

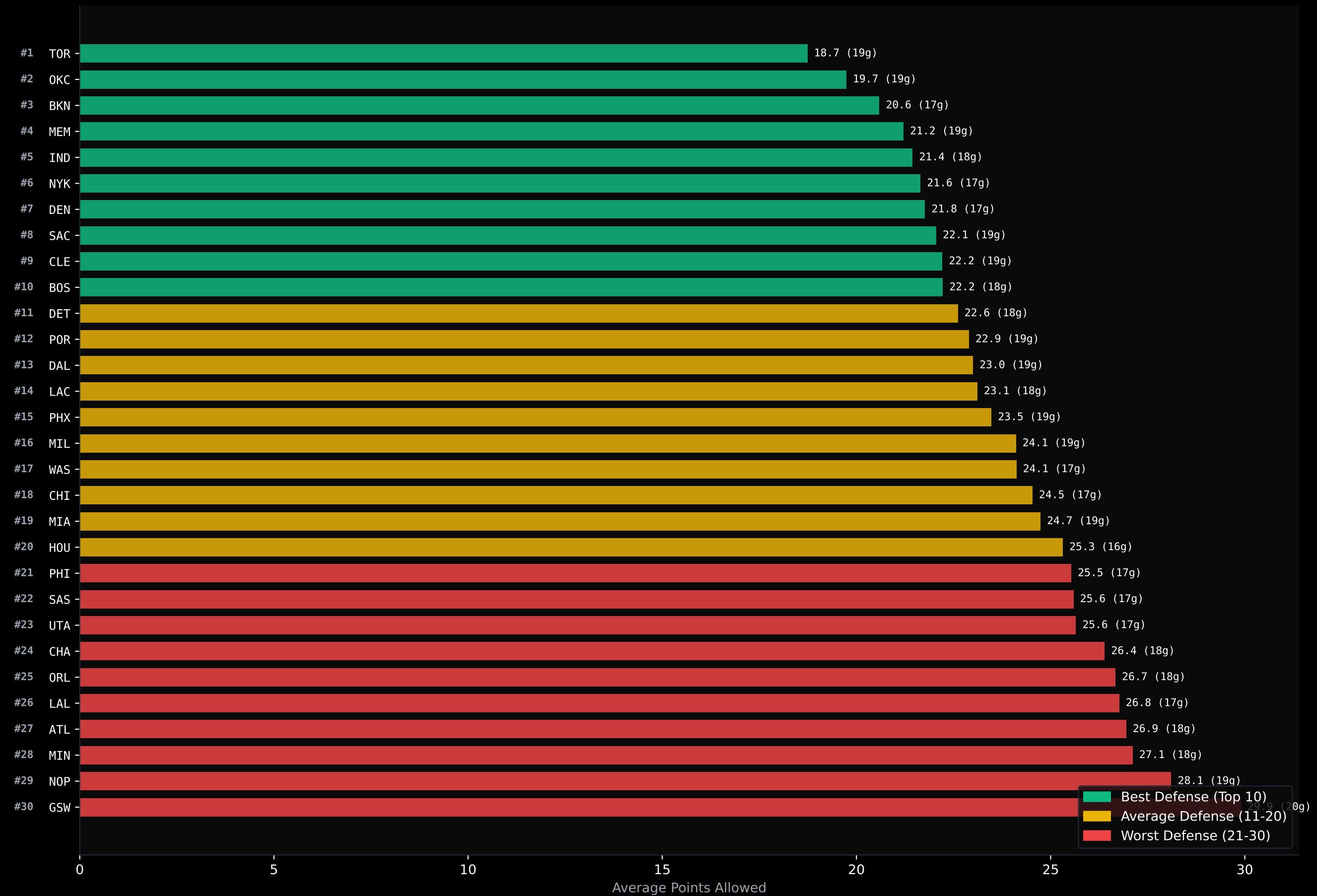
NBA Position Defense Rankings - 2025-26 Season

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

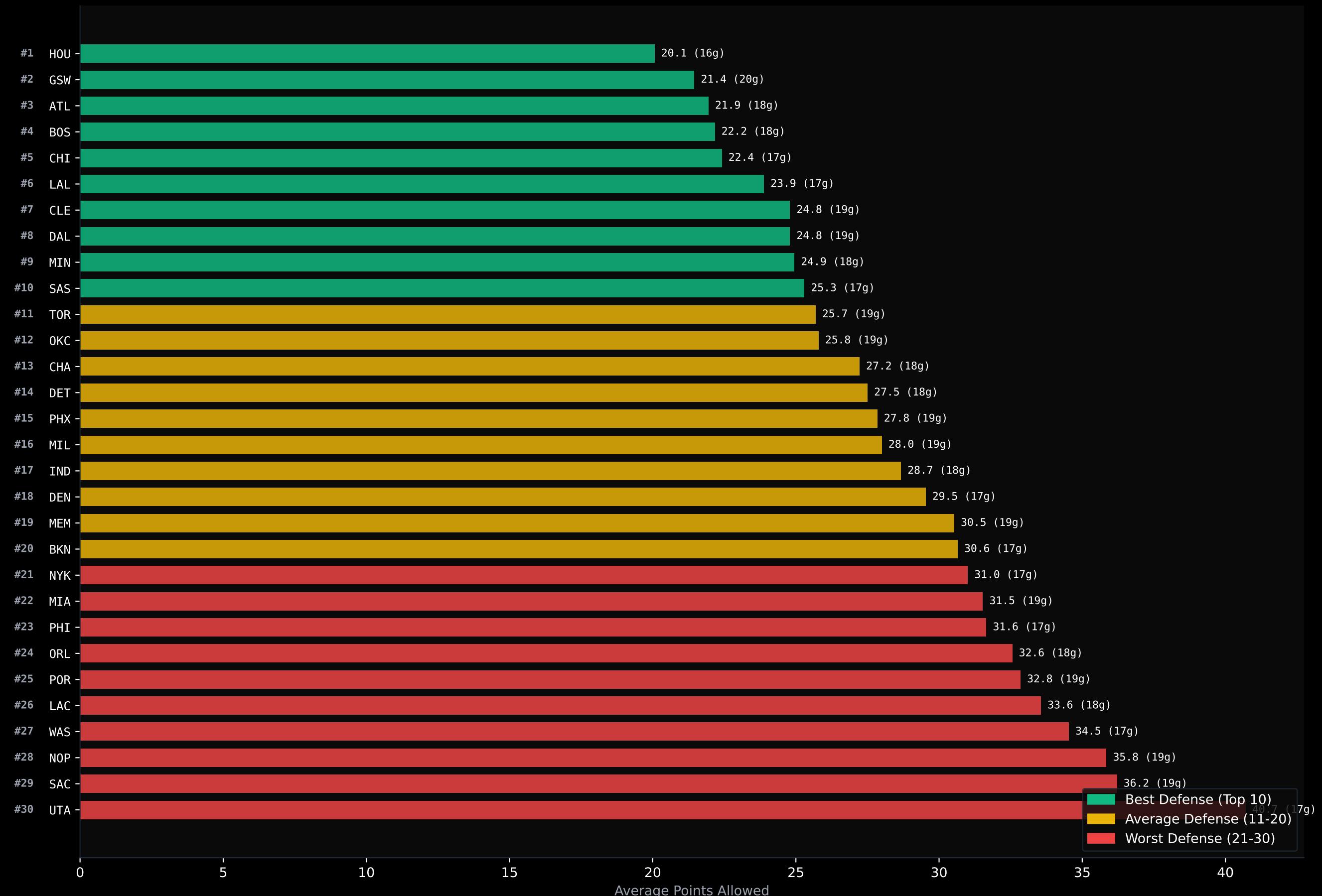
PG	Point Guards	SG	Shooting Guards	SF	Small Forwards	PF	Power Forwards	C	Centers
1. TOR	18.7	1. HOU	20.1	1. MIN	13.6	1. PHI	14.3	1. LAL	12.5
2. OKC	19.7	2. GSW	21.4	2. OKC	16.6	2. NOP	14.5	2. ORL	14.6
3. BKN	20.6	3. ATL	21.9	3. MIA	17.9	3. HOU	16.2	3. SAS	16.9
4. MEM	21.2	4. BOS	22.2	4. PHX	18.7	4. LAC	16.7	4. NYK	17.1
5. IND	21.4	5. CHI	22.4	5. DEN	19.1	5. SAC	18.3	5. MEM	17.2
6. NYK	21.6	6. LAL	23.9	6. NOP	19.3	6. CLE	18.3	6. BOS	17.8
7. DEN	21.8	7. CLE	24.8	7. ORL	19.6	7. IND	18.4	7. MIA	17.9
8. SAC	22.1	8. DAL	24.8	8. UTA	19.6	8. NYK	18.5	8. MIL	18.5
9. CLE	22.2	9. MIN	24.9	9. GSW	19.7	9. WAS	19.3	9. ATL	18.6
10. BOS	22.2	10. SAS	25.3	10. SAC	20.4	10. GSW	19.9	10. OKC	18.8
11. DET	22.6	11. TOR	25.7	11. CHA	21.8	11. DET	20.1	11. LAC	19.2
12. POR	22.9	12. OKC	25.8	12. DAL	22.5	12. UTA	20.3	12. UTA	19.3
13. DAL	23.0	13. CHA	27.2	13. POR	22.8	13. SAS	20.8	13. DET	19.4
14. LAC	23.1	14. DET	27.5	14. SAS	23.0	14. TOR	21.2	14. BKN	19.5
15. PHX	23.5	15. PHX	27.8	15. DET	23.3	15. ORL	21.2	15. HOU	19.8
16. MIL	24.1	16. MIL	28.0	16. CHI	23.8	16. ATL	21.2	16. POR	20.1
17. WAS	24.1	17. IND	28.7	17. MIL	25.2	17. BOS	21.5	17. DEN	20.1
18. CHI	24.5	18. DEN	29.5	18. MEM	25.4	18. PHX	22.4	18. PHX	20.3
19. MIA	24.7	19. MEM	30.5	19. BKN	25.6	19. POR	22.4	19. CLE	20.4
20. HOU	25.3	20. BKN	30.6	20. LAC	25.7	20. MIL	22.8	20. MIN	20.6
21. PHI	25.5	21. NYK	31.0	21. PHI	25.8	21. MEM	23.2	21. TOR	20.9
22. SAS	25.6	22. MIA	31.5	22. TOR	26.0	22. BKN	23.4	22. IND	21.0
23. UTA	25.6	23. PHI	31.6	23. NYK	26.1	23. DEN	23.4	23. DAL	21.1
24. CHA	26.4	24. ORL	32.6	24. LAL	26.2	24. DAL	24.2	24. CHA	21.1
25. ORL	26.7	25. POR	32.8	25. WAS	26.4	25. CHA	24.4	25. PHI	21.2
26. LAL	26.8	26. LAC	33.6	26. BOS	26.5	26. OKC	24.6	26. CHI	22.8
27. ATL	26.9	27. WAS	34.5	27. ATL	27.1	27. MIA	25.1	27. GSW	23.5
28. MIN	27.1	28. NOP	35.8	28. HOU	29.1	28. LAL	25.5	28. WAS	23.8
29. NOP	28.1	29. SAC	36.2	29. CLE	29.1	29. MIN	27.9	29. NOP	24.7
30. GSW	29.9	30. UTA	40.7	30. IND	31.9	30. CHI	30.8	30. SAC	26.1

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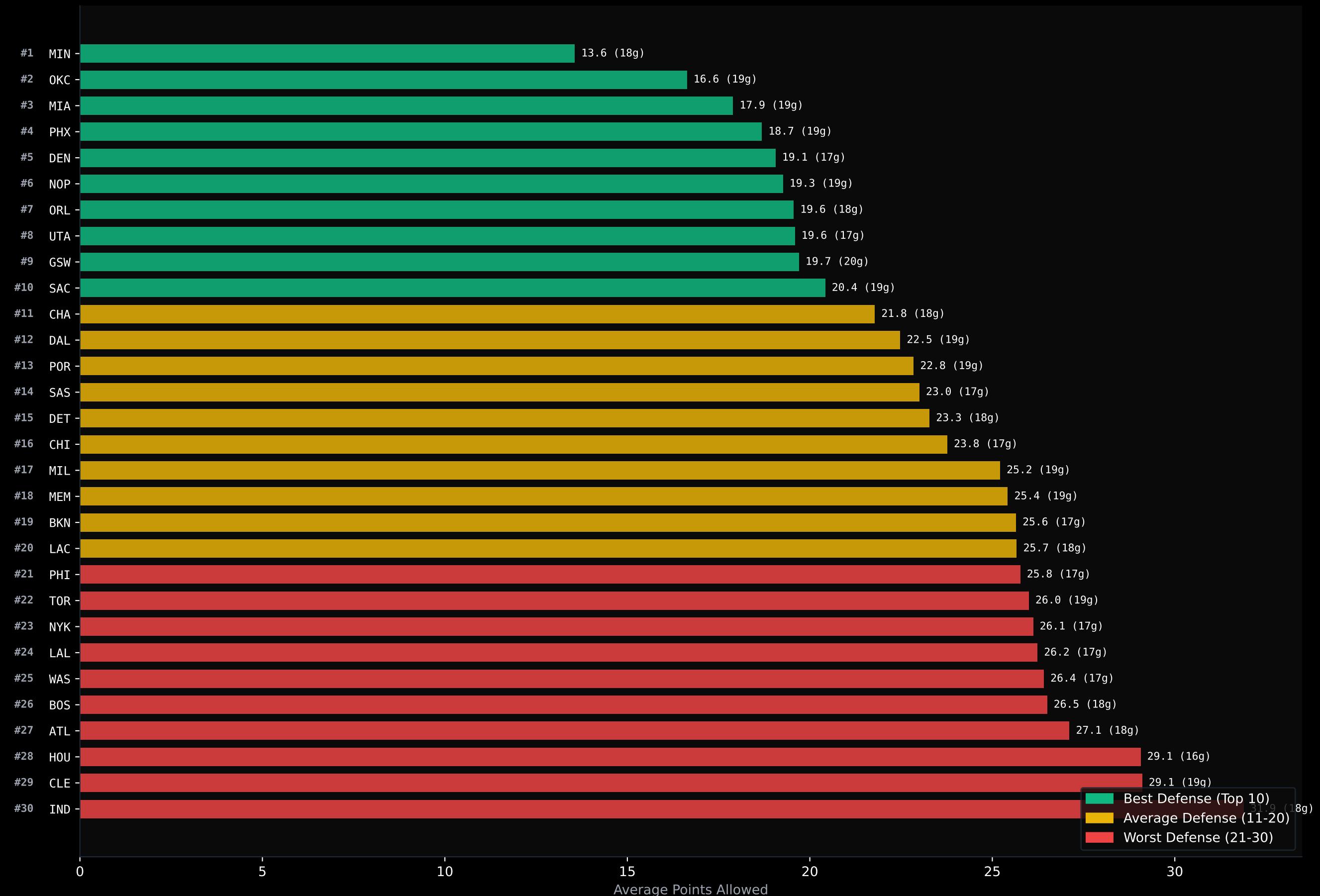
Defense vs Point Guards (PG) - League Rankings



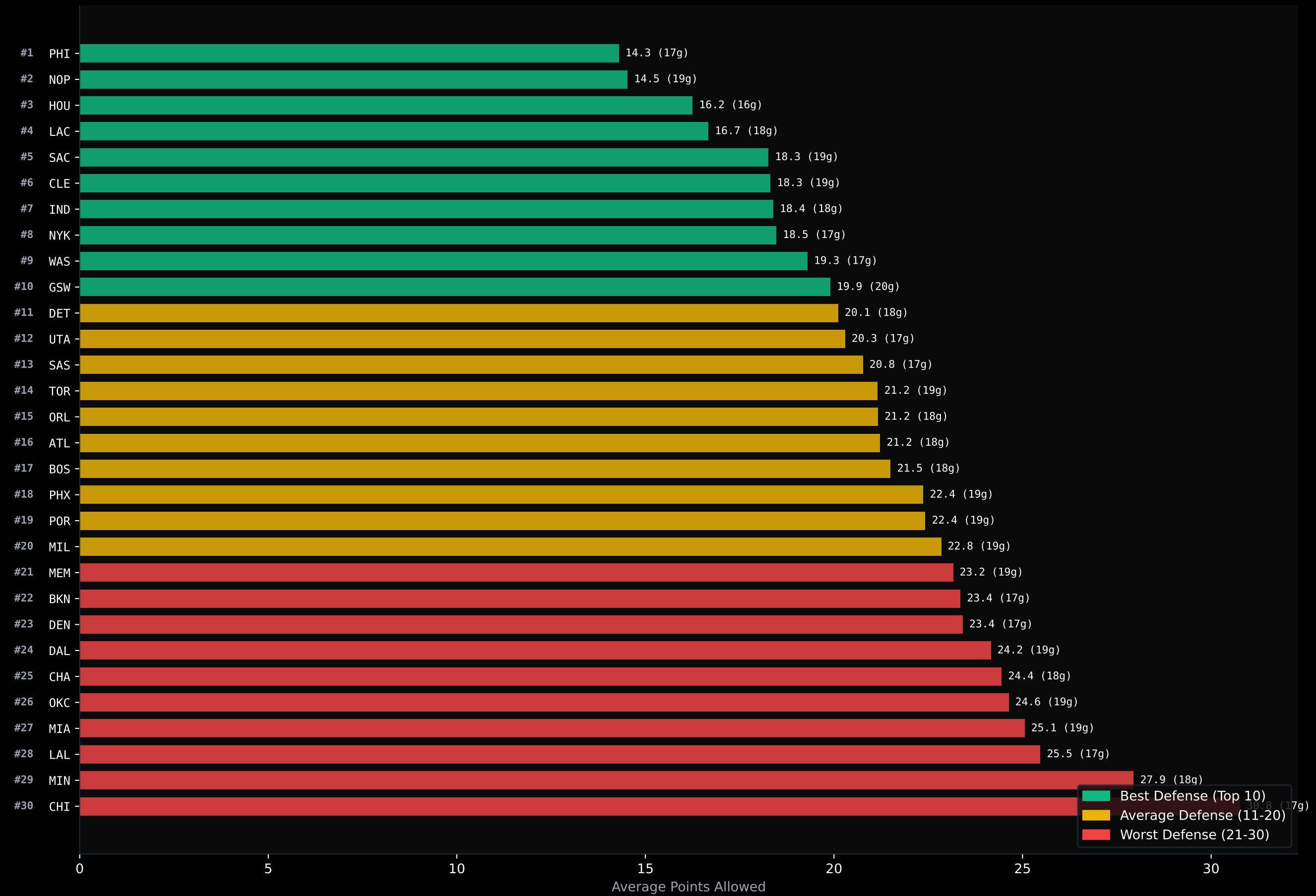
Defense vs Shooting Guards (SG) - League Rankings



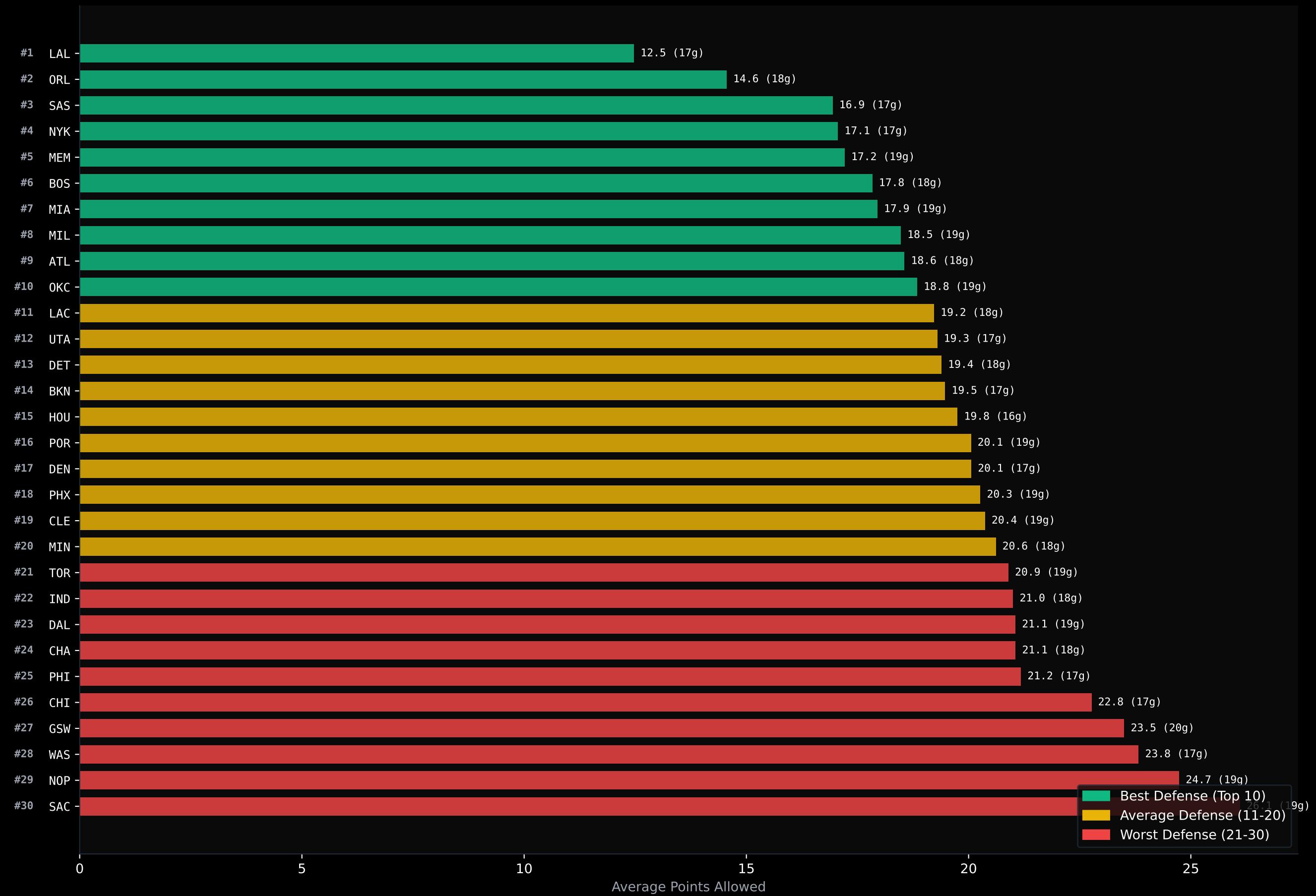
Defense vs Small Forwards (SF) - League Rankings



Defense vs Power Forwards (PF) - League Rankings

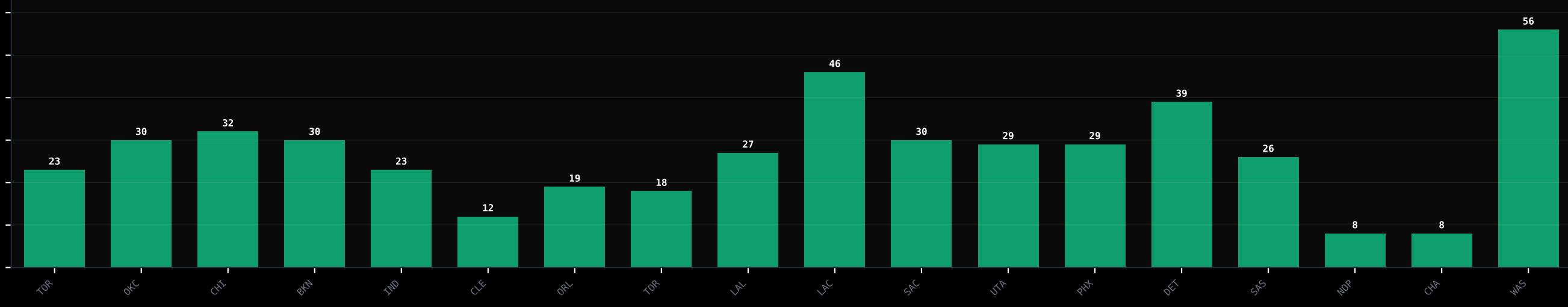


Defense vs Centers (C) - League Rankings

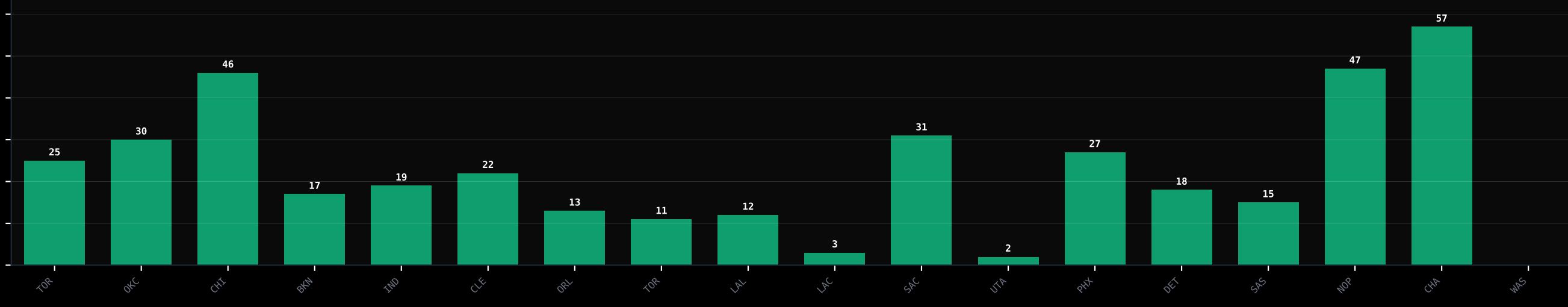


Atlanta Hawks (ATL) - Points Allowed by Position

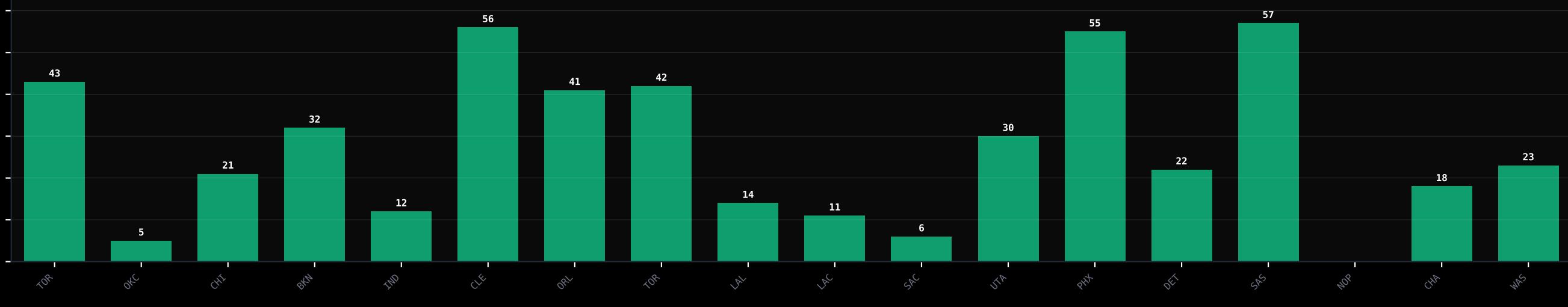
Point Guards (PG) - Avg: 26.9 PPG | 18 games



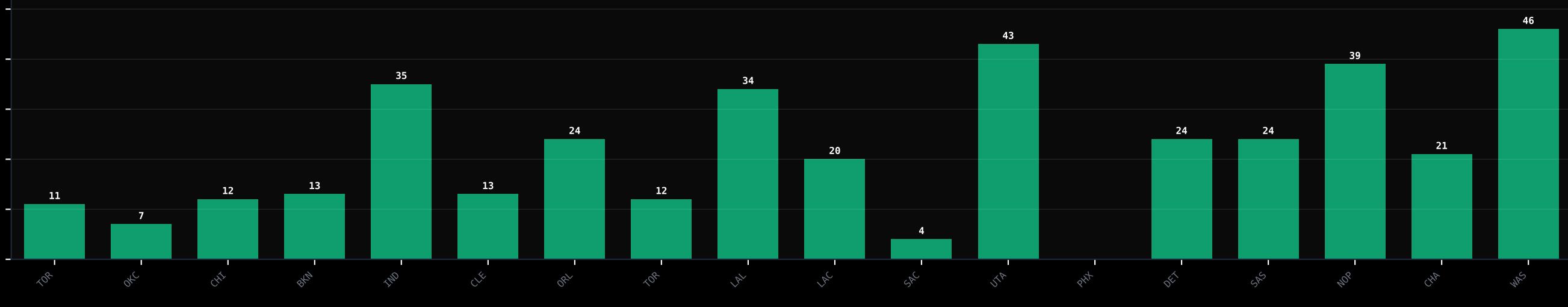
Shooting Guards (SG) - Avg: 21.9 PPG | 18 games



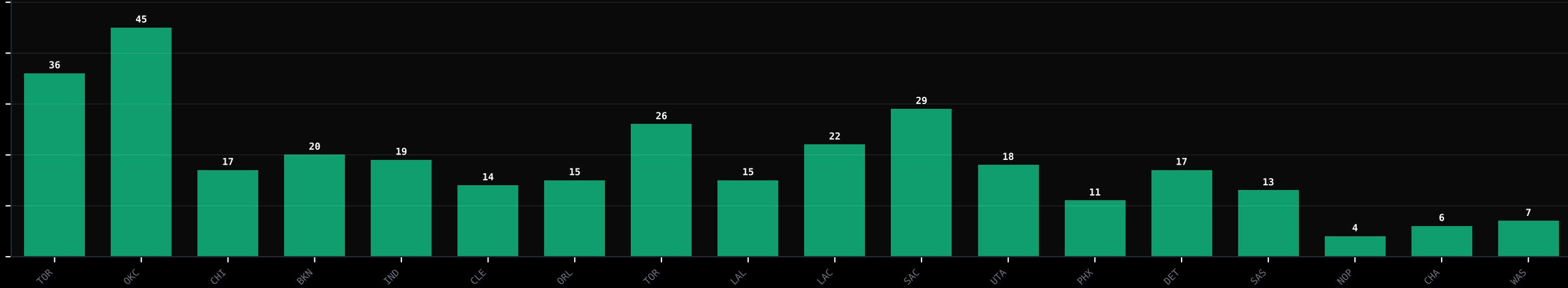
Small Forwards (SF) - Avg: 27.1 PPG | 18 games



Power Forwards (PF) - Avg: 21.2 PPG | 18 games

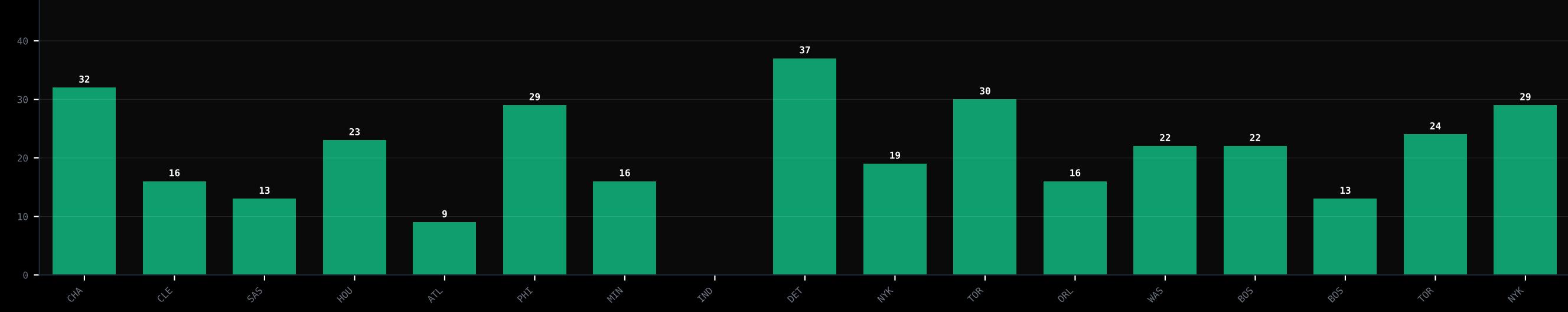


Centers (C) - Avg: 18.6 PPG | 18 games

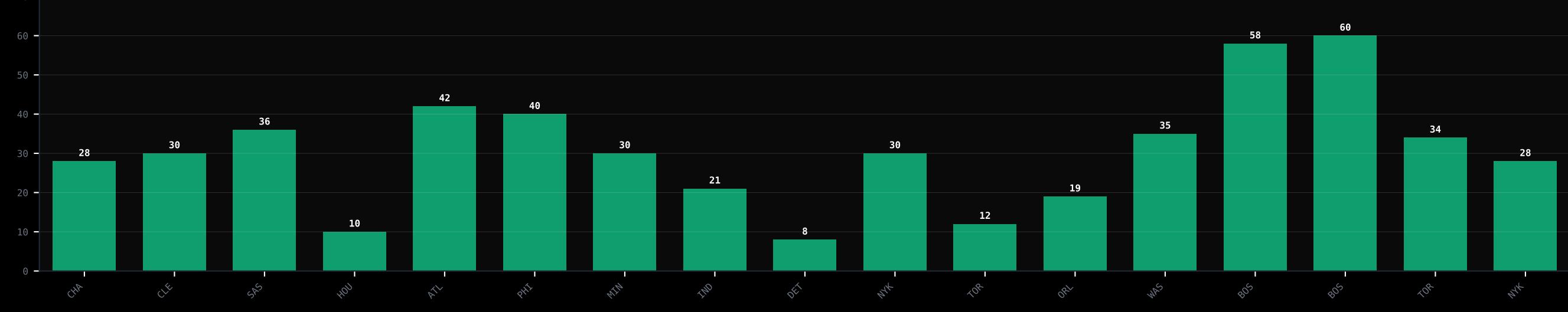


Brooklyn Nets (BKN) - Points Allowed by Position

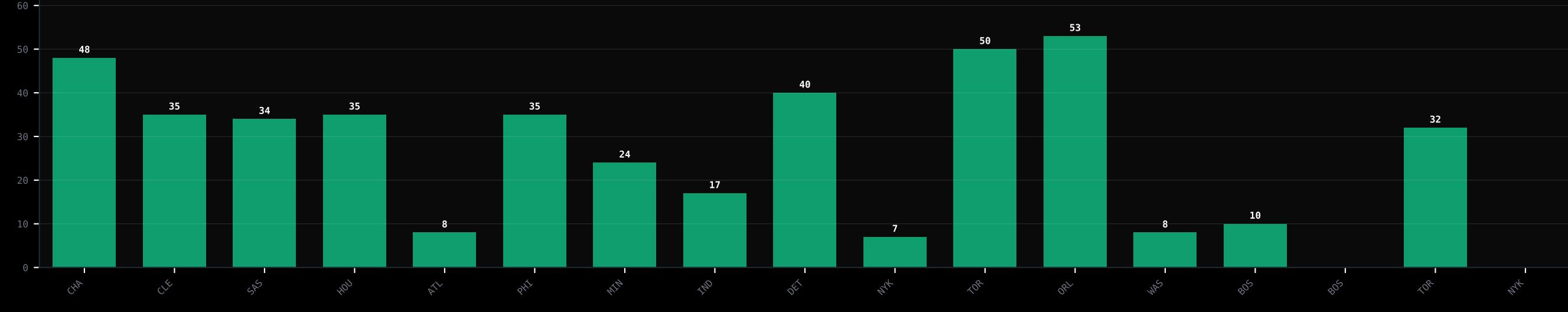
Point Guards (PG) - Avg: 20.6 PPG | 17 games



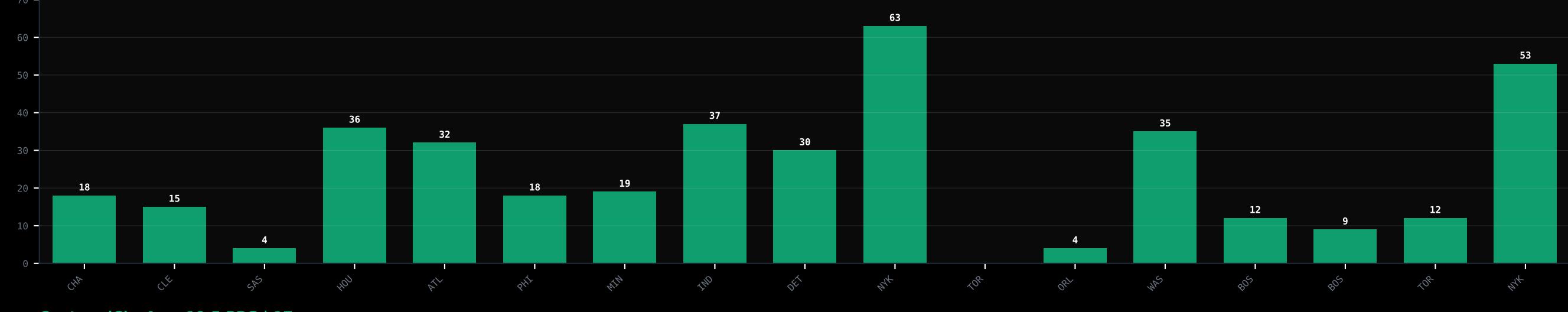
Shooting Guards (SG) - Avg: 30.6 PPG | 17 games



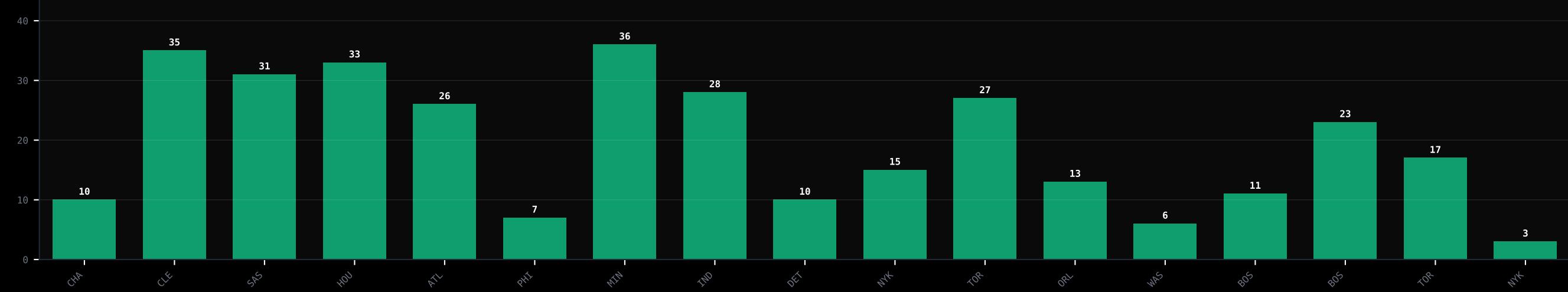
Small Forwards (SF) - Avg: 25.6 PPG | 17 games



Power Forwards (PF) - Avg: 23.4 PPG | 17 games

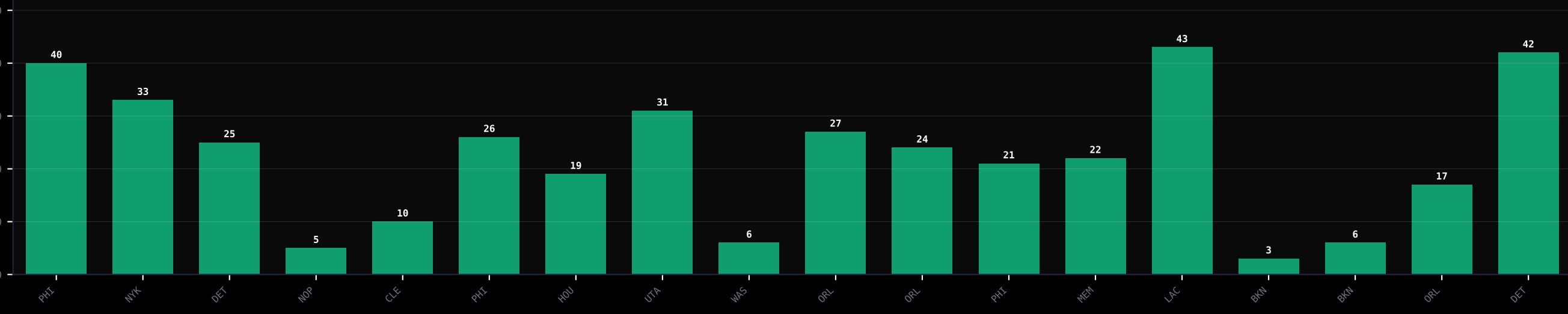


Centers (C) - Avg: 19.5 PPG | 17 games

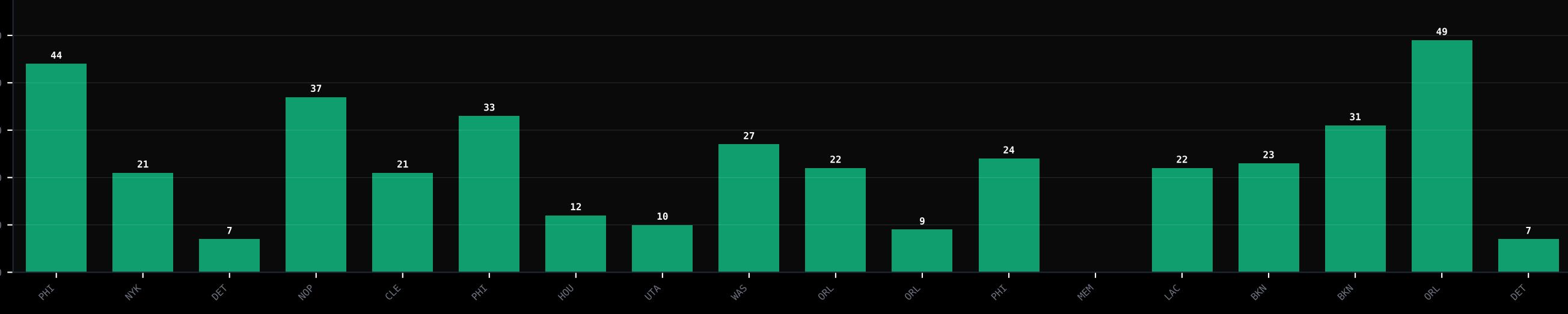


Boston Celtics (BOS) - Points Allowed by Position

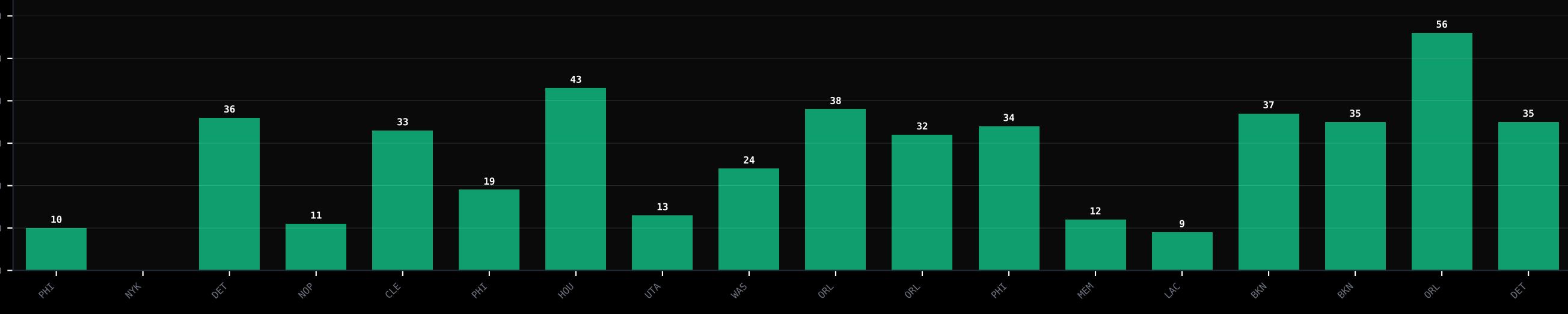
Point Guards (PG) - Avg: 22.2 PPG | 18 games



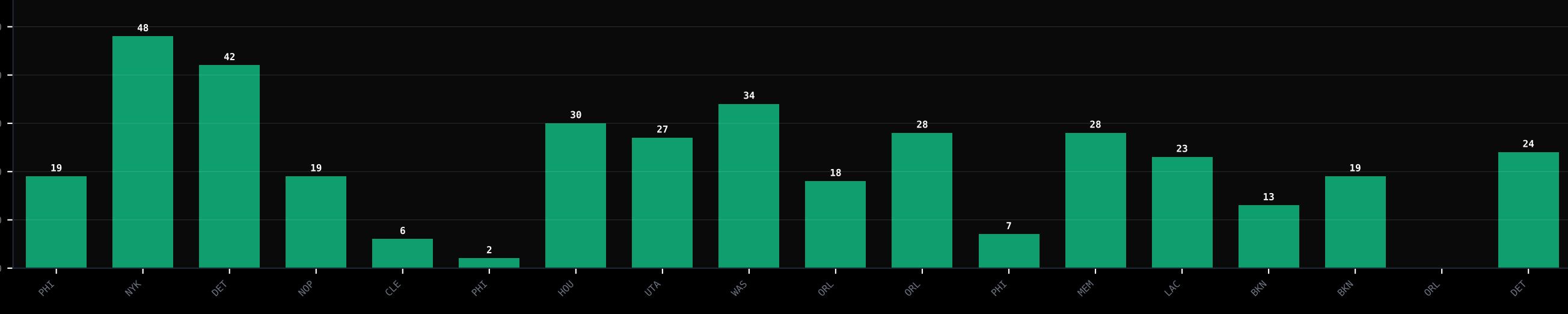
Shooting Guards (SG) - Avg: 22.2 PPG | 18 games



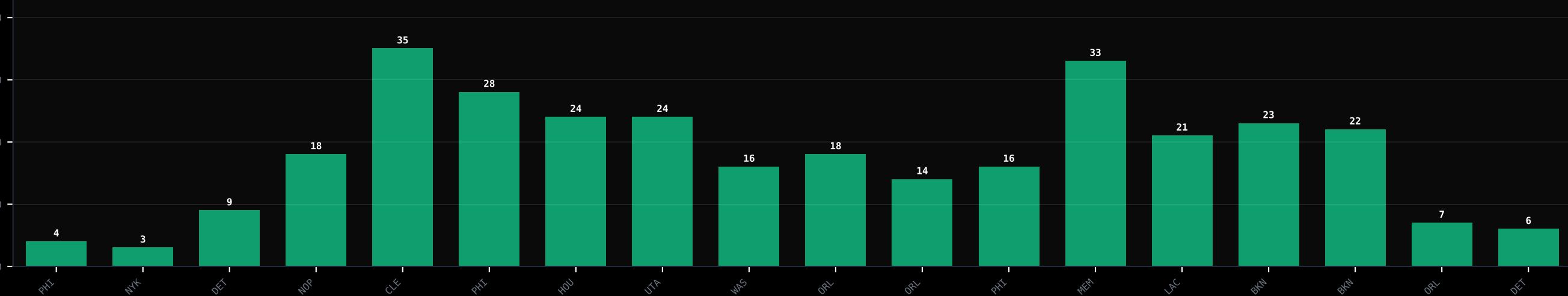
Small Forwards (SF) - Avg: 26.5 PPG | 18 games



Power Forwards (PF) - Avg: 21.5 PPG | 18 games

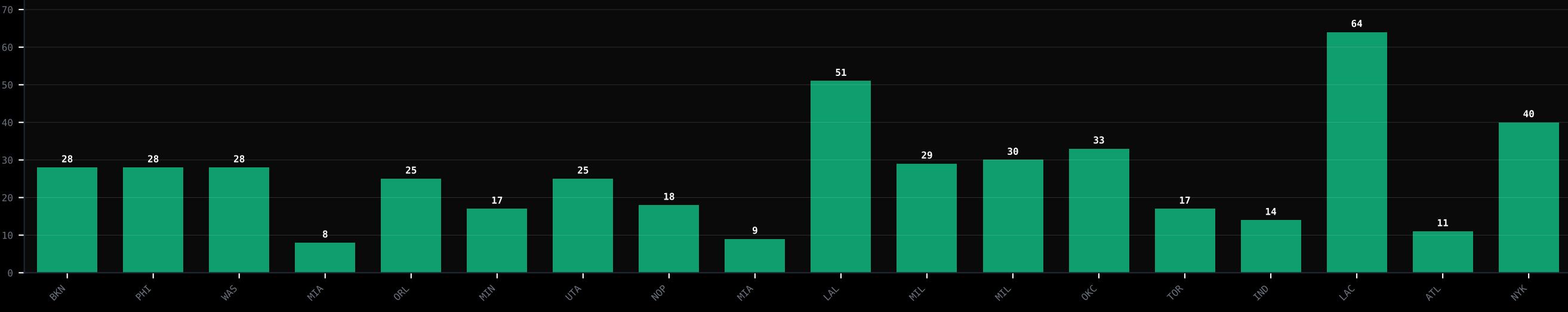


Centers (C) - Avg: 17.8 PPG | 18 games

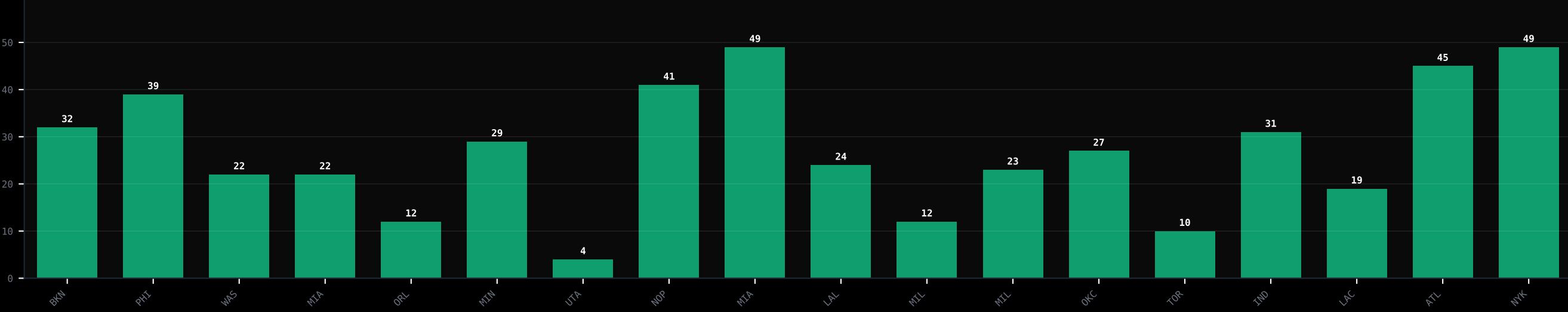


Charlotte Hornets (CHA) - Points Allowed by Position

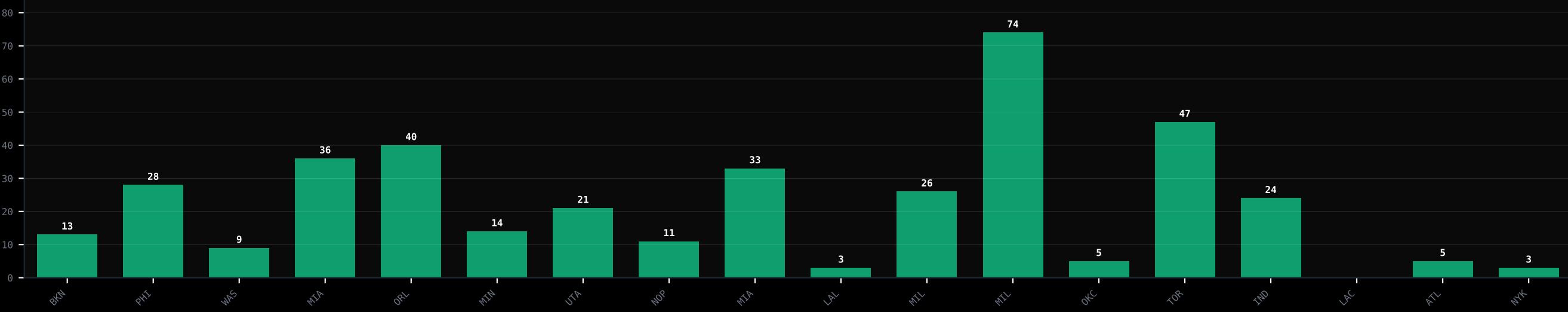
Point Guards (PG) - Avg: 26.4 PPG | 18 games



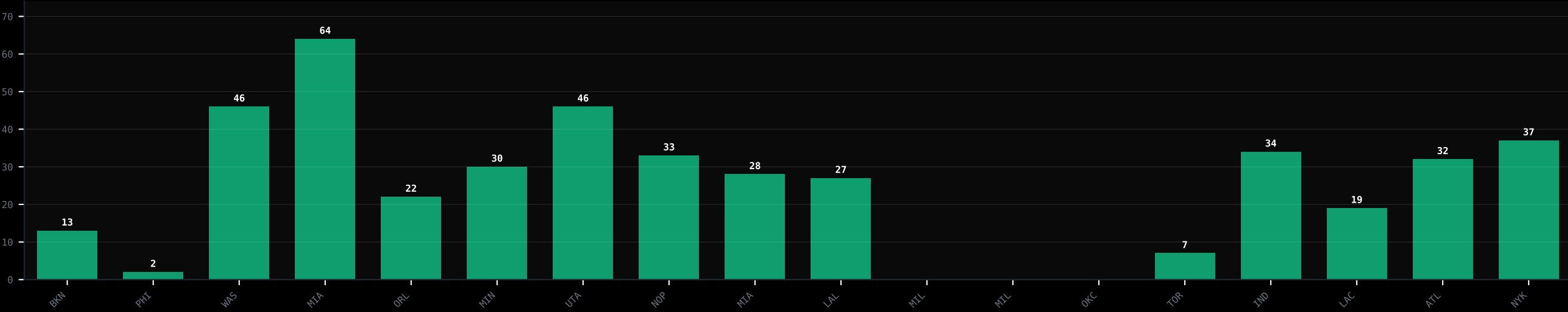
Shooting Guards (SG) - Avg: 27.2 PPG | 18 games



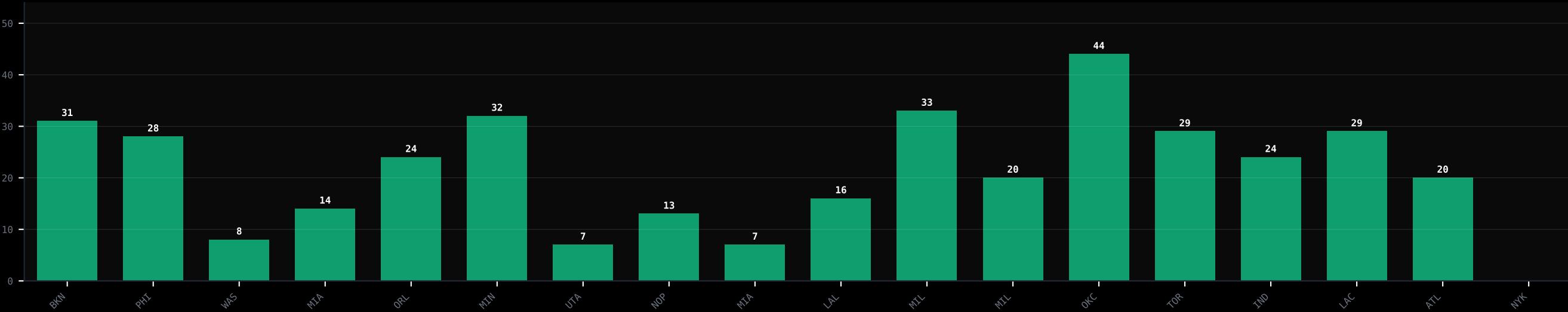
Small Forwards (SF) - Avg: 21.8 PPG | 18 games



Power Forwards (PF) - Avg: 24.4 PPG | 18 games

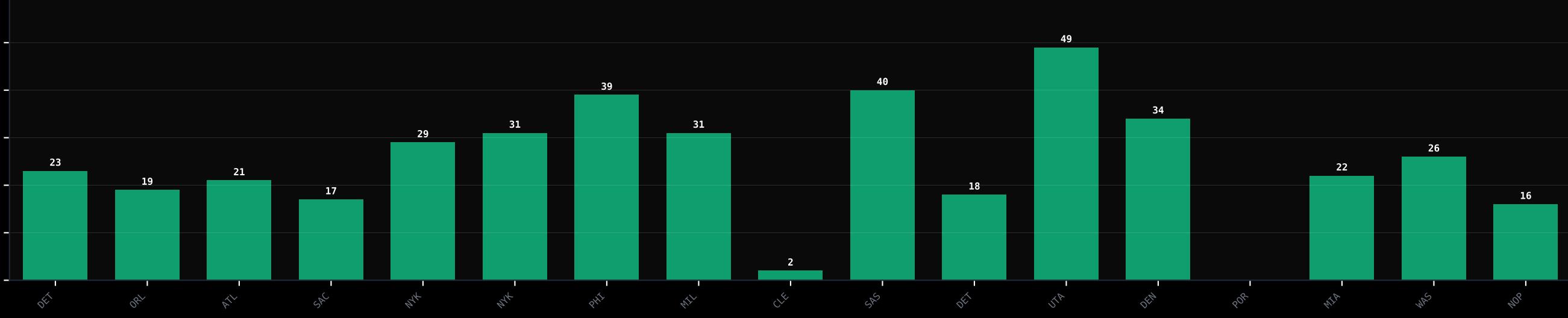


Centers (C) - Avg: 21.1 PPG | 18 games

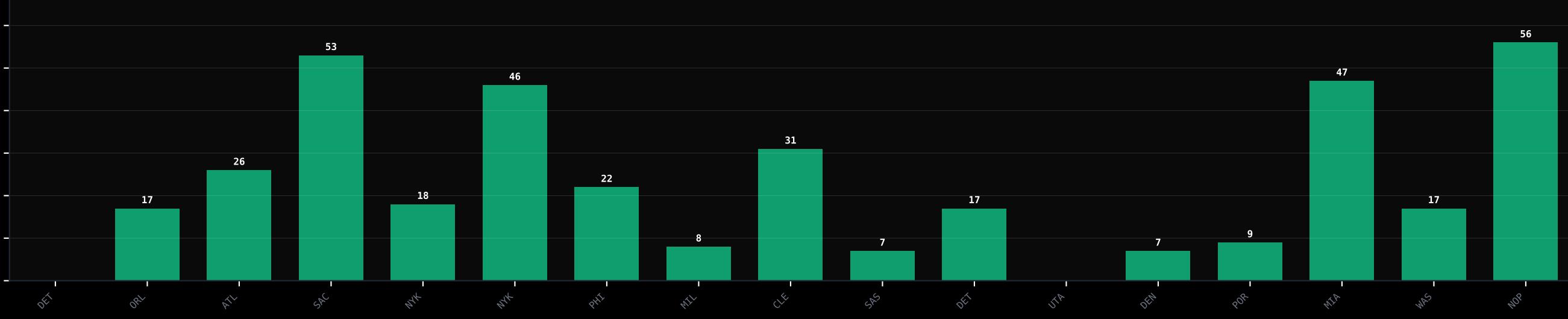


Chicago Bulls (CHI) - Points Allowed by Position

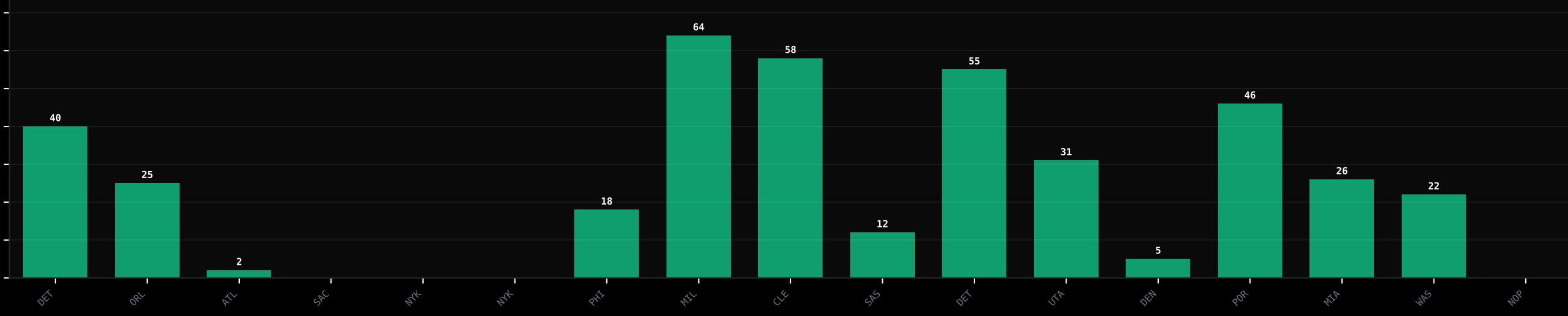
Point Guards (PG) - Avg: 24.5 PPG | 17 games



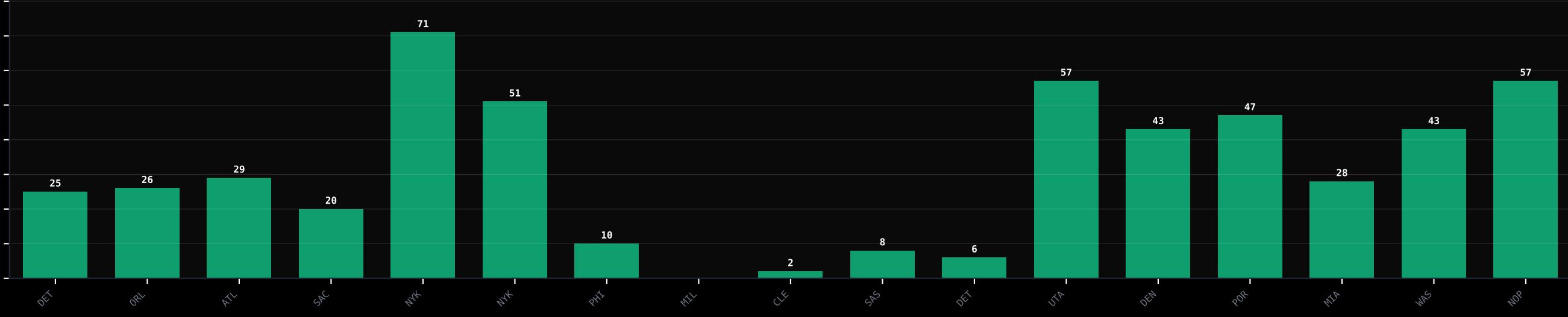
Shooting Guards (SG) - Avg: 22.4 PPG | 17 games



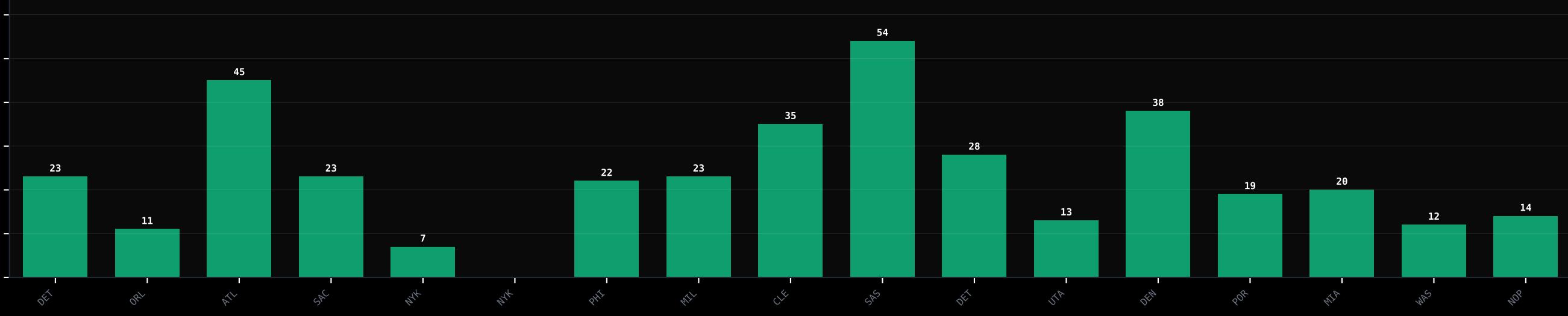
Small Forwards (SF) - Avg: 23.8 PPG | 17 games



Power Forwards (PF) - Avg: 30.8 PPG | 17 games

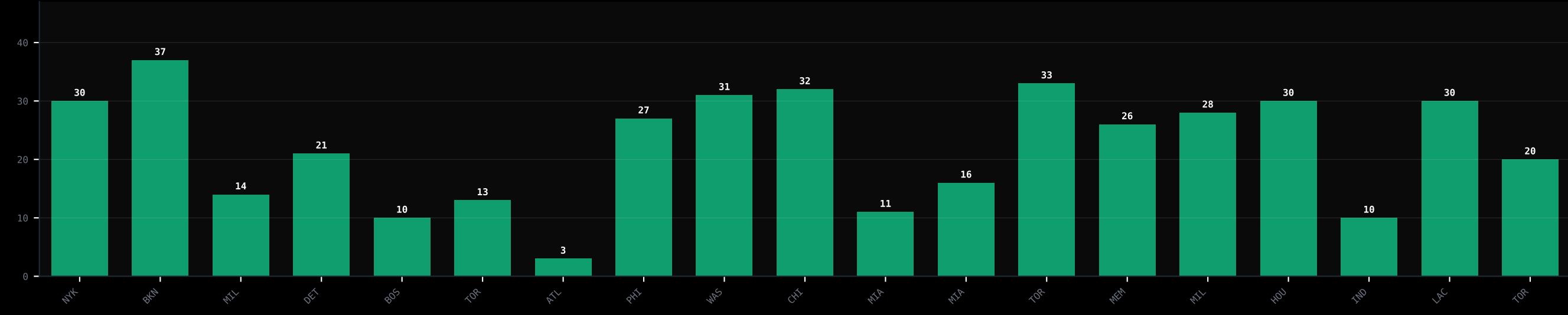


Centers (C) - Avg: 22.8 PPG | 17 games

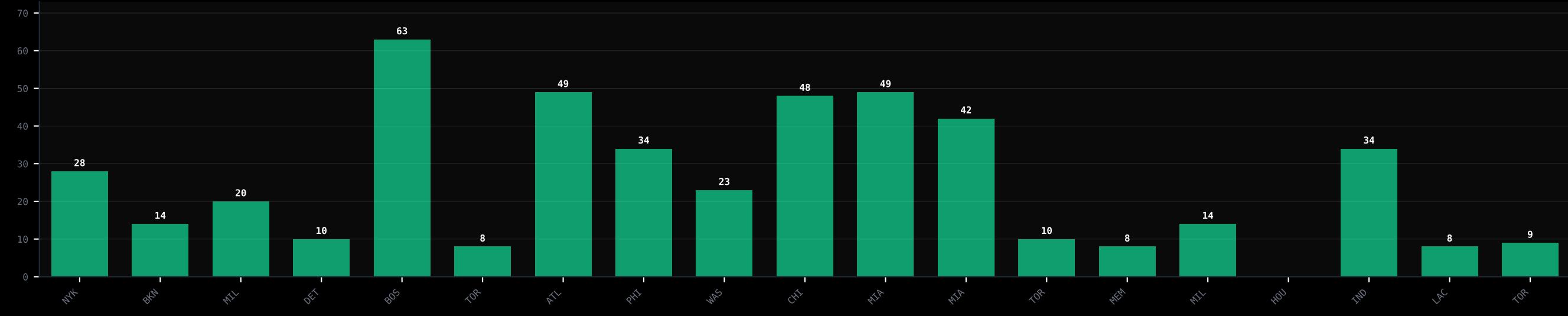


Cleveland Cavaliers (CLE) - Points Allowed by Position

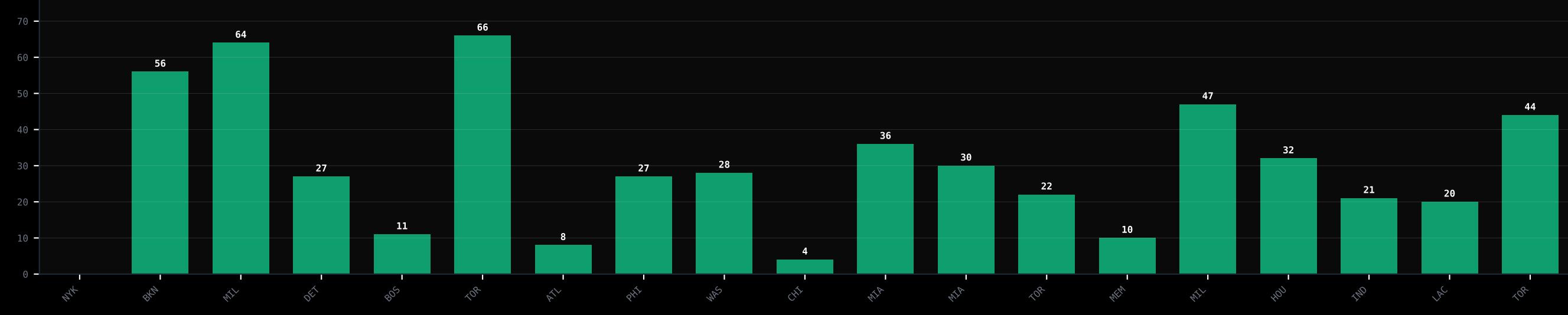
Point Guards (PG) - Avg: 22.2 PPG | 19 games



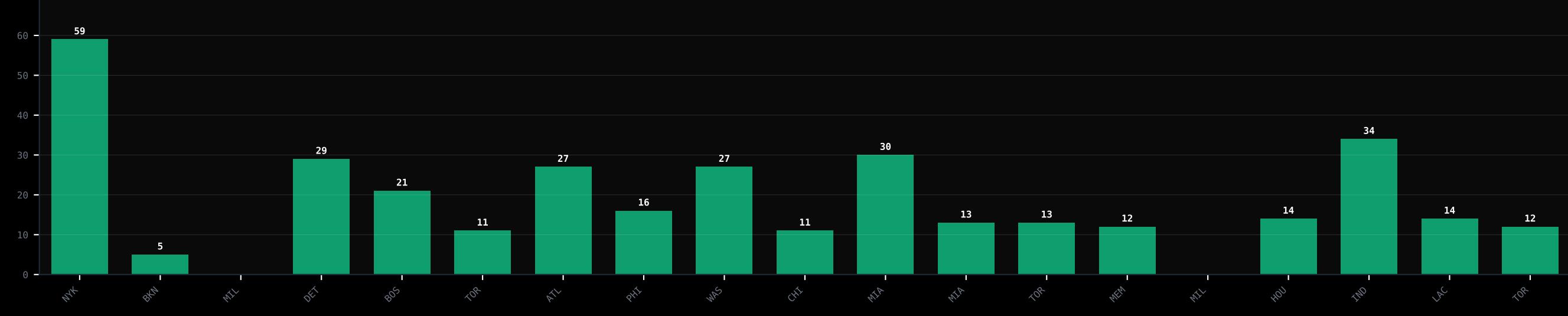
Shooting Guards (SG) - Avg: 24.8 PPG | 19 games



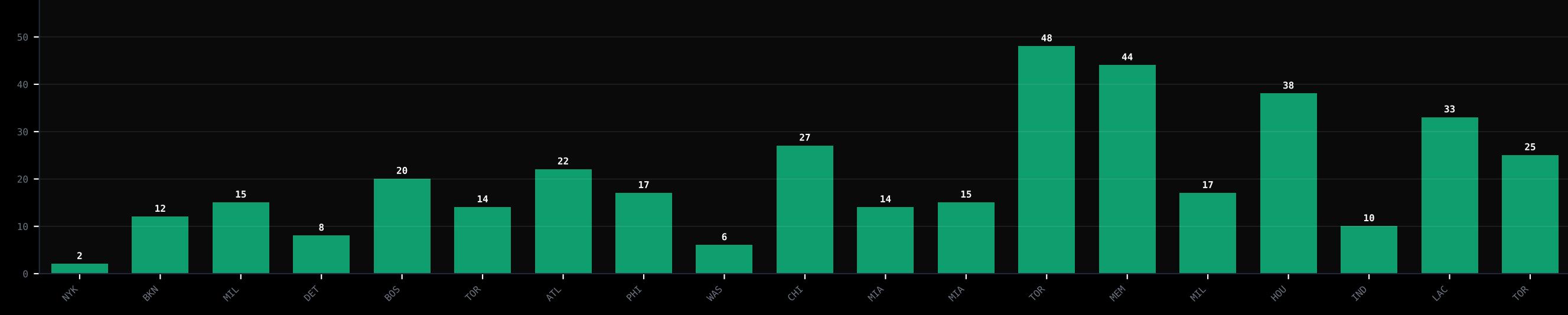
Small Forwards (SF) - Avg: 29.1 PPG | 19 games



Power Forwards (PF) - Avg: 18.3 PPG | 19 games

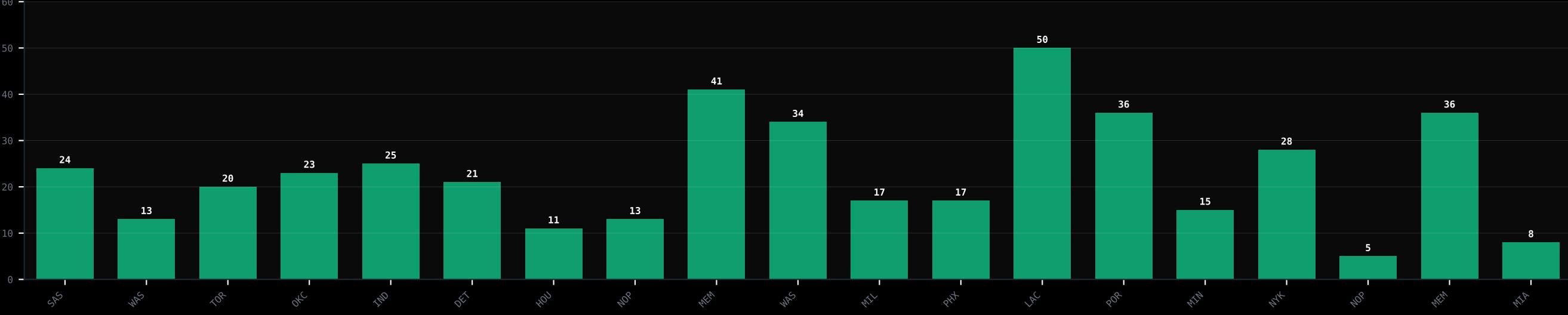


Centers (C) - Avg: 20.4 PPG | 19 games

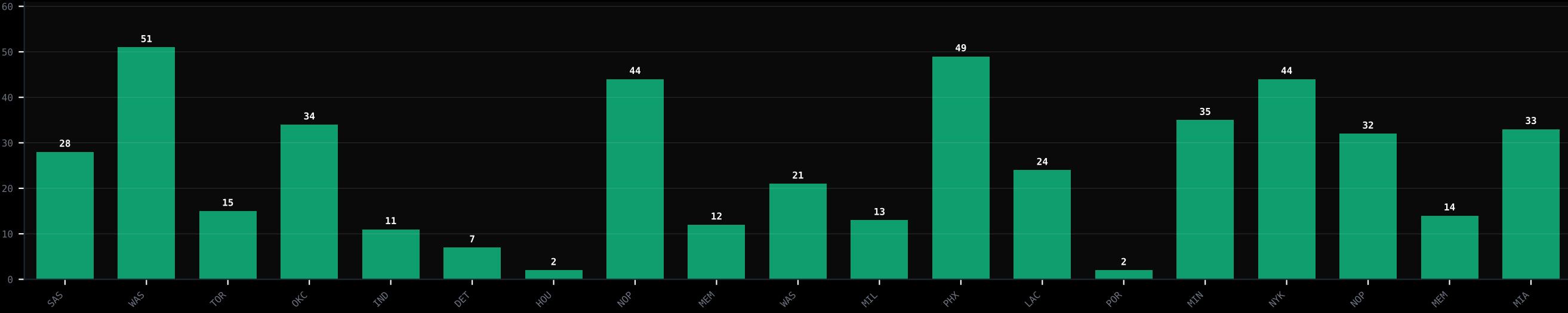


Dallas Mavericks (DAL) - Points Allowed by Position

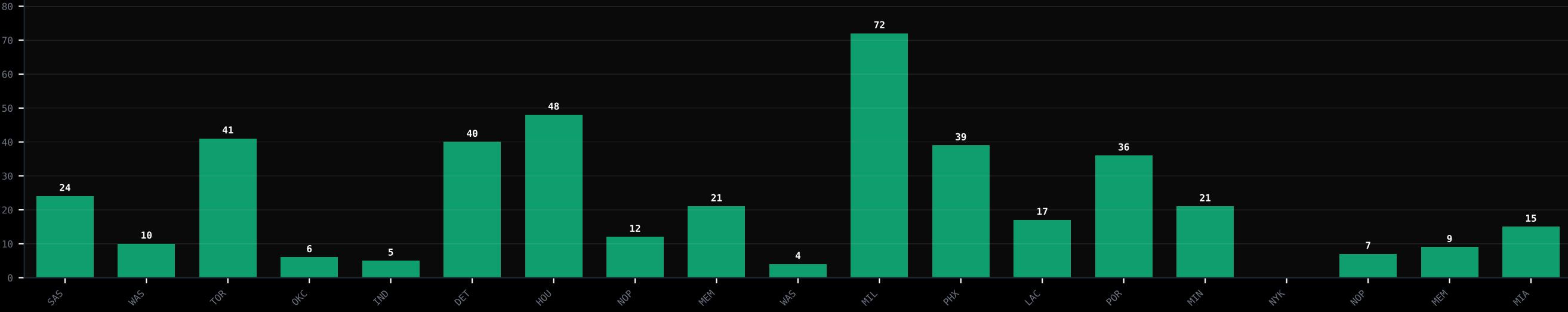
Point Guards (PG) - Avg: 23.0 PPG | 19 games



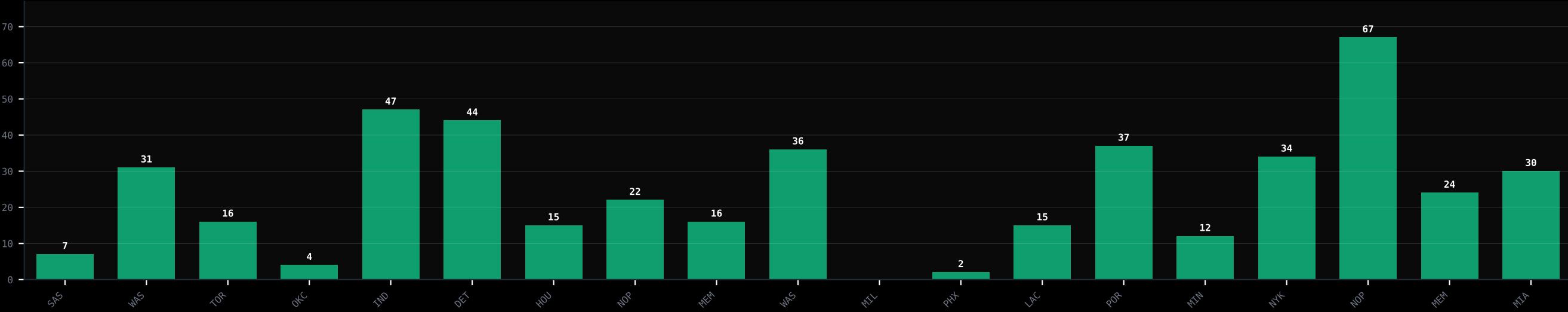
Shooting Guards (SG) - Avg: 24.8 PPG | 19 games



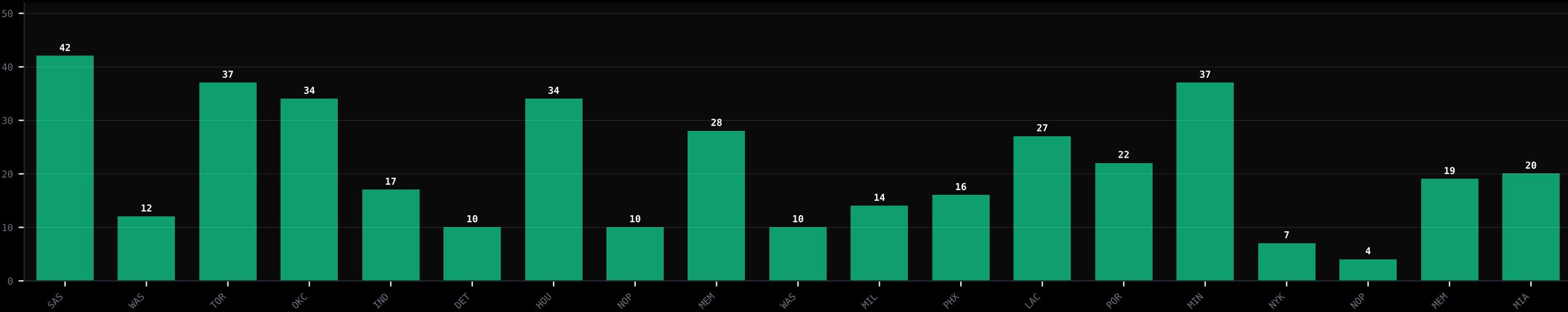
Small Forwards (SF) - Avg: 22.5 PPG | 19 games



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

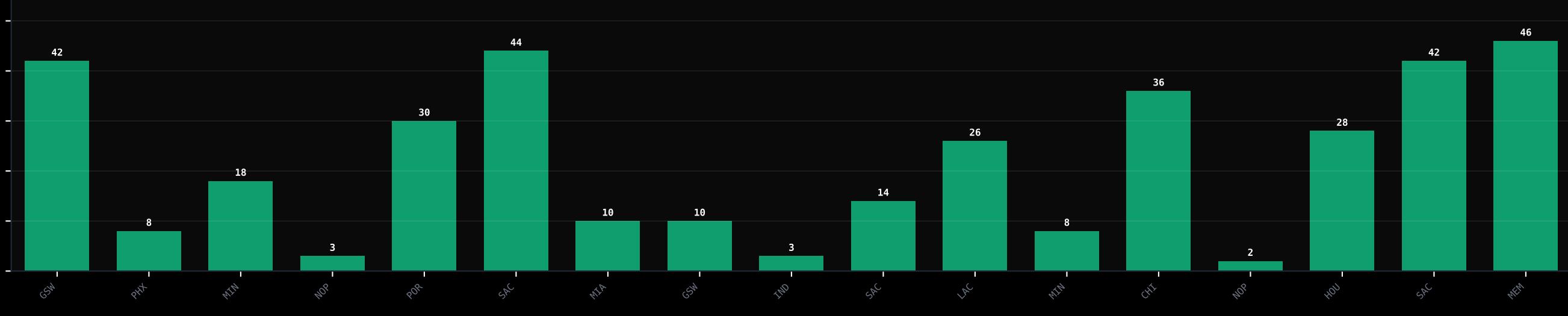


Centers (C) - Avg: 21.1 PPG | 19 games

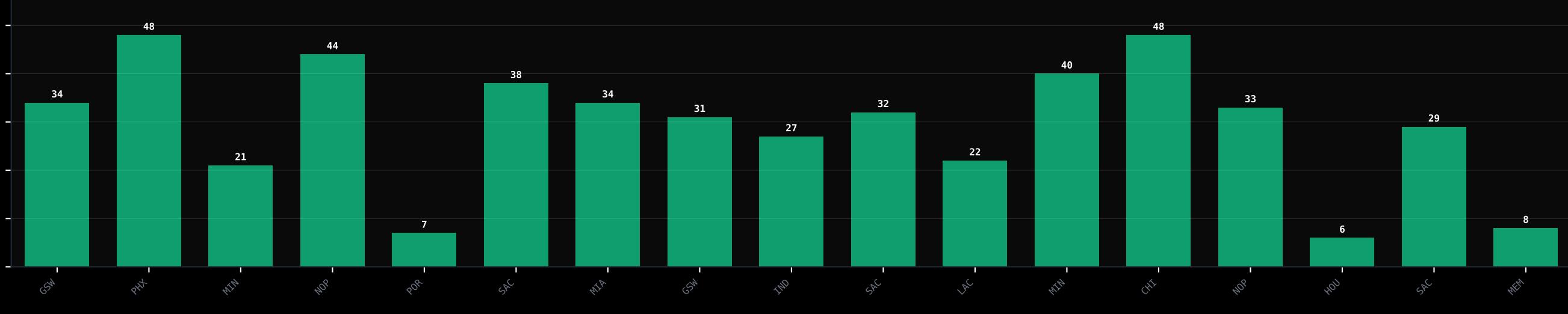


Denver Nuggets (DEN) - Points Allowed by Position

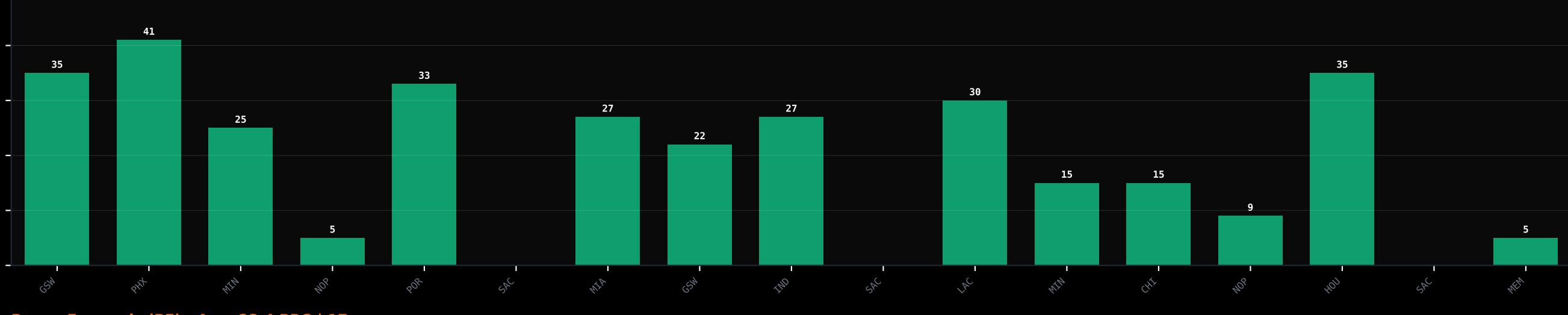
Point Guards (PG) - Avg: 21.8 PPG | 17 games



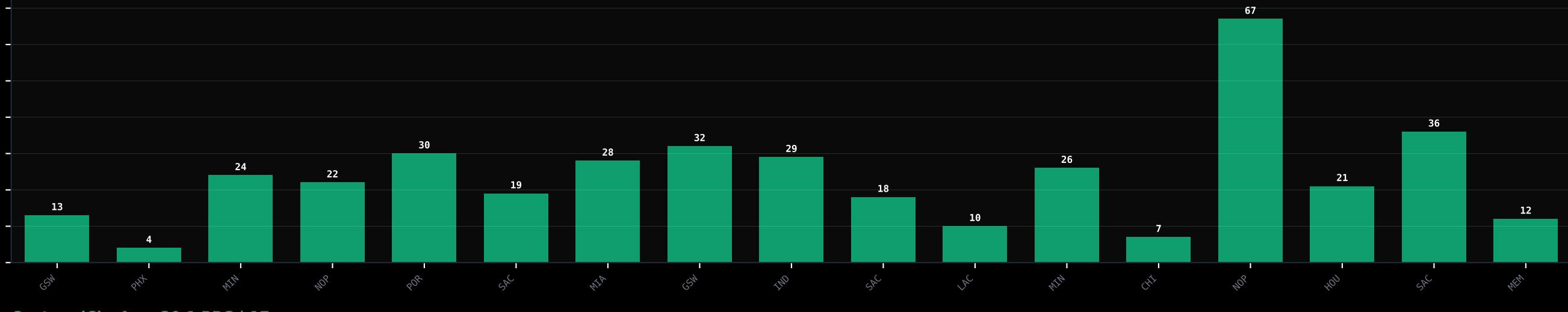
Shooting Guards (SG) - Avg: 29.5 PPG | 17 games



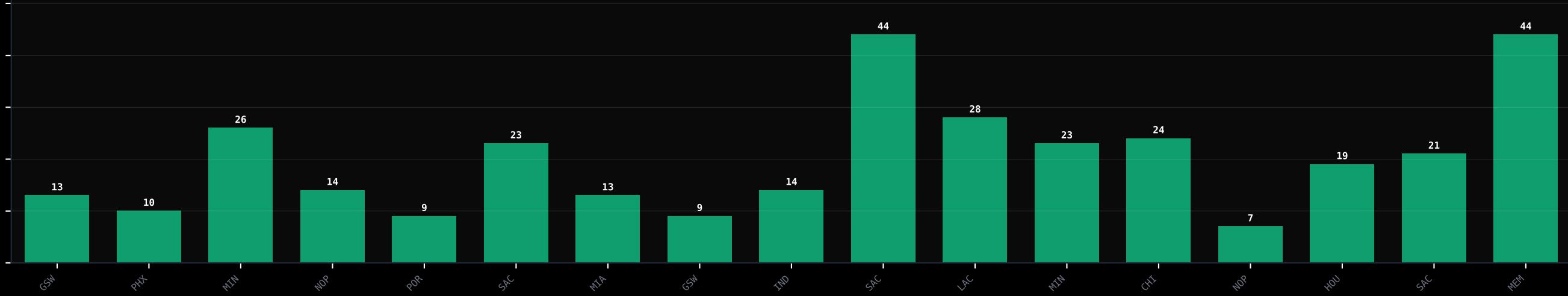
Small Forwards (SF) - Avg: 19.1 PPG | 17 games



Power Forwards (PF) - Avg: 23.4 PPG | 17 games

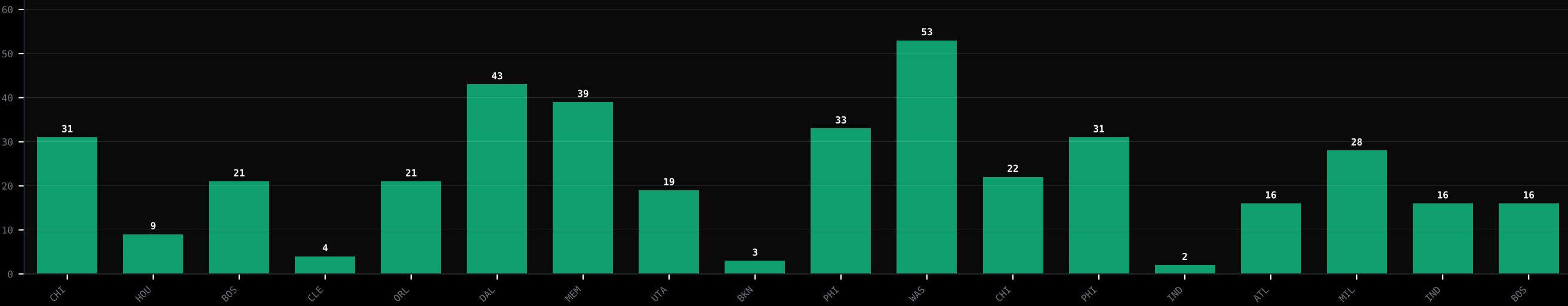


Centers (C) - Avg: 20.1 PPG | 17 games

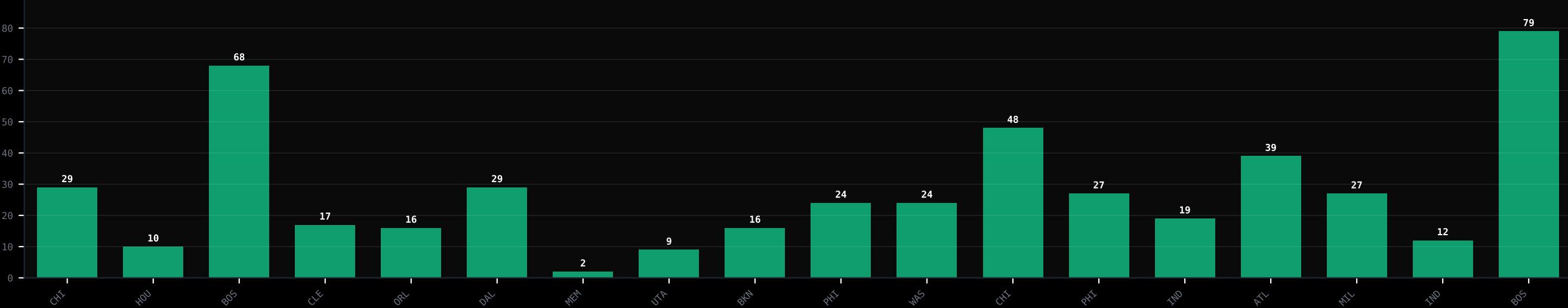


Detroit Pistons (DET) - Points Allowed by Position

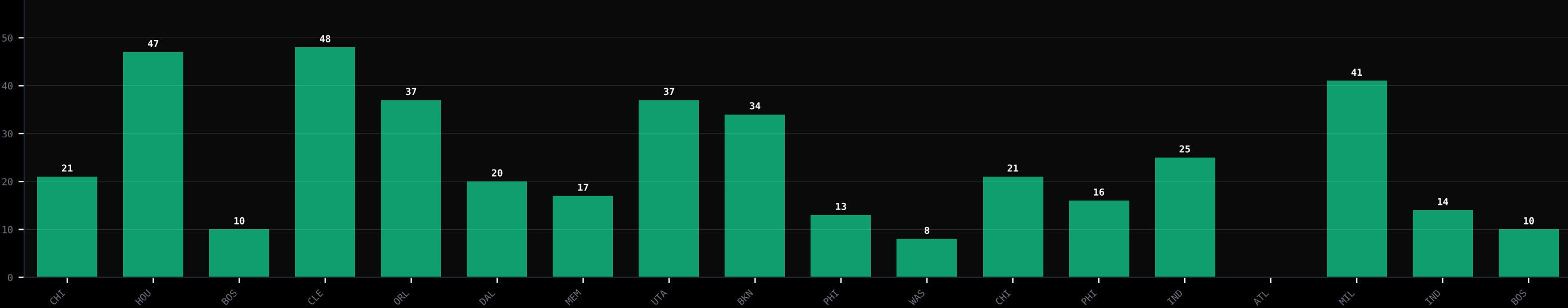
Point Guards (PG) - Avg: 22.6 PPG | 18 games



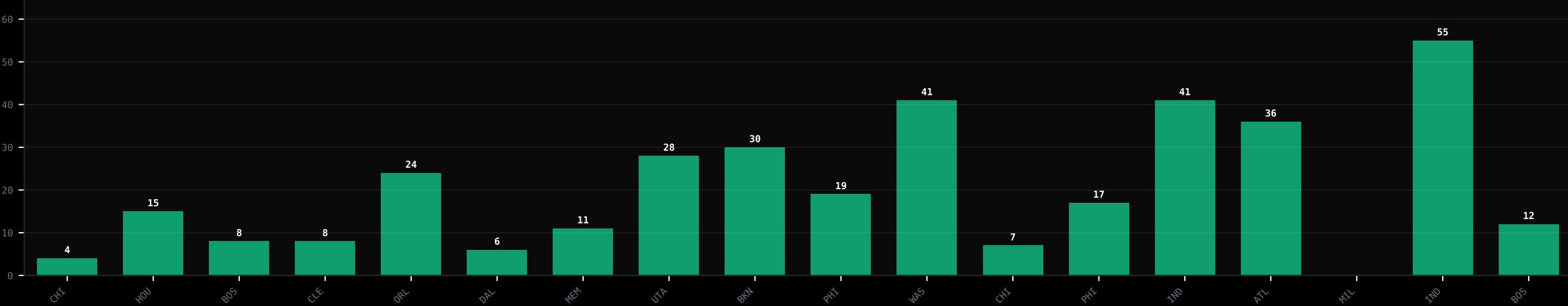
Shooting Guards (SG) - Avg: 27.5 PPG | 18 games



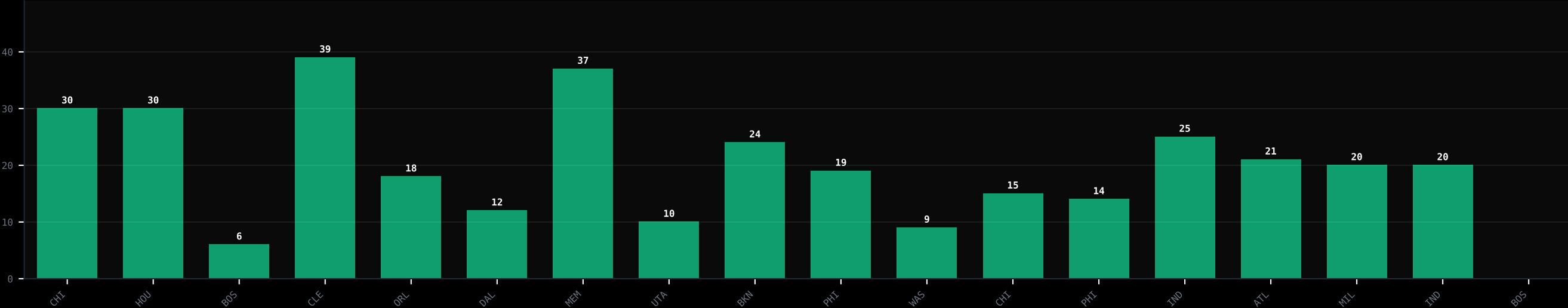
Small Forwards (SF) - Avg: 23.3 PPG | 18 games



Power Forwards (PF) - Avg: 20.1 PPG | 18 games

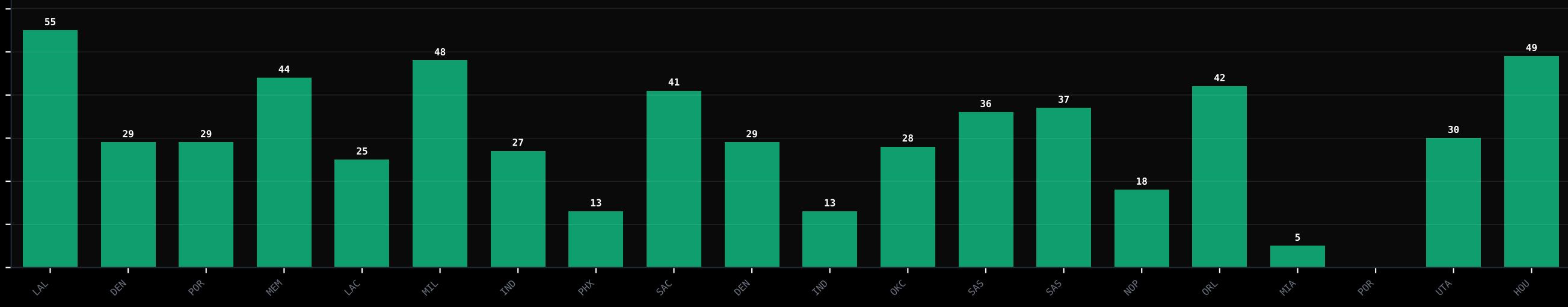


Centers (C) - Avg: 19.4 PPG | 18 games

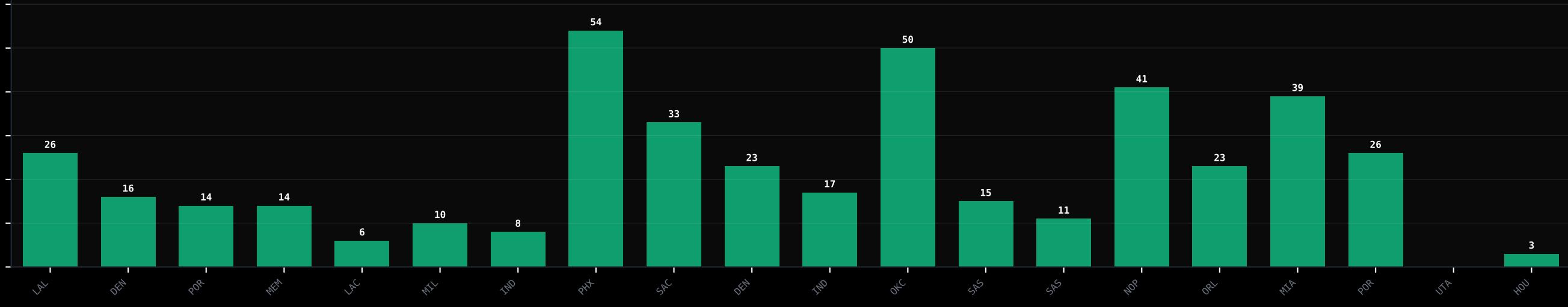


Golden State Warriors (GSW) - Points Allowed by Position

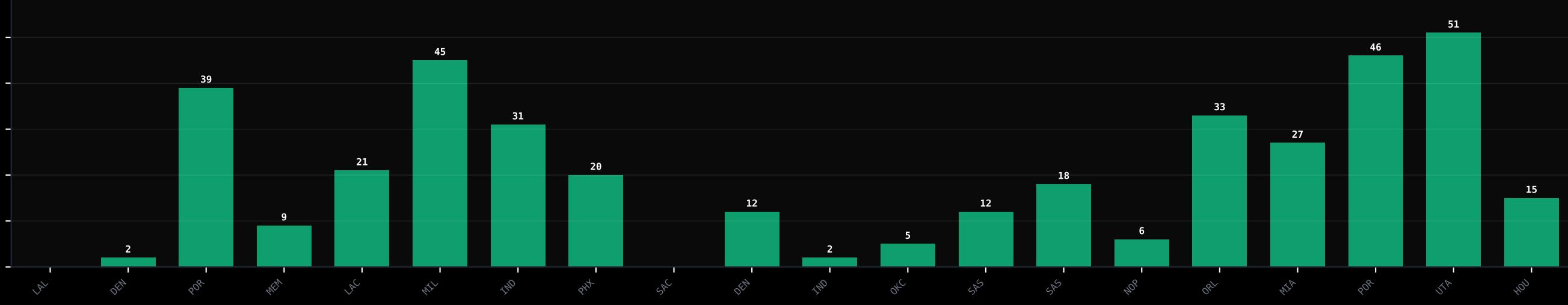
Point Guards (PG) - Avg: 29.9 PPG | 20 games



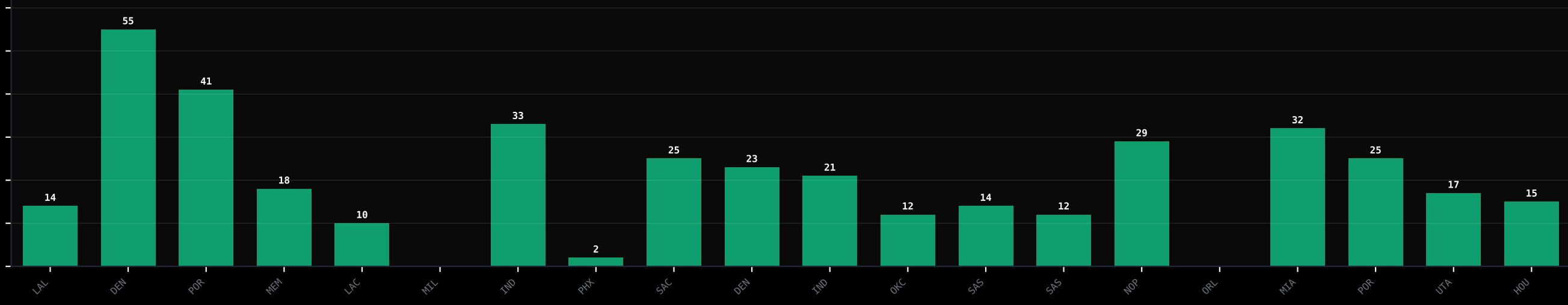
Shooting Guards (SG) - Avg: 21.4 PPG | 20 games



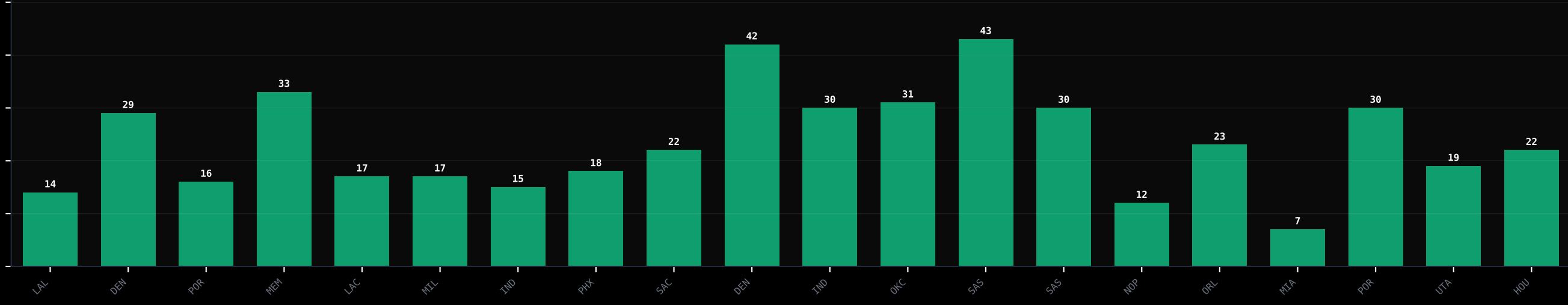
Small Forwards (SF) - Avg: 19.7 PPG | 20 games



Power Forwards (PF) - Avg: 19.9 PPG | 20 games

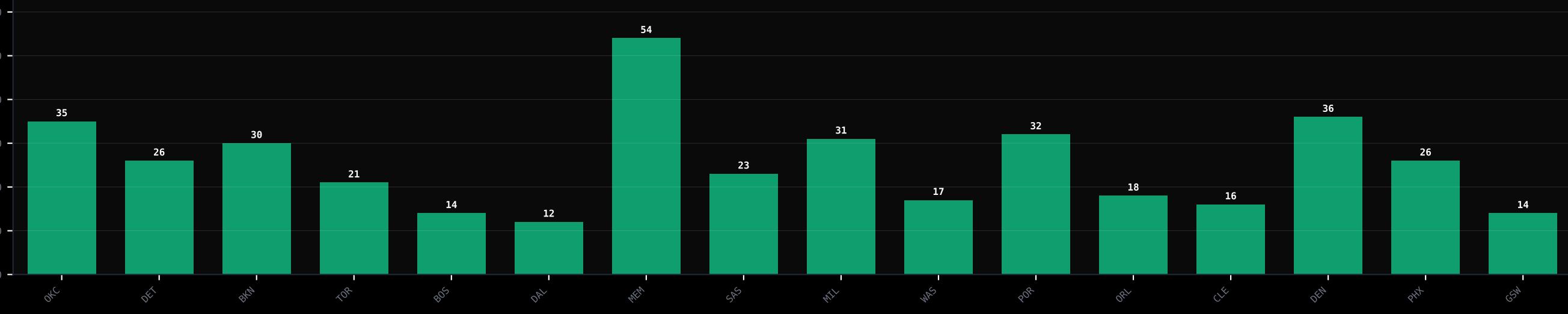


Centers (C) - Avg: 23.5 PPG | 20 games

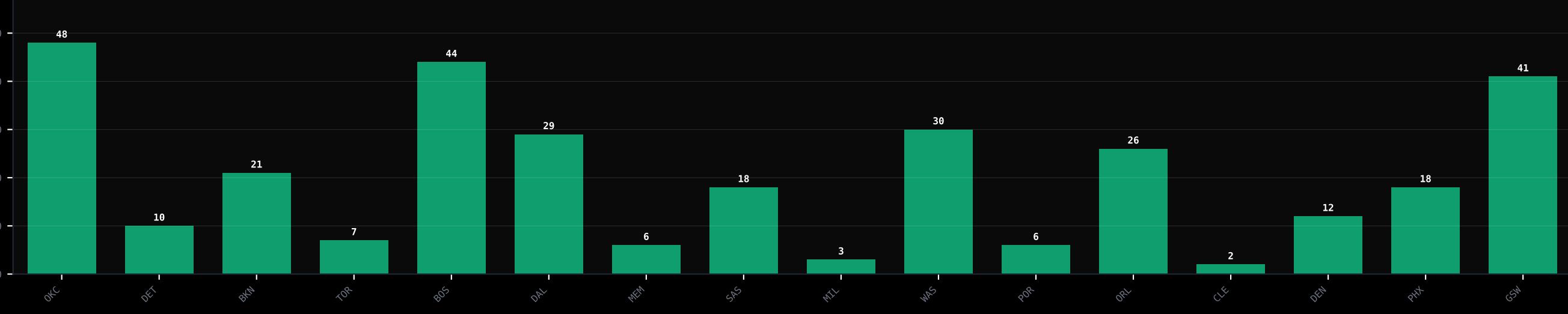


Houston Rockets (HOU) - Points Allowed by Position

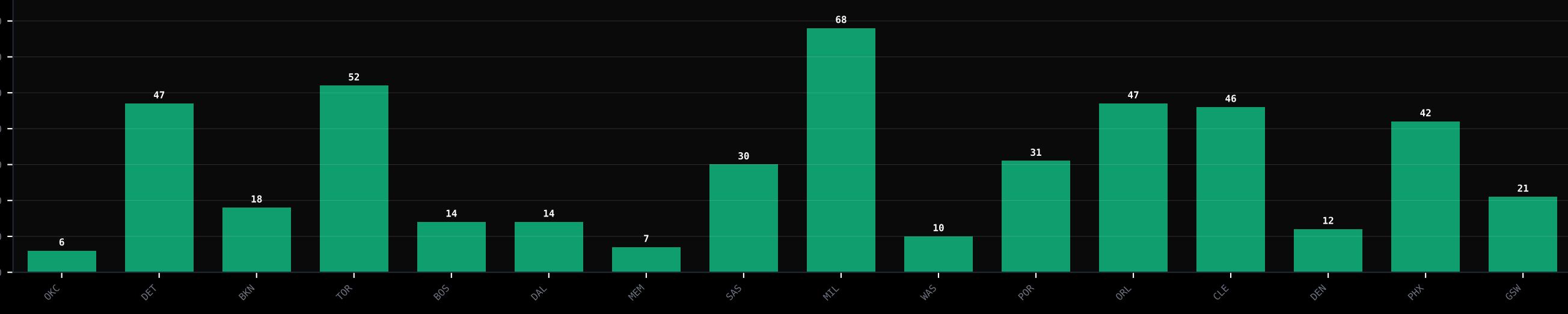
Point Guards (PG) - Avg: 25.3 PPG | 16 games



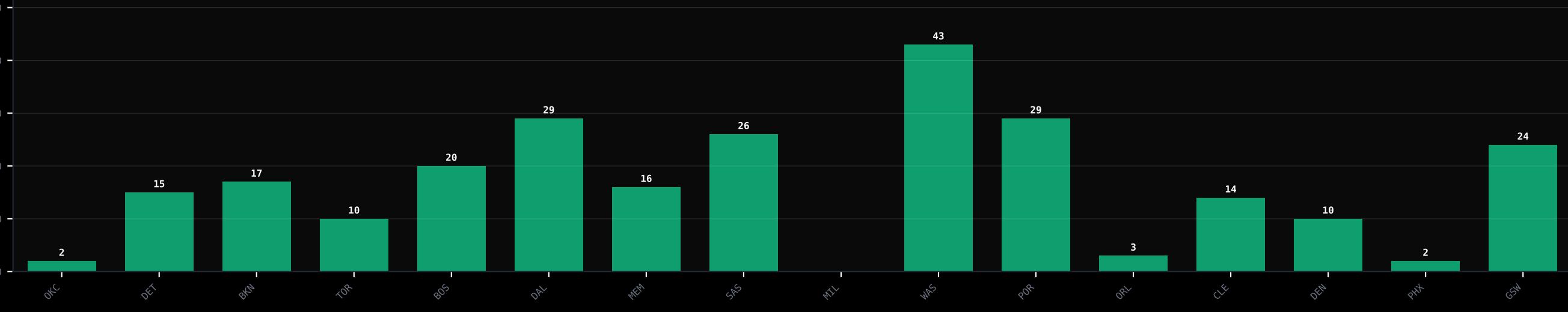
Shooting Guards (SG) - Avg: 20.1 PPG | 16 games



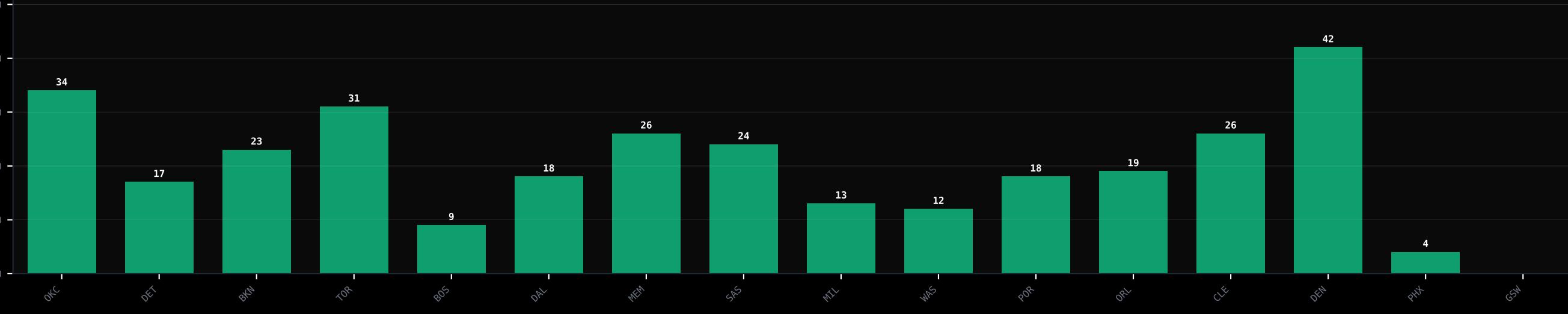
Small Forwards (SF) - Avg: 29.1 PPG | 16 games



Power Forwards (PF) - Avg: 16.2 PPG | 16 games

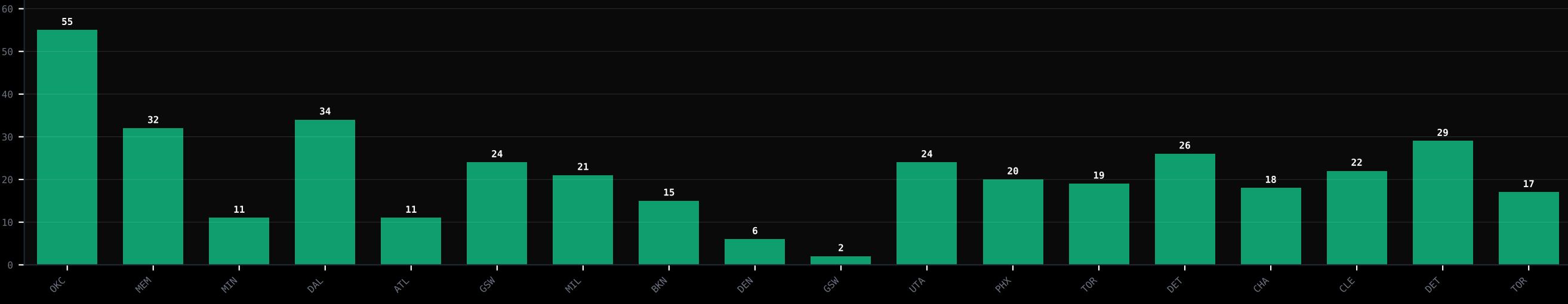


Centers (C) - Avg: 19.8 PPG | 16 games

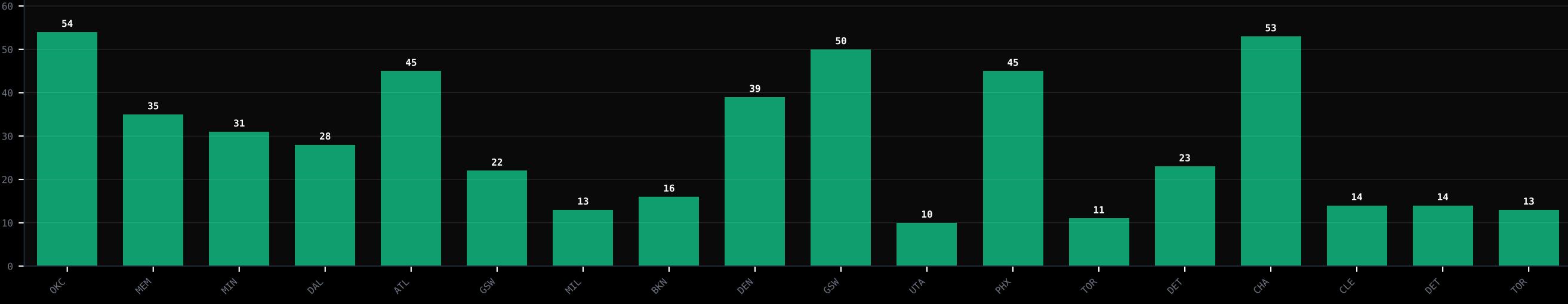


Indiana Pacers (IND) - Points Allowed by Position

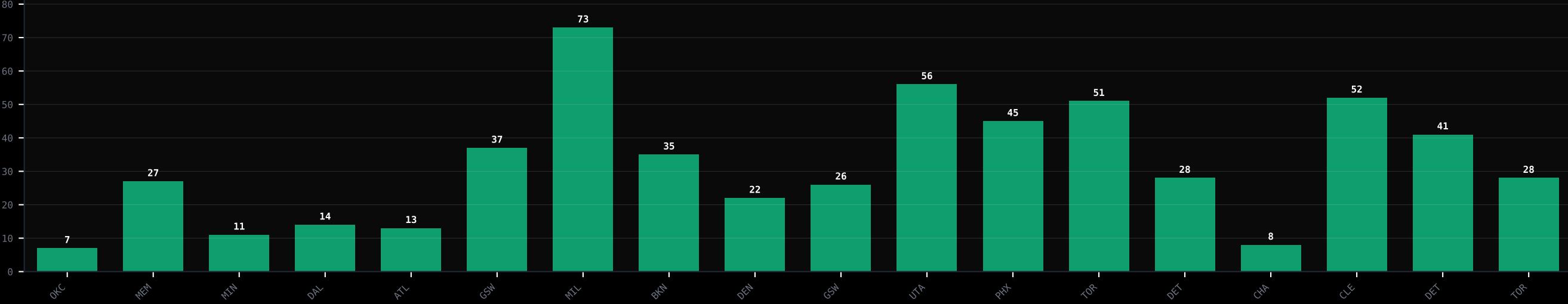
Point Guards (PG) - Avg: 21.4 PPG | 18 games



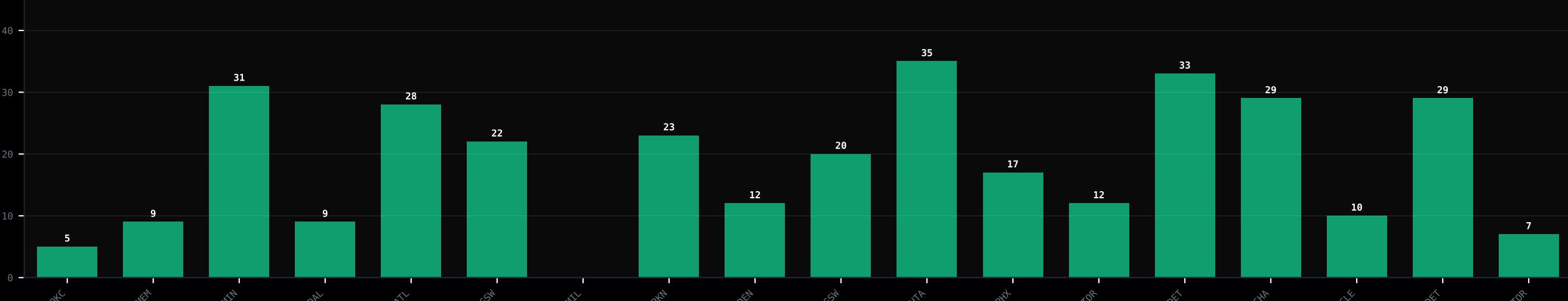
Shooting Guards (SG) - Avg: 28.7 PPG | 18 games



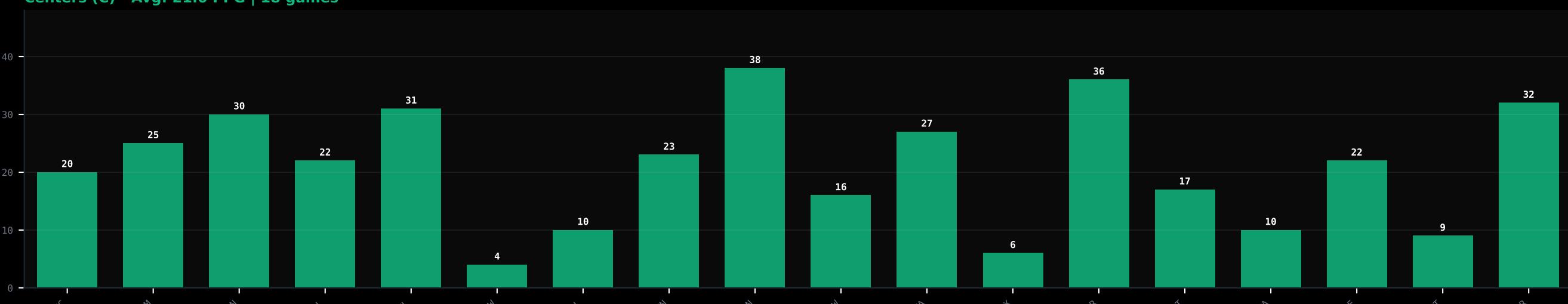
Small Forwards (SF) - Avg: 31.9 PPG | 18 games



Power Forwards (PF) - Avg: 18.4 PPG | 18 games

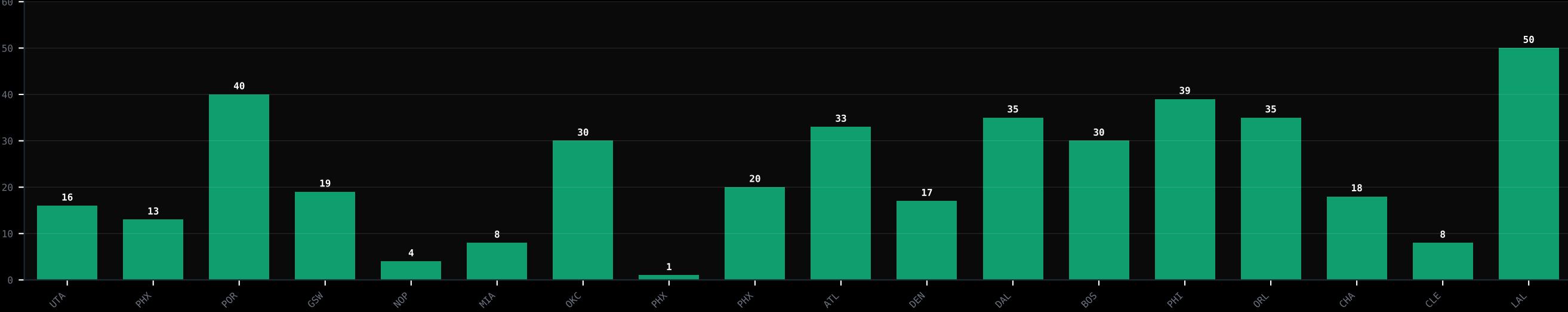


Centers (C) - Avg: 21.0 PPG | 18 games

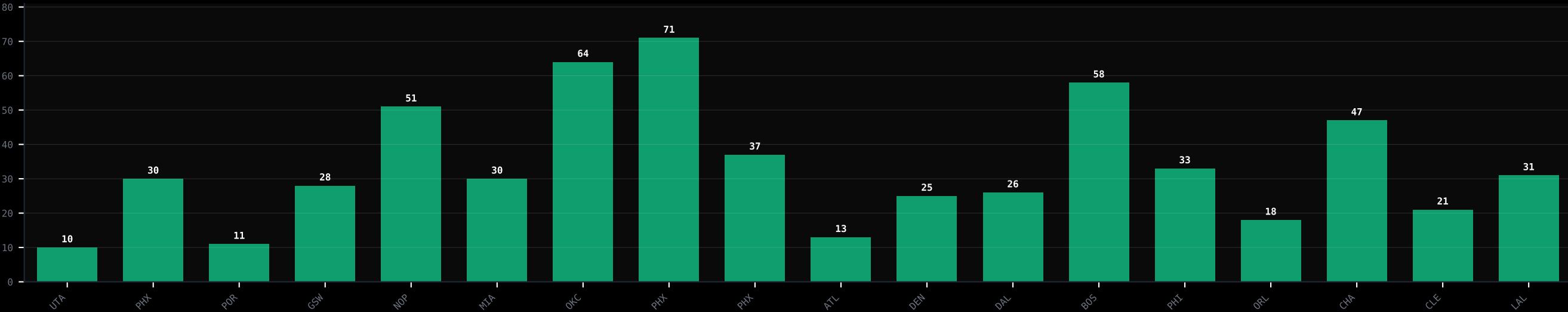


Los Angeles Clippers (LAC) - Points Allowed by Position

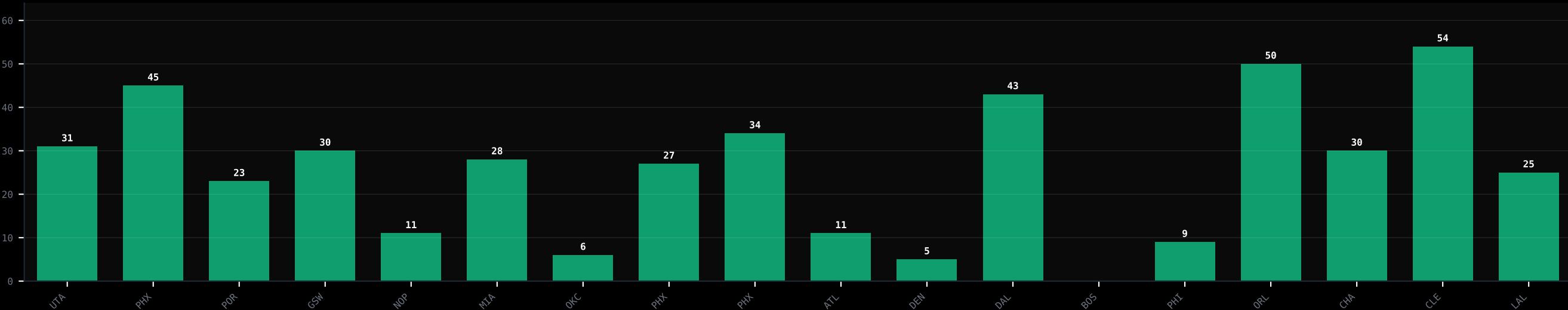
Point Guards (PG) - Avg: 23.1 PPG | 18 games



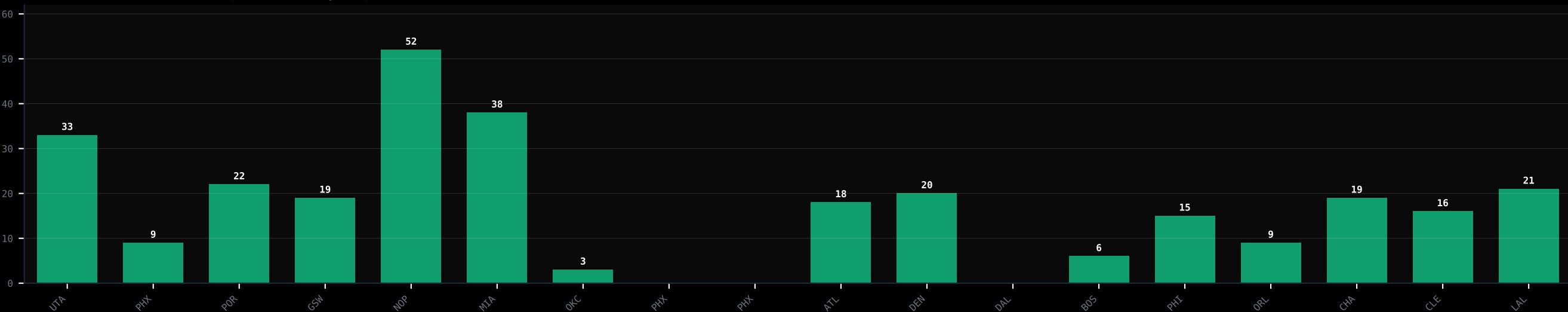
Shooting Guards (SG) - Avg: 33.6 PPG | 18 games



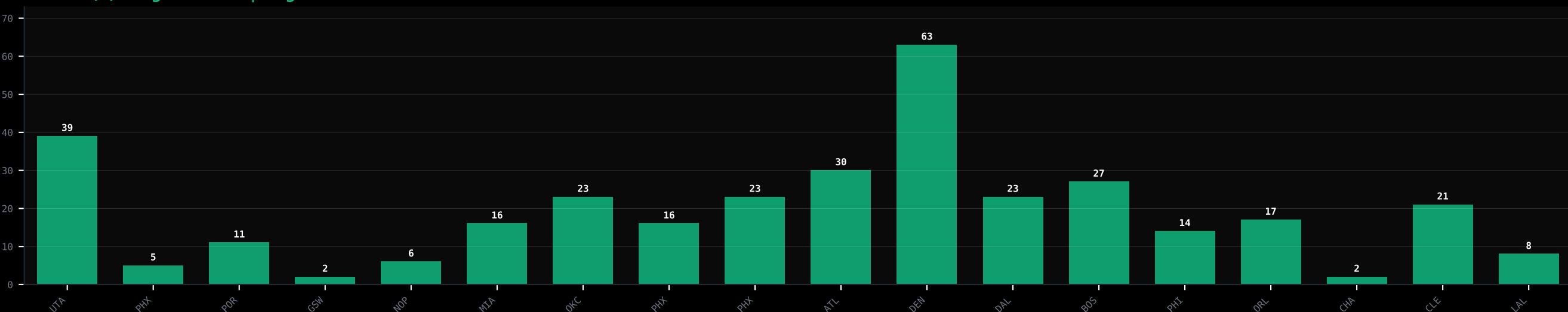
Small Forwards (SF) - Avg: 25.7 PPG | 18 games



Power Forwards (PF) - Avg: 16.7 PPG | 18 games

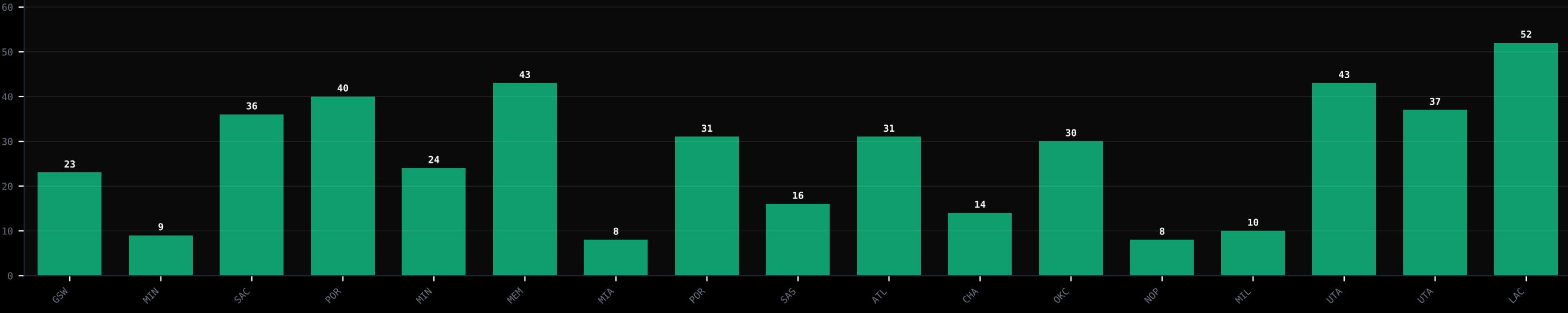


Centers (C) - Avg: 19.2 PPG | 18 games

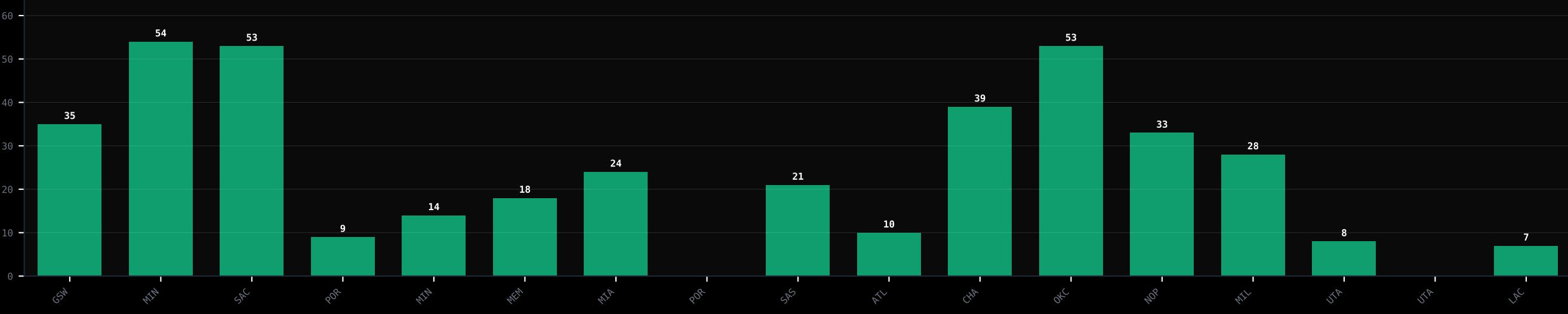


Los Angeles Lakers (LAL) - Points Allowed by Position

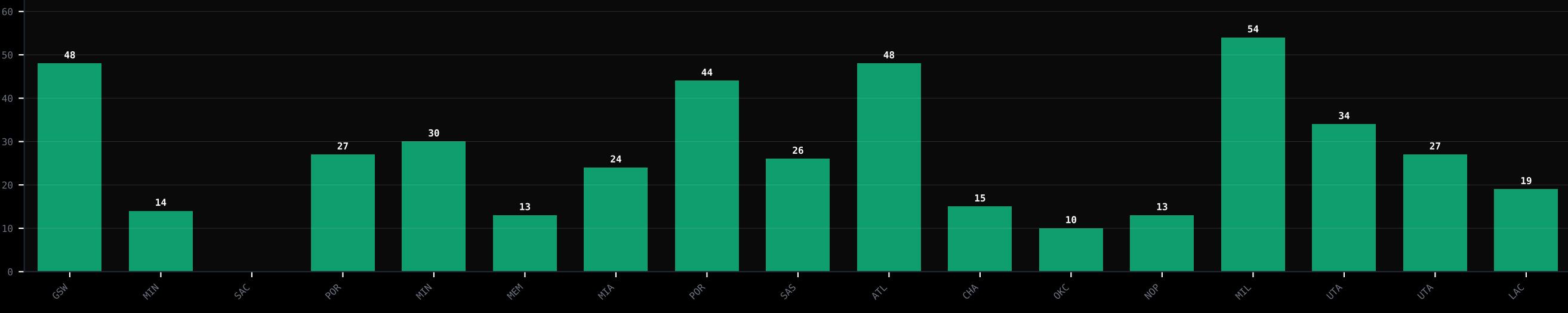
Point Guards (PG) - Avg: 26.8 PPG | 17 games



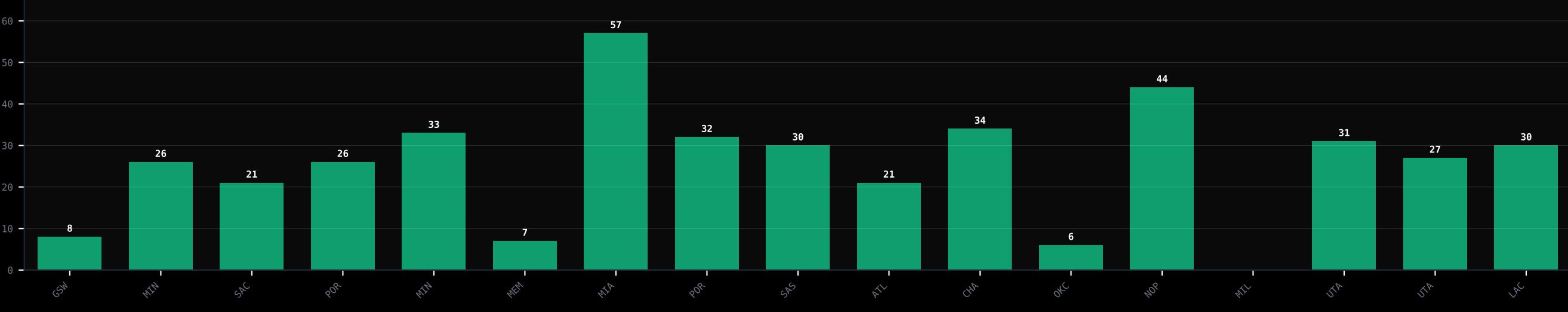
Shooting Guards (SG) - Avg: 23.9 PPG | 17 games



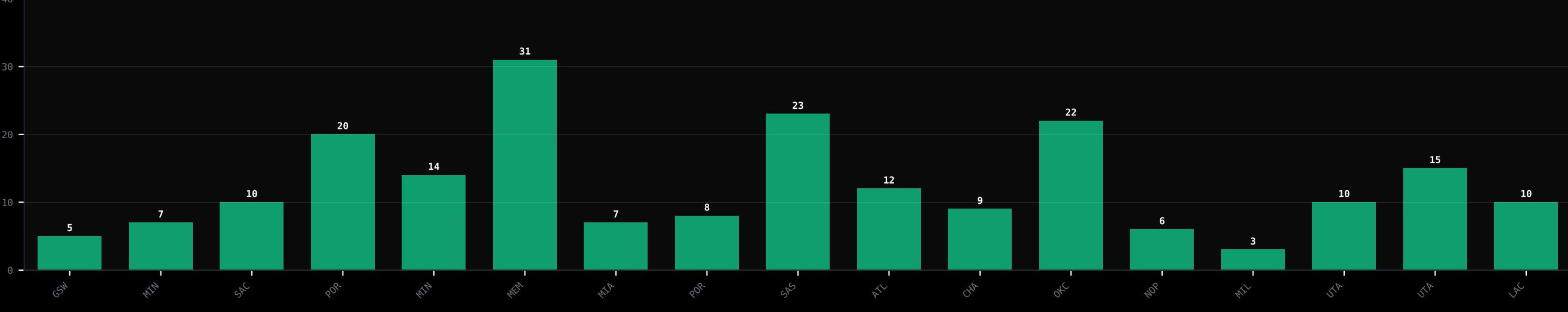
Small Forwards (SF) - Avg: 26.2 PPG | 17 games



Power Forwards (PF) - Avg: 25.5 PPG | 17 games

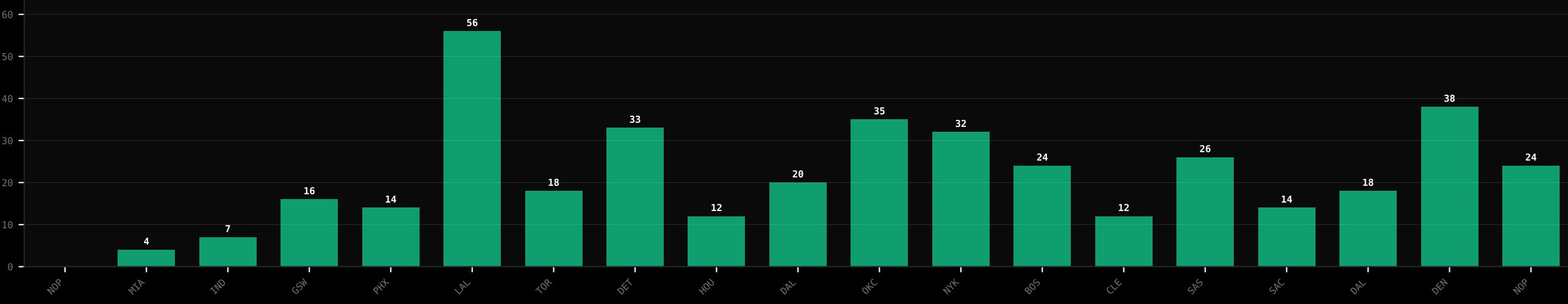


Centers (C) - Avg: 12.5 PPG | 17 games

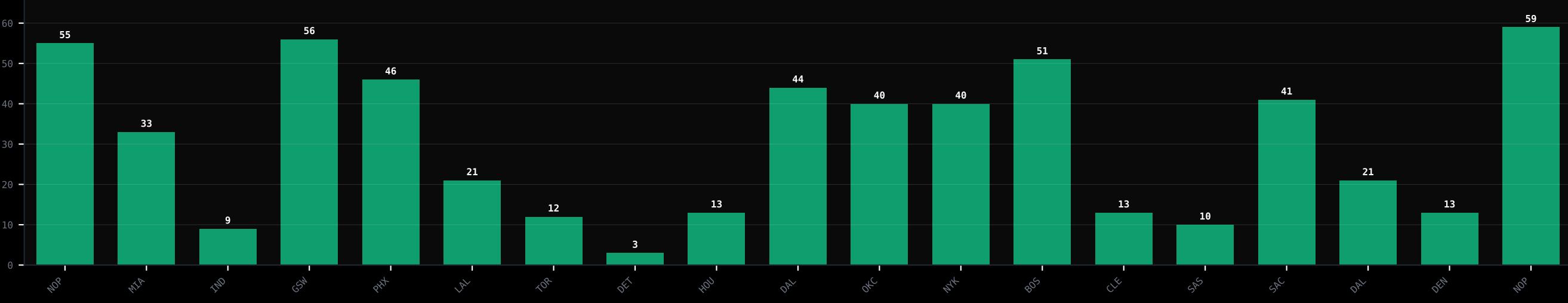


Memphis Grizzlies (MEM) - Points Allowed by Position

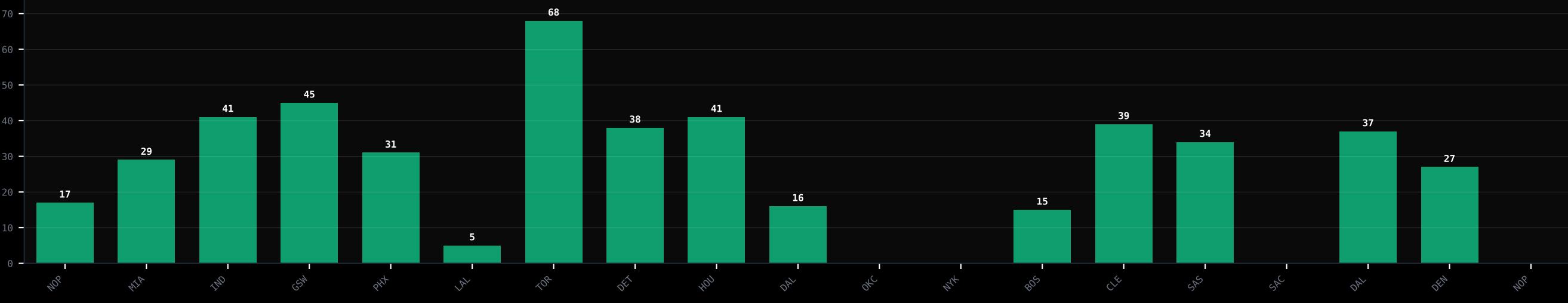
Point Guards (PG) - Avg: 21.2 PPG | 19 games



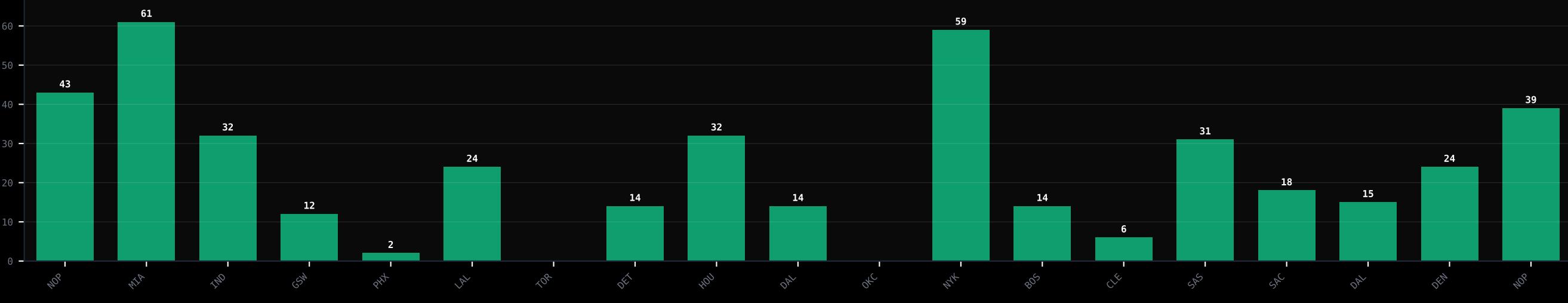
Shooting Guards (SG) - Avg: 30.5 PPG | 19 games



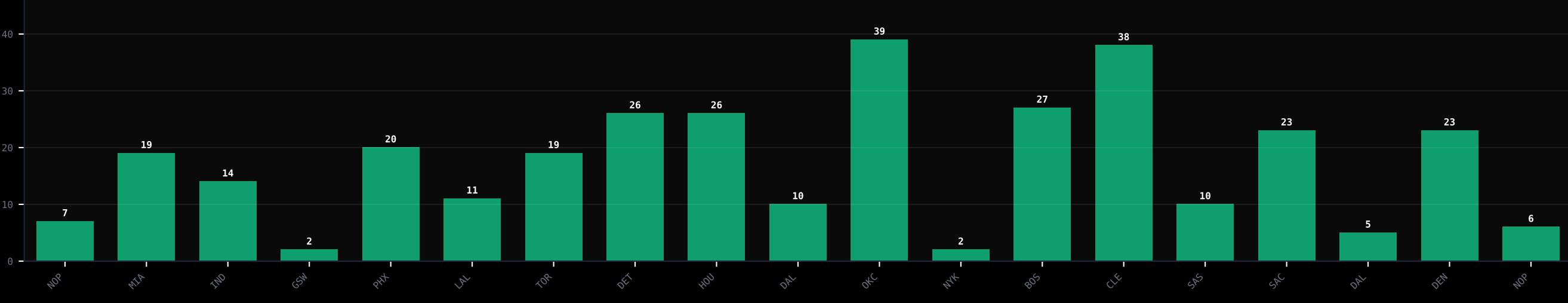
Small Forwards (SF) - Avg: 25.4 PPG | 19 games



Power Forwards (PF) - Avg: 23.2 PPG | 19 games

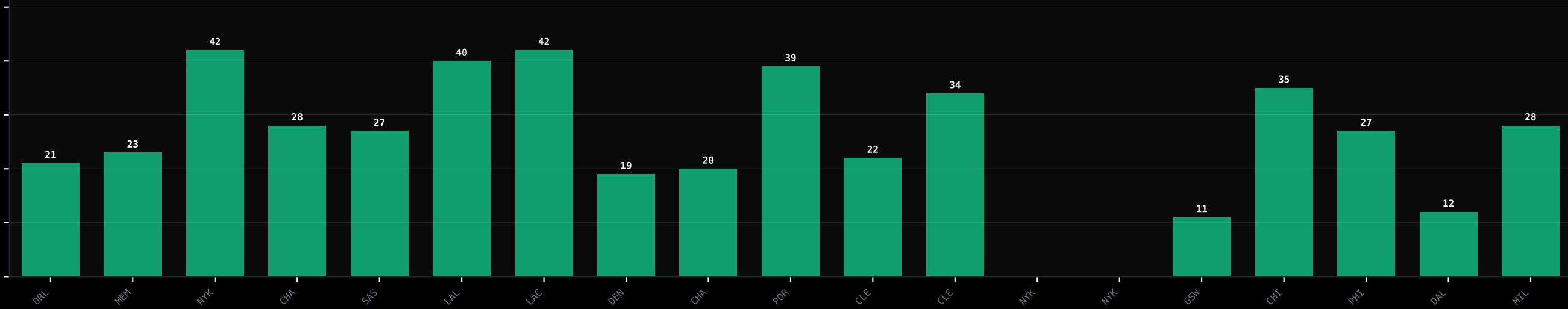


Centers (C) - Avg: 17.2 PPG | 19 games

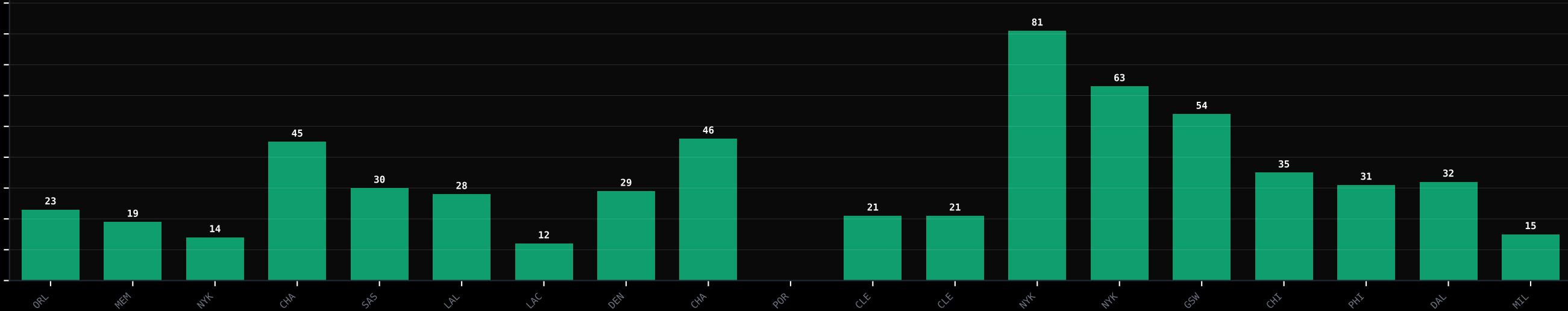


Miami Heat (MIA) - Points Allowed by Position

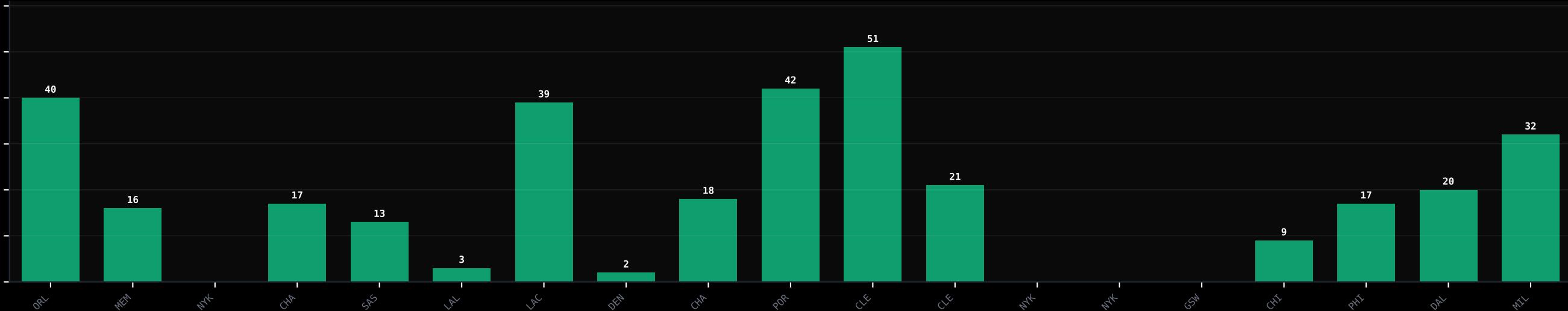
Point Guards (PG) - Avg: 24.7 PPG | 19 games



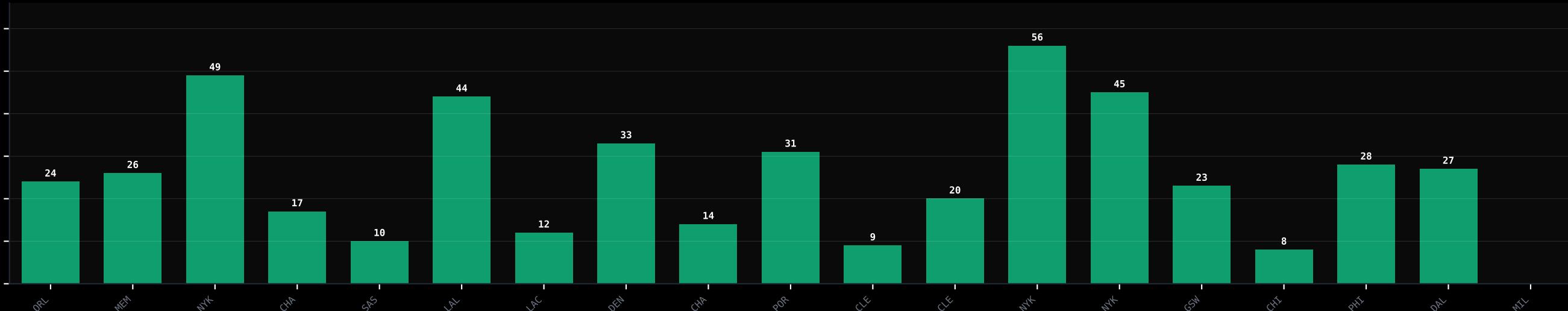
Shooting Guards (SG) - Avg: 31.5 PPG | 19 games



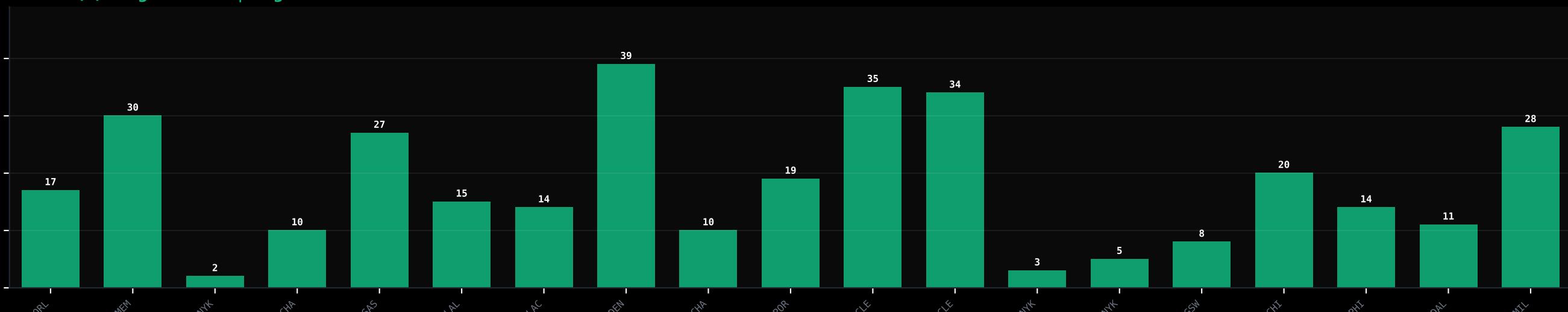
Small Forwards (SF) - Avg: 17.9 PPG | 19 games



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

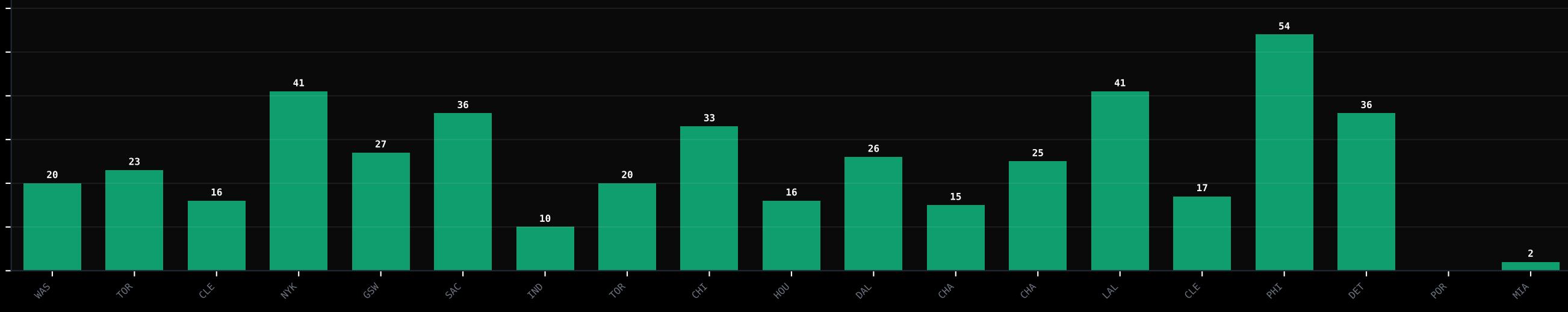


Centers (C) - Avg: 17.9 PPG | 19 games

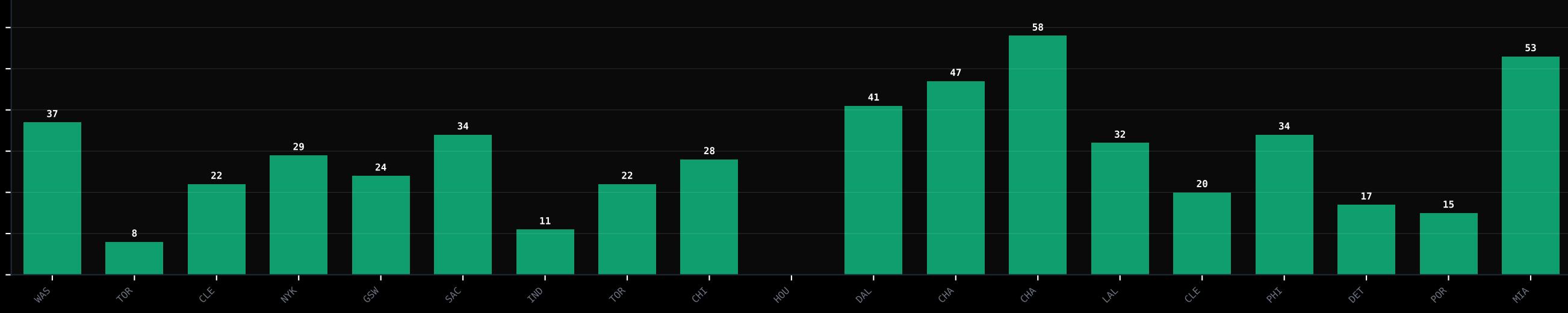


Milwaukee Bucks (MIL) - Points Allowed by Position

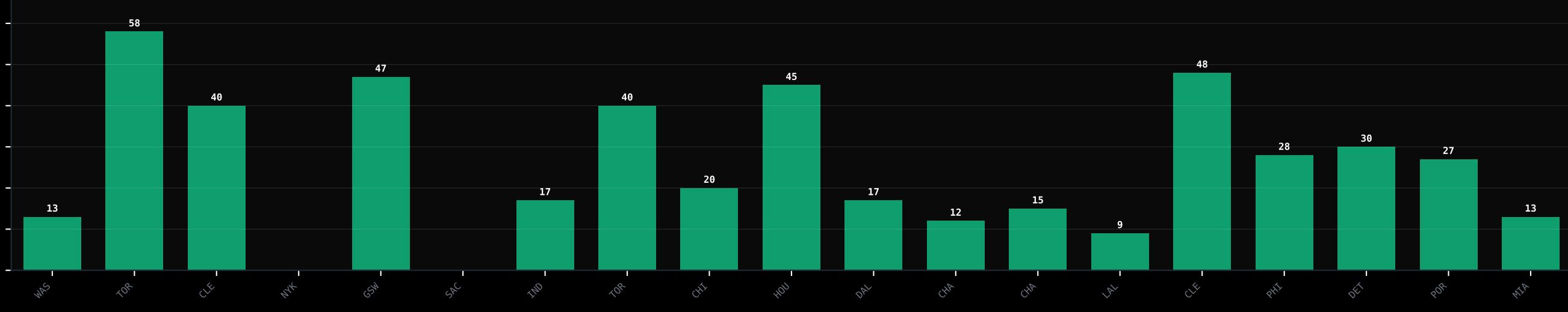
Point Guards (PG) - Avg: 24.1 PPG | 19 games



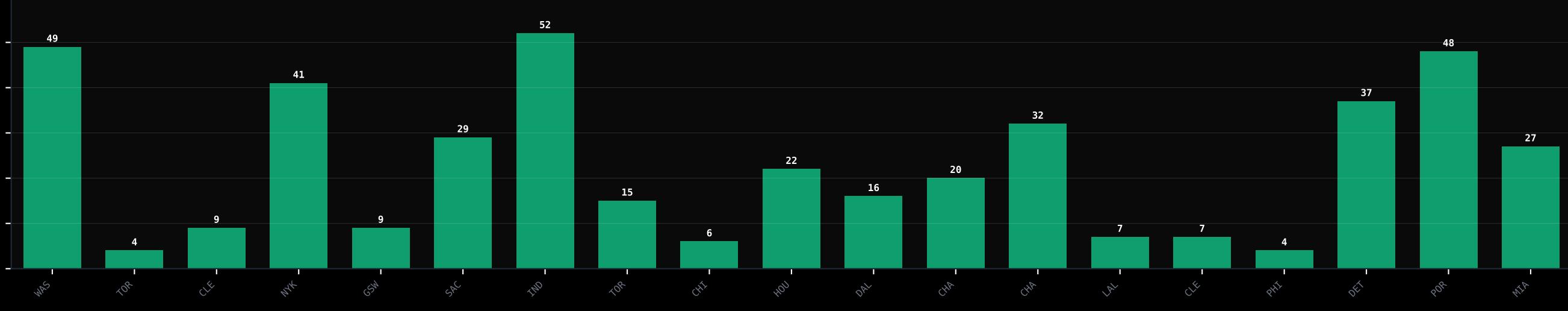
Shooting Guards (SG) - Avg: 28.0 PPG | 19 games



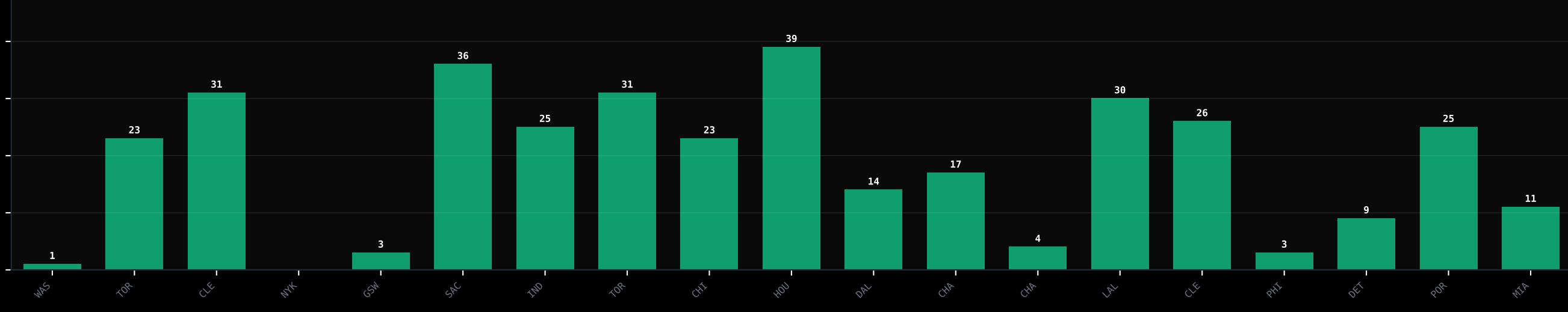
Small Forwards (SF) - Avg: 25.2 PPG | 19 games



Power Forwards (PF) - Avg: 22.8 PPG | 19 games

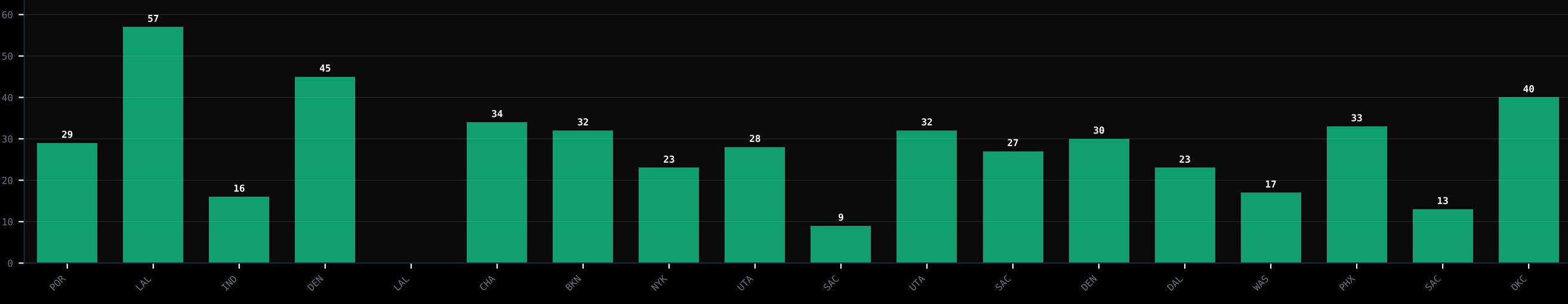


Centers (C) - Avg: 18.5 PPG | 19 games

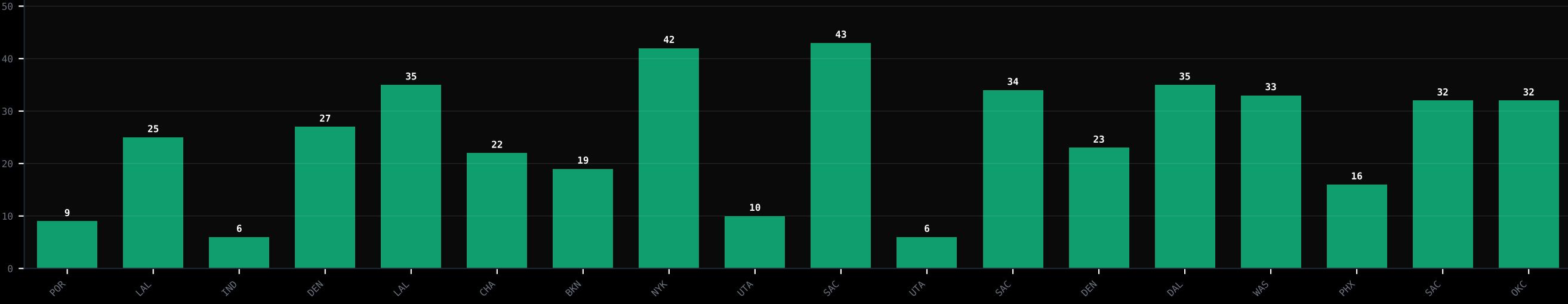


Minnesota Timberwolves (MIN) - Points Allowed by Position

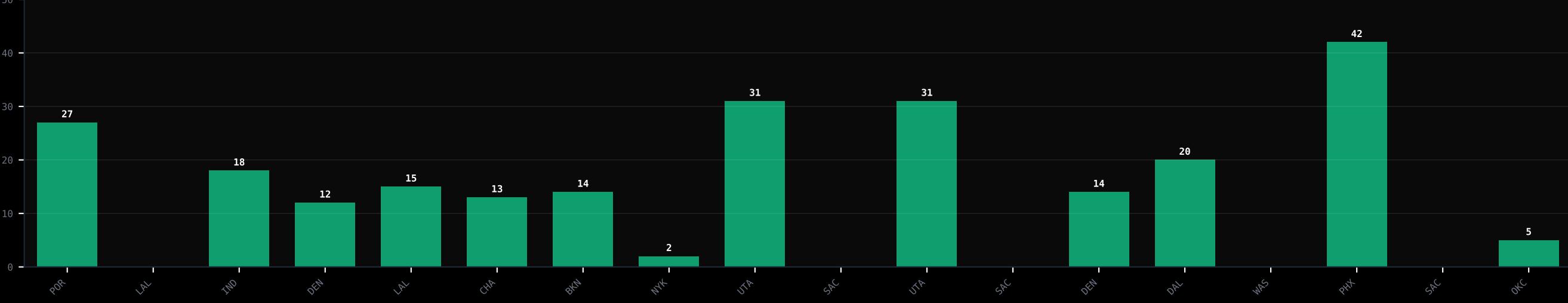
Point Guards (PG) - Avg: 27.1 PPG | 18 games



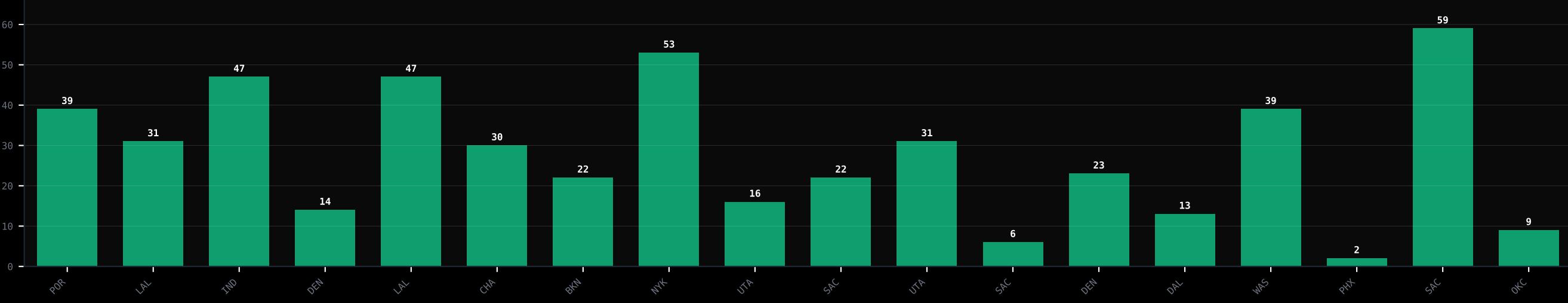
Shooting Guards (SG) - Avg: 24.9 PPG | 18 games



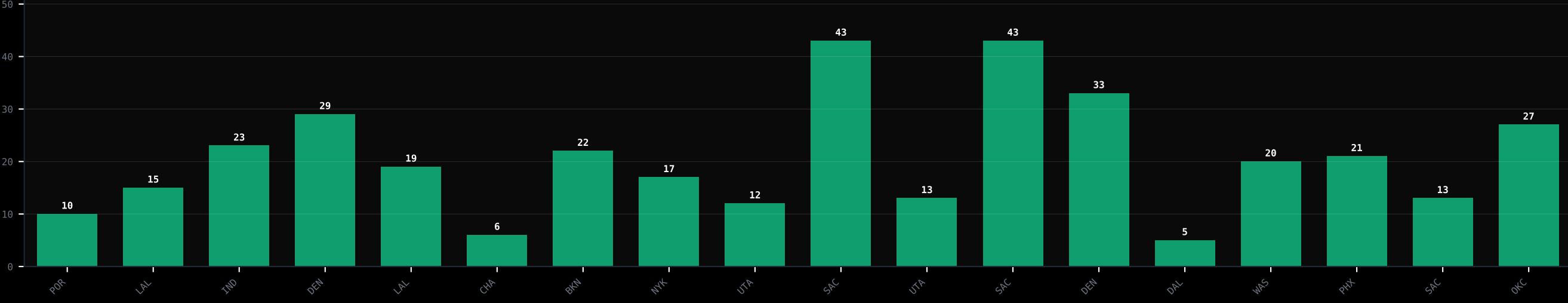
Small Forwards (SF) - Avg: 13.6 PPG | 18 games



Power Forwards (PF) - Avg: 27.9 PPG | 18 games

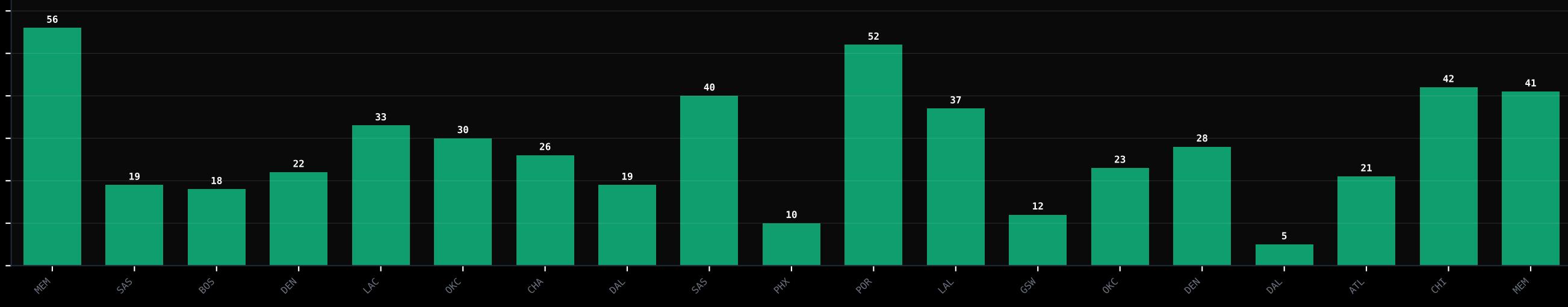


Centers (C) - Avg: 20.6 PPG | 18 games

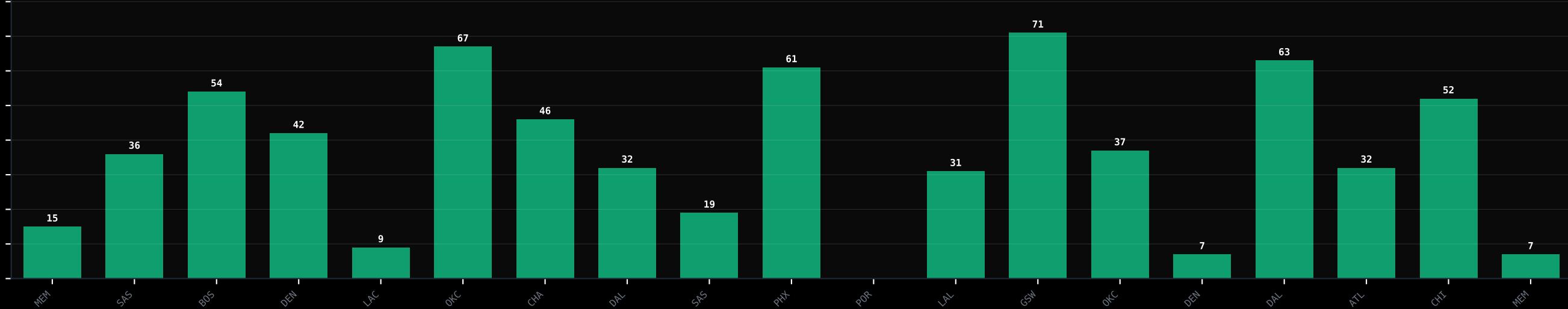


New Orleans Pelicans (NOP) - Points Allowed by Position

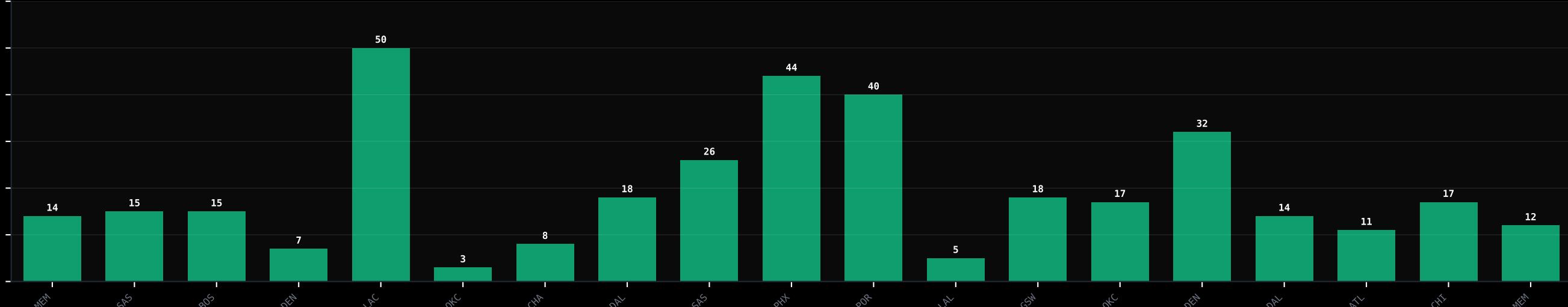
Point Guards (PG) - Avg: 28.1 PPG | 19 games



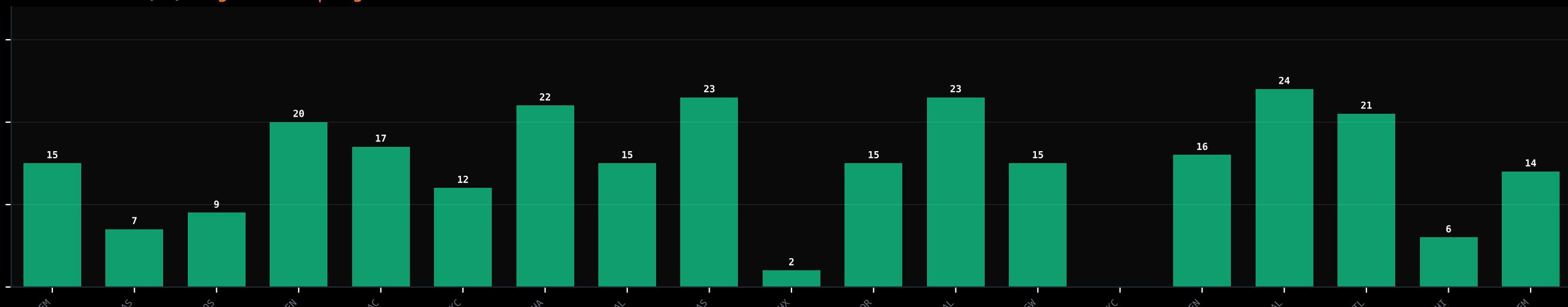
Shooting Guards (SG) - Avg: 35.8 PPG | 19 games



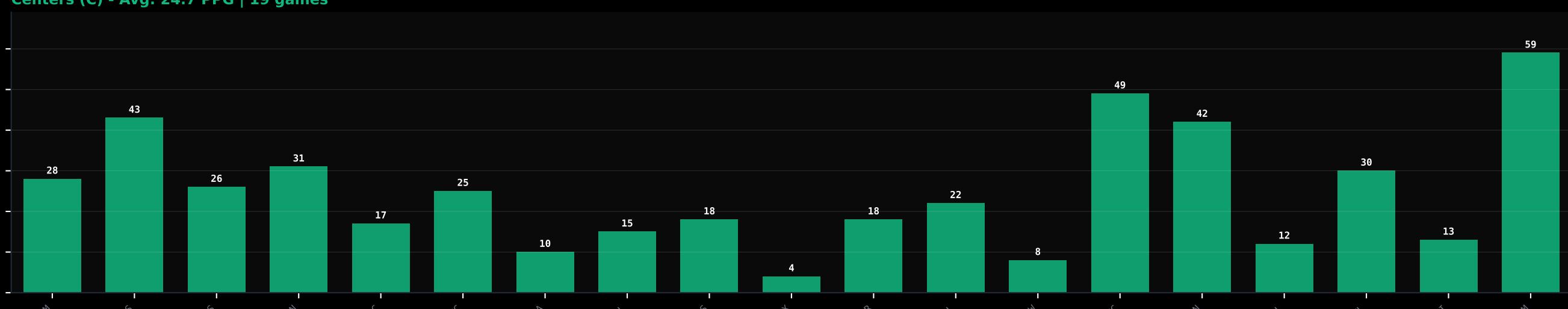
Small Forwards (SF) - Avg: 19.3 PPG | 19 games



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

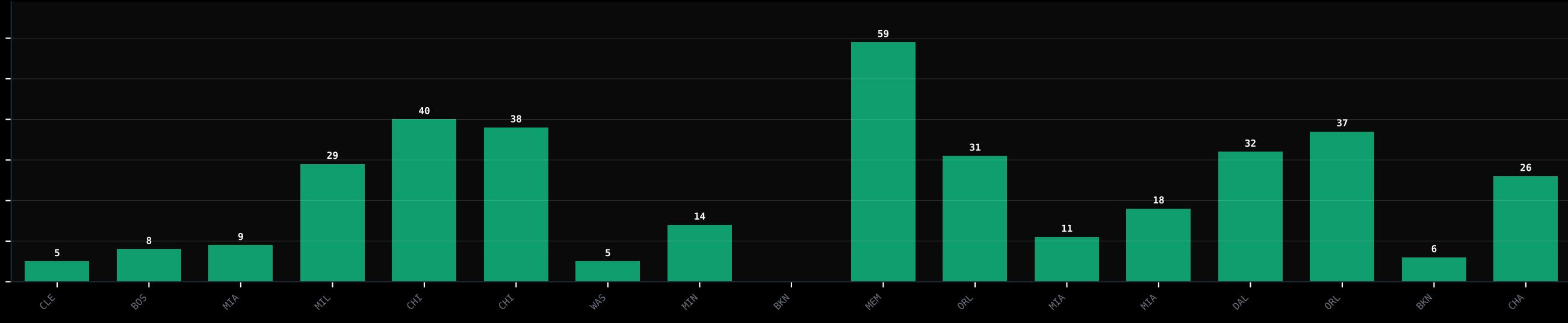


Centers (C) - Avg: 24.7 PPG | 19 games

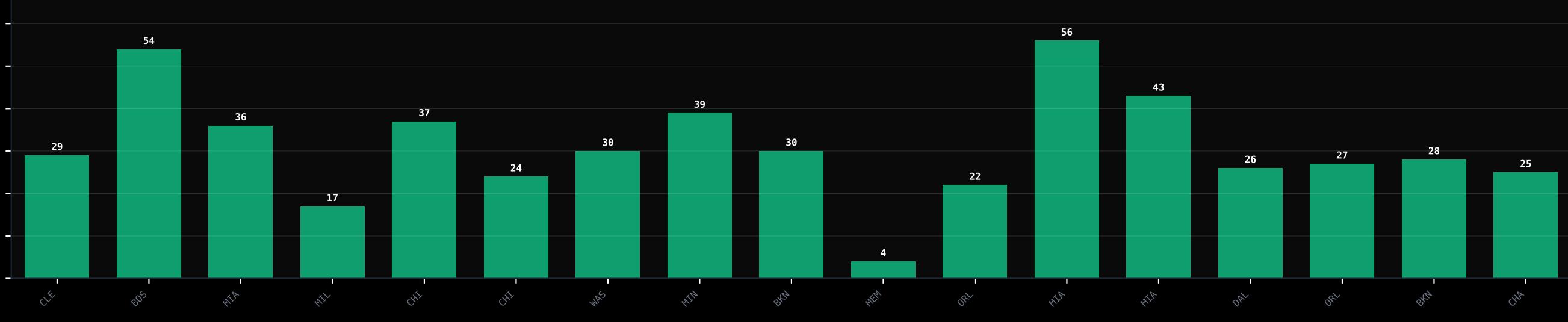


New York Knicks (NYK) - Points Allowed by Position

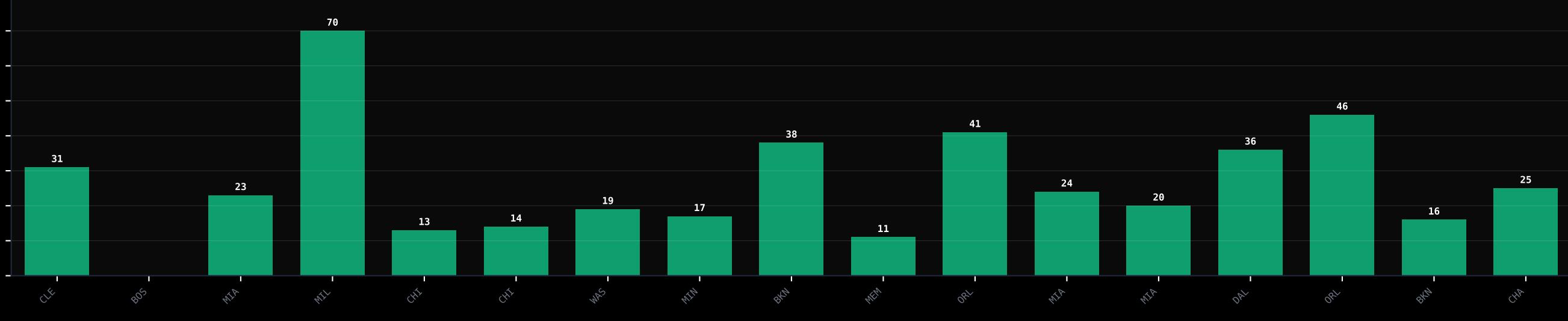
Point Guards (PG) - Avg: 21.6 PPG | 17 games



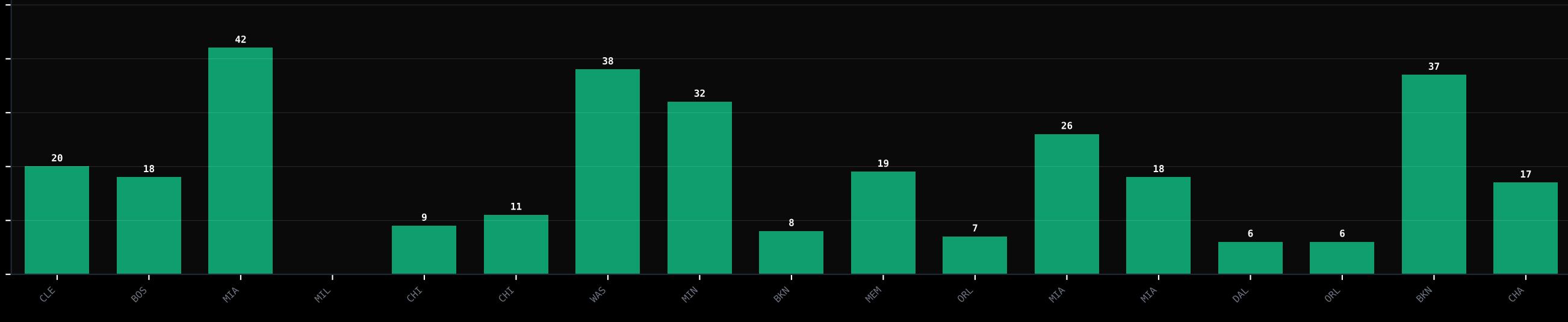
Shooting Guards (SG) - Avg: 31.0 PPG | 17 games



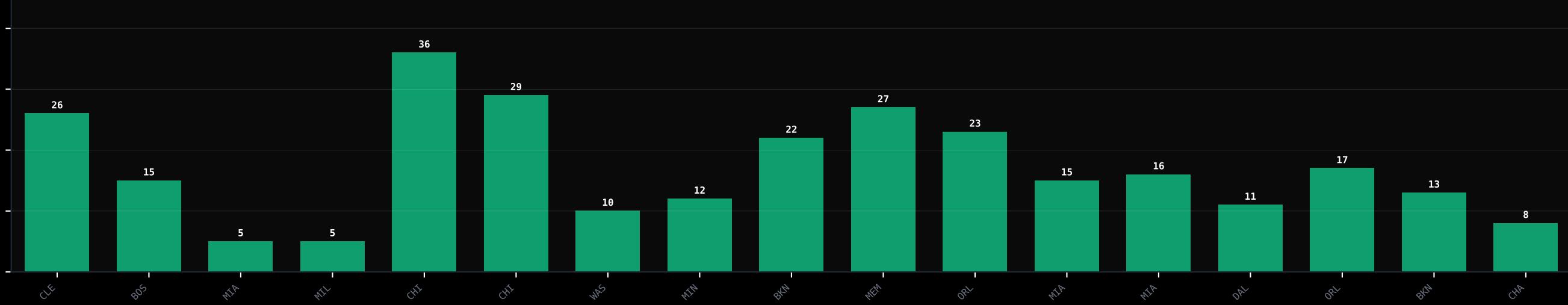
Small Forwards (SF) - Avg: 26.1 PPG | 17 games



Power Forwards (PF) - Avg: 18.5 PPG | 17 games

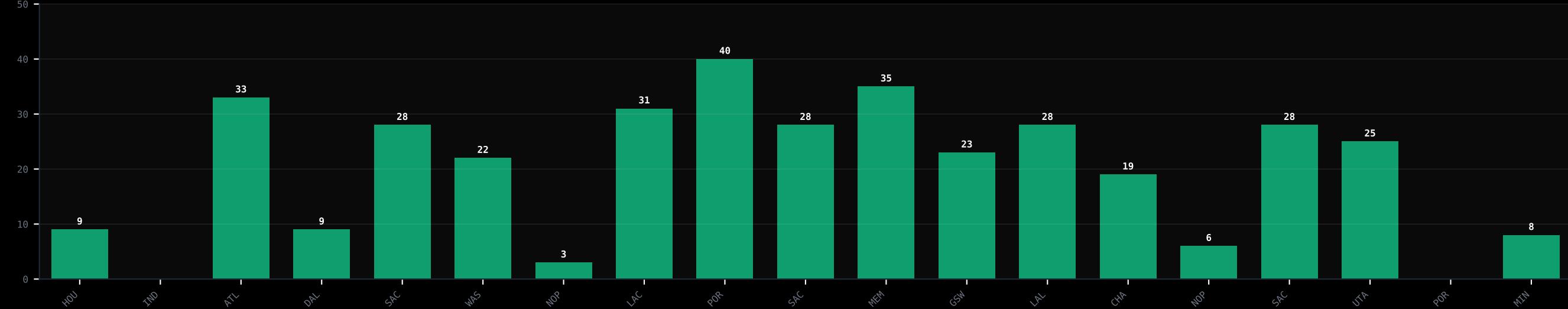


Centers (C) - Avg: 17.1 PPG | 17 games

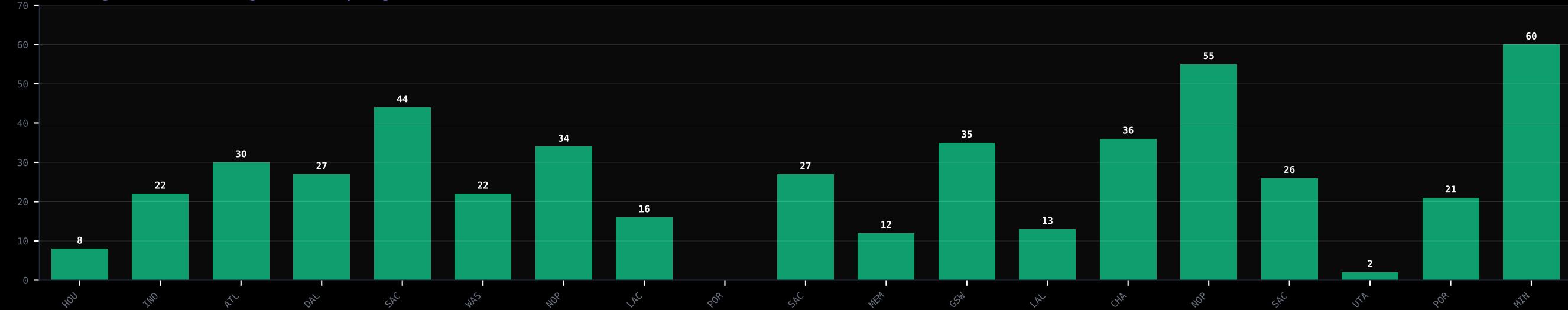


Oklahoma City Thunder (OKC) - Points Allowed by Position

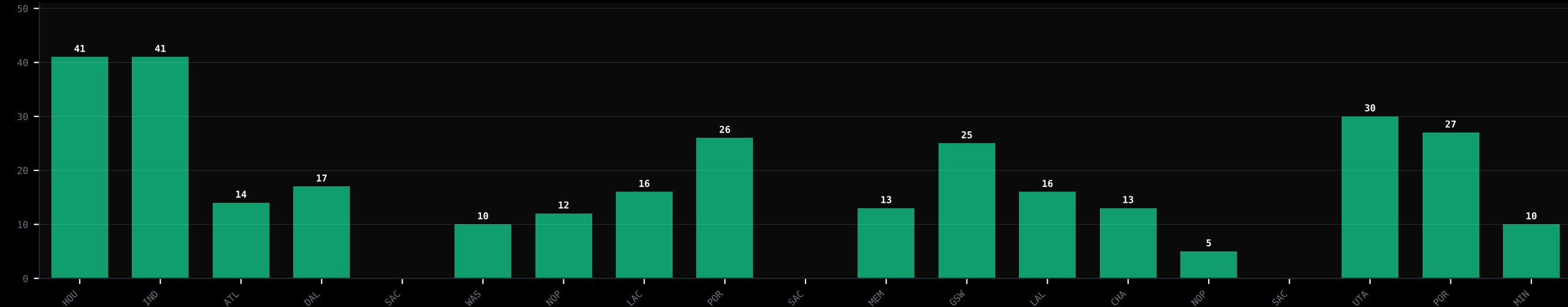
Point Guards (PG) - Avg: 19.7 PPG | 19 games



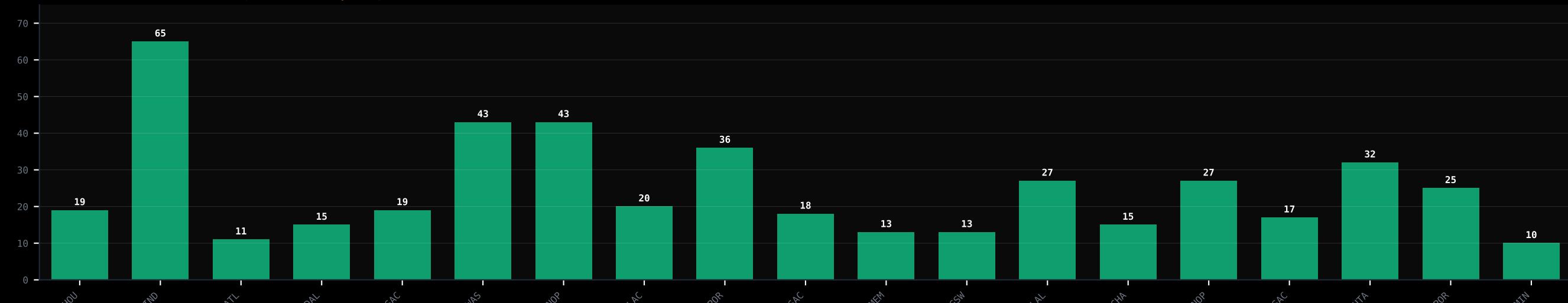
Shooting Guards (SG) - Avg: 25.8 PPG | 19 games



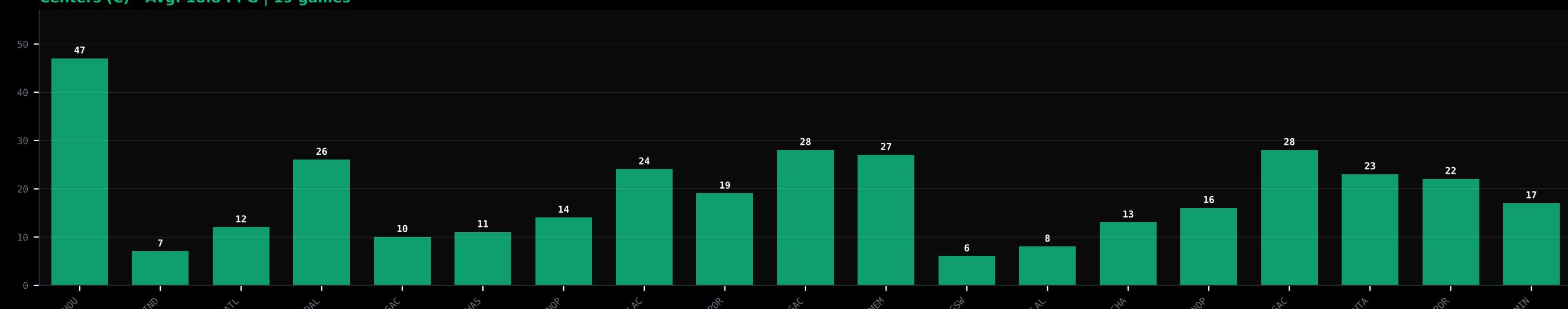
Small Forwards (SF) - Avg: 16.6 PPG | 19 games



Power Forwards (PF) - Avg: 24.6 PPG | 19 games

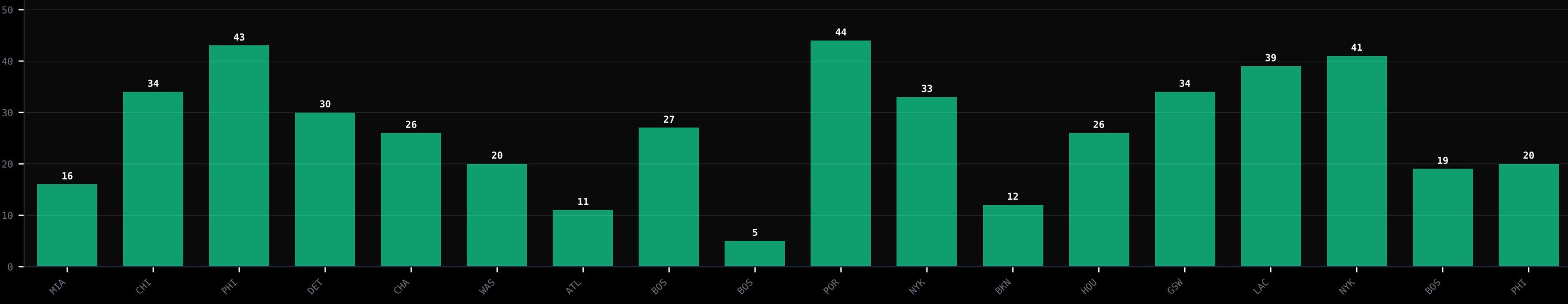


Centers (C) - Avg: 18.8 PPG | 19 games

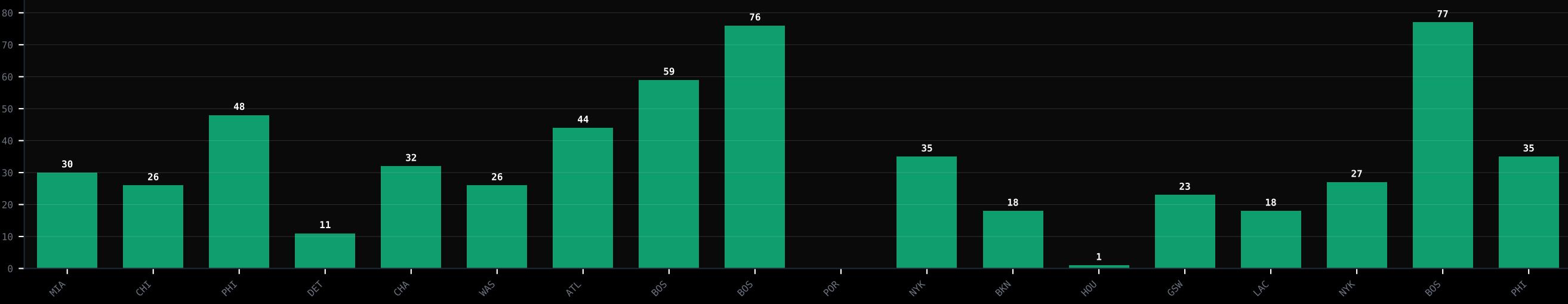


Orlando Magic (ORL) - Points Allowed by Position

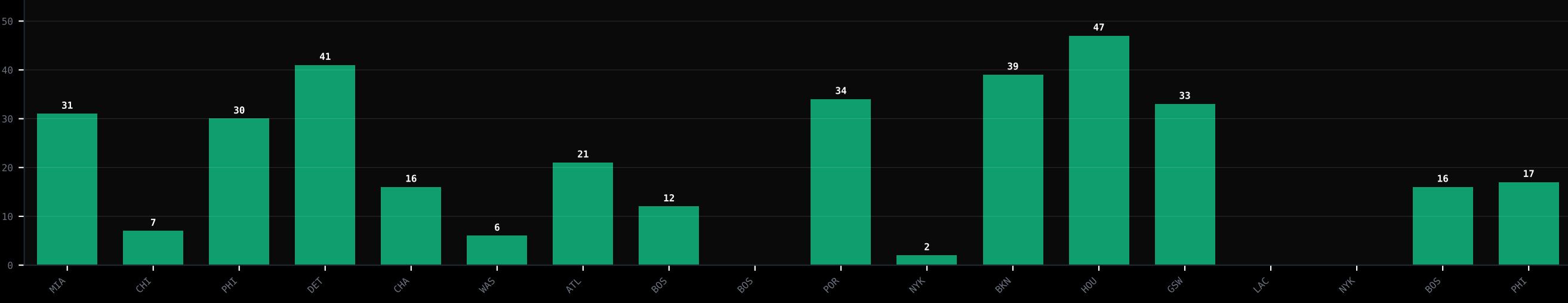
Point Guards (PG) - Avg: 26.7 PPG | 18 games



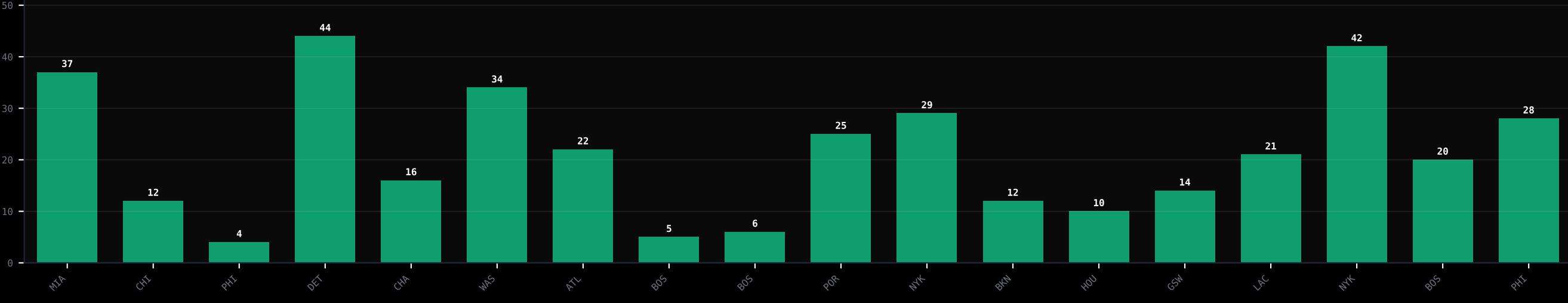
Shooting Guards (SG) - Avg: 32.6 PPG | 18 games



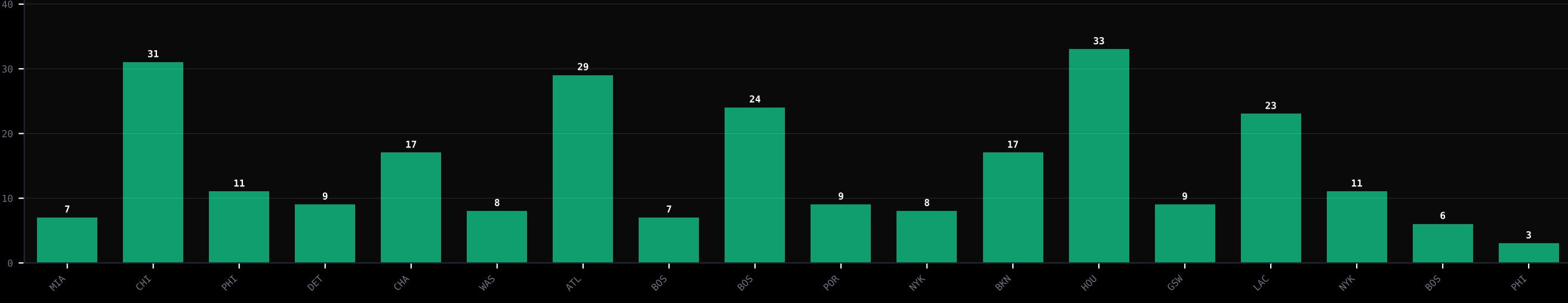
Small Forwards (SF) - Avg: 19.6 PPG | 18 games



Power Forwards (PF) - Avg: 21.2 PPG | 18 games

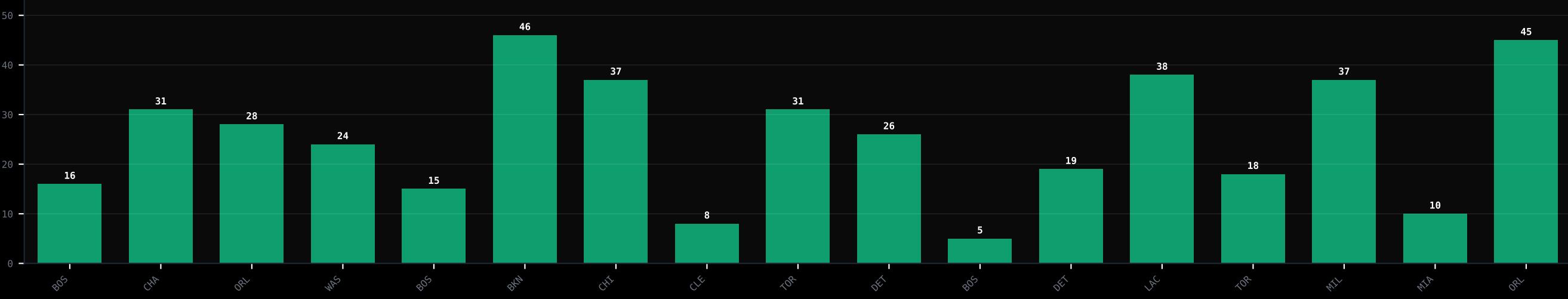


Centers (C) - Avg: 14.6 PPG | 18 games

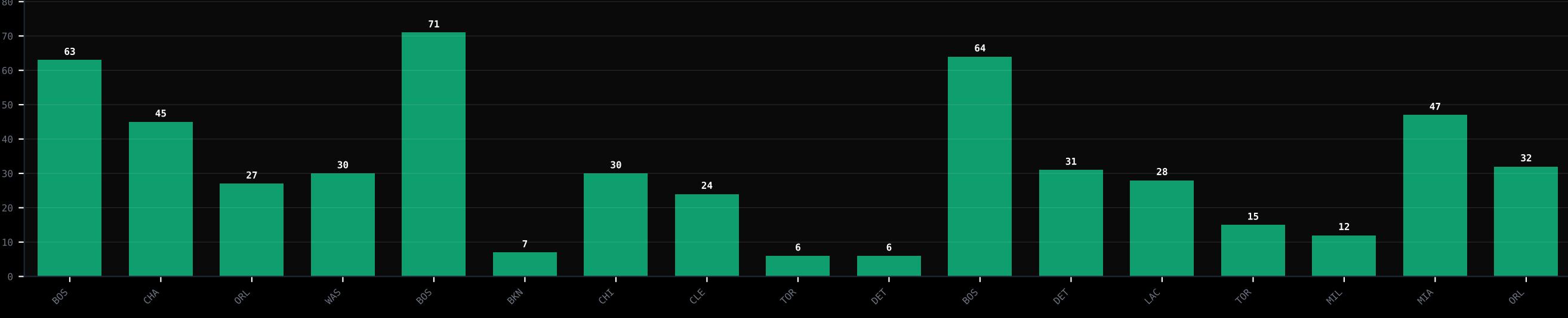


Philadelphia 76ers (PHI) - Points Allowed by Position

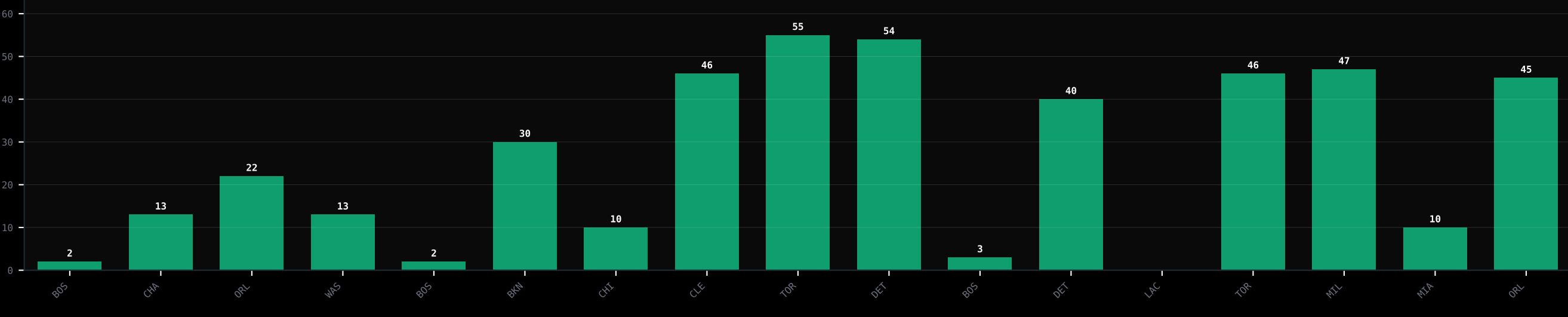
Point Guards (PG) - Avg: 25.5 PPG | 17 games



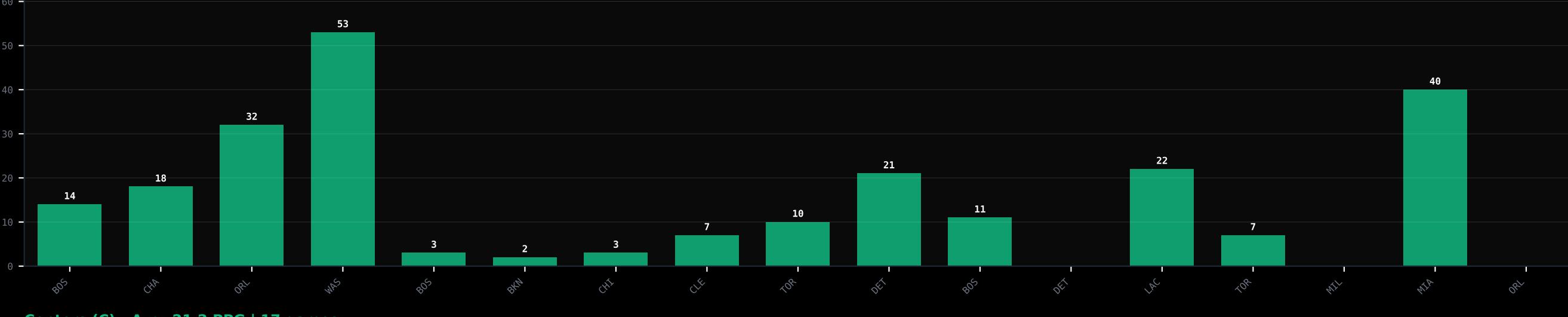
Shooting Guards (SG) - Avg: 31.6 PPG | 17 games



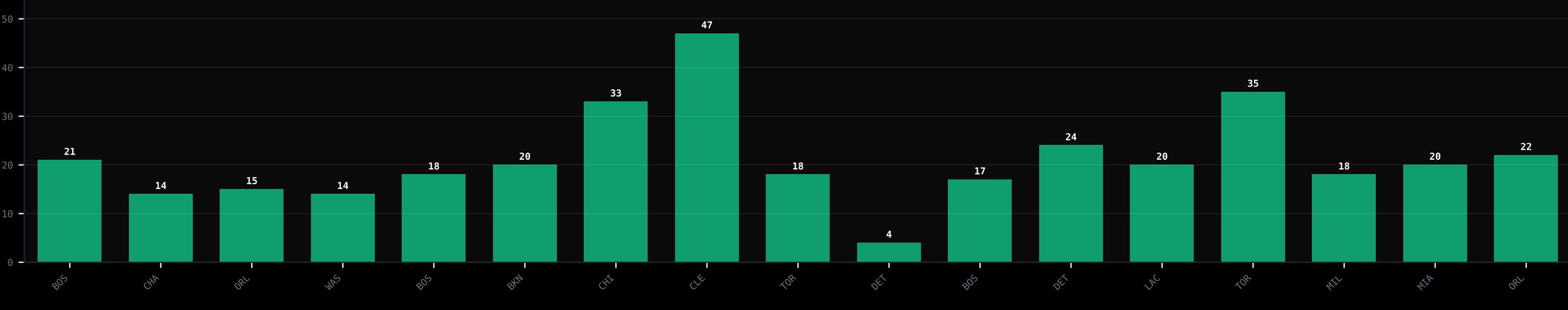
Small Forwards (SF) - Avg: 25.8 PPG | 17 games



Power Forwards (PF) - Avg: 14.3 PPG | 17 games

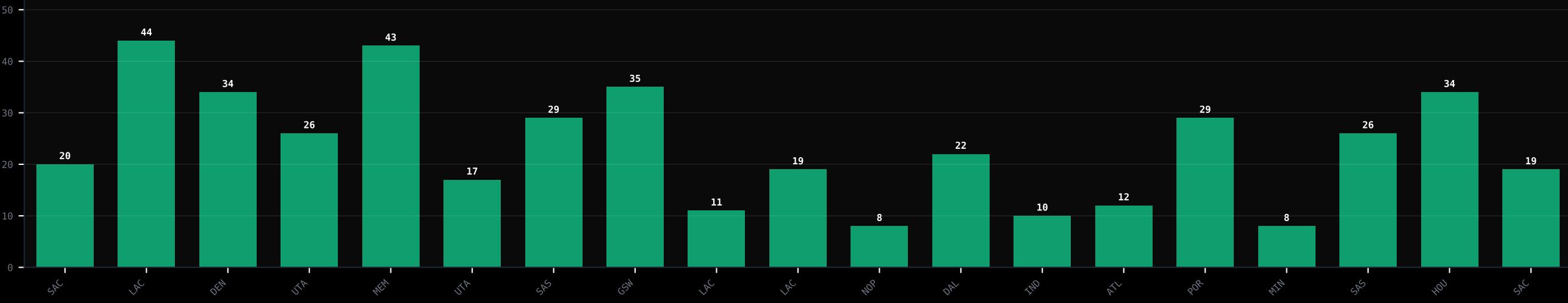


Centers (C) - Avg: 21.2 PPG | 17 games

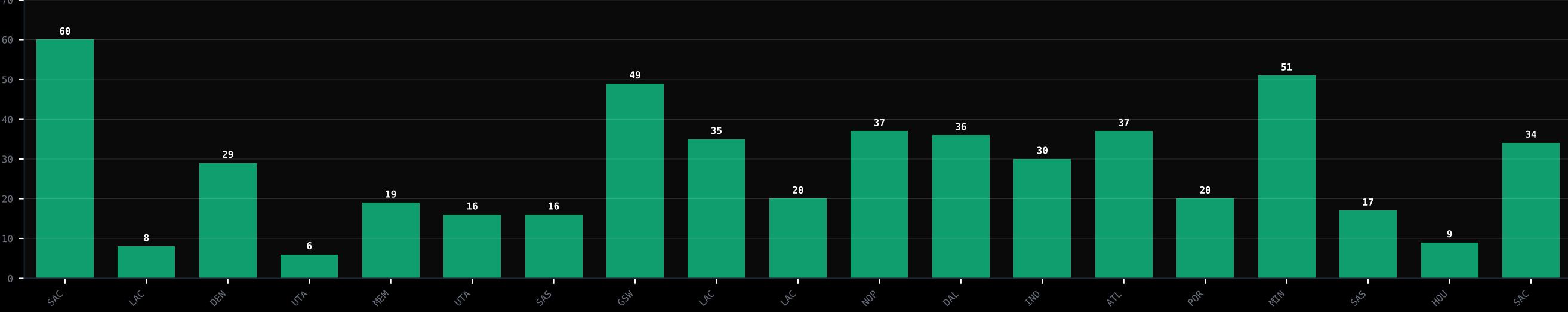


Phoenix Suns (PHX) - Points Allowed by Position

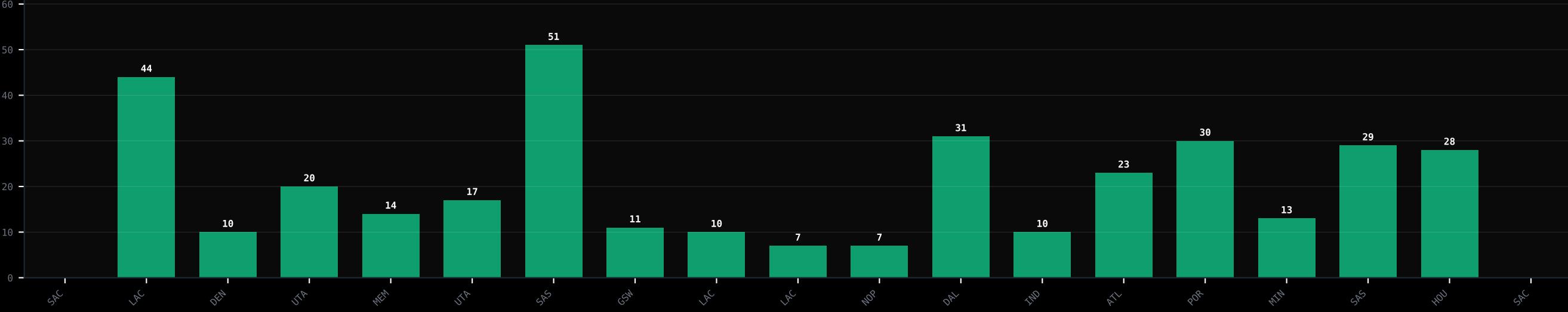
Point Guards (PG) - Avg: 23.5 PPG | 19 games



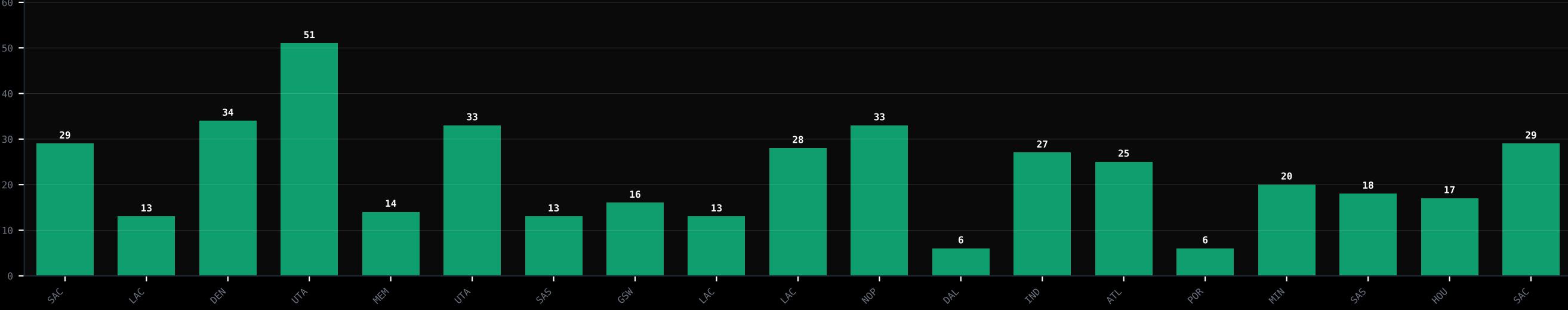
Shooting Guards (SG) - Avg: 27.8 PPG | 19 games



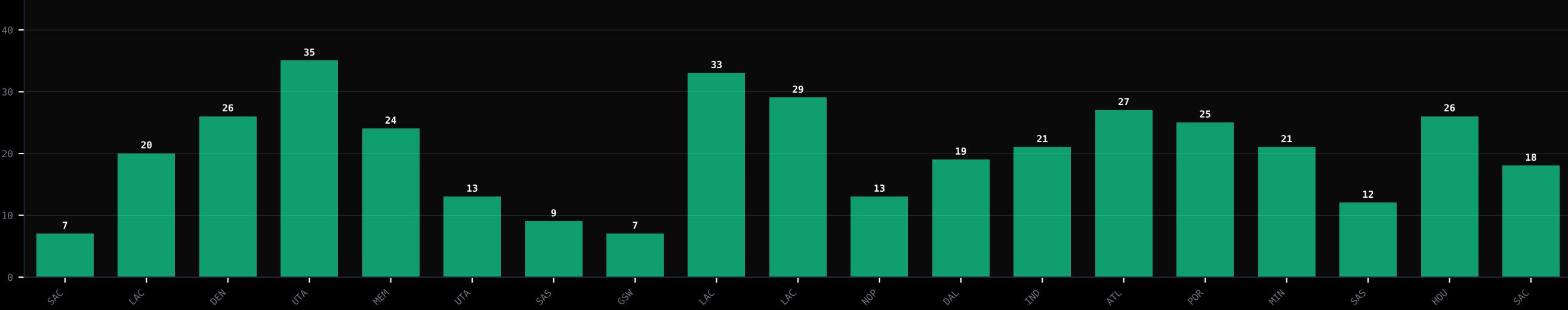
Small Forwards (SF) - Avg: 18.7 PPG | 19 games



Power Forwards (PF) - Avg: 22.4 PPG | 19 games

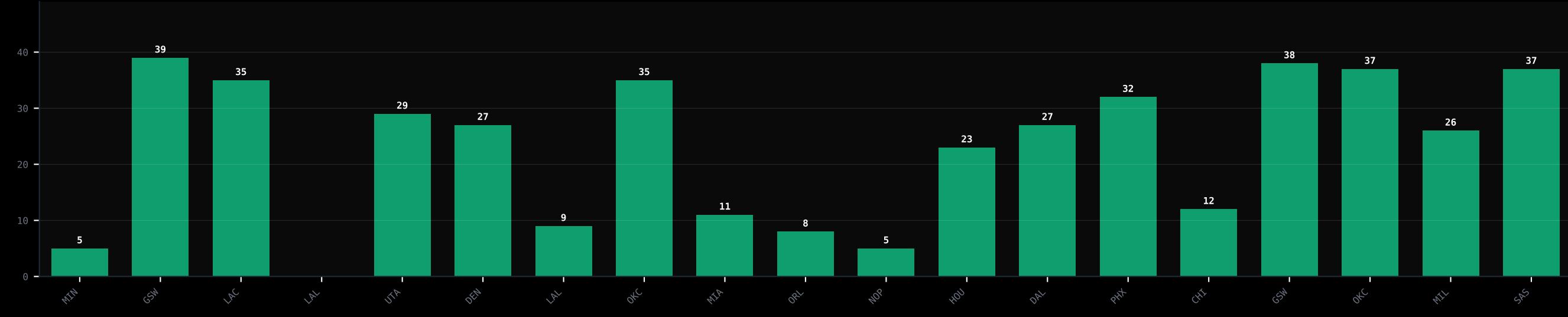


Centers (C) - Avg: 20.3 PPG | 19 games

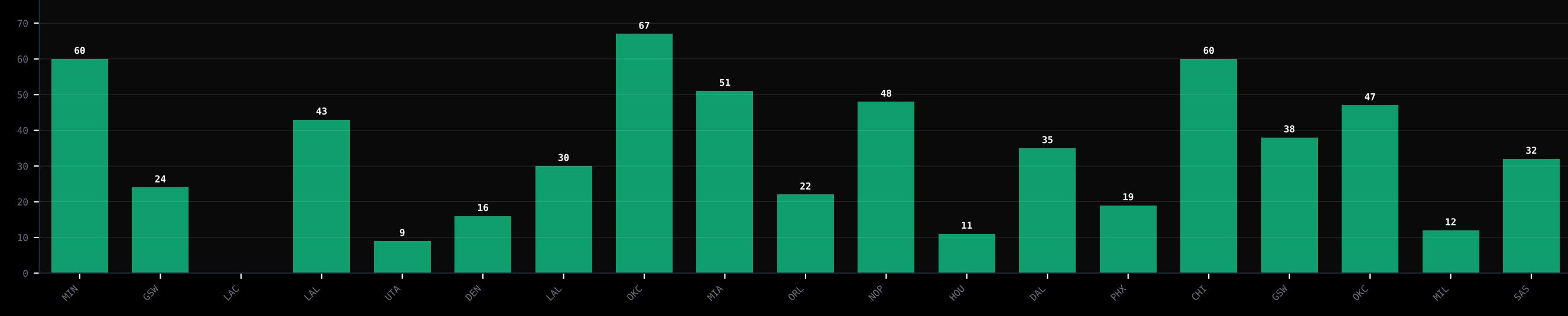


Portland Trail Blazers (POR) - Points Allowed by Position

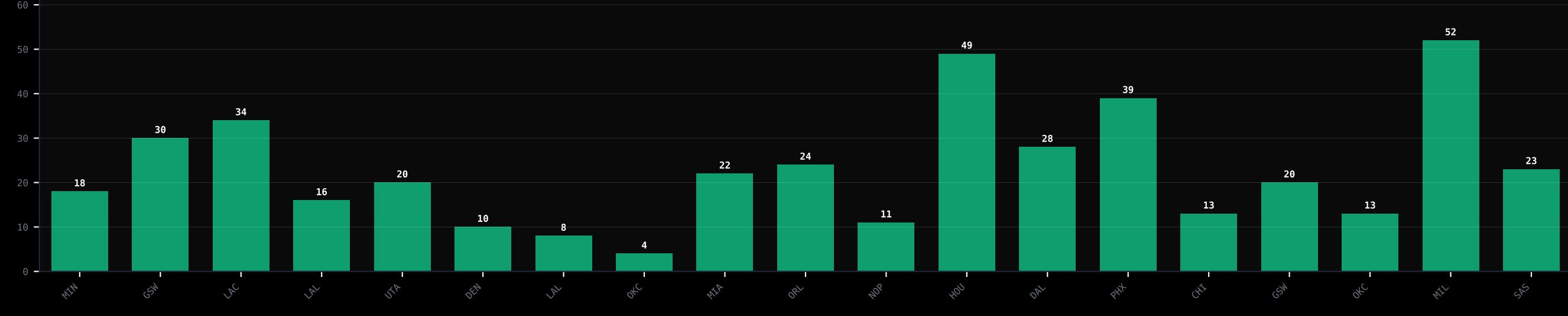
Point Guards (PG) - Avg: 22.9 PPG | 19 games



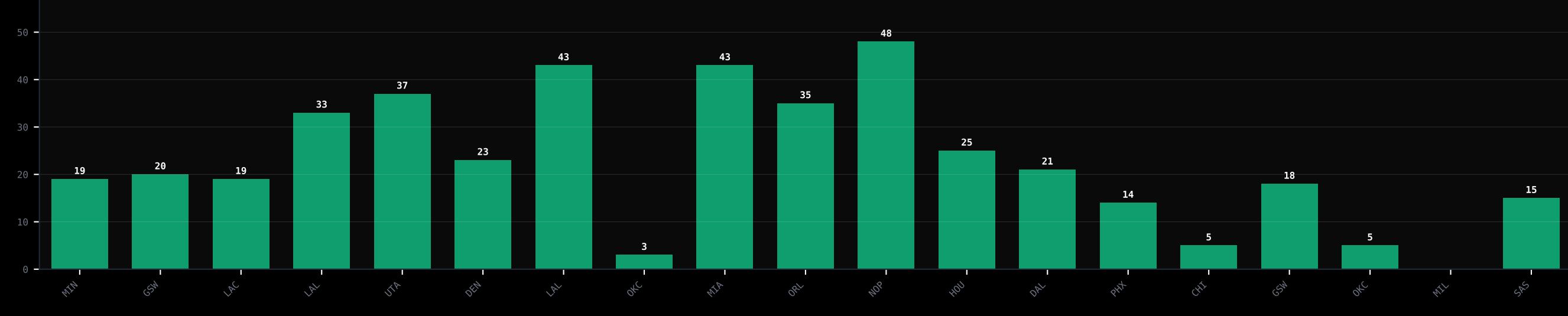
Shooting Guards (SG) - Avg: 32.8 PPG | 19 games



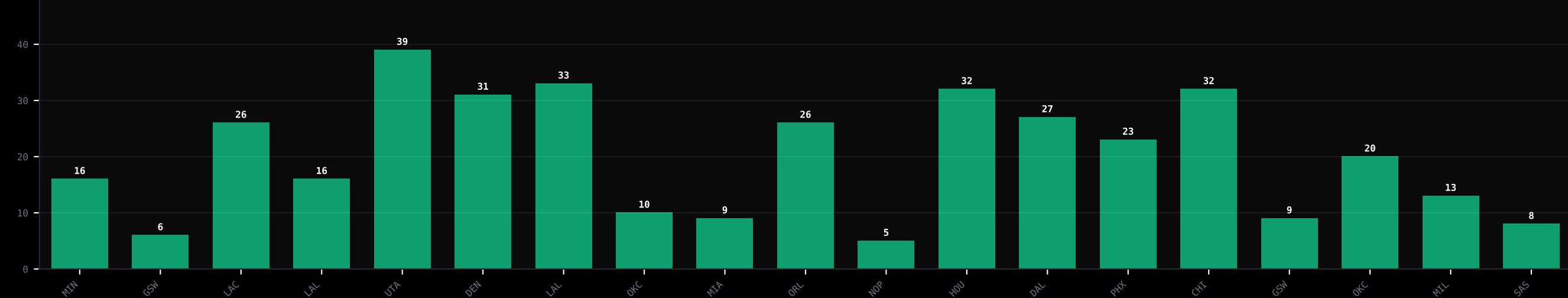
Small Forwards (SF) - Avg: 22.8 PPG | 19 games



Power Forwards (PF) - Avg: 22.4 PPG | 19 games

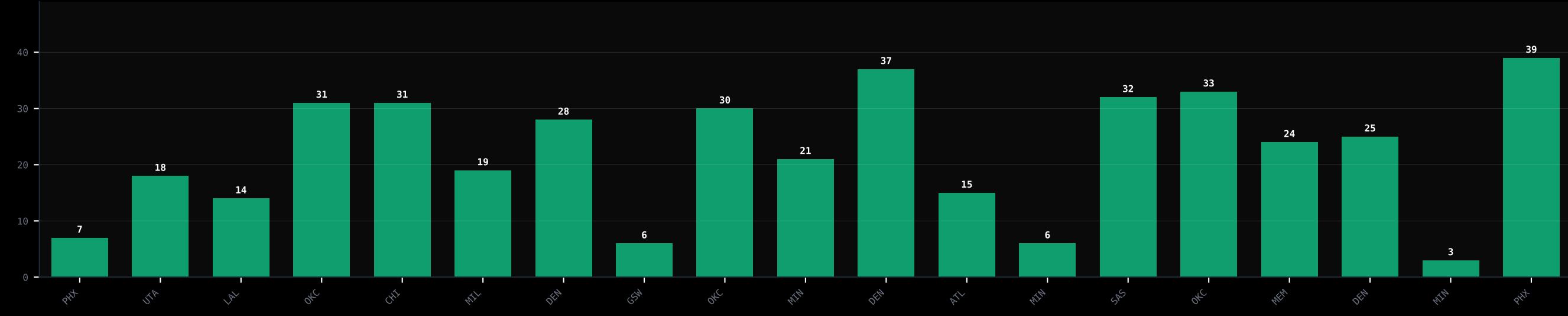


Centers (C) - Avg: 20.1 PPG | 19 games

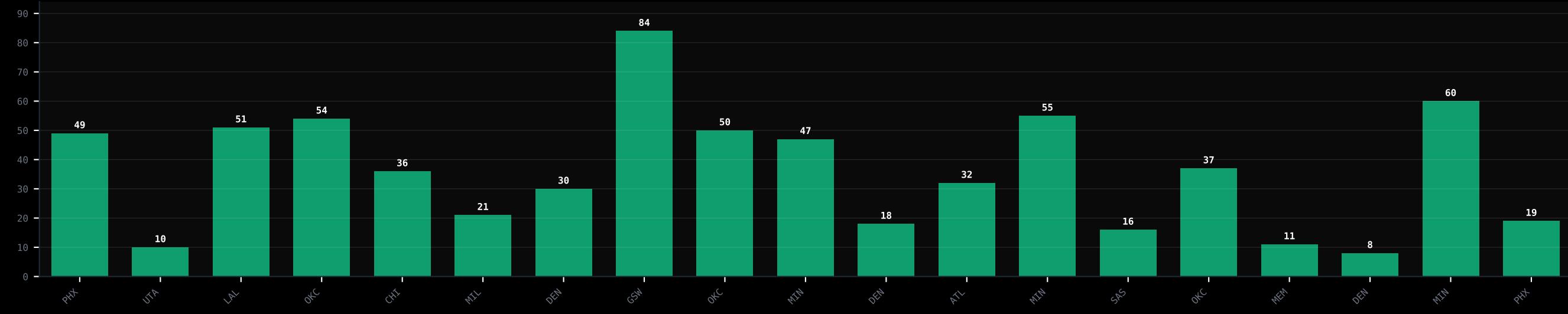


Sacramento Kings (SAC) - Points Allowed by Position

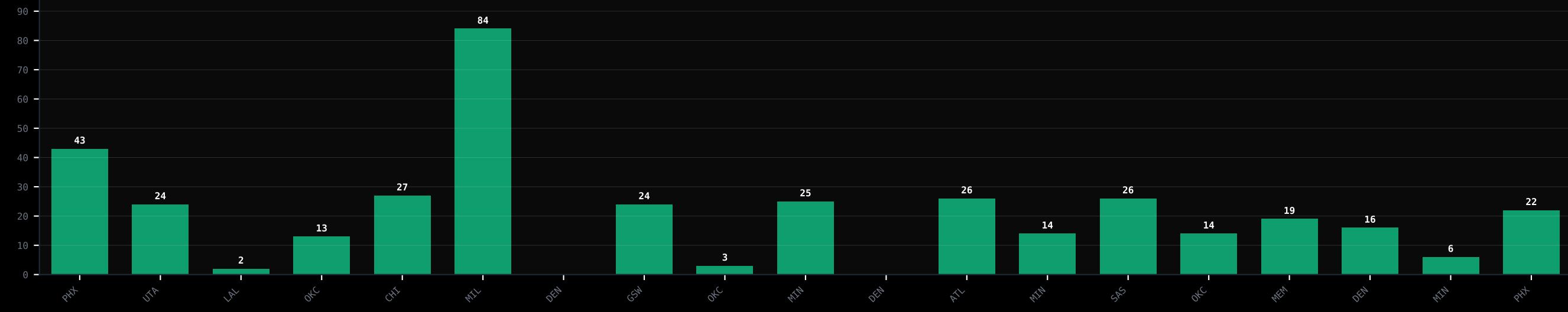
Point Guards (PG) - Avg: 22.1 PPG | 19 games



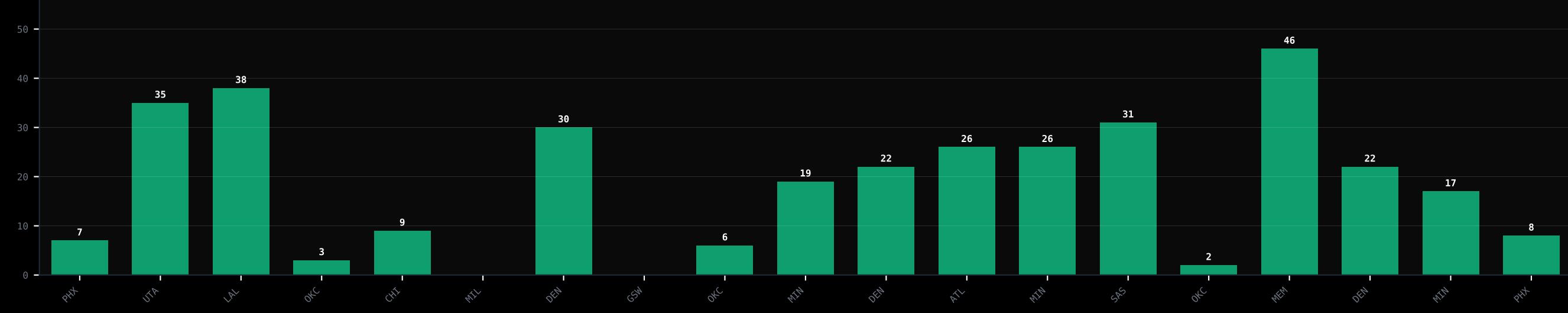
Shooting Guards (SG) - Avg: 36.2 PPG | 19 games



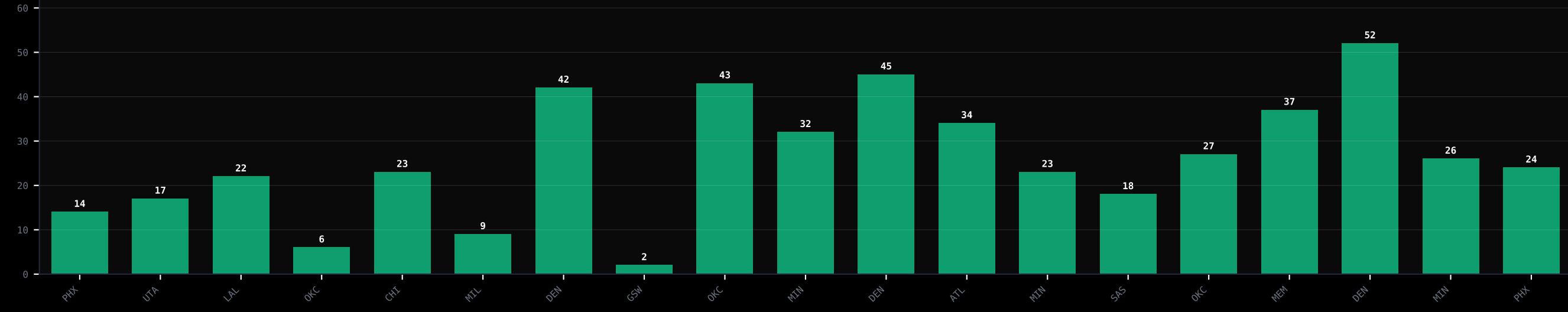
Small Forwards (SF) - Avg: 20.4 PPG | 19 games



Power Forwards (PF) - Avg: 18.3 PPG | 19 games

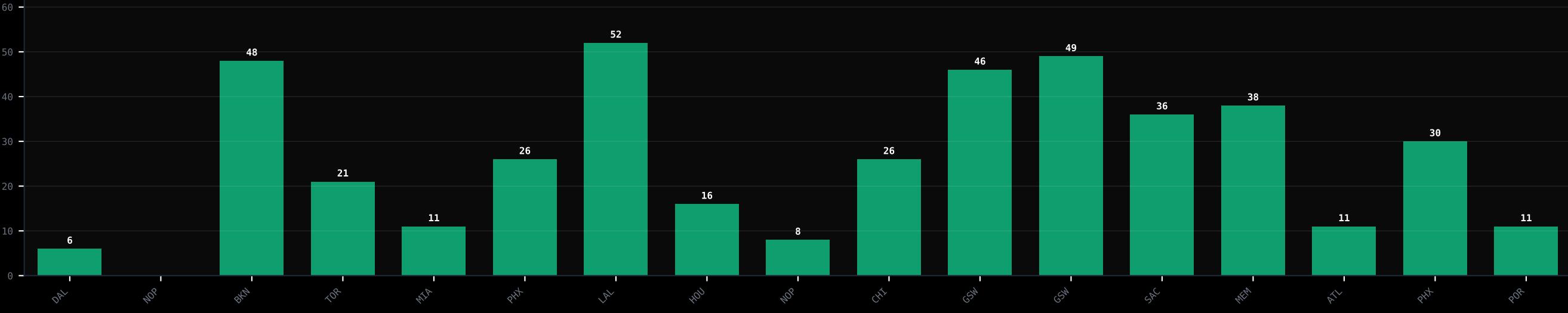


Centers (C) - Avg: 26.1 PPG | 19 games

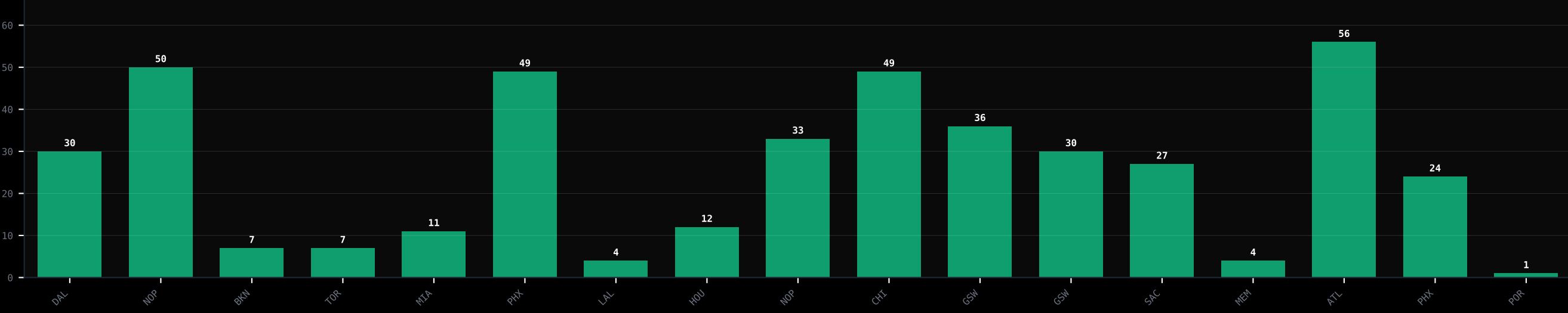


San Antonio Spurs (SAS) - Points Allowed by Position

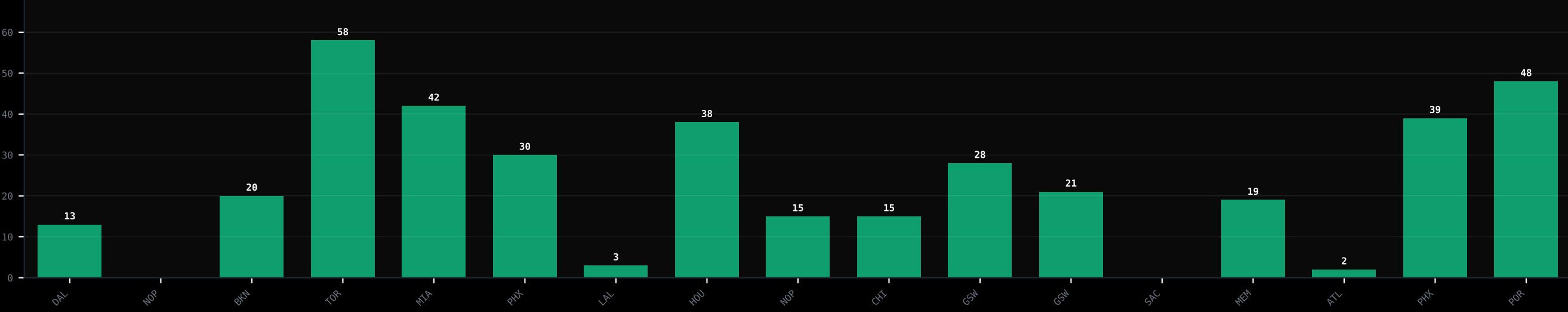
Point Guards (PG) - Avg: 25.6 PPG | 17 games



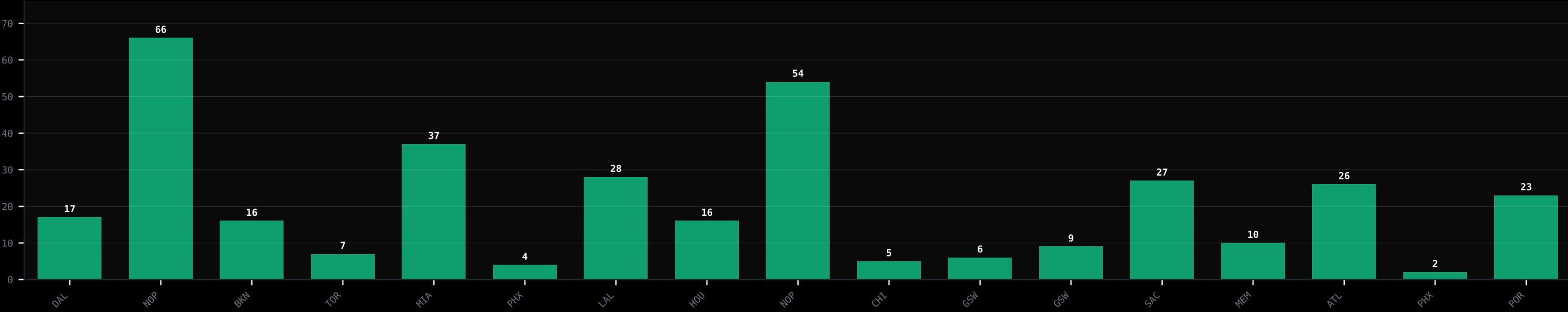
Shooting Guards (SG) - Avg: 25.3 PPG | 17 games



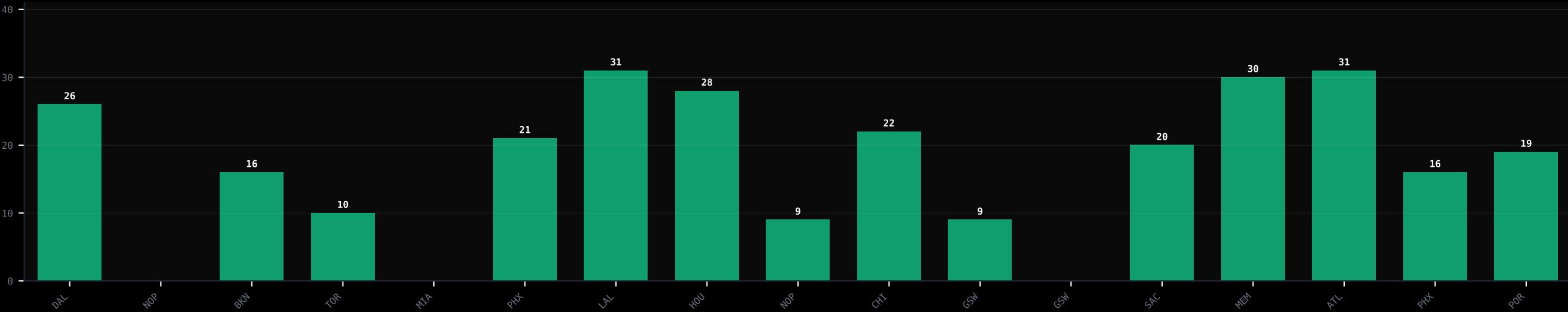
Small Forwards (SF) - Avg: 23.0 PPG | 17 games



Power Forwards (PF) - Avg: 20.8 PPG | 17 games

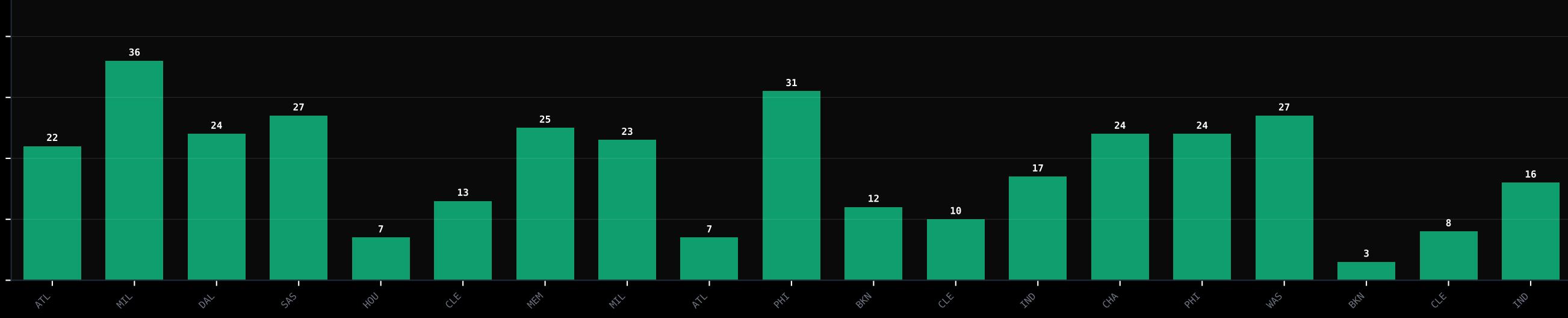


Centers (C) - Avg: 16.9 PPG | 17 games

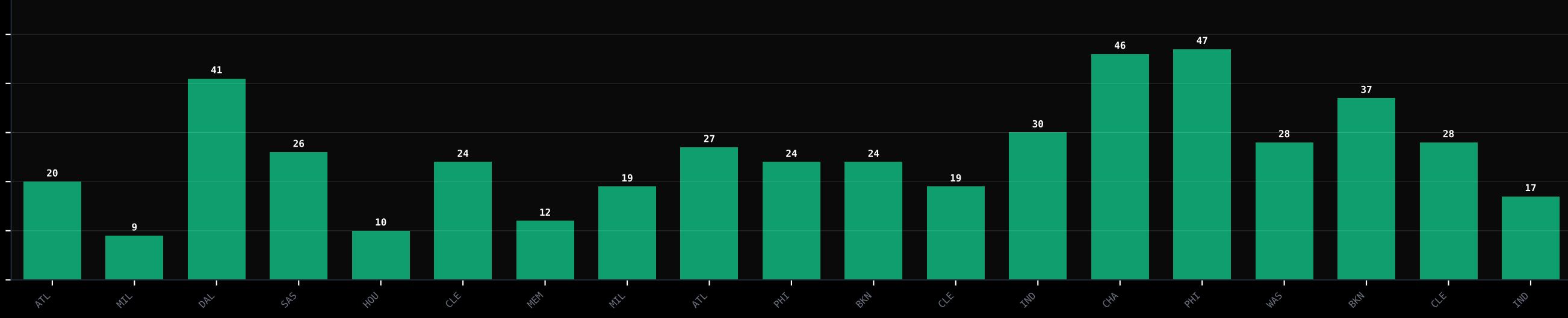


Toronto Raptors (TOR) - Points Allowed by Position

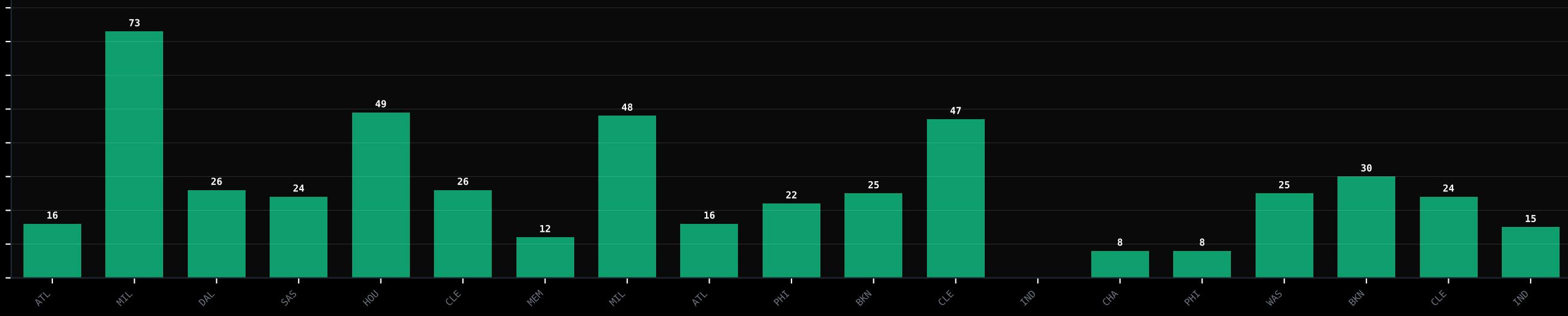
Point Guards (PG) - Avg: 18.7 PPG | 19 games



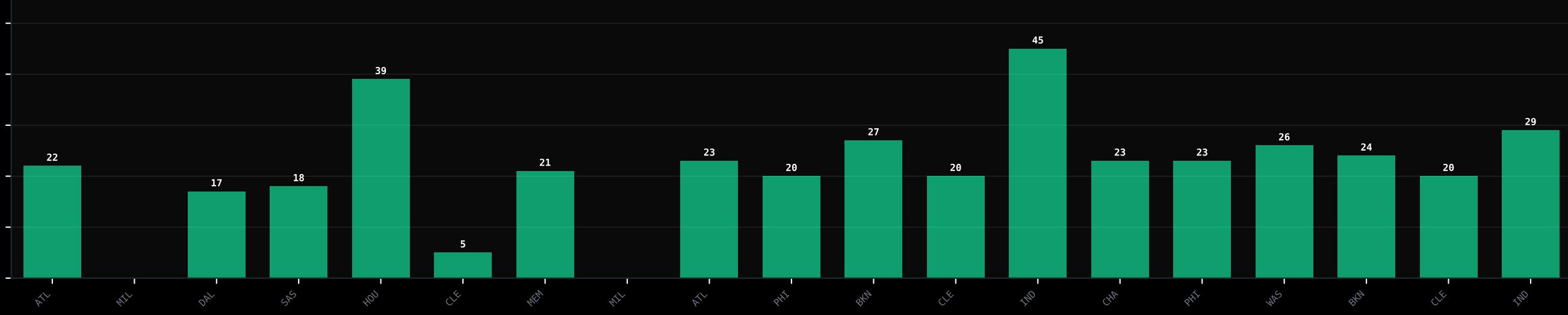
Shooting Guards (SG) - Avg: 25.7 PPG | 19 games



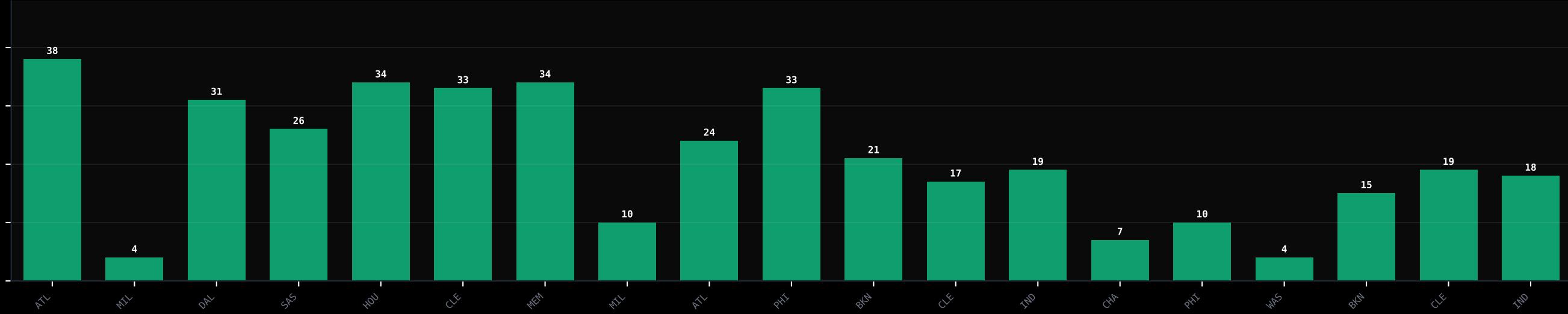
Small Forwards (SF) - Avg: 26.0 PPG | 19 games



Power Forwards (PF) - Avg: 21.2 PPG | 19 games

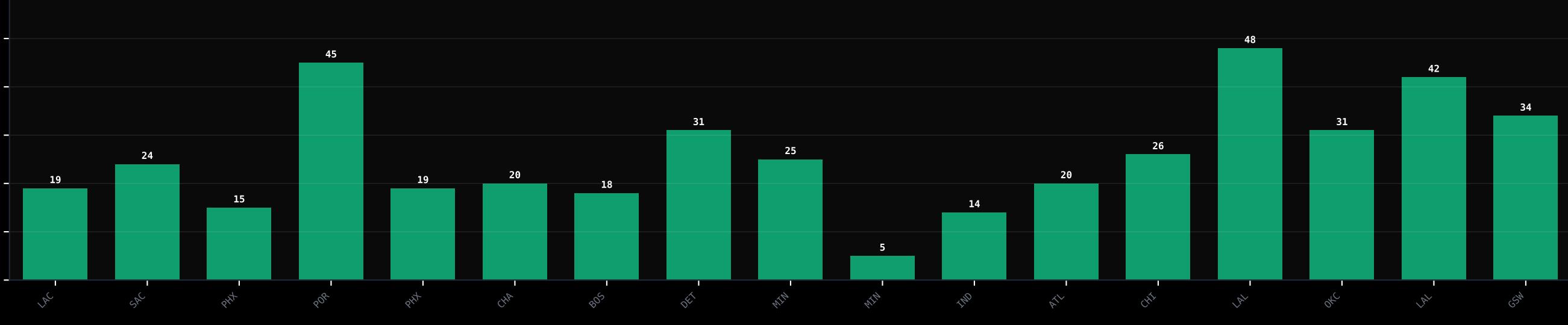


Centers (C) - Avg: 20.9 PPG | 19 games

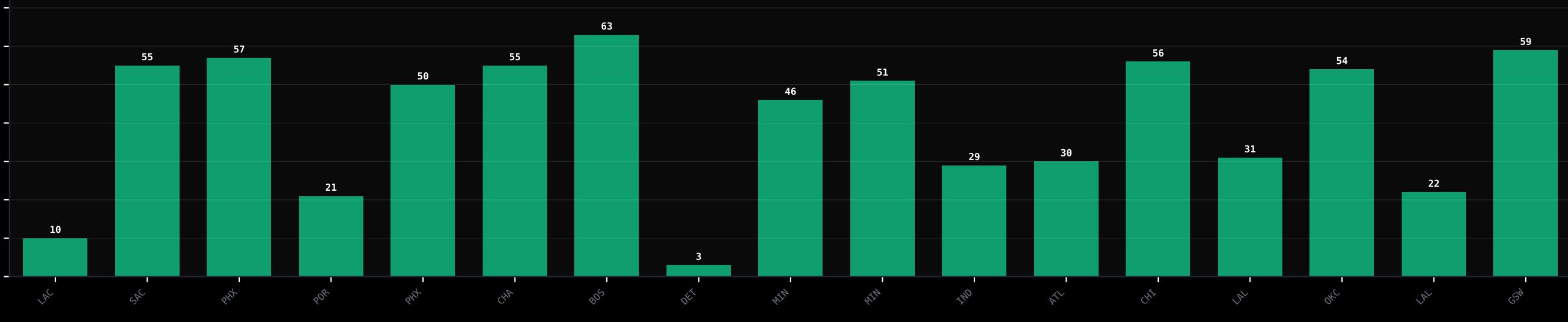


Utah Jazz (UTA) - Points Allowed by Position

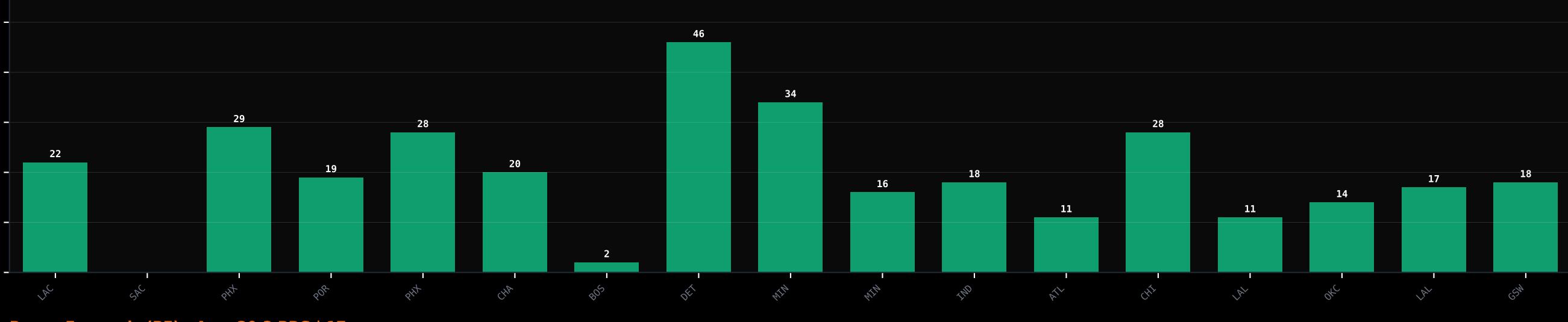
Point Guards (PG) - Avg: 25.6 PPG | 17 games



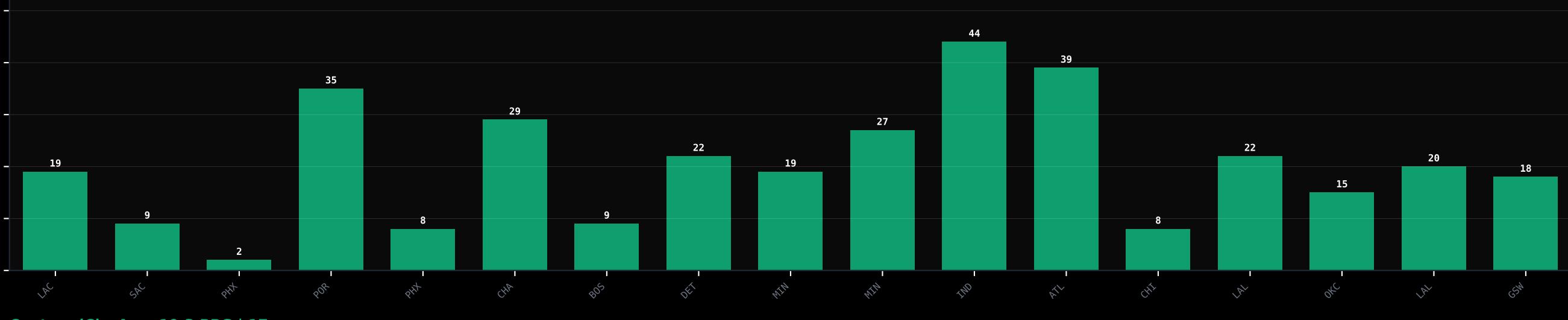
Shooting Guards (SG) - Avg: 40.7 PPG | 17 games



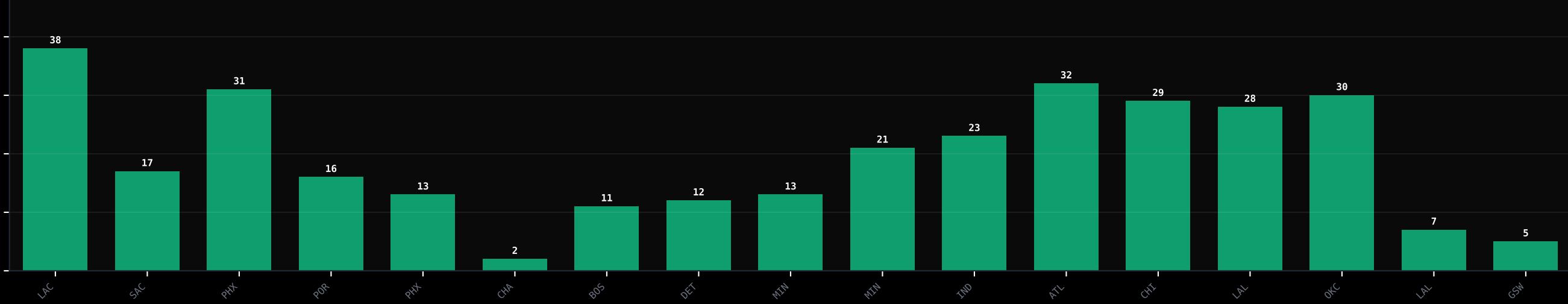
Small Forwards (SF) - Avg: 19.6 PPG | 17 games



Power Forwards (PF) - Avg: 20.3 PPG | 17 games

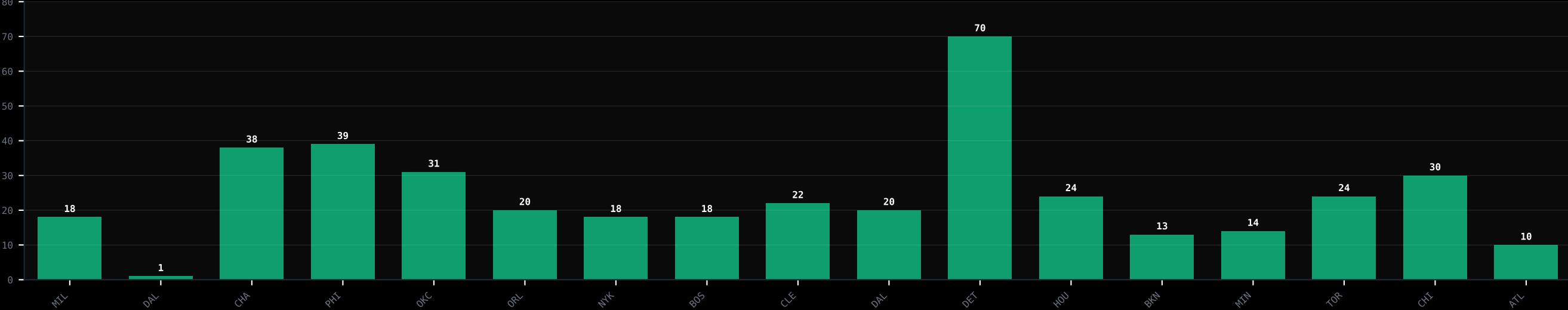


Centers (C) - Avg: 19.3 PPG | 17 games

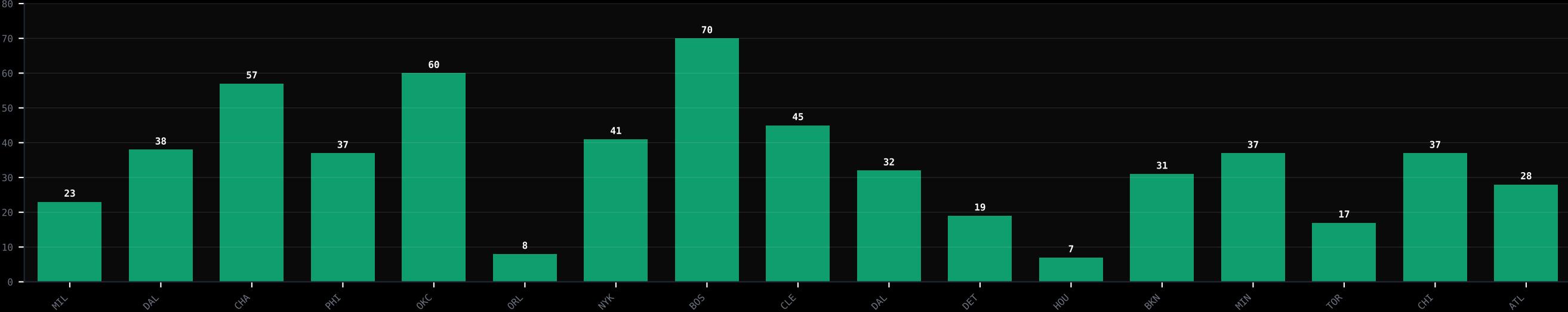


Washington Wizards (WAS) - Points Allowed by Position

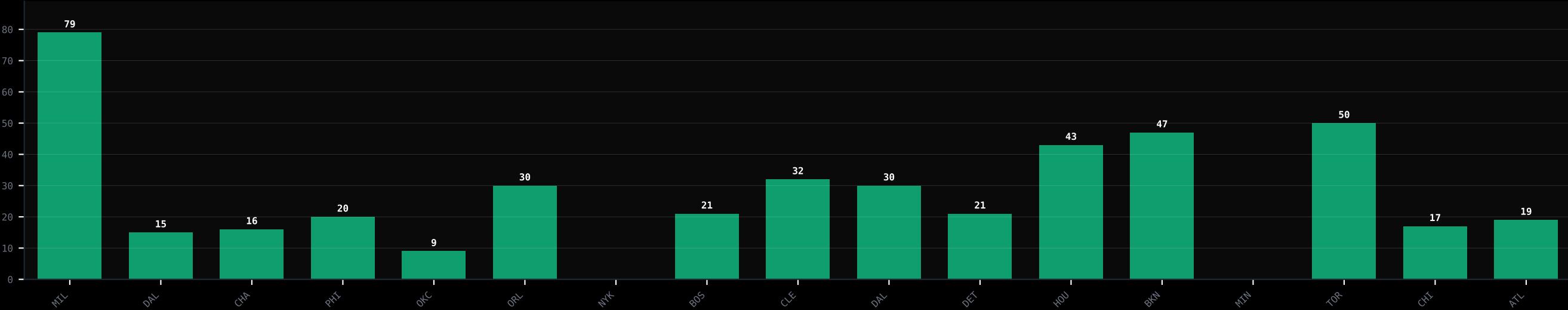
Point Guards (PG) - Avg: 24.1 PPG | 17 games



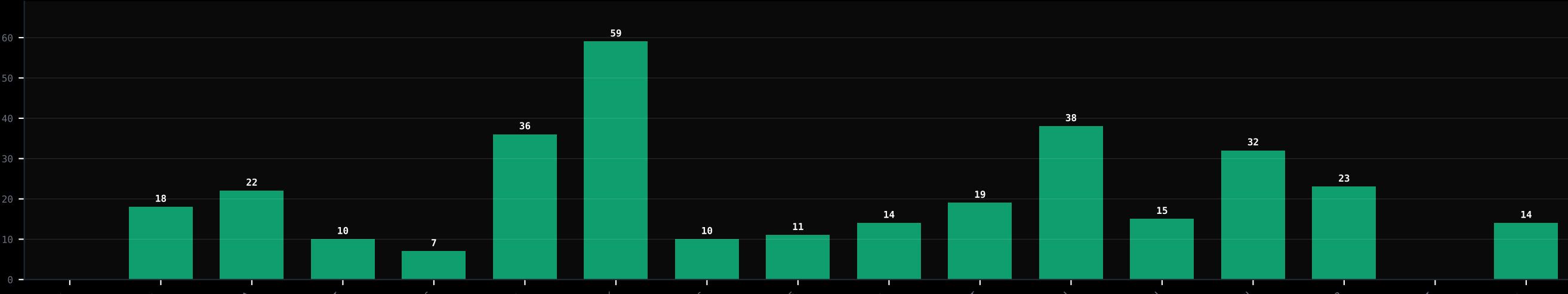
Shooting Guards (SG) - Avg: 34.5 PPG | 17 games



Small Forwards (SF) - Avg: 26.4 PPG | 17 games



Power Forwards (PF) - Avg: 19.3 PPG | 17 games



Centers (C) - Avg: 23.8 PPG | 17 games

