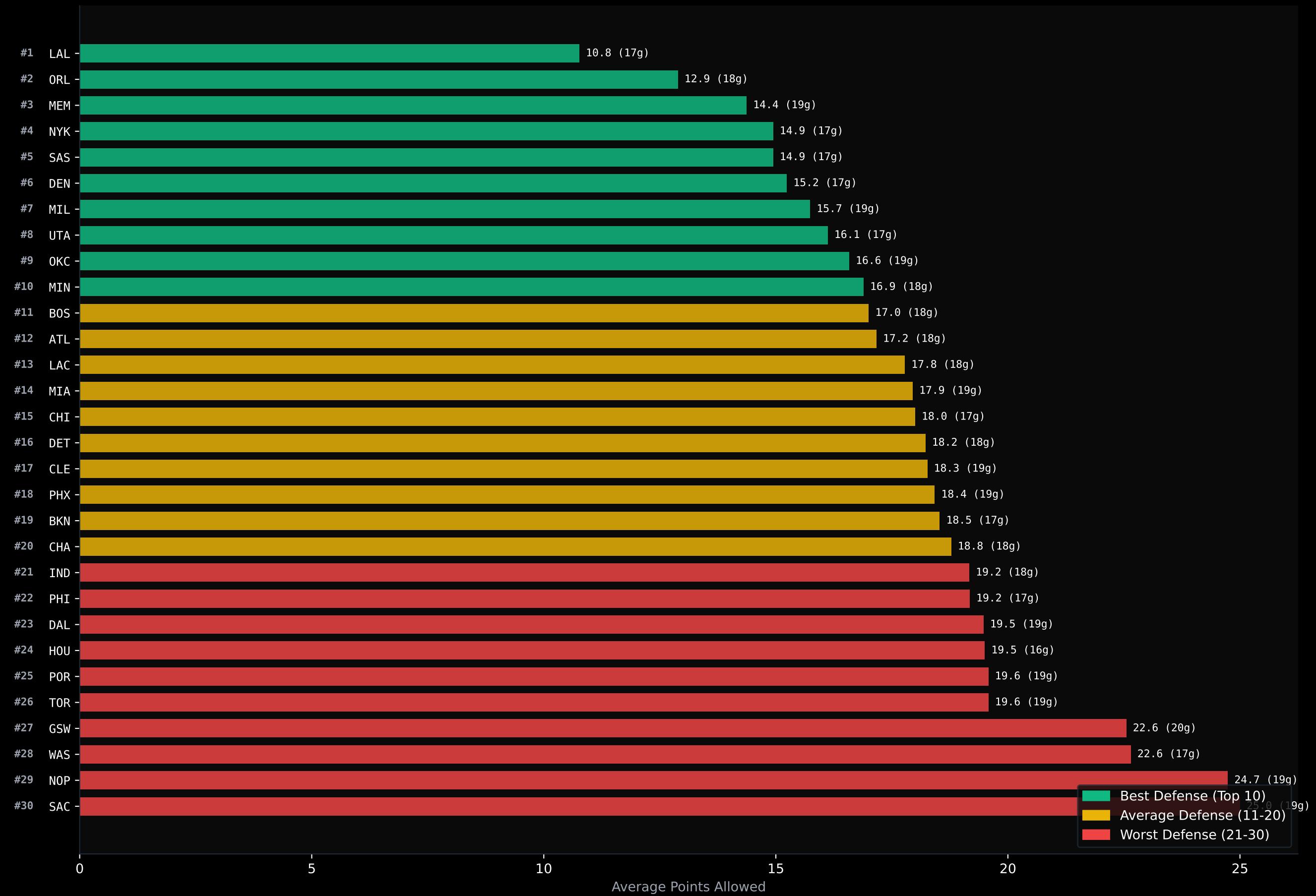
Defense vs Small Forwards (SF) - League Rankings



Defense vs Power Forwards (PF) - League Rankings

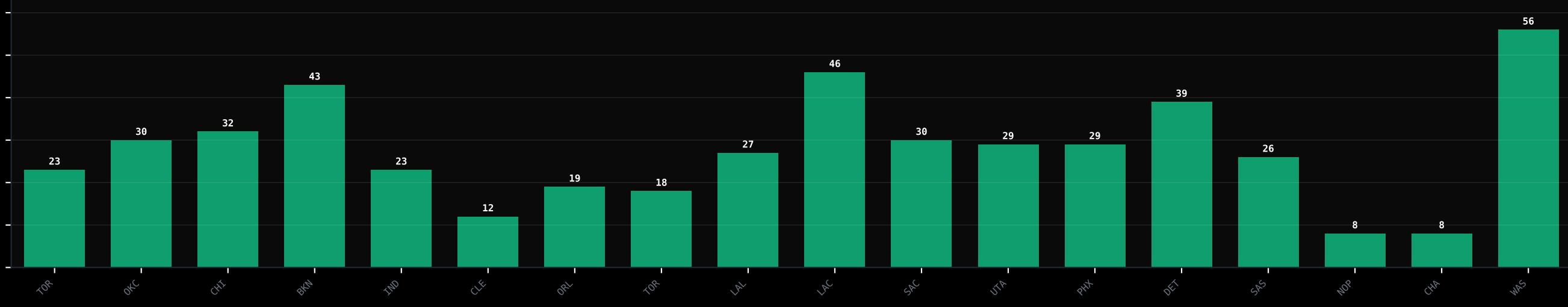


Defense vs Centers (C) - League Rankings

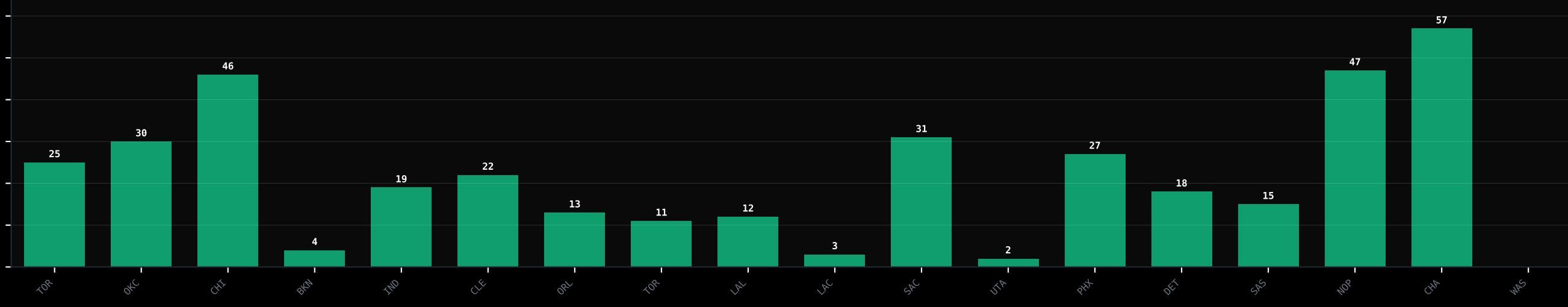


Atlanta Hawks (ATL) - Points Allowed by Position

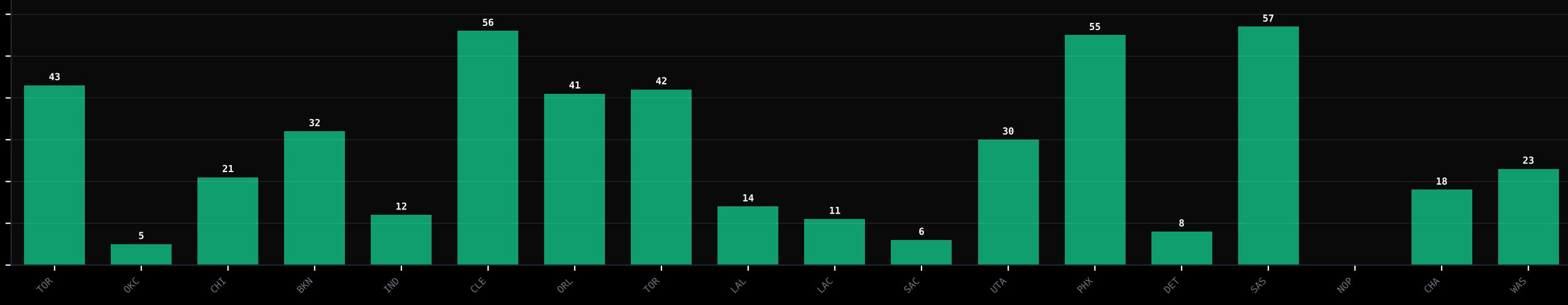
Point Guards (PG) - Avg: 27.7 PPG | 18 games



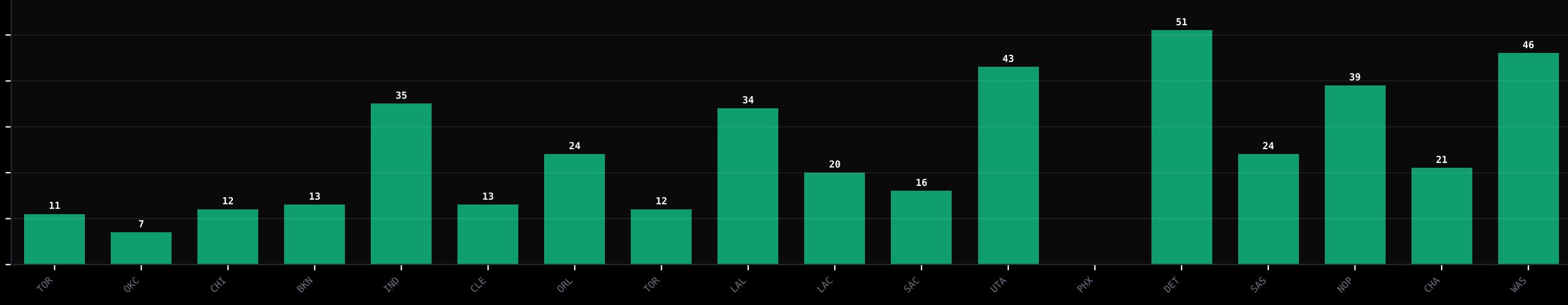
Shooting Guards (SG) - Avg: 21.2 PPG | 18 games



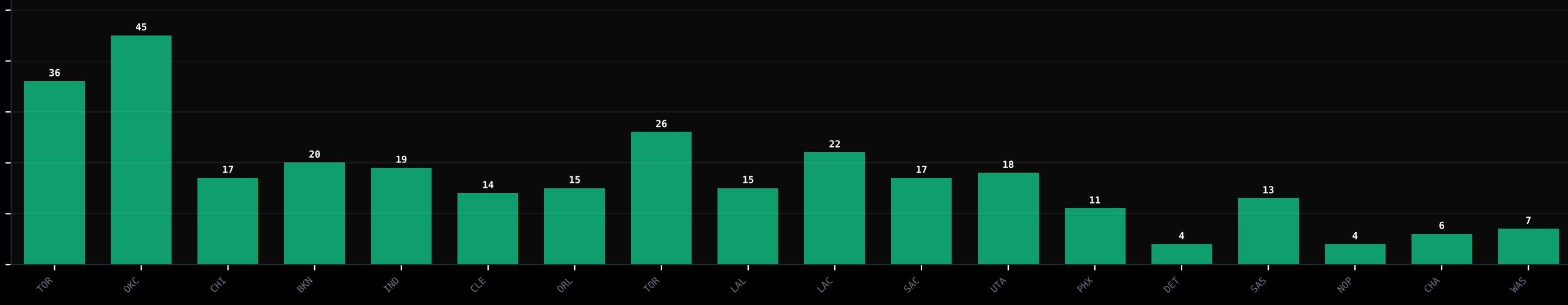
Small Forwards (SF) - Avg: 26.3 PPG | 18 games



Power Forwards (PF) - Avg: 23.4 PPG | 18 games

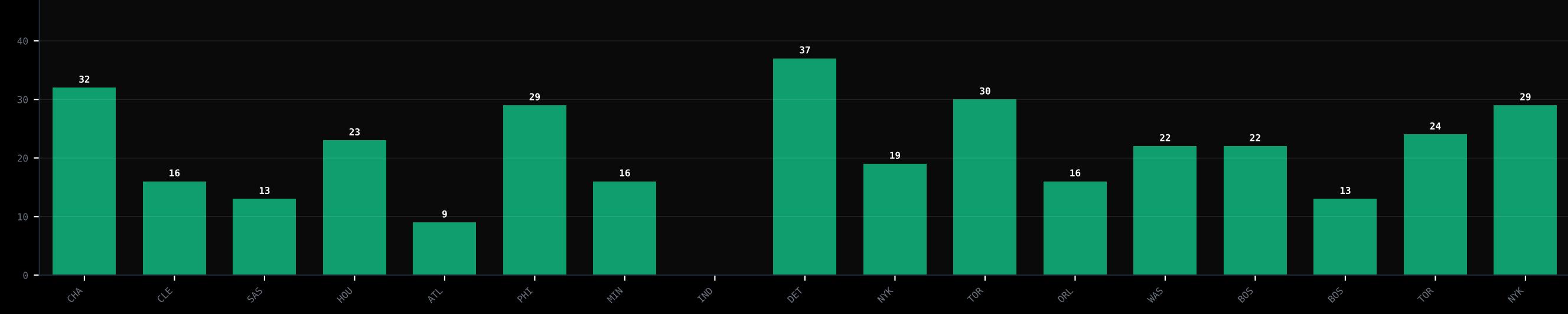


Centers (C) - Avg: 17.2 PPG | 18 games

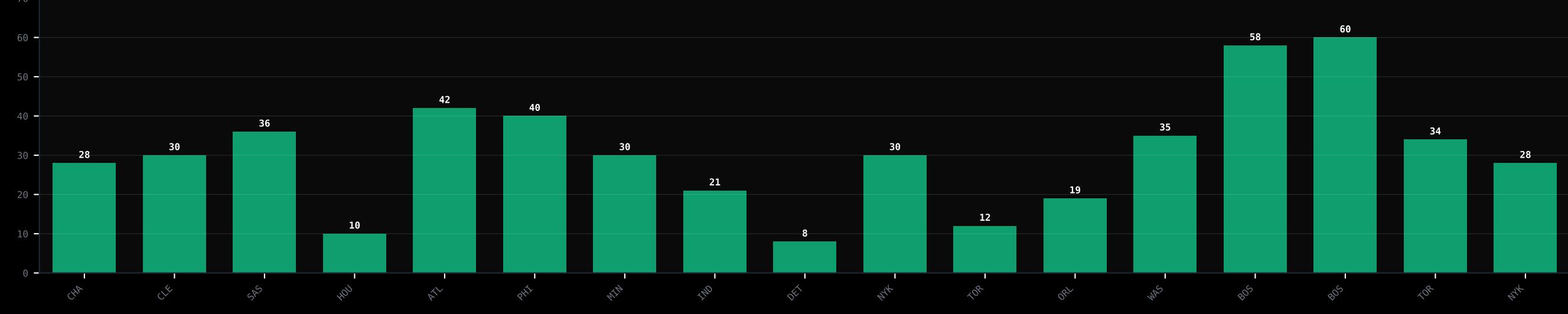


Brooklyn Nets (BKN) - Points Allowed by Position

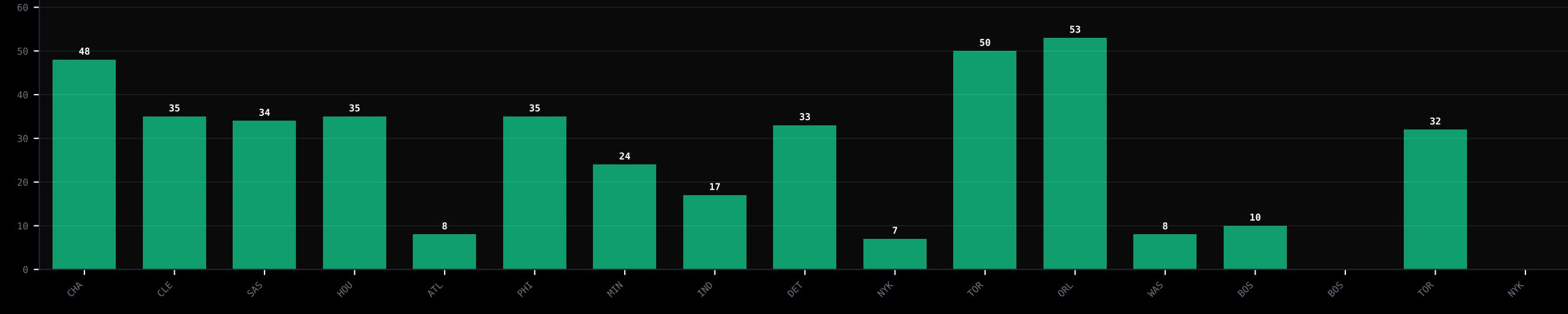
Point Guards (PG) - Avg: 20.6 PPG | 17 games



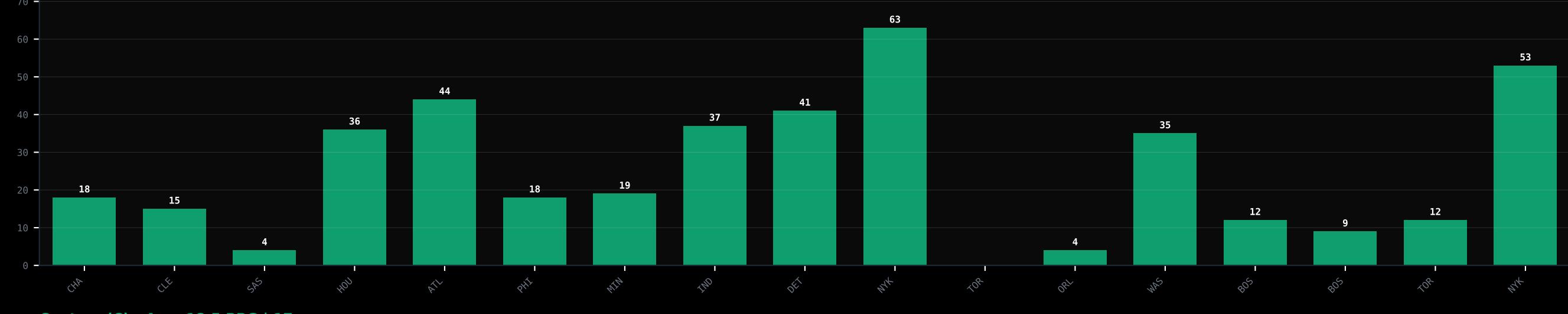
Shooting Guards (SG) - Avg: 30.6 PPG | 17 games



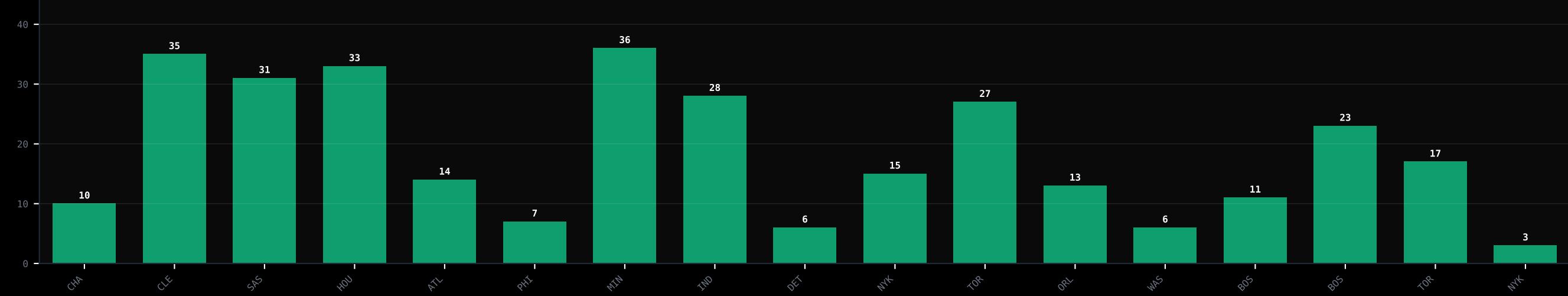
Small Forwards (SF) - Avg: 25.2 PPG | 17 games



Power Forwards (PF) - Avg: 24.7 PPG | 17 games

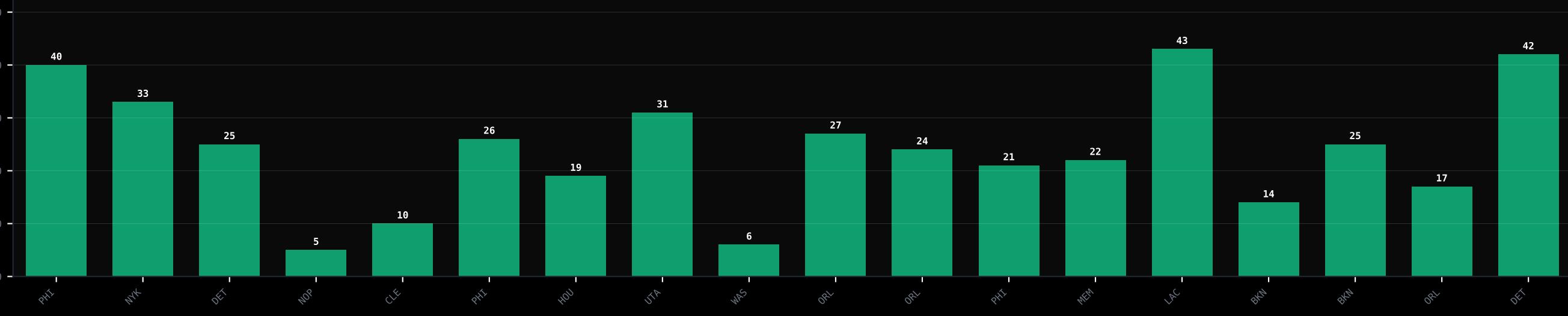


Centers (C) - Avg: 18.5 PPG | 17 games

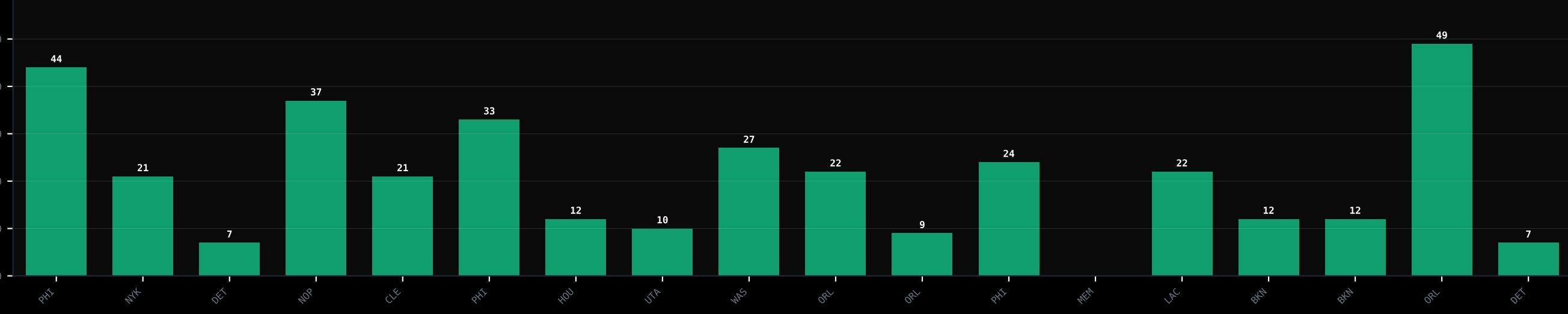


Boston Celtics (BOS) - Points Allowed by Position

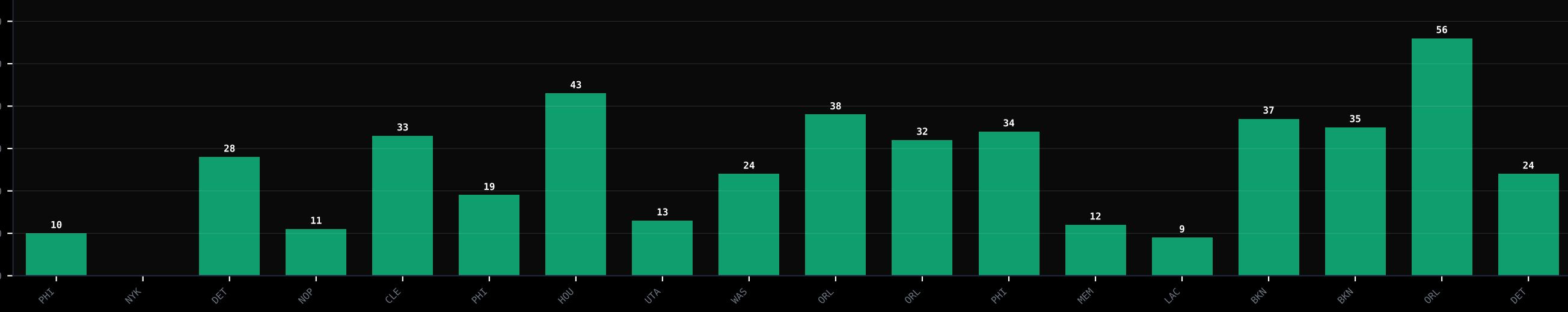
Point Guards (PG) - Avg: 23.9 PPG | 18 games



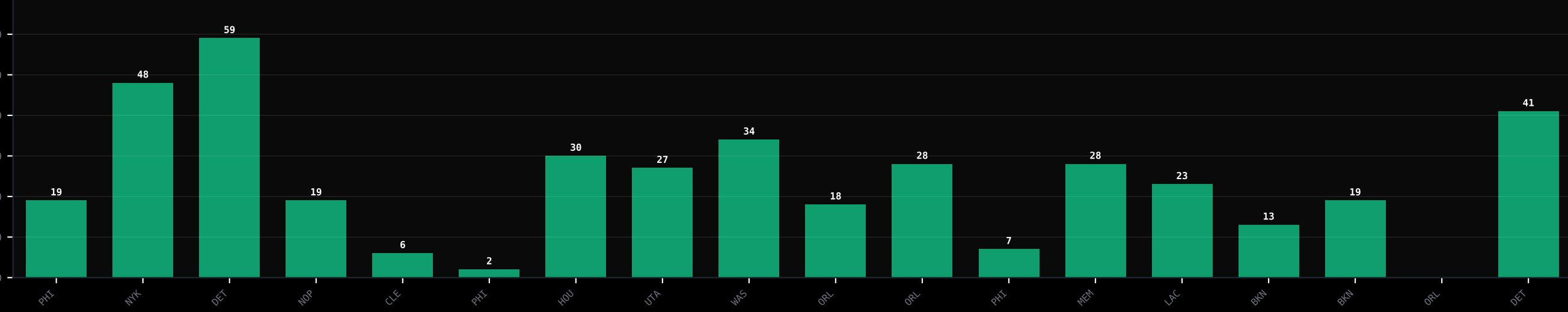
Shooting Guards (SG) - Avg: 20.5 PPG | 18 games



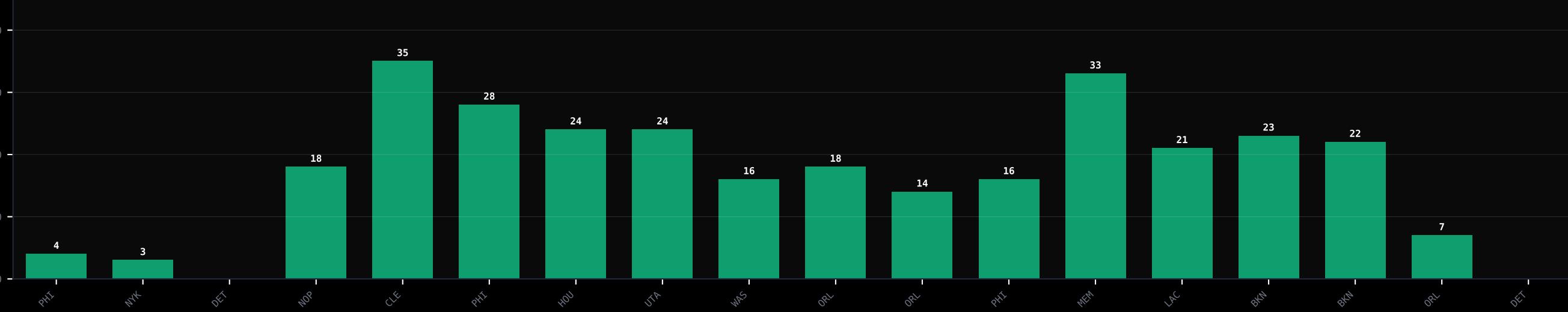
Small Forwards (SF) - Avg: 25.4 PPG | 18 games



Power Forwards (PF) - Avg: 23.4 PPG | 18 games

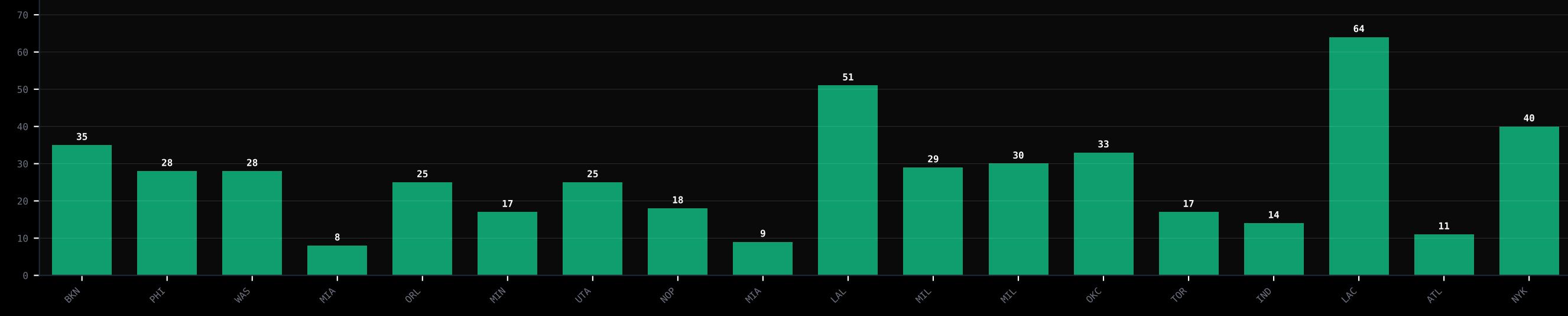


Centers (C) - Avg: 17.0 PPG | 18 games

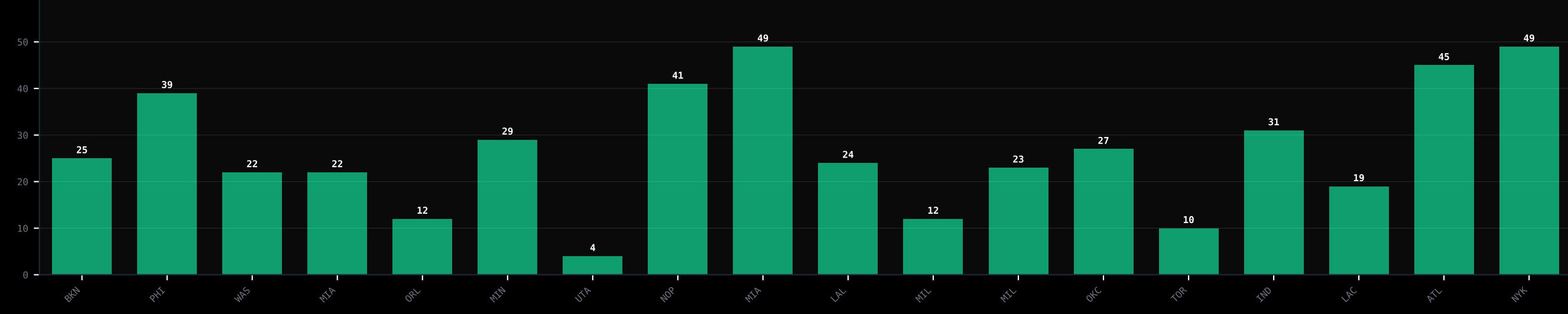


Charlotte Hornets (CHA) - Points Allowed by Position

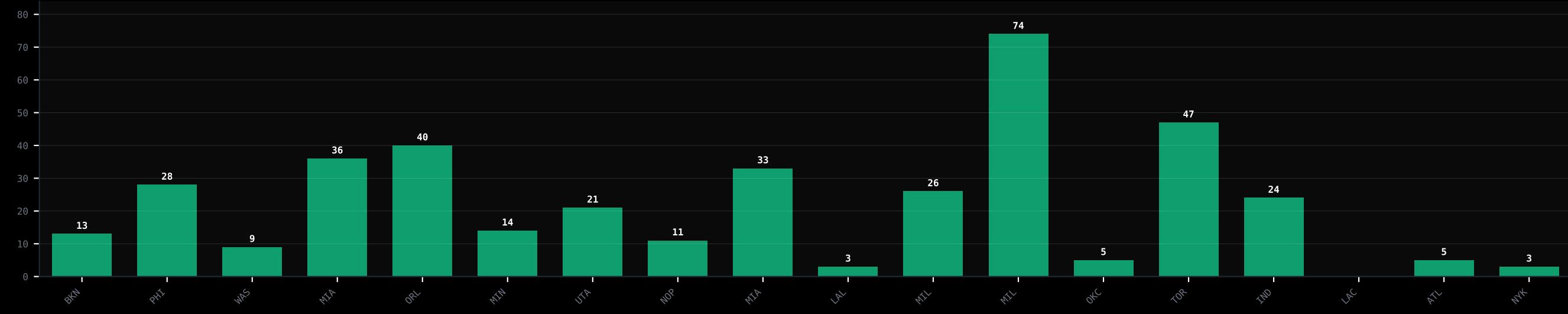
Point Guards (PG) - Avg: 26.8 PPG | 18 games



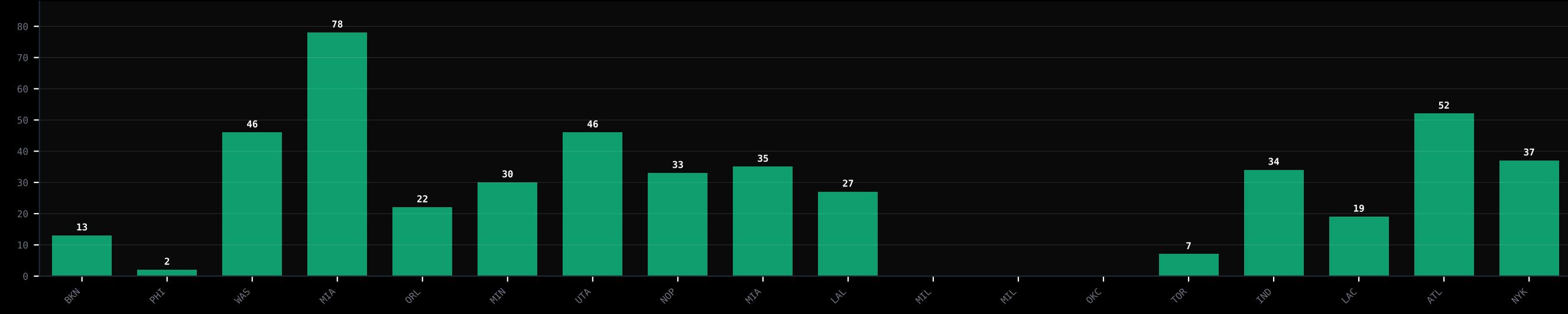
Shooting Guards (SG) - Avg: 26.8 PPG | 18 games



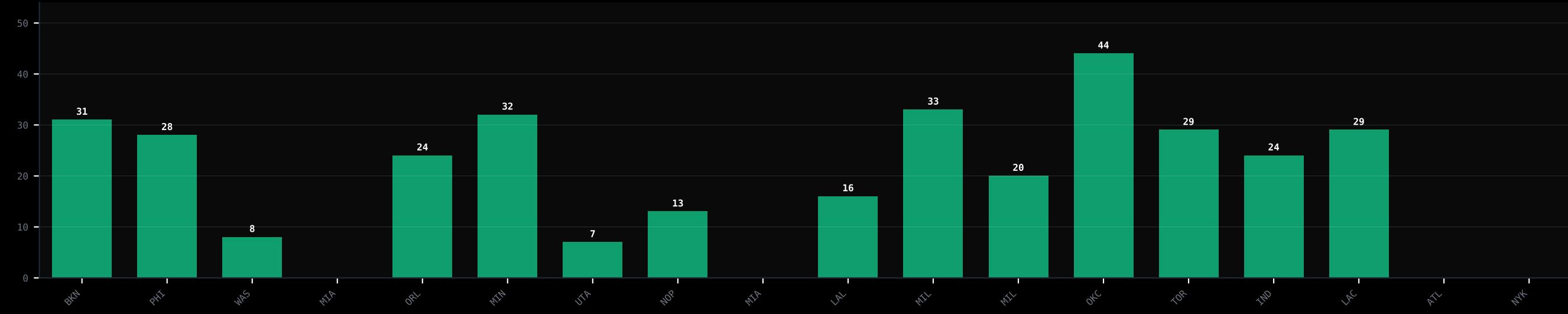
Small Forwards (SF) - Avg: 21.8 PPG | 18 games



Power Forwards (PF) - Avg: 26.7 PPG | 18 games

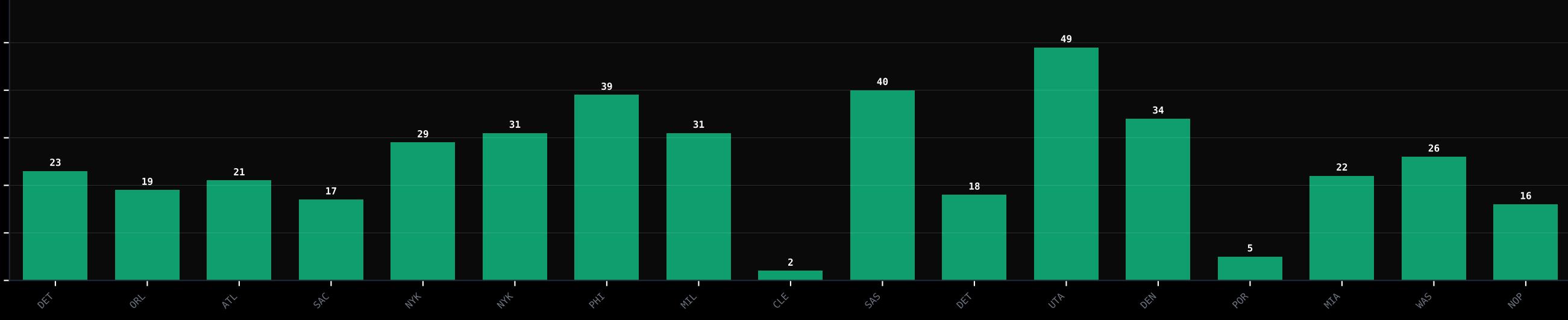


Centers (C) - Avg: 18.8 PPG | 18 games

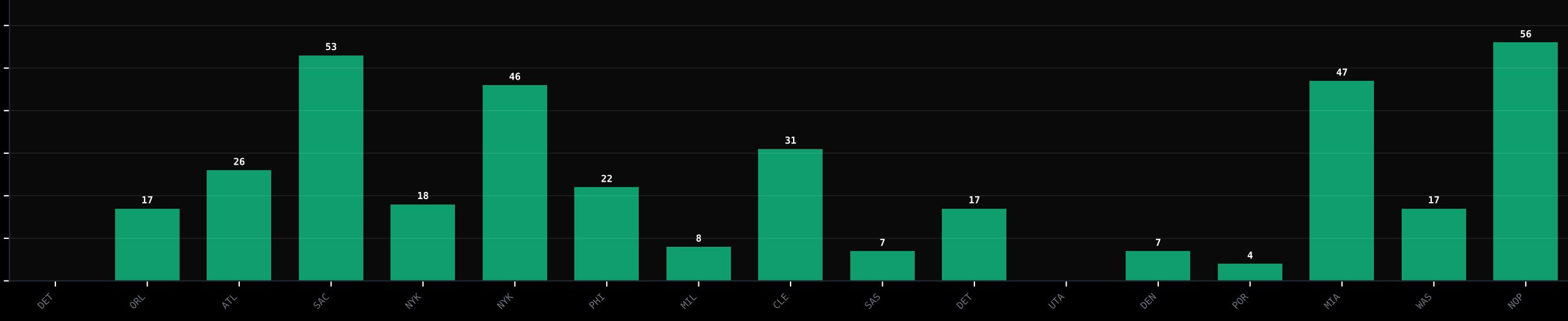


Chicago Bulls (CHI) - Points Allowed by Position

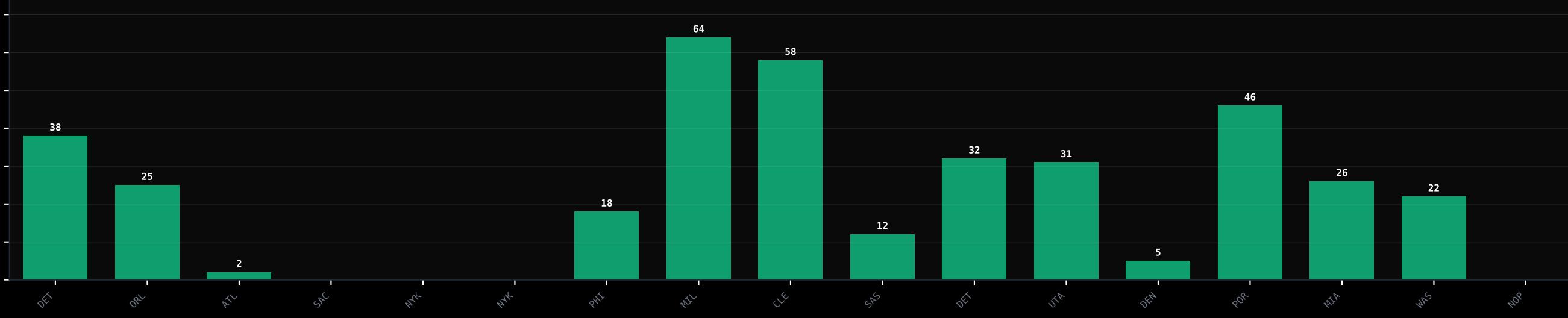
Point Guards (PG) - Avg: 24.8 PPG | 17 games



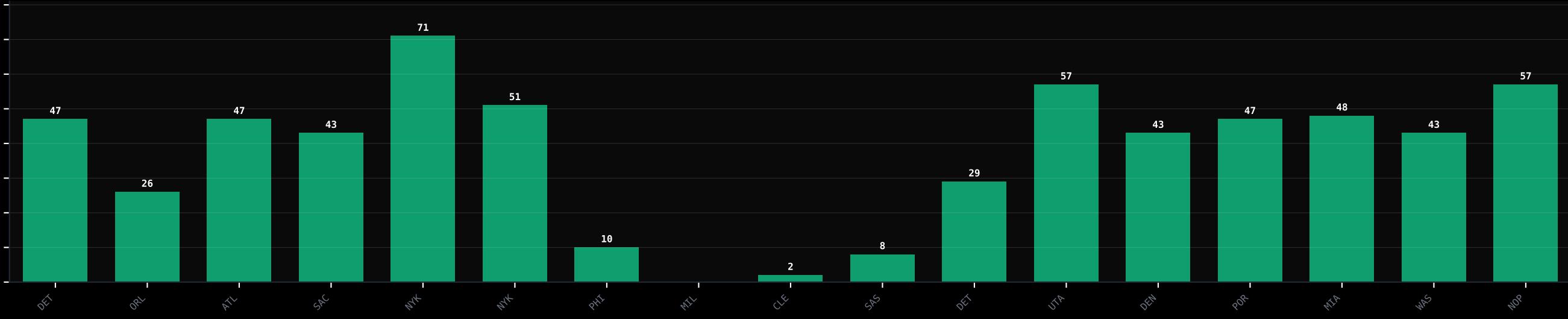
Shooting Guards (SG) - Avg: 22.1 PPG | 17 games



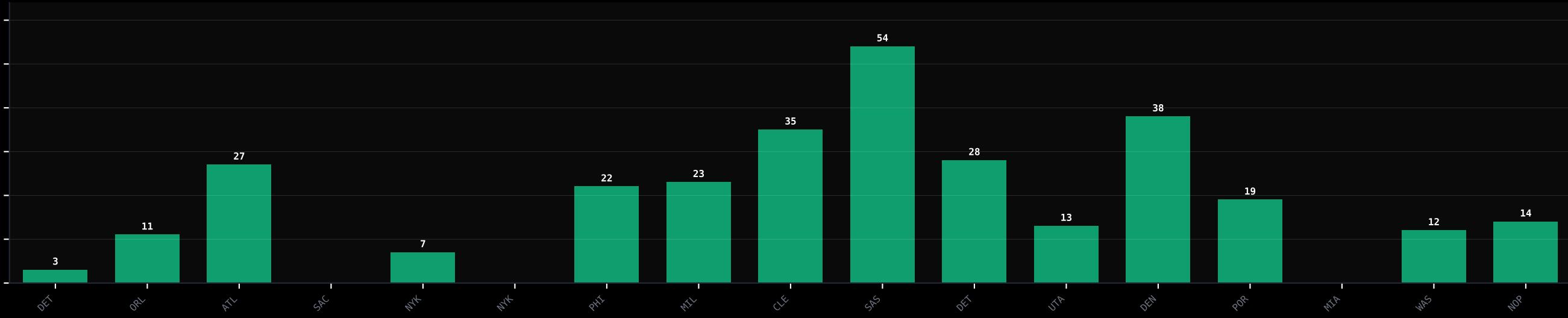
Small Forwards (SF) - Avg: 22.3 PPG | 17 games



Power Forwards (PF) - Avg: 37.0 PPG | 17 games

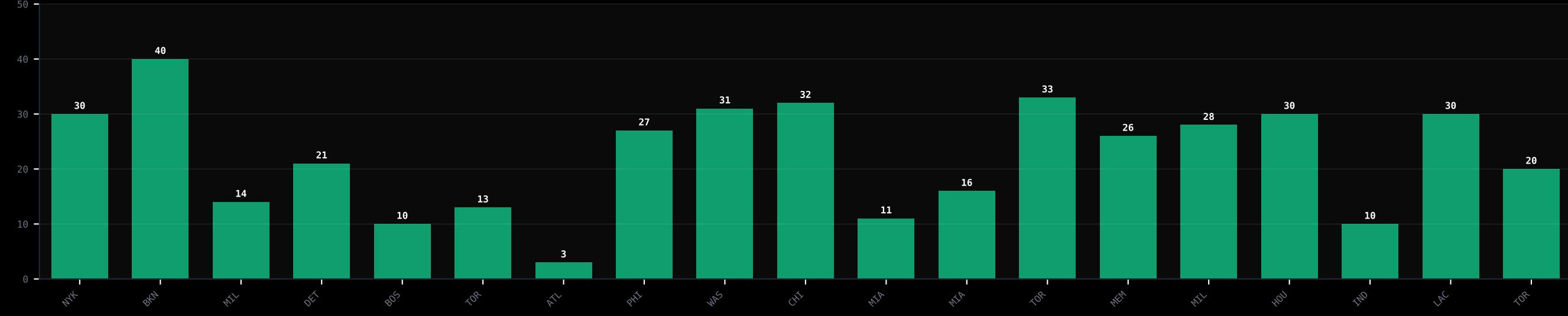


Centers (C) - Avg: 18.0 PPG | 17 games

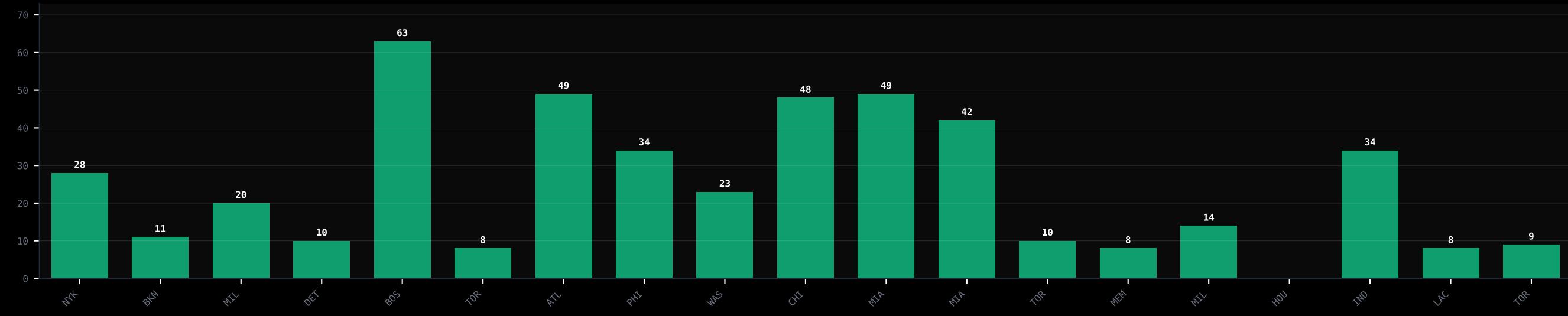


Cleveland Cavaliers (CLE) - Points Allowed by Position

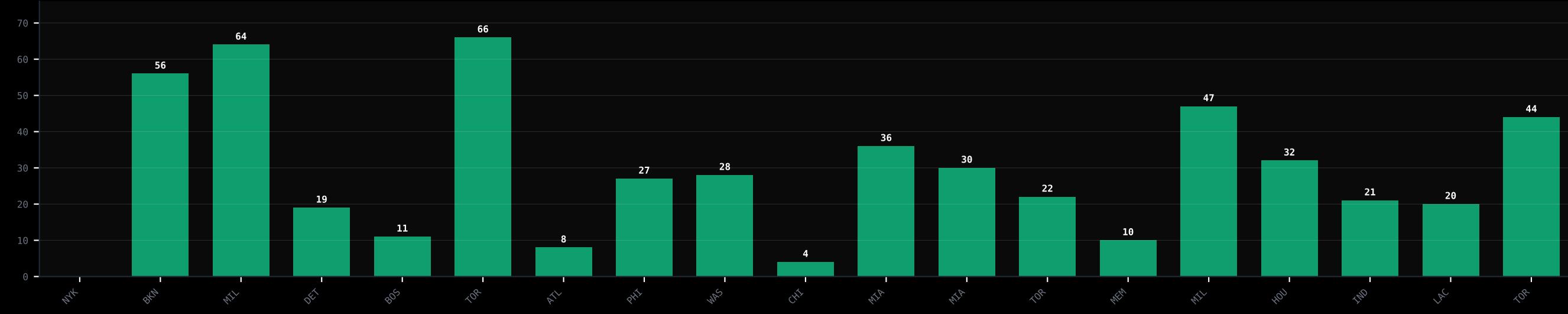
Point Guards (PG) - Avg: 22.4 PPG | 19 games



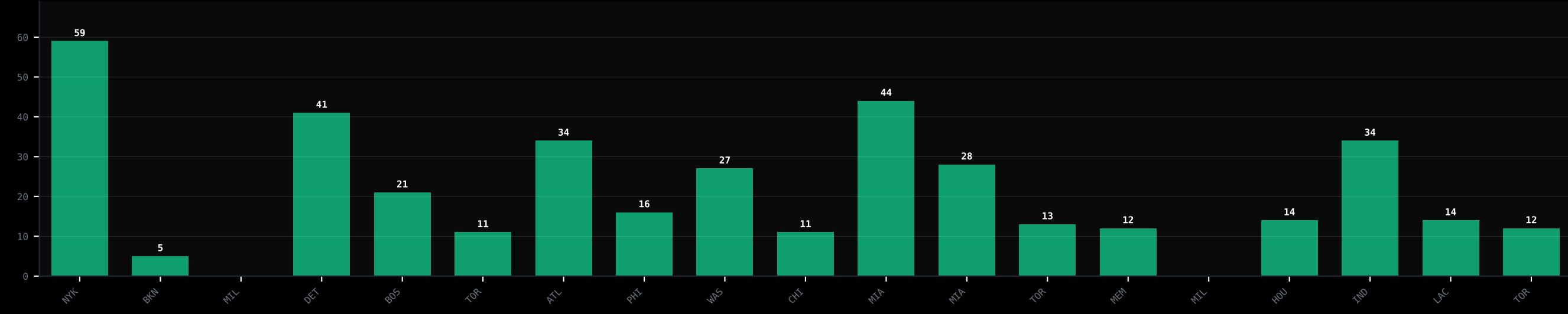
Shooting Guards (SG) - Avg: 24.6 PPG | 19 games



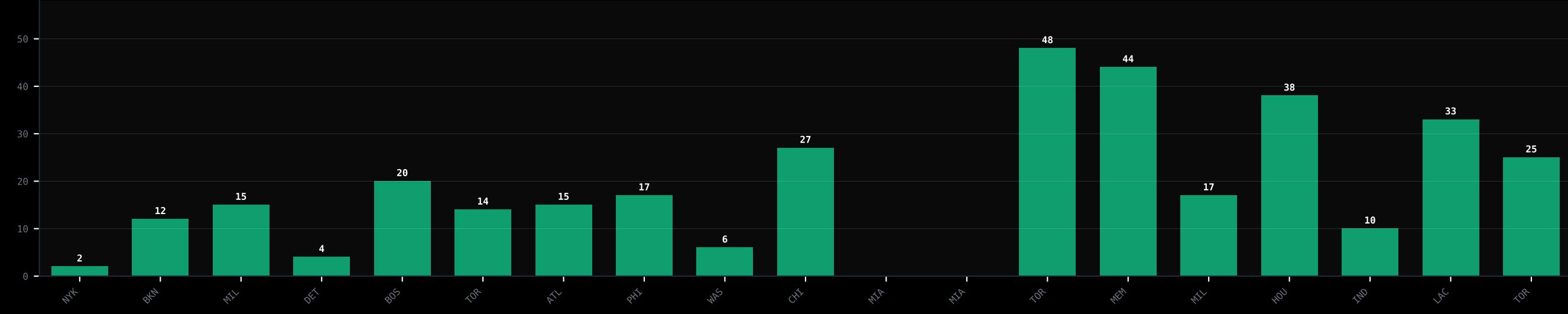
Small Forwards (SF) - Avg: 28.7 PPG | 19 games



Power Forwards (PF) - Avg: 20.8 PPG | 19 games

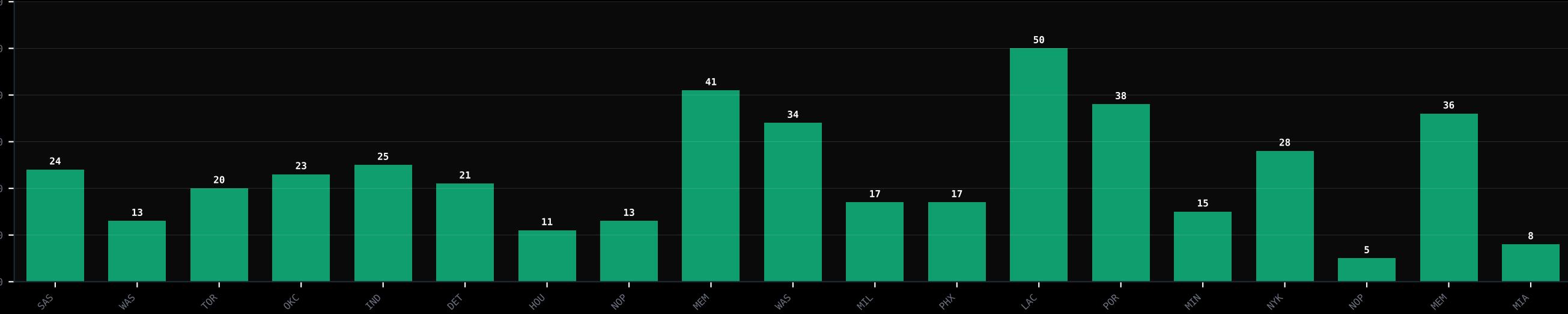


Centers (C) - Avg: 18.3 PPG | 19 games

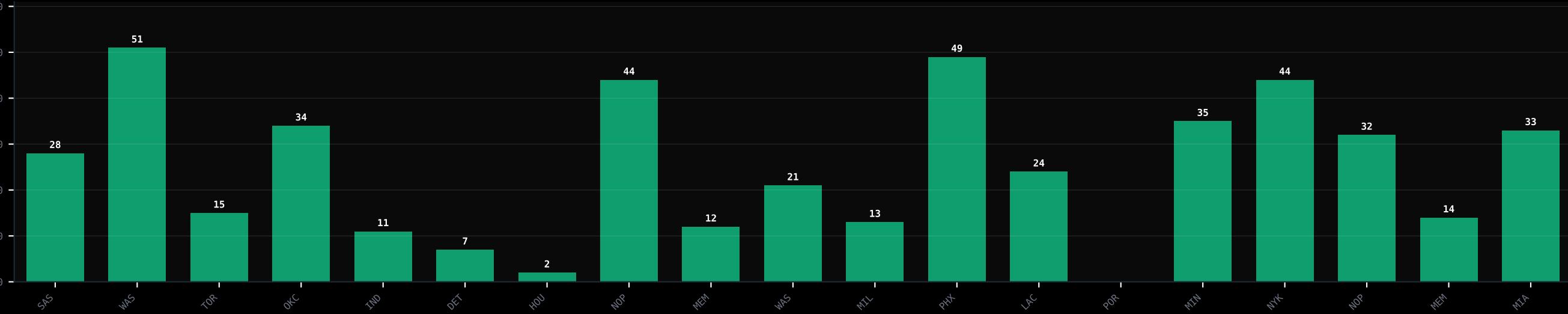


Dallas Mavericks (DAL) - Points Allowed by Position

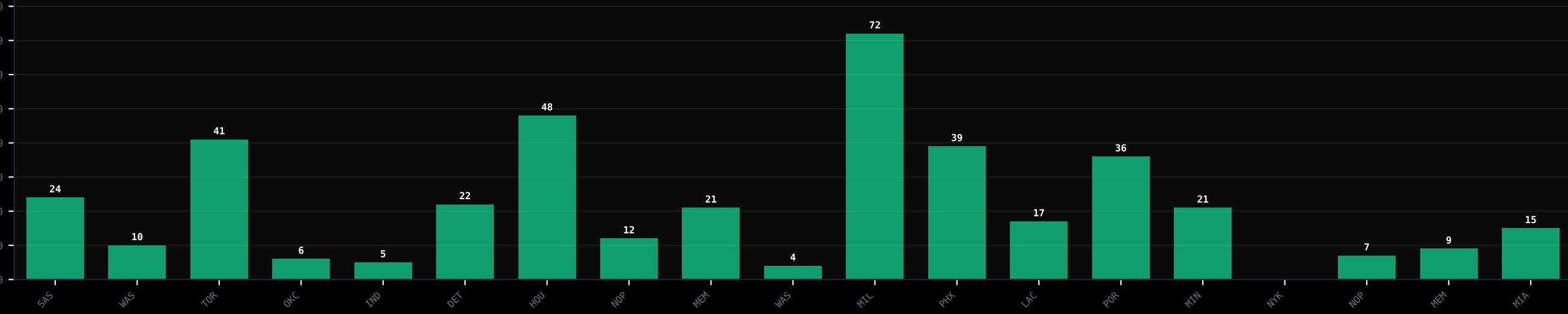
Point Guards (PG) - Avg: 23.1 PPG | 19 games



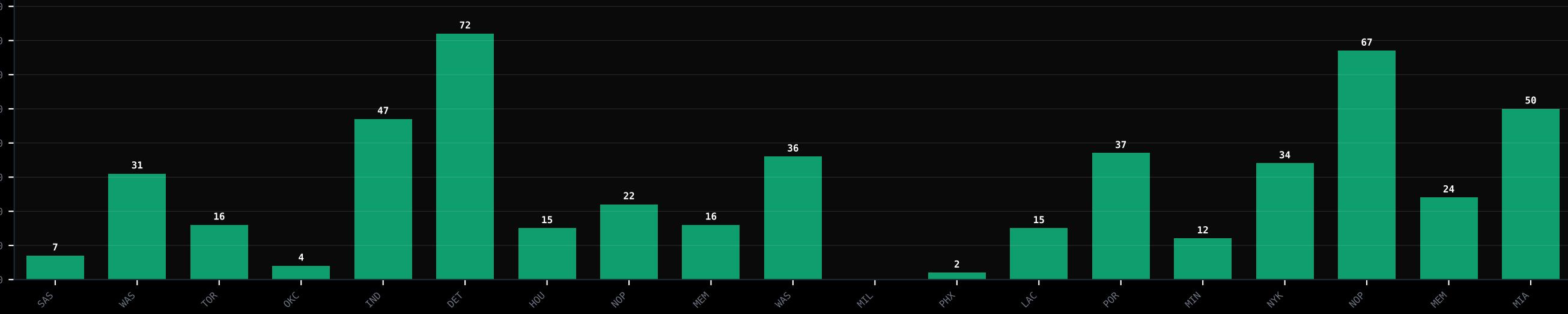
Shooting Guards (SG) - Avg: 24.7 PPG | 19 games



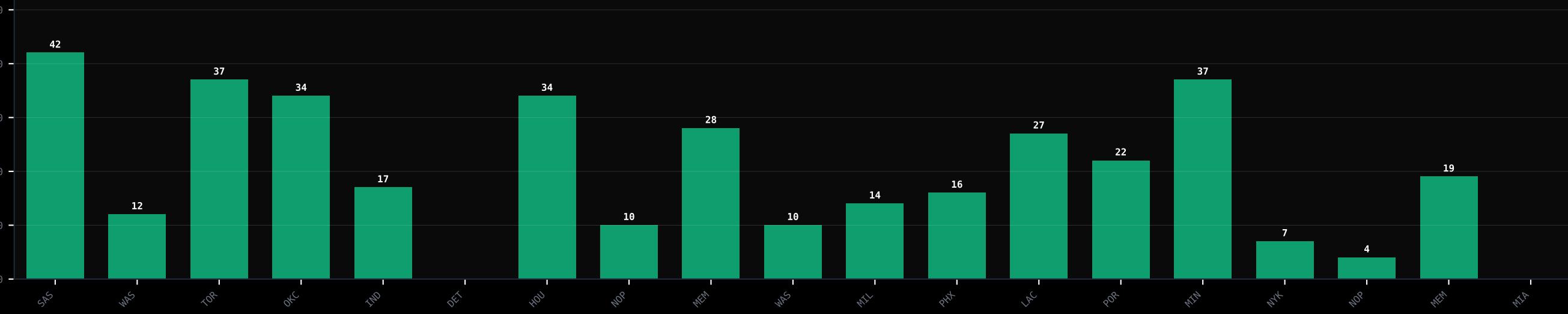
Small Forwards (SF) - Avg: 21.5 PPG | 19 games



Power Forwards (PF) - Avg: 26.7 PPG | 19 games

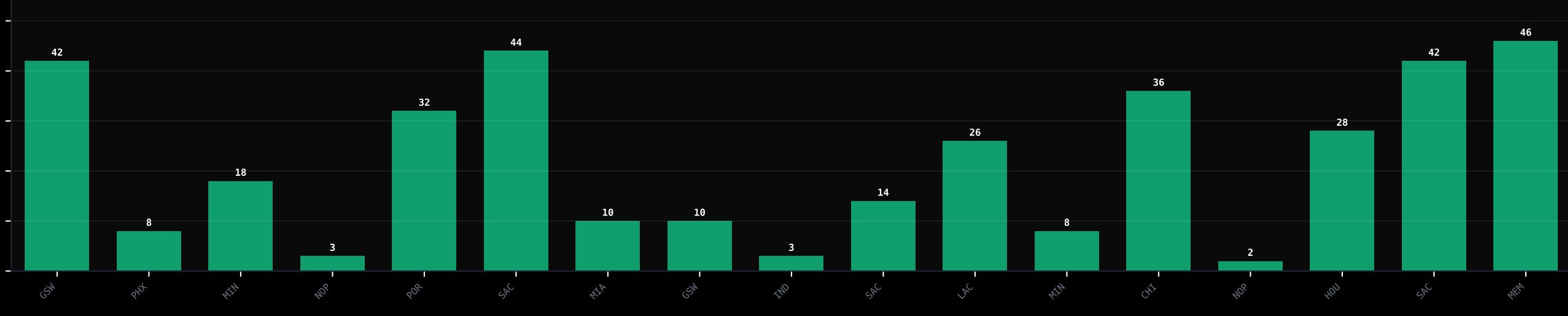


Centers (C) - Avg: 19.5 PPG | 19 games

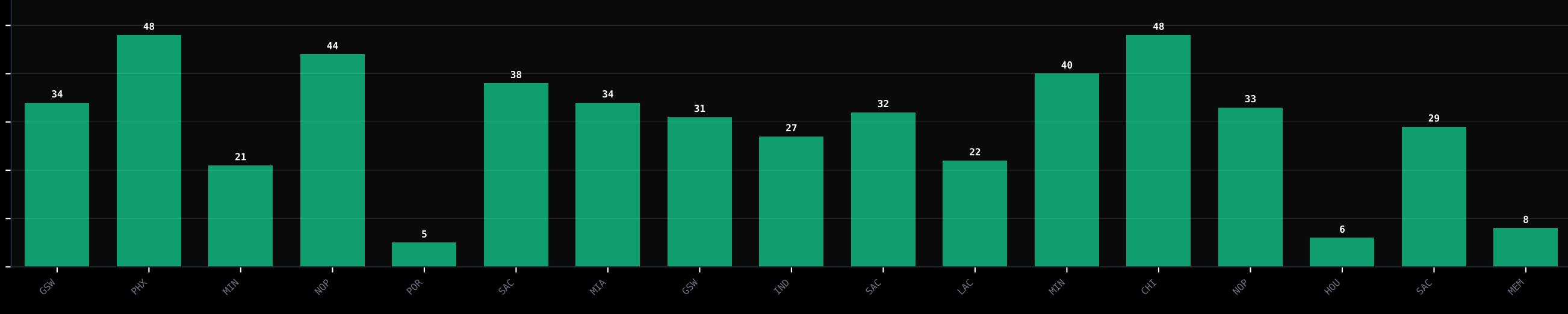


Denver Nuggets (DEN) - Points Allowed by Position

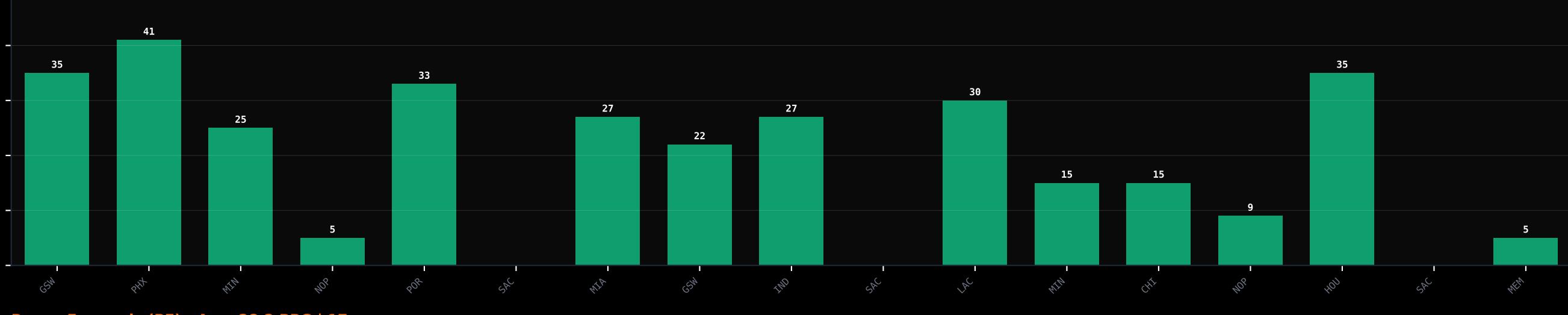
Point Guards (PG) - Avg: 21.9 PPG | 17 games



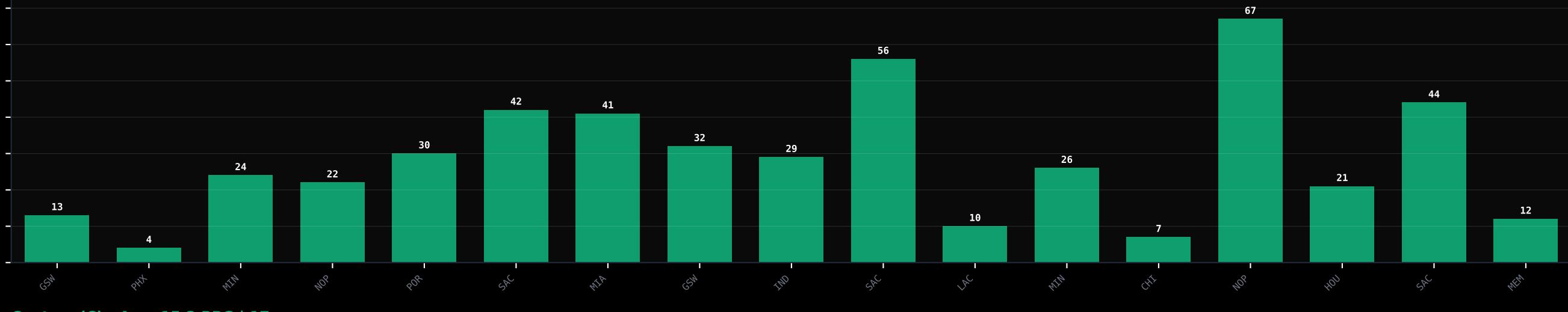
Shooting Guards (SG) - Avg: 29.4 PPG | 17 games



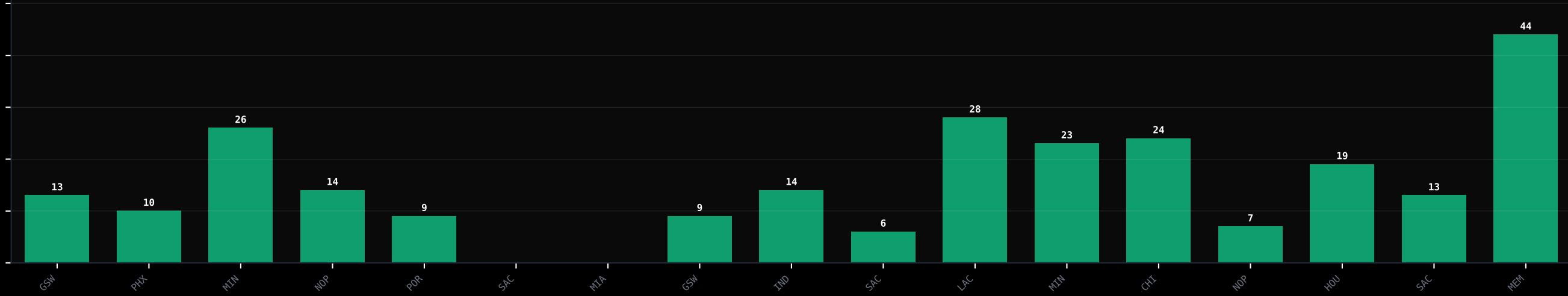
Small Forwards (SF) - Avg: 19.1 PPG | 17 games



Power Forwards (PF) - Avg: 28.2 PPG | 17 games

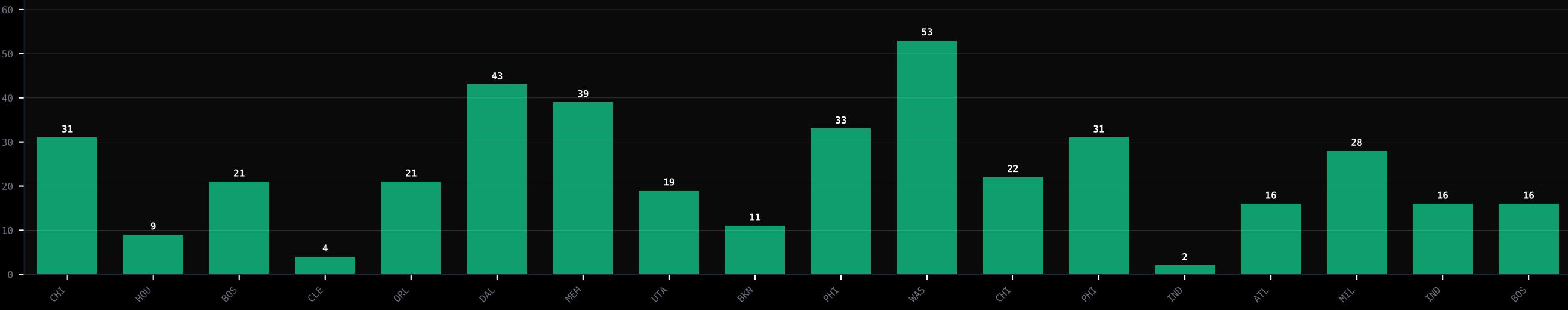


Centers (C) - Avg: 15.2 PPG | 17 games

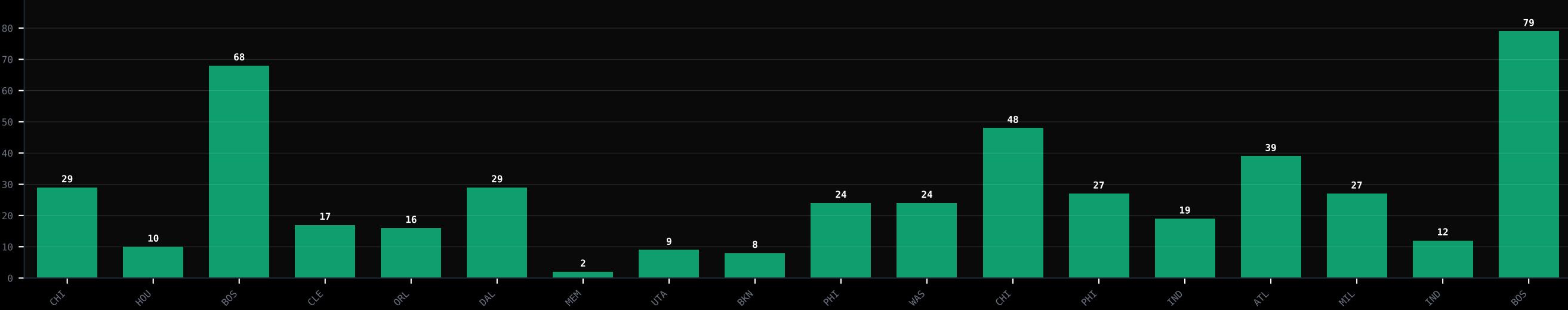


Detroit Pistons (DET) - Points Allowed by Position

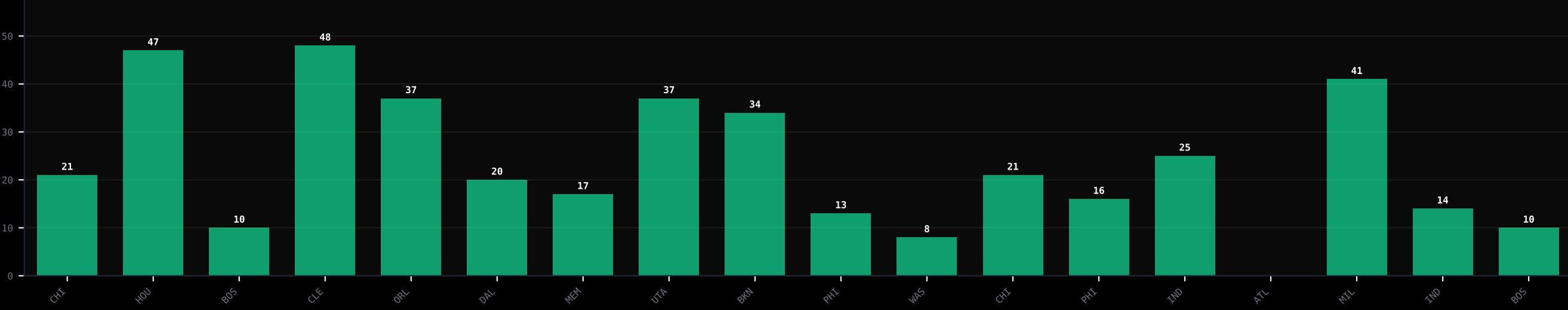
Point Guards (PG) - Avg: 23.1 PPG | 18 games



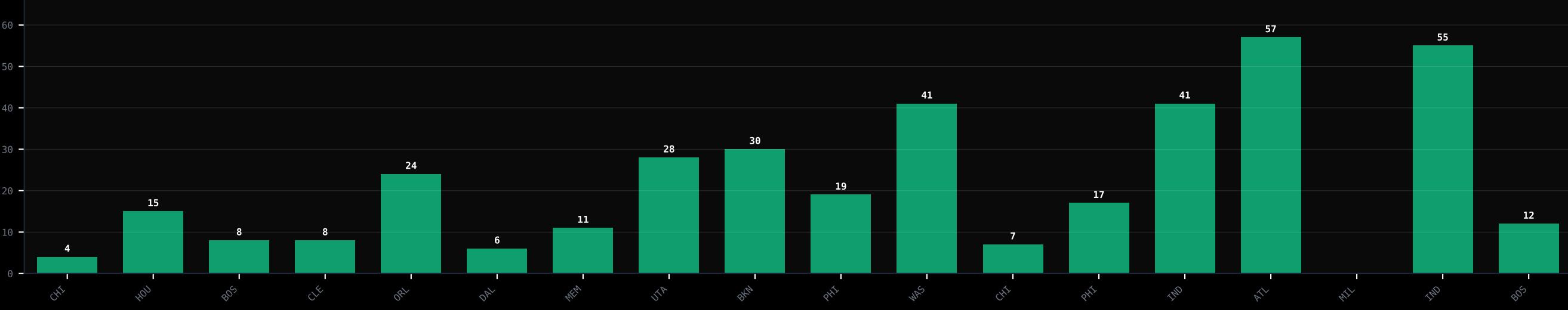
Shooting Guards (SG) - Avg: 27.1 PPG | 18 games



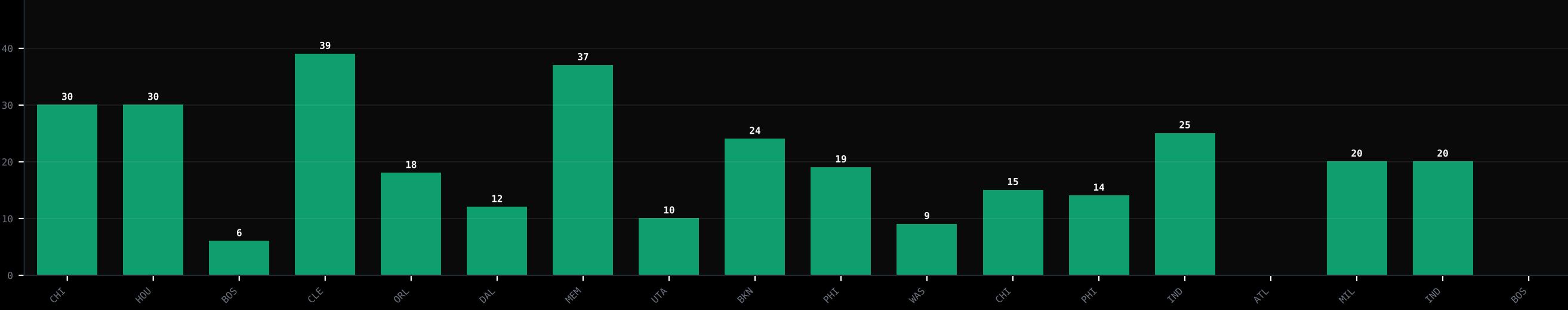
Small Forwards (SF) - Avg: 23.3 PPG | 18 games



Power Forwards (PF) - Avg: 21.3 PPG | 18 games

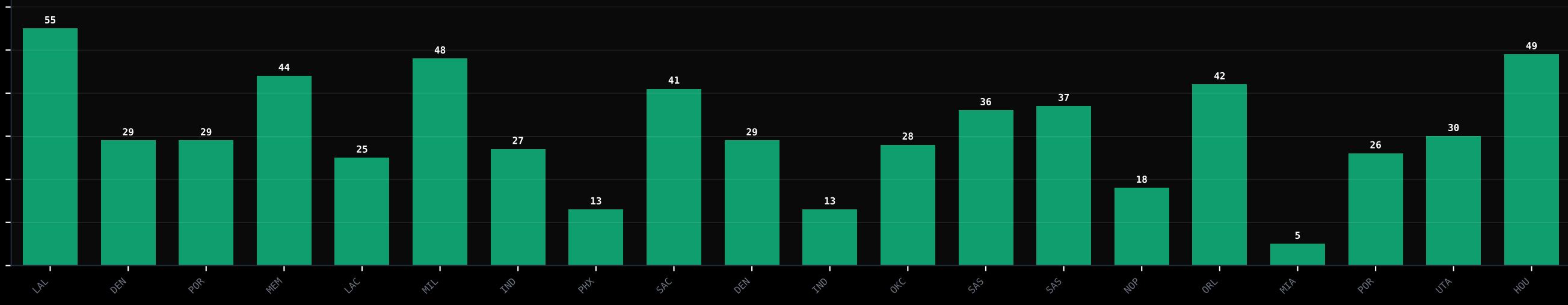


Centers (C) - Avg: 18.2 PPG | 18 games

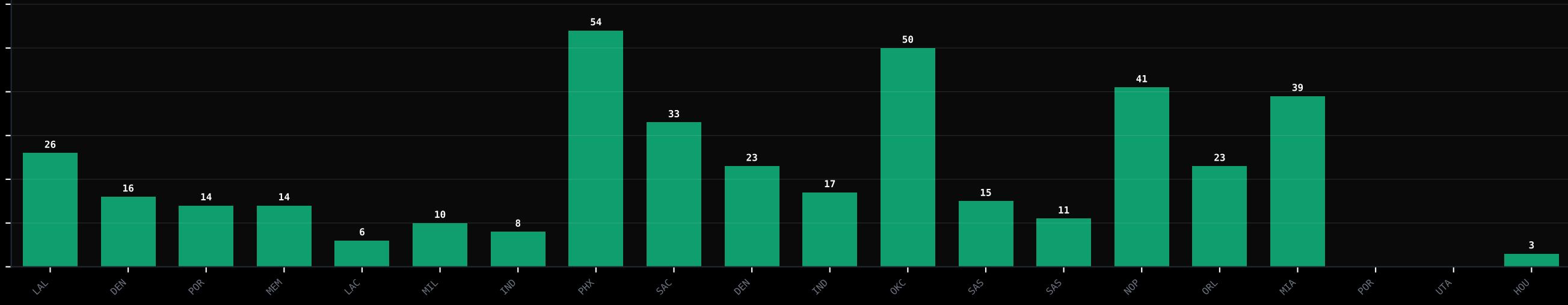


Golden State Warriors (GSW) - Points Allowed by Position

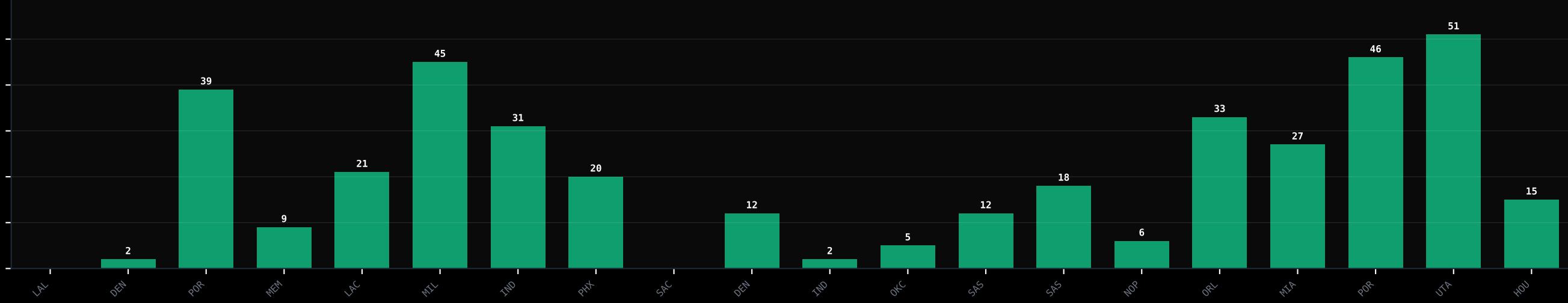
Point Guards (PG) - Avg: 31.2 PPG | 20 games



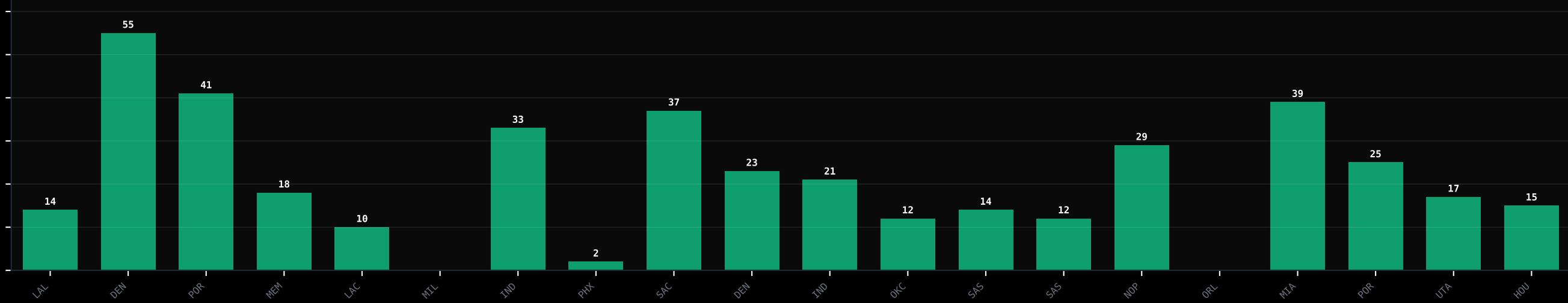
Shooting Guards (SG) - Avg: 20.1 PPG | 20 games



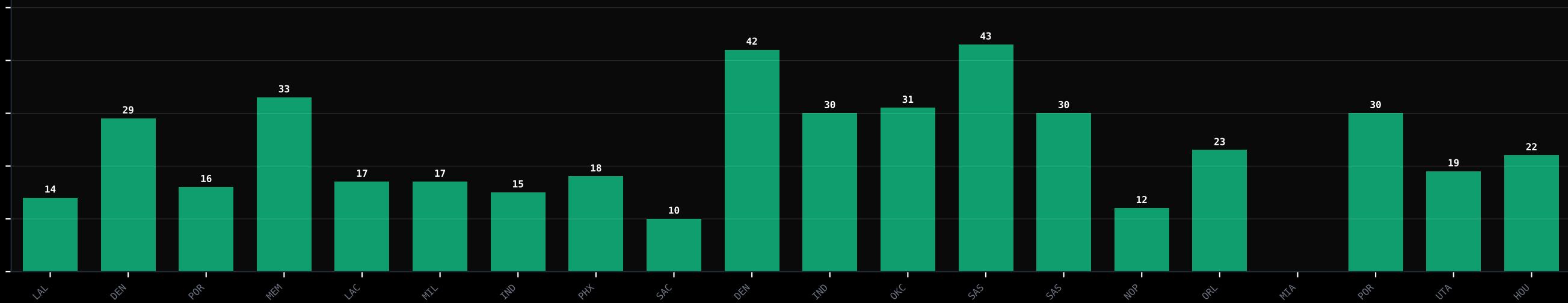
Small Forwards (SF) - Avg: 19.7 PPG | 20 games



Power Forwards (PF) - Avg: 20.9 PPG | 20 games

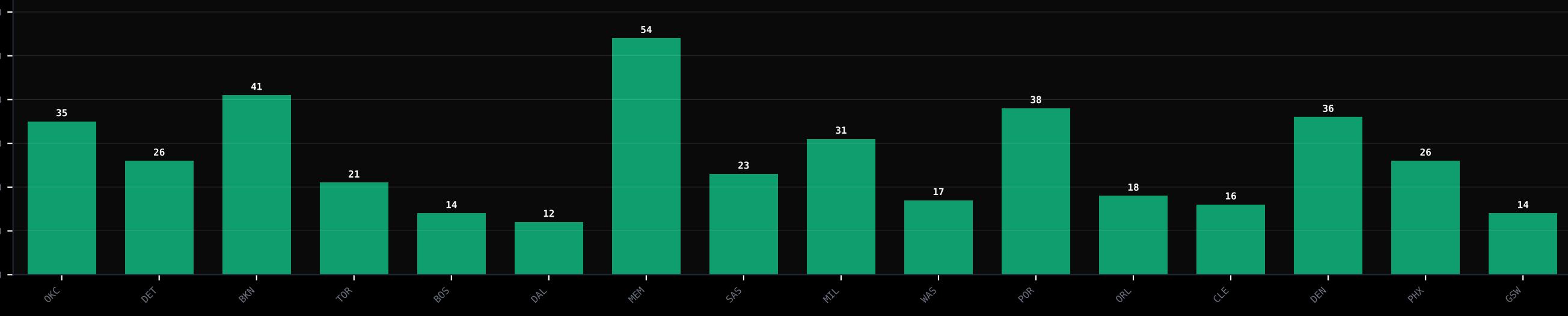


Centers (C) - Avg: 22.6 PPG | 20 games

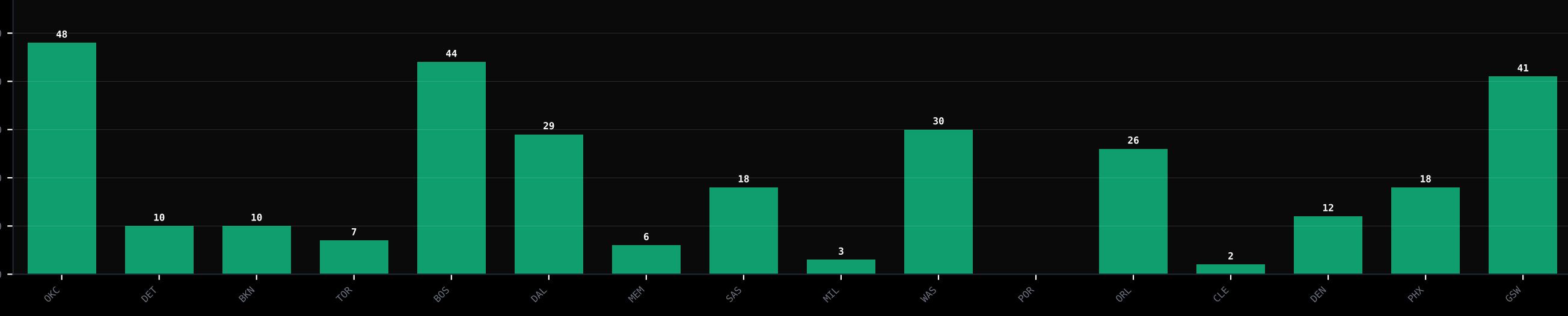


Houston Rockets (HOU) - Points Allowed by Position

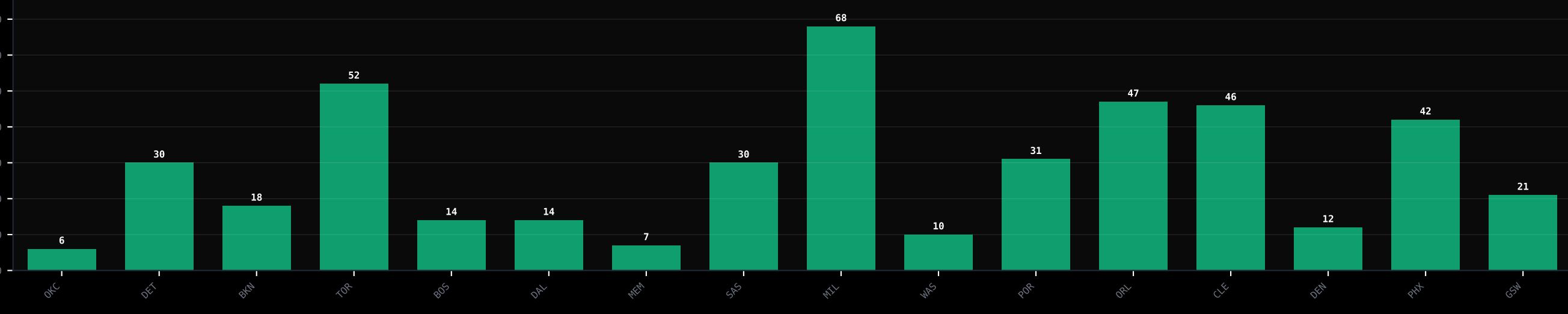
Point Guards (PG) - Avg: 26.4 PPG | 16 games



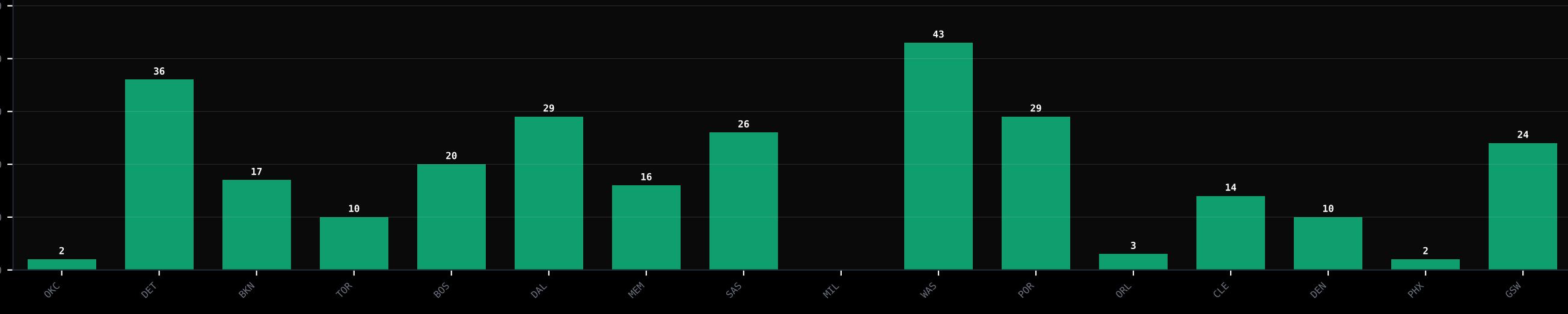
Shooting Guards (SG) - Avg: 19.0 PPG | 16 games



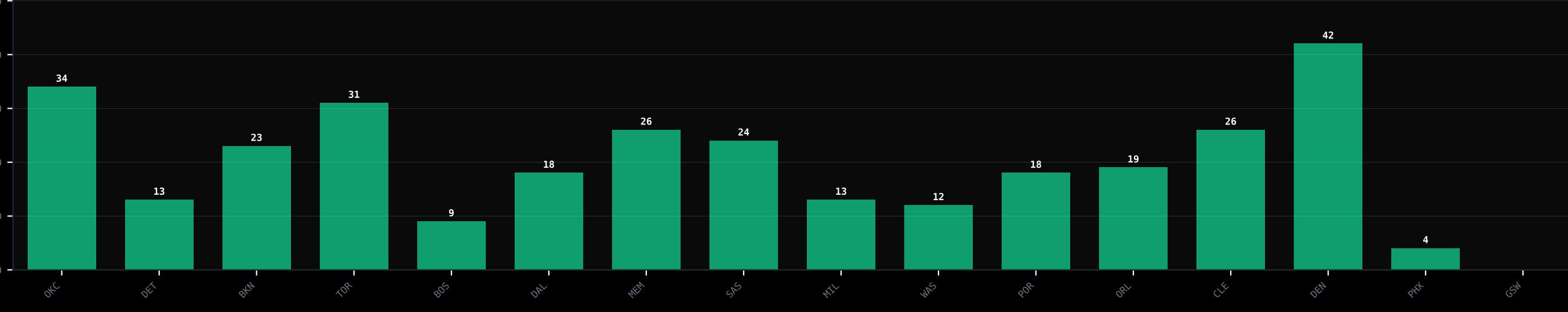
Small Forwards (SF) - Avg: 28.0 PPG | 16 games



Power Forwards (PF) - Avg: 17.6 PPG | 16 games

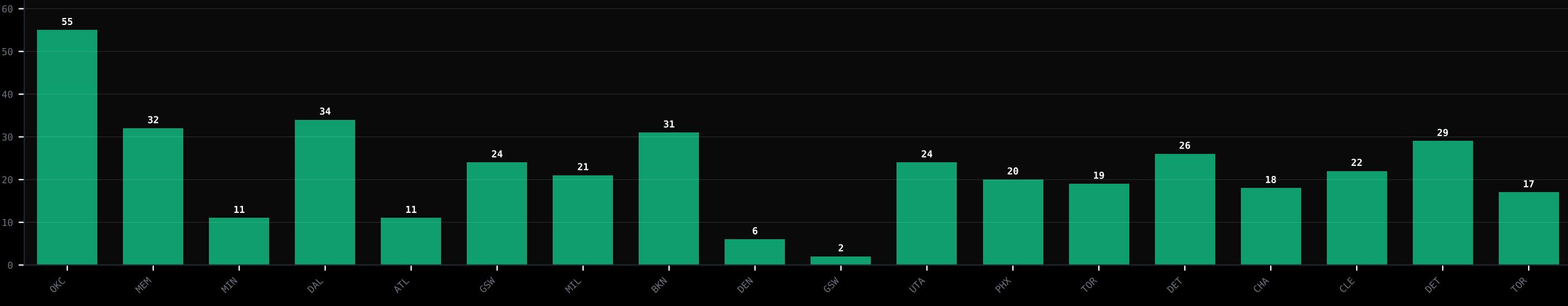


Centers (C) - Avg: 19.5 PPG | 16 games

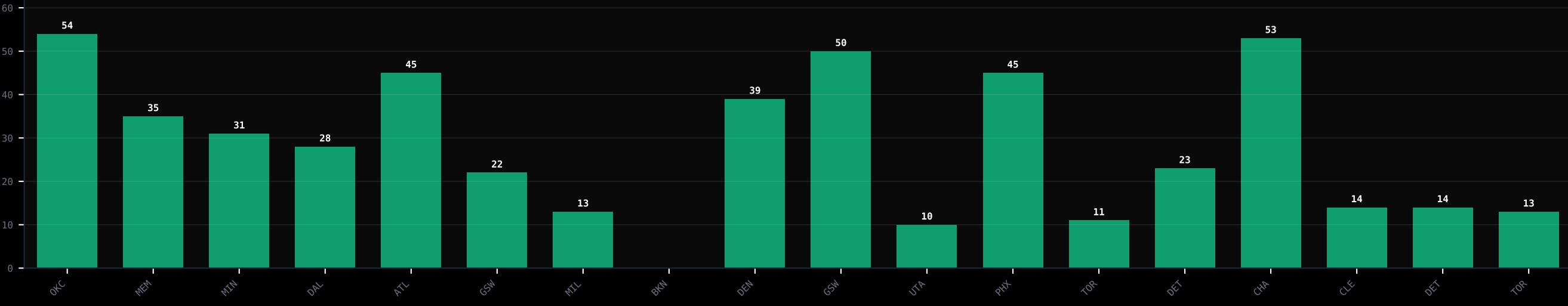


Indiana Pacers (IND) - Points Allowed by Position

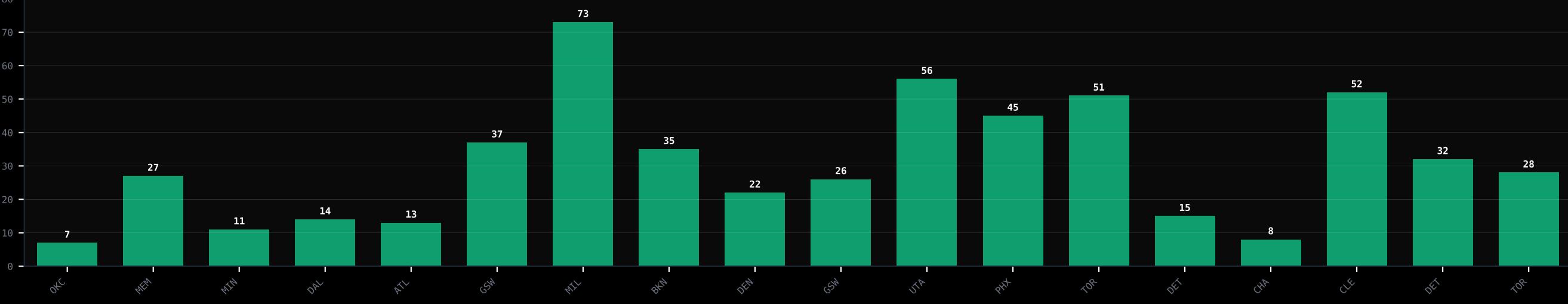
Point Guards (PG) - Avg: 22.3 PPG | 18 games



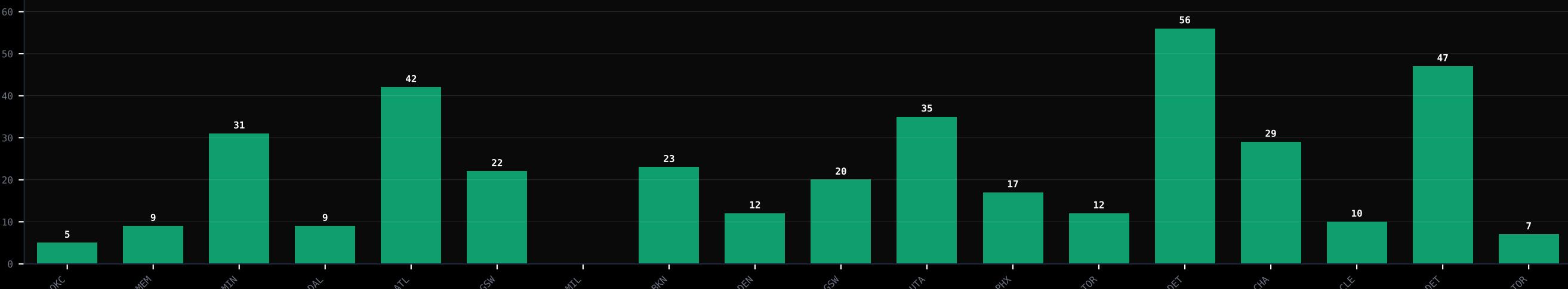
Shooting Guards (SG) - Avg: 27.8 PPG | 18 games



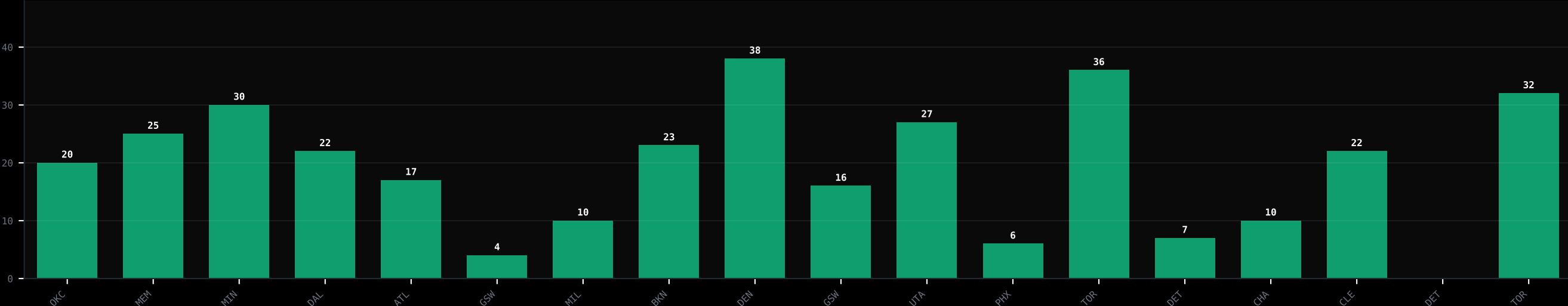
Small Forwards (SF) - Avg: 30.7 PPG | 18 games



Power Forwards (PF) - Avg: 21.4 PPG | 18 games

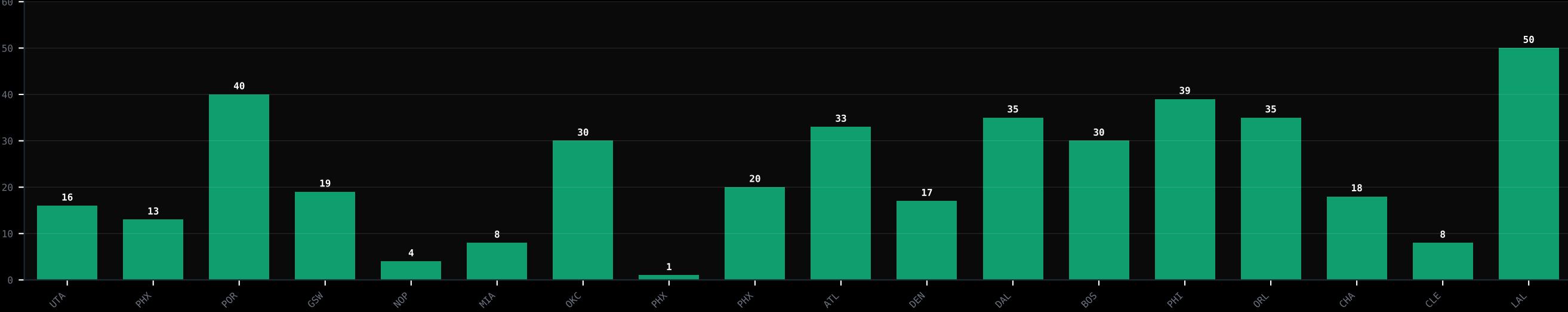


Centers (C) - Avg: 19.2 PPG | 18 games

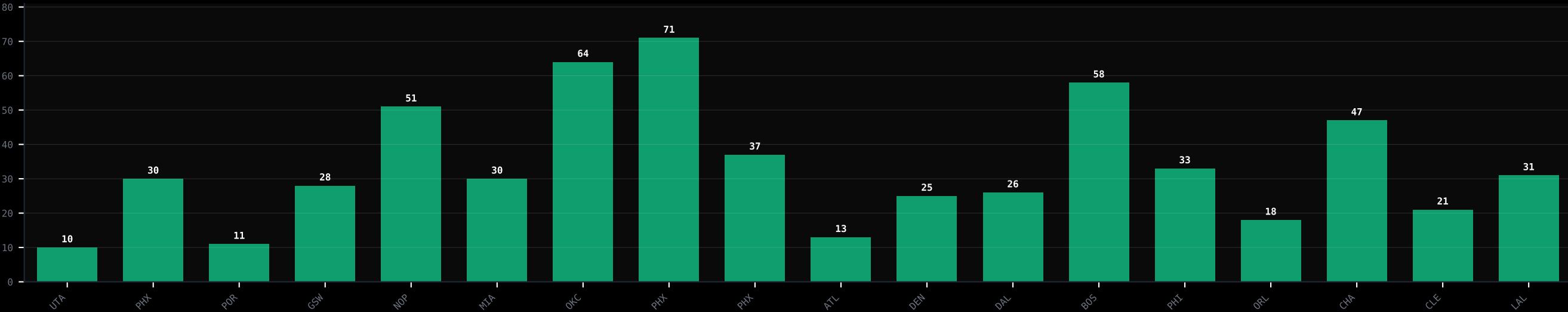


Los Angeles Clippers (LAC) - Points Allowed by Position

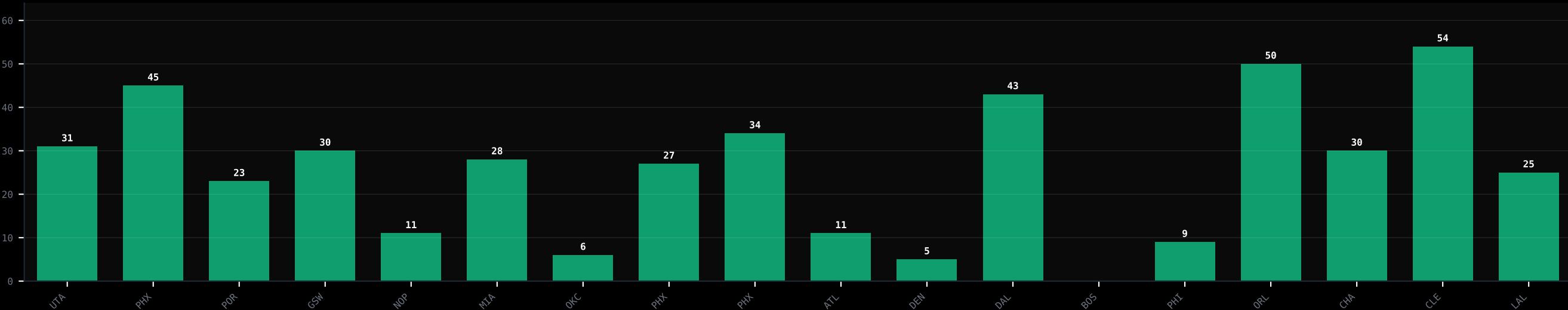
Point Guards (PG) - Avg: 23.1 PPG | 18 games



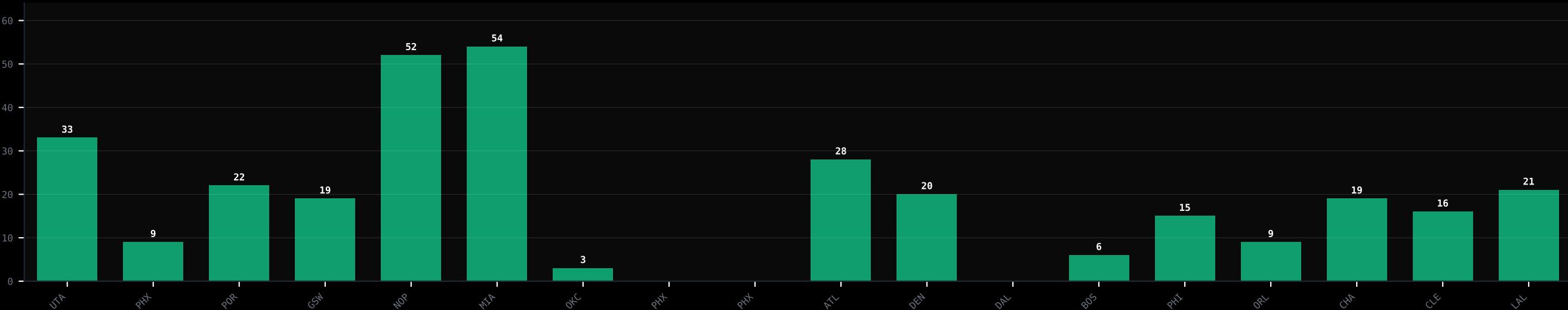
Shooting Guards (SG) - Avg: 33.6 PPG | 18 games



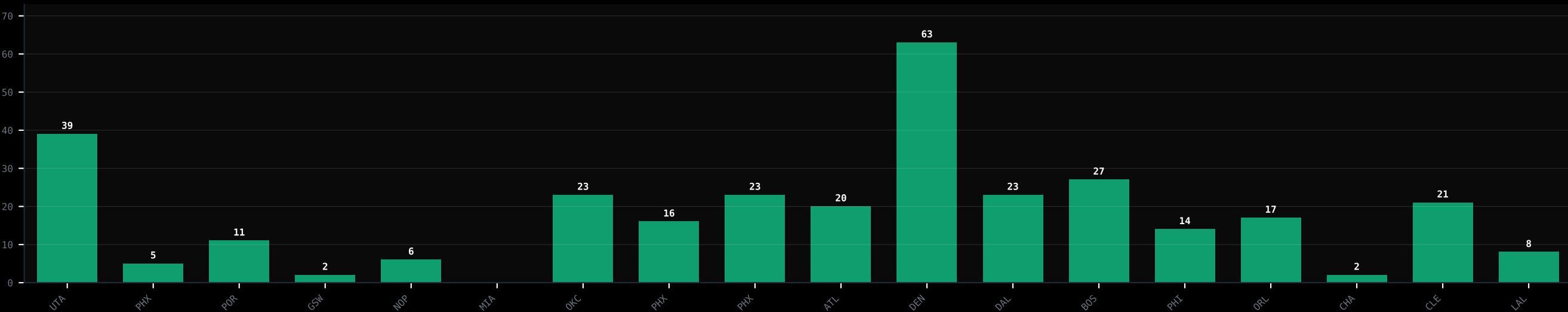
Small Forwards (SF) - Avg: 25.7 PPG | 18 games



Power Forwards (PF) - Avg: 18.1 PPG | 18 games

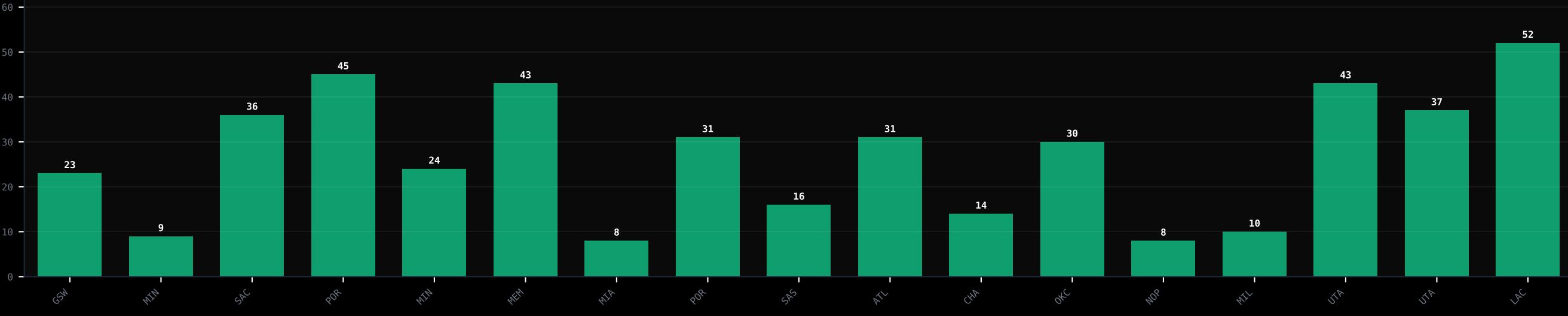


Centers (C) - Avg: 17.8 PPG | 18 games

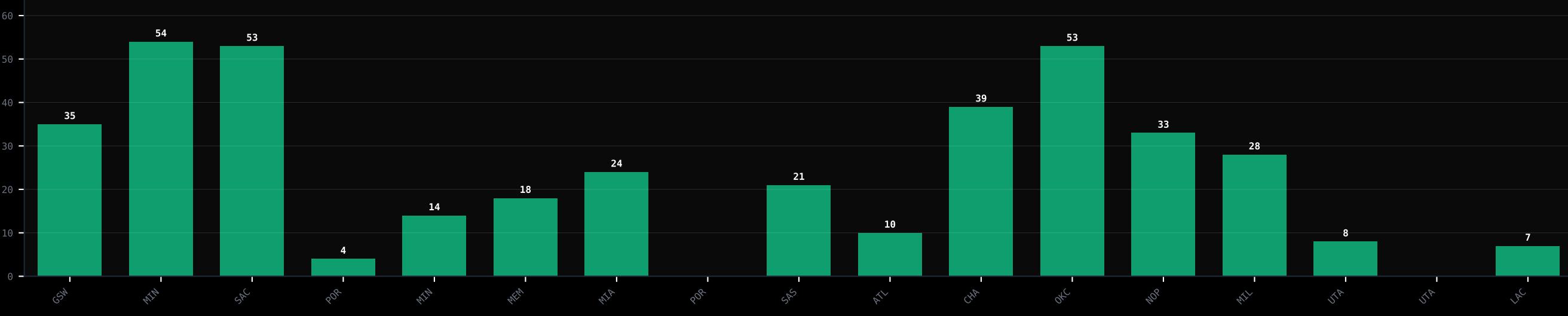


Los Angeles Lakers (LAL) - Points Allowed by Position

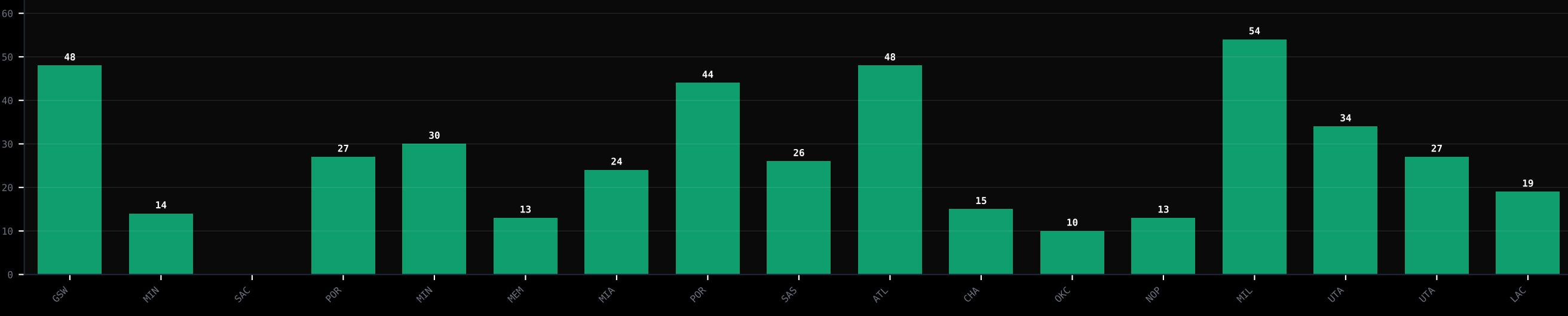
Point Guards (PG) - Avg: 27.1 PPG | 17 games



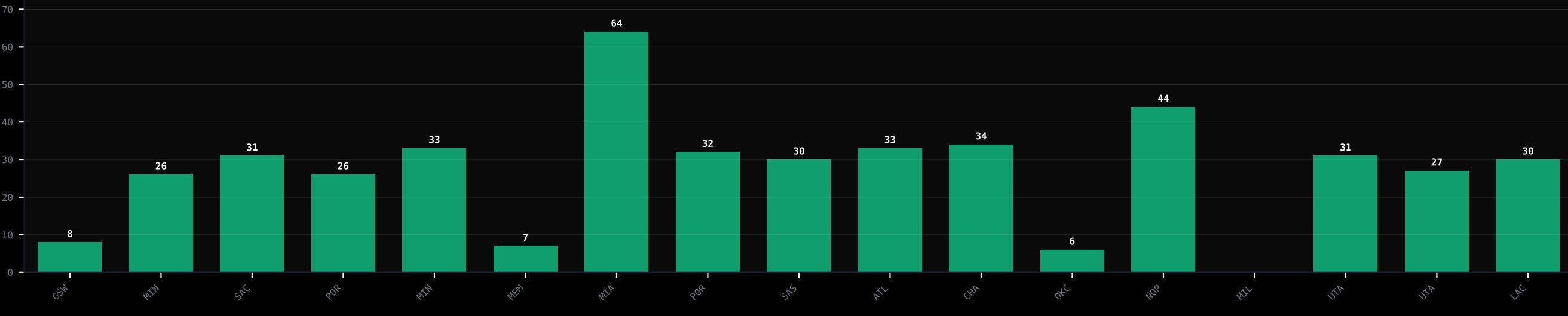
Shooting Guards (SG) - Avg: 23.6 PPG | 17 games



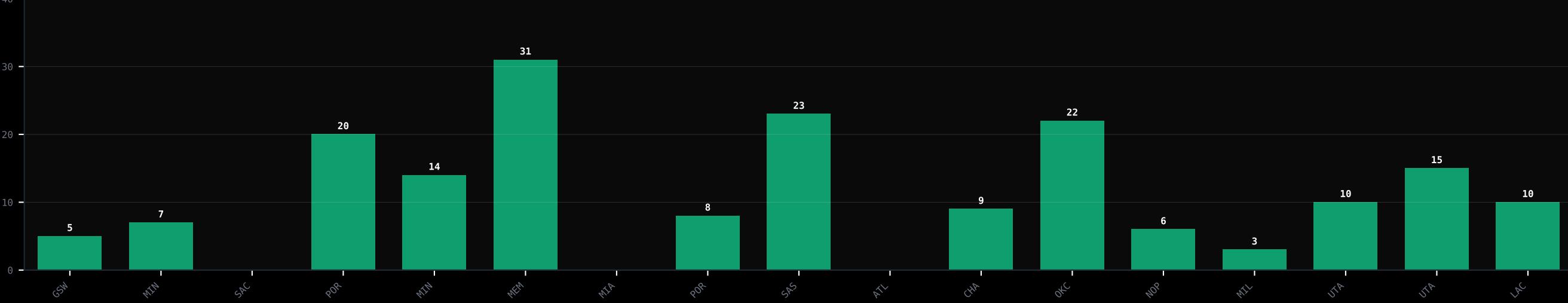
Small Forwards (SF) - Avg: 26.2 PPG | 17 games



Power Forwards (PF) - Avg: 27.2 PPG | 17 games

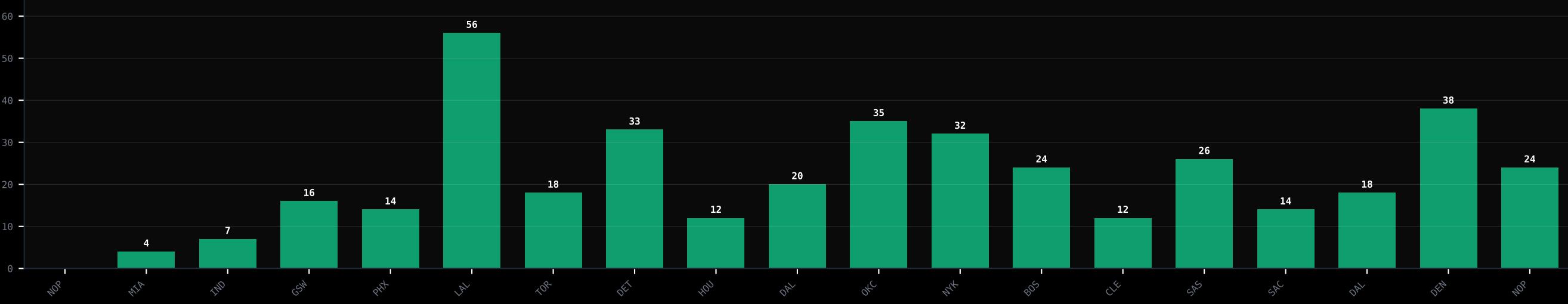


Centers (C) - Avg: 10.8 PPG | 17 games

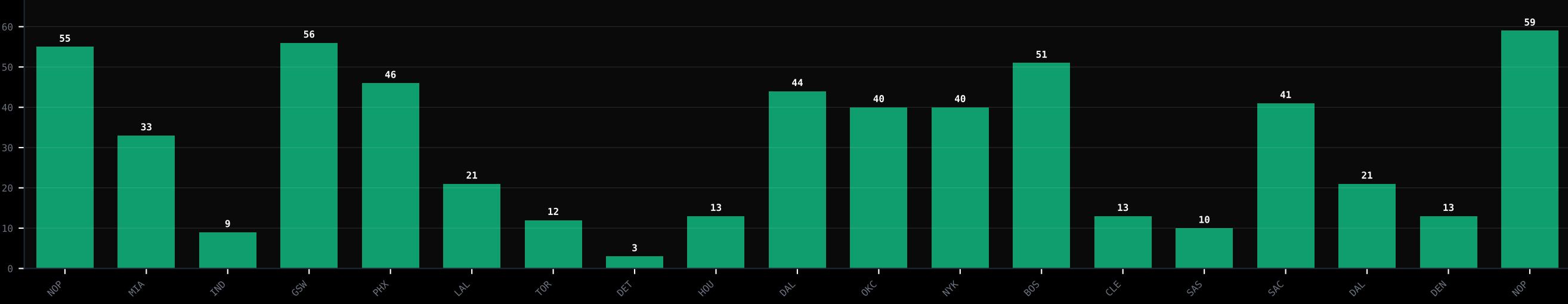


Memphis Grizzlies (MEM) - Points Allowed by Position

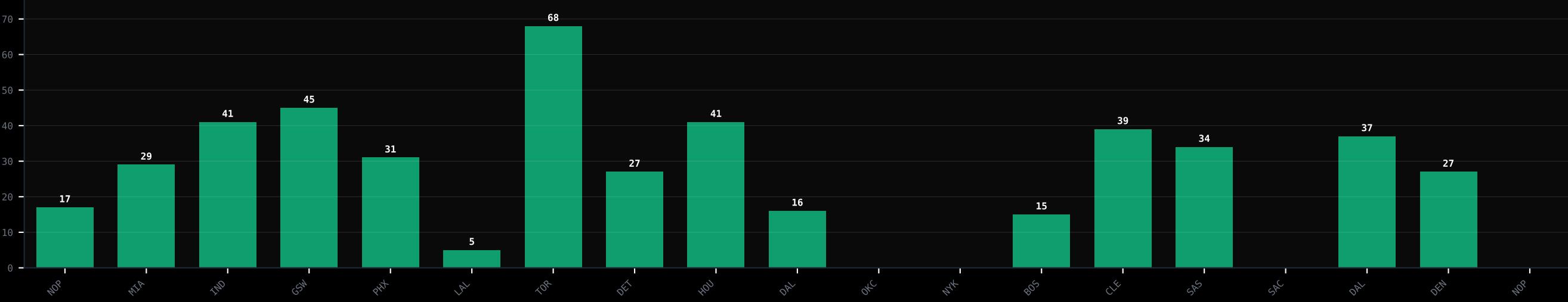
Point Guards (PG) - Avg: 21.2 PPG | 19 games



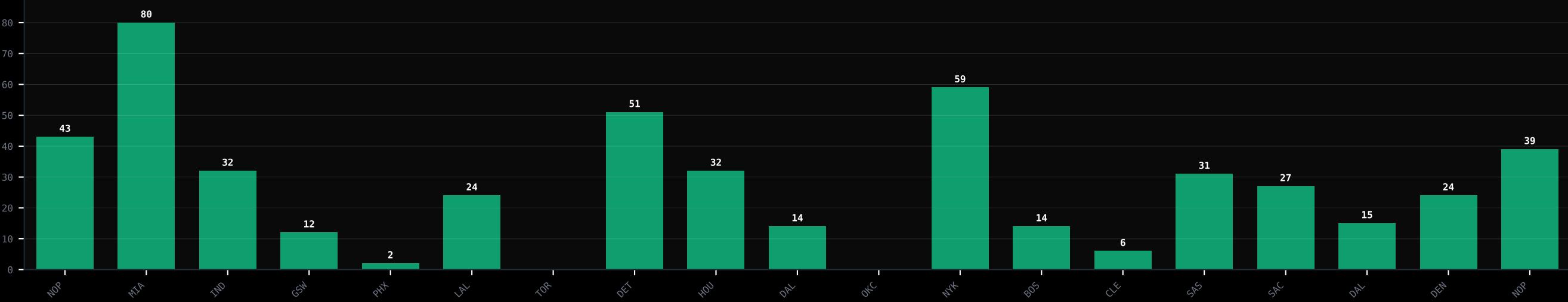
Shooting Guards (SG) - Avg: 30.5 PPG | 19 games



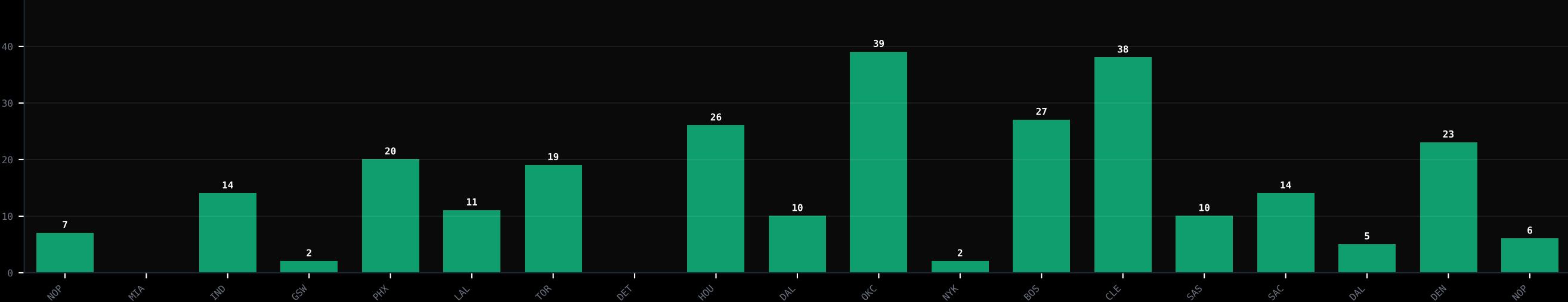
Small Forwards (SF) - Avg: 24.8 PPG | 19 games



Power Forwards (PF) - Avg: 26.6 PPG | 19 games

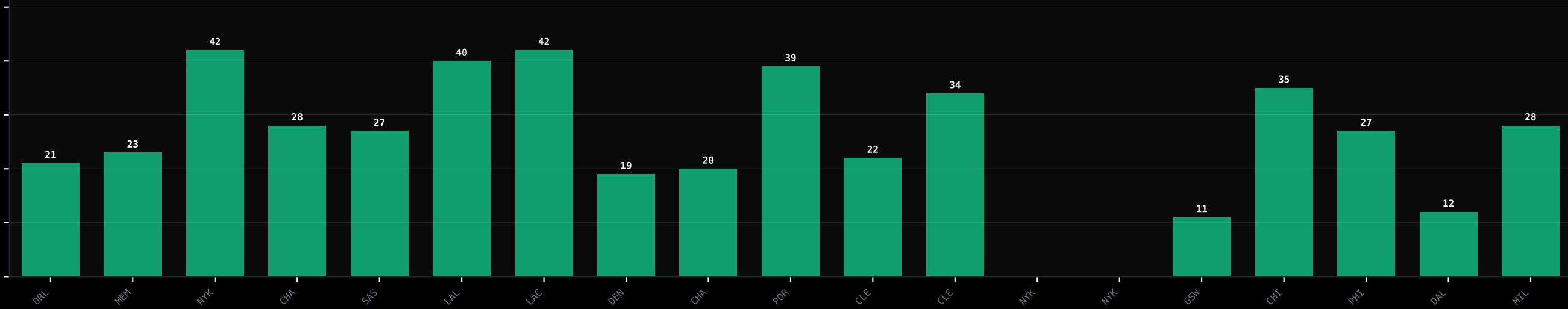


Centers (C) - Avg: 14.4 PPG | 19 games

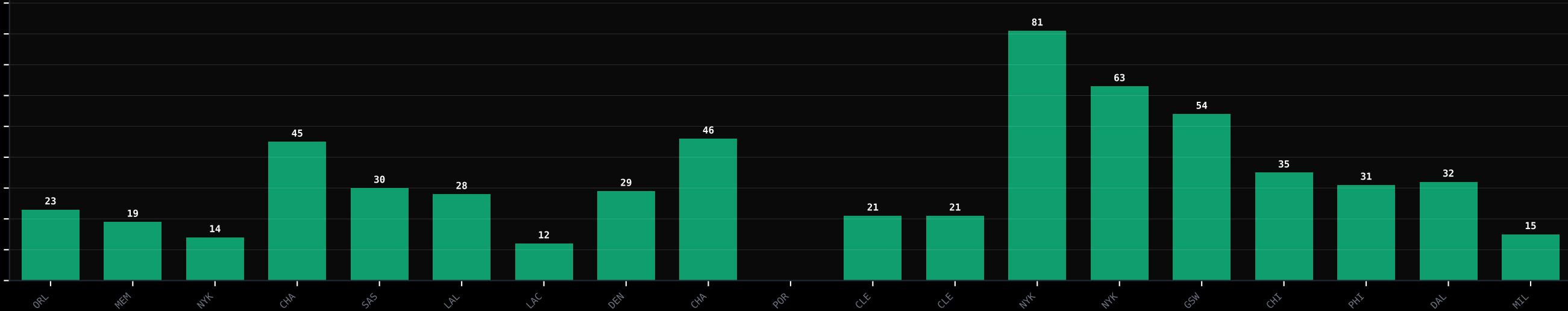


Miami Heat (MIA) - Points Allowed by Position

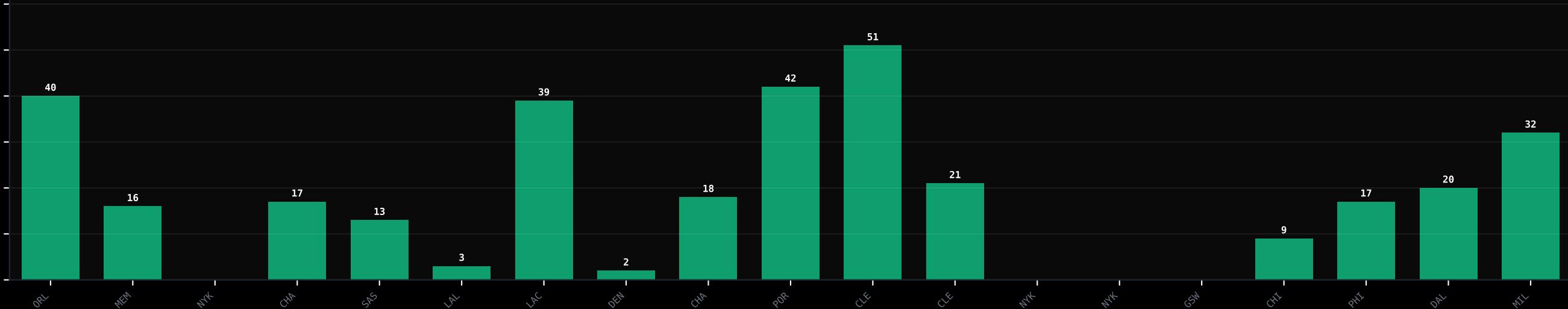
Point Guards (PG) - Avg: 24.7 PPG | 19 games



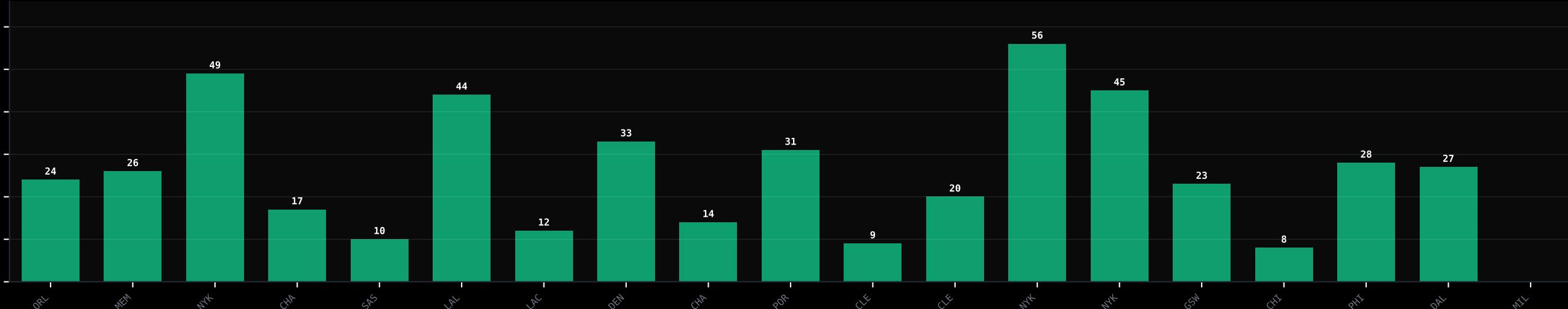
Shooting Guards (SG) - Avg: 31.5 PPG | 19 games



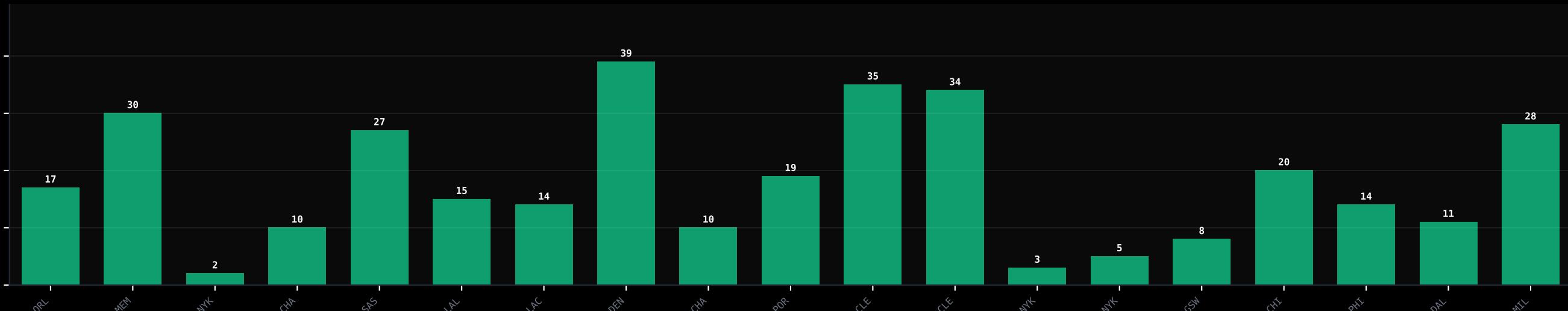
Small Forwards (SF) - Avg: 17.9 PPG | 19 games



Power Forwards (PF) - Avg: 25.1 PPG | 19 games

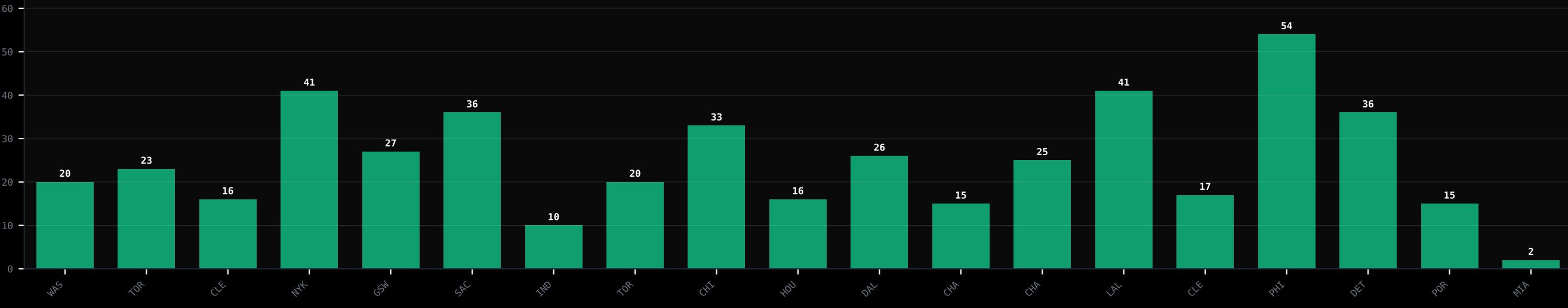


Centers (C) - Avg: 17.9 PPG | 19 games

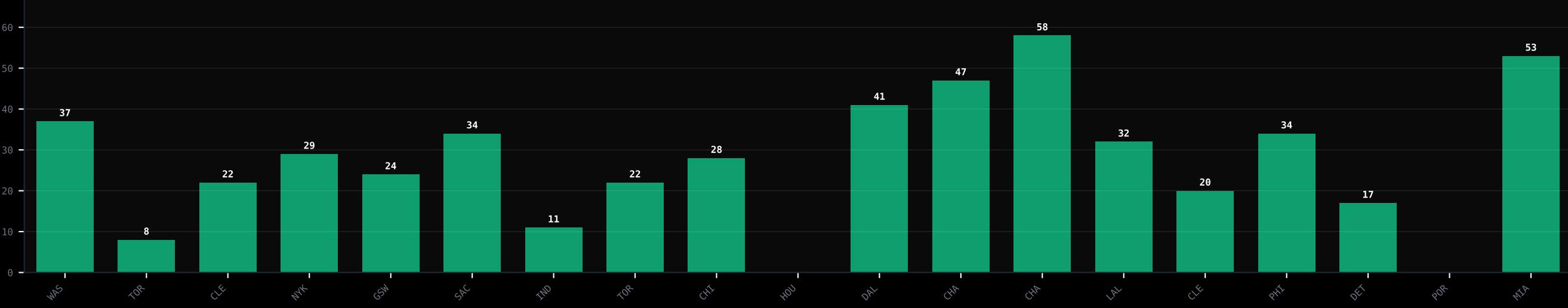


Milwaukee Bucks (MIL) - Points Allowed by Position

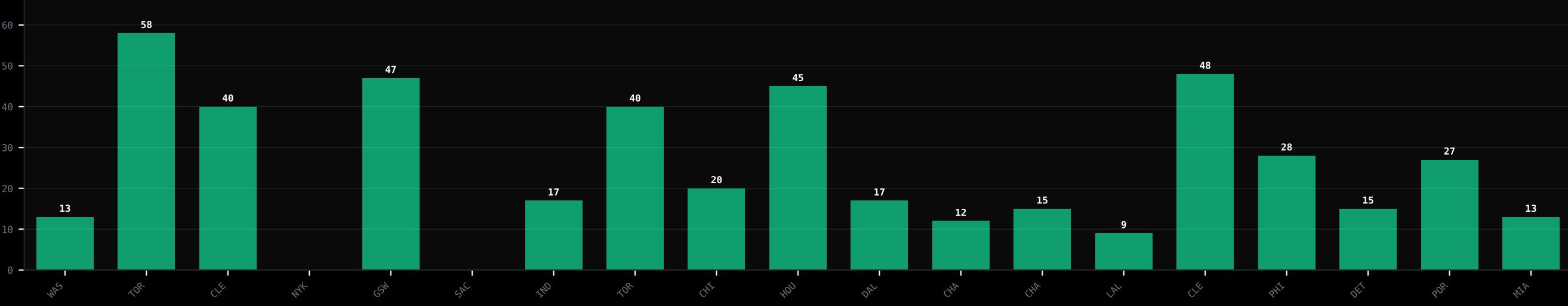
Point Guards (PG) - Avg: 24.9 PPG | 19 games



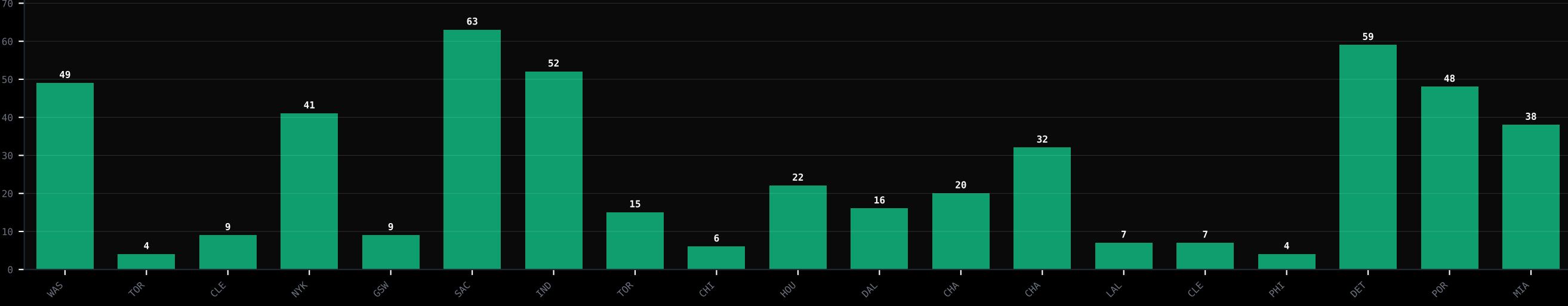
Shooting Guards (SG) - Avg: 27.2 PPG | 19 games



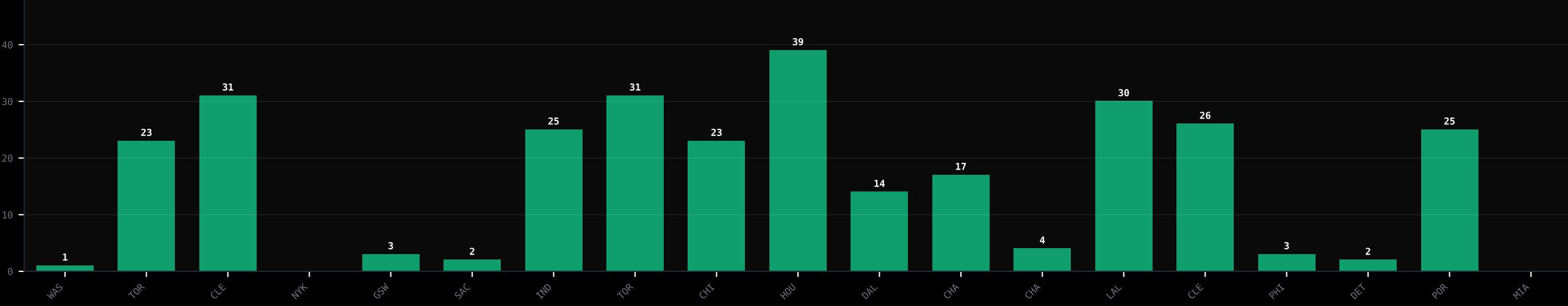
Small Forwards (SF) - Avg: 24.4 PPG | 19 games



Power Forwards (PF) - Avg: 26.4 PPG | 19 games

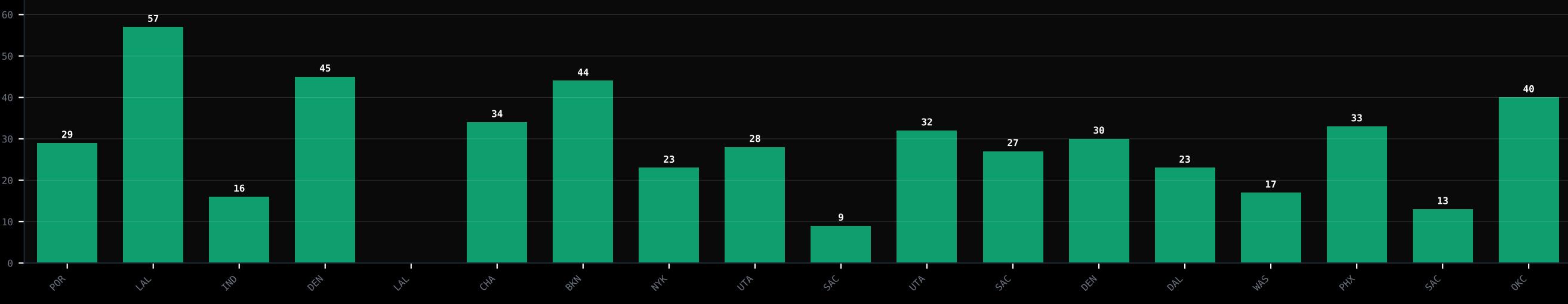


Centers (C) - Avg: 15.7 PPG | 19 games

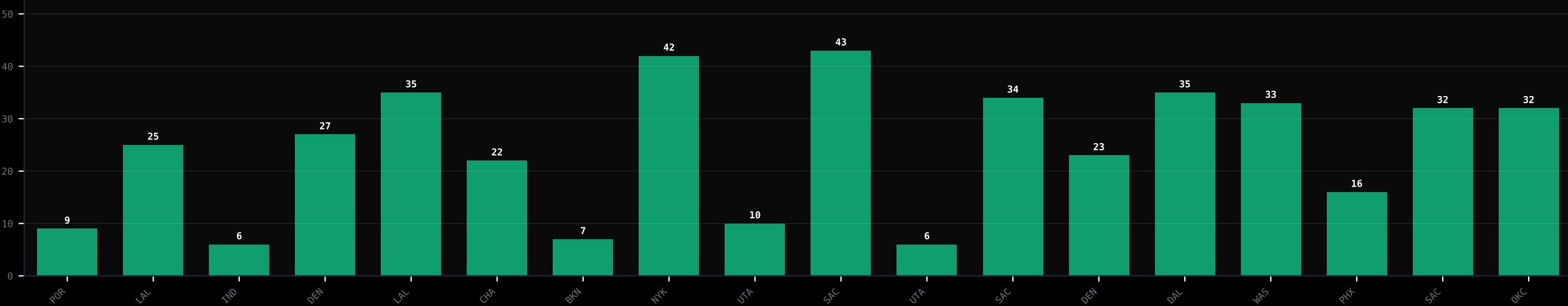


Minnesota Timberwolves (MIN) - Points Allowed by Position

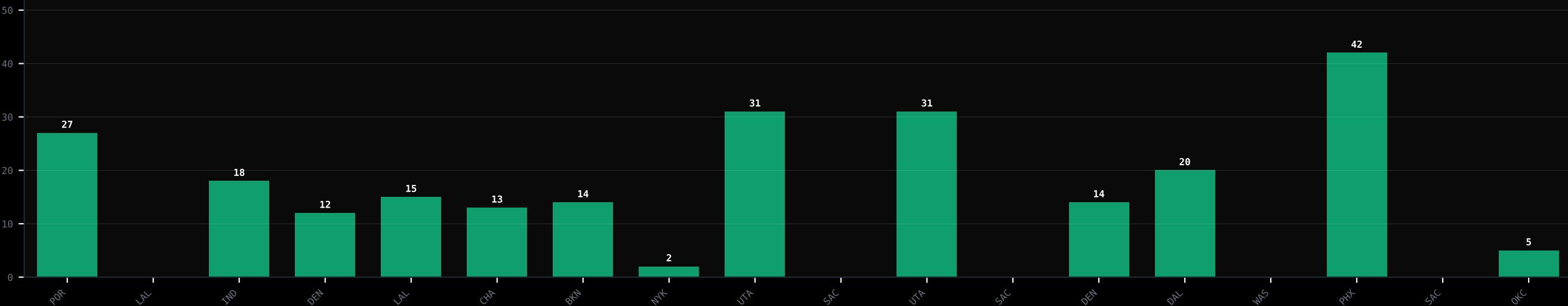
Point Guards (PG) - Avg: 27.8 PPG | 18 games



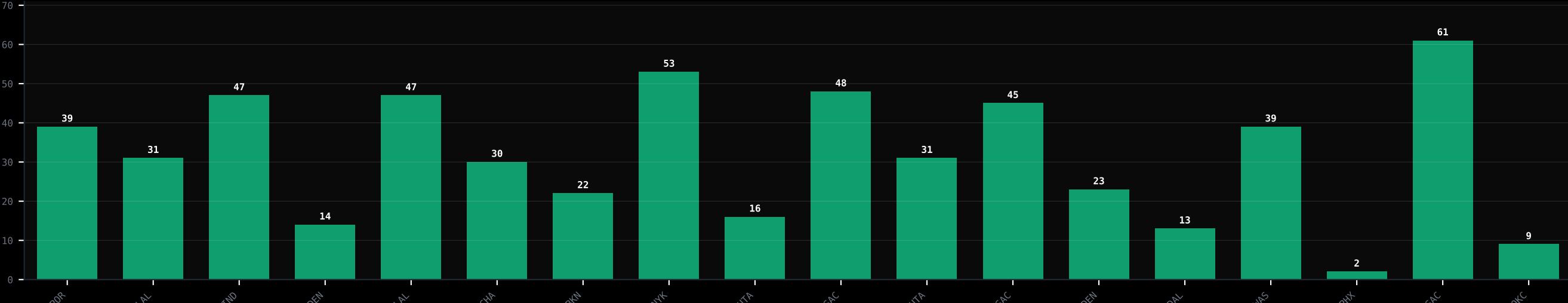
Shooting Guards (SG) - Avg: 24.3 PPG | 18 games



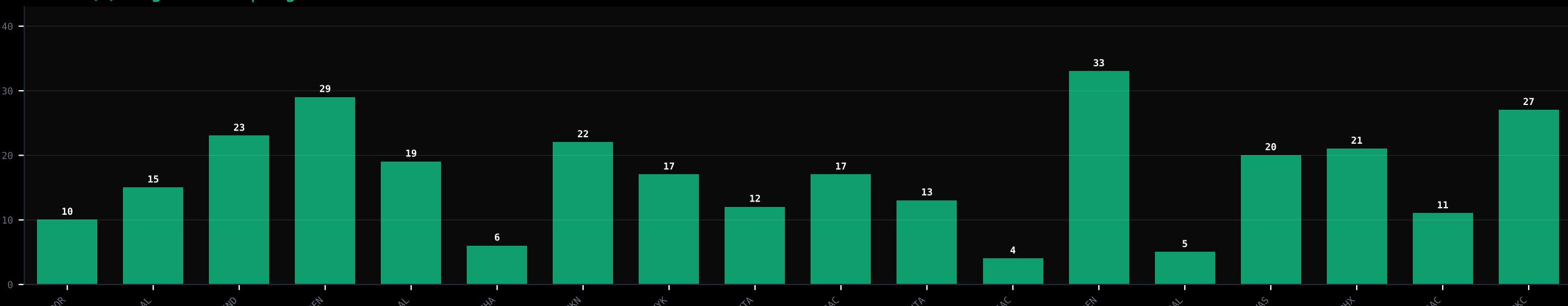
Small Forwards (SF) - Avg: 13.6 PPG | 18 games



Power Forwards (PF) - Avg: 31.7 PPG | 18 games

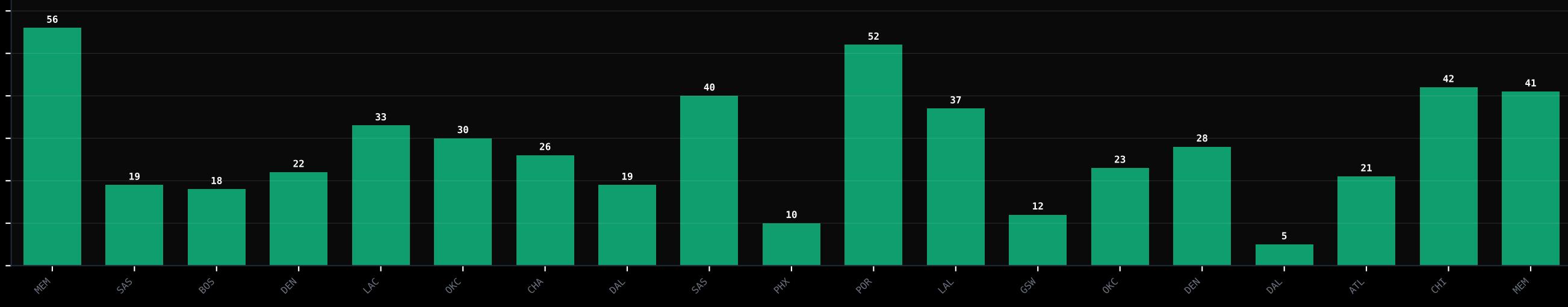


Centers (C) - Avg: 16.9 PPG | 18 games

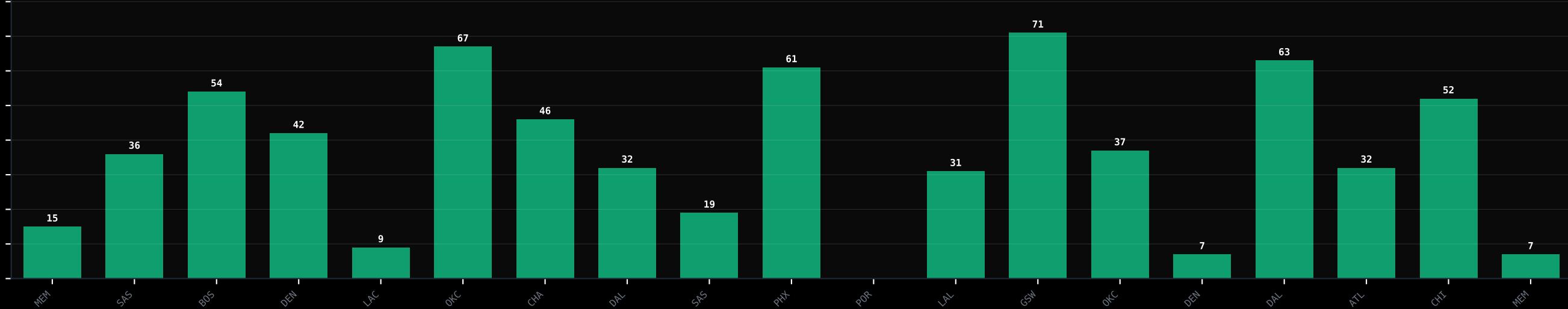


New Orleans Pelicans (NOP) - Points Allowed by Position

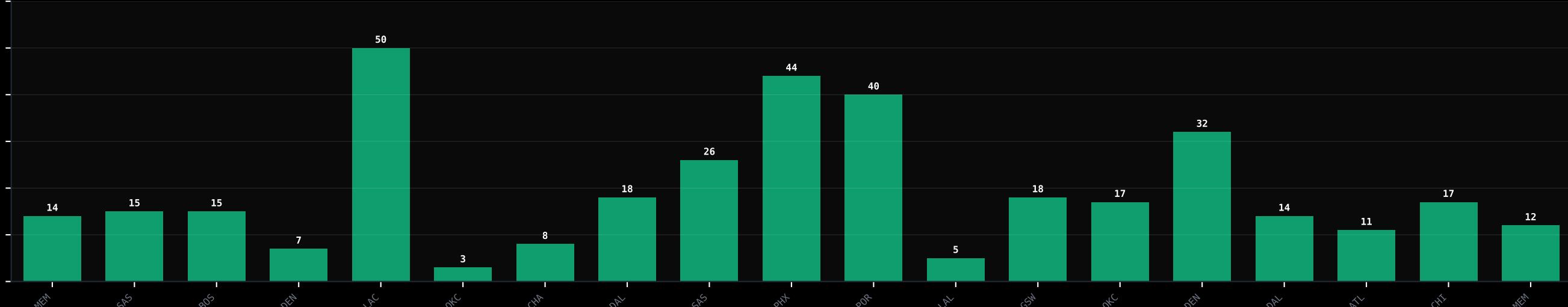
Point Guards (PG) - Avg: 28.1 PPG | 19 games



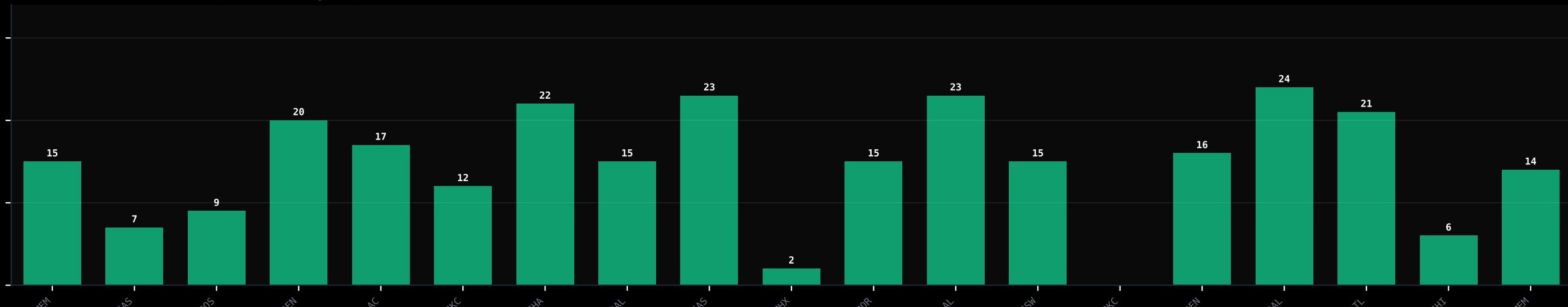
Shooting Guards (SG) - Avg: 35.8 PPG | 19 games



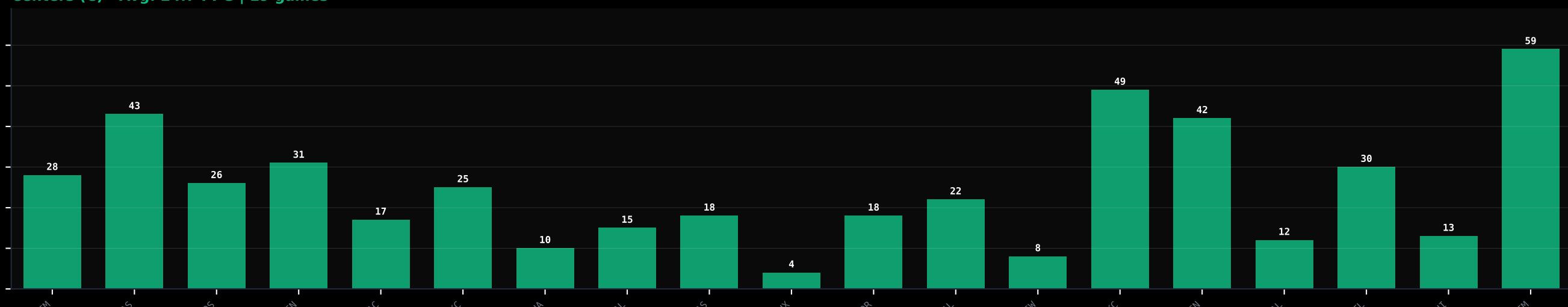
Small Forwards (SF) - Avg: 19.3 PPG | 19 games



Power Forwards (PF) - Avg: 14.5 PPG | 19 games

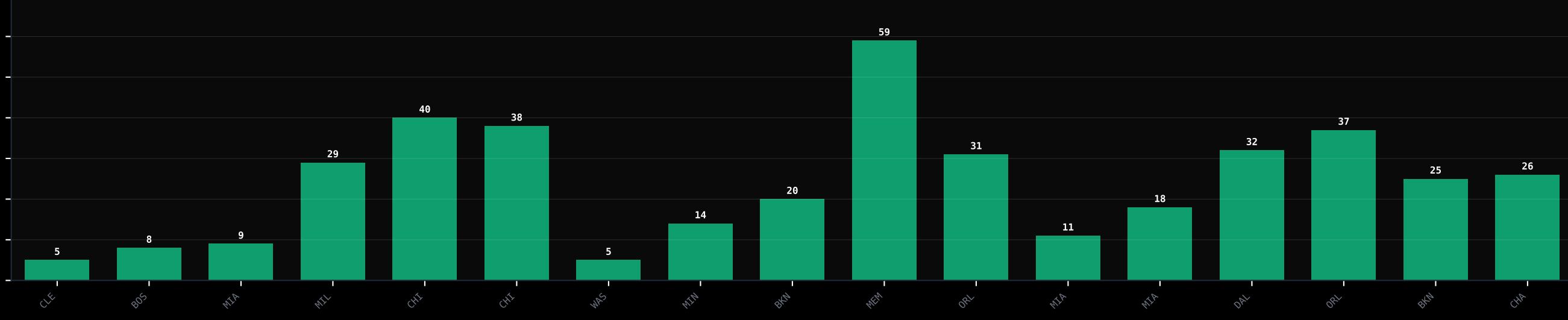


Centers (C) - Avg: 24.7 PPG | 19 games

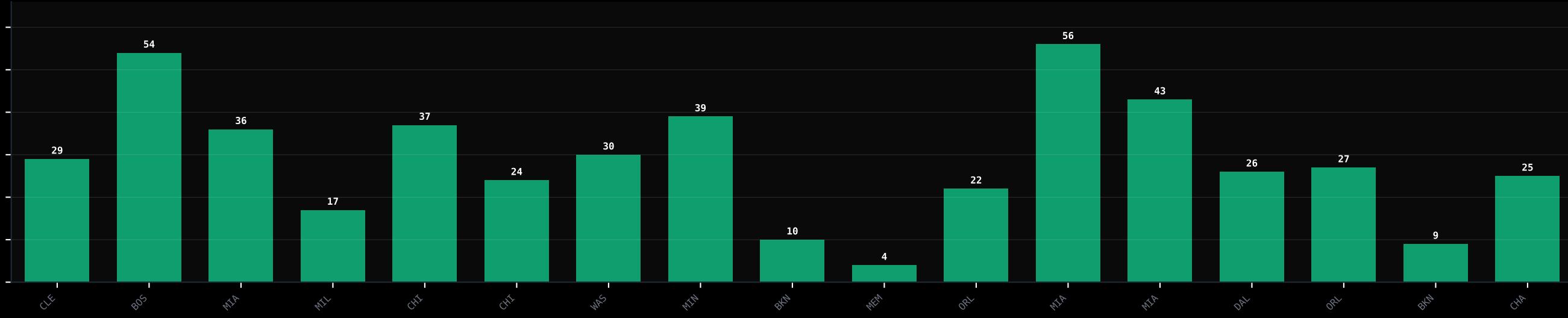


New York Knicks (NYK) - Points Allowed by Position

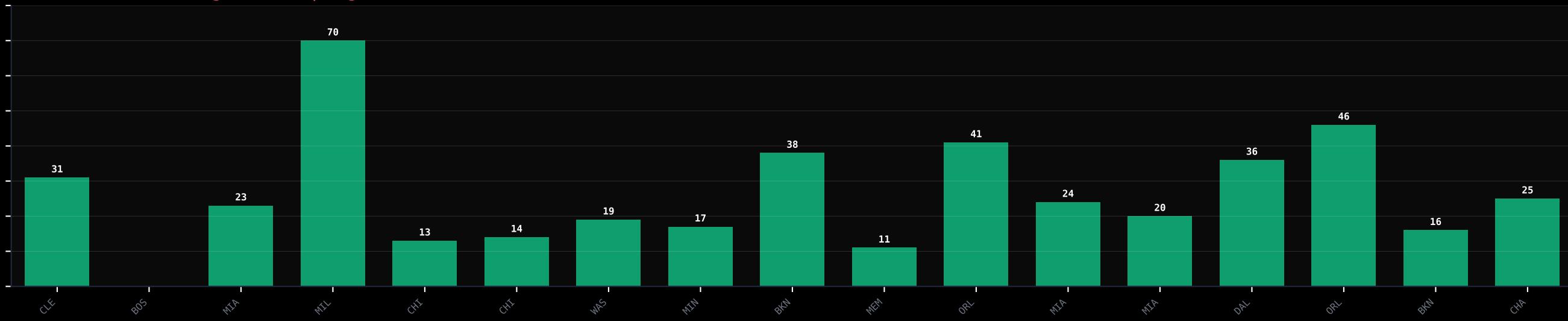
Point Guards (PG) - Avg: 23.9 PPG | 17 games



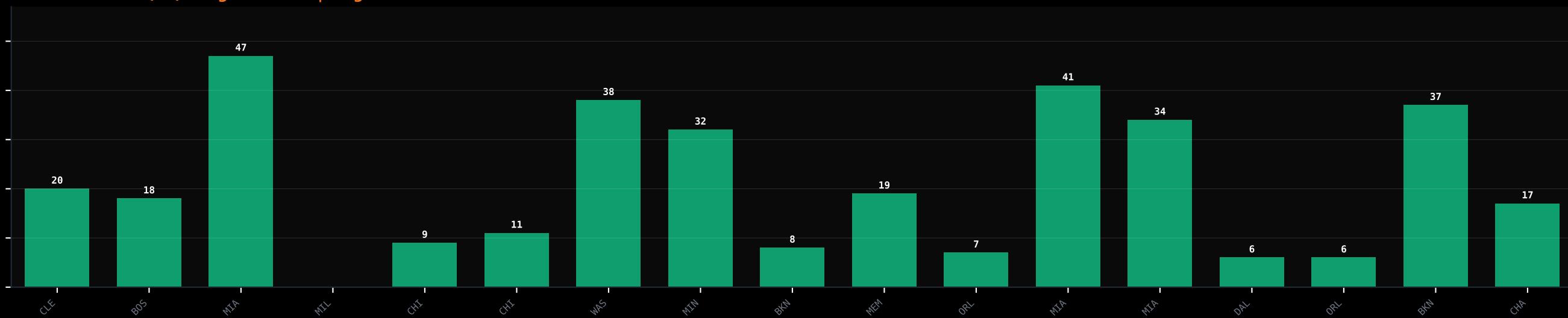
Shooting Guards (SG) - Avg: 28.7 PPG | 17 games



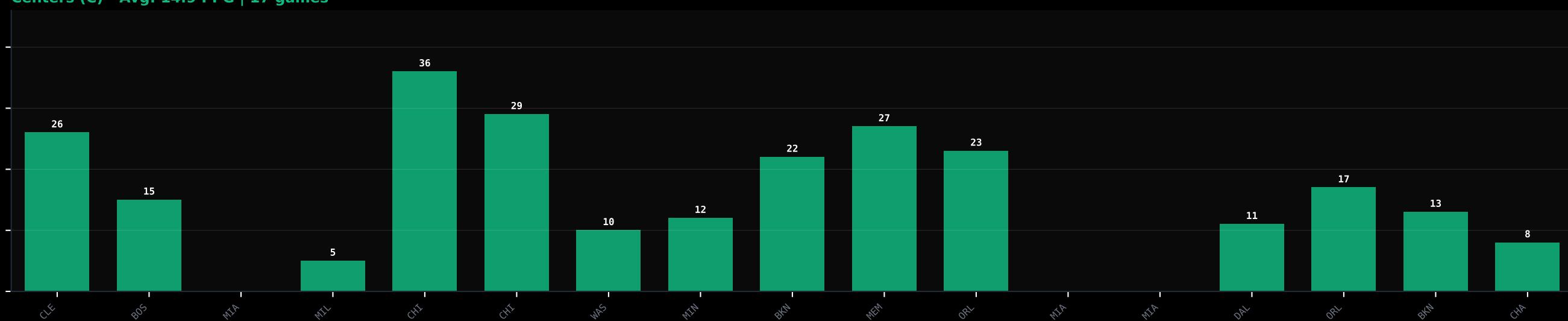
Small Forwards (SF) - Avg: 26.1 PPG | 17 games



Power Forwards (PF) - Avg: 20.6 PPG | 17 games

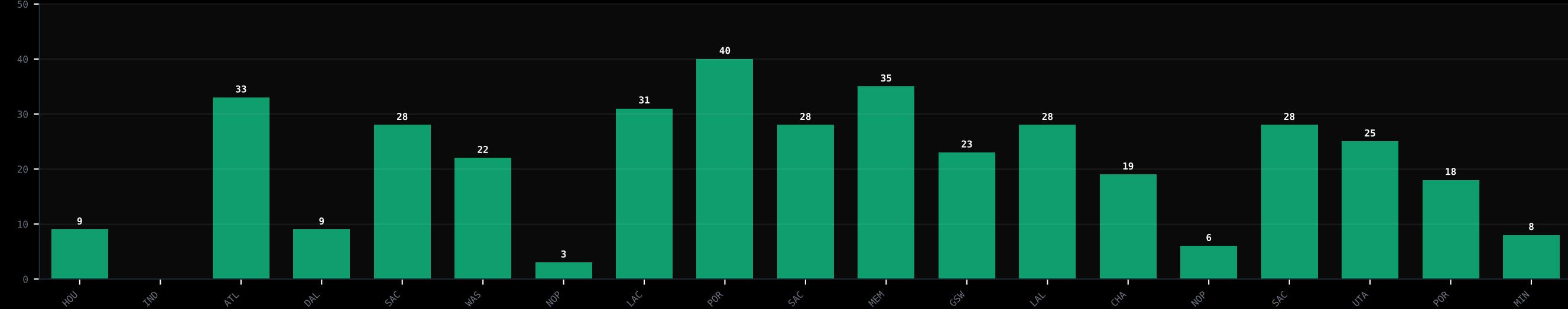


Centers (C) - Avg: 14.9 PPG | 17 games

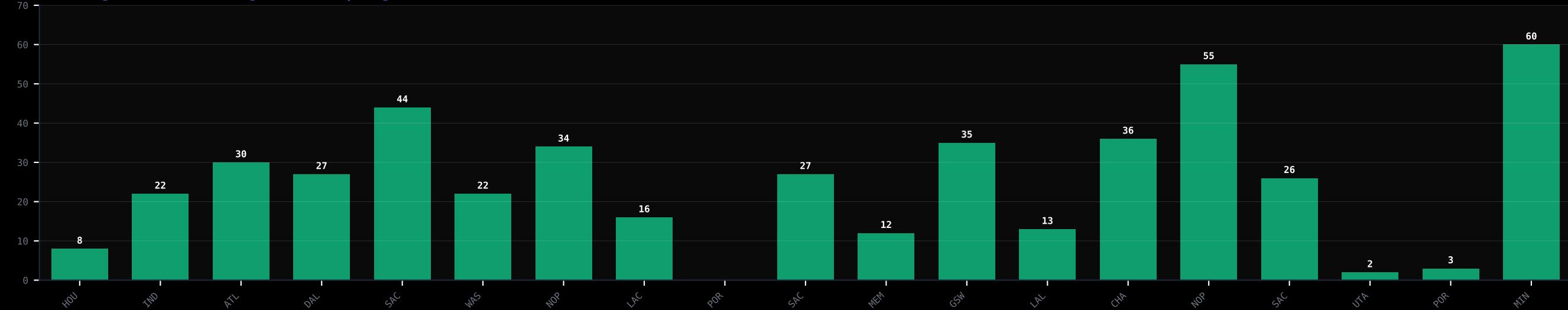


Oklahoma City Thunder (OKC) - Points Allowed by Position

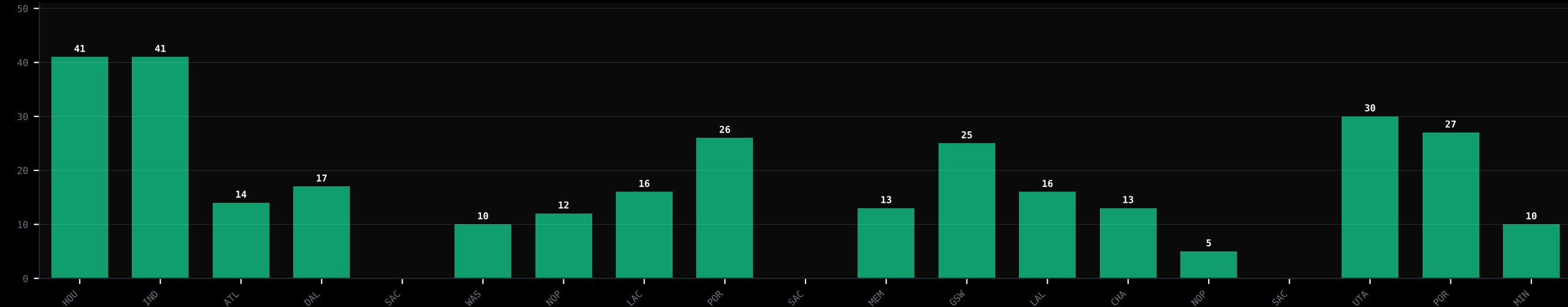
Point Guards (PG) - Avg: 20.7 PPG | 19 games



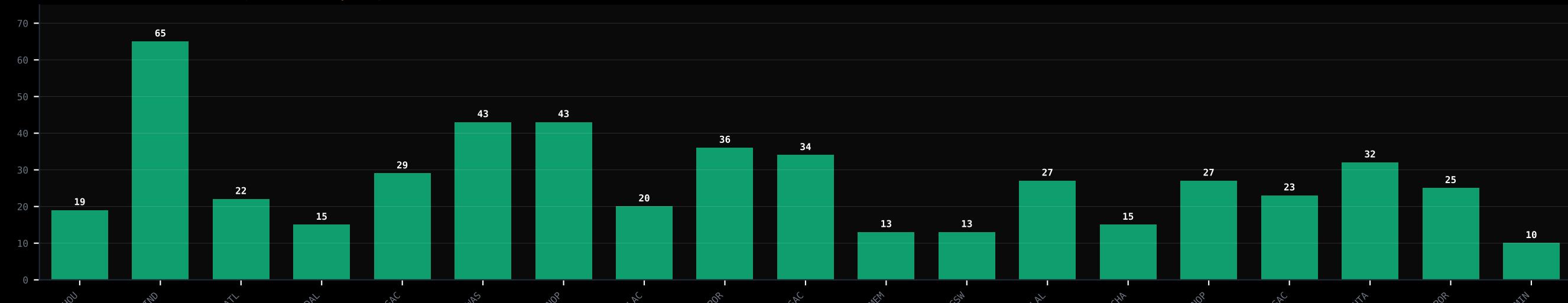
Shooting Guards (SG) - Avg: 24.8 PPG | 19 games



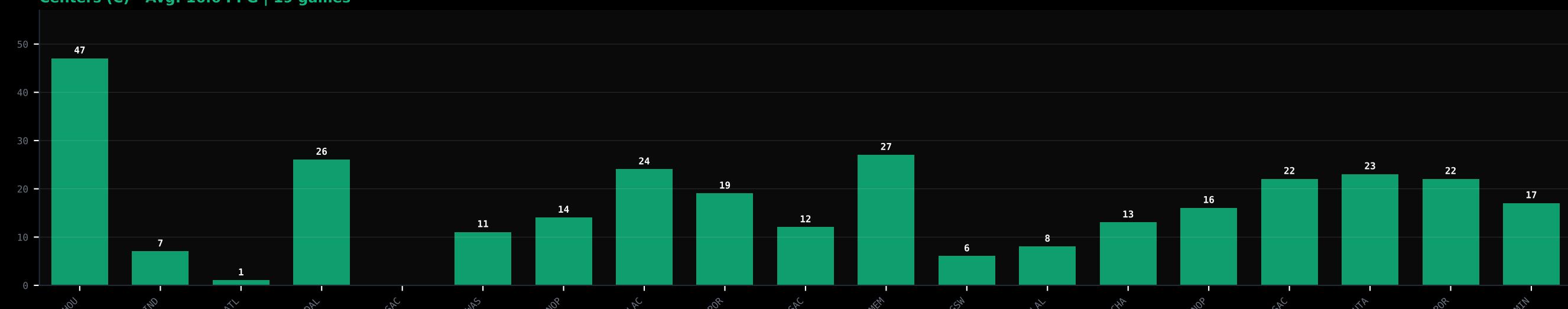
Small Forwards (SF) - Avg: 16.6 PPG | 19 games



Power Forwards (PF) - Avg: 26.9 PPG | 19 games

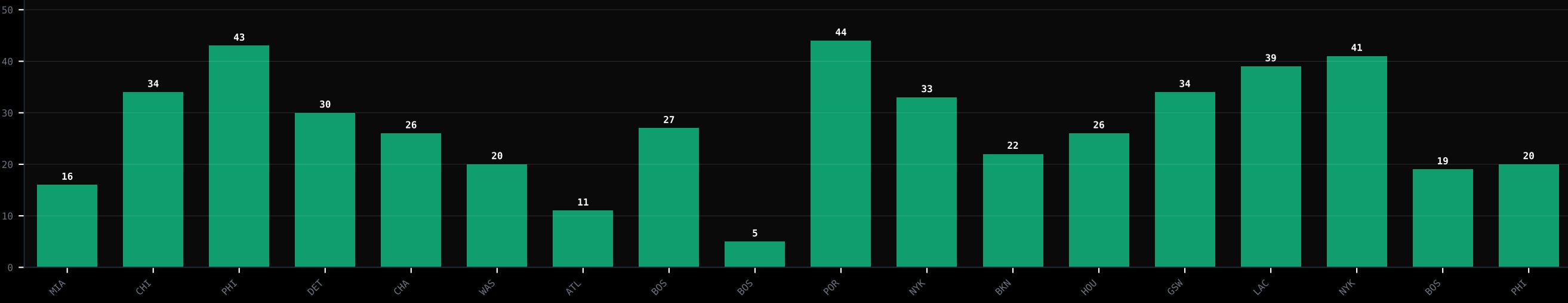


Centers (C) - Avg: 16.6 PPG | 19 games

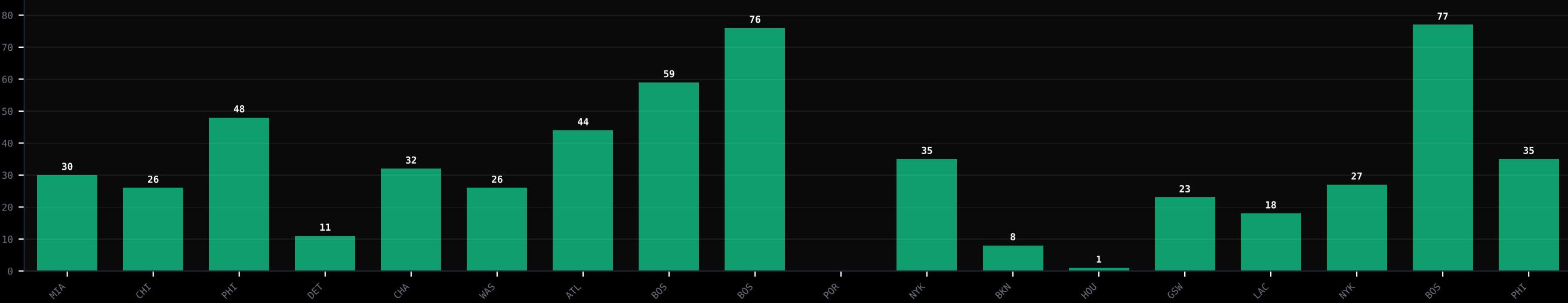


Orlando Magic (ORL) - Points Allowed by Position

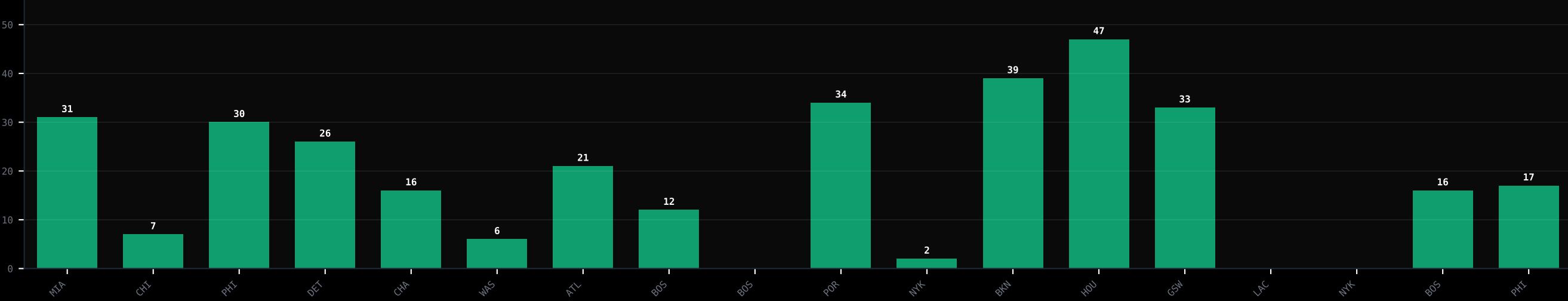
Point Guards (PG) - Avg: 27.2 PPG | 18 games



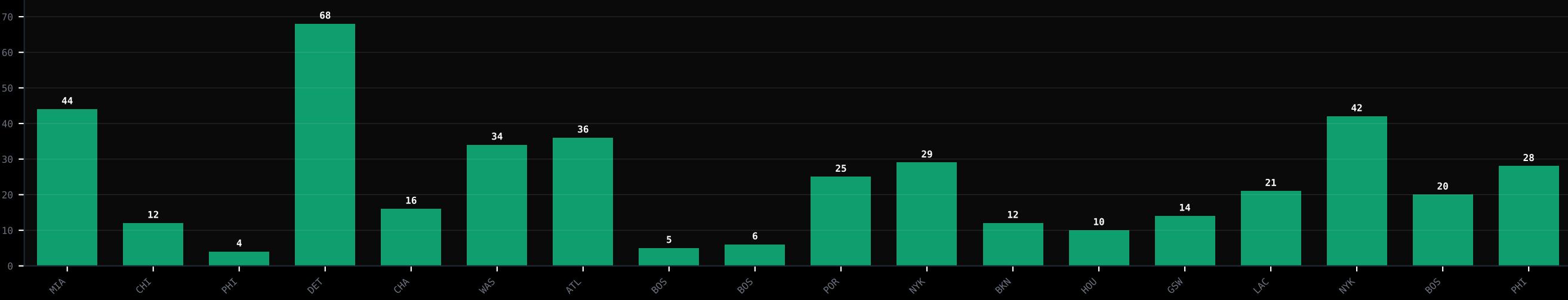
Shooting Guards (SG) - Avg: 32.0 PPG | 18 games



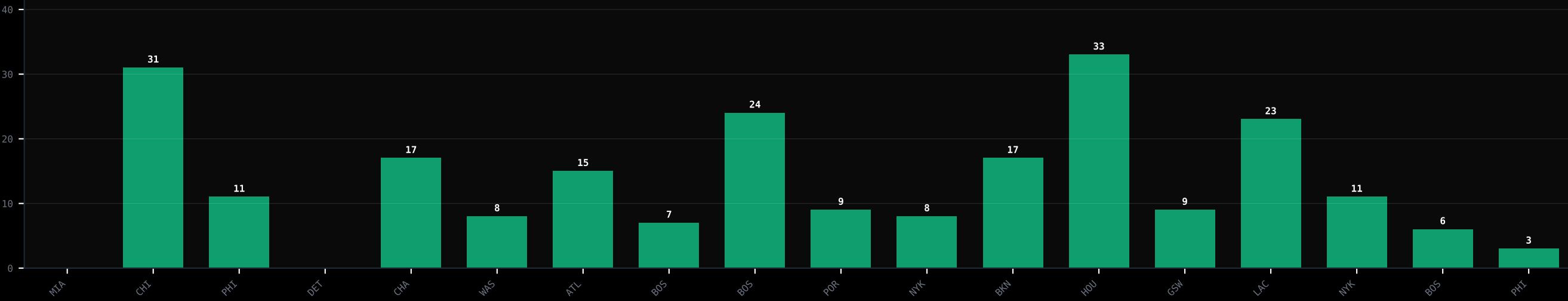
Small Forwards (SF) - Avg: 18.7 PPG | 18 games



Power Forwards (PF) - Avg: 23.7 PPG | 18 games

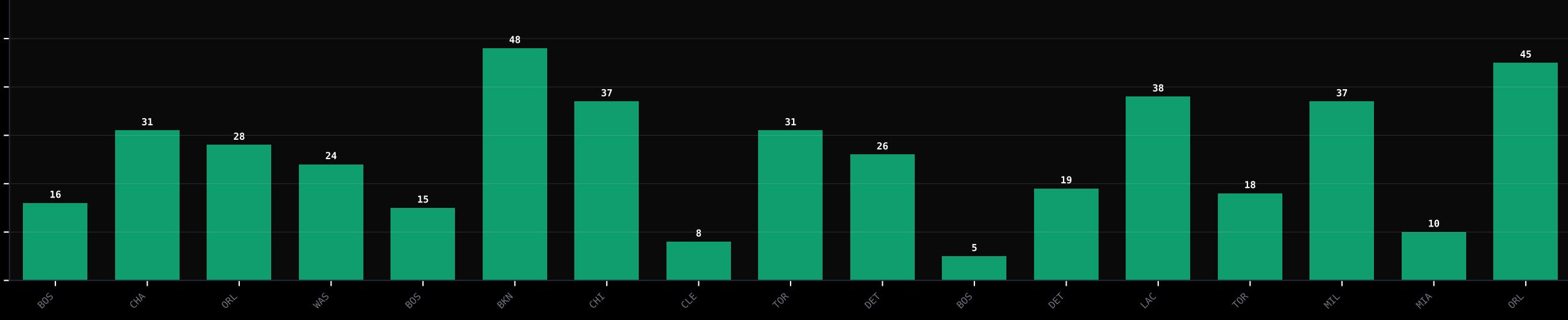


Centers (C) - Avg: 12.9 PPG | 18 games

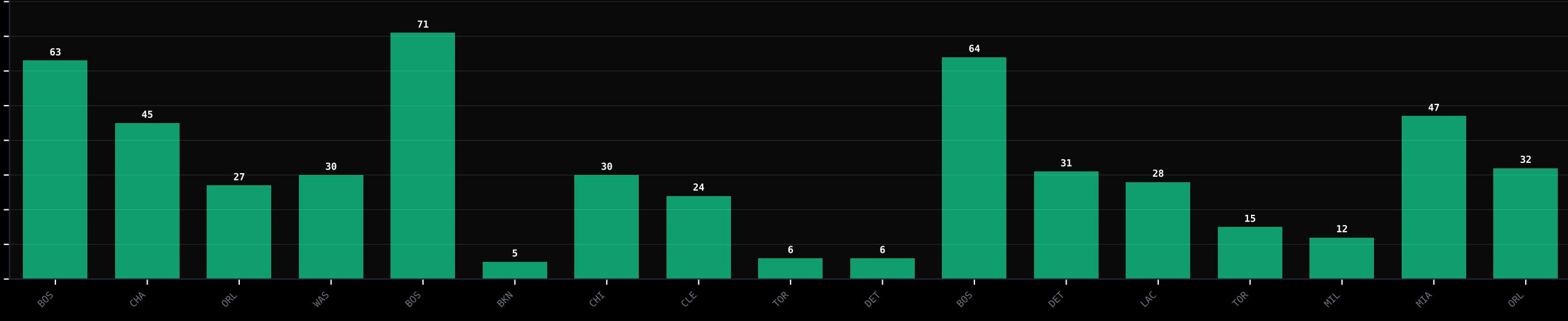


Philadelphia 76ers (PHI) - Points Allowed by Position

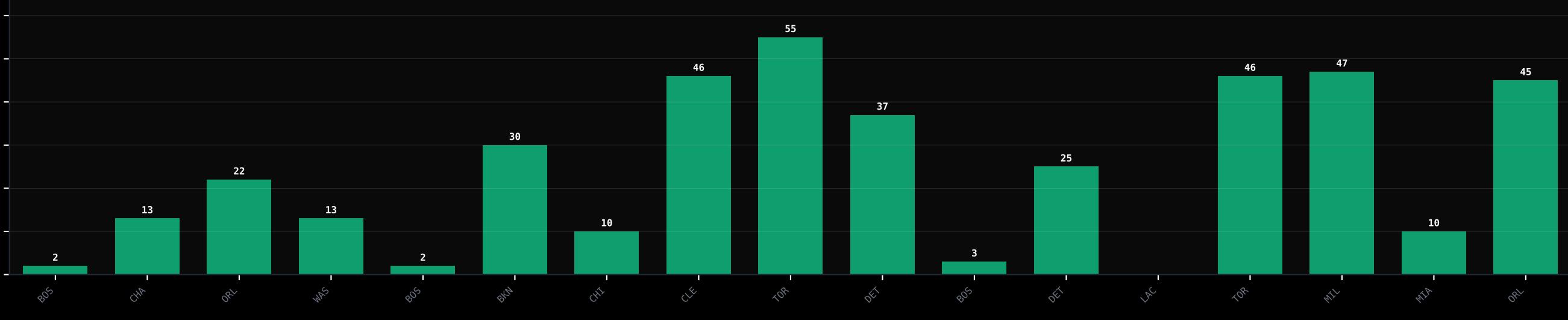
Point Guards (PG) - Avg: 25.6 PPG | 17 games



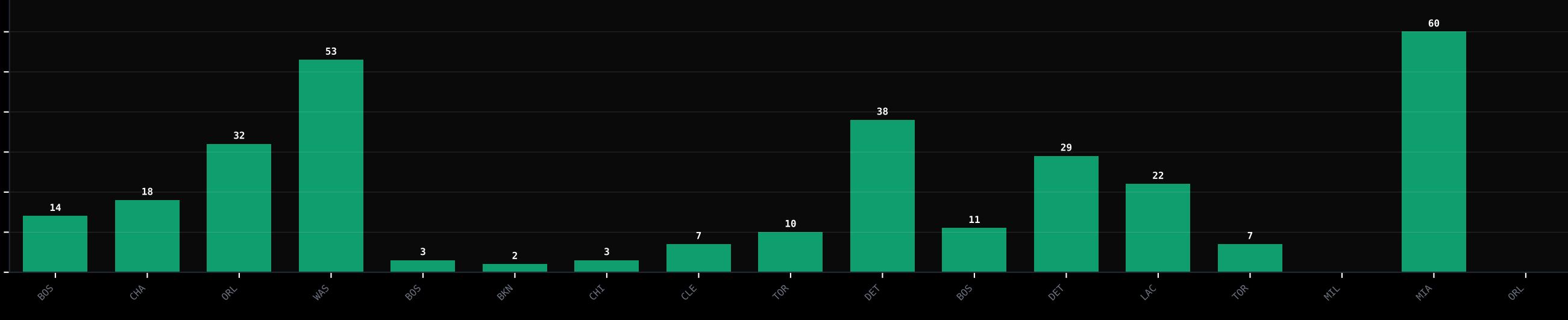
Shooting Guards (SG) - Avg: 31.5 PPG | 17 games



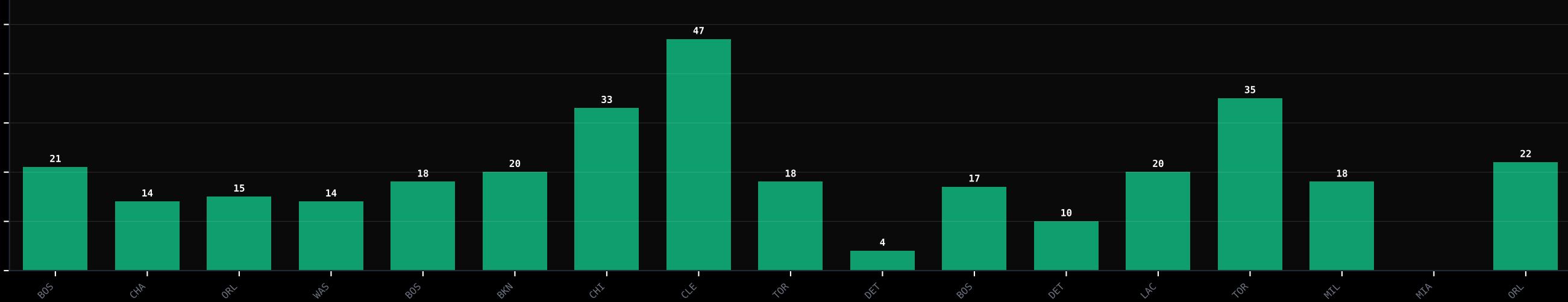
Small Forwards (SF) - Avg: 23.9 PPG | 17 games



Power Forwards (PF) - Avg: 18.2 PPG | 17 games

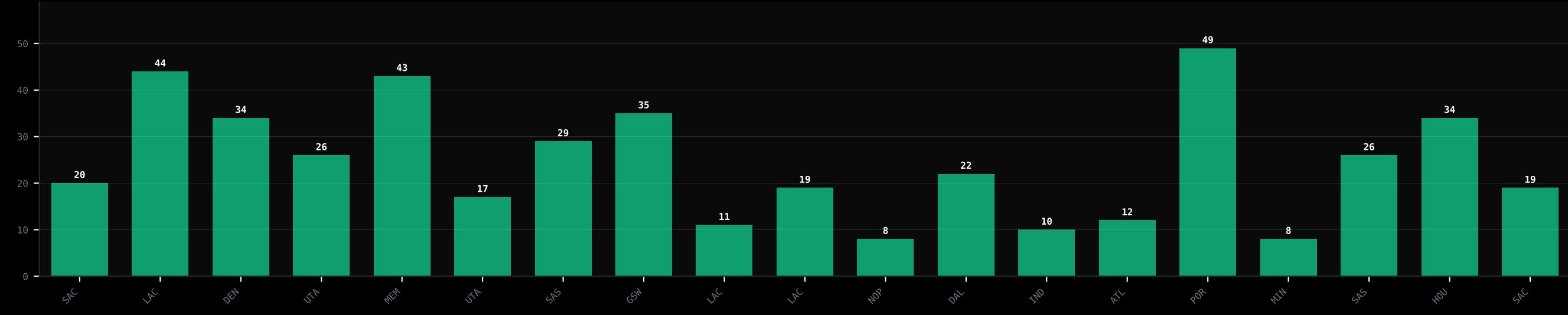


Centers (C) - Avg: 19.2 PPG | 17 games

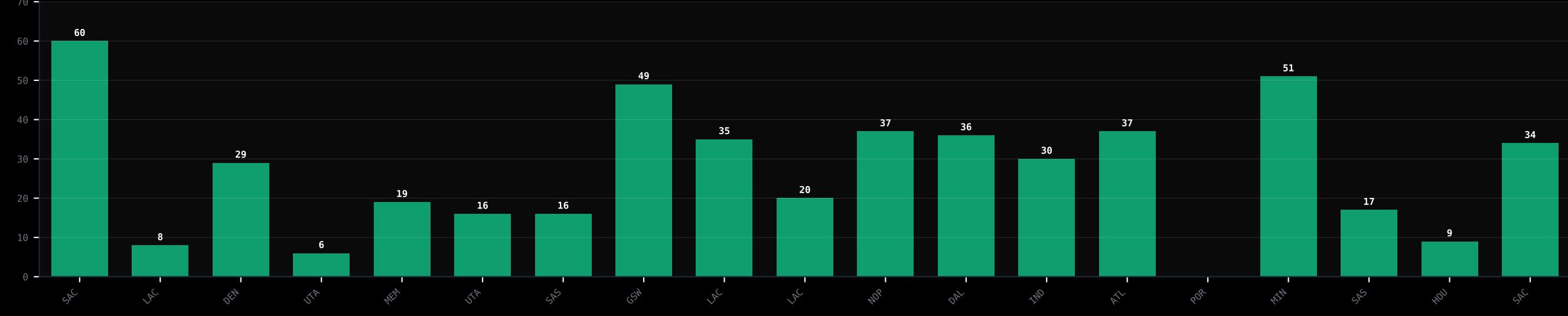


Phoenix Suns (PHX) - Points Allowed by Position

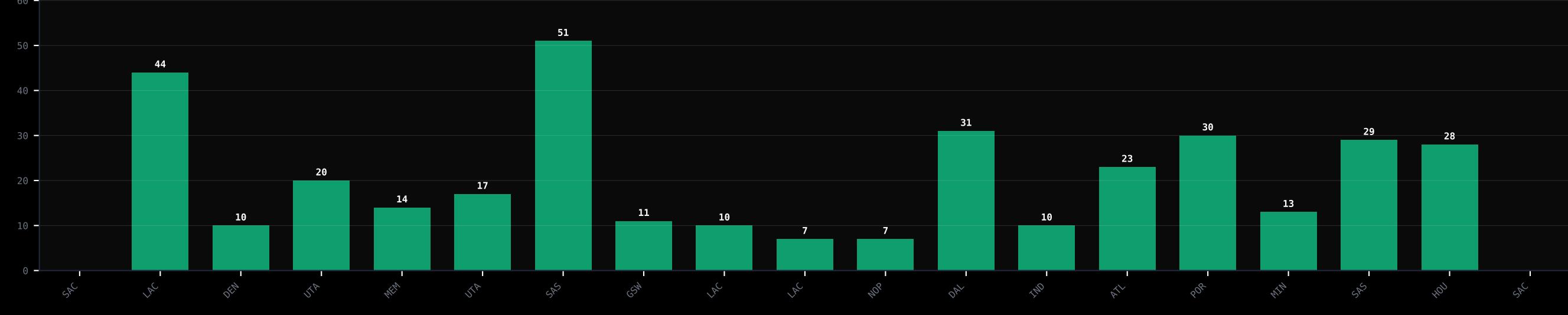
Point Guards (PG) - Avg: 24.5 PPG | 19 games



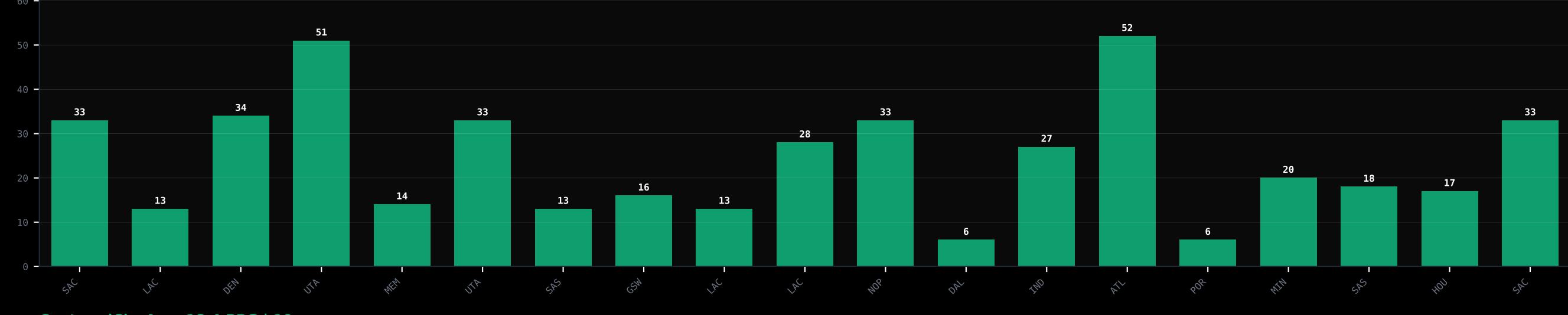
Shooting Guards (SG) - Avg: 26.8 PPG | 19 games



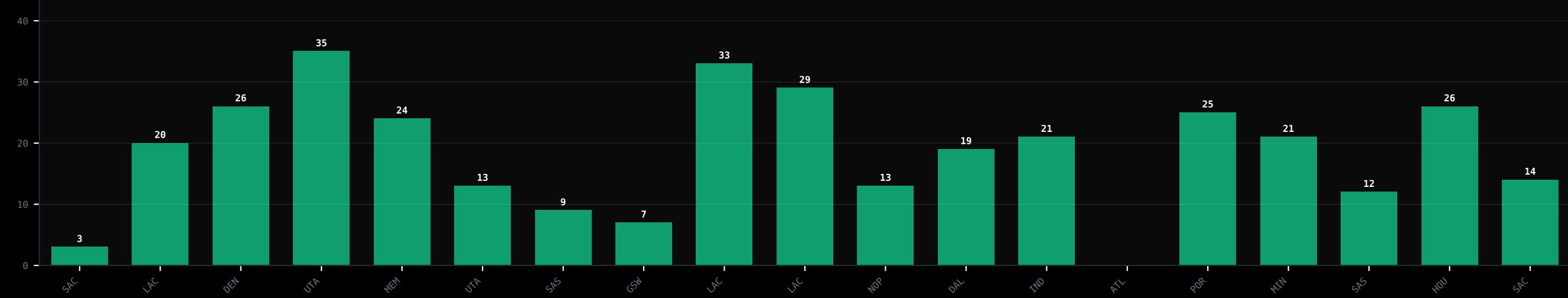
Small Forwards (SF) - Avg: 18.7 PPG | 19 games



Power Forwards (PF) - Avg: 24.2 PPG | 19 games

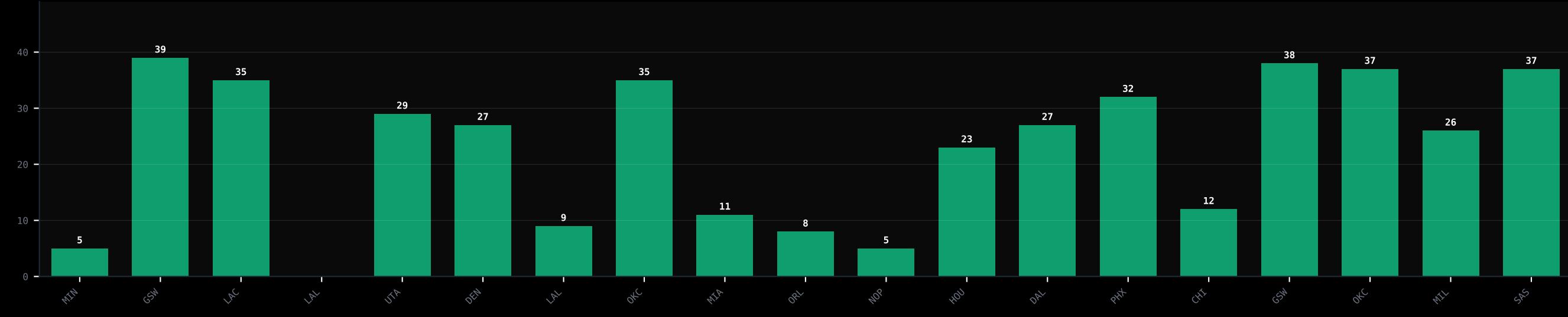


Centers (C) - Avg: 18.4 PPG | 19 games

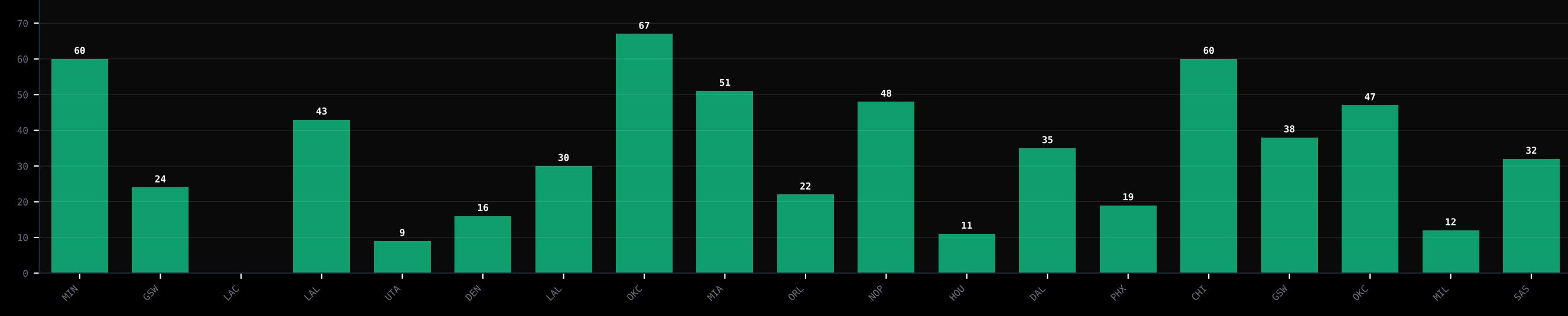


Portland Trail Blazers (POR) - Points Allowed by Position

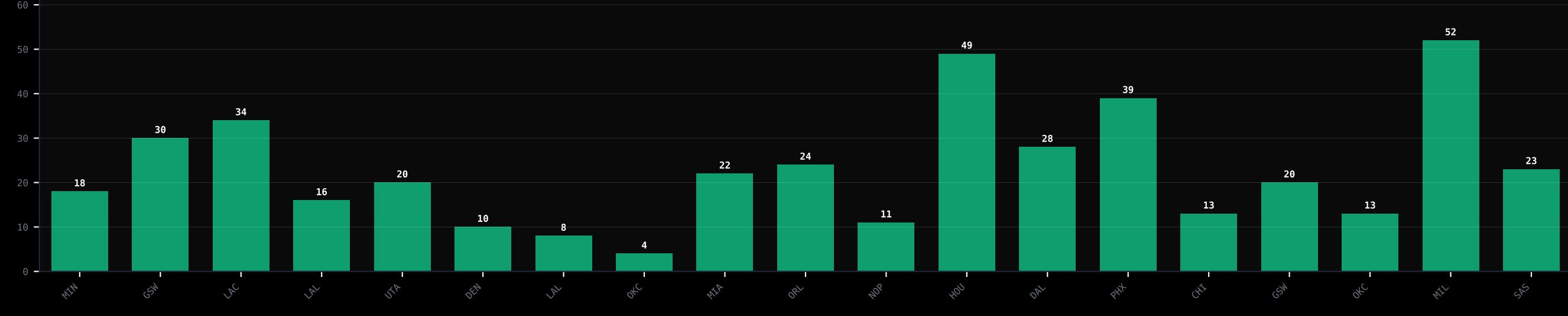
Point Guards (PG) - Avg: 22.9 PPG | 19 games



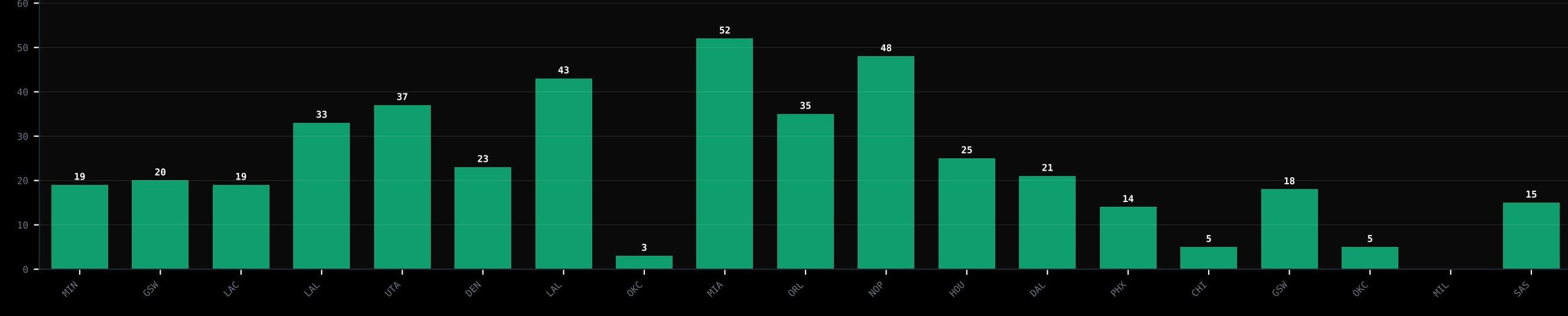
Shooting Guards (SG) - Avg: 32.8 PPG | 19 games



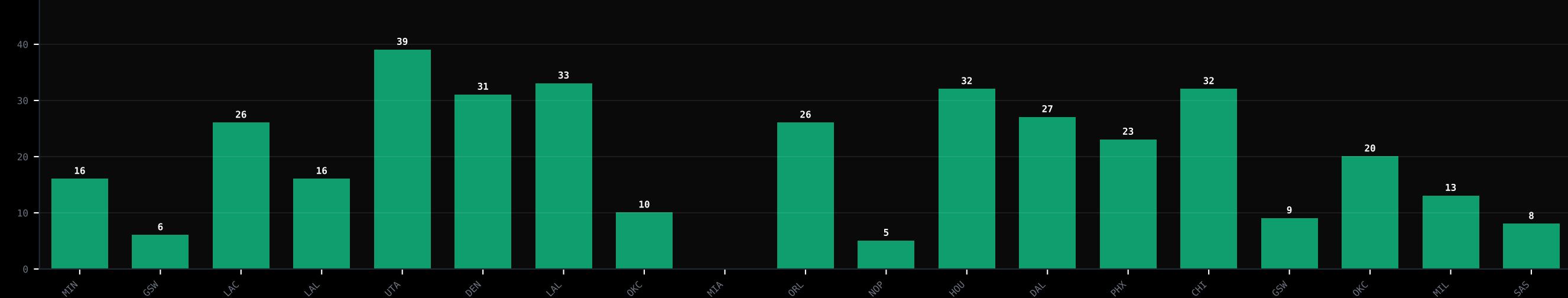
Small Forwards (SF) - Avg: 22.8 PPG | 19 games



Power Forwards (PF) - Avg: 22.9 PPG | 19 games

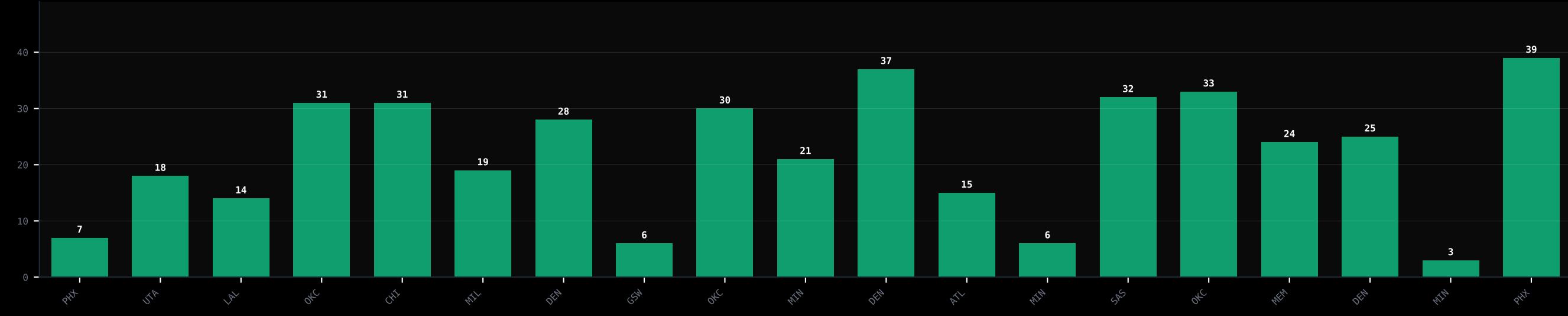


Centers (C) - Avg: 19.6 PPG | 19 games

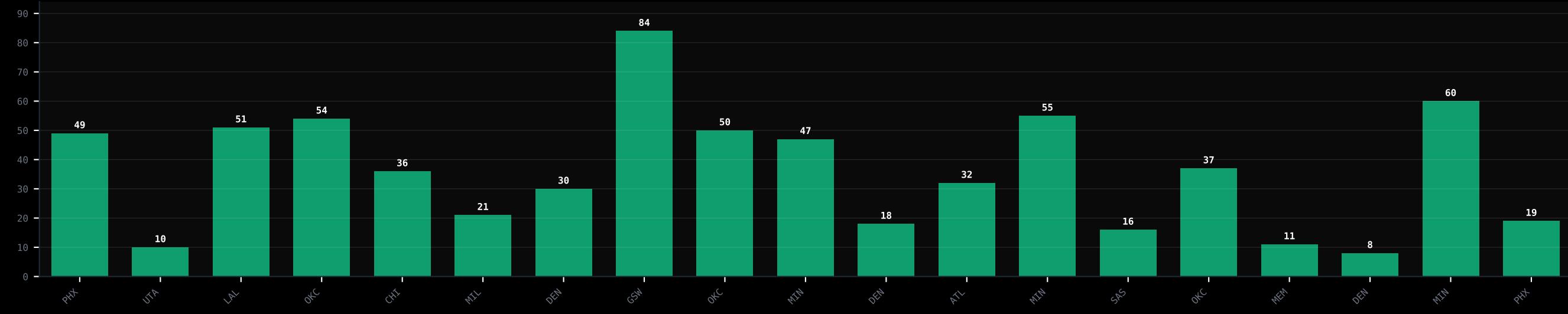


Sacramento Kings (SAC) - Points Allowed by Position

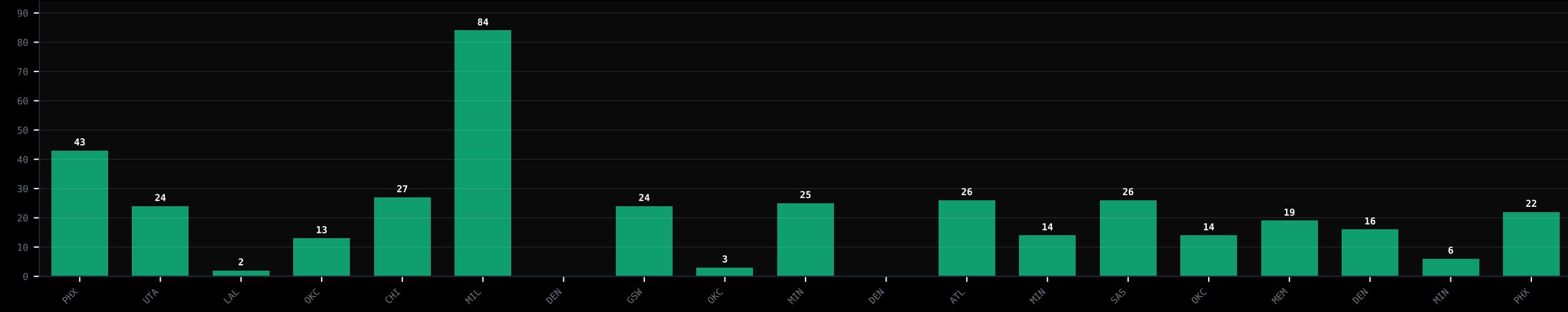
Point Guards (PG) - Avg: 22.1 PPG | 19 games



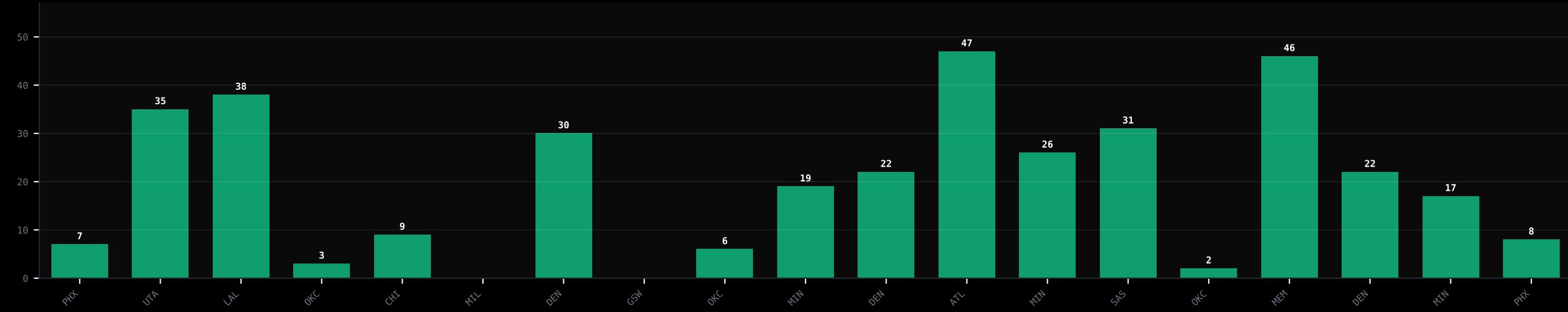
Shooting Guards (SG) - Avg: 36.2 PPG | 19 games



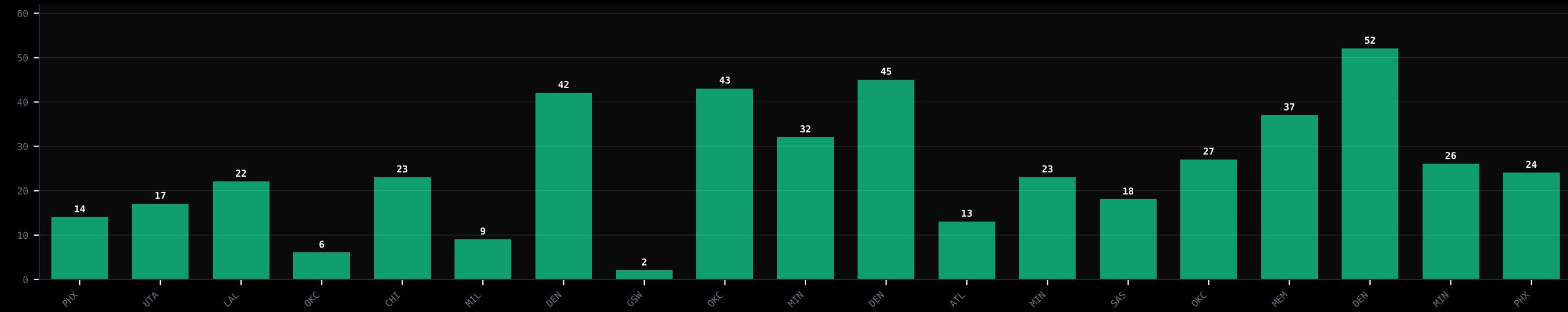
Small Forwards (SF) - Avg: 20.4 PPG | 19 games



Power Forwards (PF) - Avg: 19.4 PPG | 19 games

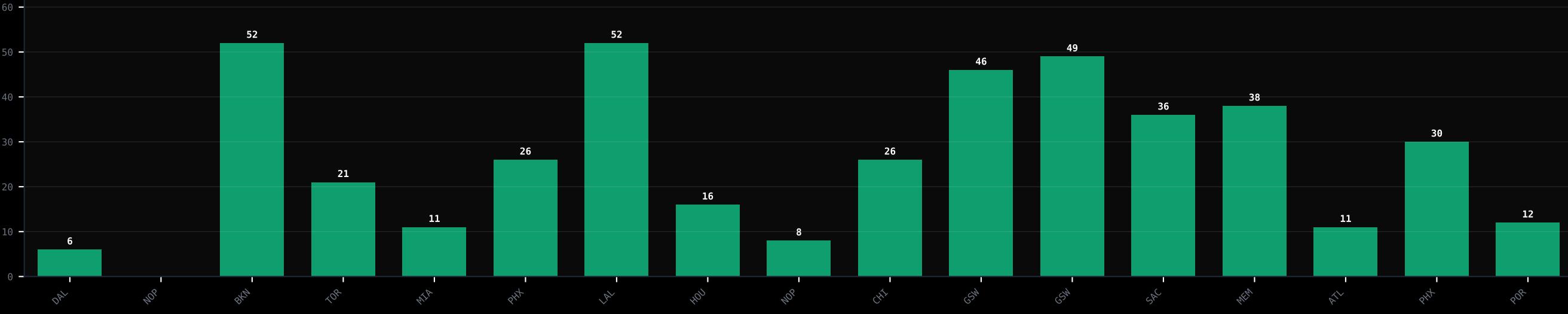


Centers (C) - Avg: 25.0 PPG | 19 games

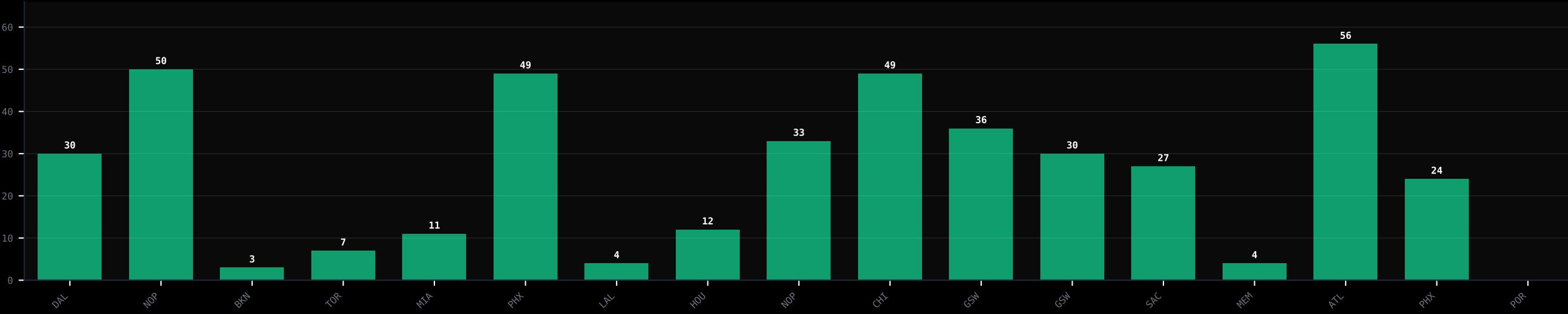


San Antonio Spurs (SAS) - Points Allowed by Position

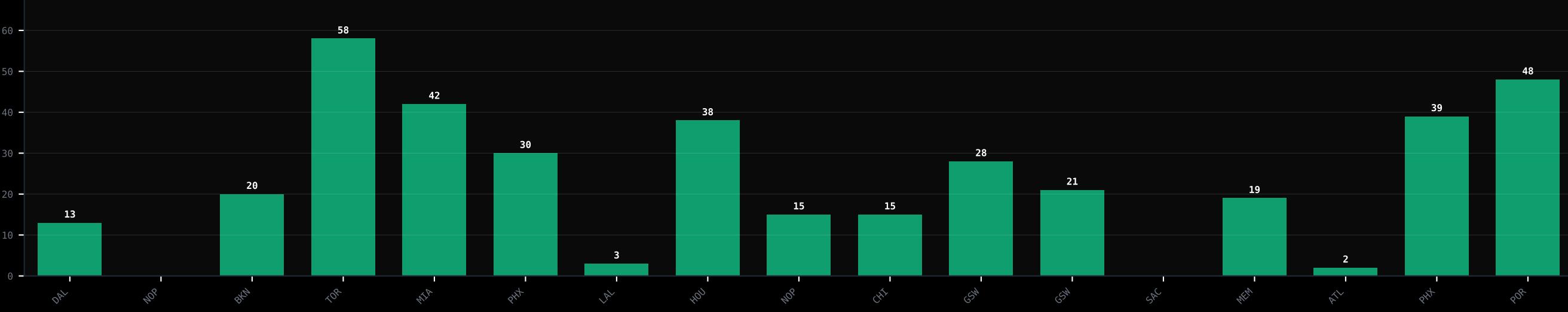
Point Guards (PG) - Avg: 25.9 PPG | 17 games



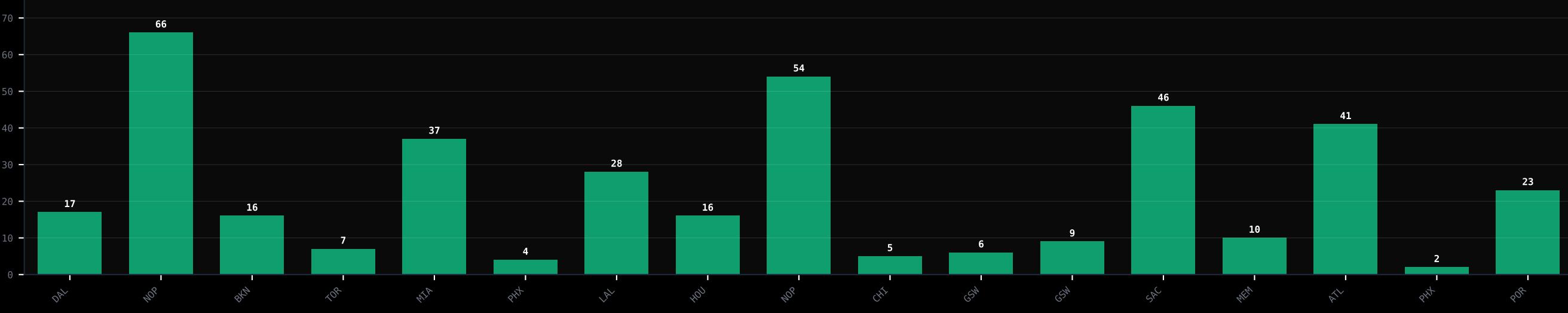
Shooting Guards (SG) - Avg: 25.0 PPG | 17 games



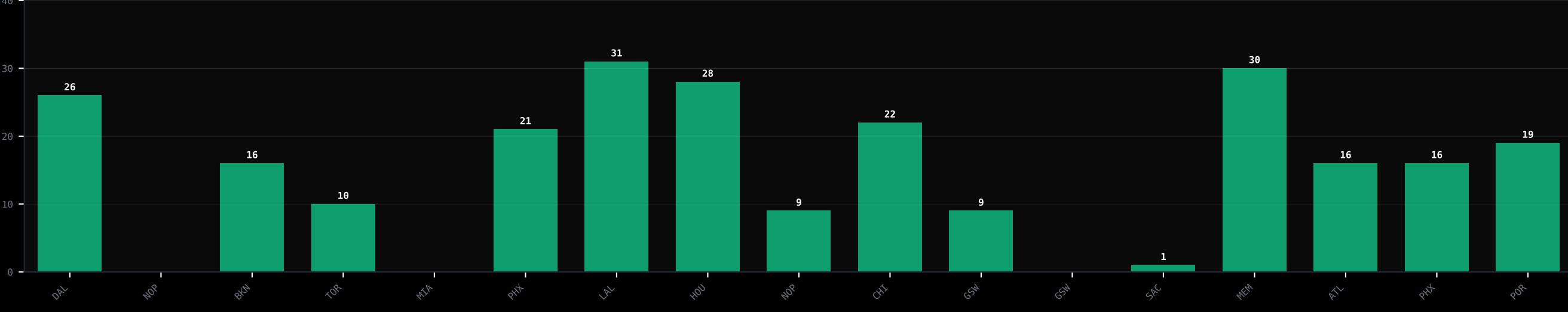
Small Forwards (SF) - Avg: 23.0 PPG | 17 games



Power Forwards (PF) - Avg: 22.8 PPG | 17 games

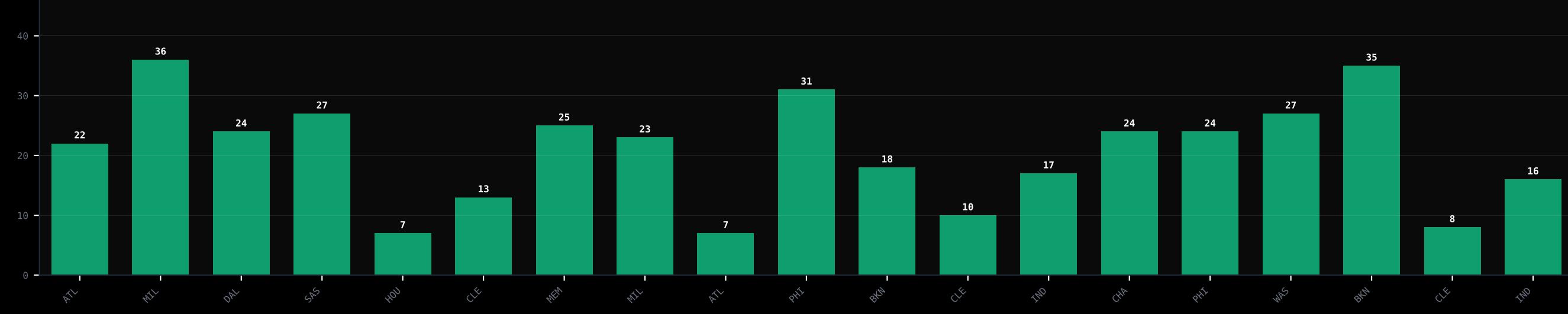


Centers (C) - Avg: 14.9 PPG | 17 games

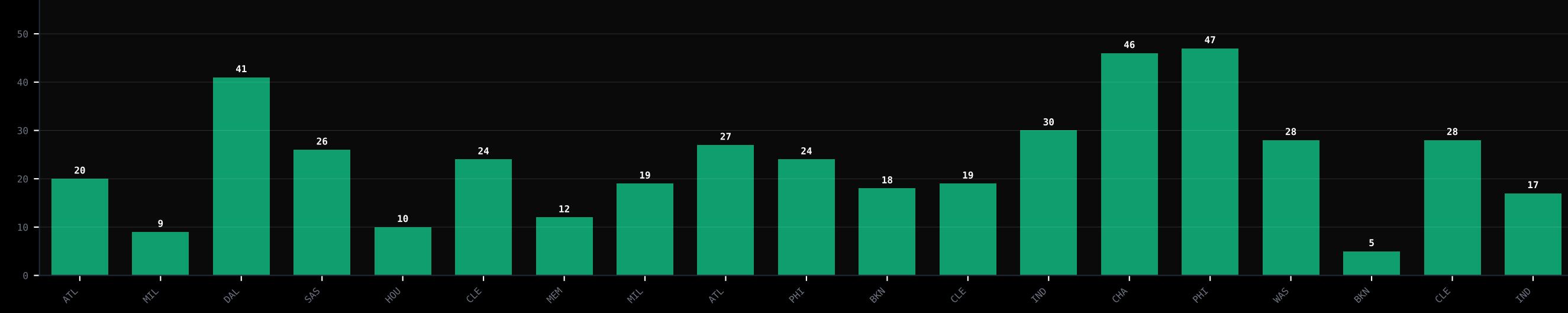


Toronto Raptors (TOR) - Points Allowed by Position

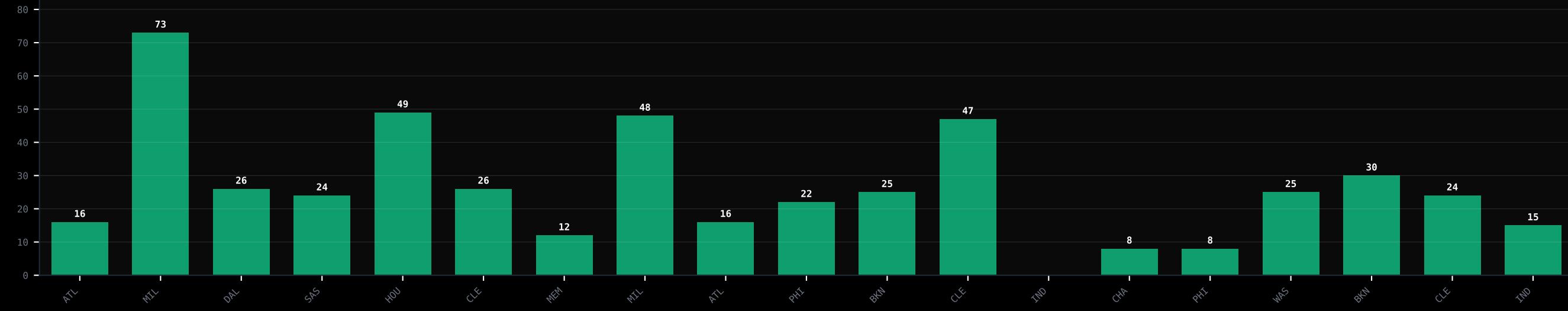
Point Guards (PG) - Avg: 20.7 PPG | 19 games



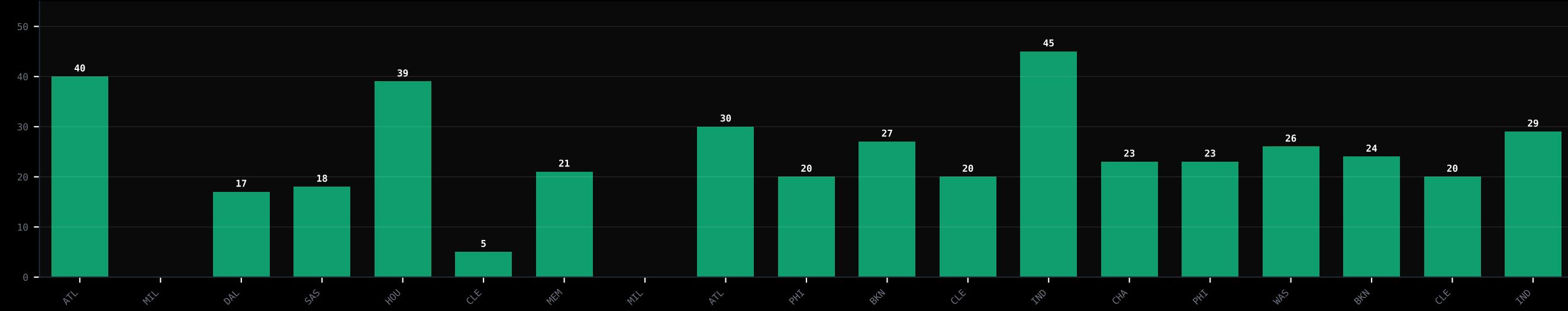
Shooting Guards (SG) - Avg: 23.7 PPG | 19 games



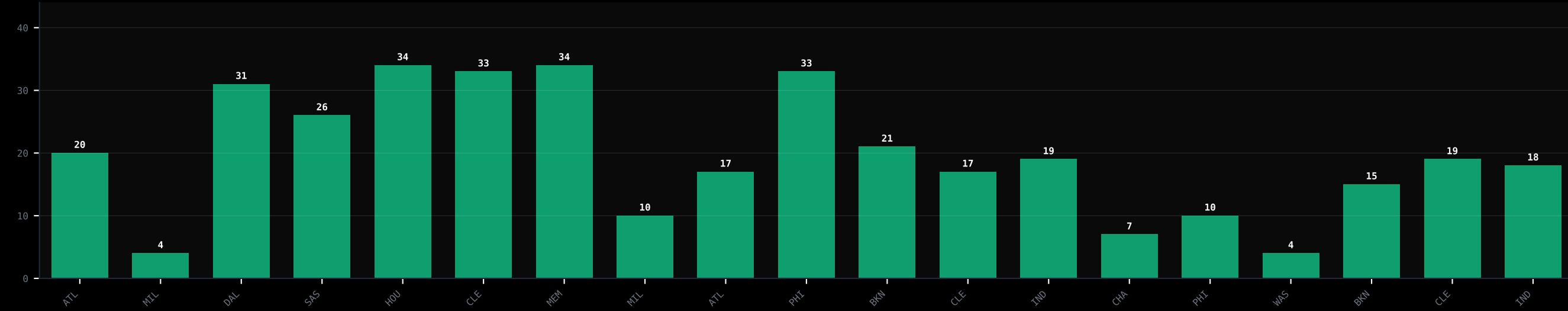
Small Forwards (SF) - Avg: 26.0 PPG | 19 games



Power Forwards (PF) - Avg: 22.5 PPG | 19 games

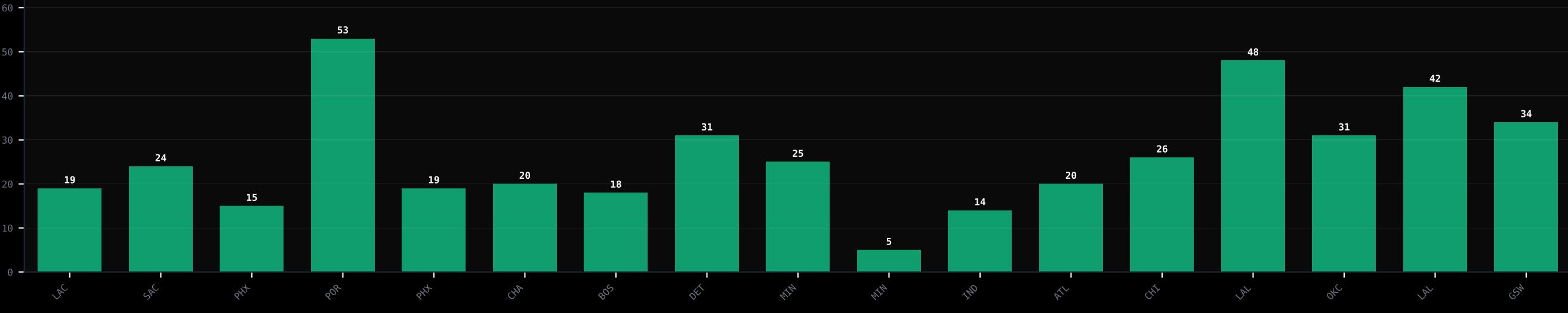


Centers (C) - Avg: 19.6 PPG | 19 games

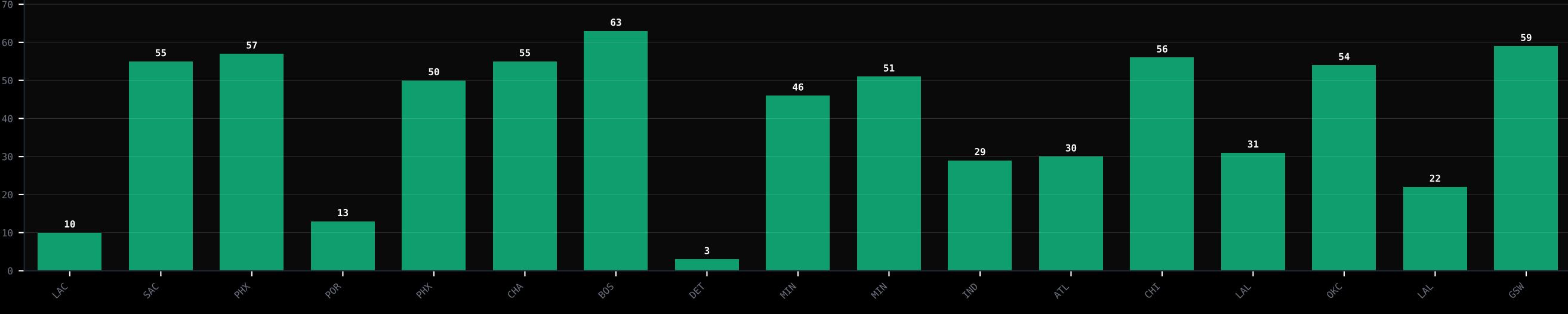


Utah Jazz (UTA) - Points Allowed by Position

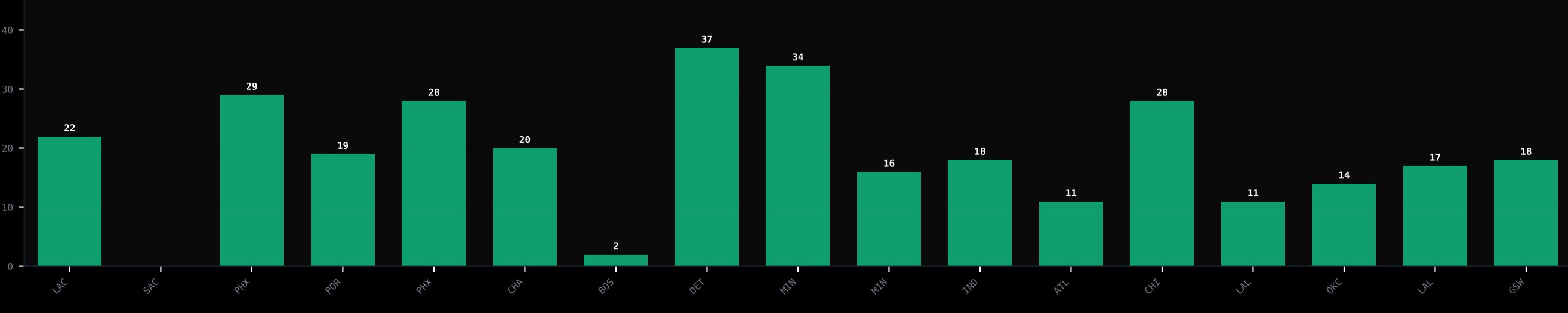
Point Guards (PG) - Avg: 26.1 PPG | 17 games



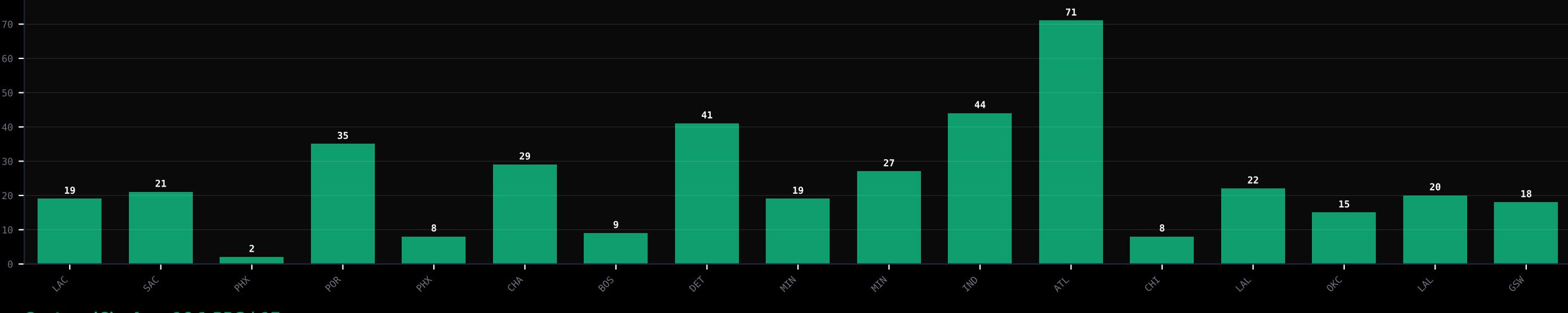
Shooting Guards (SG) - Avg: 40.2 PPG | 17 games



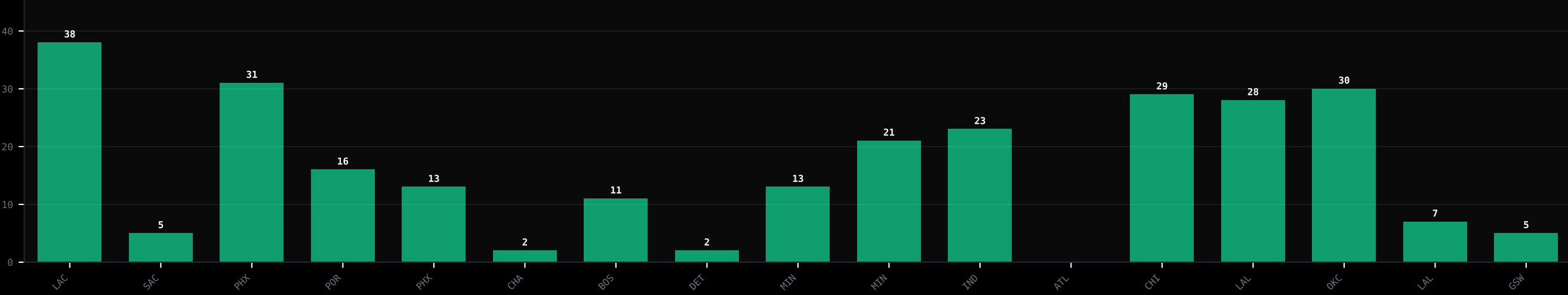
Small Forwards (SF) - Avg: 19.1 PPG | 17 games



Power Forwards (PF) - Avg: 24.0 PPG | 17 games

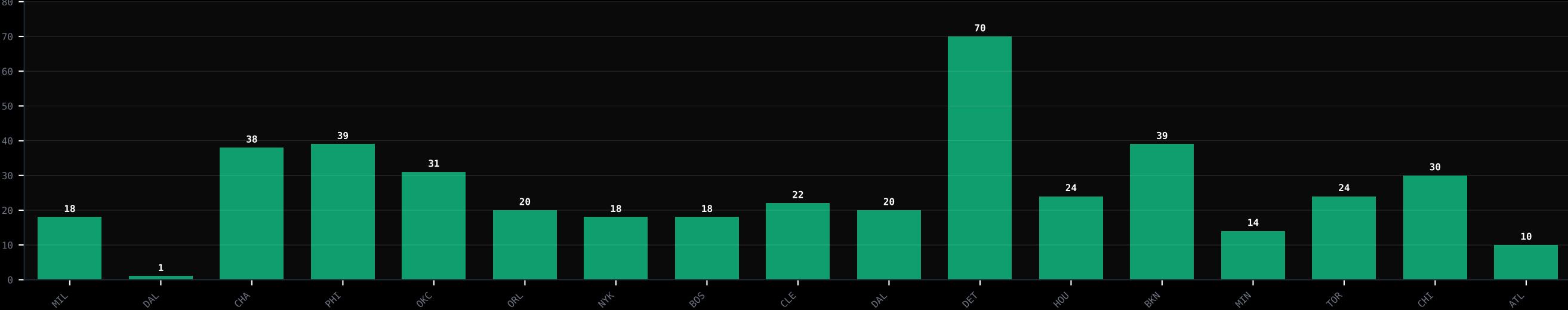


Centers (C) - Avg: 16.1 PPG | 17 games

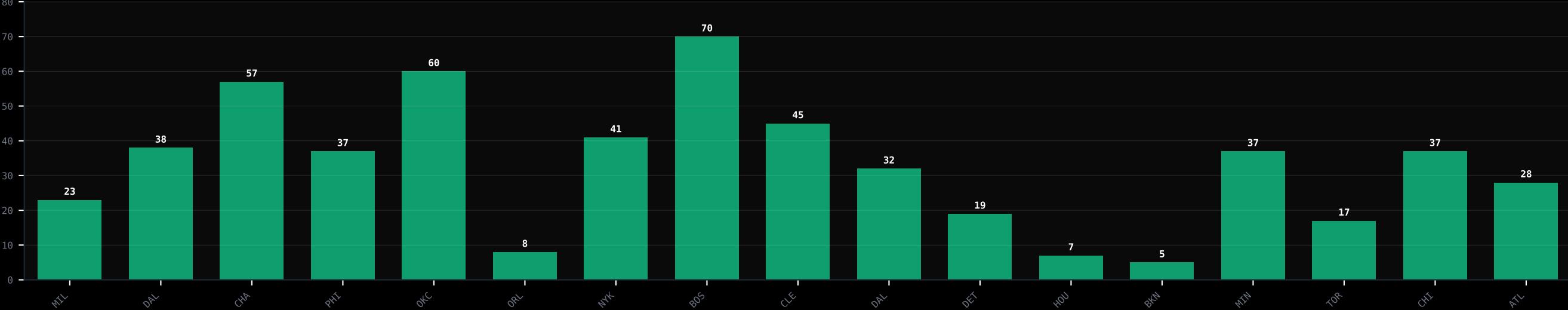


Washington Wizards (WAS) - Points Allowed by Position

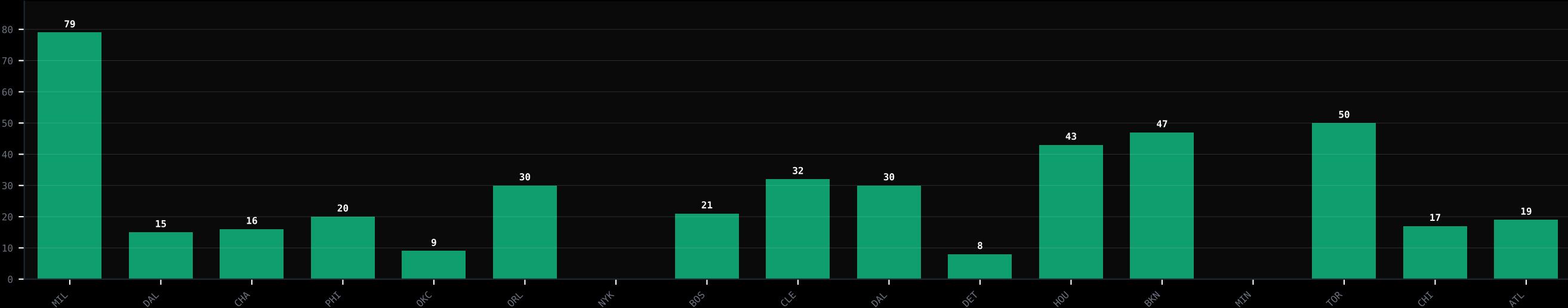
Point Guards (PG) - Avg: 25.6 PPG | 17 games



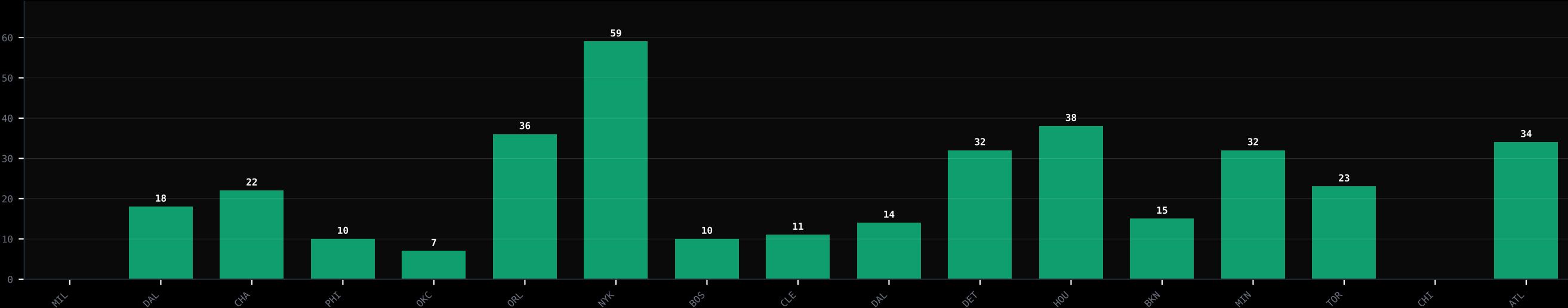
Shooting Guards (SG) - Avg: 33.0 PPG | 17 games



Small Forwards (SF) - Avg: 25.6 PPG | 17 games



Power Forwards (PF) - Avg: 21.2 PPG | 17 games



Centers (C) - Avg: 22.6 PPG | 17 games

