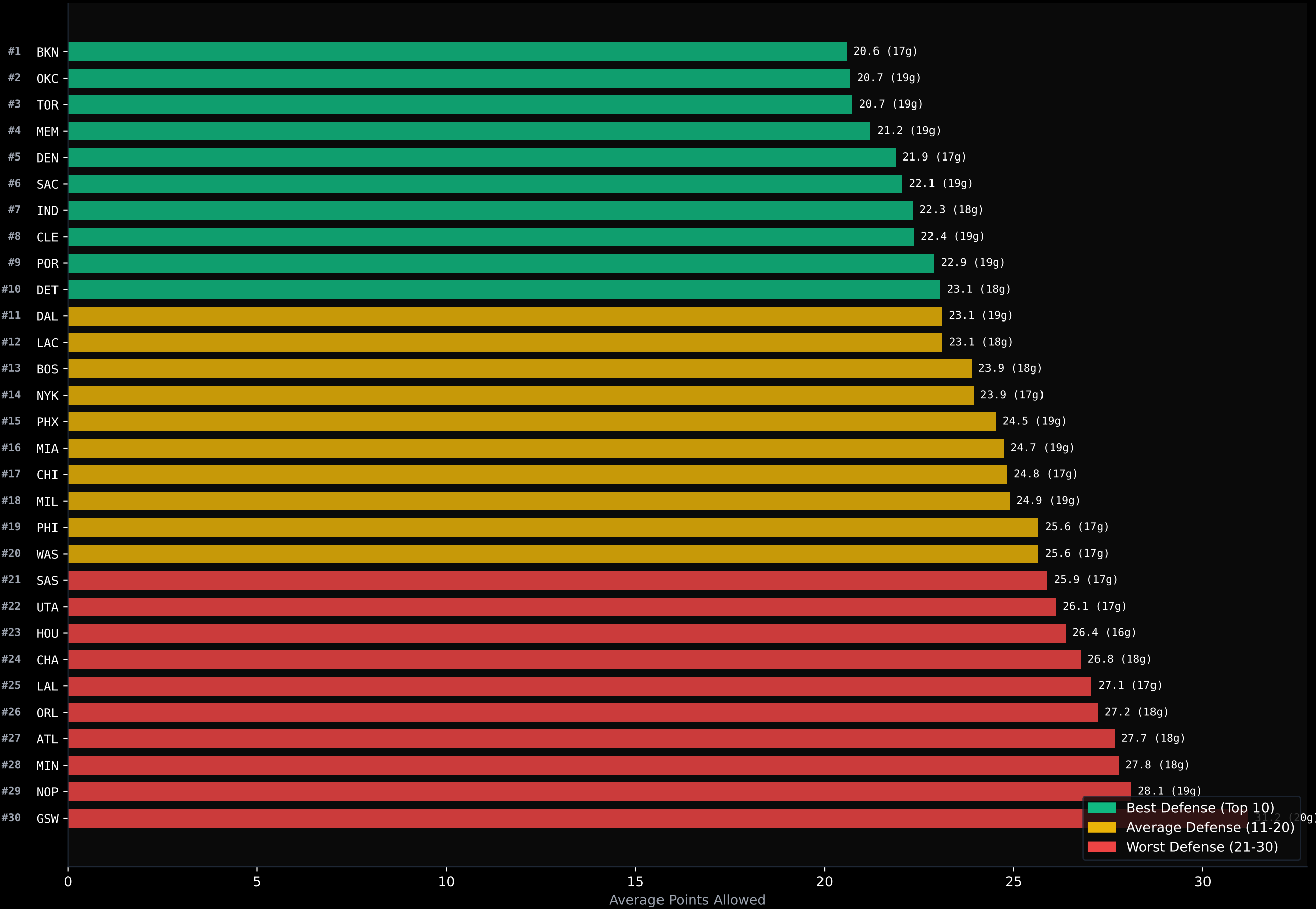


# NBA Position Defense Rankings - 2025-26 Season

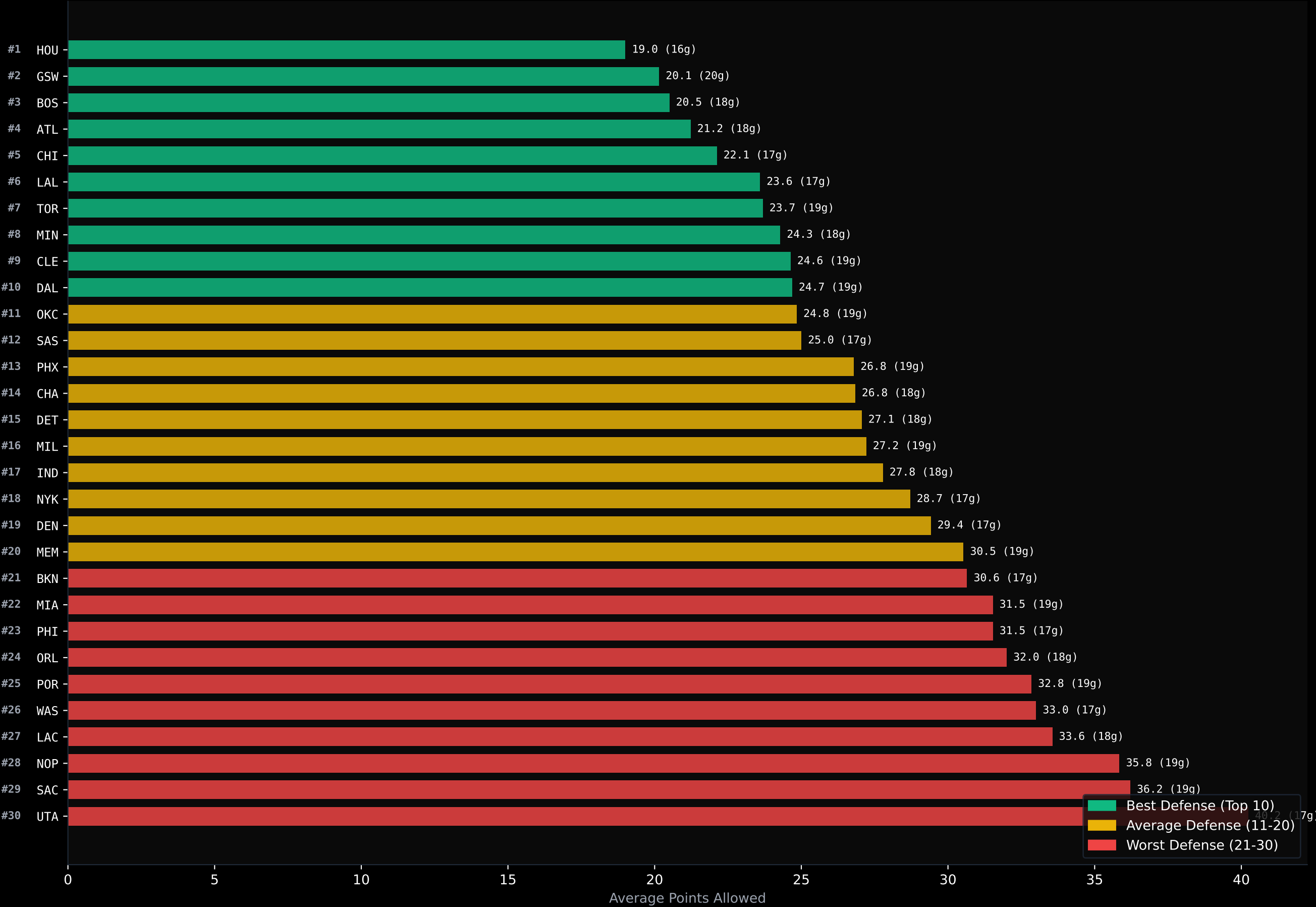
Lower PPG = Better Defense | Green = Best 5 | Red = Worst 5

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

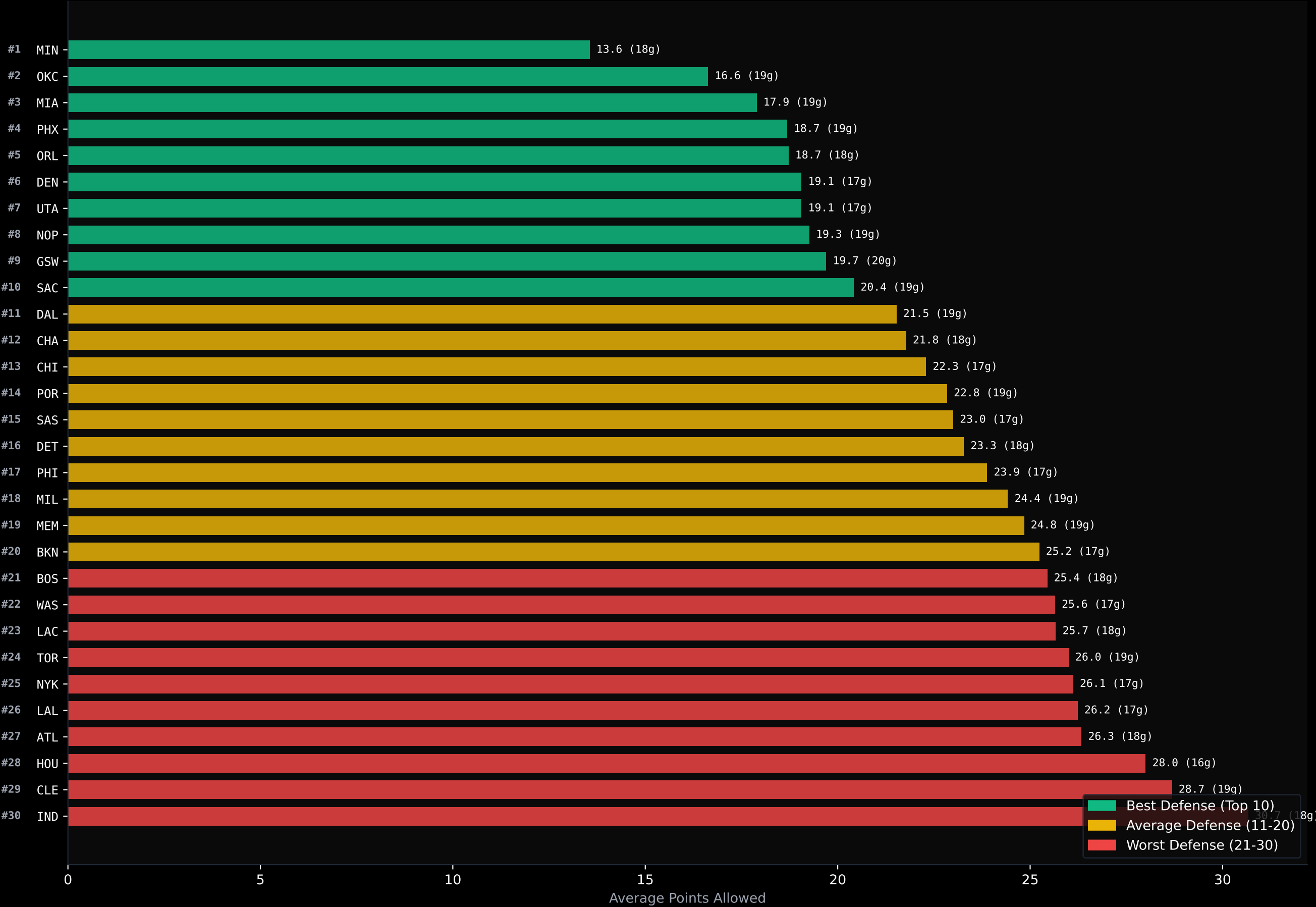
# Defense vs Point Guards (PG) - League Rankings



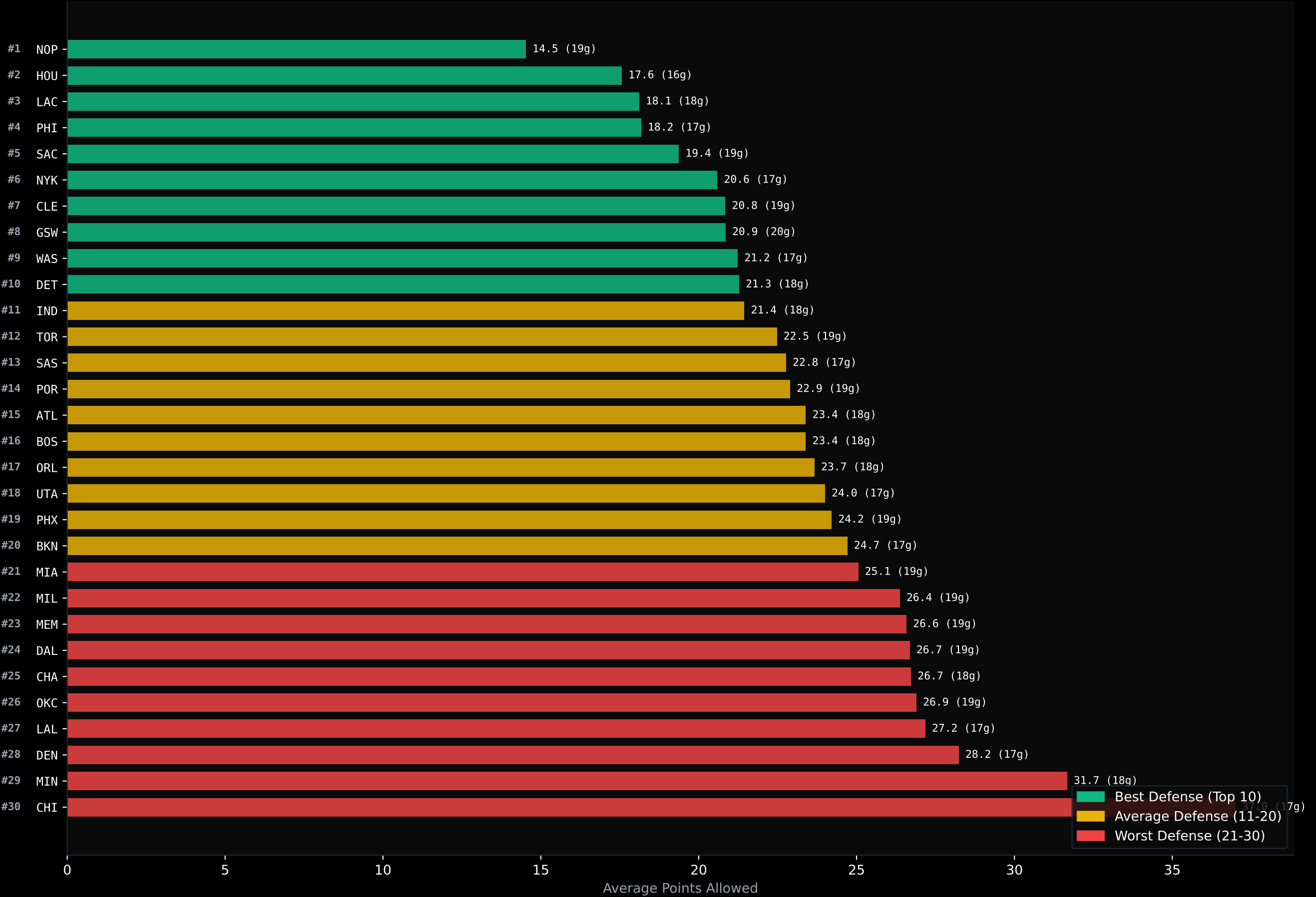
# Defense vs Shooting Guards (SG) - League Rankings



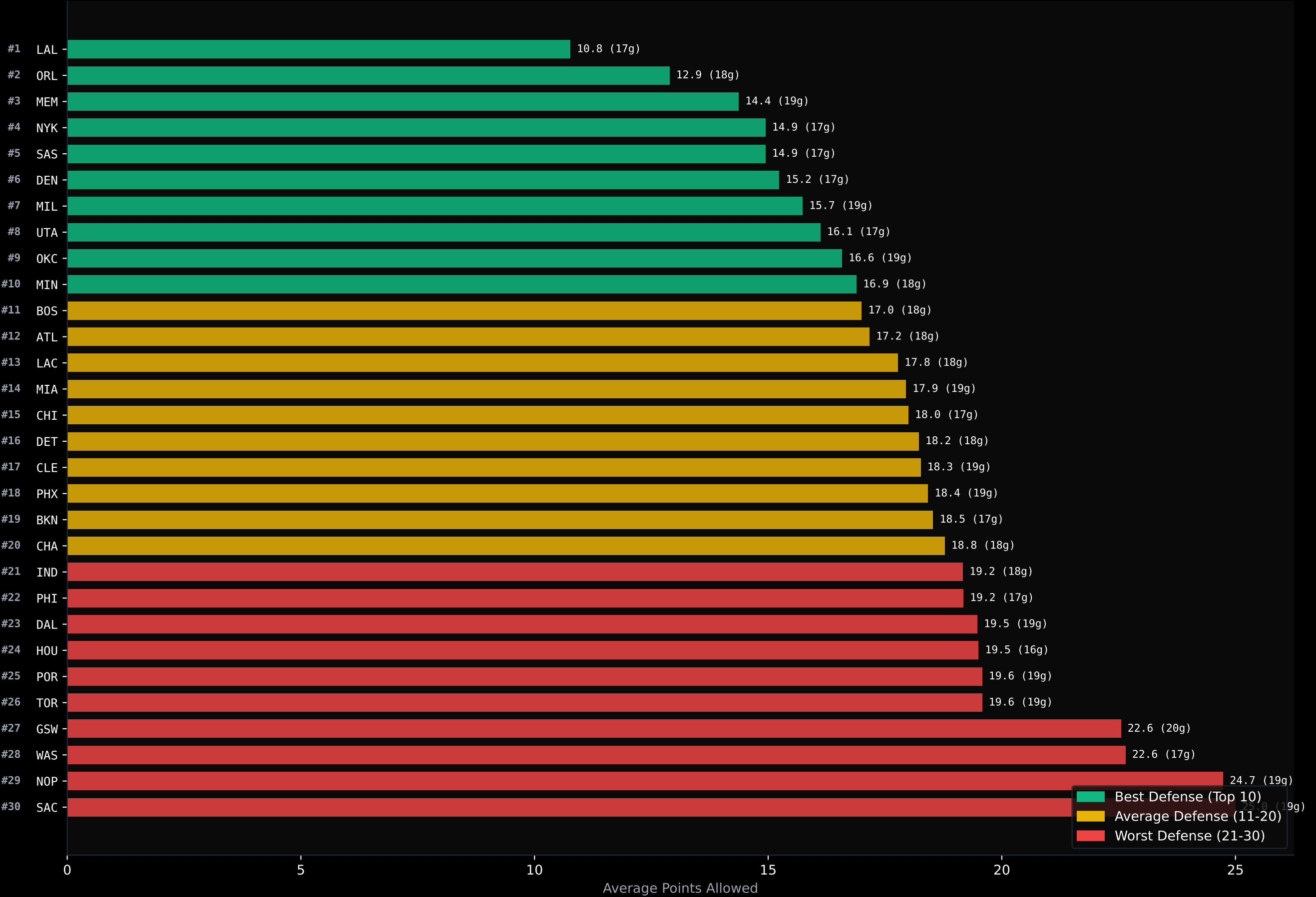
Defense vs Small Forwards (SF) - League Rankings



Defense vs Power Forwards (PF) - League Rankings

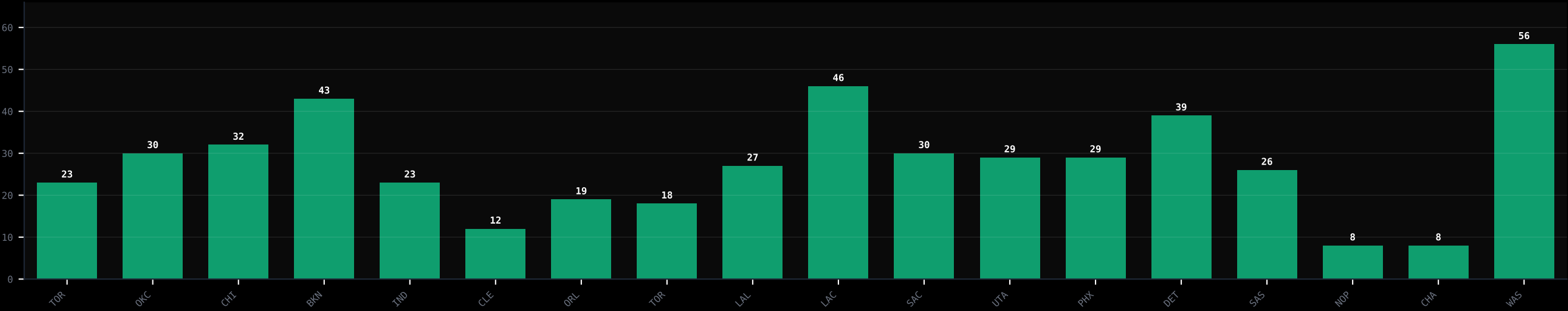


Defense vs Centers (C) - League Rankings

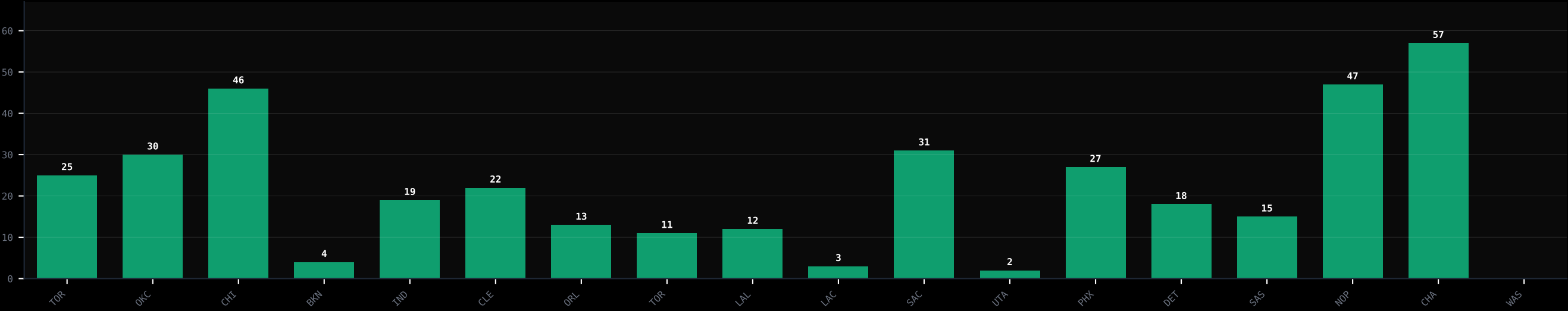


Atlanta Hawks (ATL) - Points Allowed by Position

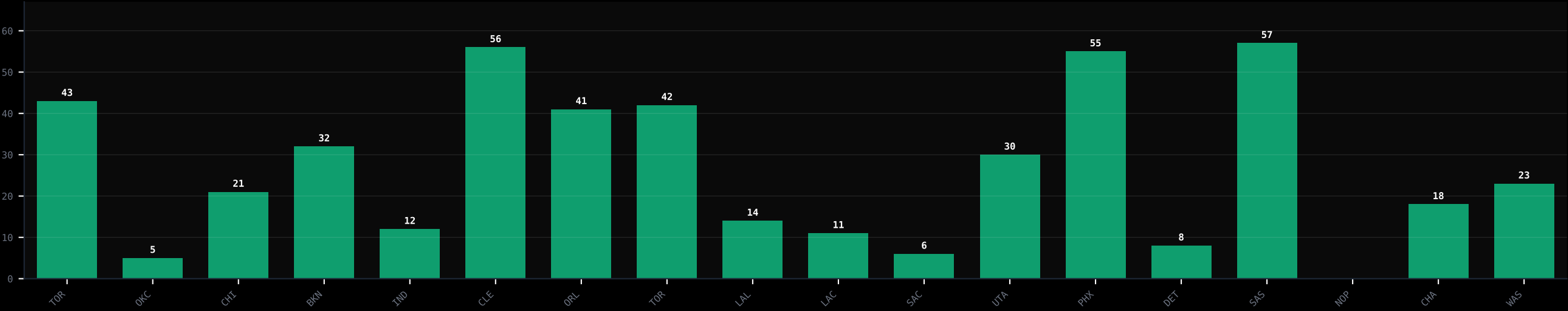
Point Guards (PG) - Avg: 27.7 PPG | 18 games



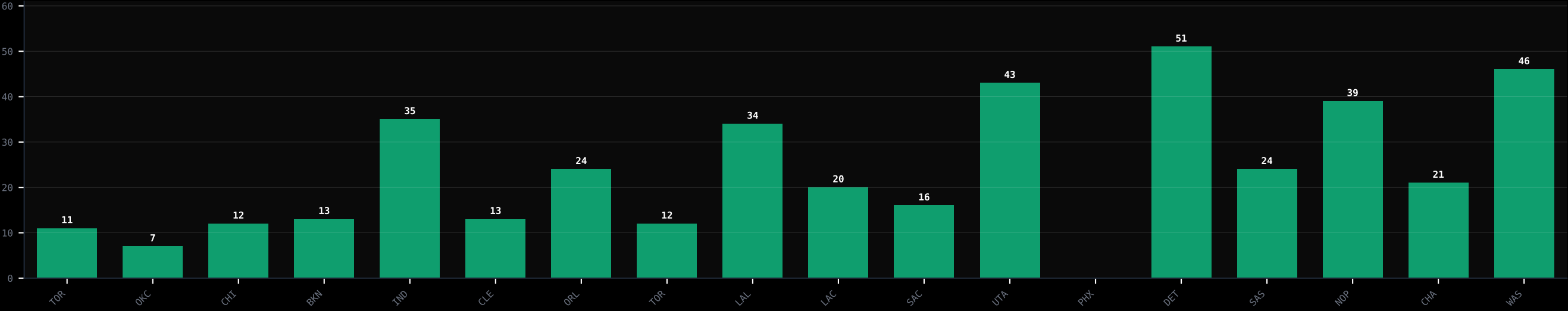
Shooting Guards (SG) - Avg: 21.2 PPG | 18 games



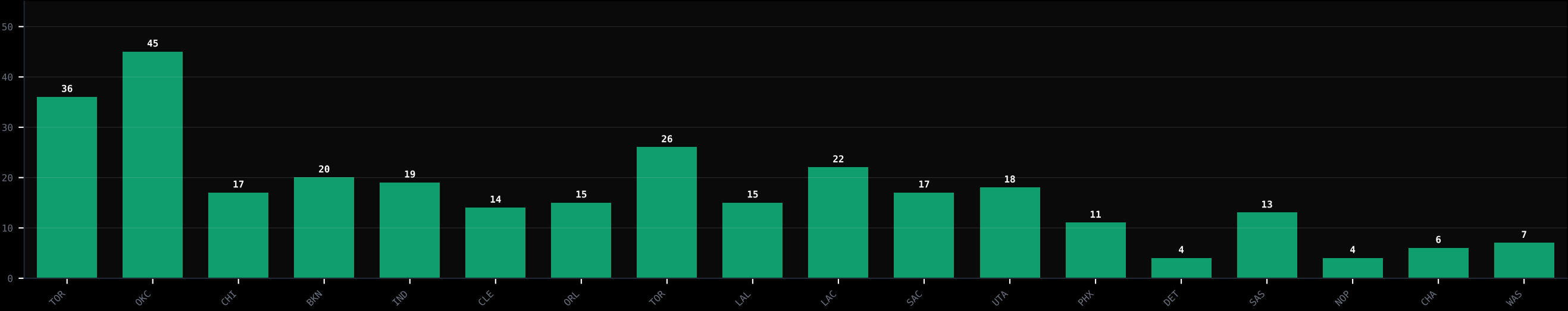
Small Forwards (SF) - Avg: 26.3 PPG | 18 games



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

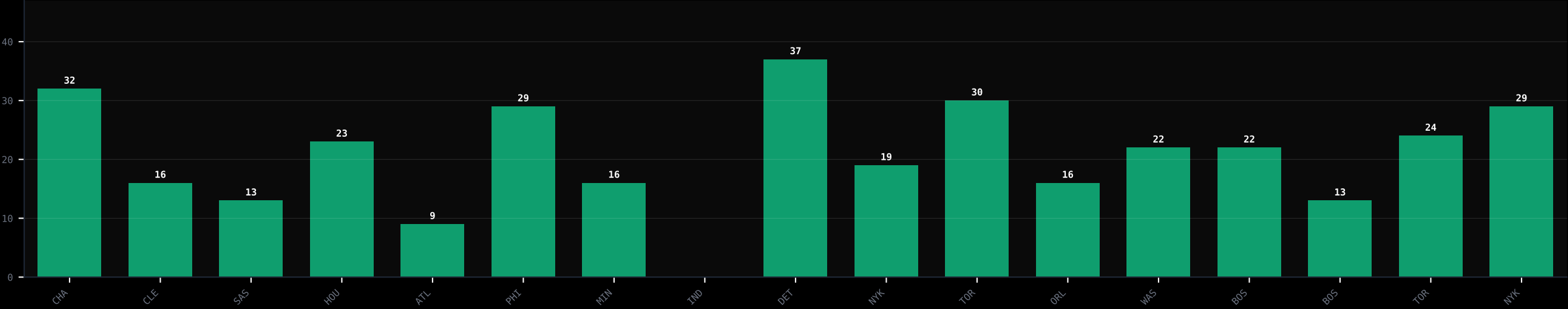


Centers (C) - Avg: 17.2 PPG | 18 games

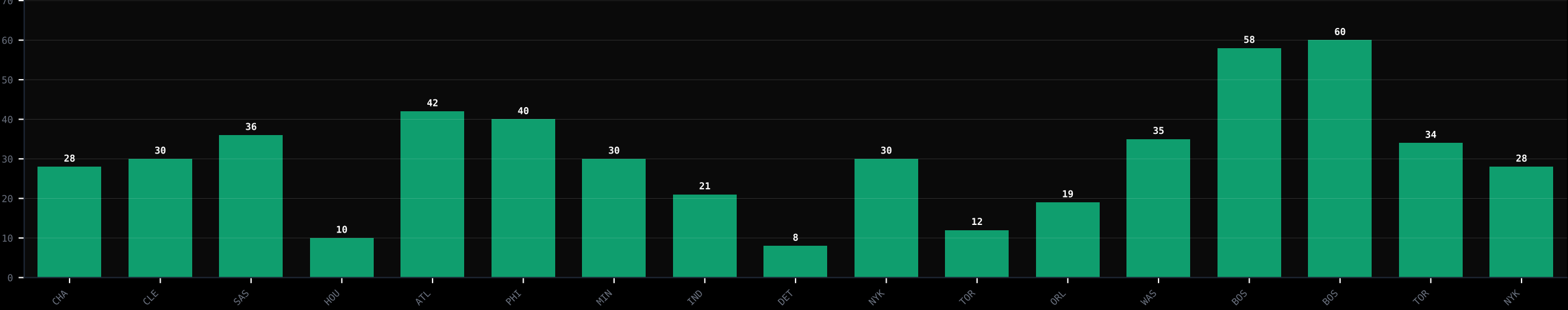


Brooklyn Nets (BKN) - Points Allowed by Position

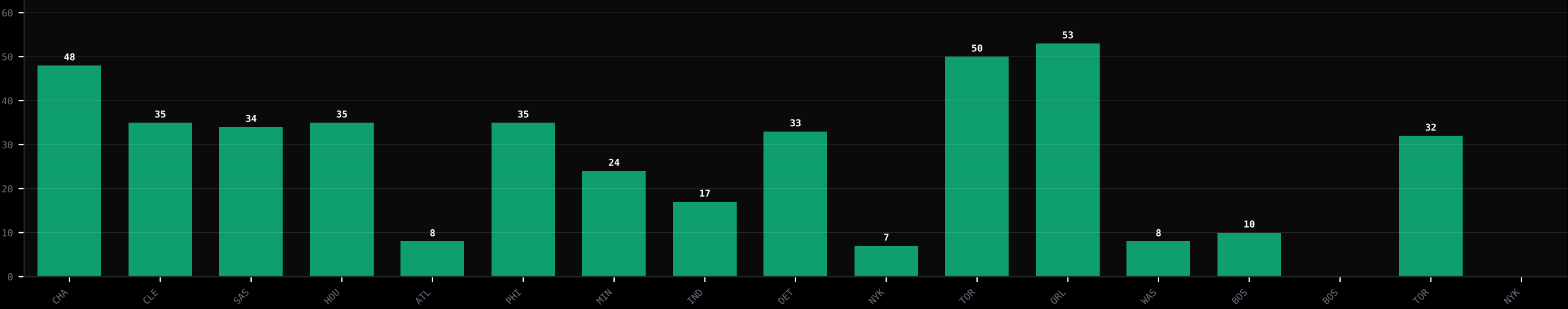
Point Guards (PG) - Avg: 20.6 PPG | 17 games



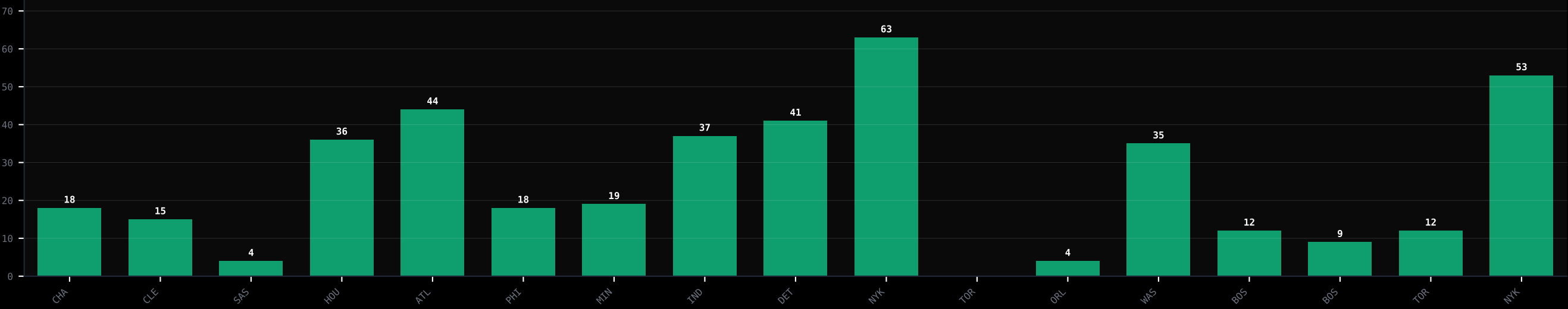
Shooting Guards (SG) - Avg: 30.6 PPG | 17 games



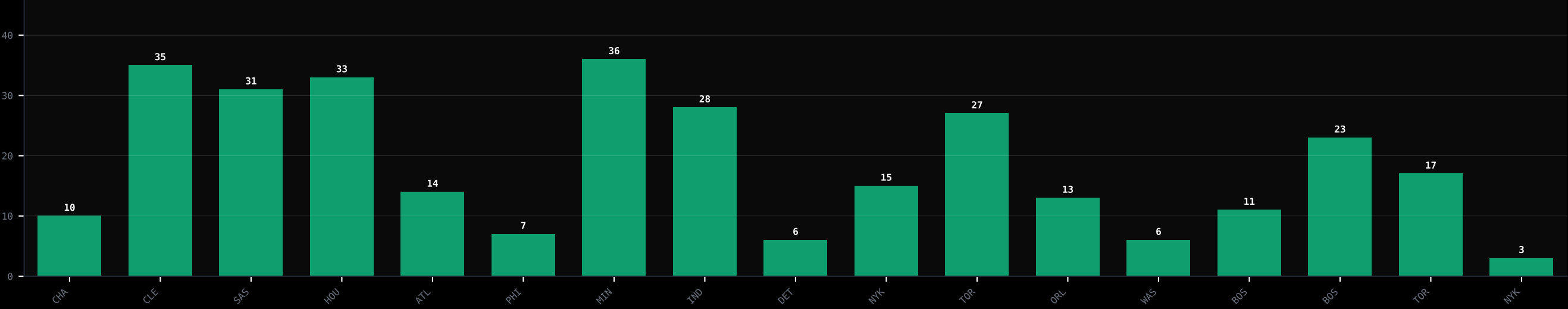
Small Forwards (SF) - Avg: 25.2 PPG | 17 games



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



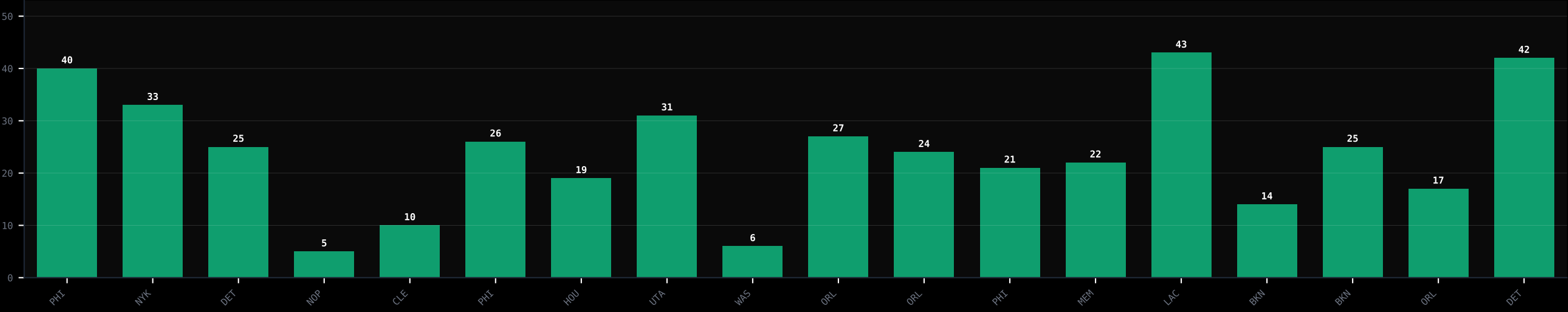
Centers (C) - Avg: 18.5 PPG | 17 games



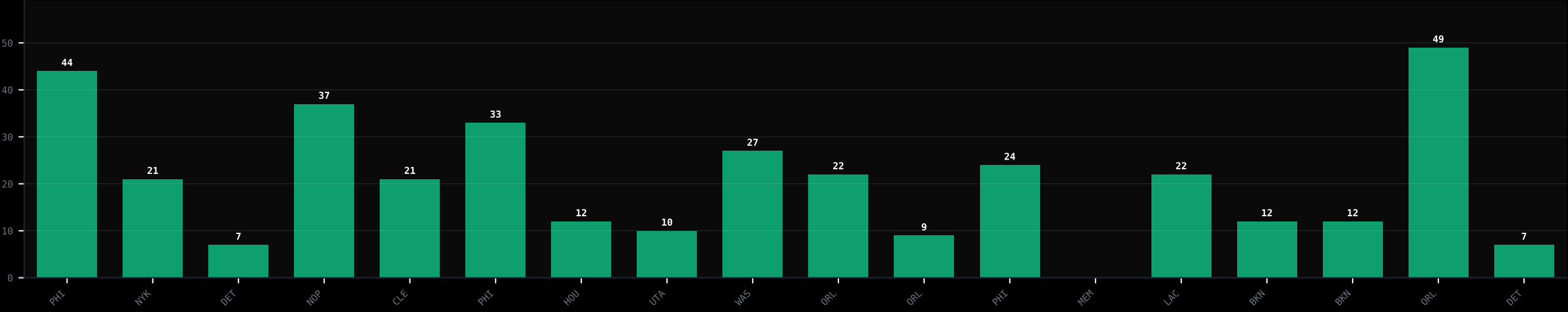


Boston Celtics (BOS) - Points Allowed by Position

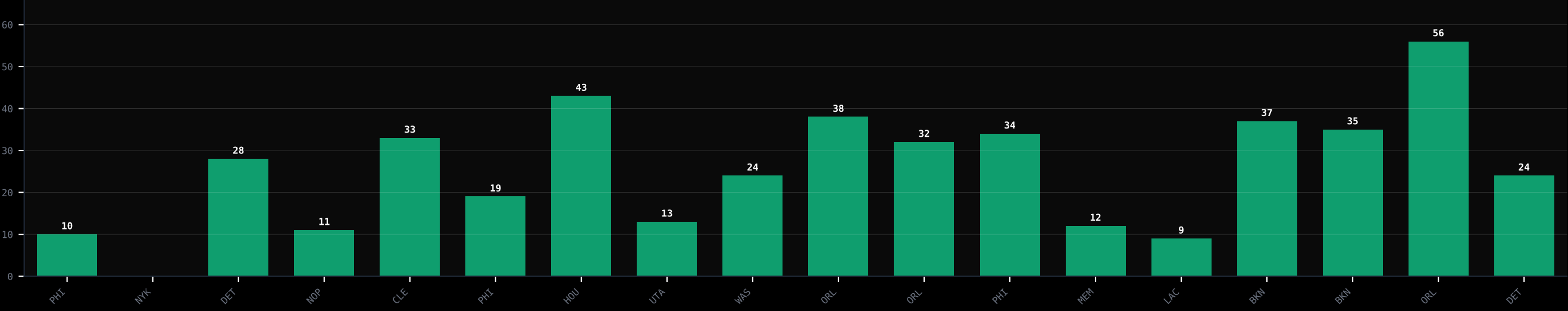
Point Guards (PG) - Avg: 23.9 PPG | 18 games



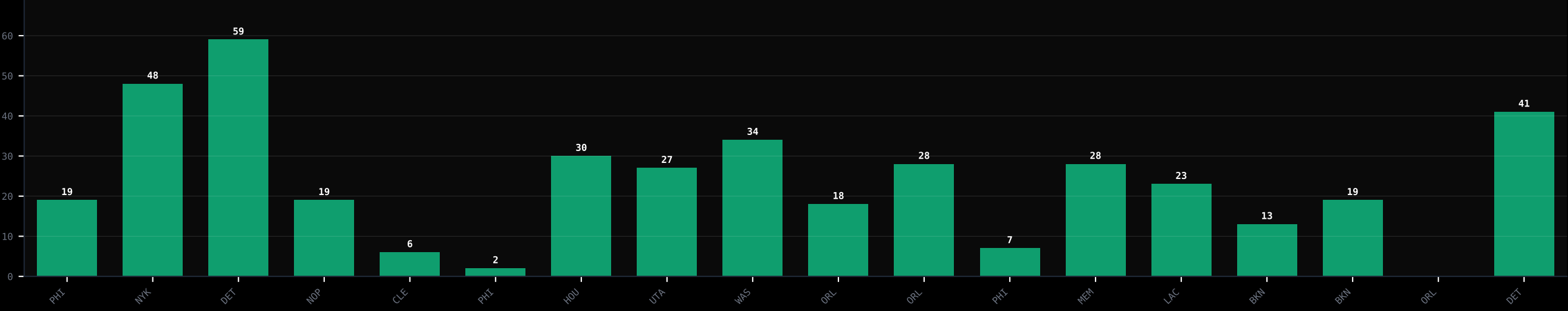
Shooting Guards (SG) - Avg: 20.5 PPG | 18 games



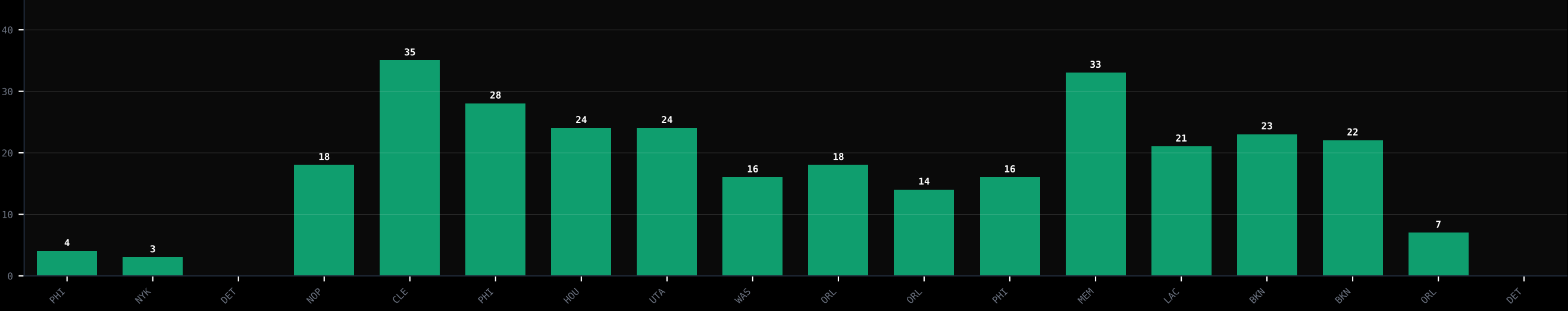
Small Forwards (SF) - Avg: 25.4 PPG | 18 games



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

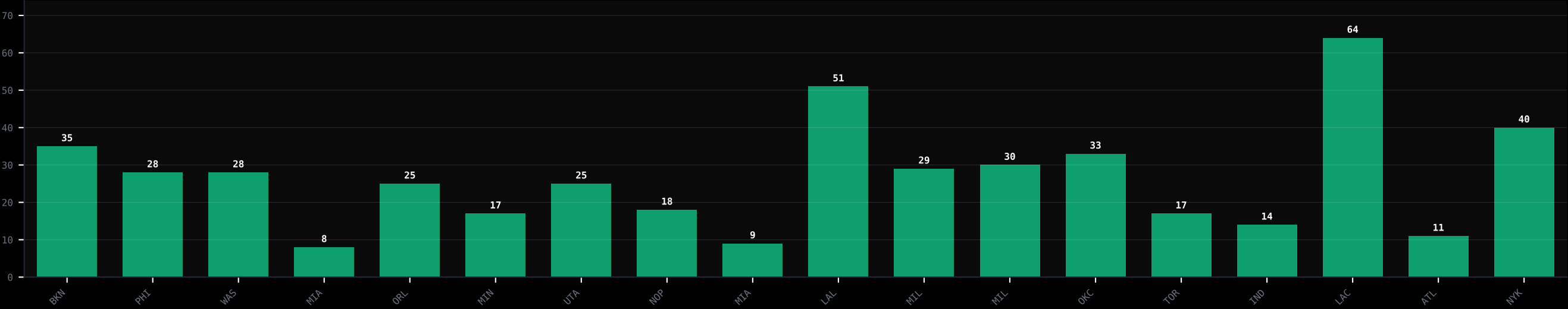


Centers (C) - Avg: 17.0 PPG | 18 games

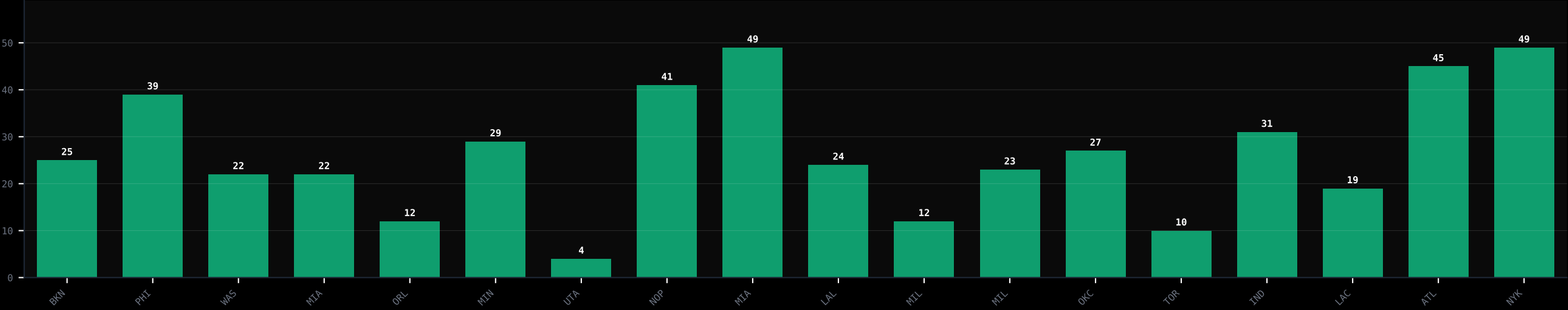


Charlotte Hornets (CHA) - Points Allowed by Position

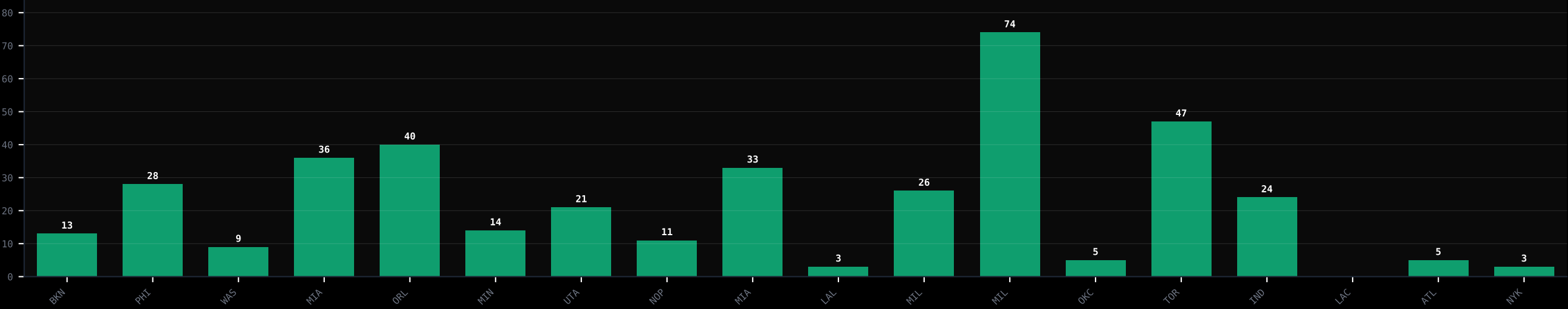
Point Guards (PG) - Avg: 26.8 PPG | 18 games



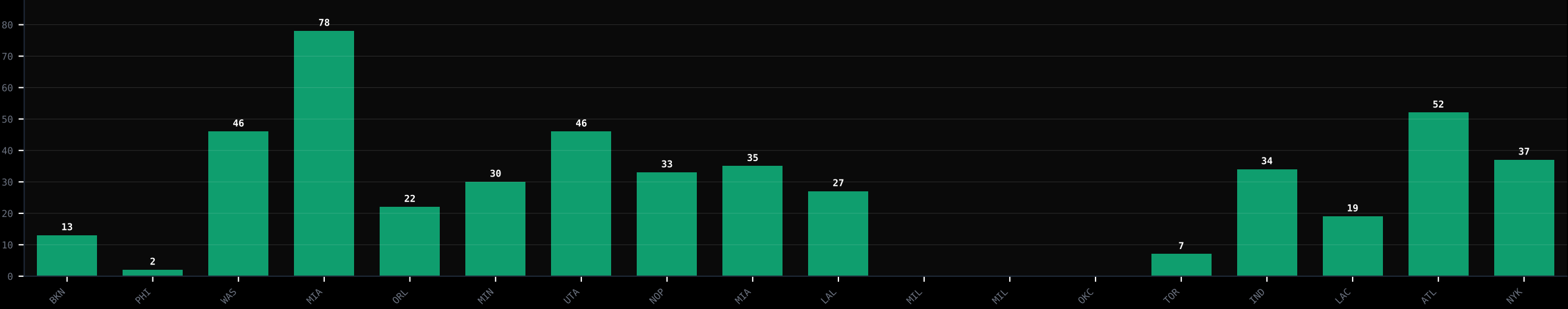
Shooting Guards (SG) - Avg: 26.8 PPG | 18 games



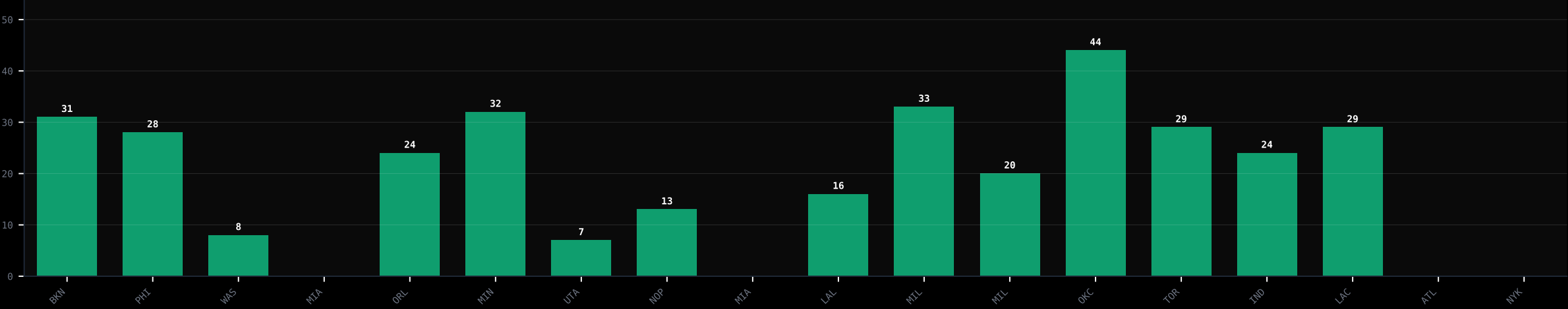
Small Forwards (SF) - Avg: 21.8 PPG | 18 games



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

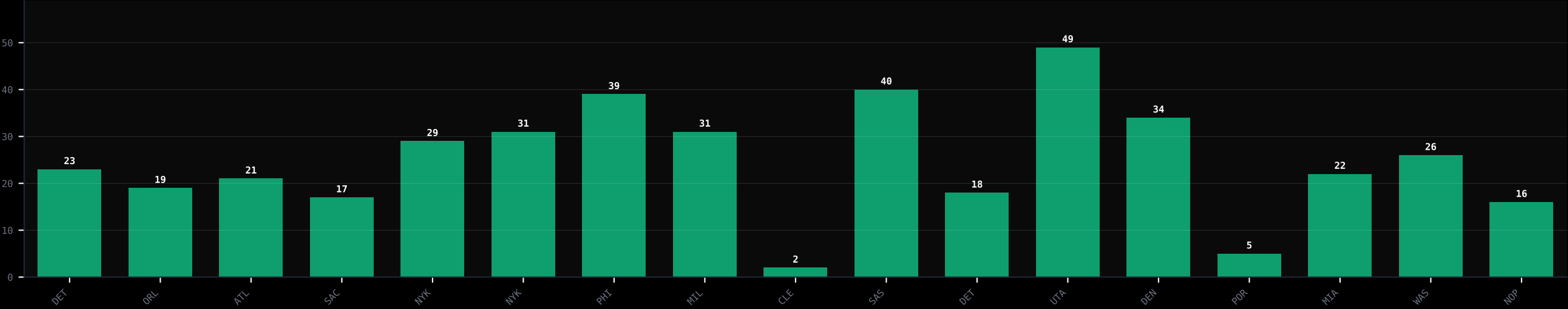


Centers (C) - Avg: 18.8 PPG | 18 games

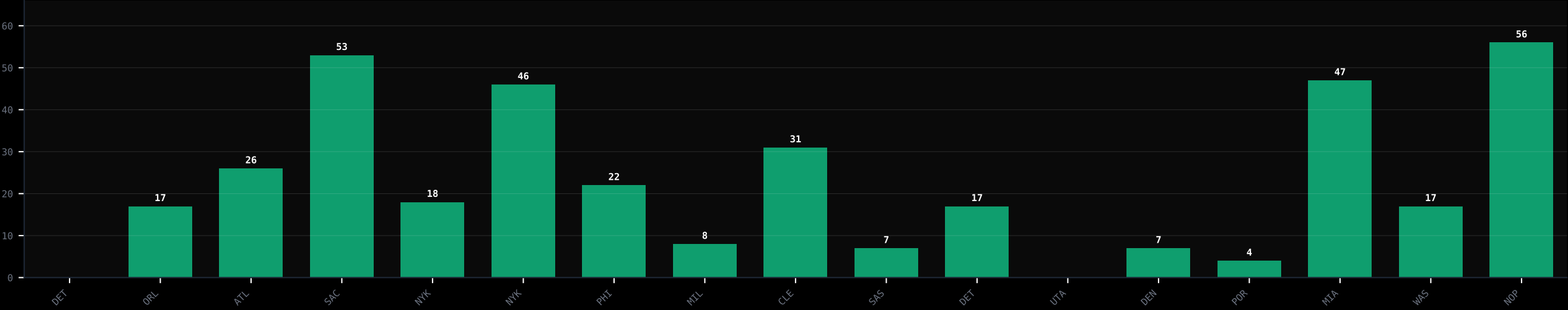


Chicago Bulls (CHI) - Points Allowed by Position

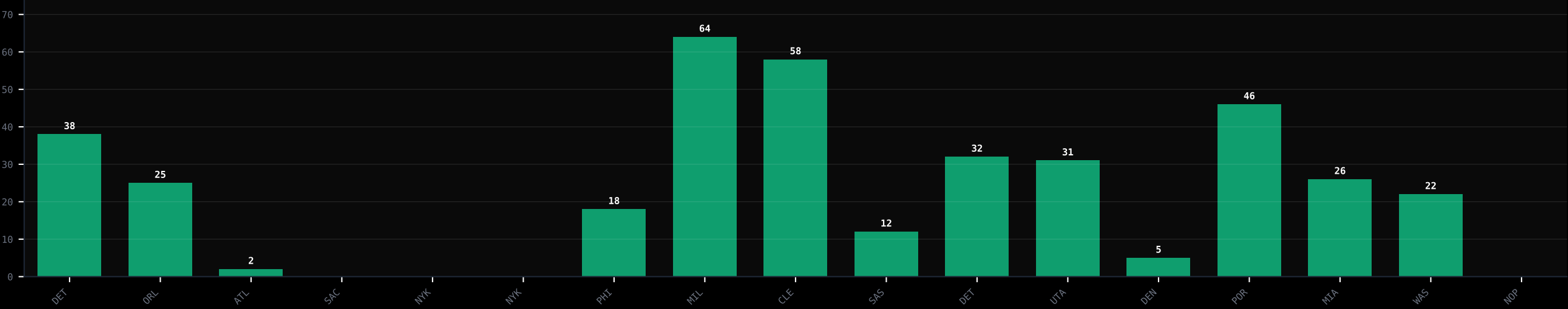
Point Guards (PG) - Avg: 24.8 PPG | 17 games



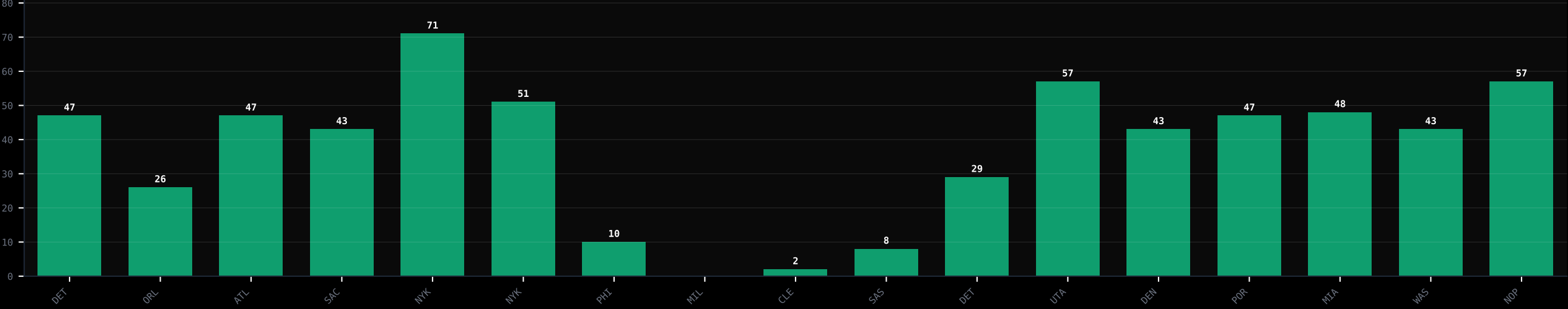
Shooting Guards (SG) - Avg: 22.1 PPG | 17 games



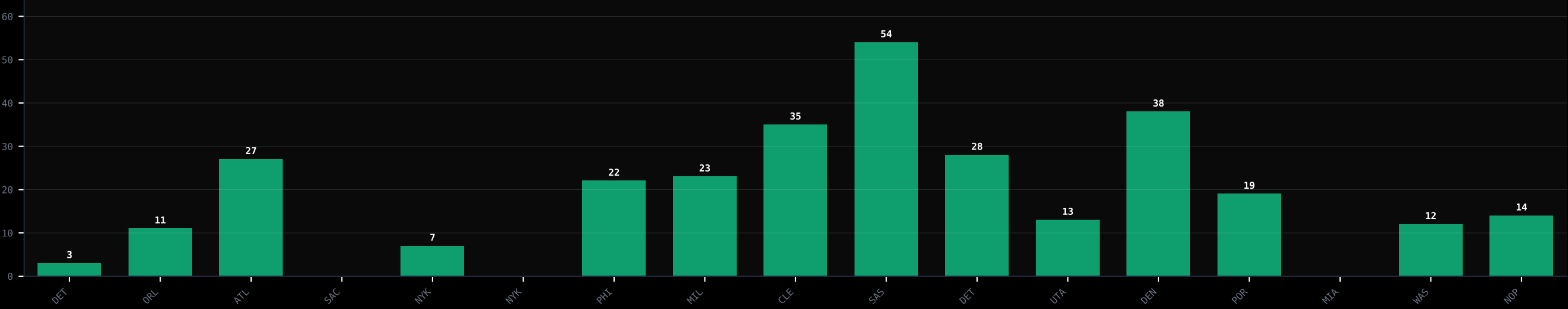
Small Forwards (SF) - Avg: 22.3 PPG | 17 games



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

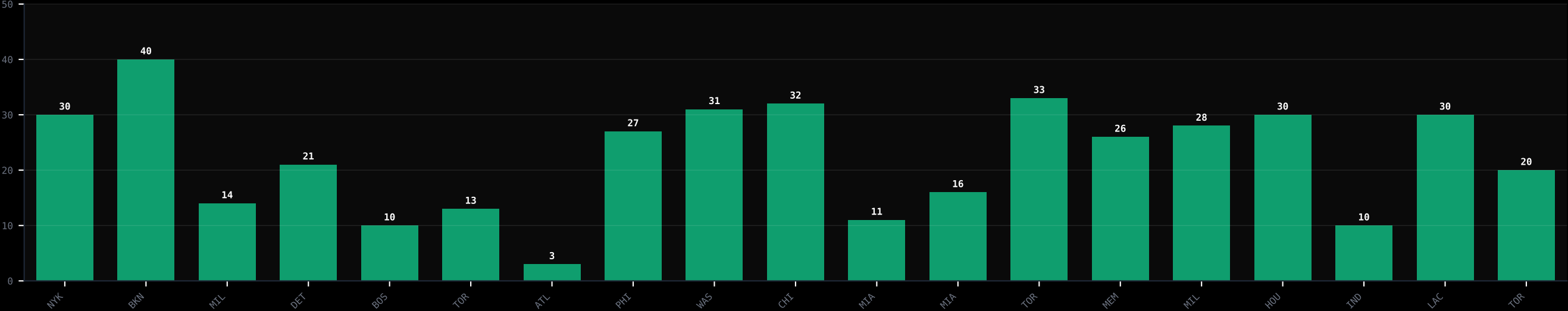


Centers (C) - Avg: 18.0 PPG | 17 games

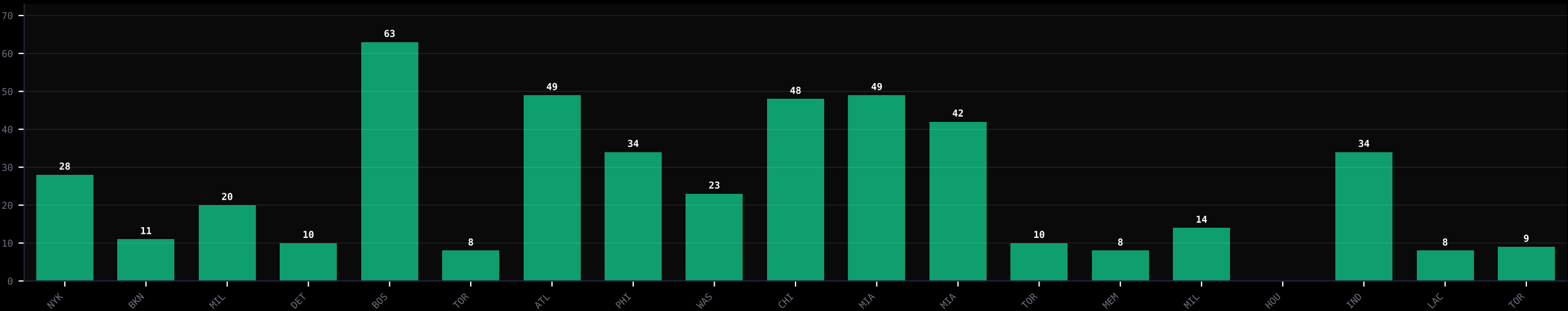


Cleveland Cavaliers (CLE) - Points Allowed by Position

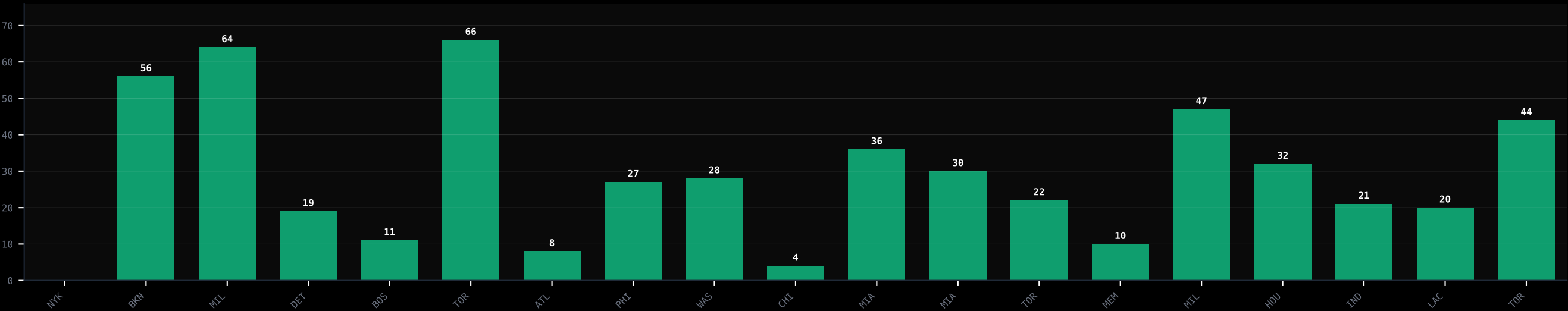
Point Guards (PG) - Avg: 22.4 PPG | 19 games



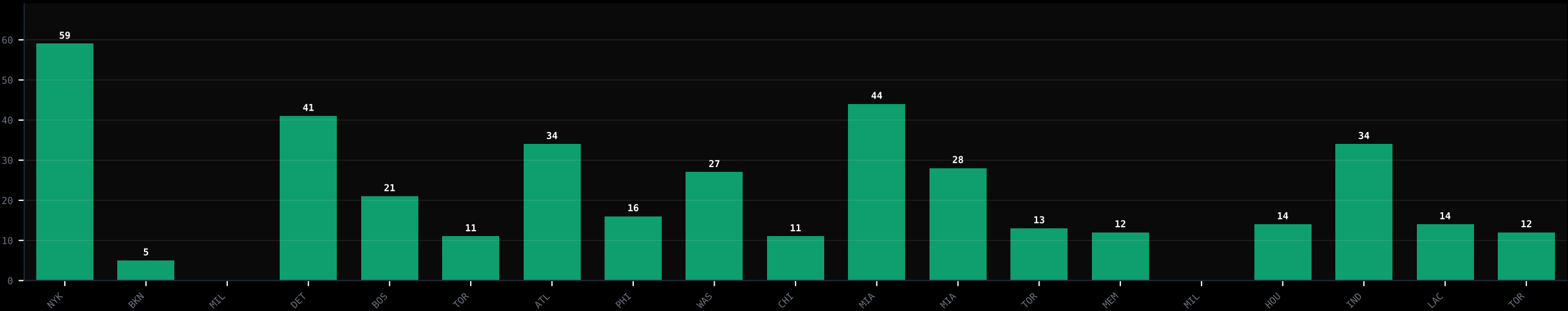
Shooting Guards (SG) - Avg: 24.6 PPG | 19 games



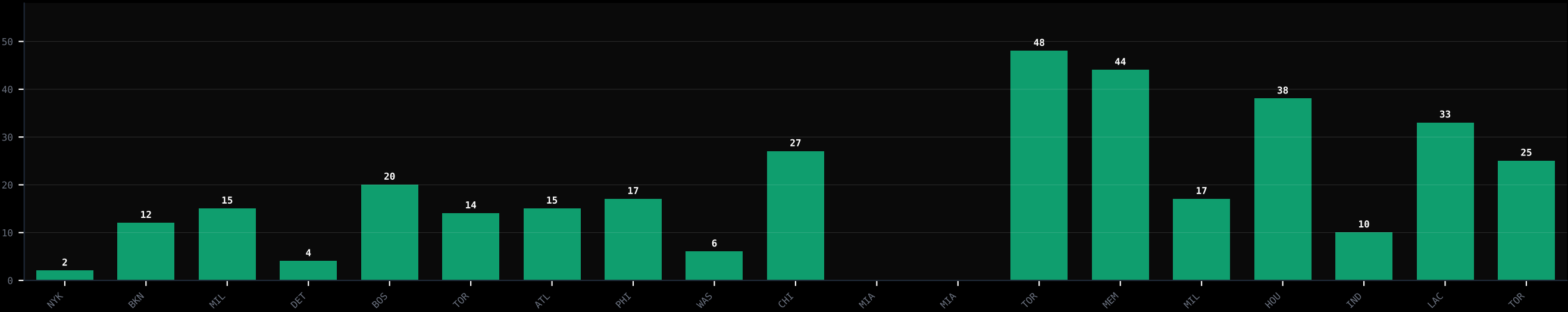
Small Forwards (SF) - Avg: 28.7 PPG | 19 games



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

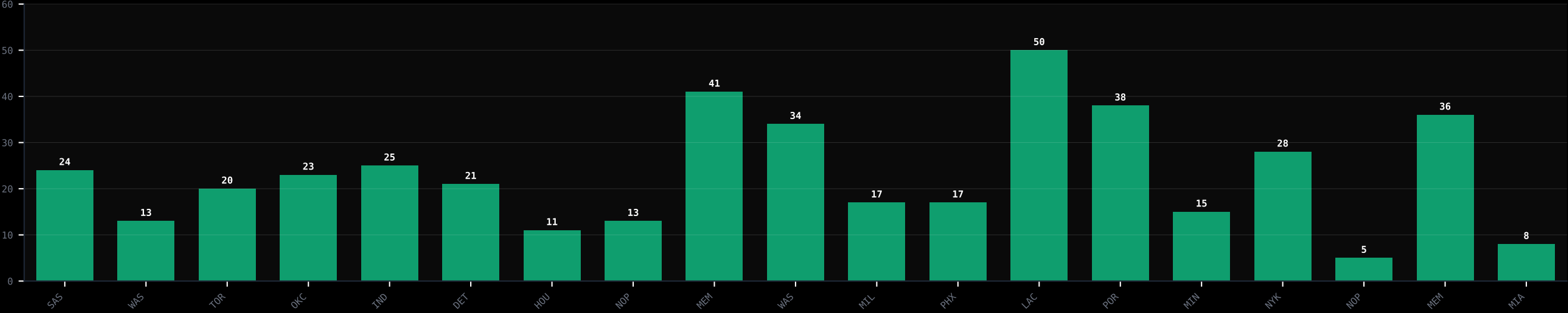


Centers (C) - Avg: 18.3 PPG | 19 games

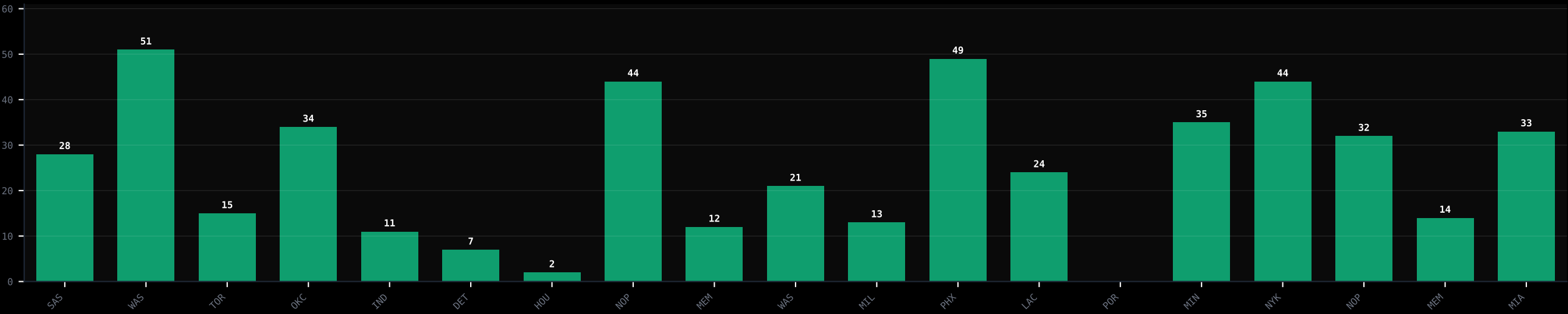


Dallas Mavericks (DAL) - Points Allowed by Position

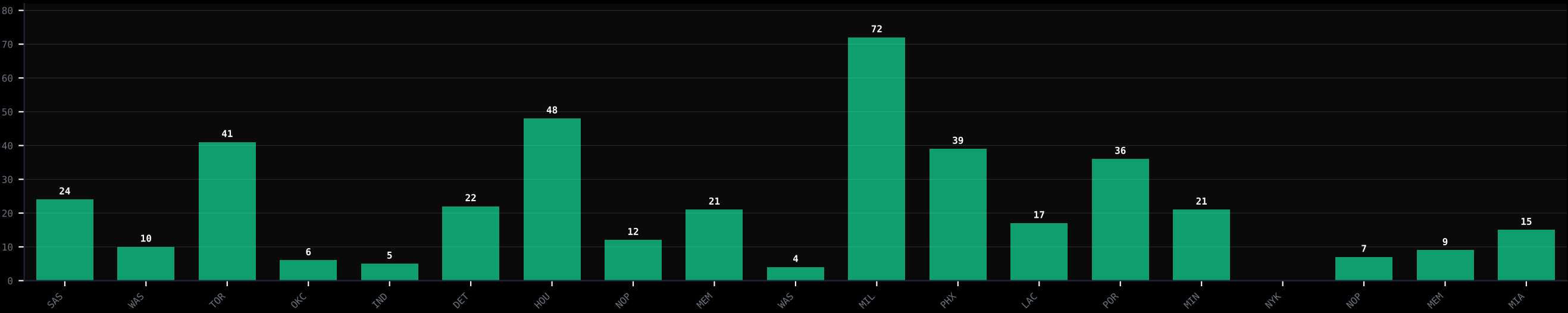
Point Guards (PG) - Avg: 23.1 PPG | 19 games



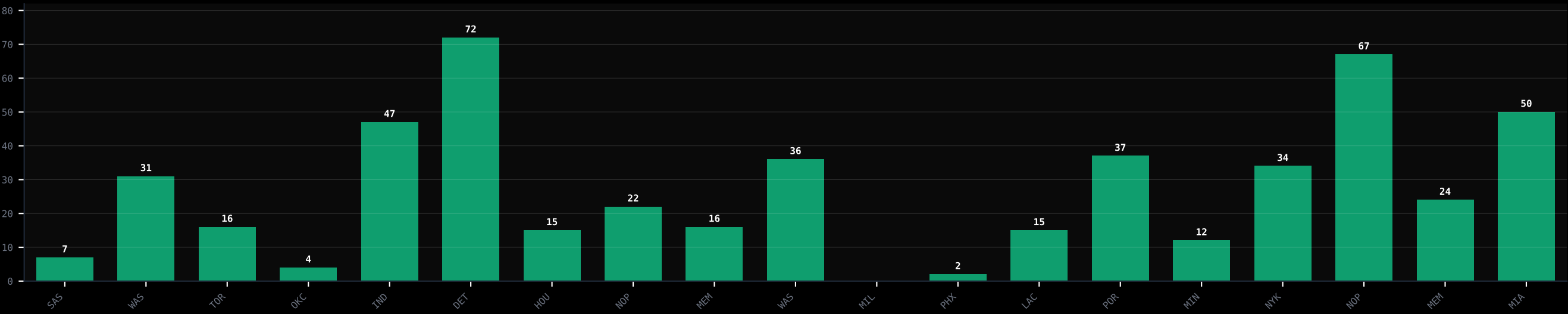
Shooting Guards (SG) - Avg: 24.7 PPG | 19 games



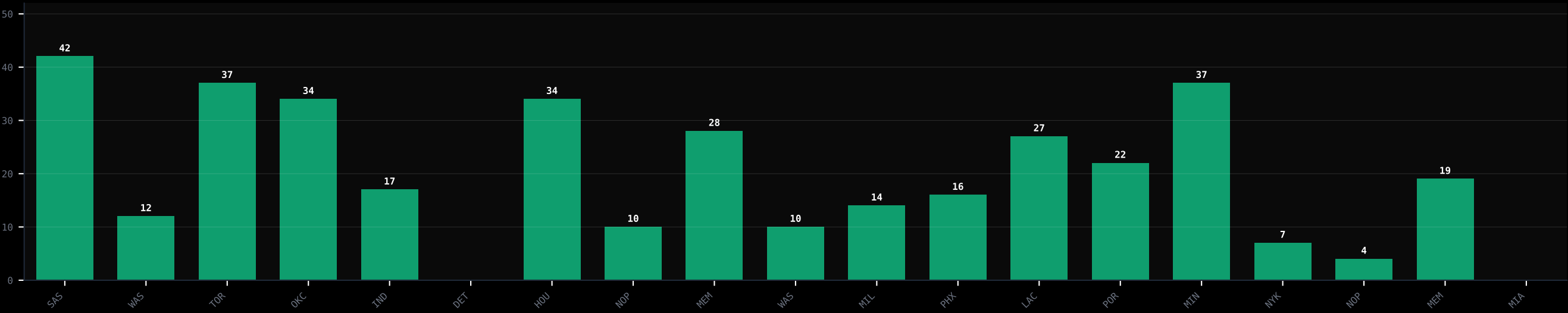
Small Forwards (SF) - Avg: 21.5 PPG | 19 games



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

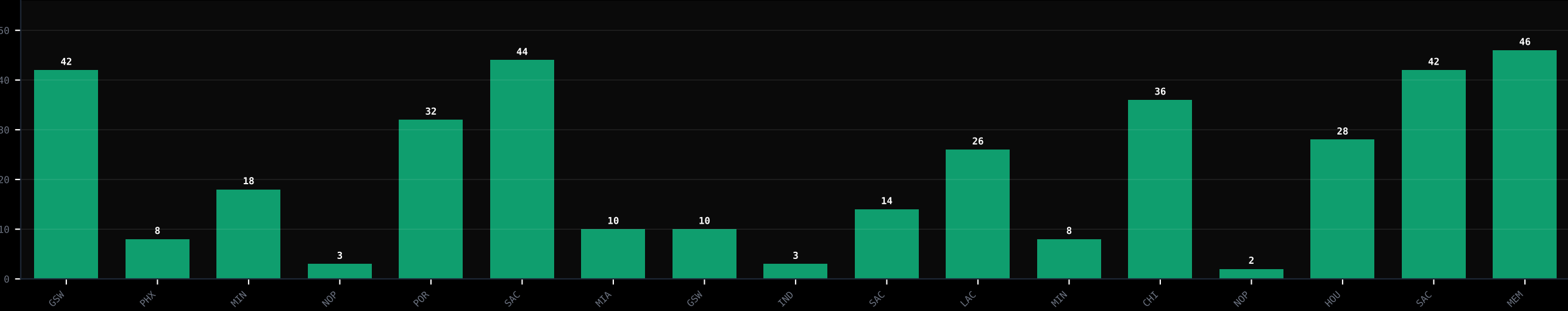


Centers (C) - Avg: 19.5 PPG | 19 games

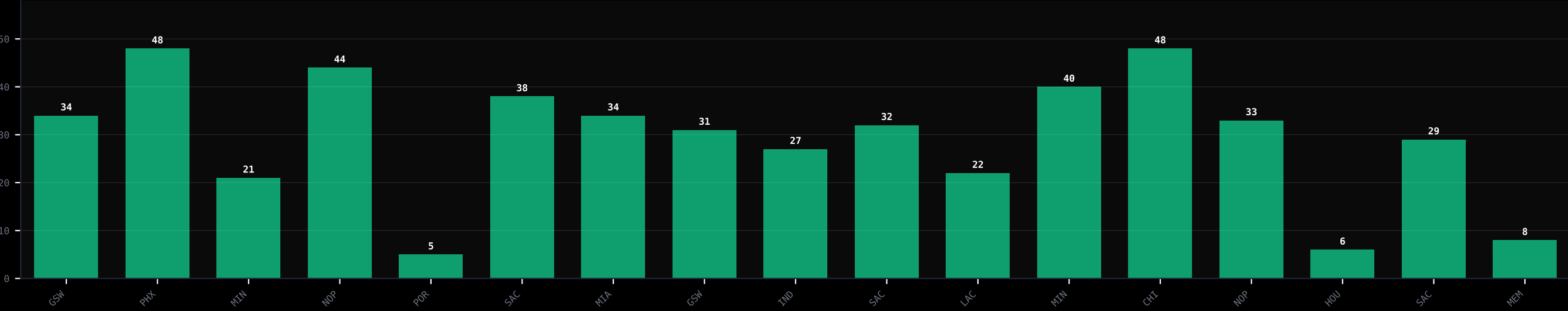


Denver Nuggets (DEN) - Points Allowed by Position

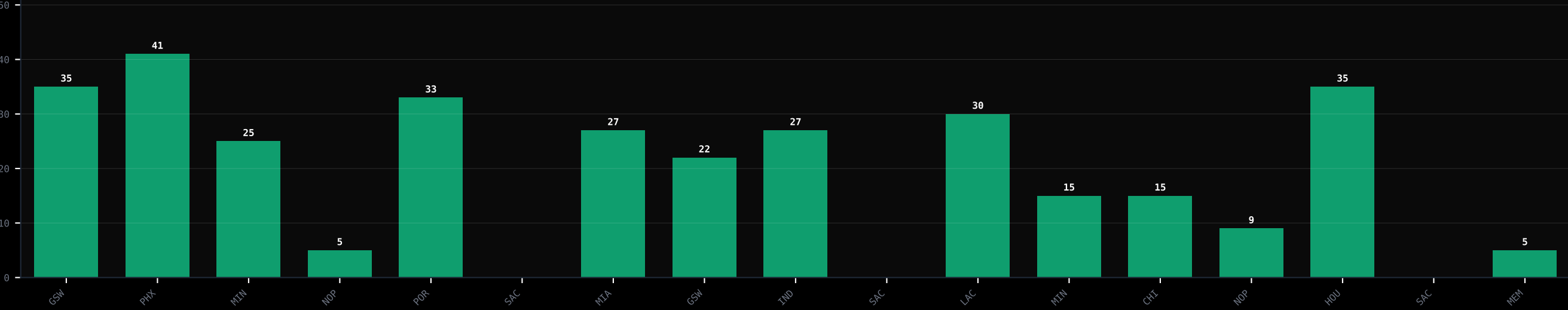
Point Guards (PG) - Avg: 21.9 PPG | 17 games



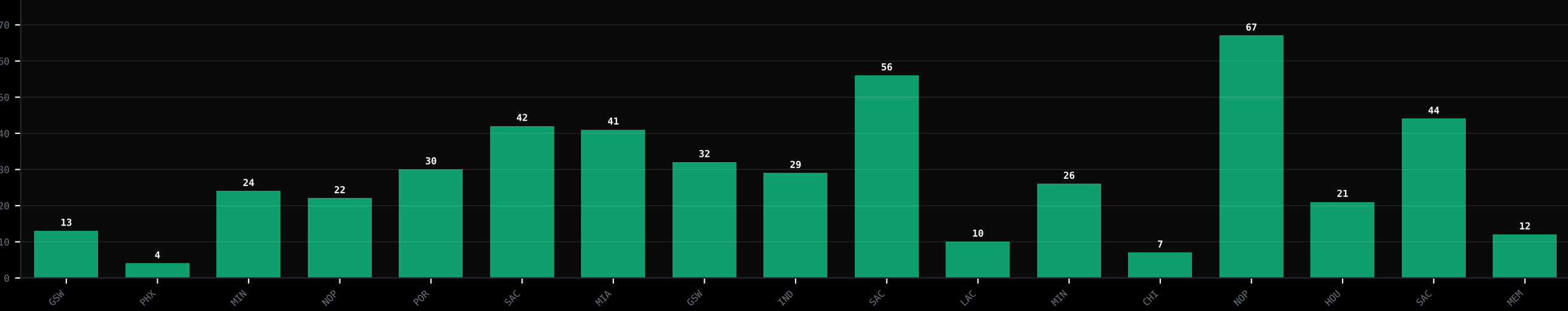
Shooting Guards (SG) - Avg: 29.4 PPG | 17 games



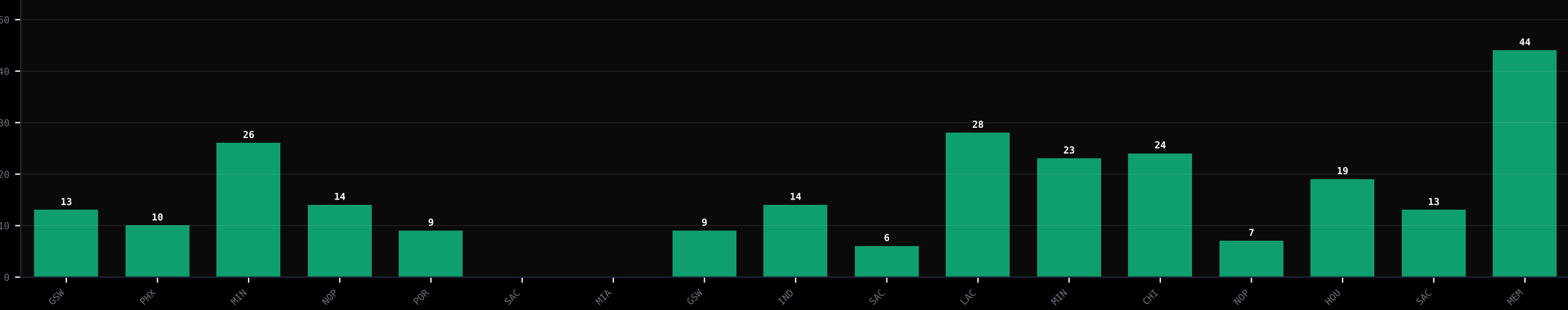
Small Forwards (SF) - Avg: 19.1 PPG | 17 games



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

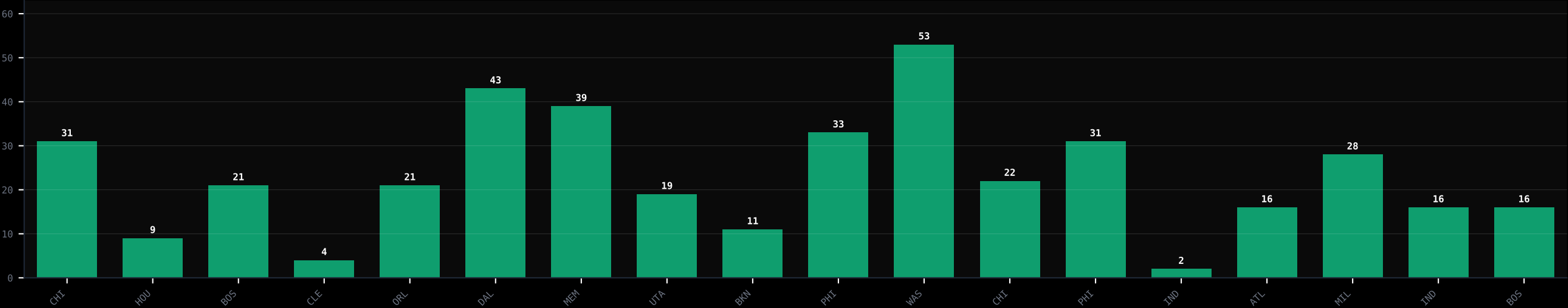


Centers (C) - Avg: 15.2 PPG | 17 games

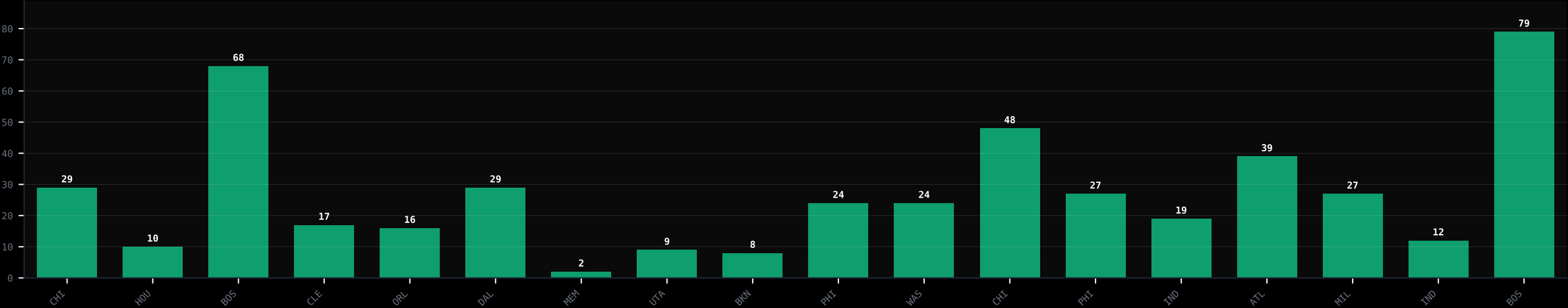


Detroit Pistons (DET) - Points Allowed by Position

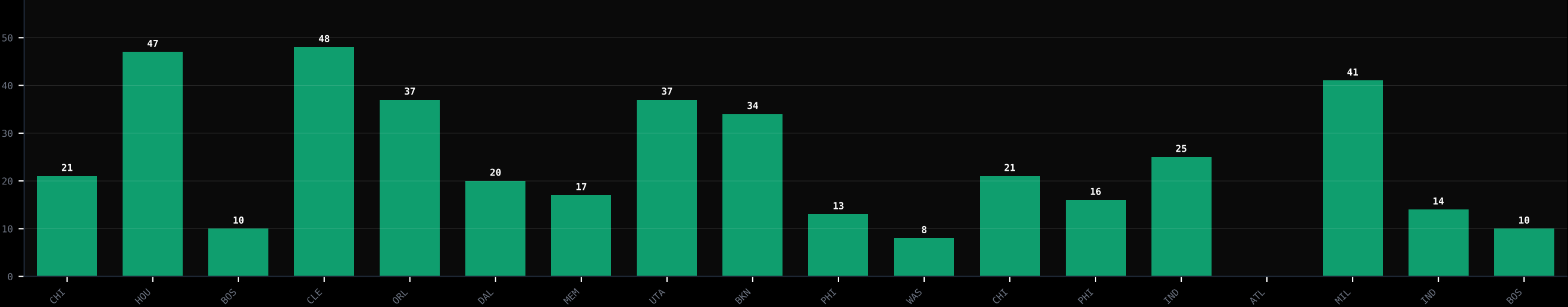
Point Guards (PG) - Avg: 23.1 PPG | 18 games



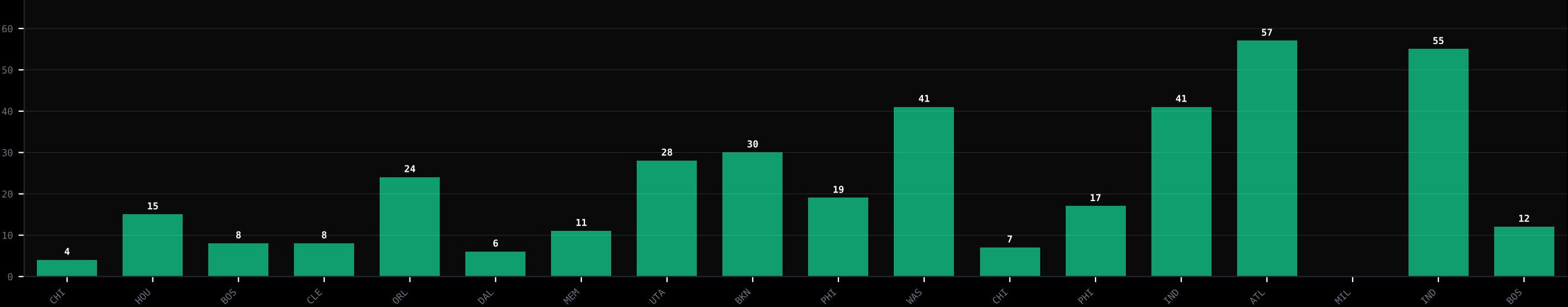
Shooting Guards (SG) - Avg: 27.1 PPG | 18 games



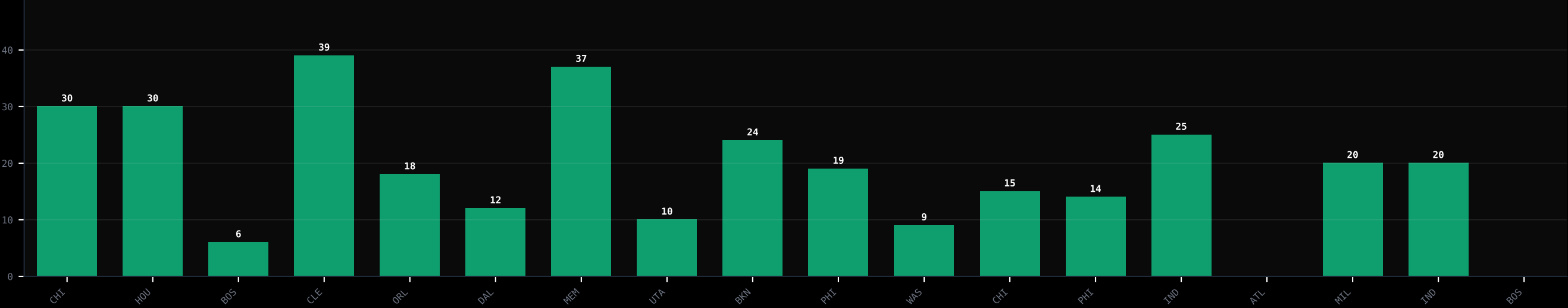
Small Forwards (SF) - Avg: 23.3 PPG | 18 games



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

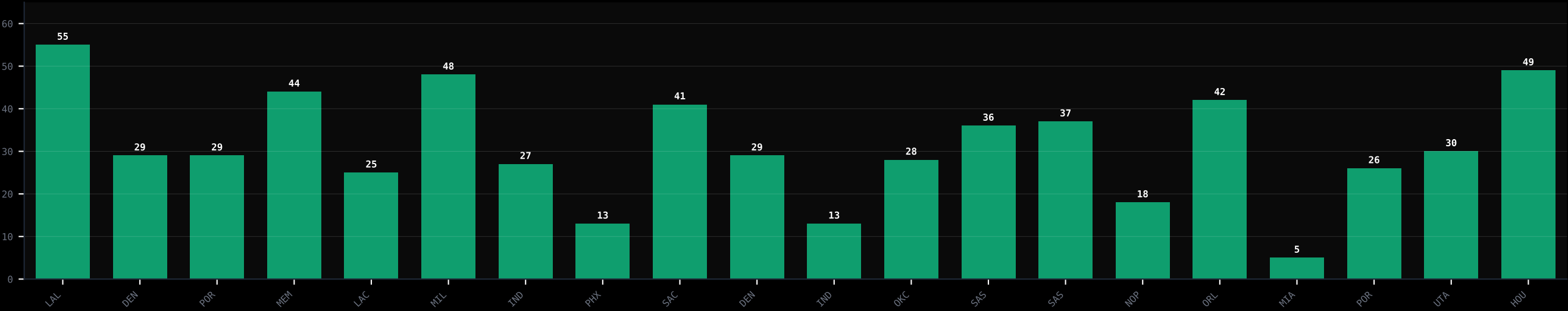


Centers (C) - Avg: 18.2 PPG | 18 games

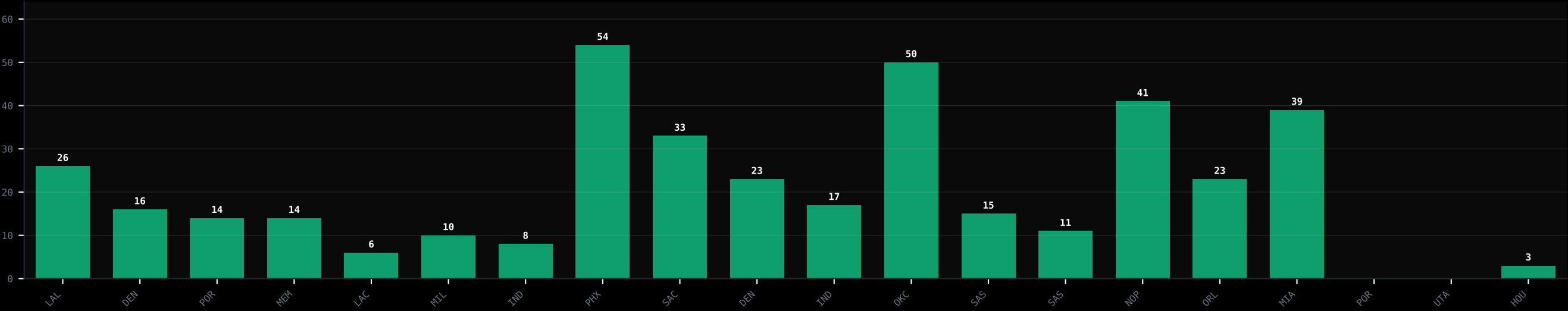


Golden State Warriors (GSW) - Points Allowed by Position

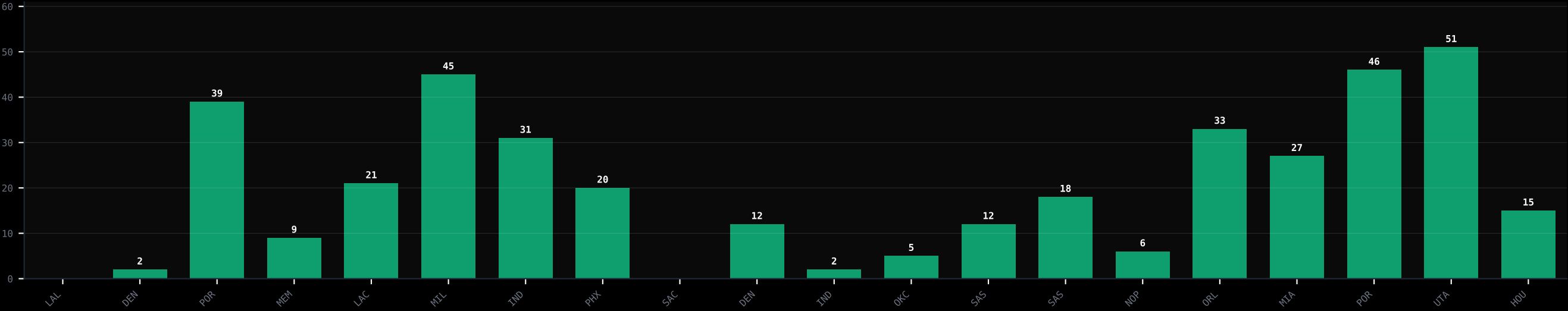
Point Guards (PG) - Avg: 31.2 PPG | 20 games



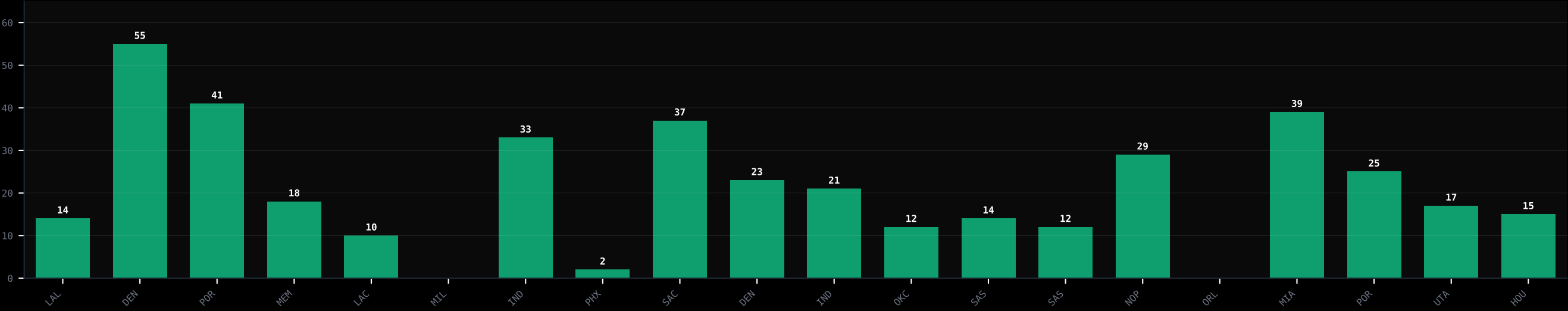
Shooting Guards (SG) - Avg: 20.1 PPG | 20 games



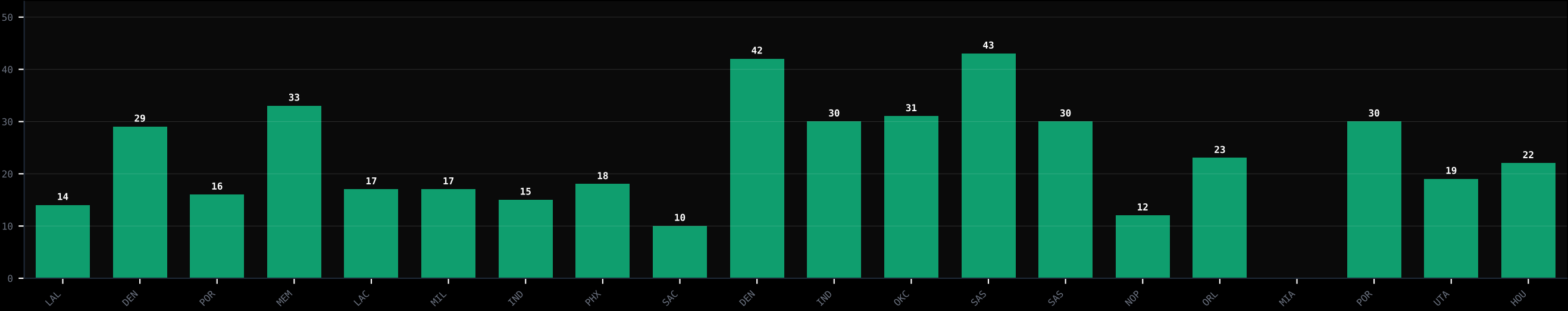
Small Forwards (SF) - Avg: 19.7 PPG | 20 games



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



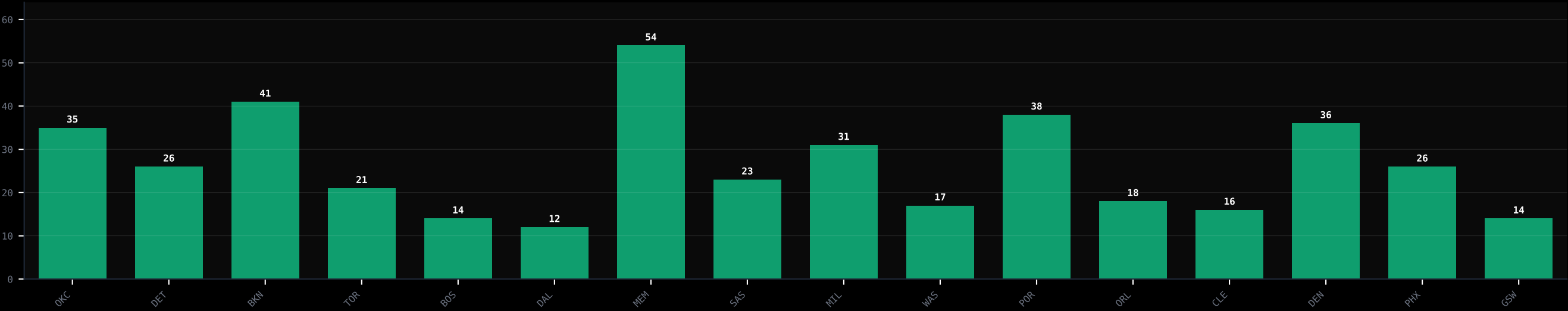
Centers (C) - Avg: 22.6 PPG | 20 games



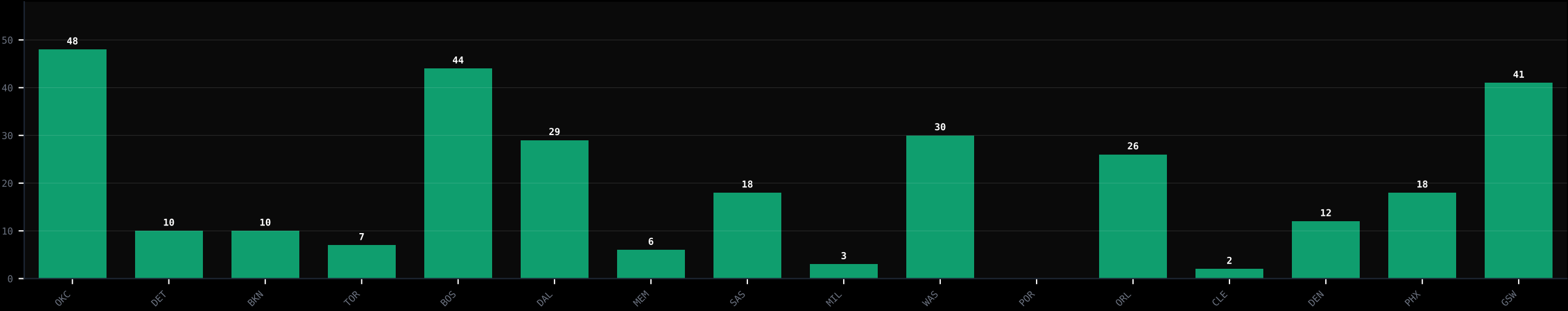


Houston Rockets (HOU) - Points Allowed by Position

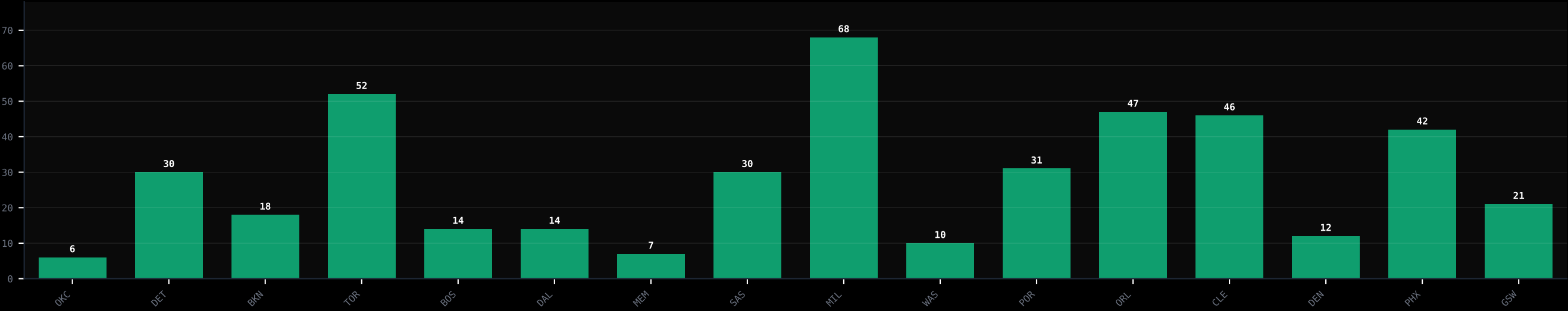
Point Guards (PG) - Avg: 26.4 PPG | 16 games



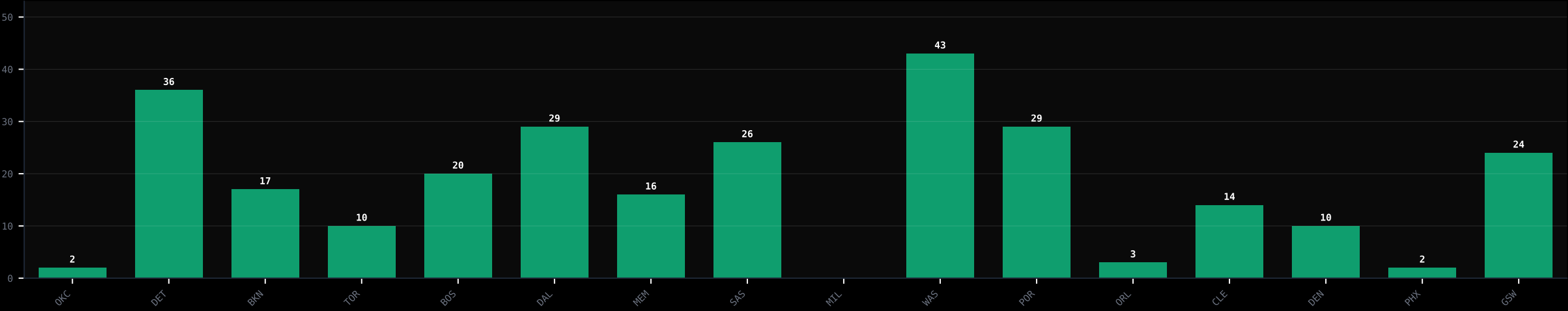
Shooting Guards (SG) - Avg: 19.0 PPG | 16 games



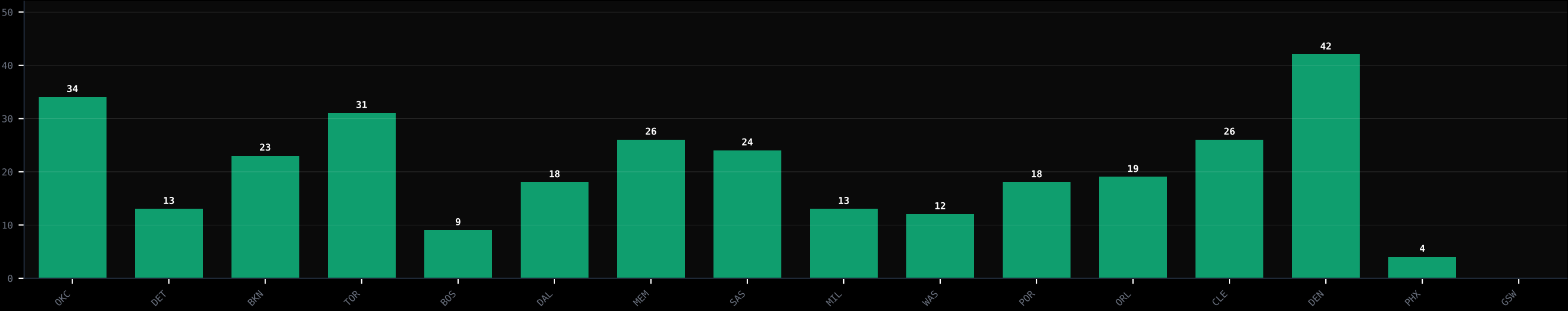
Small Forwards (SF) - Avg: 28.0 PPG | 16 games



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

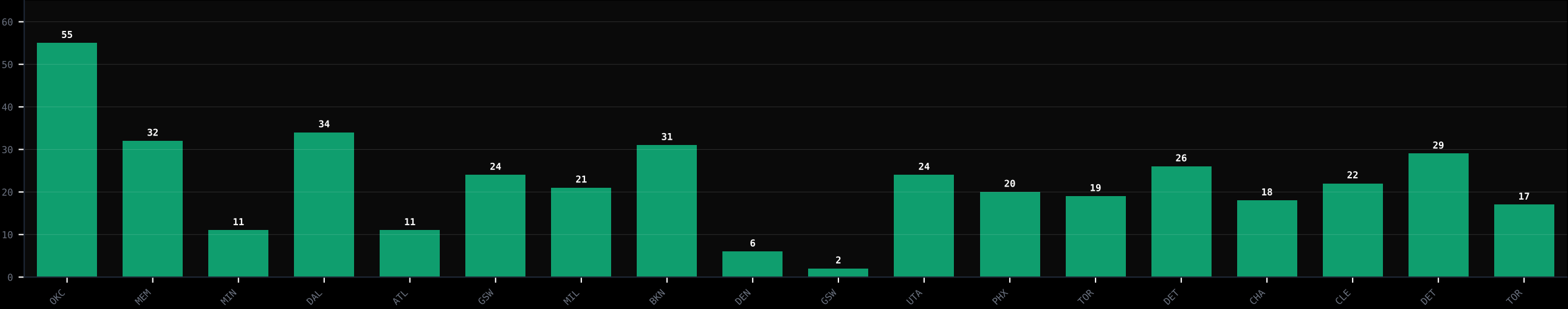


Centers (C) - Avg: 19.5 PPG | 16 games

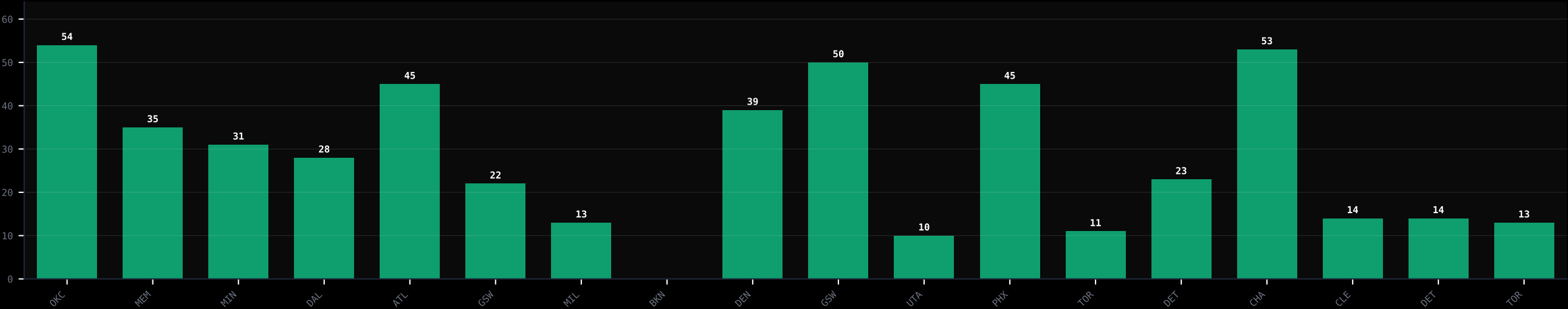


Indiana Pacers (IND) - Points Allowed by Position

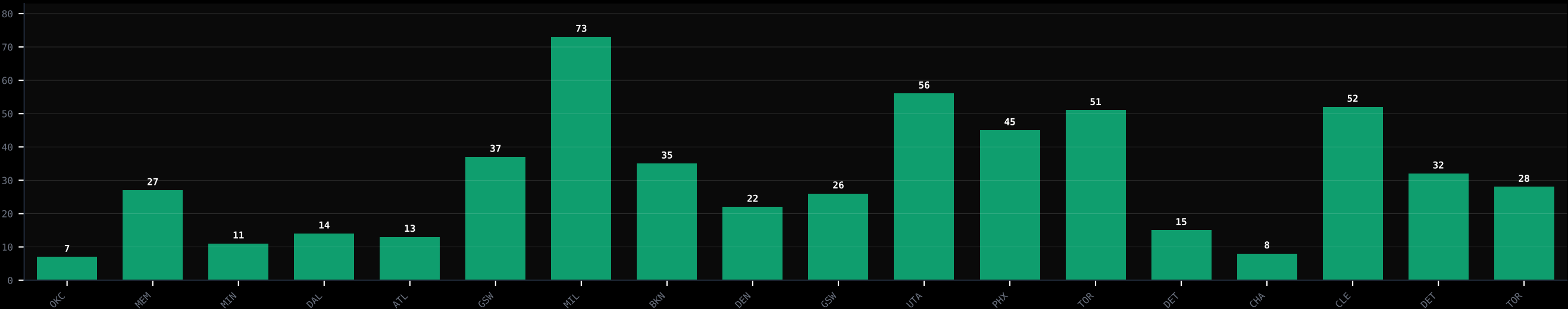
Point Guards (PG) - Avg: 22.3 PPG | 18 games



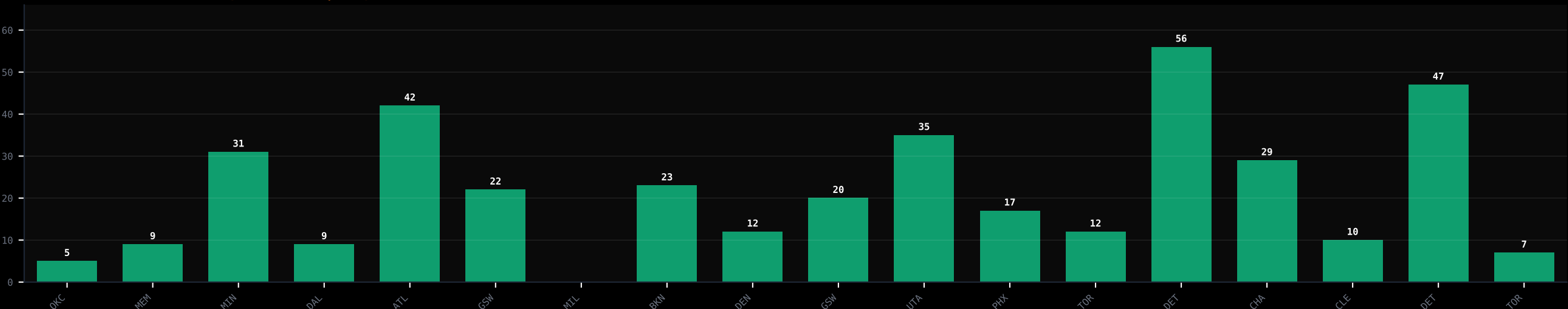
Shooting Guards (SG) - Avg: 27.8 PPG | 18 games



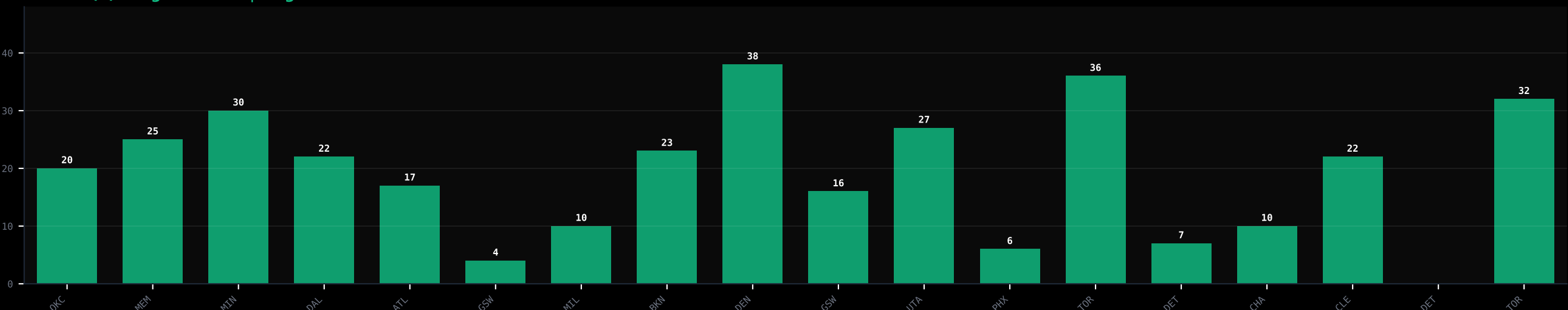
Small Forwards (SF) - Avg: 30.7 PPG | 18 games



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

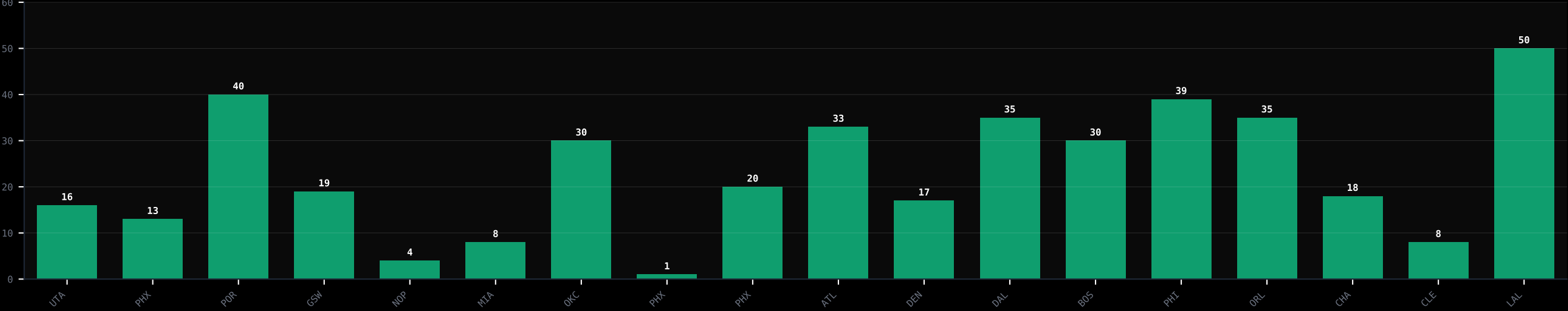


Centers (C) - Avg: 19.2 PPG | 18 games

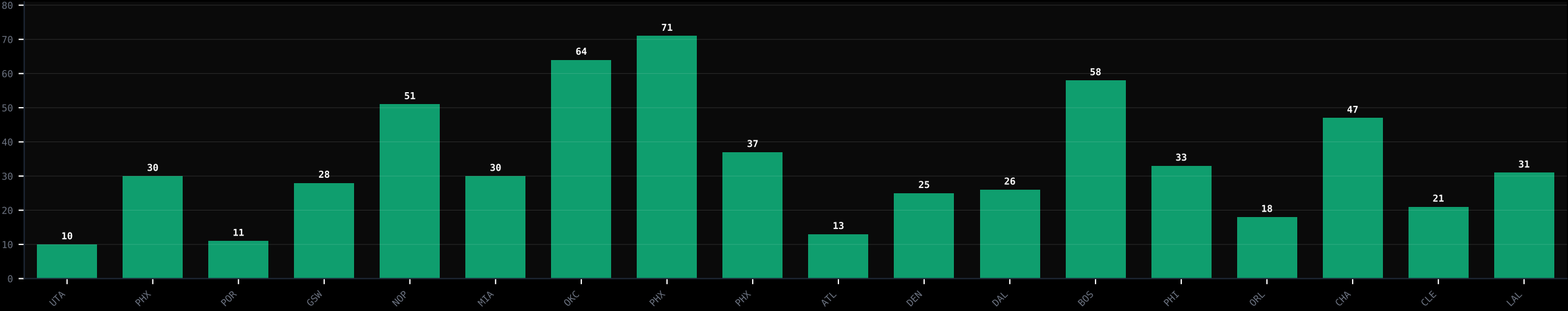


Los Angeles Clippers (LAC) - Points Allowed by Position

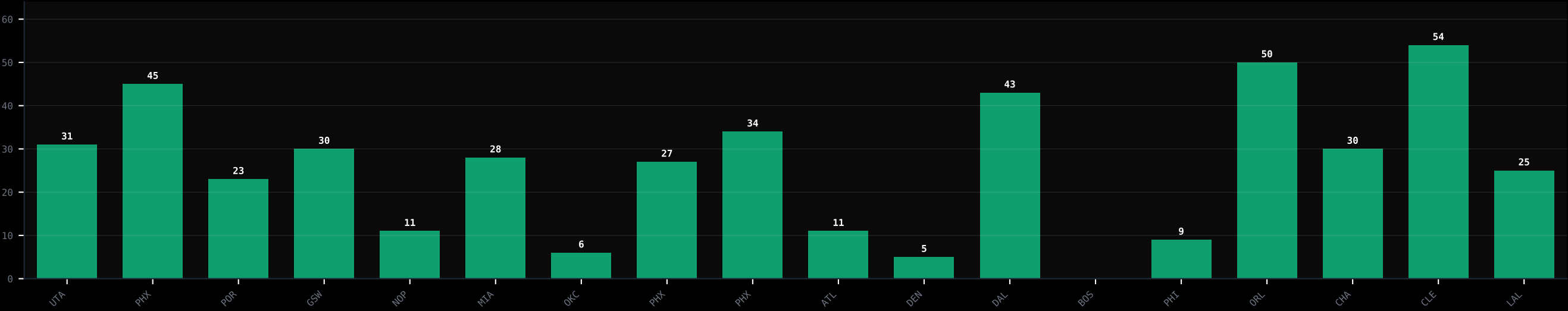
Point Guards (PG) - Avg: 23.1 PPG | 18 games



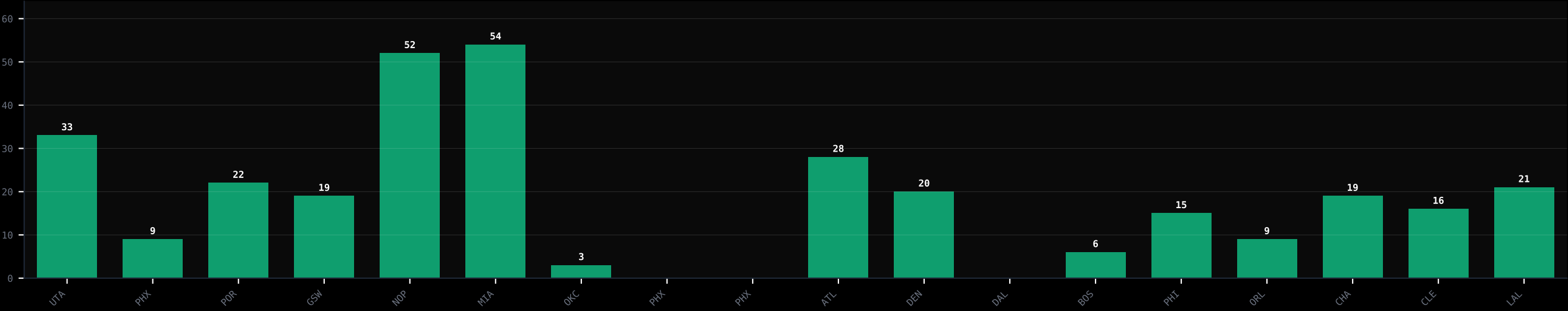
Shooting Guards (SG) - Avg: 33.6 PPG | 18 games



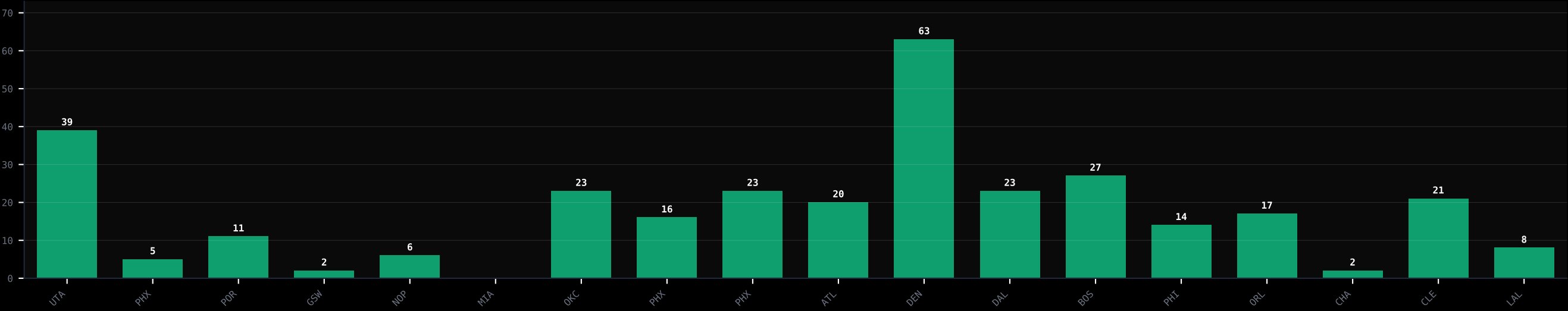
Small Forwards (SF) - Avg: 25.7 PPG | 18 games



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

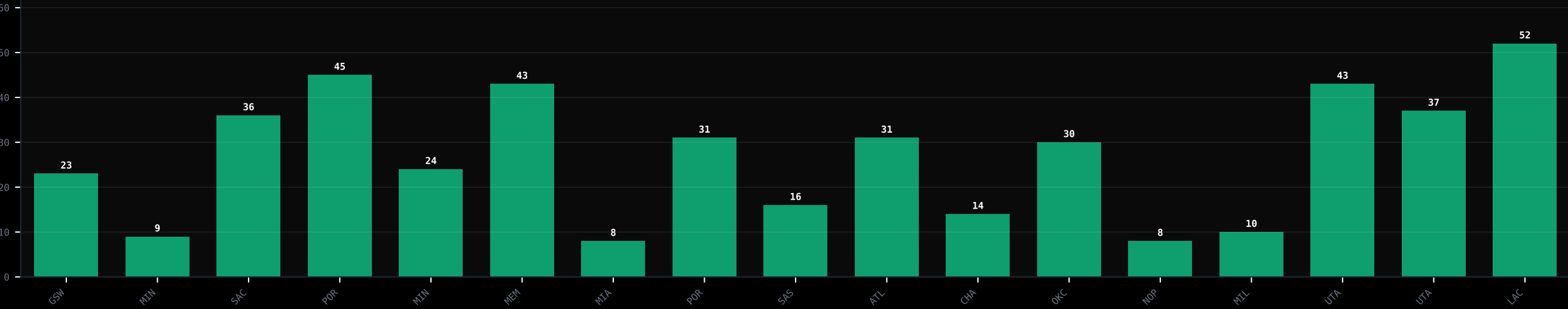


Centers (C) - Avg: 17.8 PPG | 18 games

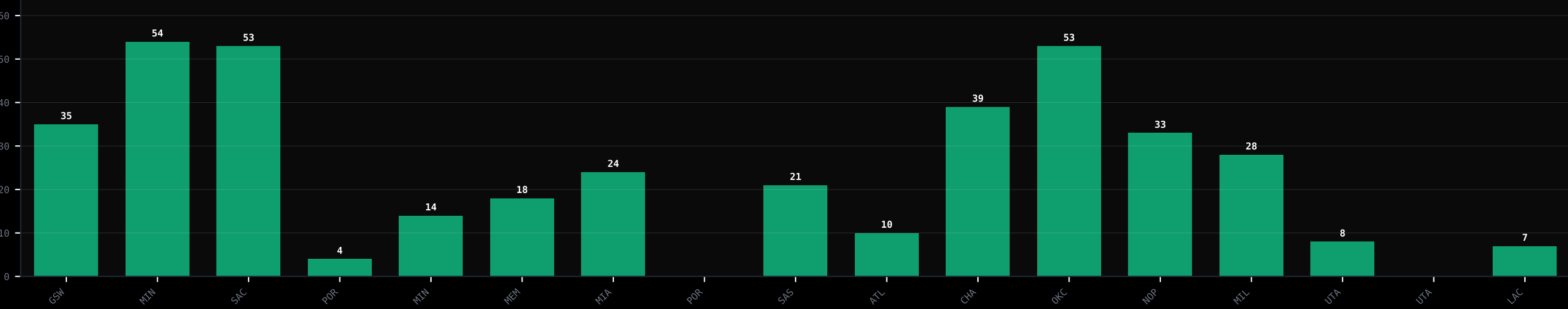


Los Angeles Lakers (LAL) - Points Allowed by Position

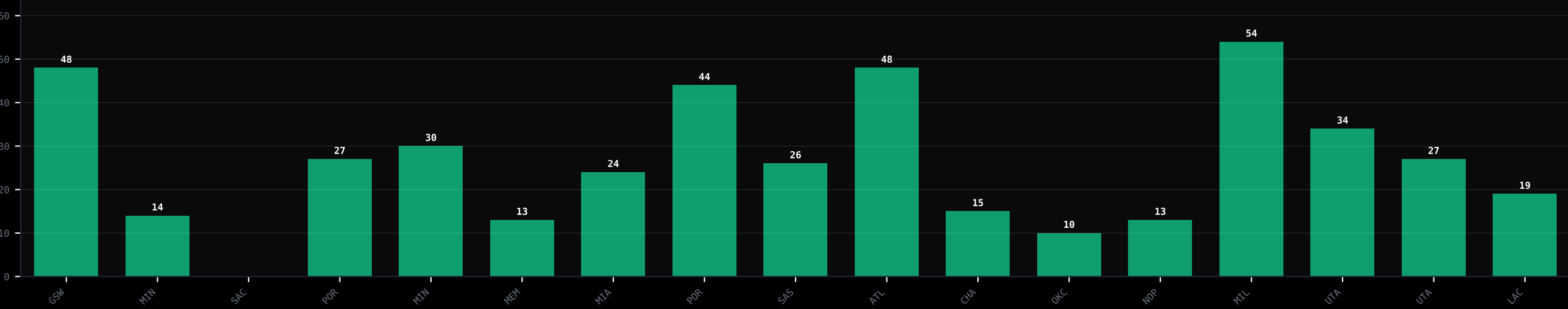
Point Guards (PG) - Avg: 27.1 PPG | 17 games



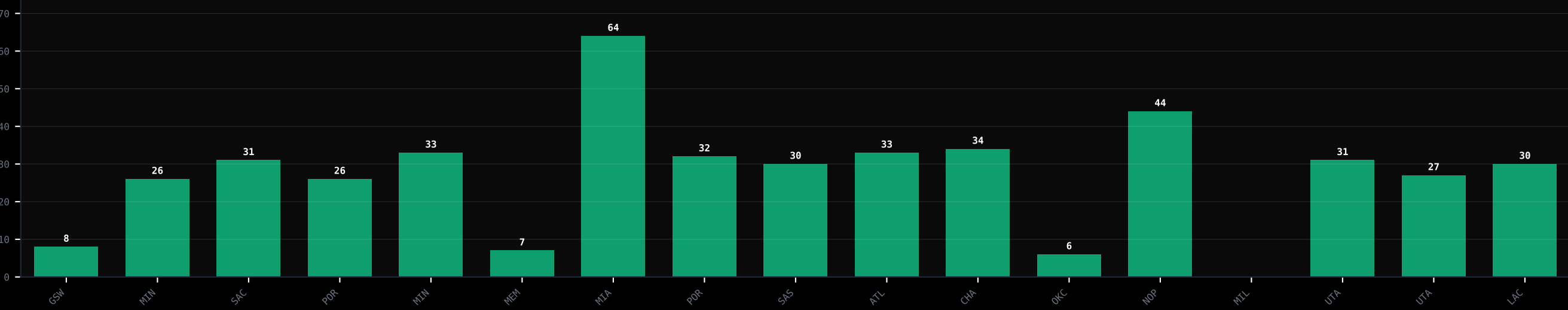
Shooting Guards (SG) - Avg: 23.6 PPG | 17 games



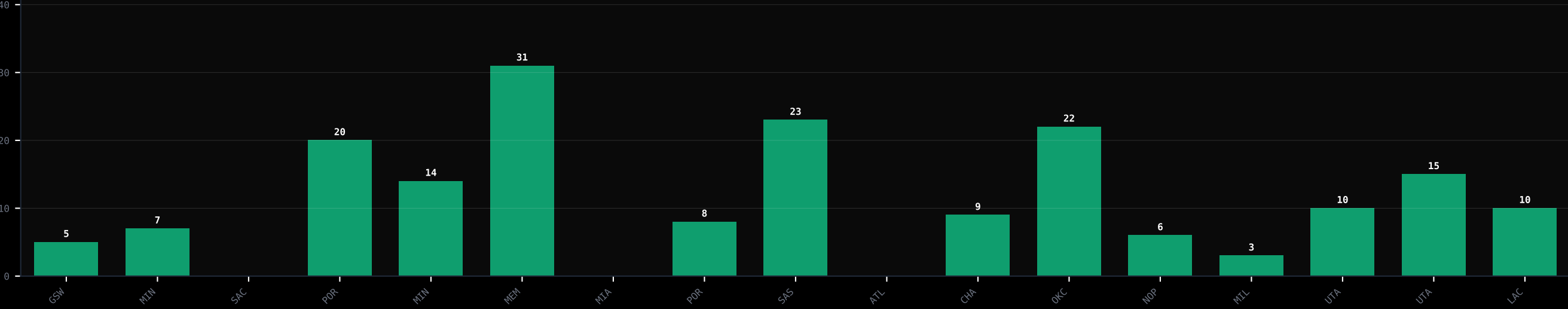
Small Forwards (SF) - Avg: 26.2 PPG | 17 games



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

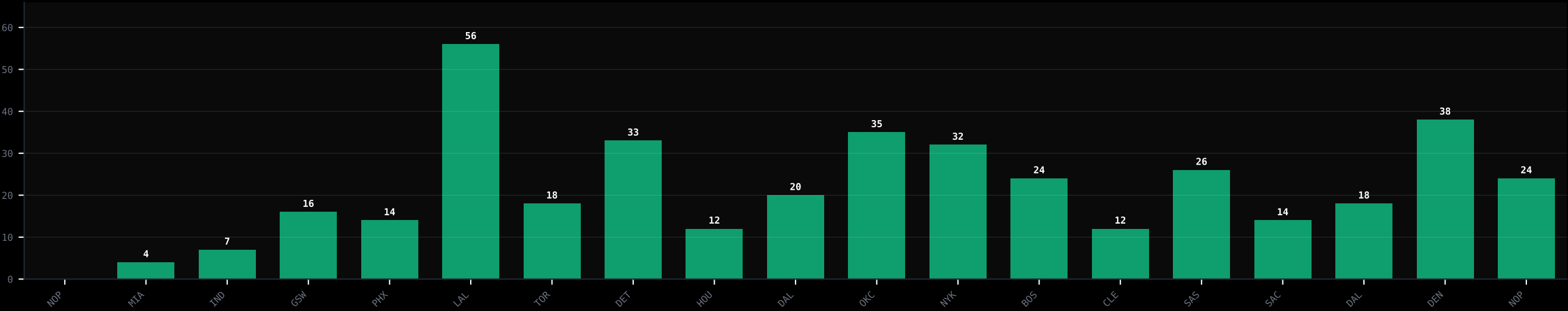


Centers (C) - Avg: 10.8 PPG | 17 games

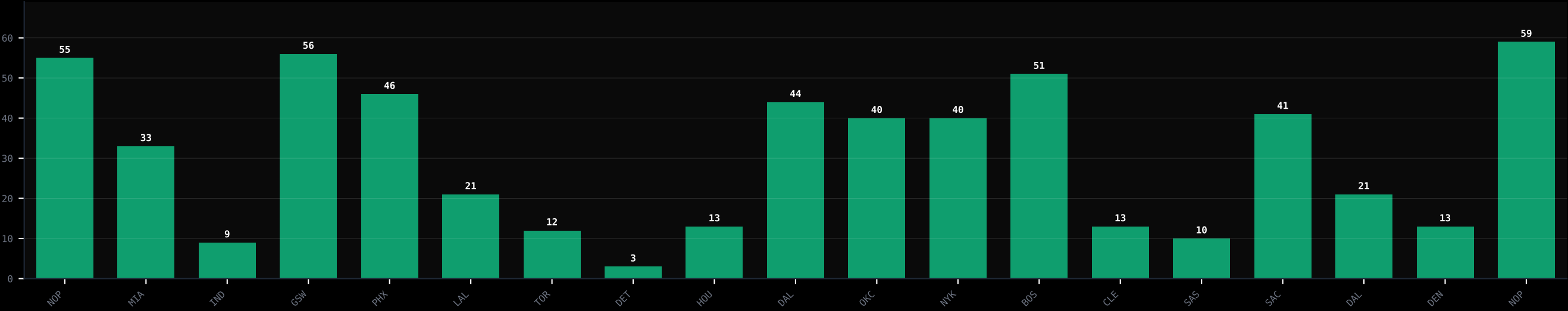


Memphis Grizzlies (MEM) - Points Allowed by Position

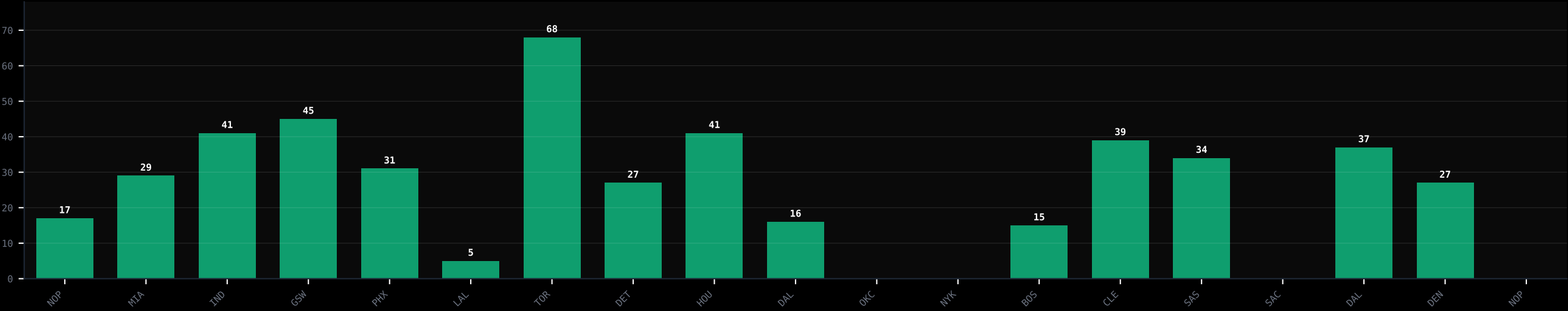
Point Guards (PG) - Avg: 21.2 PPG | 19 games



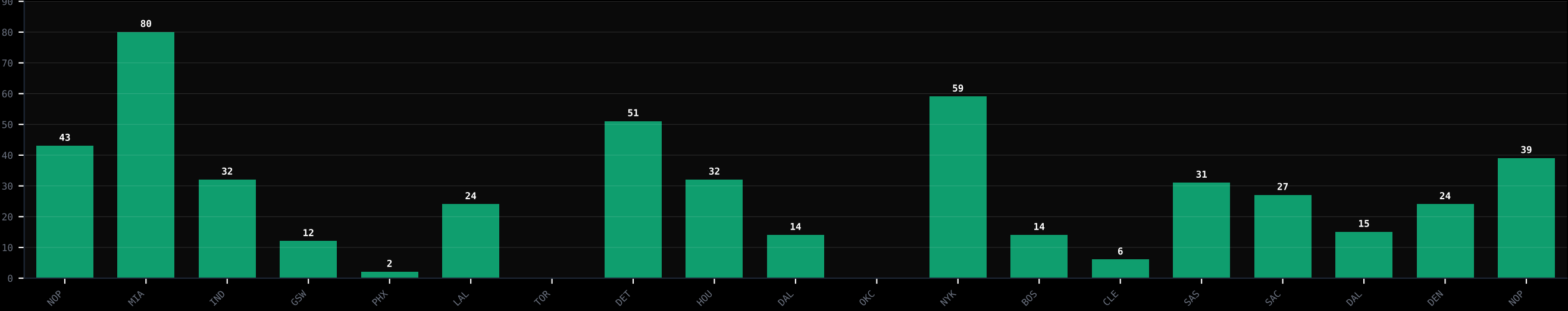
Shooting Guards (SG) - Avg: 30.5 PPG | 19 games



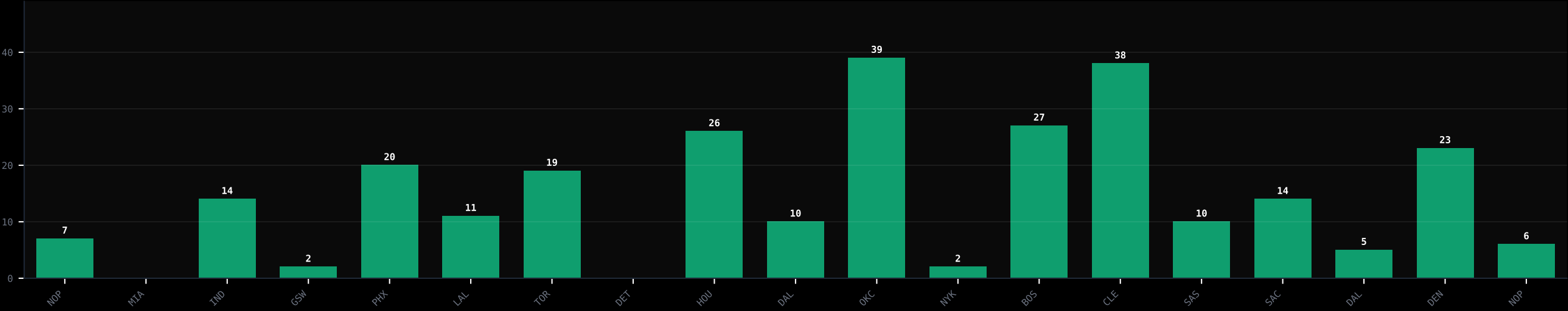
Small Forwards (SF) - Avg: 24.8 PPG | 19 games



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

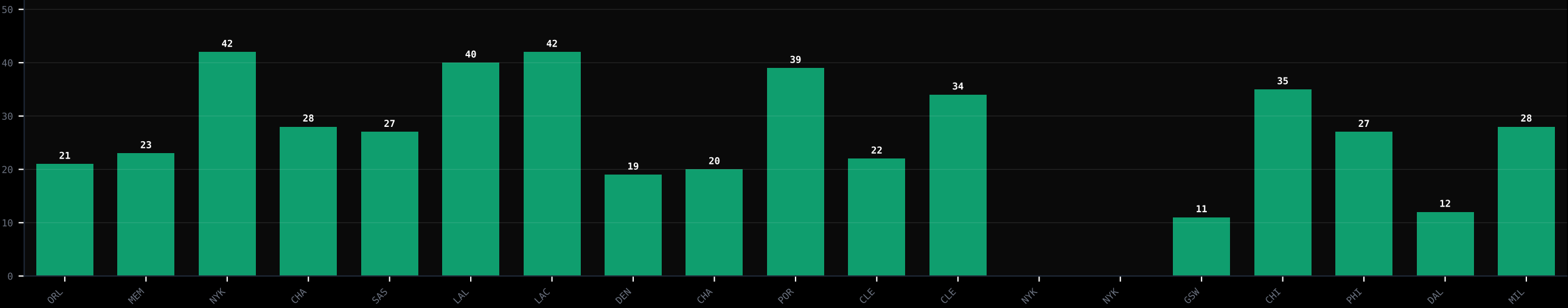


Centers (C) - Avg: 14.4 PPG | 19 games

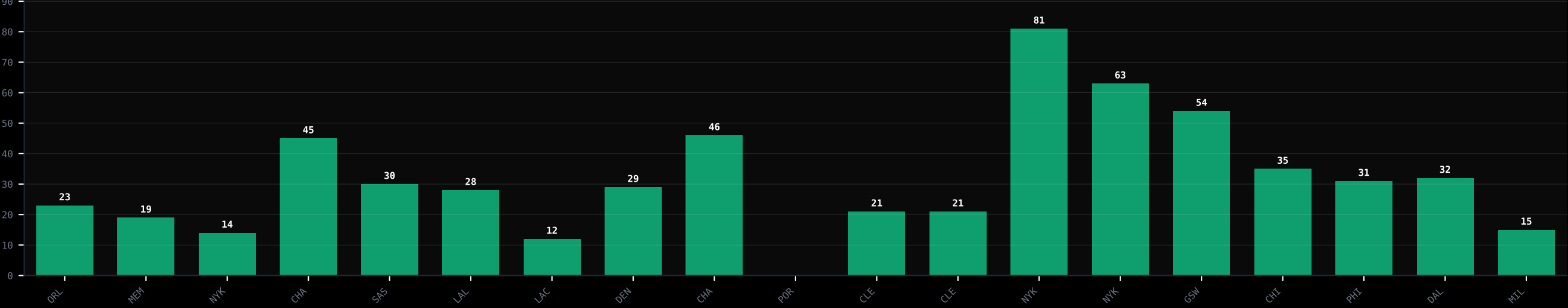


Miami Heat (MIA) - Points Allowed by Position

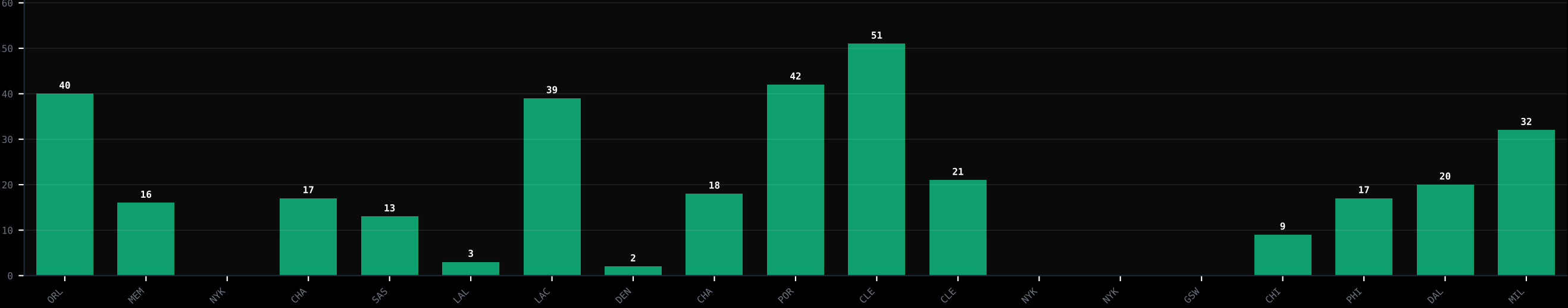
Point Guards (PG) - Avg: 24.7 PPG | 19 games



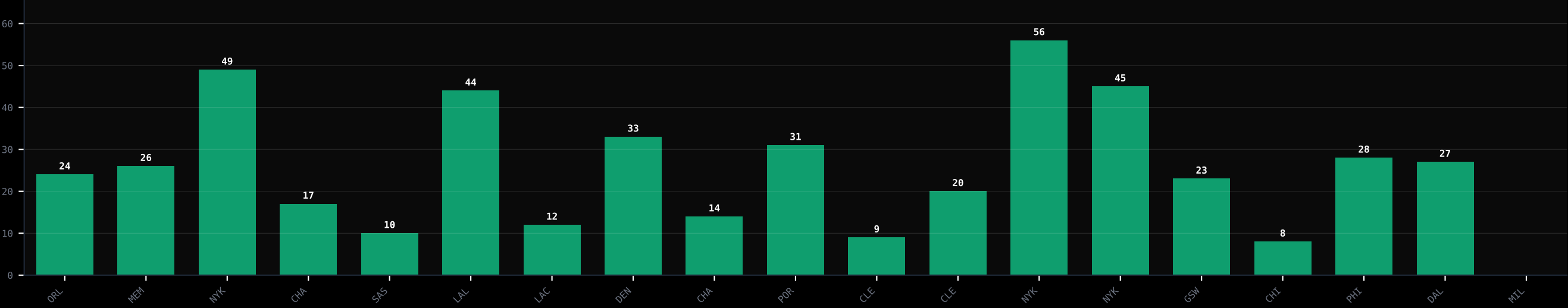
Shooting Guards (SG) - Avg: 31.5 PPG | 19 games



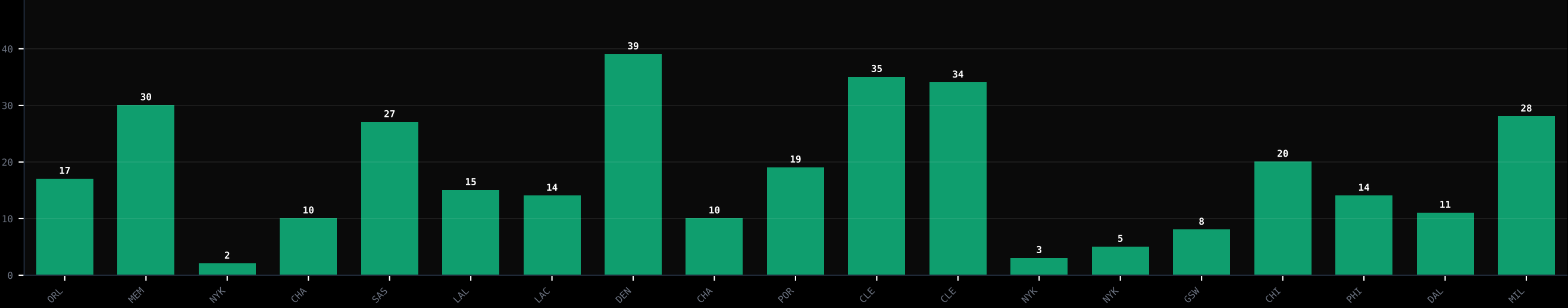
Small Forwards (SF) - Avg: 17.9 PPG | 19 games



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

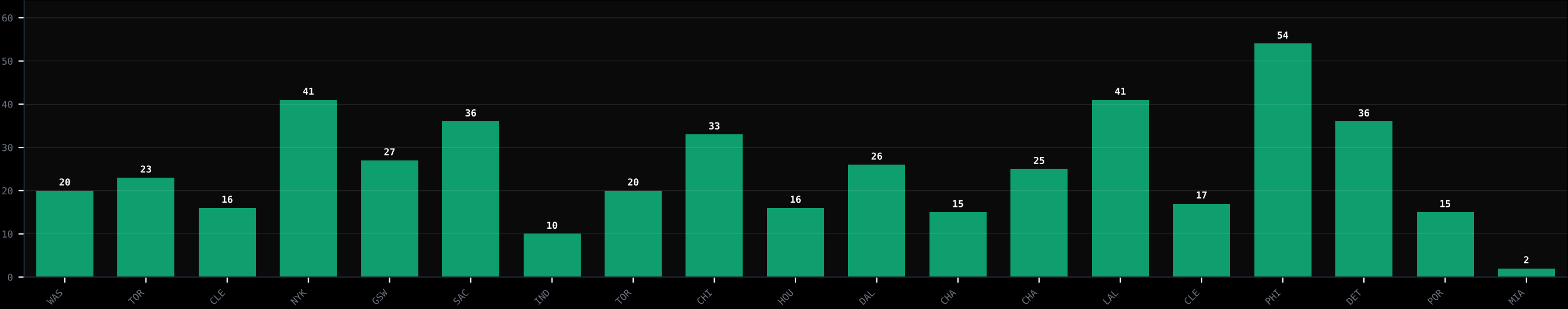


Centers (C) - Avg: 17.9 PPG | 19 games

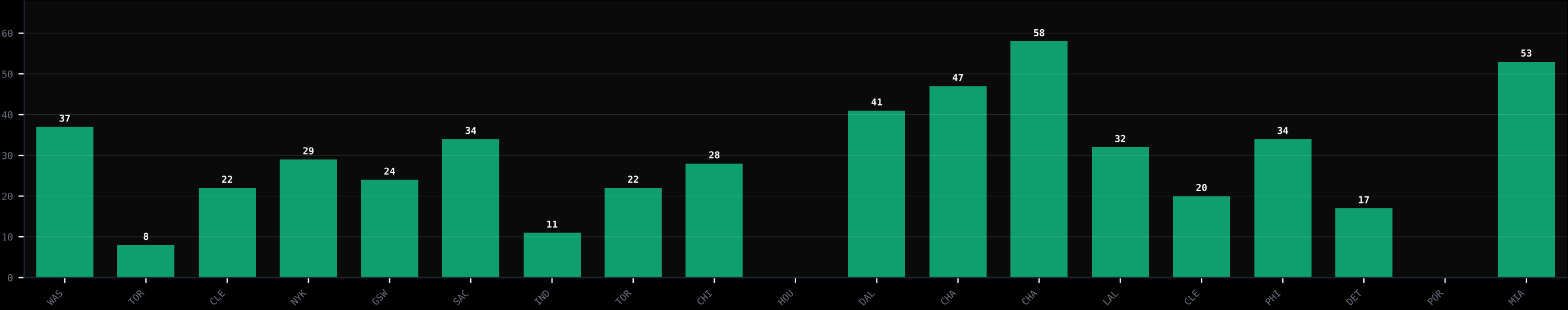


Milwaukee Bucks (MIL) - Points Allowed by Position

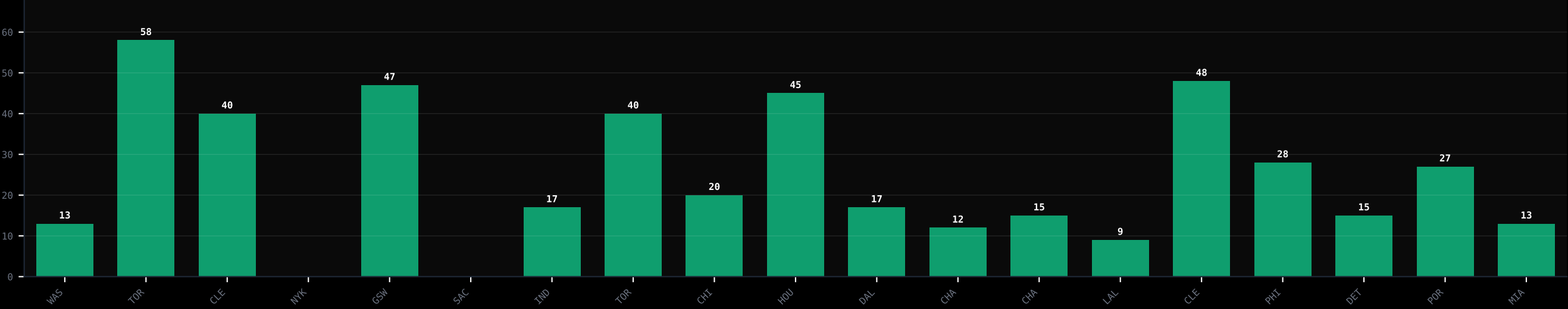
Point Guards (PG) - Avg: 24.9 PPG | 19 games



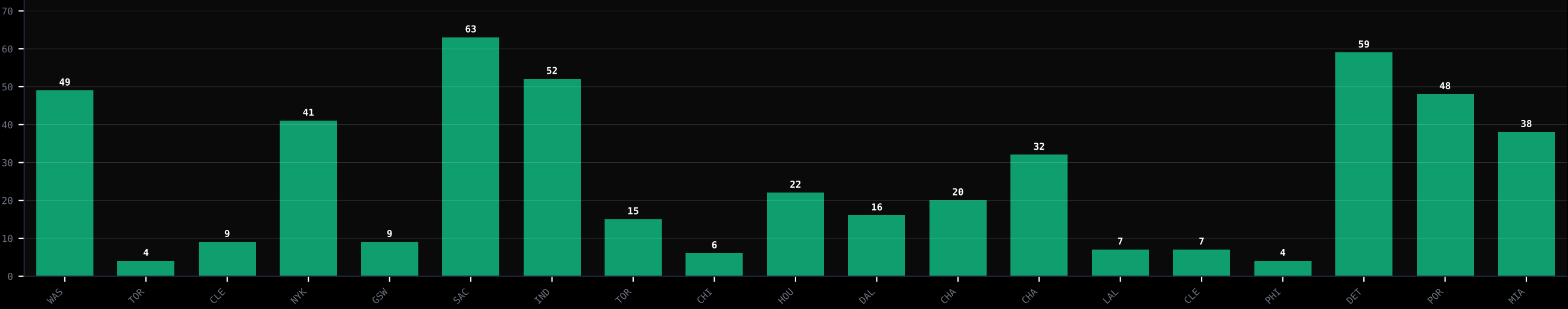
Shooting Guards (SG) - Avg: 27.2 PPG | 19 games



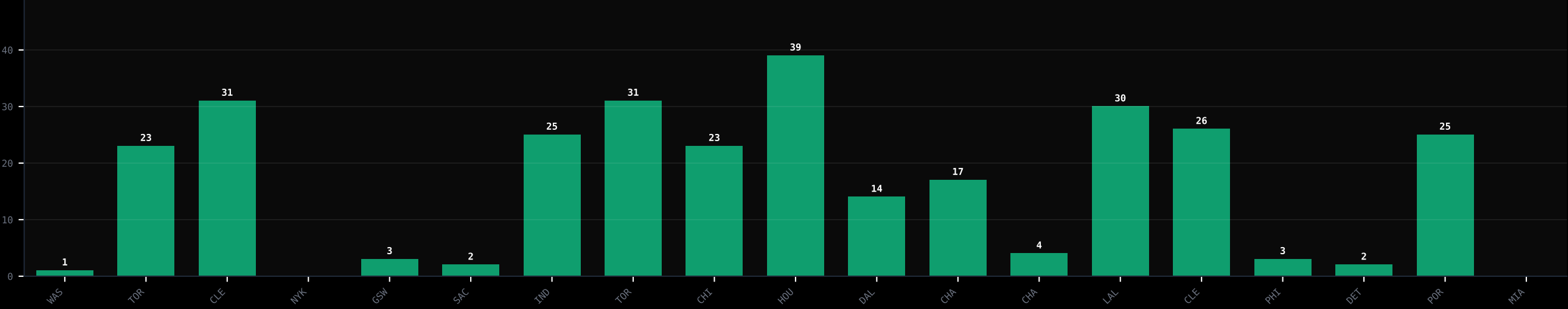
Small Forwards (SF) - Avg: 24.4 PPG | 19 games



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

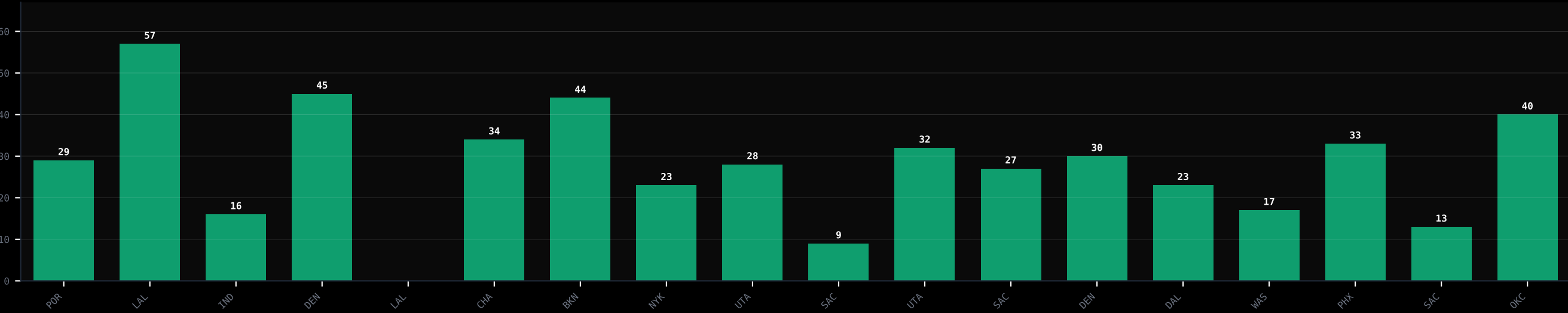


Centers (C) - Avg: 15.7 PPG | 19 games

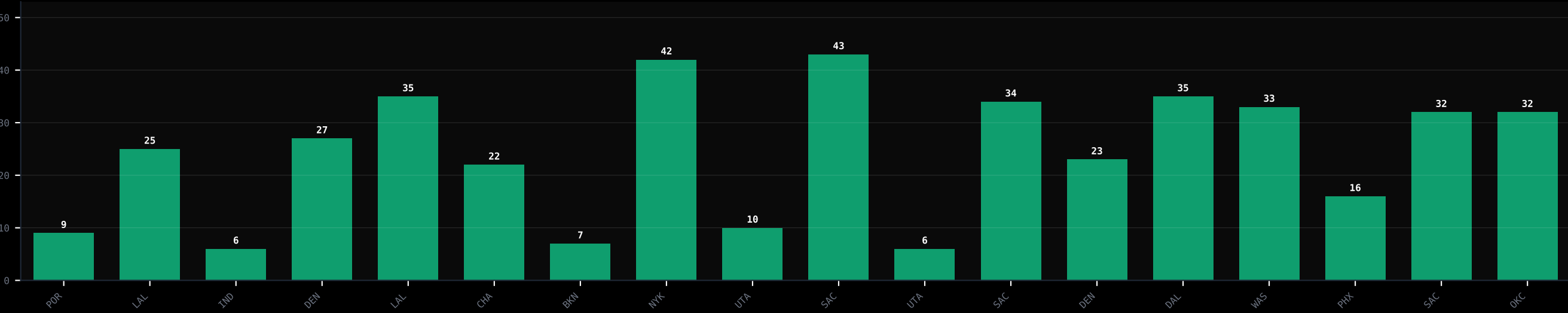


Minnesota Timberwolves (MIN) - Points Allowed by Position

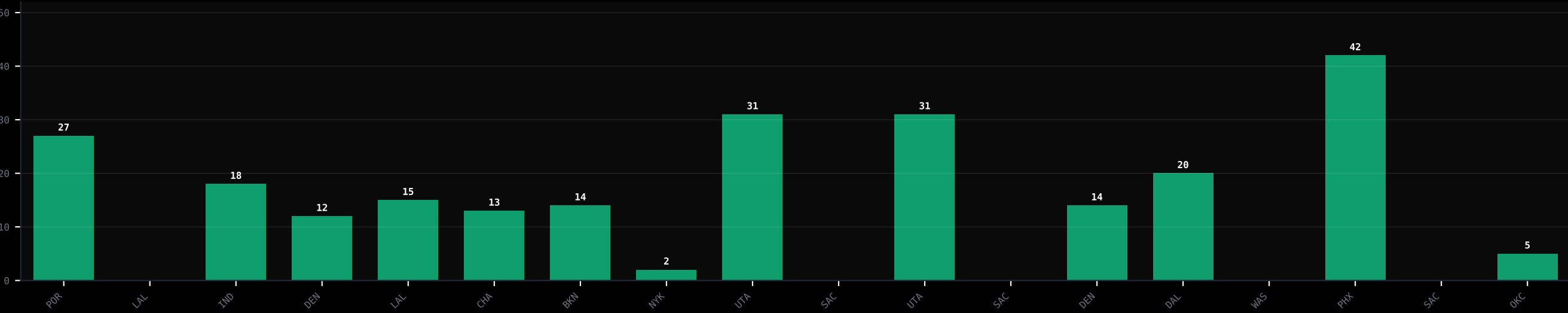
Point Guards (PG) - Avg: 27.8 PPG | 18 games



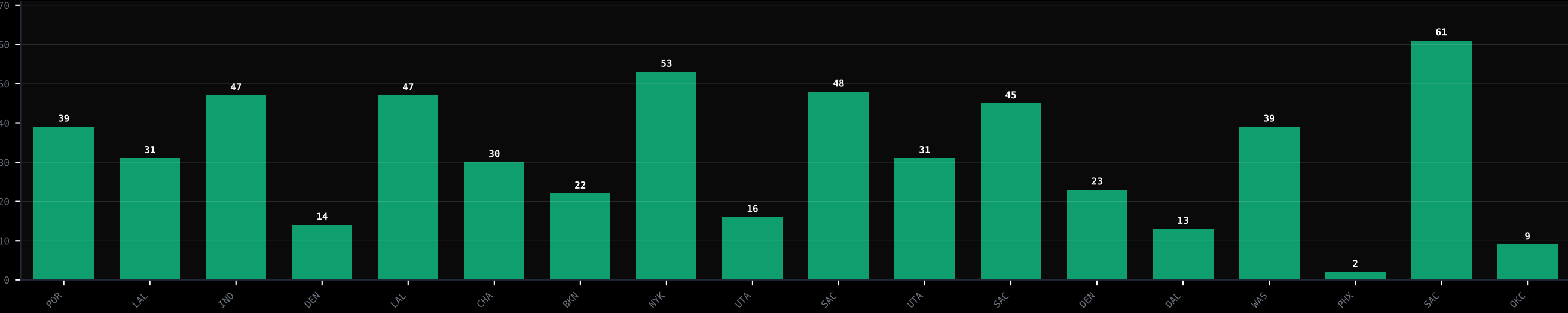
Shooting Guards (SG) - Avg: 24.3 PPG | 18 games



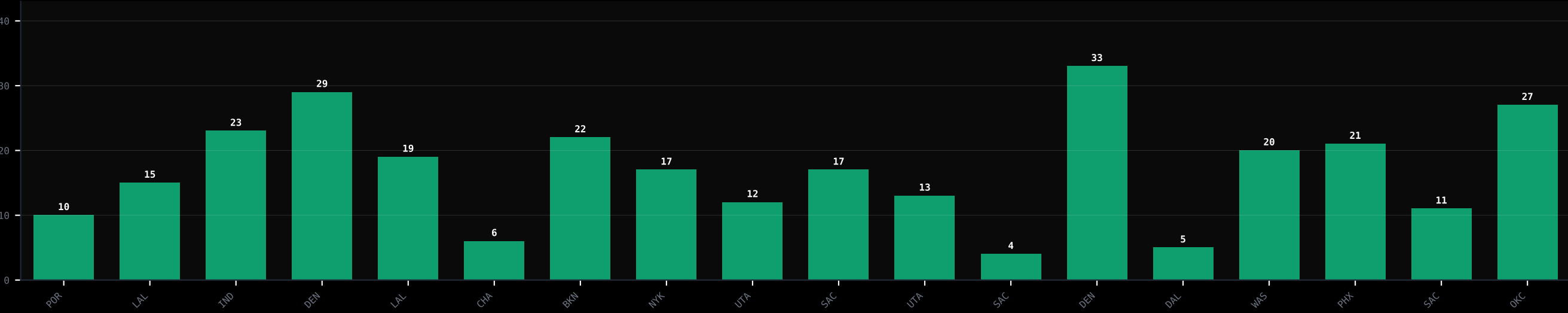
Small Forwards (SF) - Avg: 13.6 PPG | 18 games



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



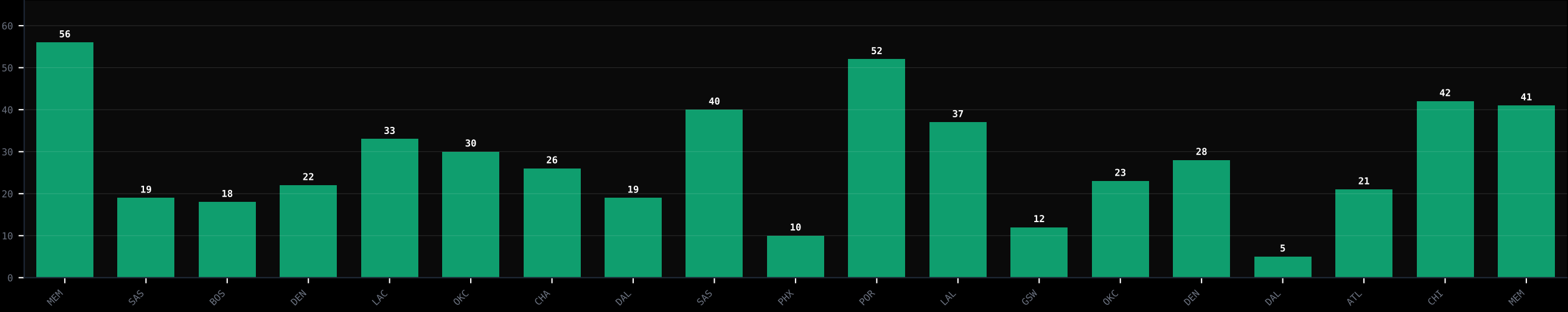
Centers (C) - Avg: 16.9 PPG | 18 games



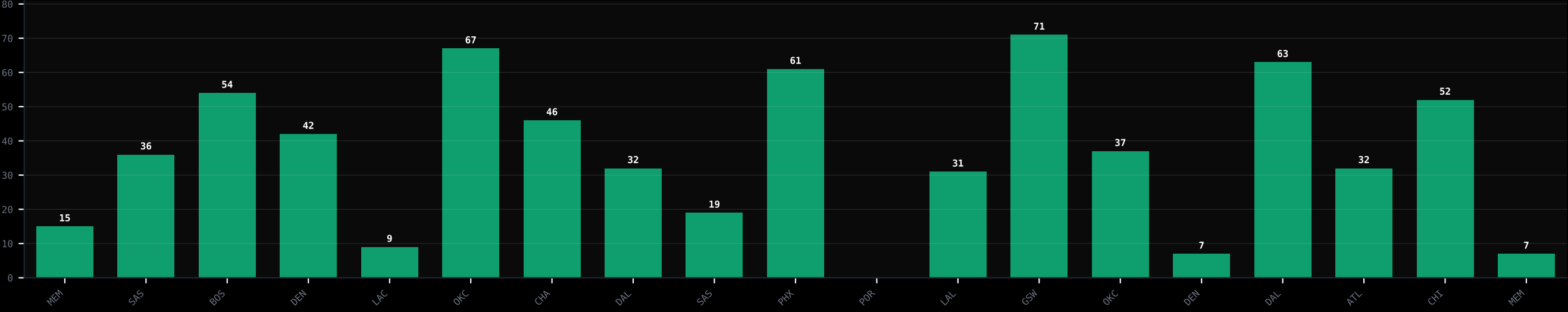


New Orleans Pelicans (NOP) - Points Allowed by Position

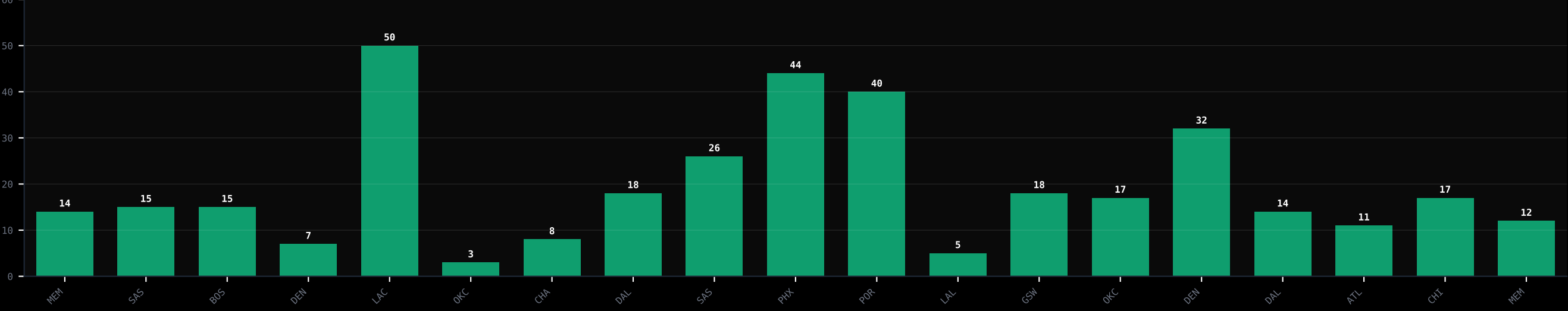
Point Guards (PG) - Avg: 28.1 PPG | 19 games



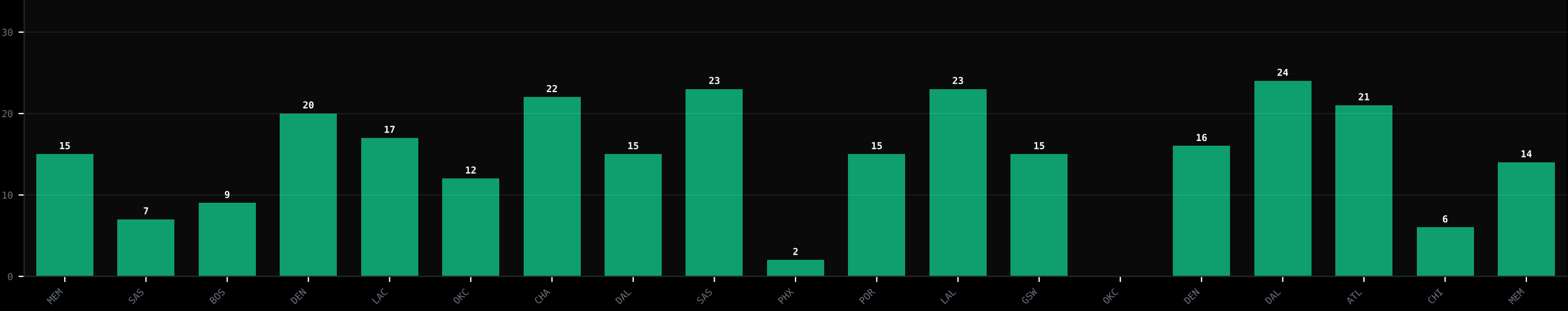
Shooting Guards (SG) - Avg: 35.8 PPG | 19 games



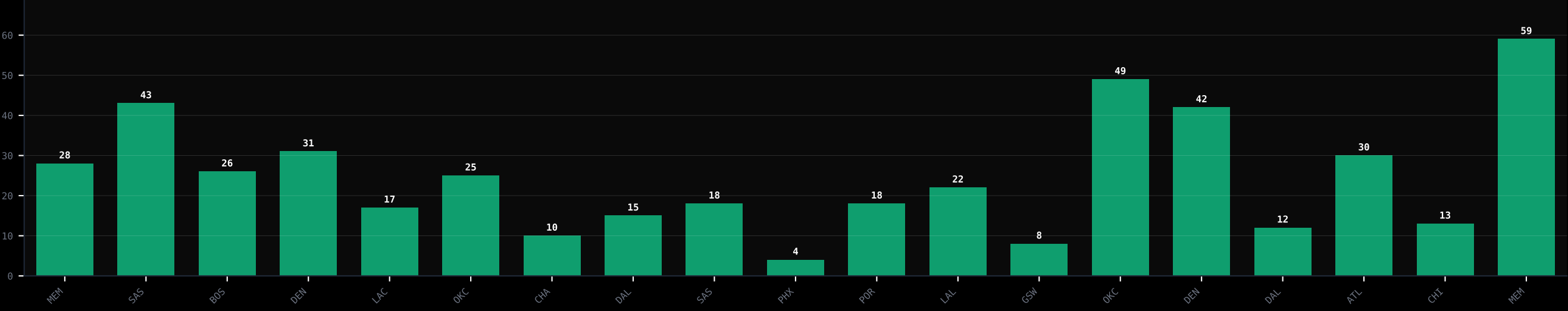
Small Forwards (SF) - Avg: 19.3 PPG | 19 games



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

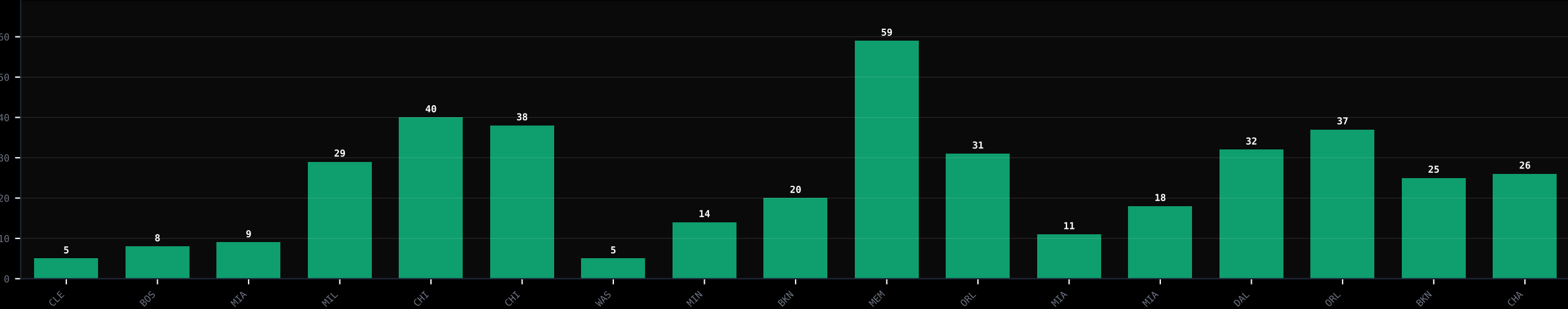


Centers (C) - Avg: 24.7 PPG | 19 games

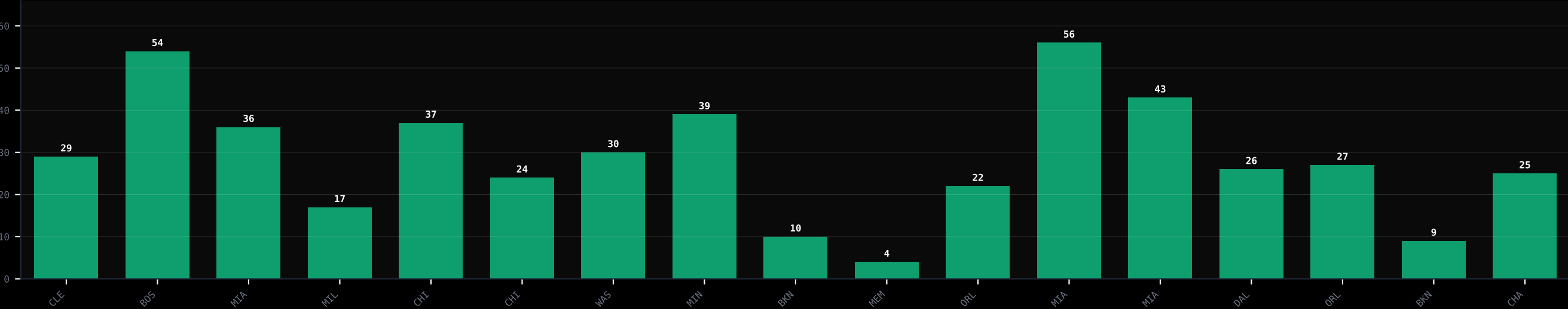


New York Knicks (NYK) - Points Allowed by Position

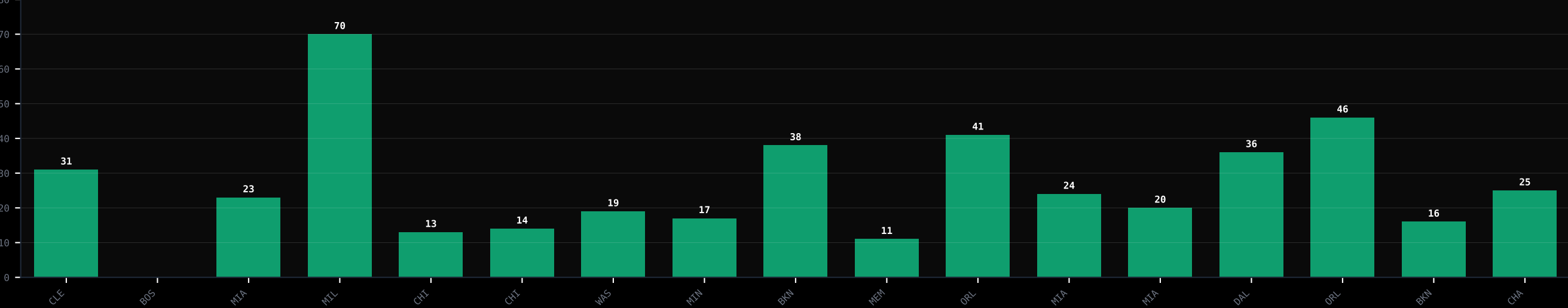
Point Guards (PG) - Avg: 23.9 PPG | 17 games



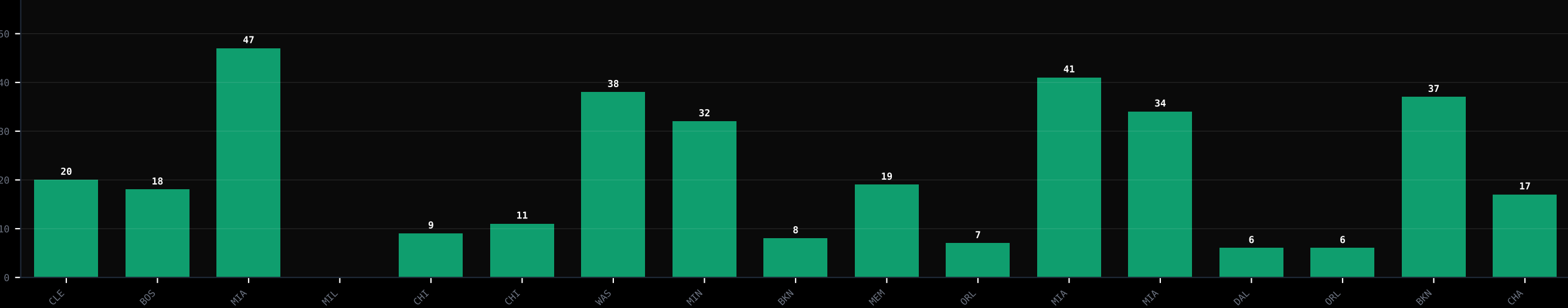
Shooting Guards (SG) - Avg: 28.7 PPG | 17 games



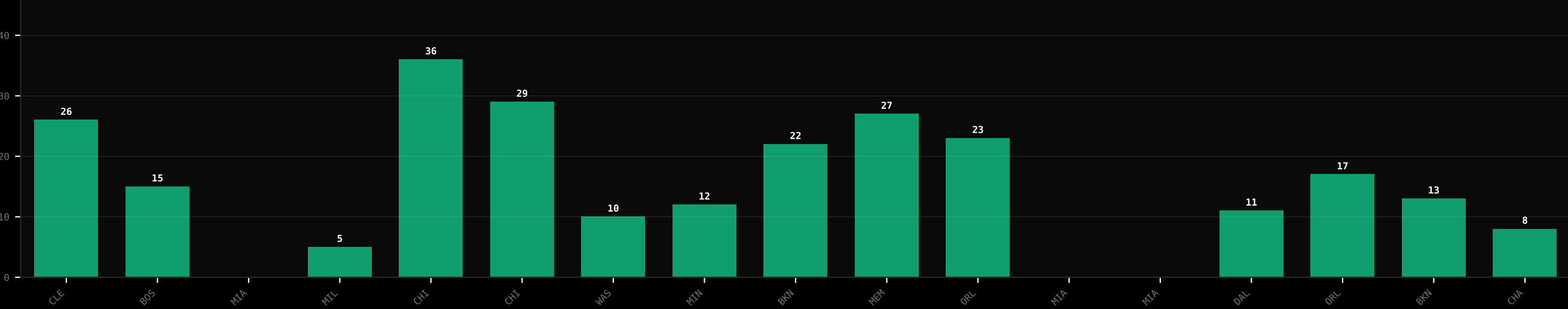
Small Forwards (SF) - Avg: 26.1 PPG | 17 games



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

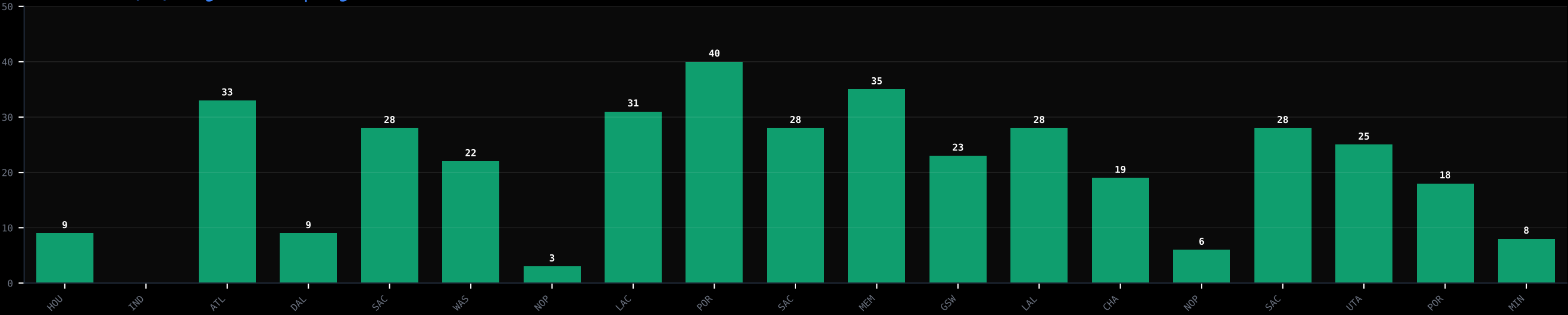


Centers (C) - Avg: 14.9 PPG | 17 games

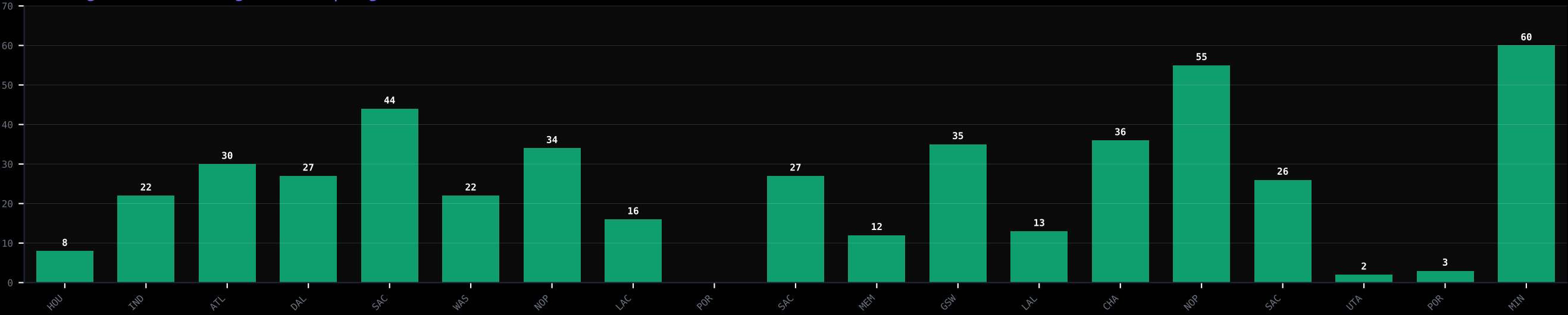


Oklahoma City Thunder (OKC) - Points Allowed by Position

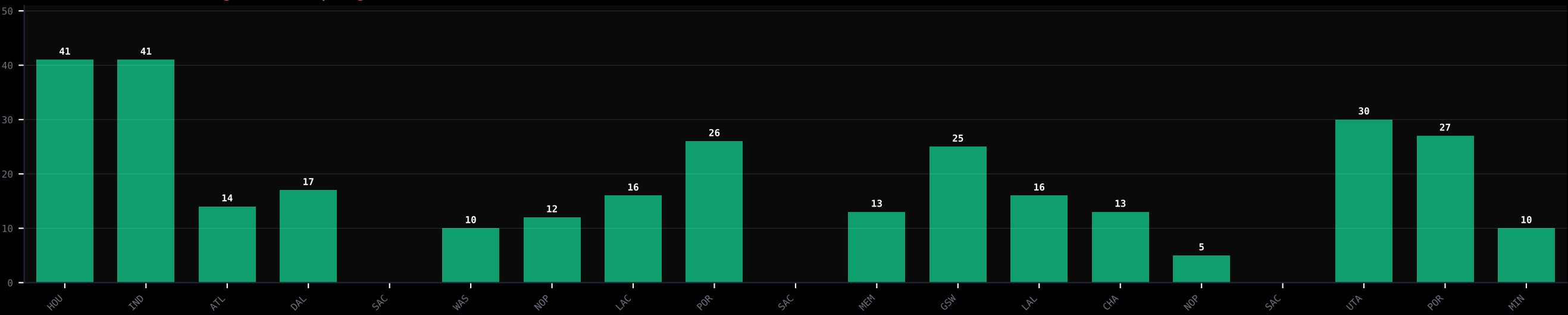
Point Guards (PG) - Avg: 20.7 PPG | 19 games



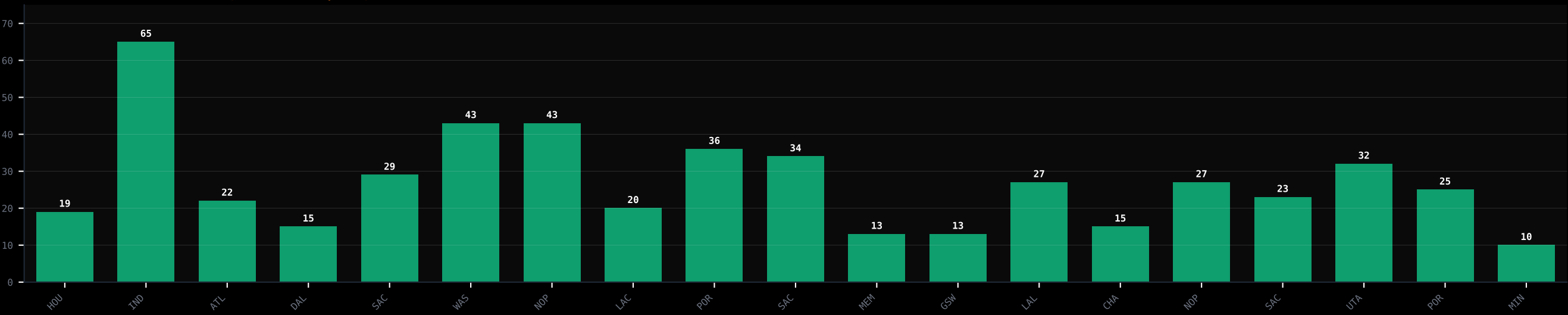
Shooting Guards (SG) - Avg: 24.8 PPG | 19 games



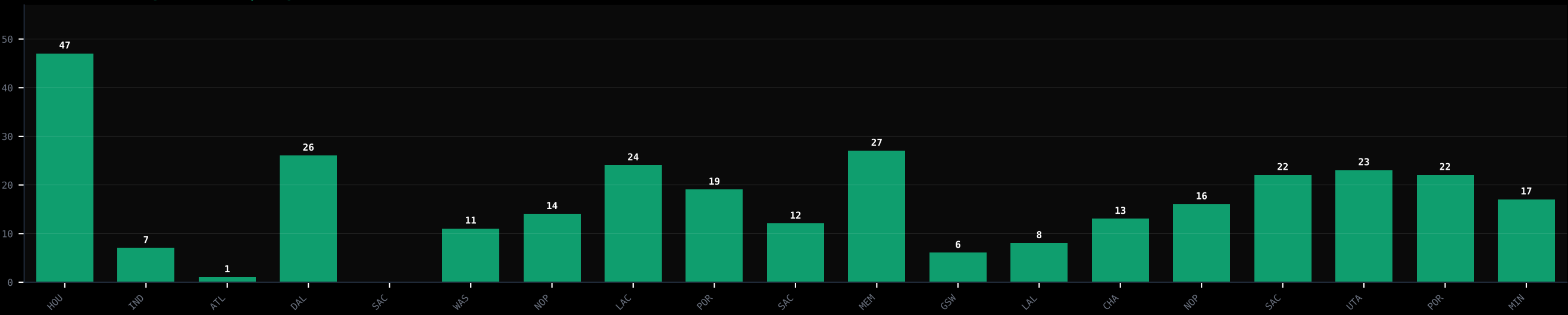
Small Forwards (SF) - Avg: 16.6 PPG | 19 games



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

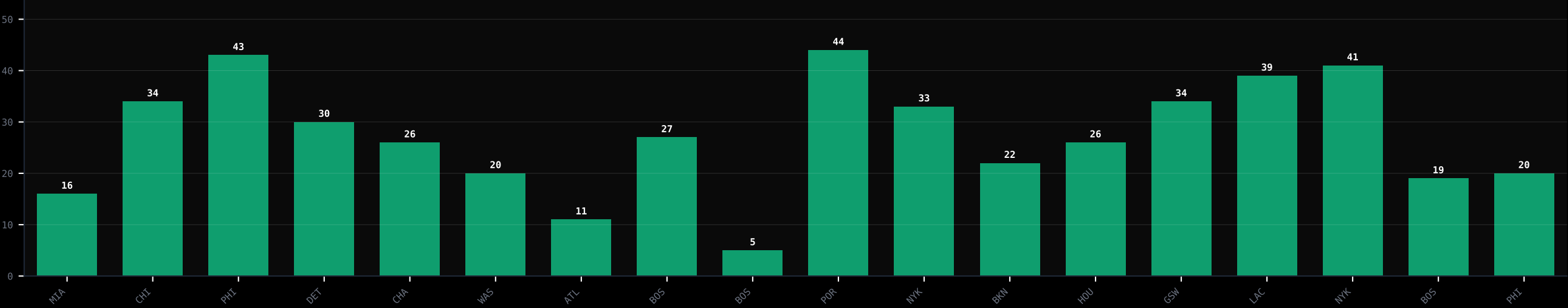


Centers (C) - Avg: 16.6 PPG | 19 games

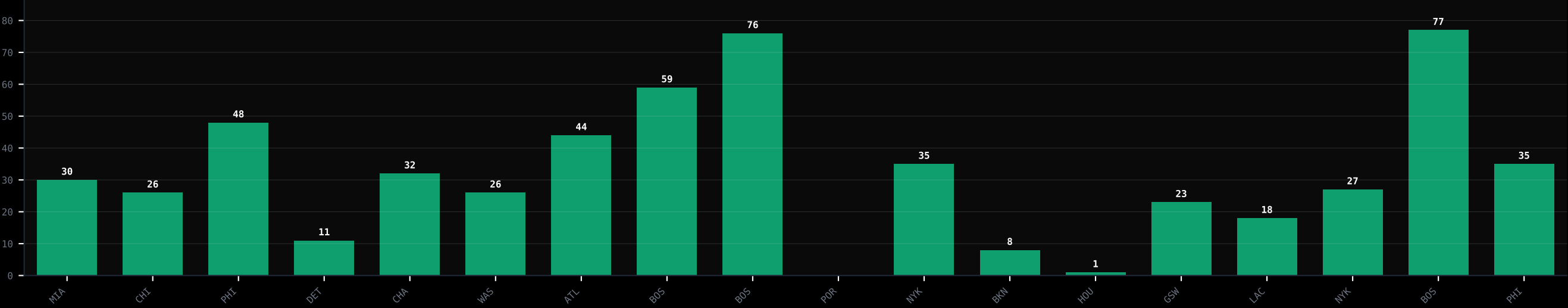


Orlando Magic (ORL) - Points Allowed by Position

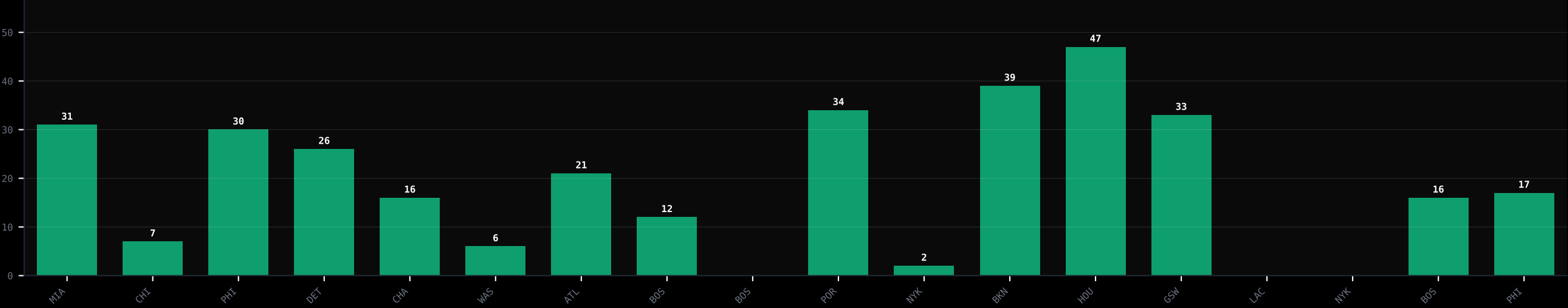
Point Guards (PG) - Avg: 27.2 PPG | 18 games



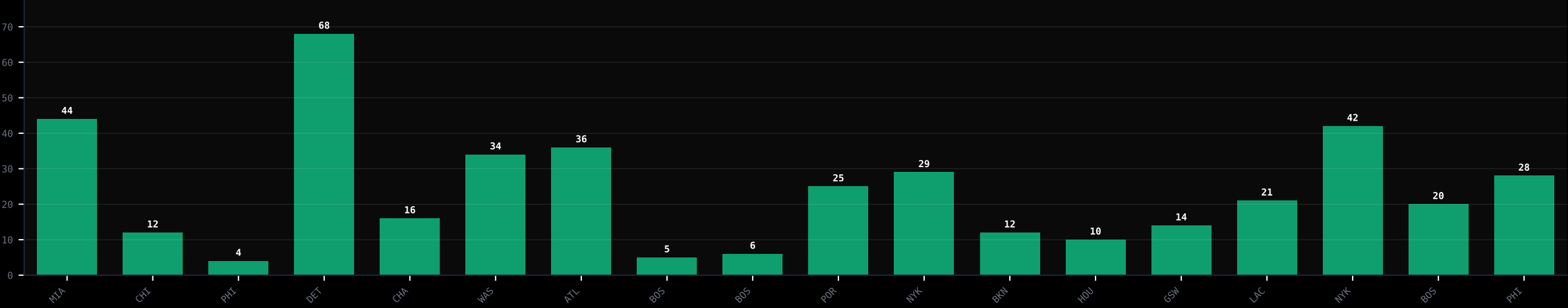
Shooting Guards (SG) - Avg: 32.0 PPG | 18 games



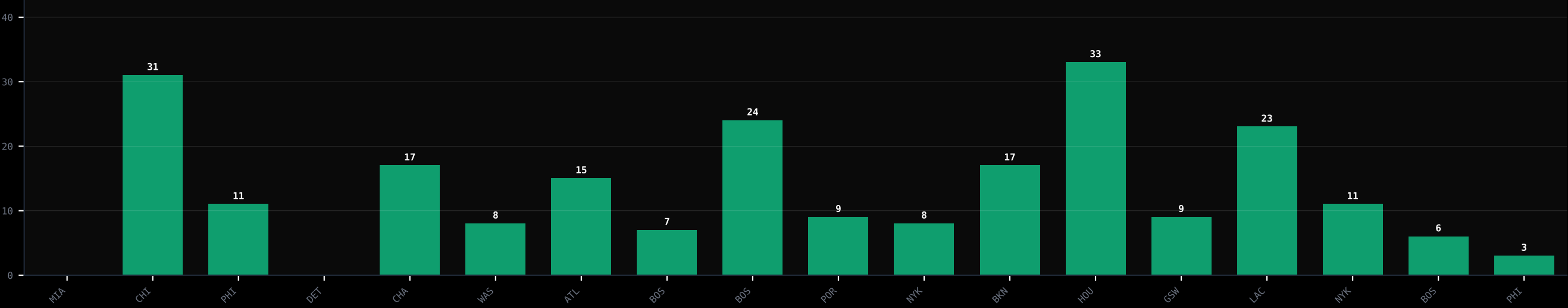
Small Forwards (SF) - Avg: 18.7 PPG | 18 games



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

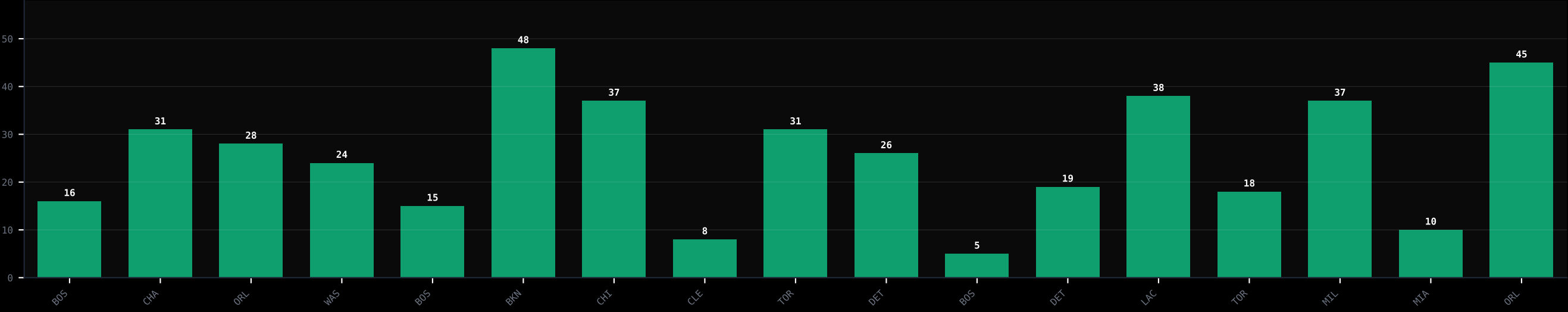


Centers (C) - Avg: 12.9 PPG | 18 games

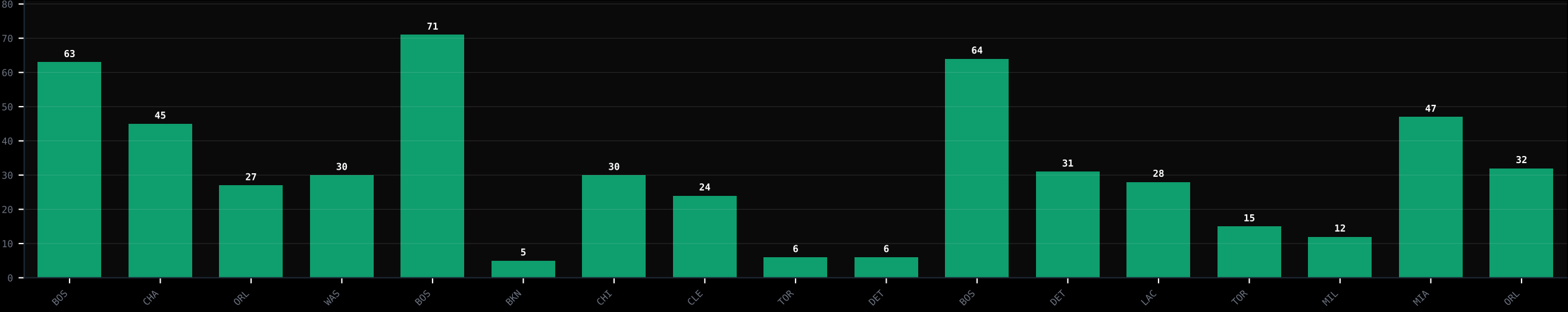


Philadelphia 76ers (PHI) - Points Allowed by Position

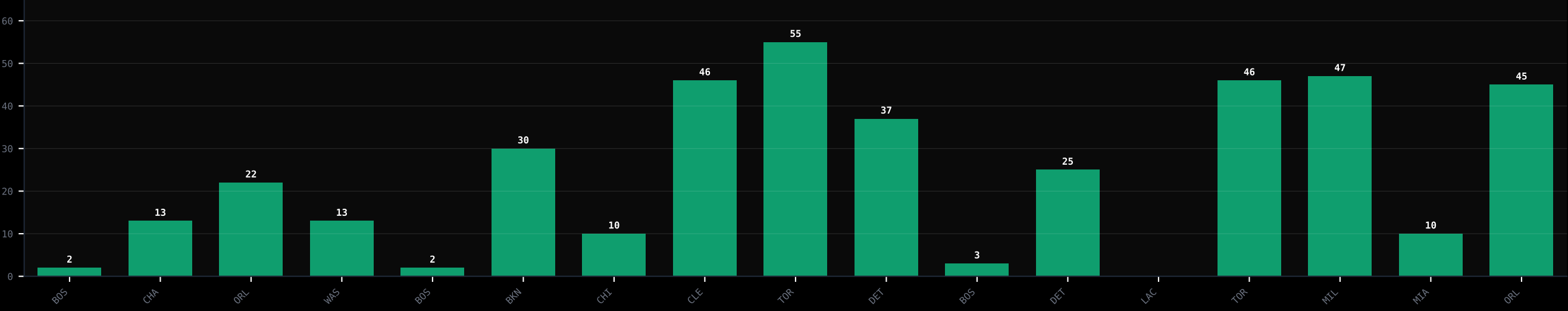
Point Guards (PG) - Avg: 25.6 PPG | 17 games



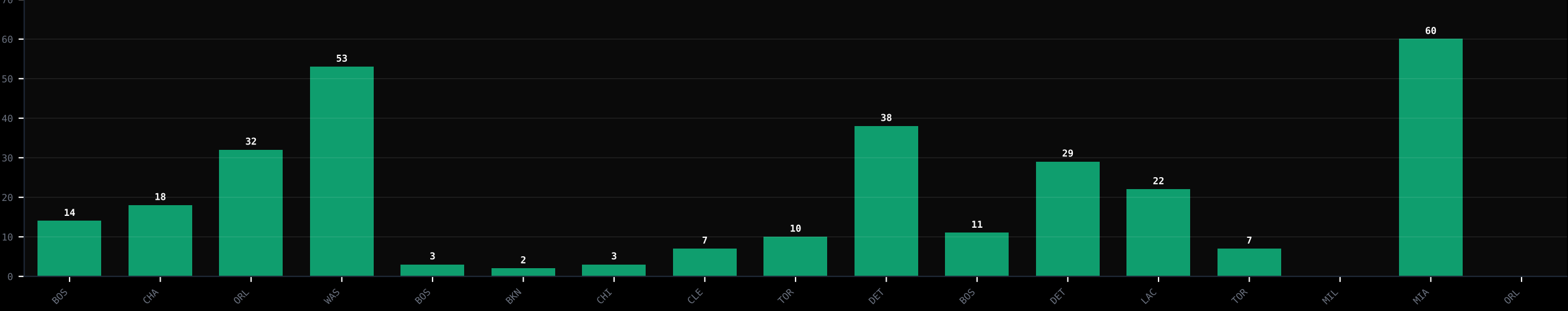
Shooting Guards (SG) - Avg: 31.5 PPG | 17 games



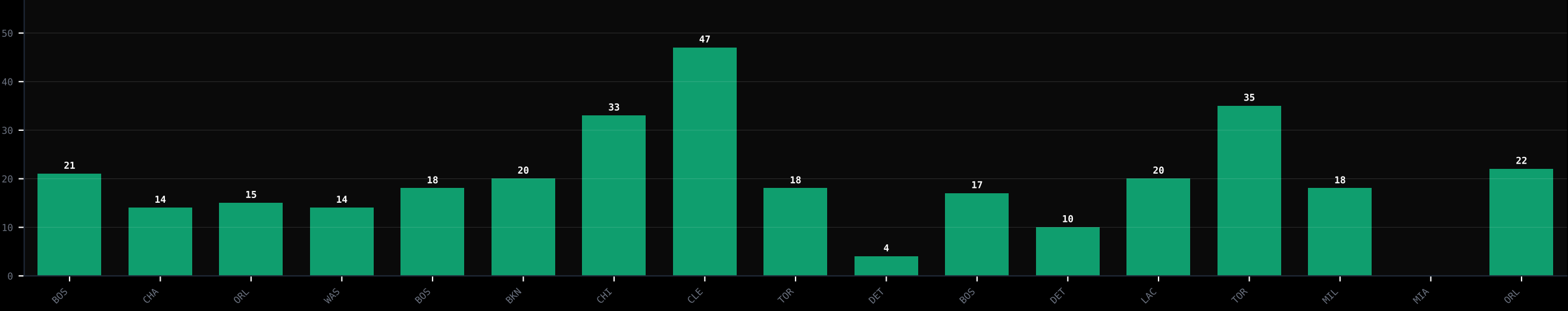
Small Forwards (SF) - Avg: 23.9 PPG | 17 games



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

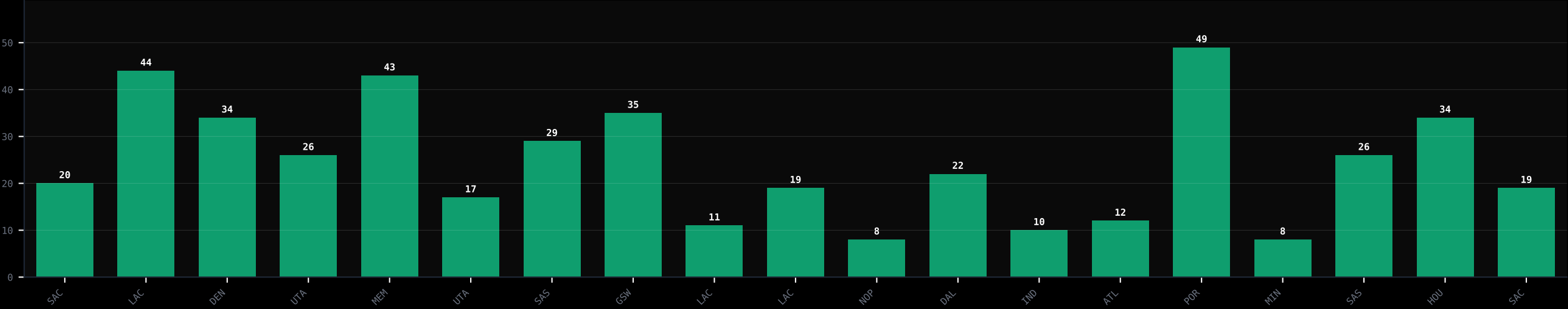


Centers (C) - Avg: 19.2 PPG | 17 games

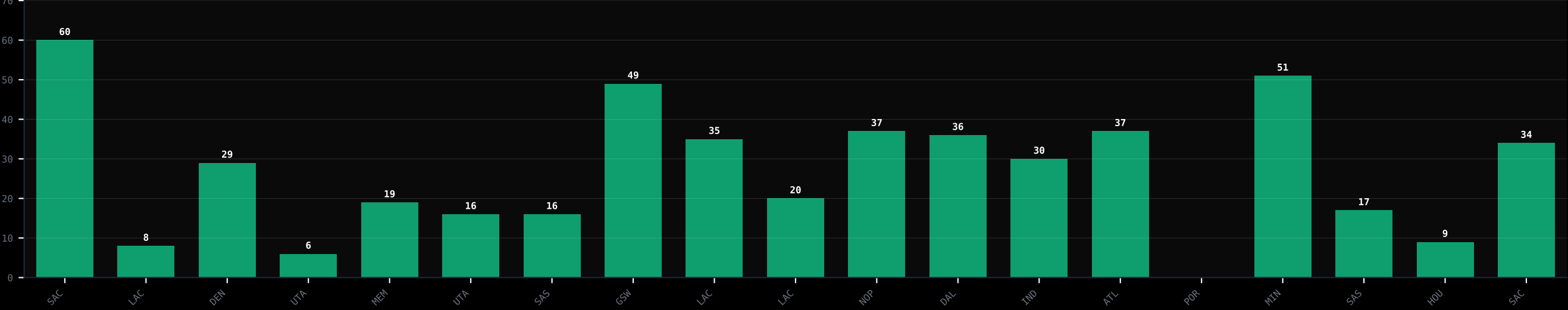


Phoenix Suns (PHX) - Points Allowed by Position

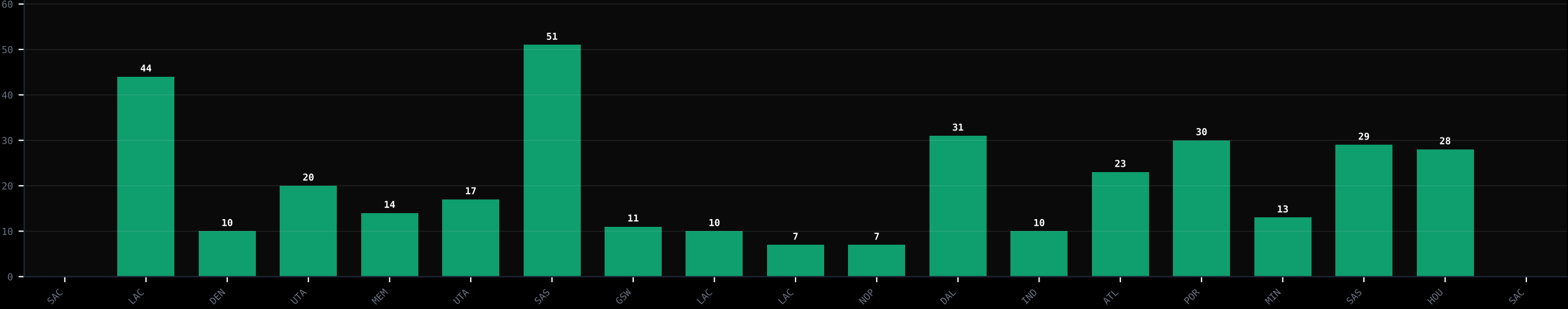
Point Guards (PG) - Avg: 24.5 PPG | 19 games



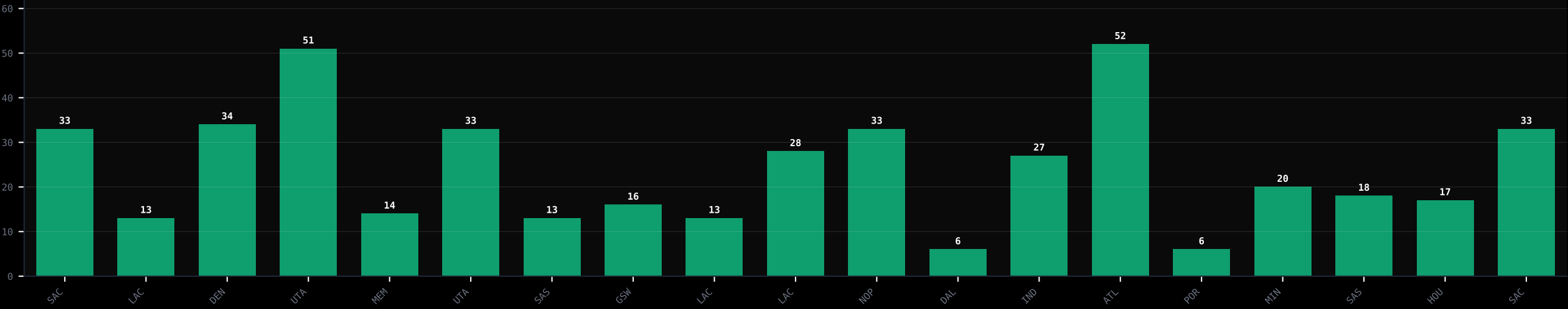
Shooting Guards (SG) - Avg: 26.8 PPG | 19 games



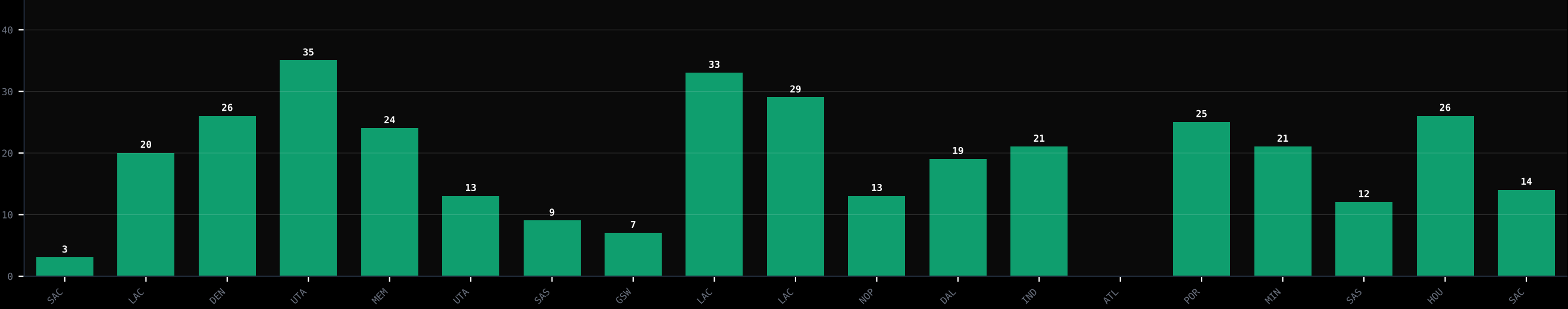
Small Forwards (SF) - Avg: 18.7 PPG | 19 games



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

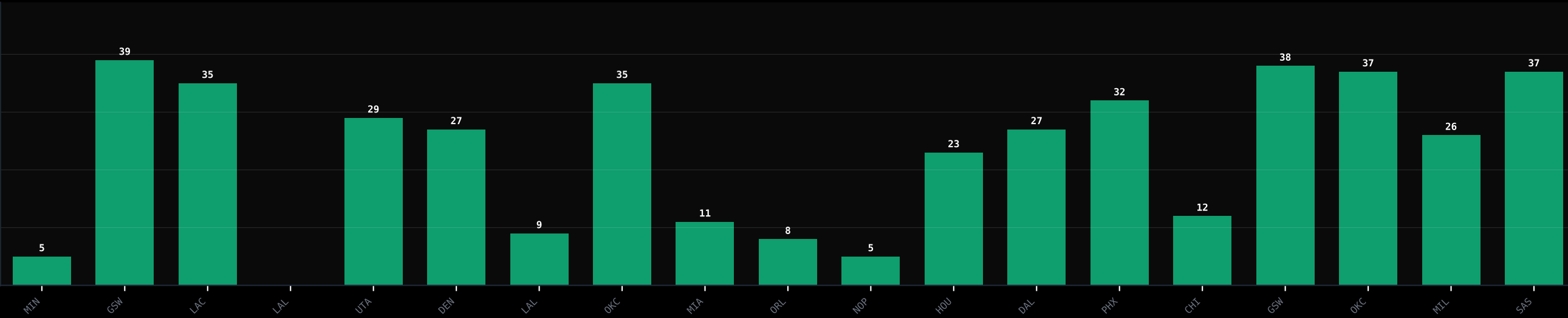


Centers (C) - Avg: 18.4 PPG | 19 games

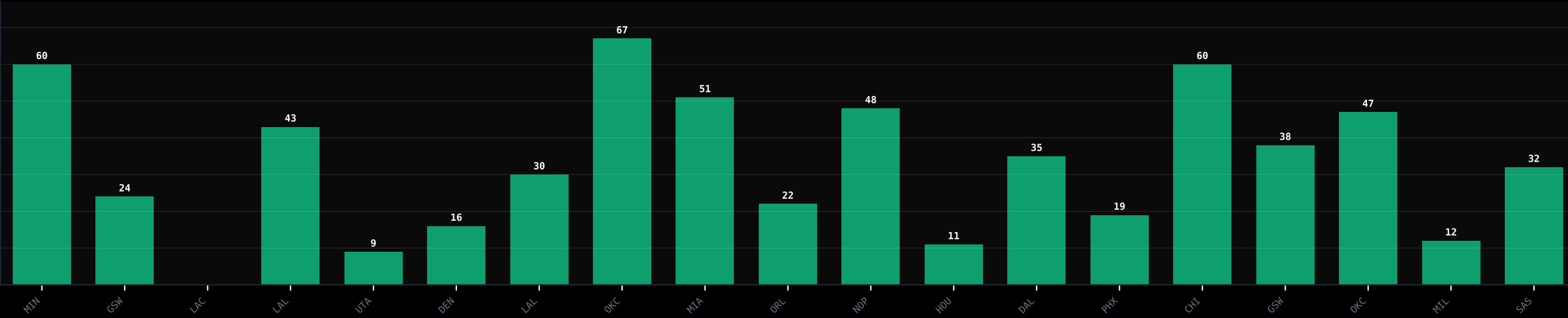


Portland Trail Blazers (POR) - Points Allowed by Position

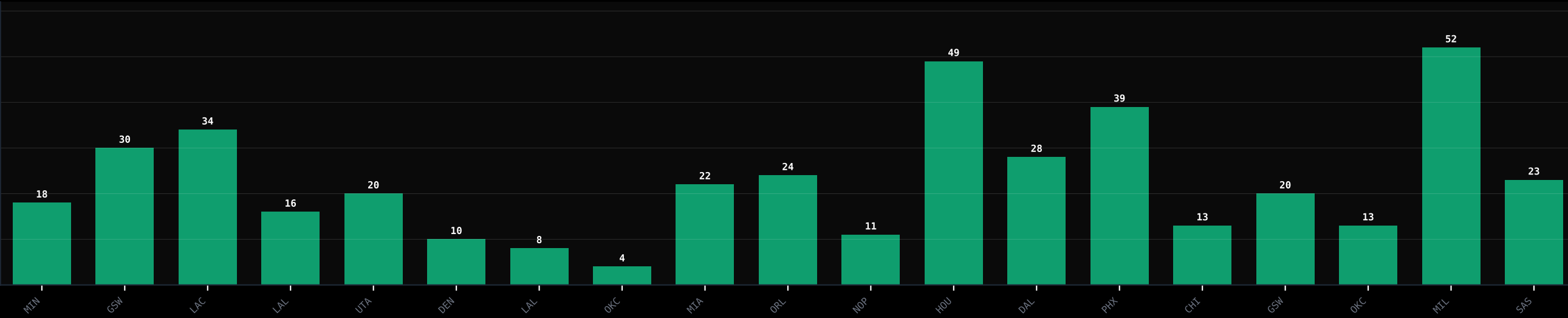
Point Guards (PG) - Avg: 22.9 PPG | 19 games



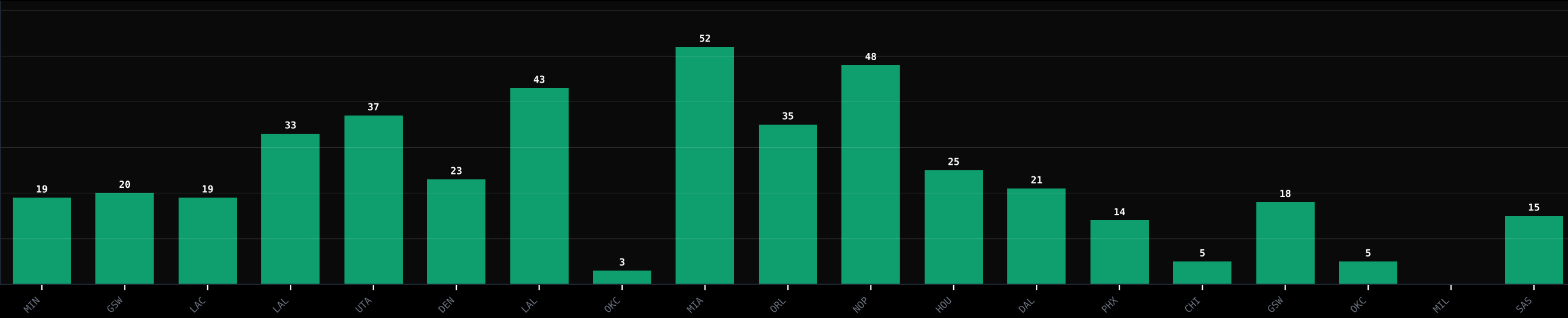
Shooting Guards (SG) - Avg: 32.8 PPG | 19 games



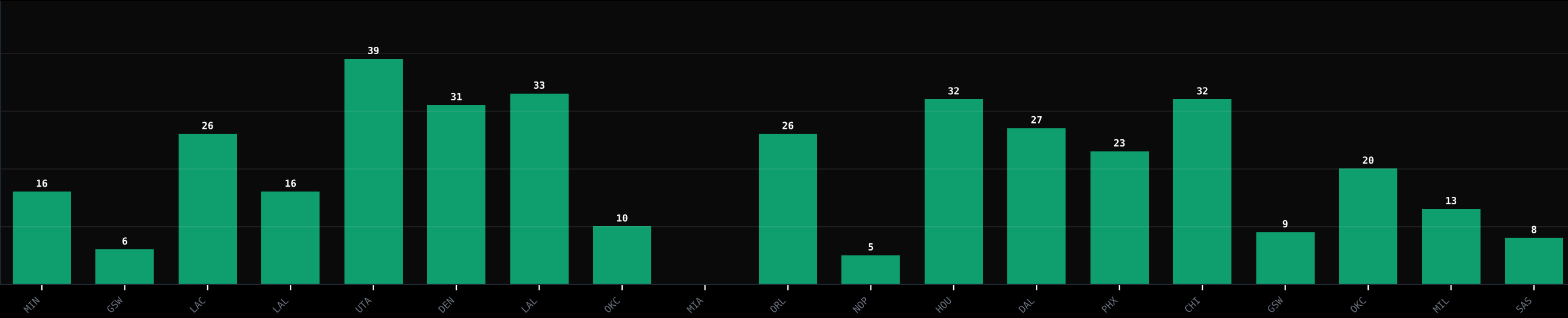
Small Forwards (SF) - Avg: 22.8 PPG | 19 games



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

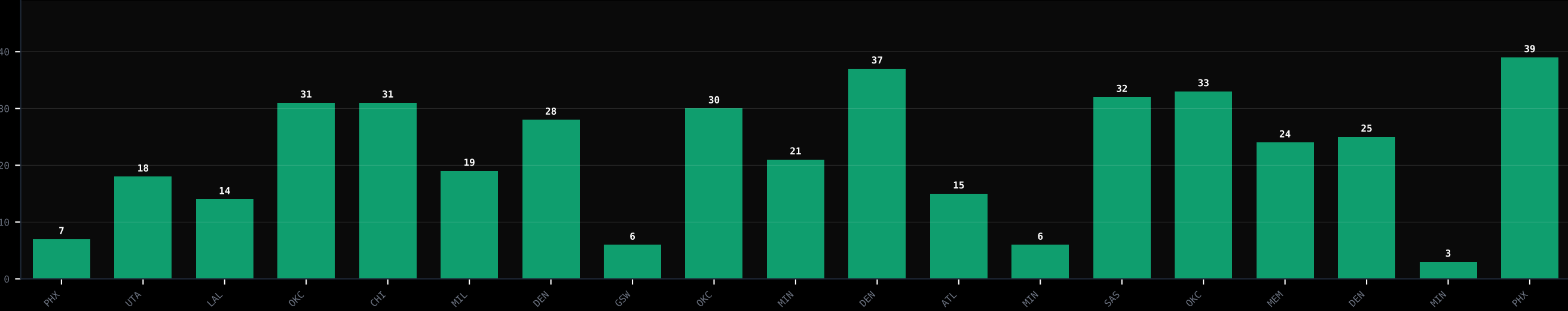


Centers (C) - Avg: 19.6 PPG | 19 games

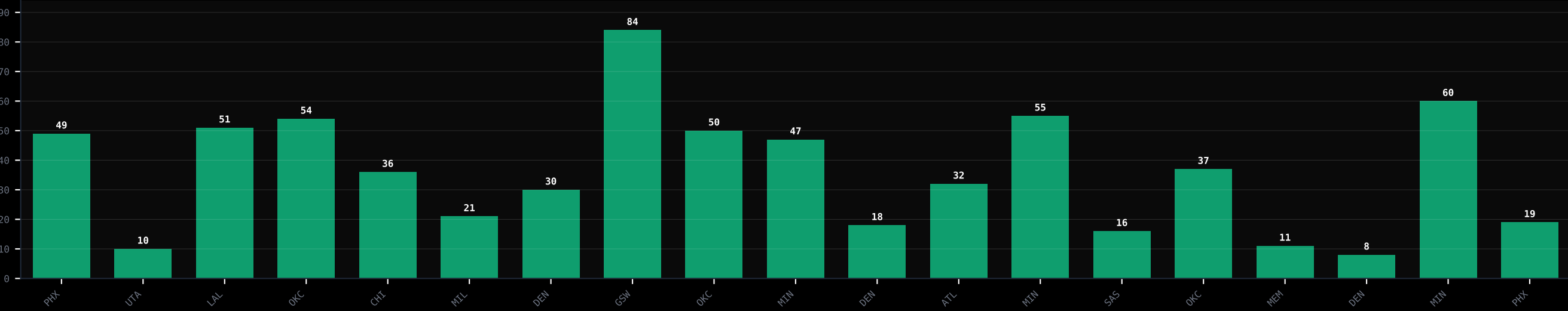


Sacramento Kings (SAC) - Points Allowed by Position

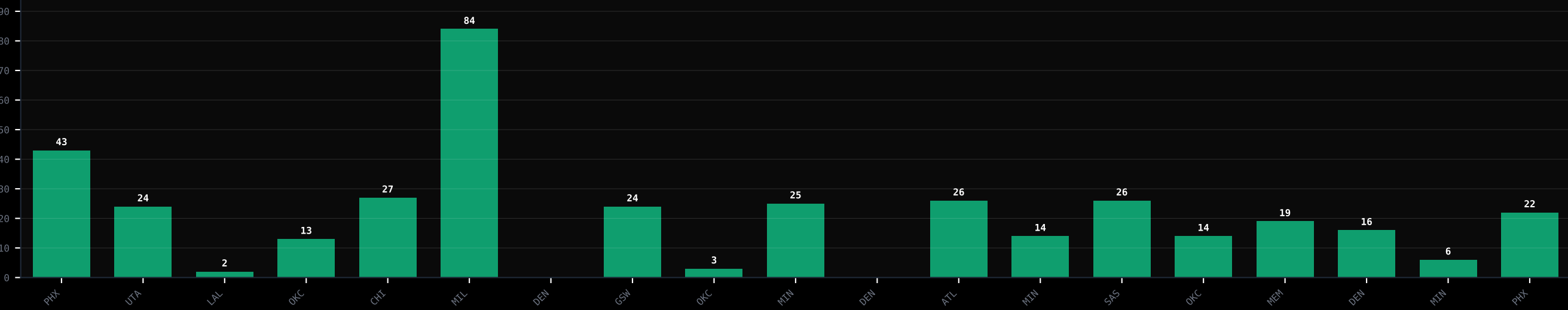
Point Guards (PG) - Avg: 22.1 PPG | 19 games



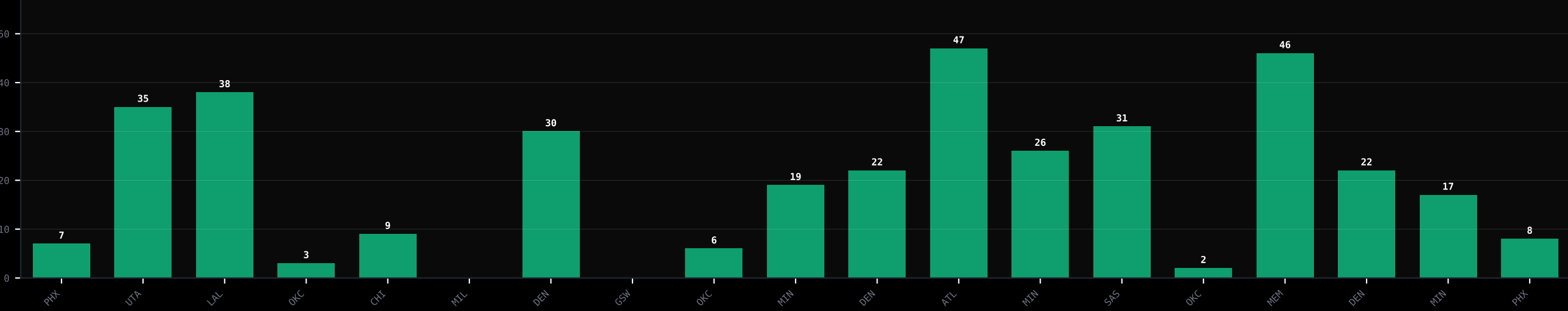
Shooting Guards (SG) - Avg: 36.2 PPG | 19 games



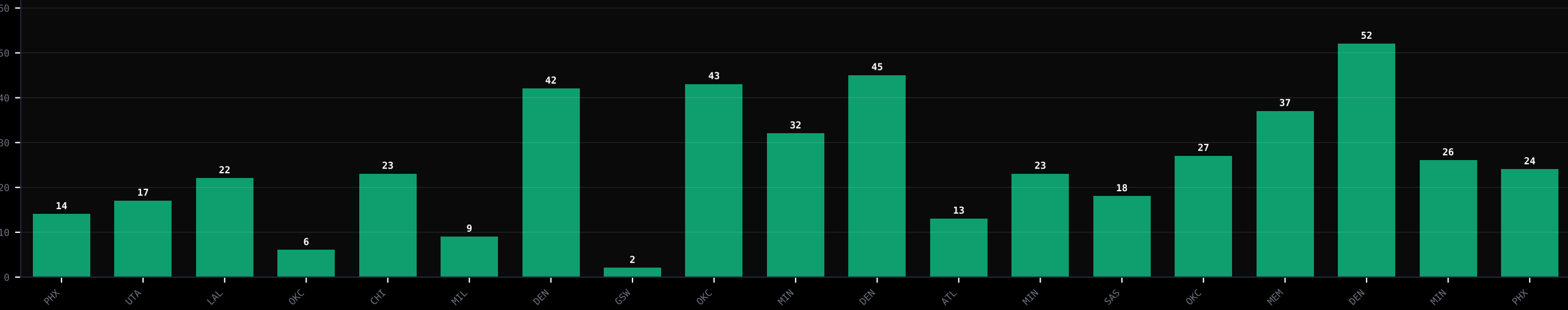
Small Forwards (SF) - Avg: 20.4 PPG | 19 games



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



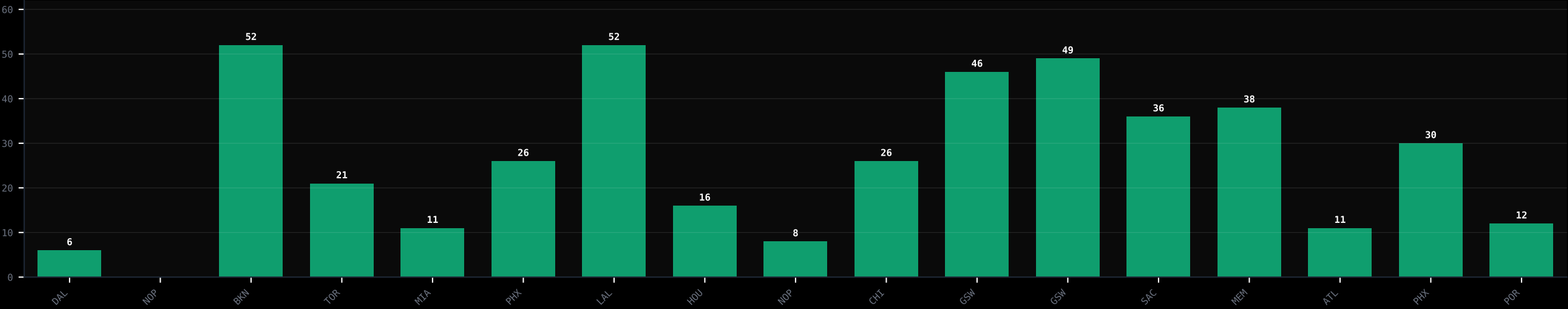
Centers (C) - Avg: 25.0 PPG | 19 games



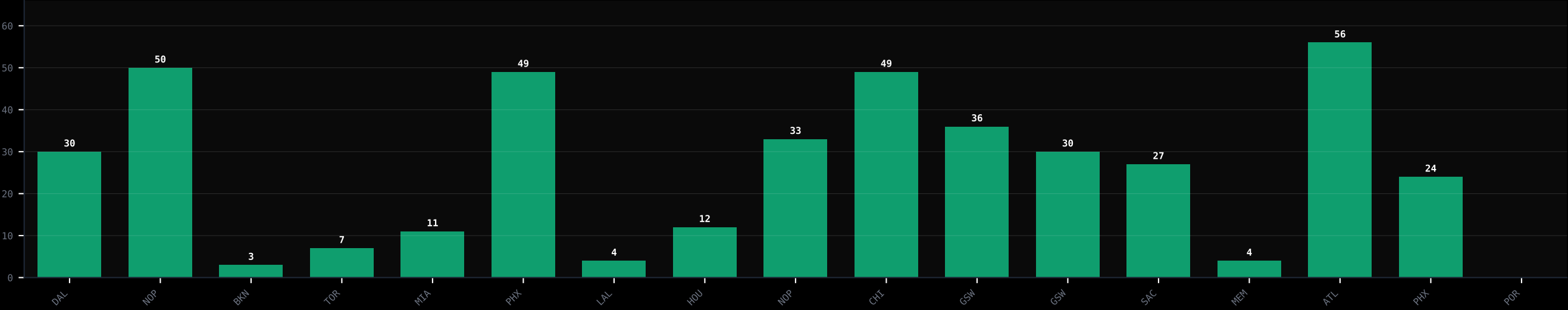


San Antonio Spurs (SAS) - Points Allowed by Position

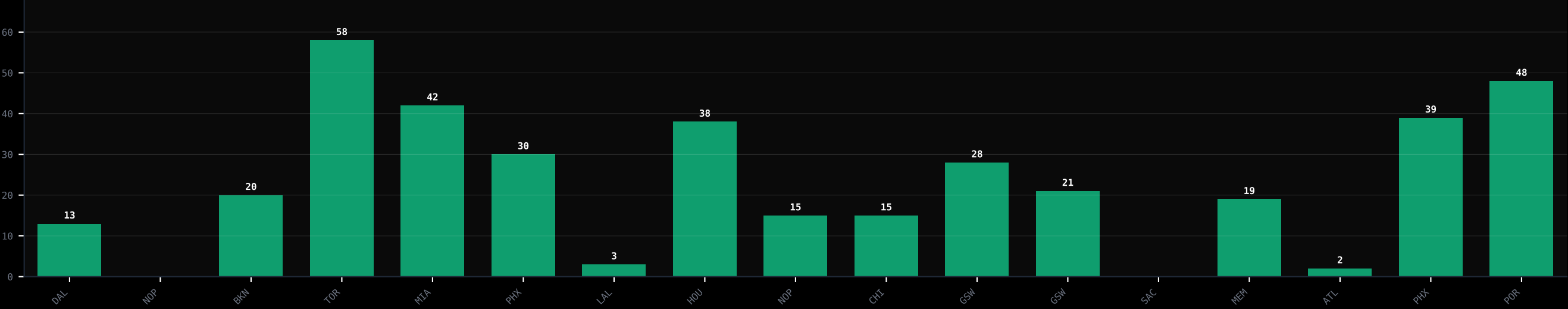
Point Guards (PG) - Avg: 25.9 PPG | 17 games



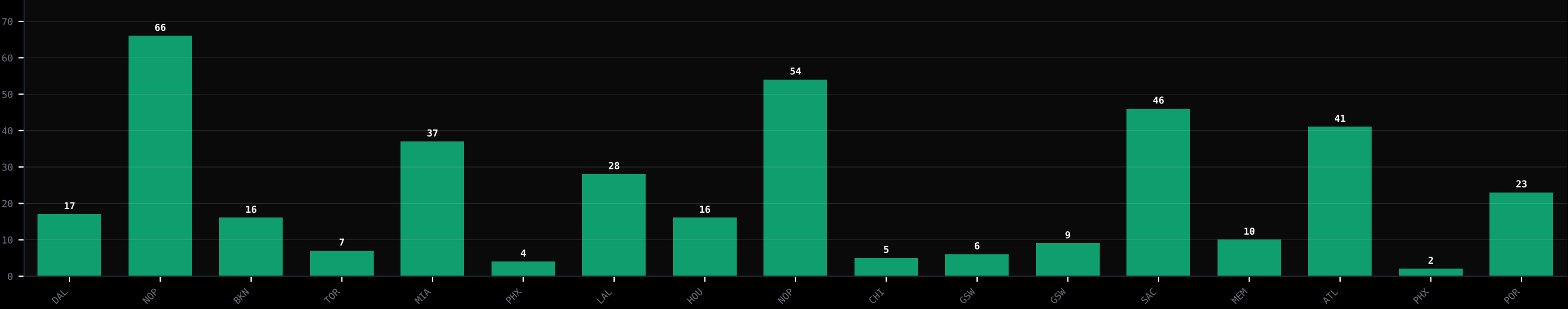
Shooting Guards (SG) - Avg: 25.0 PPG | 17 games



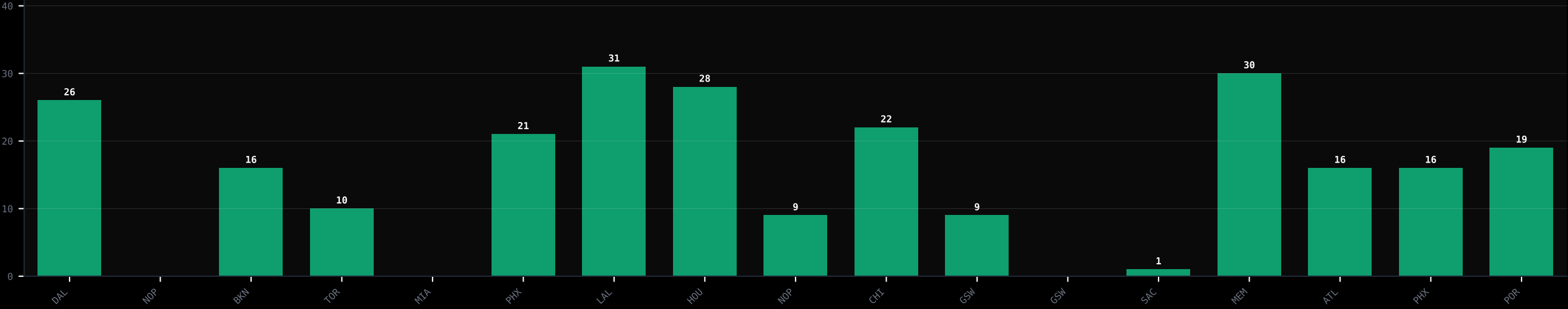
Small Forwards (SF) - Avg: 23.0 PPG | 17 games



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

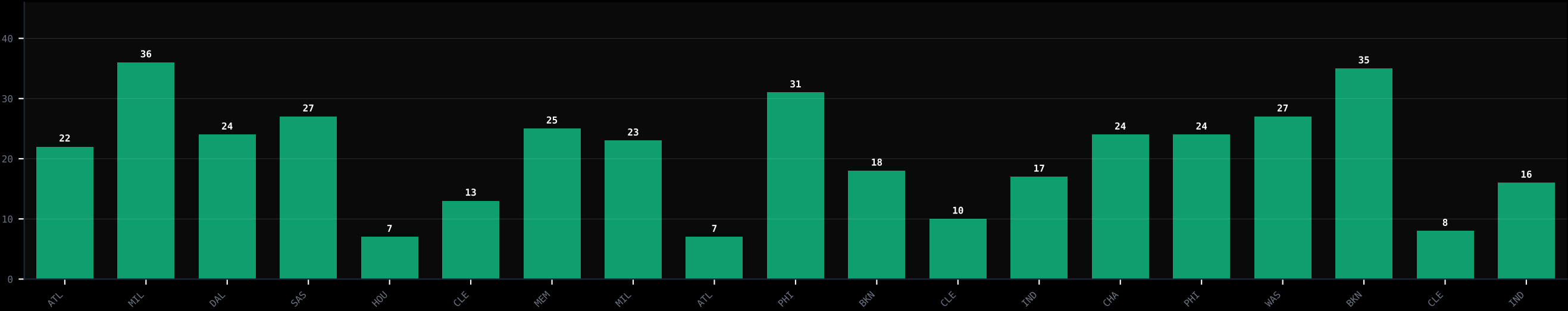


Centers (C) - Avg: 14.9 PPG | 17 games

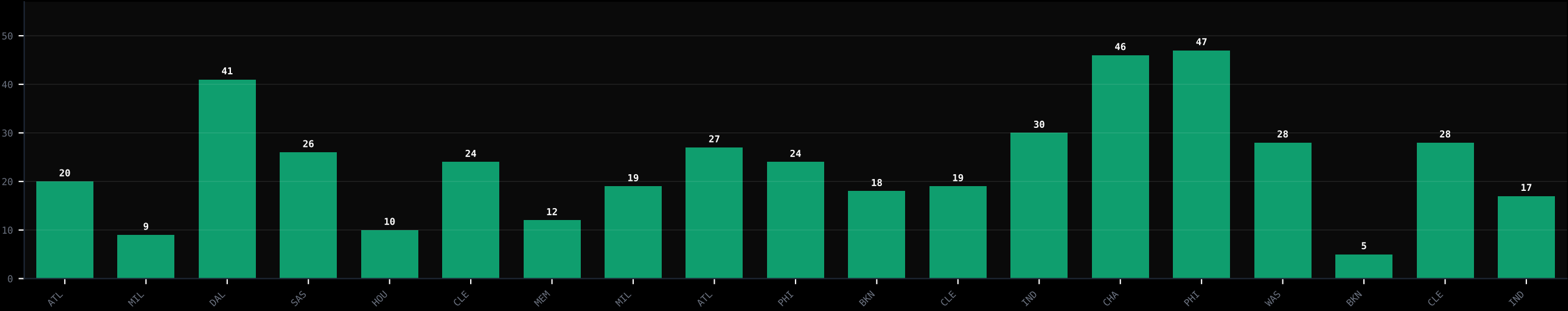


# Toronto Raptors (TOR) - Points Allowed by Position

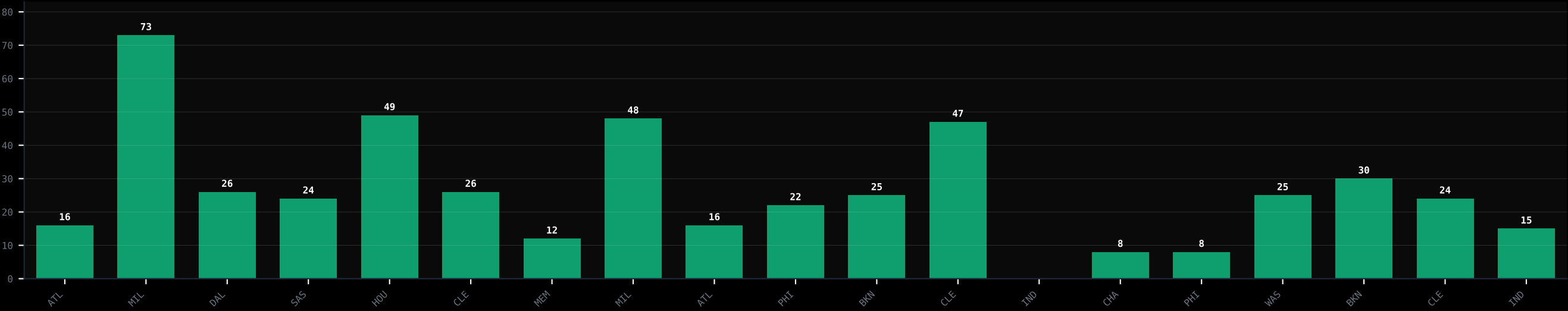
Point Guards (PG) - Avg: 20.7 PPG | 19 games



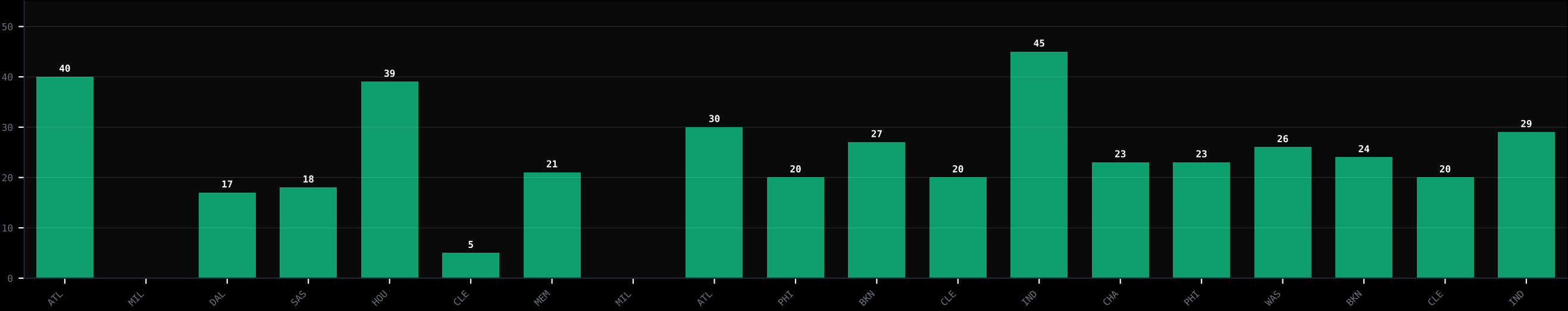
Shooting Guards (SG) - Avg: 23.7 PPG | 19 games



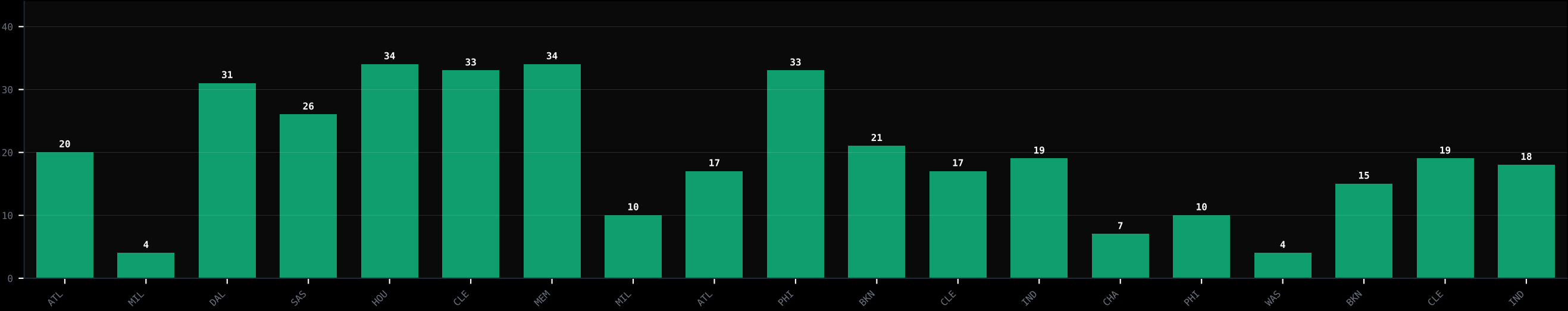
Small Forwards (SF) - Avg: 26.0 PPG | 19 games



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

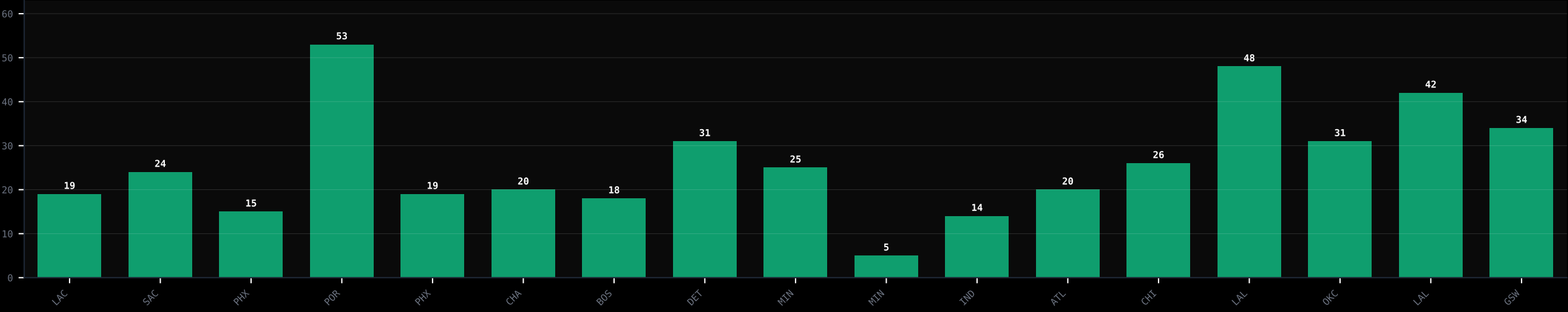


Centers (C) - Avg: 19.6 PPG | 19 games

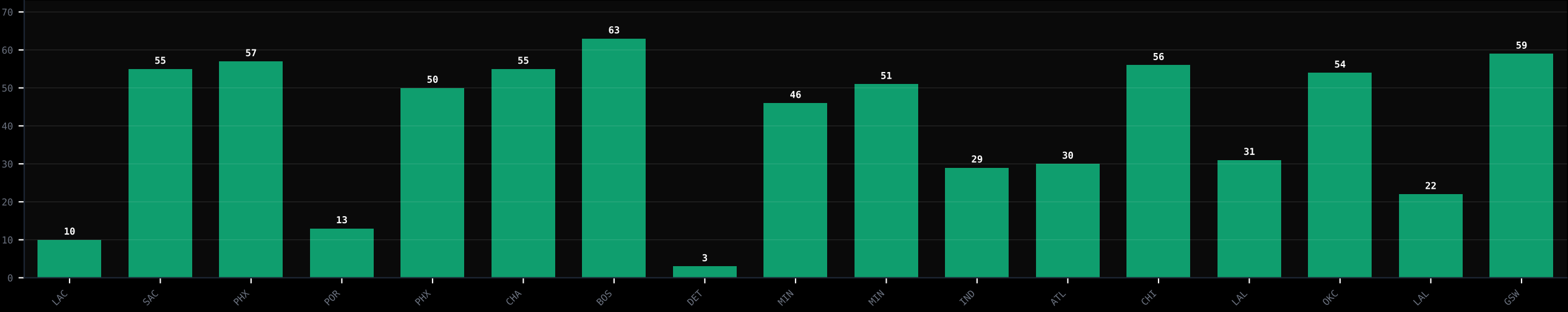


Utah Jazz (UTA) - Points Allowed by Position

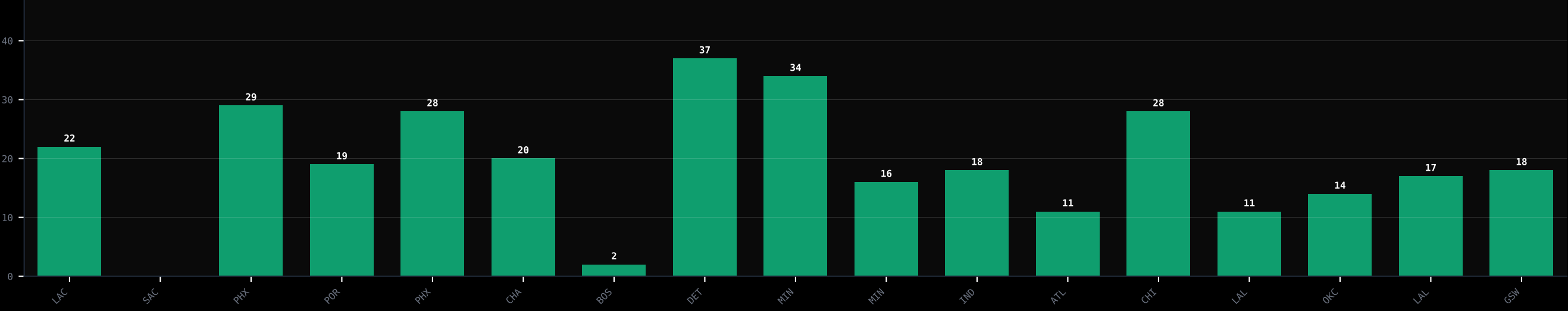
Point Guards (PG) - Avg: 26.1 PPG | 17 games



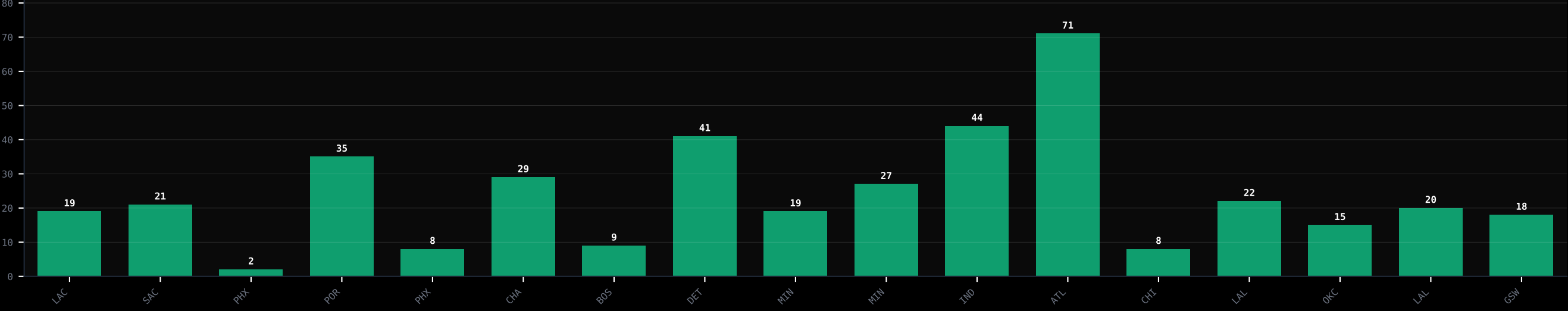
Shooting Guards (SG) - Avg: 40.2 PPG | 17 games



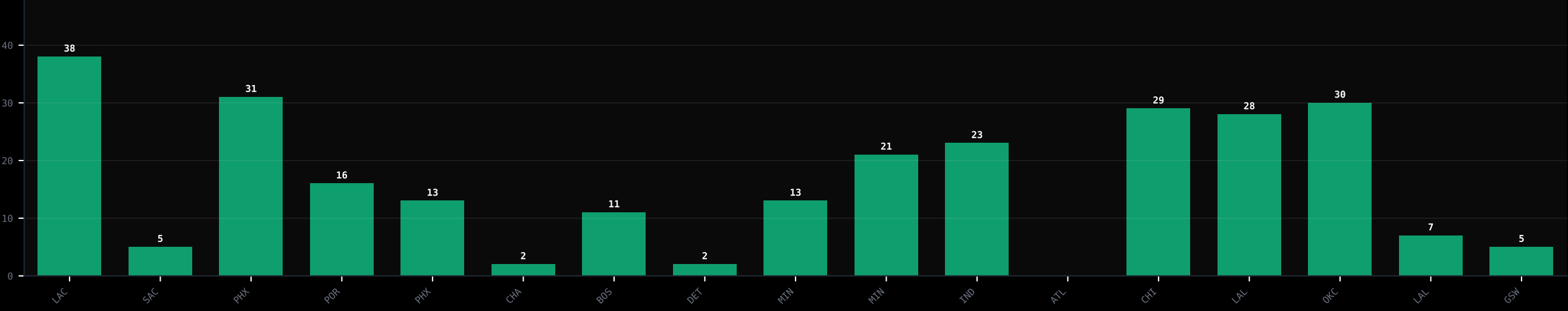
Small Forwards (SF) - Avg: 19.1 PPG | 17 games



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

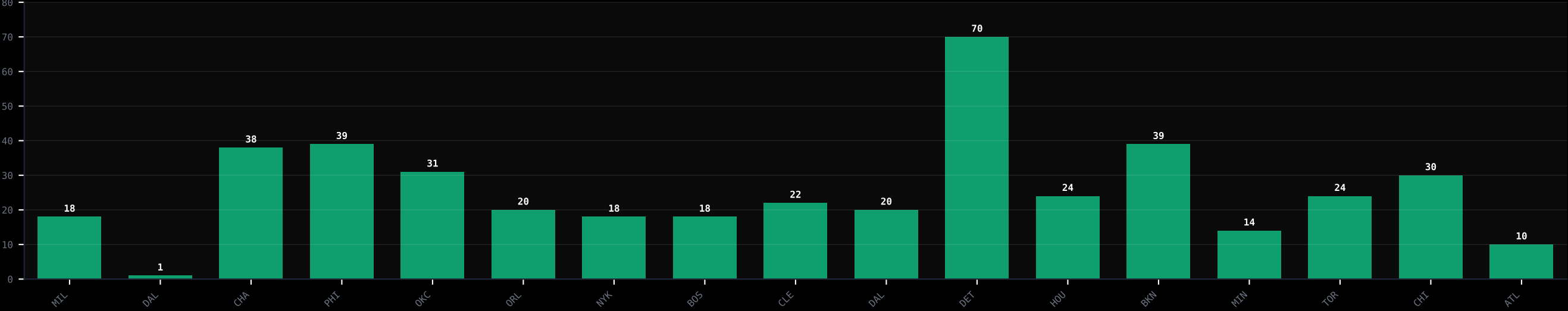


Centers (C) - Avg: 16.1 PPG | 17 games

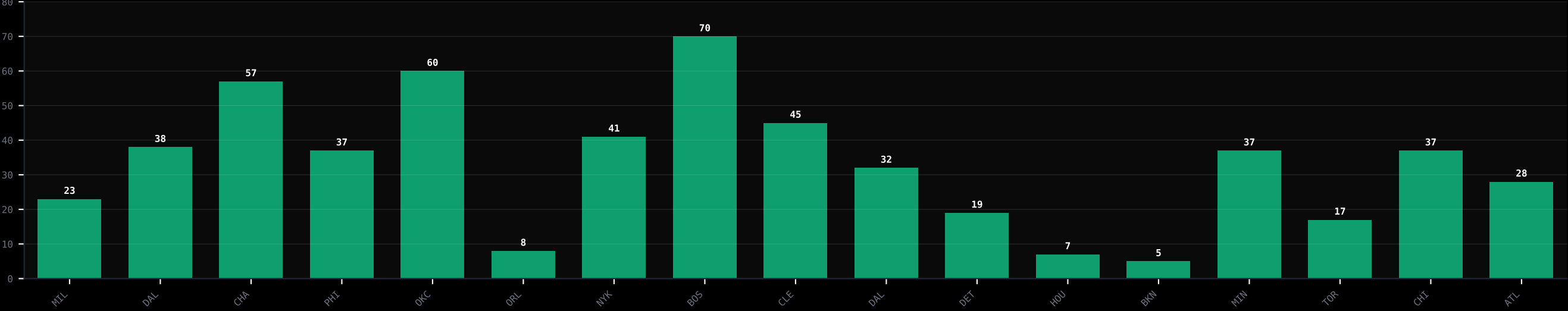


Washington Wizards (WAS) - Points Allowed by Position

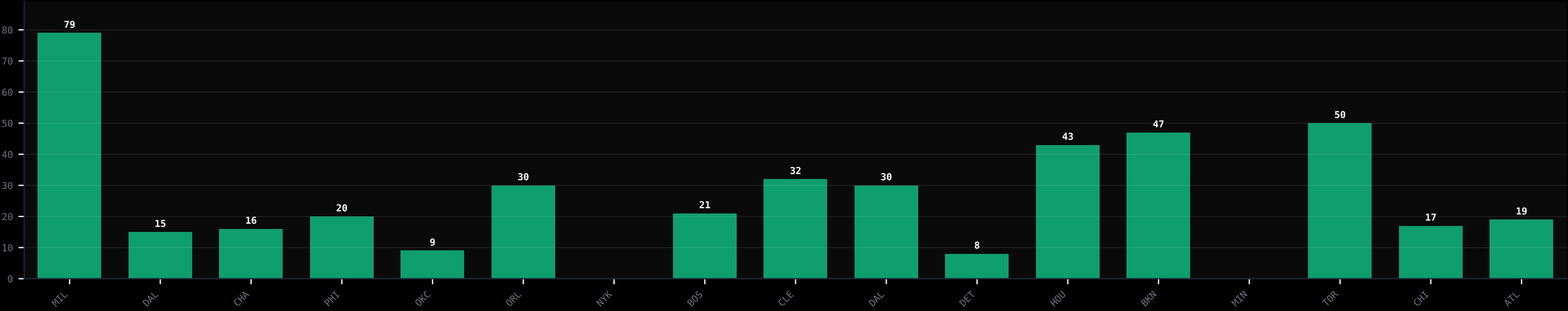
Point Guards (PG) - Avg: 25.6 PPG | 17 games



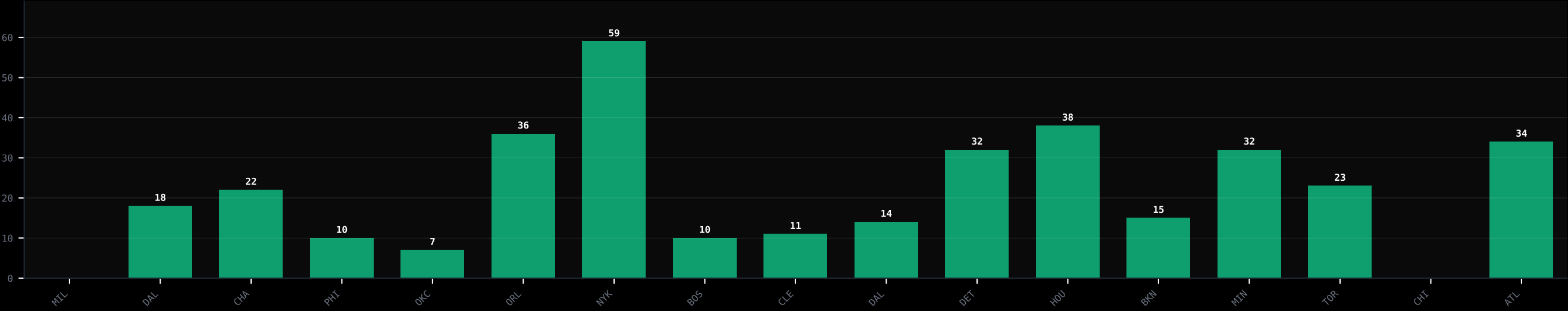
Shooting Guards (SG) - Avg: 33.0 PPG | 17 games



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

