

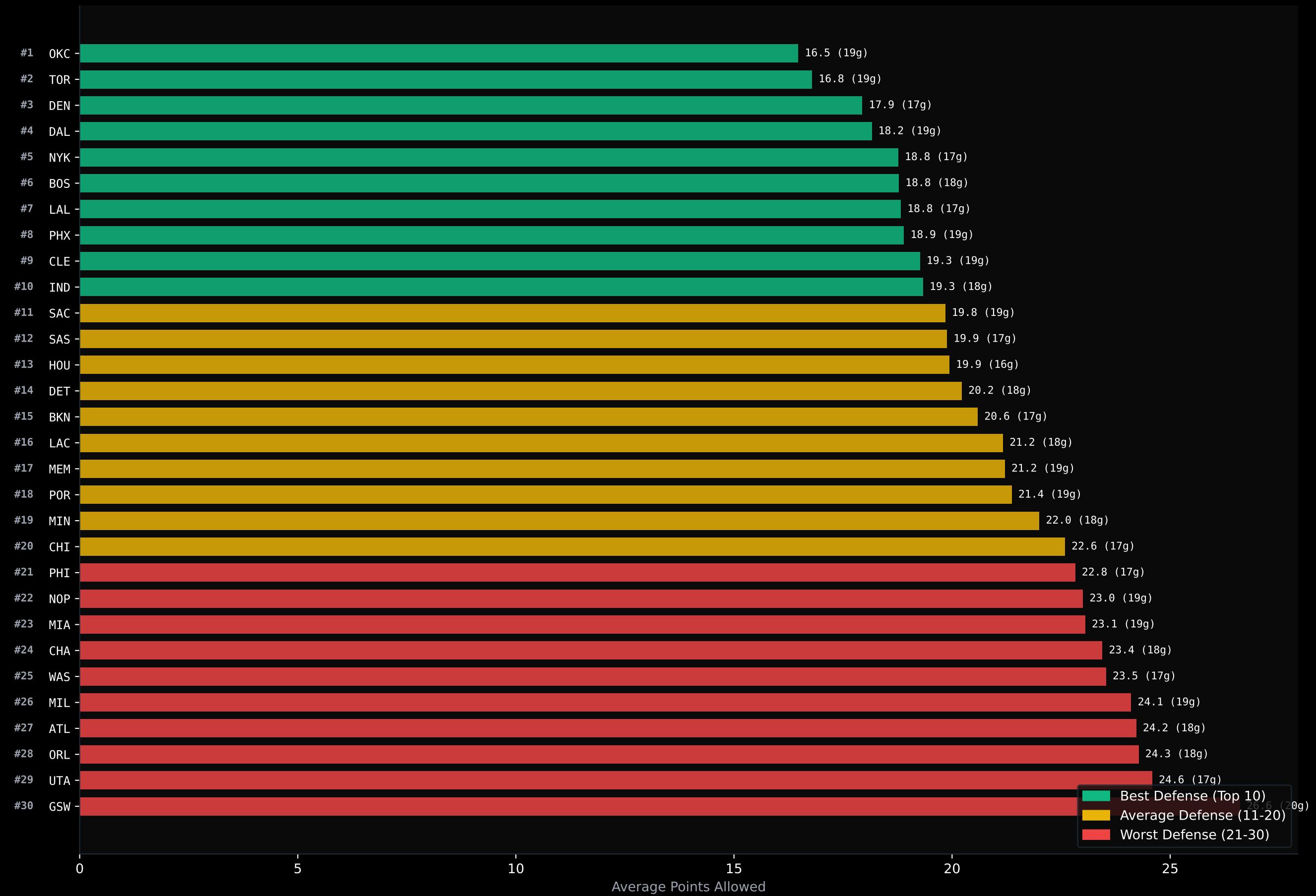
NBA Position Defense Rankings - 2025-26 Season

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

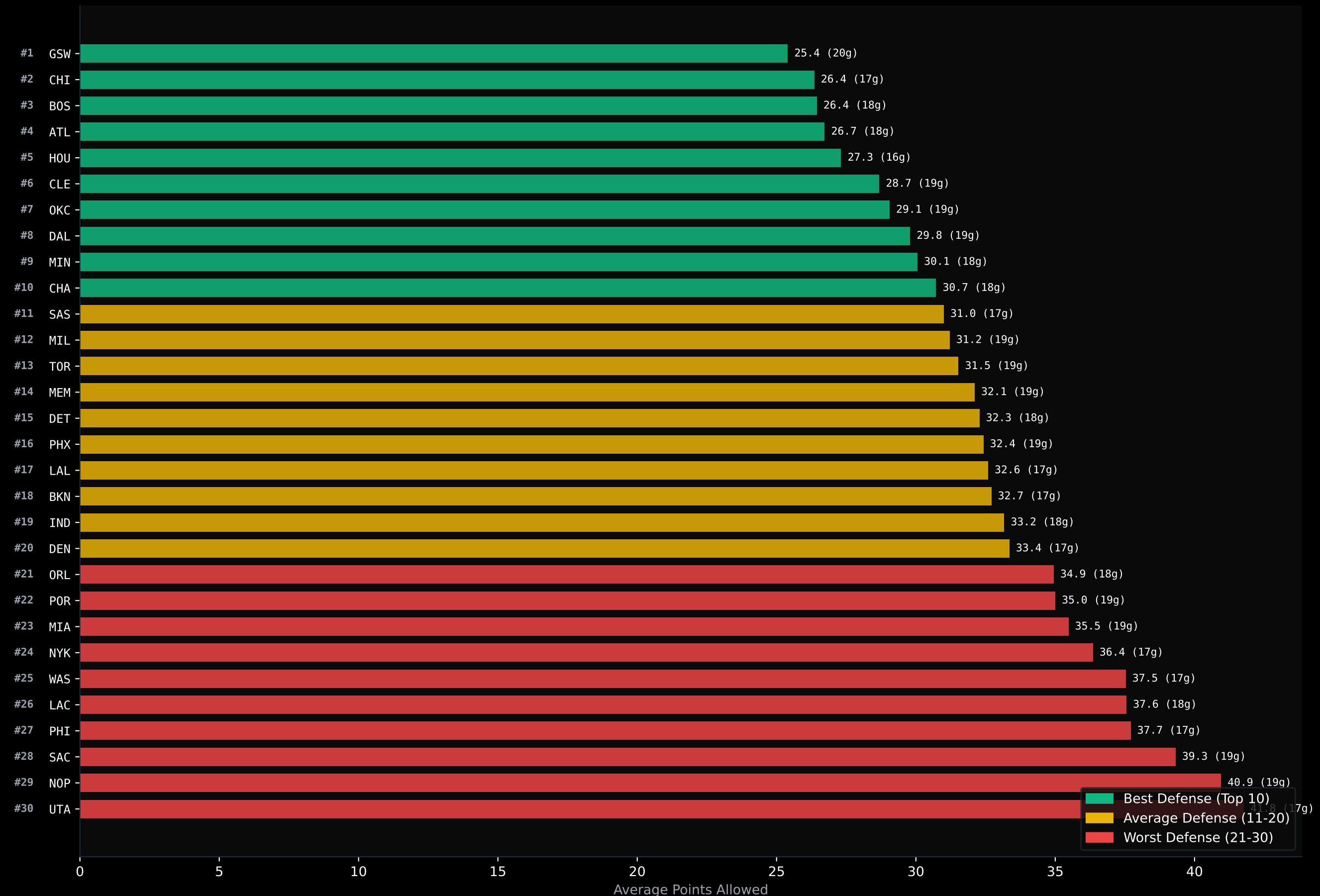
PG	Point Guards		SG		Shooting Guards		SF		Small Forwards		PF		Power Forwards		C	Centers	
1. OKC	16.5	1. GSW	25.4	1. SAC	17.4	1. SAS	10.5	1. LAL	14.0								
2. TOR	16.8	2. CHI	26.4	2. MIA	17.8	2. ORL	12.1	2. MIL	17.3								
3. DEN	17.9	3. BOS	26.4	3. MIN	19.8	3. PHI	13.1	3. NYK	18.0								
4. DAL	18.2	4. ATL	26.7	4. NOP	20.2	4. NOP	13.6	4. TOR	18.3								
5. NYK	18.8	5. HOU	27.3	5. TOR	20.7	5. LAC	13.8	5. HOU	18.6								
6. BOS	18.8	6. CLE	28.7	6. GSW	20.8	6. BKN	15.1	6. MEM	18.8								
7. LAL	18.8	7. OKC	29.1	7. UTA	21.8	7. DEN	15.1	7. ORL	19.3								
8. PHX	18.9	8. DAL	29.8	8. DET	22.0	8. BOS	15.5	8. DET	19.4								
9. CLE	19.3	9. MIN	30.1	9. WAS	22.0	9. NYK	16.4	9. CLE	19.7								
10. IND	19.3	10. CHA	30.7	10. POR	22.2	10. GSW	16.7	10. ATL	19.7								
11. SAC	19.8	11. SAS	31.0	11. PHI	22.9	11. UTA	16.8	11. SAS	19.9								
12. SAS	19.9	12. MIL	31.2	12. OKC	22.9	12. OKC	16.9	12. LAC	19.9								
13. HOU	19.9	13. TOR	31.5	13. PHX	23.2	13. PHX	17.3	13. OKC	20.3								
14. DET	20.2	14. MEM	32.1	14. CHA	23.8	14. DAL	17.4	14. IND	20.3								
15. BKN	20.6	15. DET	32.3	15. ORL	23.9	15. ATL	17.7	15. UTA	20.6								
16. LAC	21.2	16. PHX	32.4	16. DAL	24.0	16. MEM	17.8	16. MIA	20.8								
17. MEM	21.2	17. LAL	32.6	17. HOU	24.6	17. CHA	18.3	17. PHX	20.9								
18. POR	21.4	18. BKN	32.7	18. NYK	24.8	18. MIL	18.8	18. POR	21.4								
19. MIN	22.0	19. IND	33.2	19. DEN	25.2	19. DET	19.0	19. MIN	21.4								
20. CHI	22.6	20. DEN	33.4	20. LAC	25.8	20. CLE	19.5	20. PHI	21.9								
21. PHI	22.8	21. ORL	34.9	21. CHI	26.2	21. HOU	19.9	21. DEN	22.2								
22. NOP	23.0	22. POR	35.0	22. BOS	26.9	22. MIA	20.0	22. BOS	22.6								
23. MIA	23.1	23. MIA	35.5	23. MIL	27.3	23. SAC	20.4	23. BKN	22.9								
24. CHA	23.4	24. NYK	36.4	24. ATL	27.4	24. WAS	20.6	24. WAS	24.5								
25. WAS	23.5	25. WAS	37.5	25. MEM	27.6	25. MIN	20.8	25. CHA	24.6								
26. MIL	24.1	26. LAC	37.6	26. IND	27.6	26. IND	20.9	26. NOP	24.7								
27. ATL	24.2	27. PHI	37.7	27. CLE	27.7	27. POR	21.1	27. GSW	24.9								
28. ORL	24.3	28. SAC	39.3	28. LAL	28.2	28. LAL	21.2	28. SAC	26.1								
29. UTA	24.6	29. NOP	40.9	29. BKN	28.4	29. CHI	21.9	29. DAL	26.2								
30. GSW	26.6	30. UTA	41.8	30. SAS	30.3	30. TOR	25.2	30. CHI	27.2								

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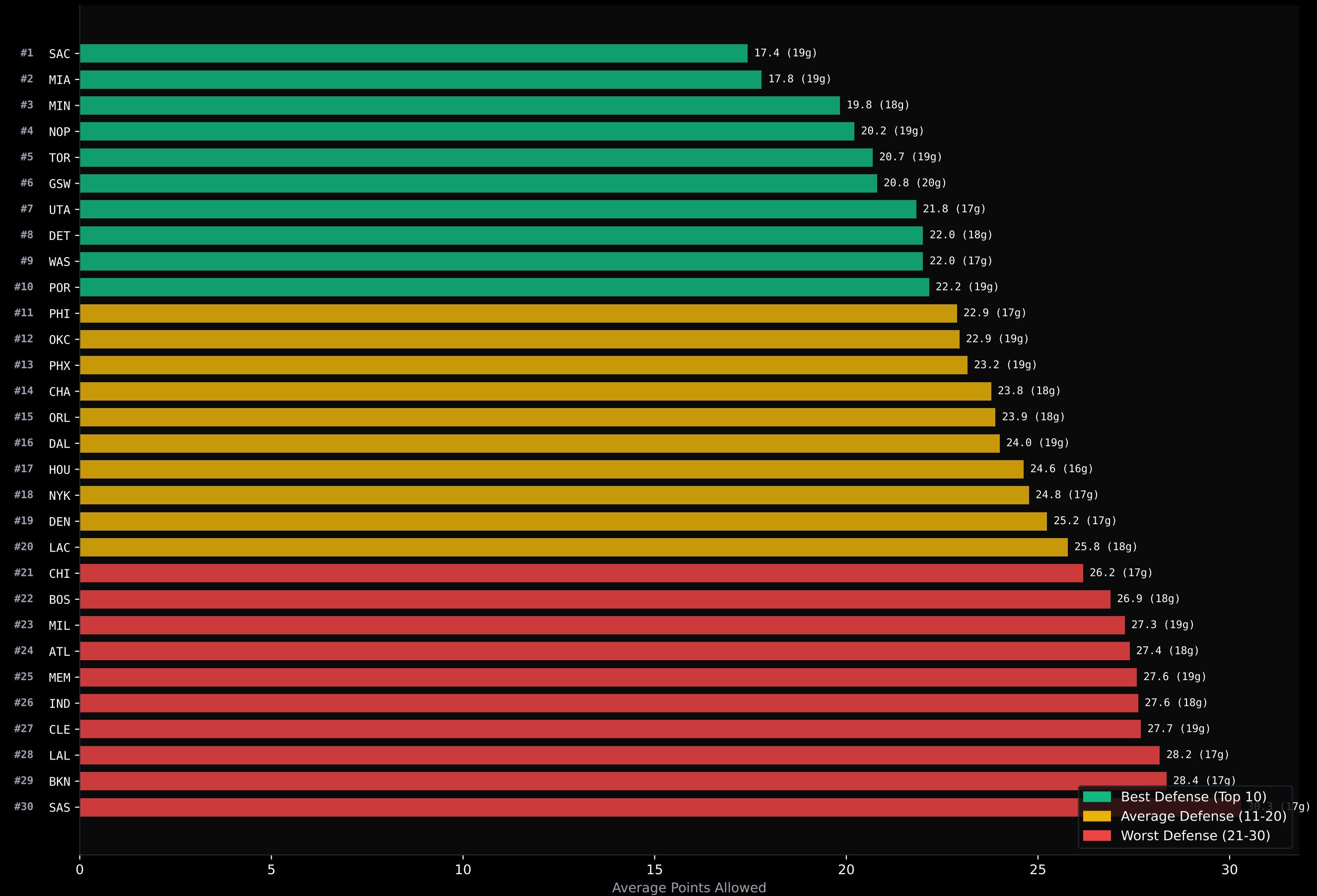
Defense vs Point Guards (PG) - League Rankings



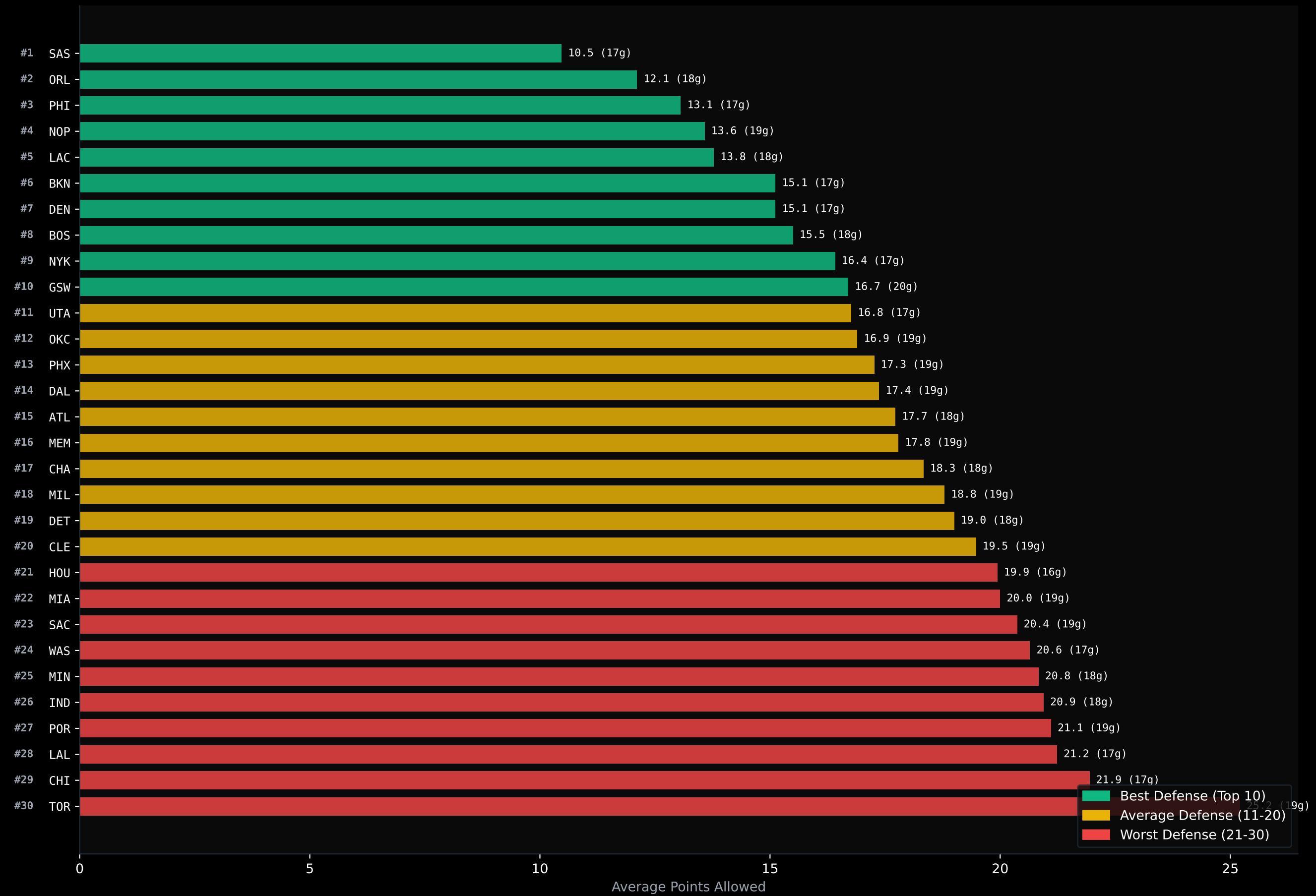
Defense vs Shooting Guards (SG) - League Rankings



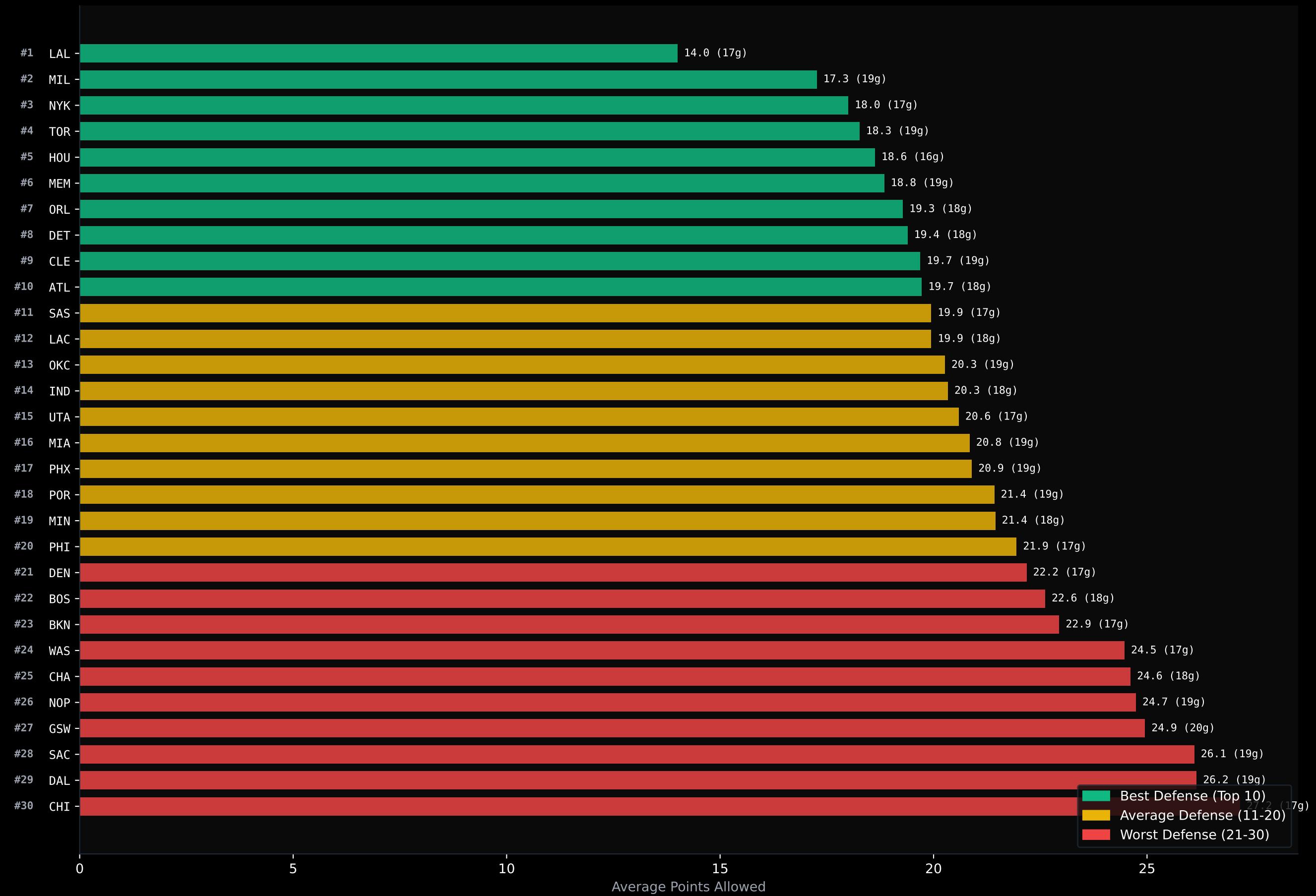
Defense vs Small Forwards (SF) - League Rankings



Defense vs Power Forwards (PF) - League Rankings

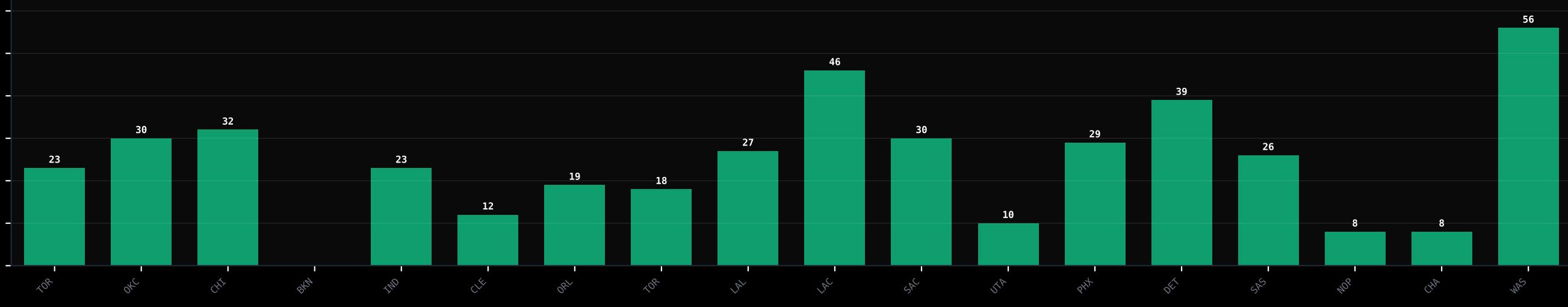


Defense vs Centers (C) - League Rankings

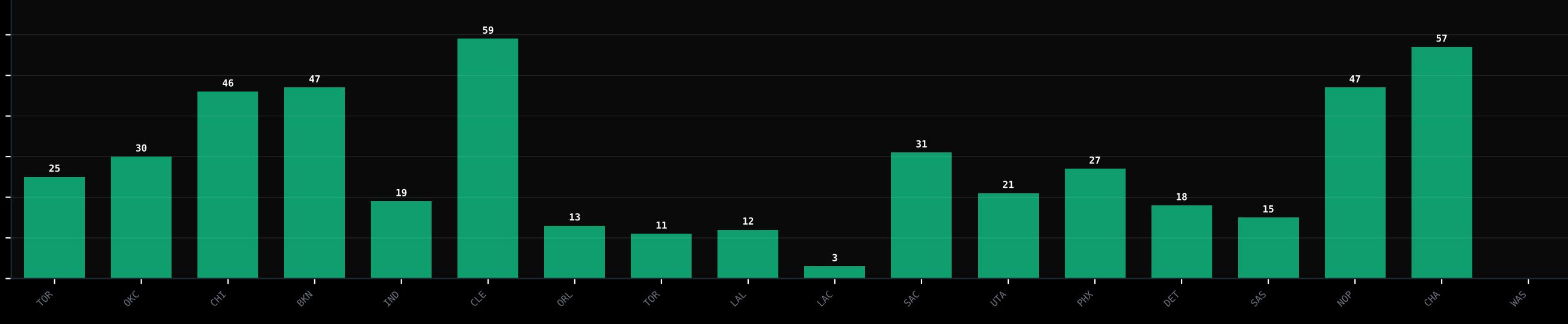


Atlanta Hawks (ATL) - Points Allowed by Position

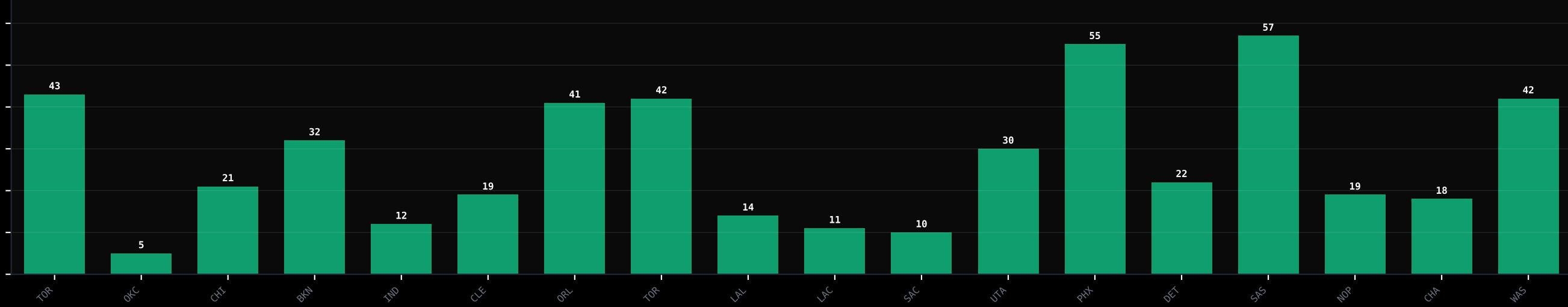
Point Guards (PG) - Avg: 24.2 PPG | 18 games



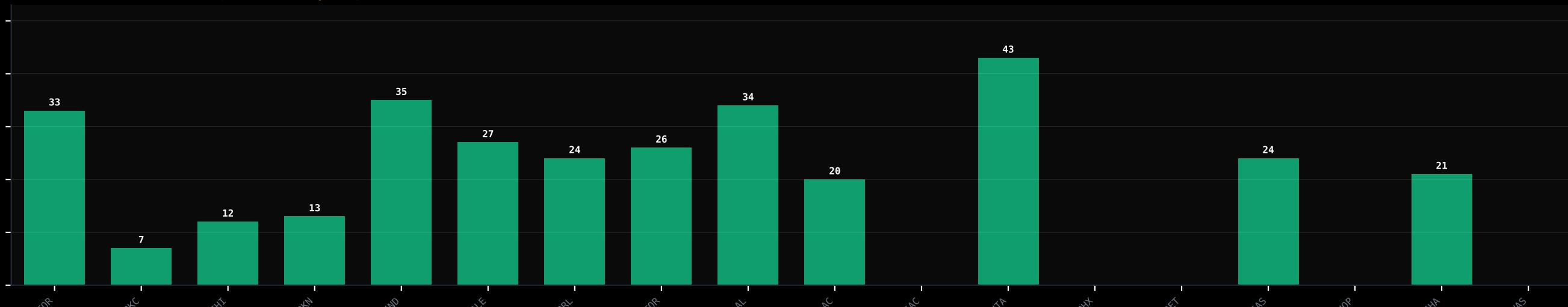
Shooting Guards (SG) - Avg: 26.7 PPG | 18 games



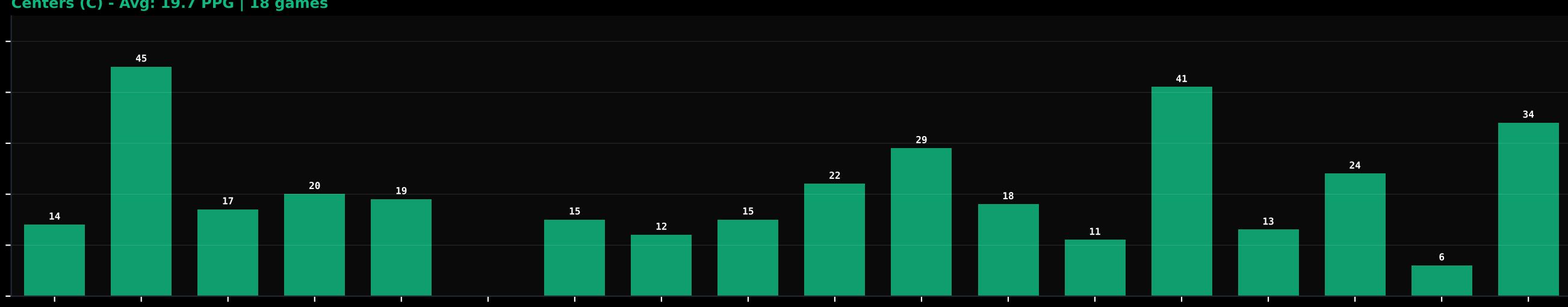
Small Forwards (SF) - Avg: 27.4 PPG | 18 games



Power Forwards (PF) - Avg: 17.7 PPG | 18 games

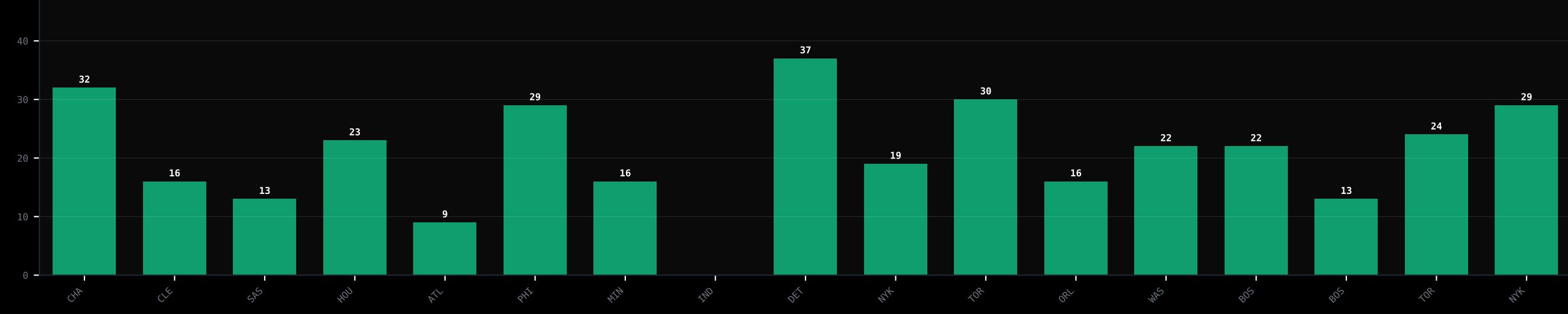


Centers (C) - Avg: 19.7 PPG | 18 games

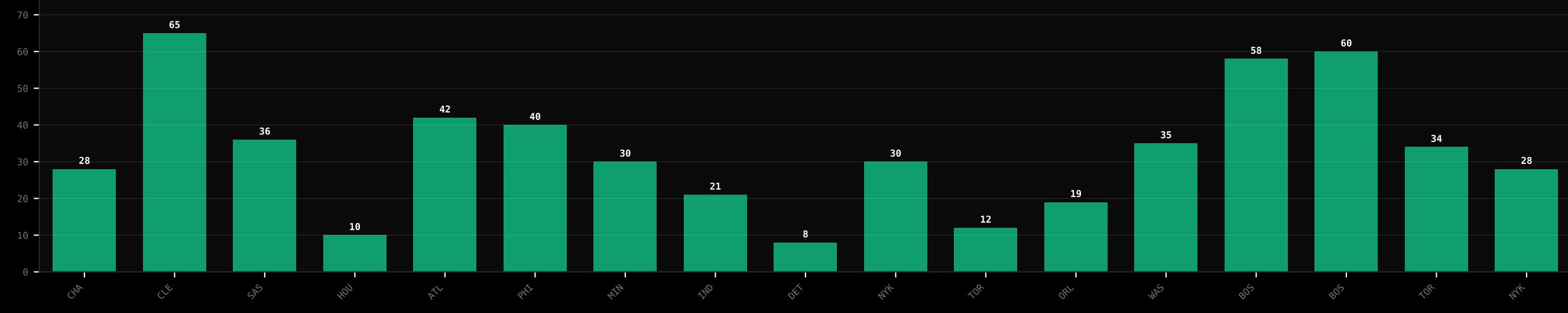


Brooklyn Nets (BKN) - Points Allowed by Position

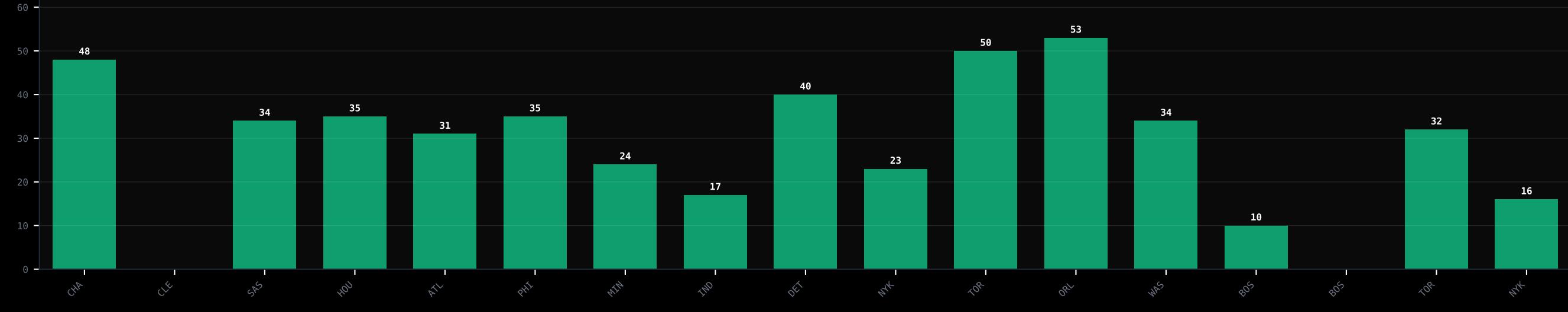
Point Guards (PG) - Avg: 20.6 PPG | 17 games



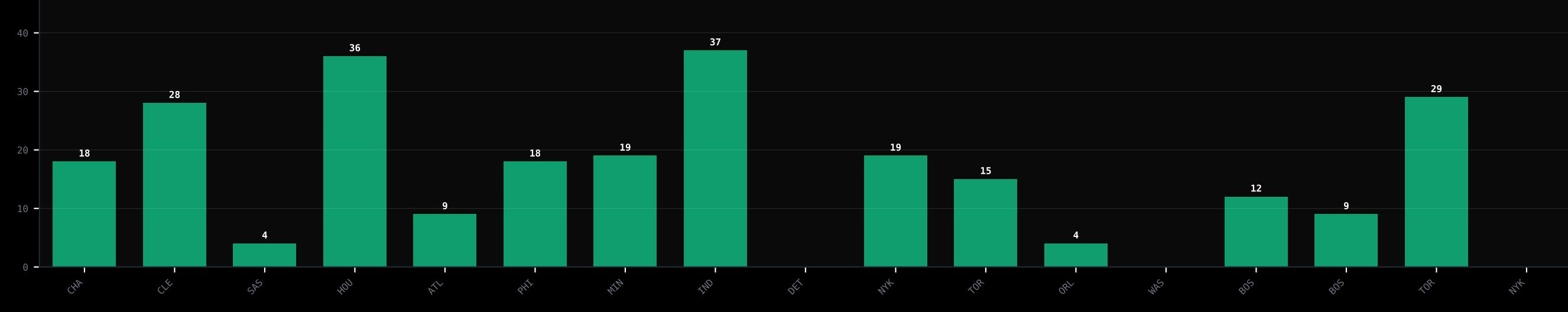
Shooting Guards (SG) - Avg: 32.7 PPG | 17 games



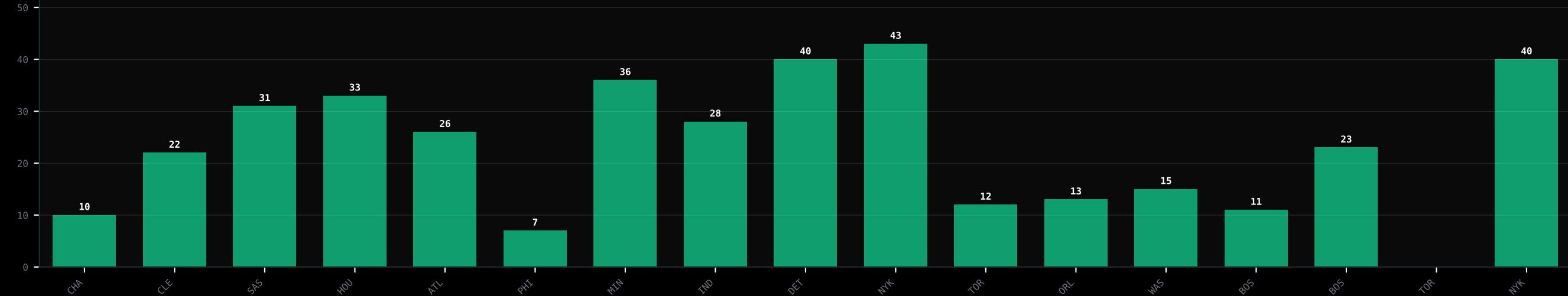
Small Forwards (SF) - Avg: 28.4 PPG | 17 games



Power Forwards (PF) - Avg: 15.1 PPG | 17 games

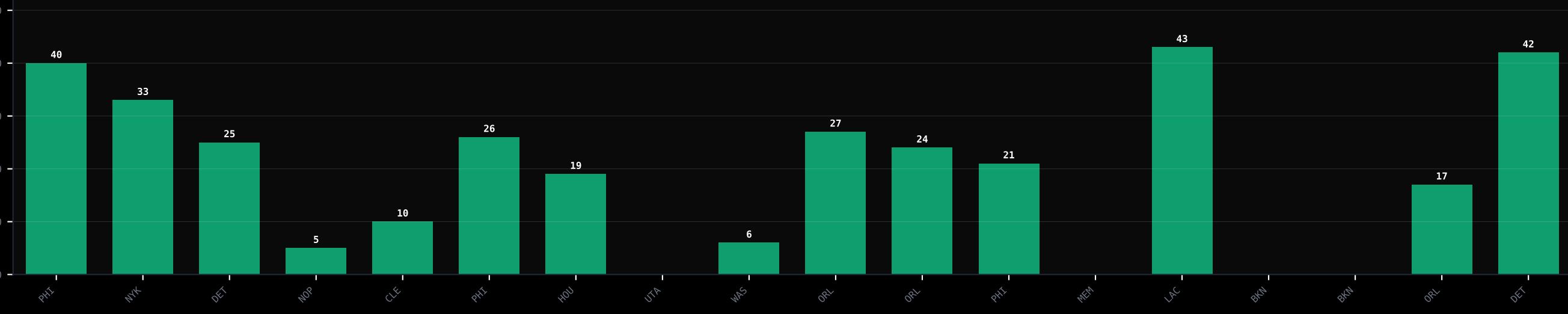


Centers (C) - Avg: 22.9 PPG | 17 games

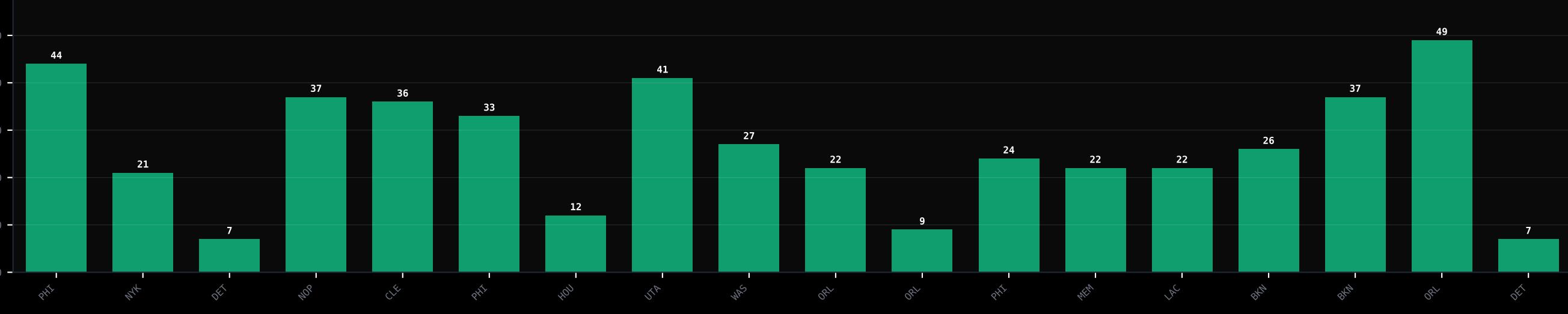


Boston Celtics (BOS) - Points Allowed by Position

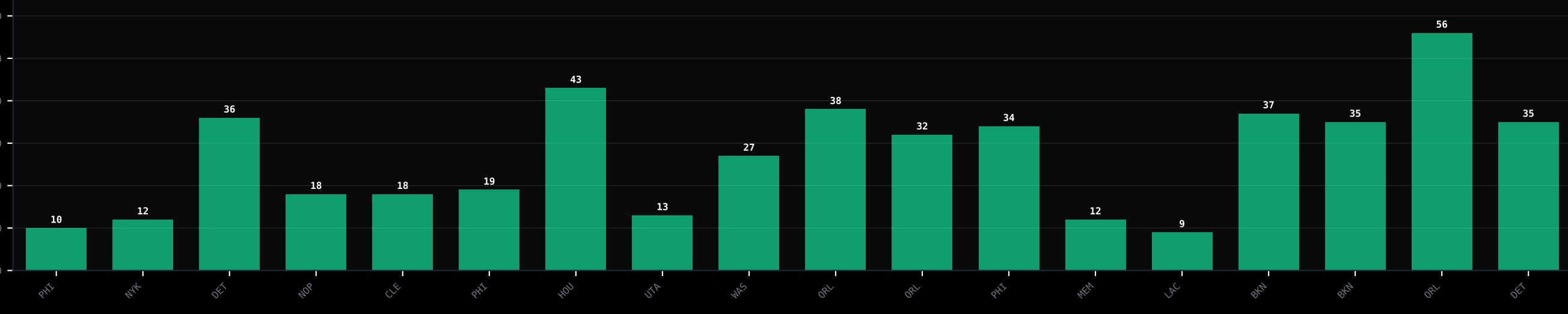
Point Guards (PG) - Avg: 18.8 PPG | 18 games



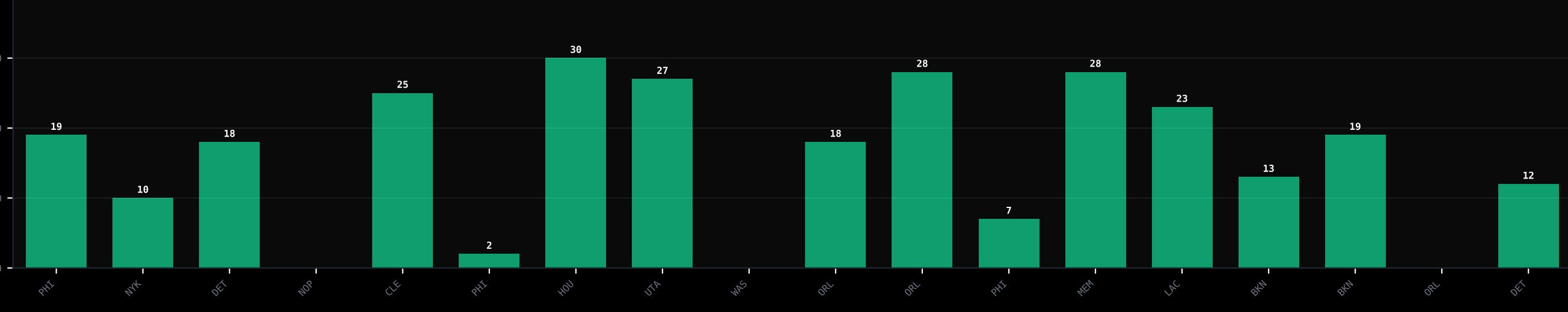
Shooting Guards (SG) - Avg: 26.4 PPG | 18 games



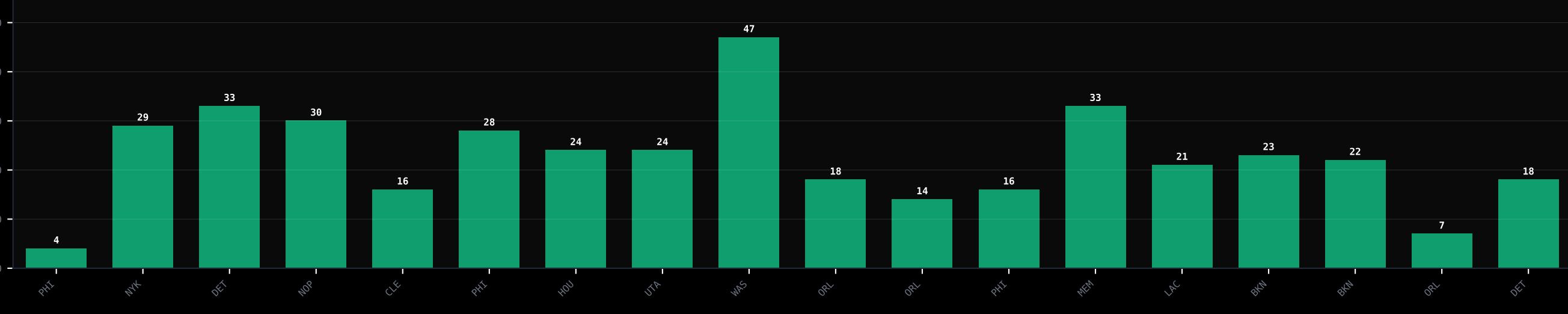
Small Forwards (SF) - Avg: 26.9 PPG | 18 games



Power Forwards (PF) - Avg: 15.5 PPG | 18 games

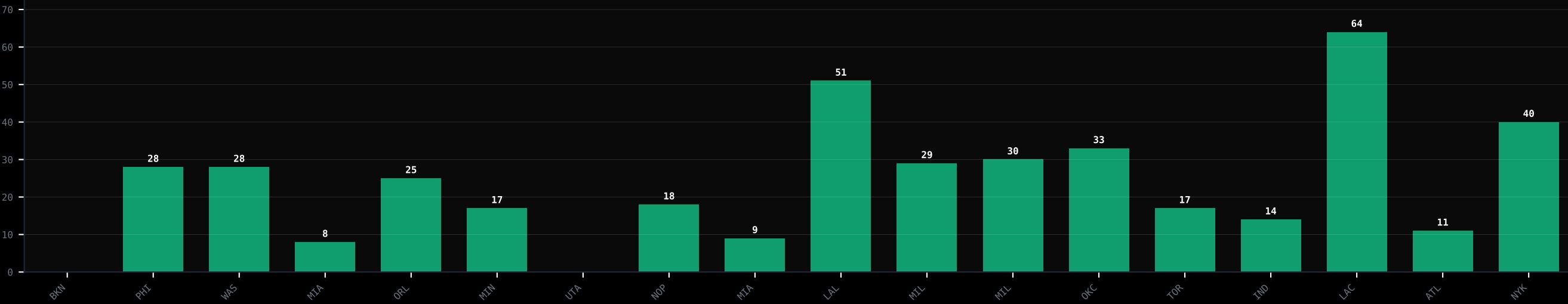


Centers (C) - Avg: 22.6 PPG | 18 games

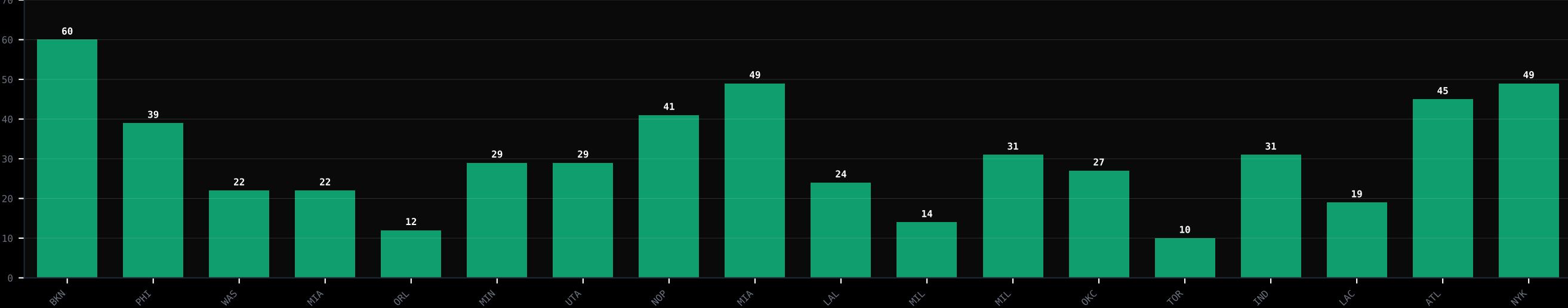


Charlotte Hornets (CHA) - Points Allowed by Position

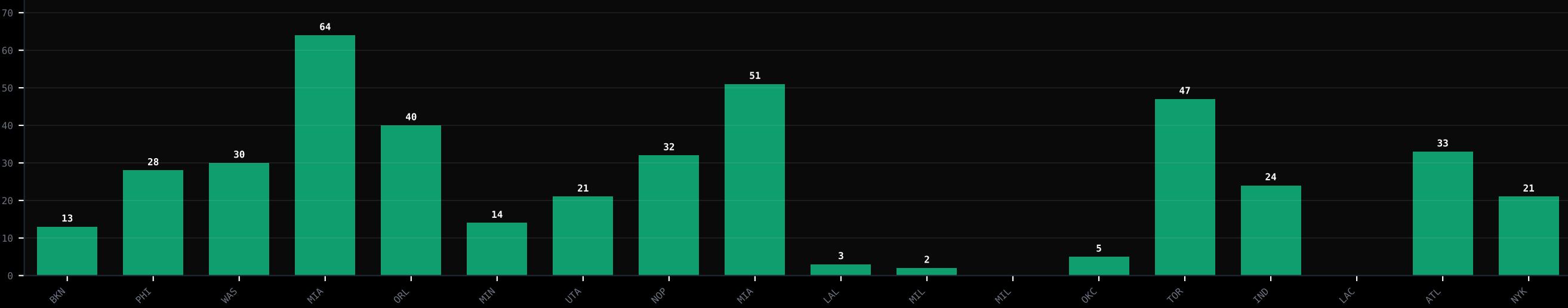
Point Guards (PG) - Avg: 23.4 PPG | 18 games



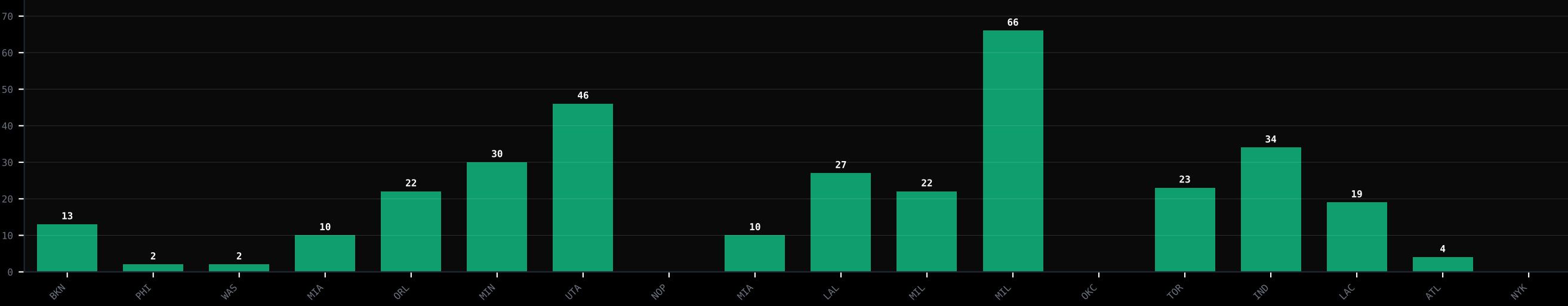
Shooting Guards (SG) - Avg: 30.7 PPG | 18 games



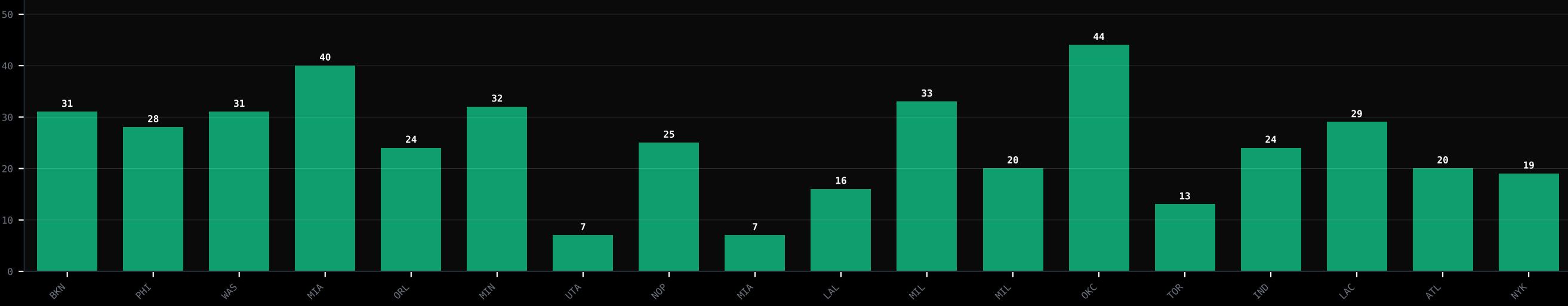
Small Forwards (SF) - Avg: 23.8 PPG | 18 games



Power Forwards (PF) - Avg: 18.3 PPG | 18 games

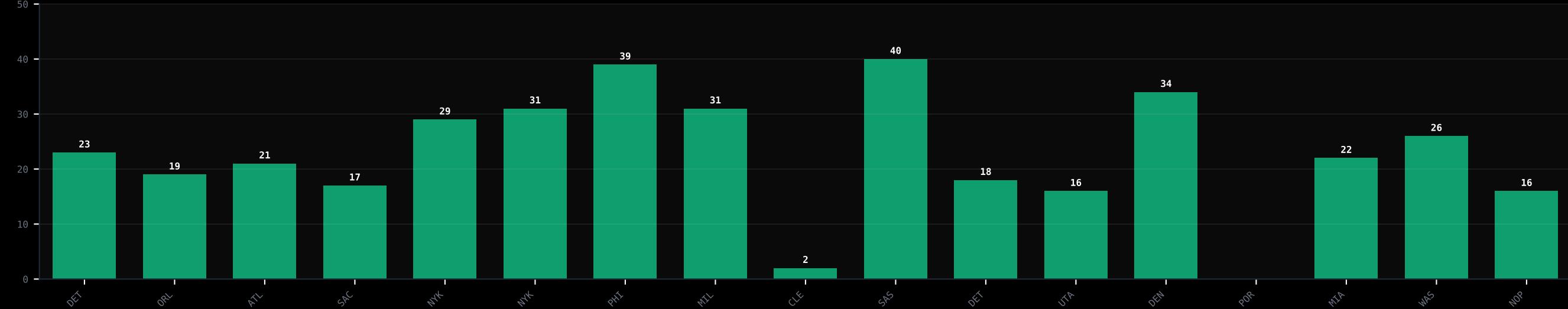


Centers (C) - Avg: 24.6 PPG | 18 games

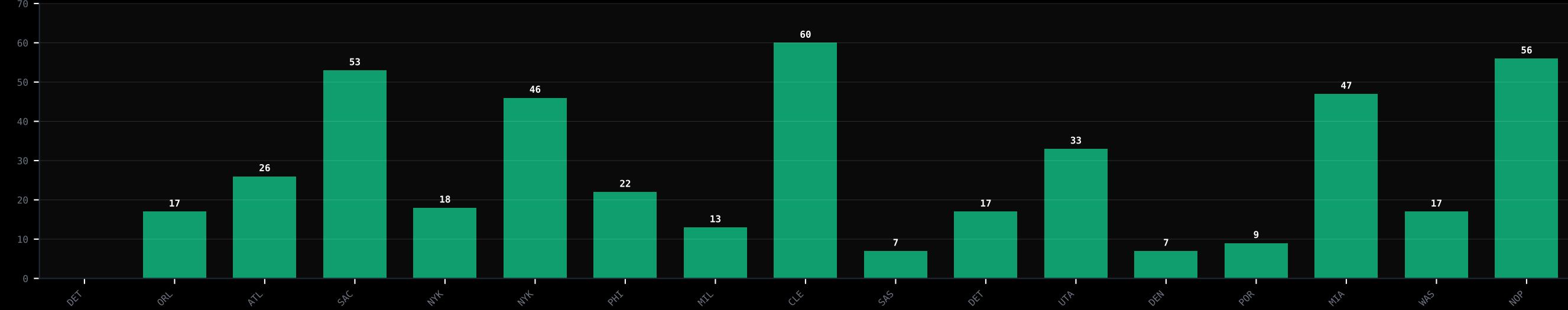


Chicago Bulls (CHI) - Points Allowed by Position

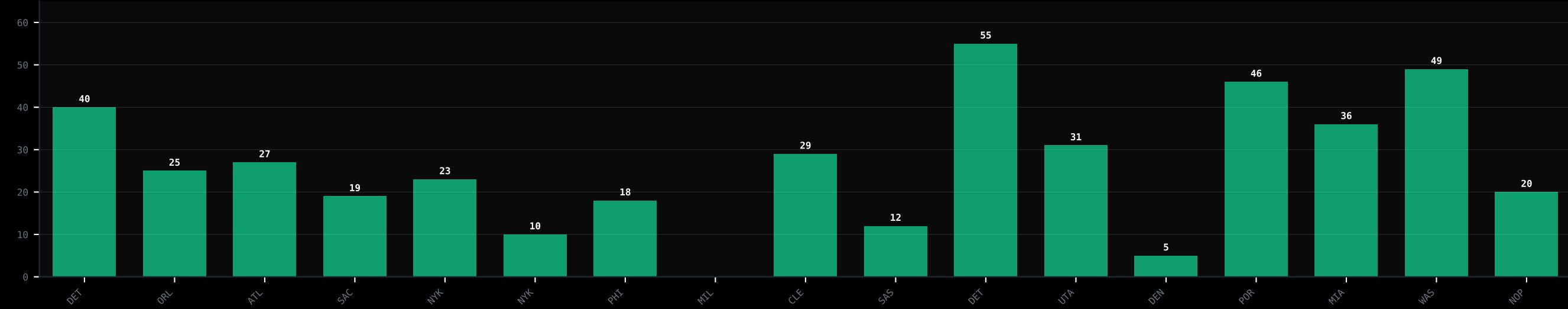
Point Guards (PG) - Avg: 22.6 PPG | 17 games



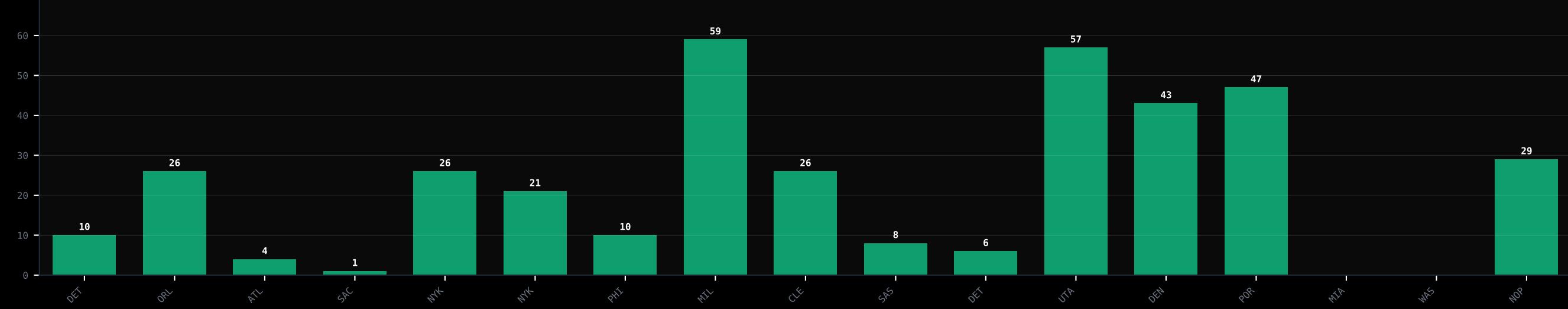
Shooting Guards (SG) - Avg: 26.4 PPG | 17 games



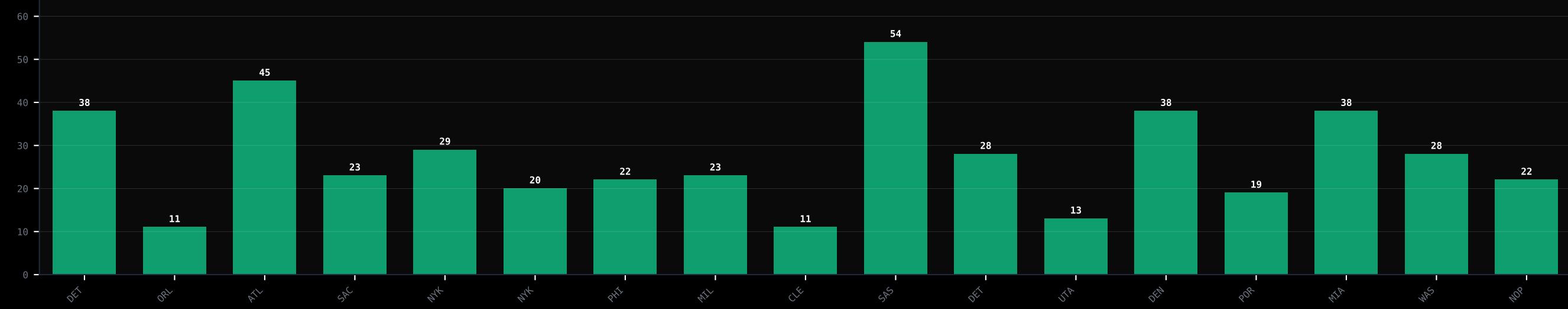
Small Forwards (SF) - Avg: 26.2 PPG | 17 games



Power Forwards (PF) - Avg: 21.9 PPG | 17 games

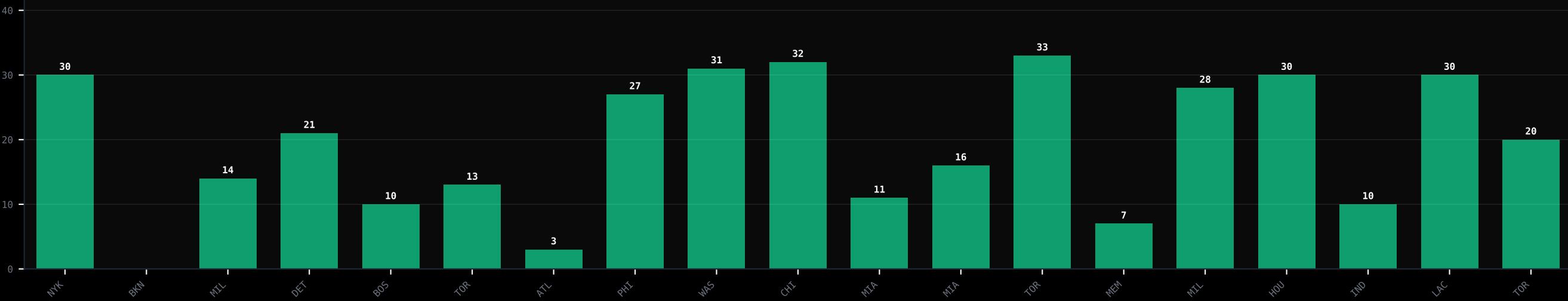


Centers (C) - Avg: 27.2 PPG | 17 games

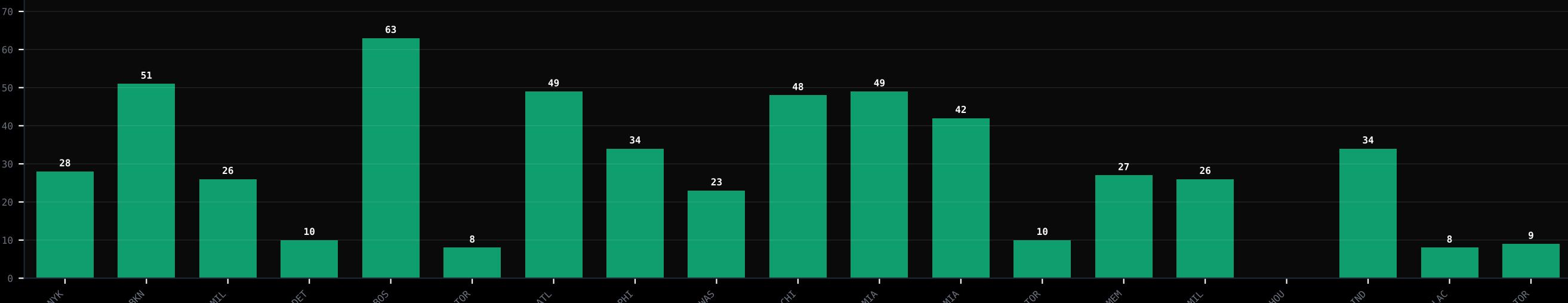


Cleveland Cavaliers (CLE) - Points Allowed by Position

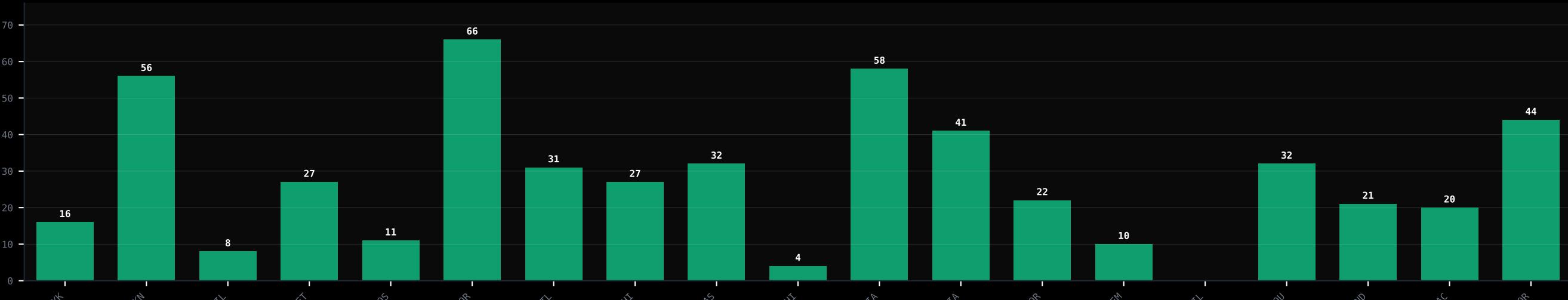
Point Guards (PG) - Avg: 19.3 PPG | 19 games



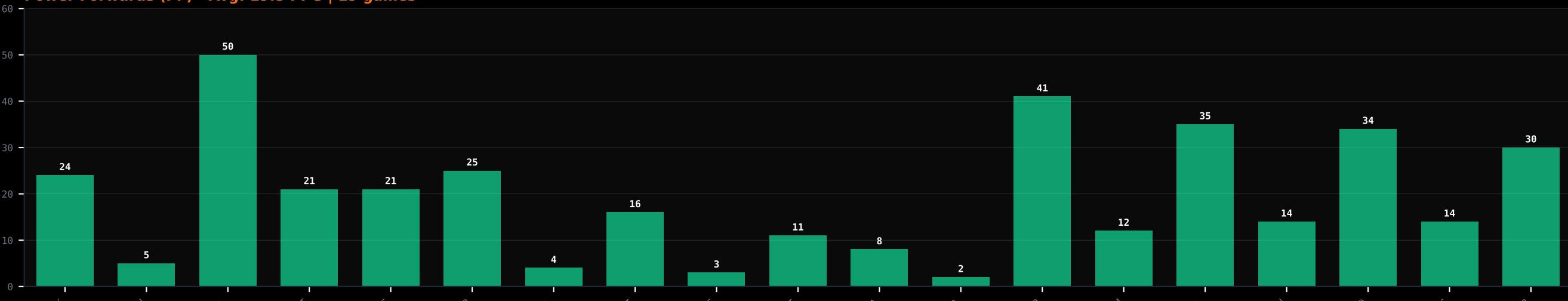
Shooting Guards (SG) - Avg: 28.7 PPG | 19 games



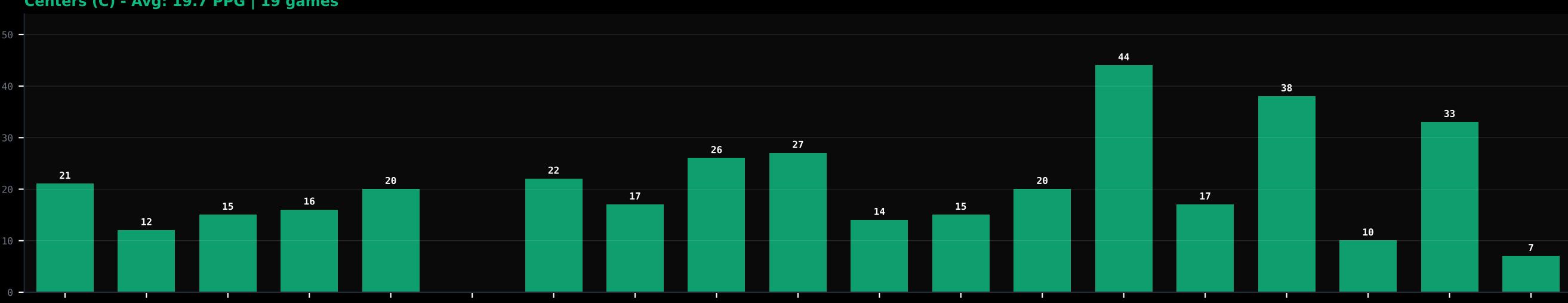
Small Forwards (SF) - Avg: 27.7 PPG | 19 games



Power Forwards (PF) - Avg: 19.5 PPG | 19 games

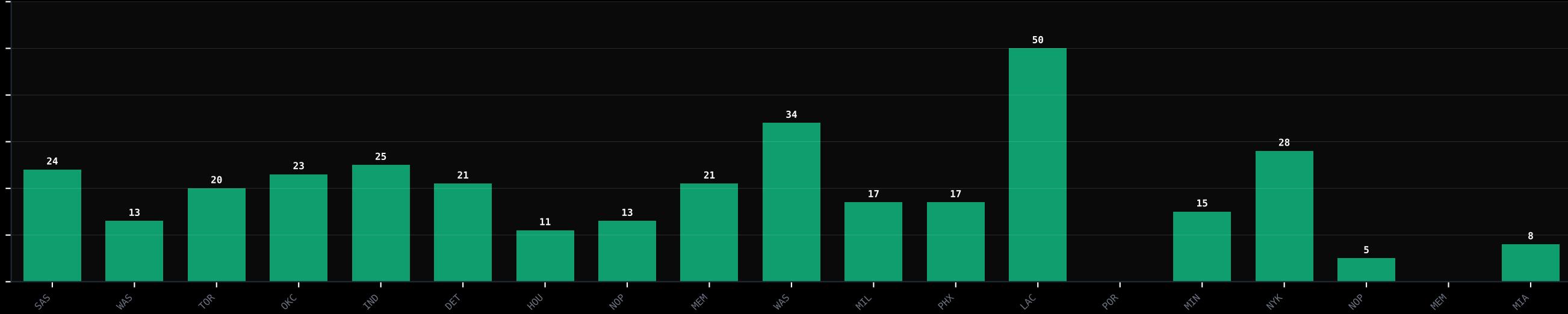


Centers (C) - Avg: 19.7 PPG | 19 games

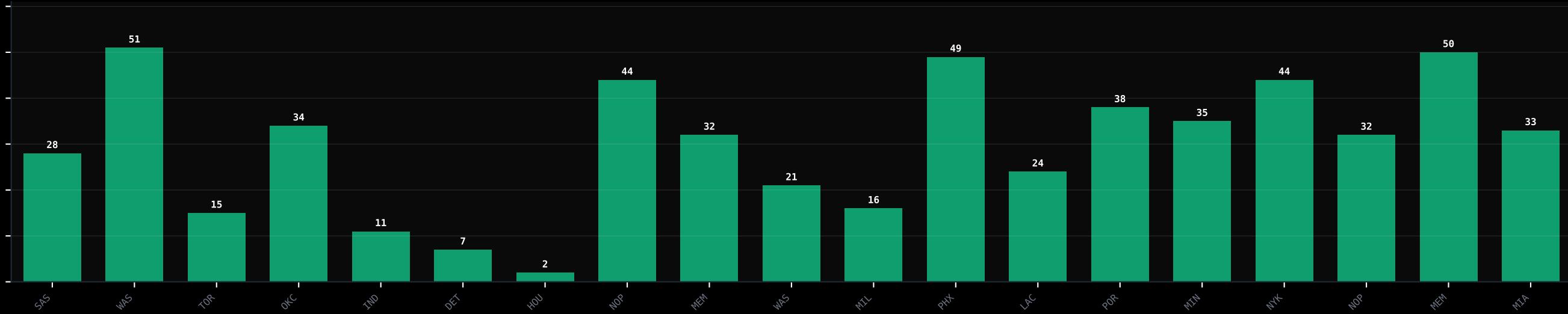


Dallas Mavericks (DAL) - Points Allowed by Position

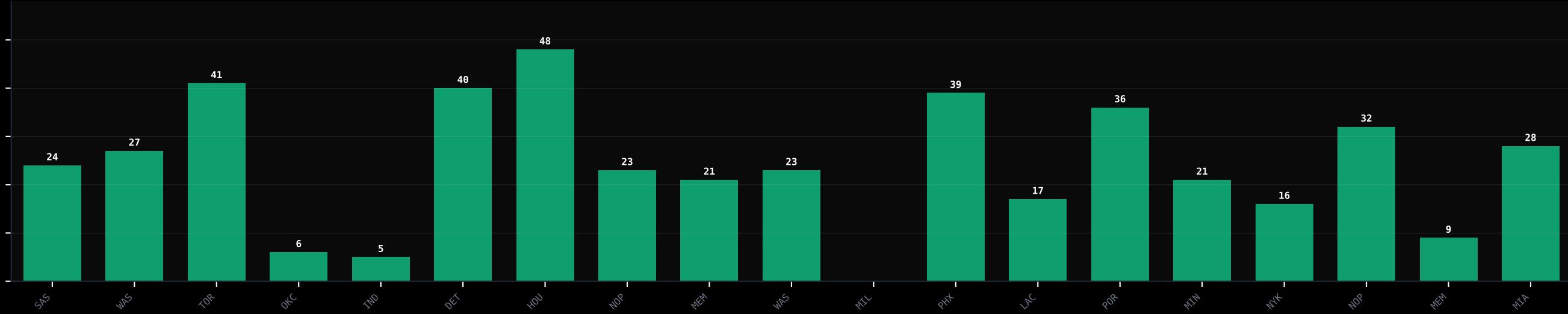
Point Guards (PG) - Avg: 18.2 PPG | 19 games



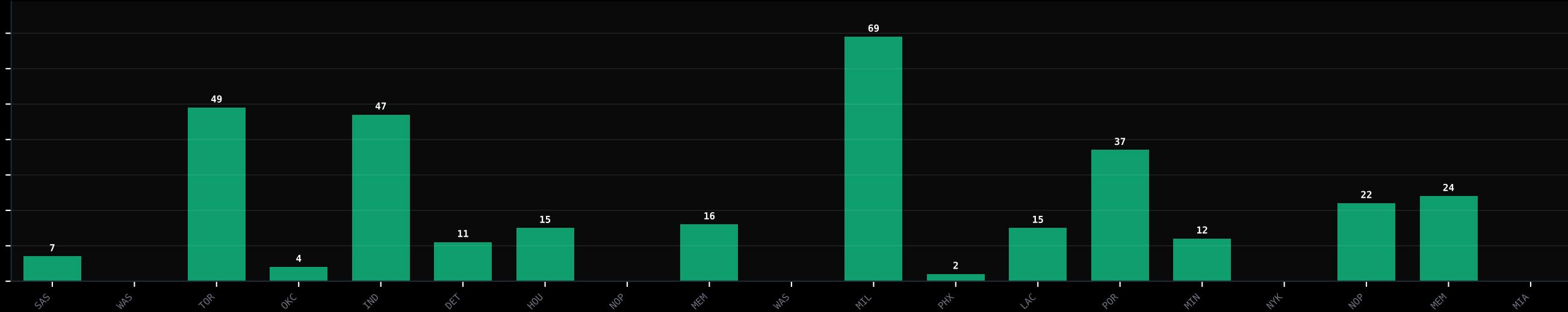
Shooting Guards (SG) - Avg: 29.8 PPG | 19 games



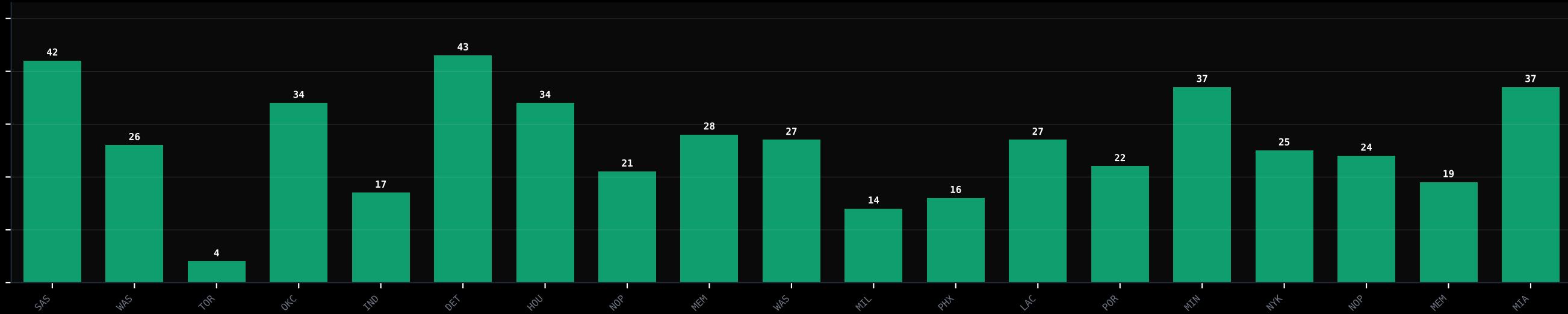
Small Forwards (SF) - Avg: 24.0 PPG | 19 games



Power Forwards (PF) - Avg: 17.4 PPG | 19 games

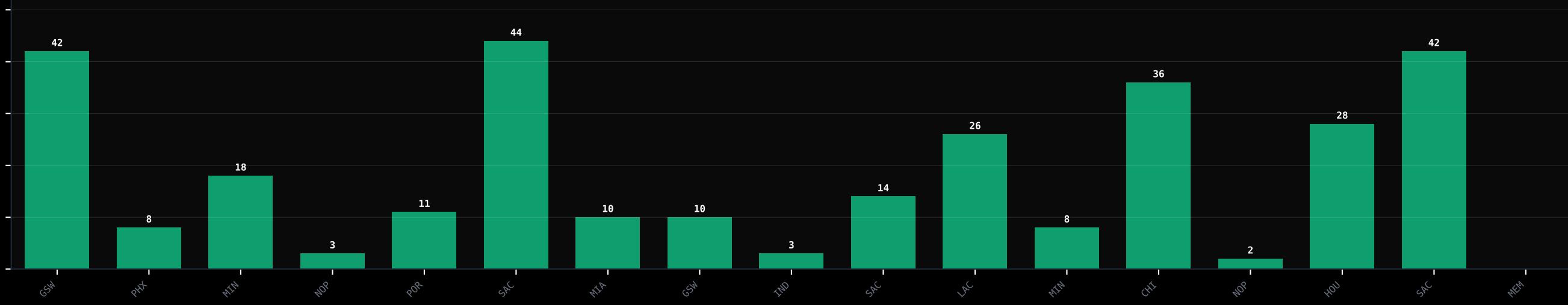


Centers (C) - Avg: 26.2 PPG | 19 games

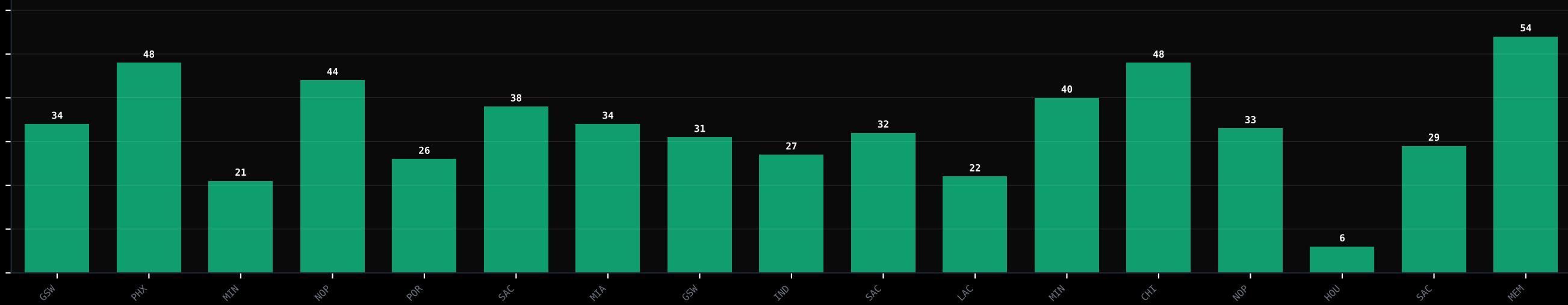


Denver Nuggets (DEN) - Points Allowed by Position

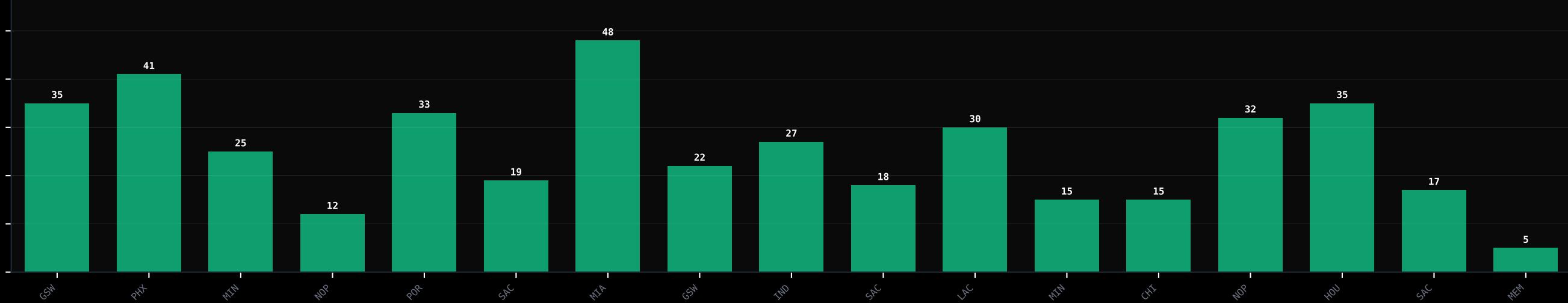
Point Guards (PG) - Avg: 17.9 PPG | 17 games



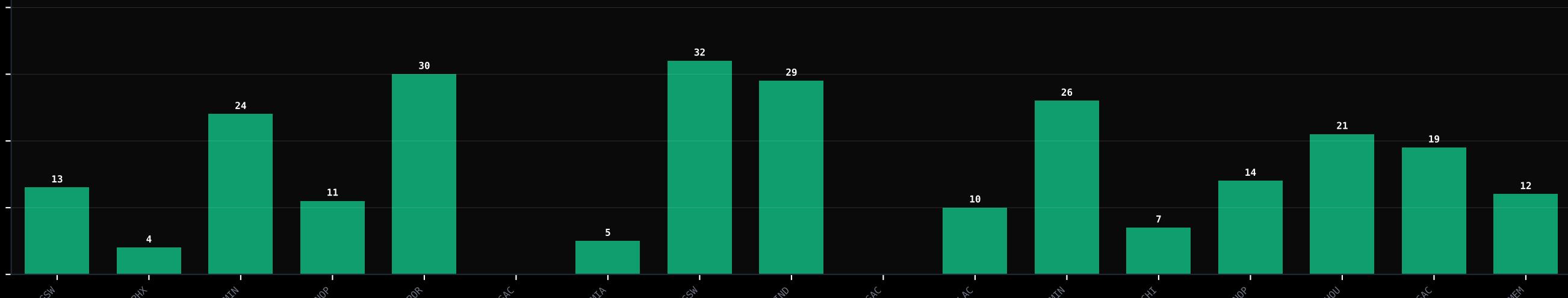
Shooting Guards (SG) - Avg: 33.4 PPG | 17 games



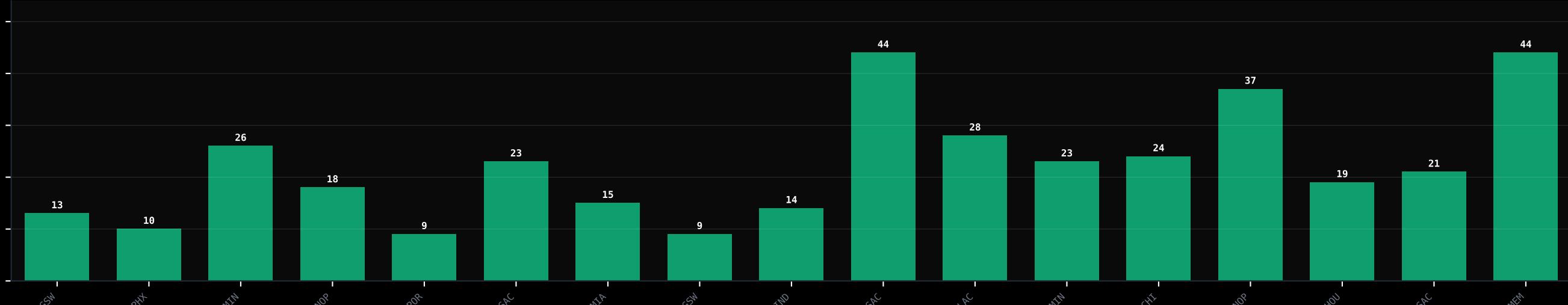
Small Forwards (SF) - Avg: 25.2 PPG | 17 games



Power Forwards (PF) - Avg: 15.1 PPG | 17 games

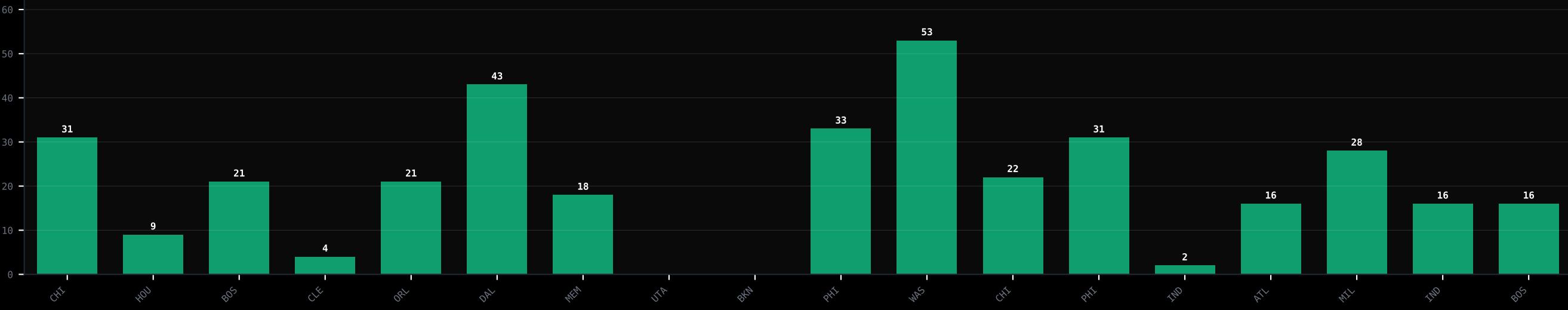


Centers (C) - Avg: 22.2 PPG | 17 games

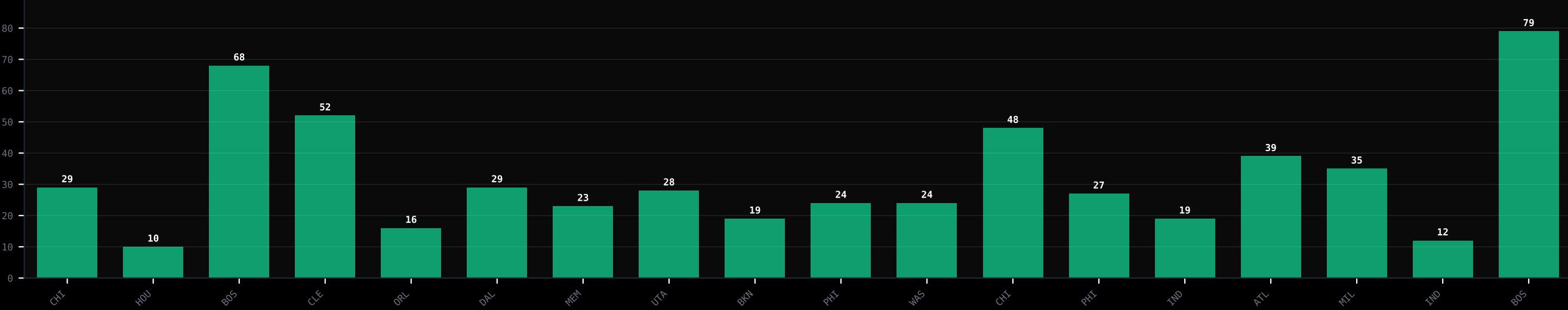


Detroit Pistons (DET) - Points Allowed by Position

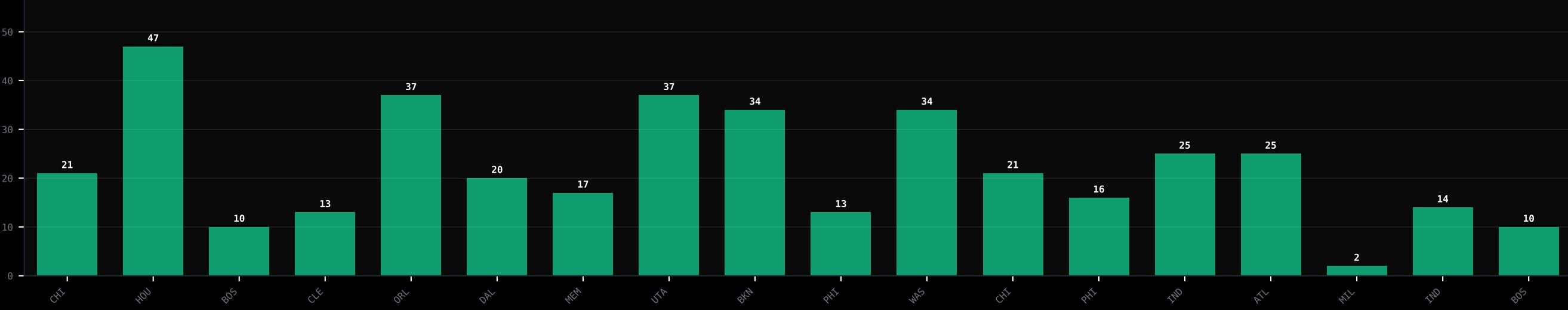
Point Guards (PG) - Avg: 20.2 PPG | 18 games



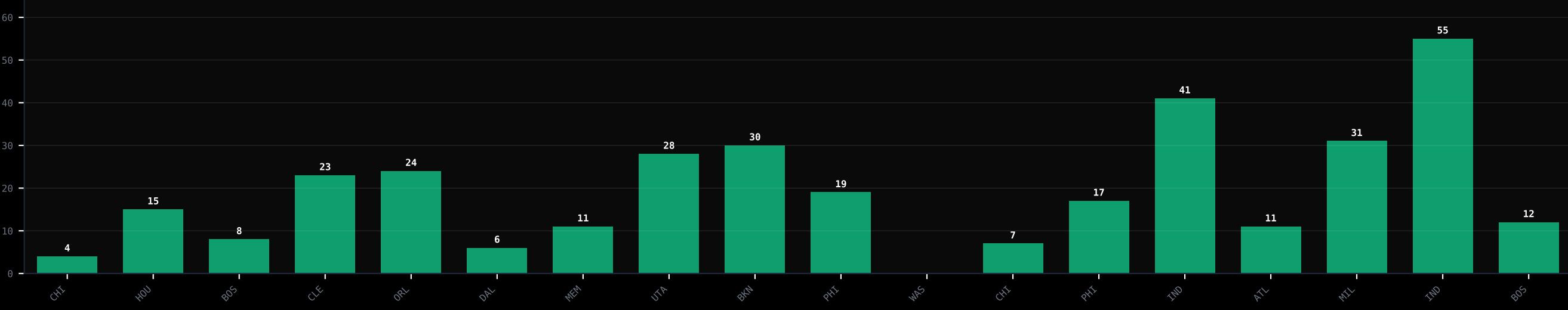
Shooting Guards (SG) - Avg: 32.3 PPG | 18 games



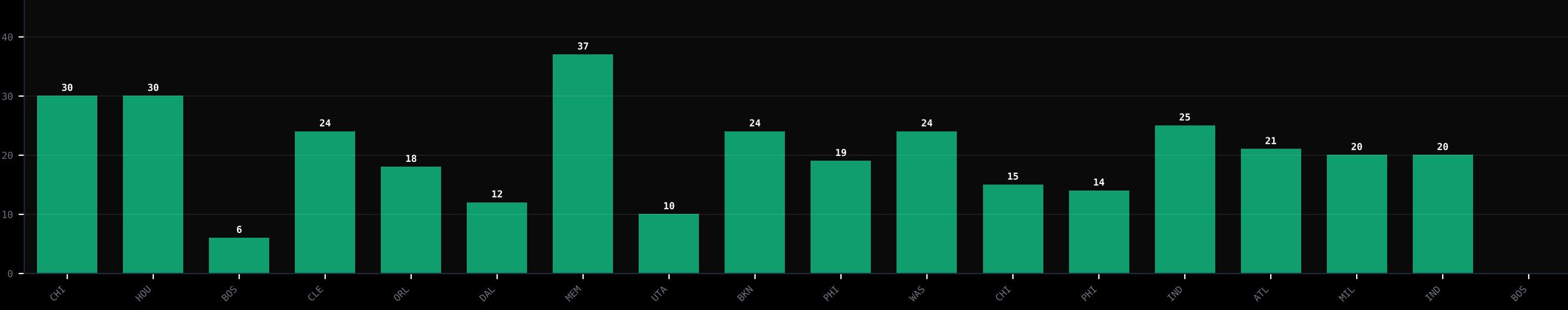
Small Forwards (SF) - Avg: 22.0 PPG | 18 games



Power Forwards (PF) - Avg: 19.0 PPG | 18 games

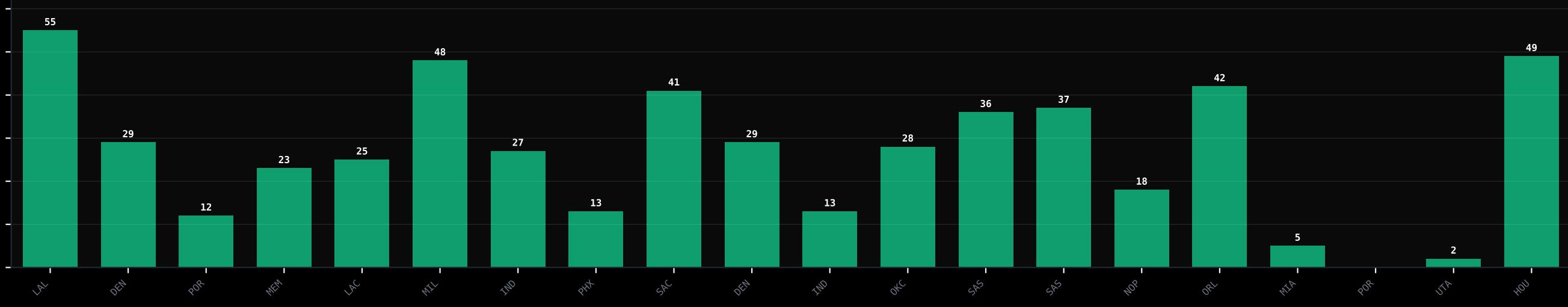


Centers (C) - Avg: 19.4 PPG | 18 games

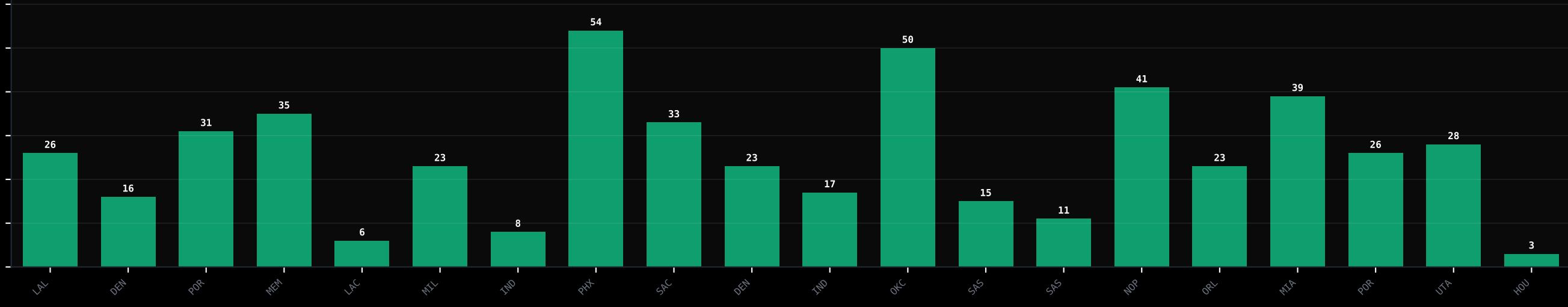


Golden State Warriors (GSW) - Points Allowed by Position

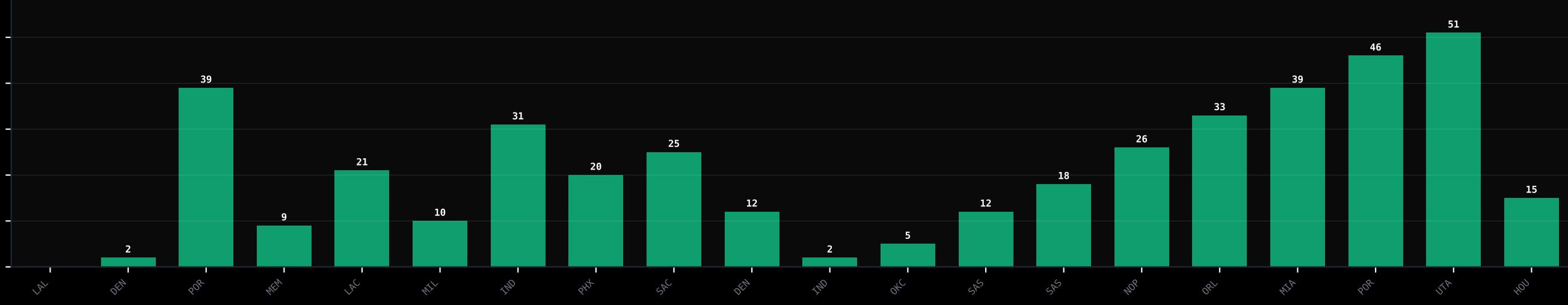
Point Guards (PG) - Avg: 26.6 PPG | 20 games



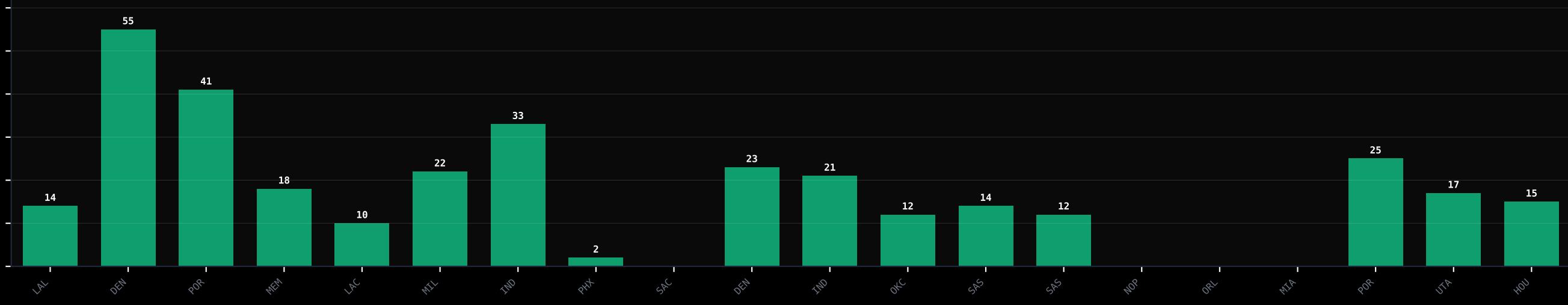
Shooting Guards (SG) - Avg: 25.4 PPG | 20 games



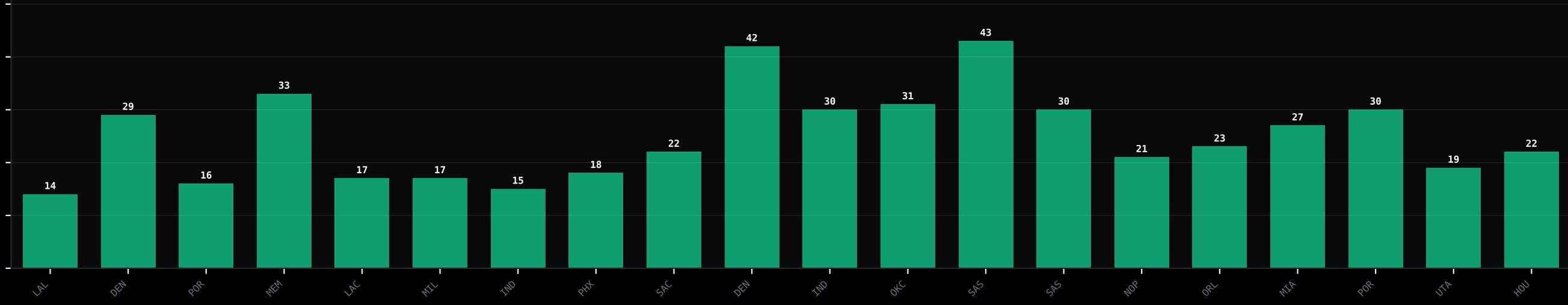
Small Forwards (SF) - Avg: 20.8 PPG | 20 games



Power Forwards (PF) - Avg: 16.7 PPG | 20 games

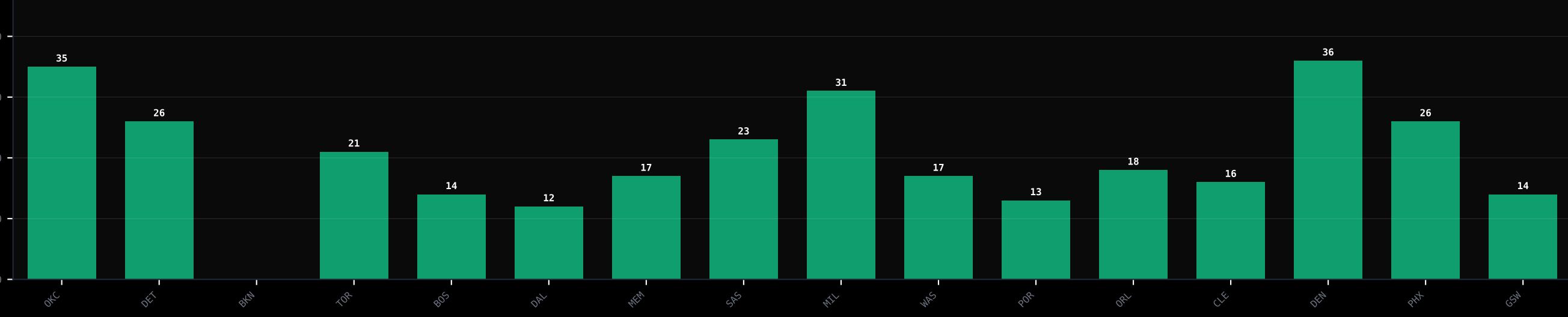


Centers (C) - Avg: 24.9 PPG | 20 games

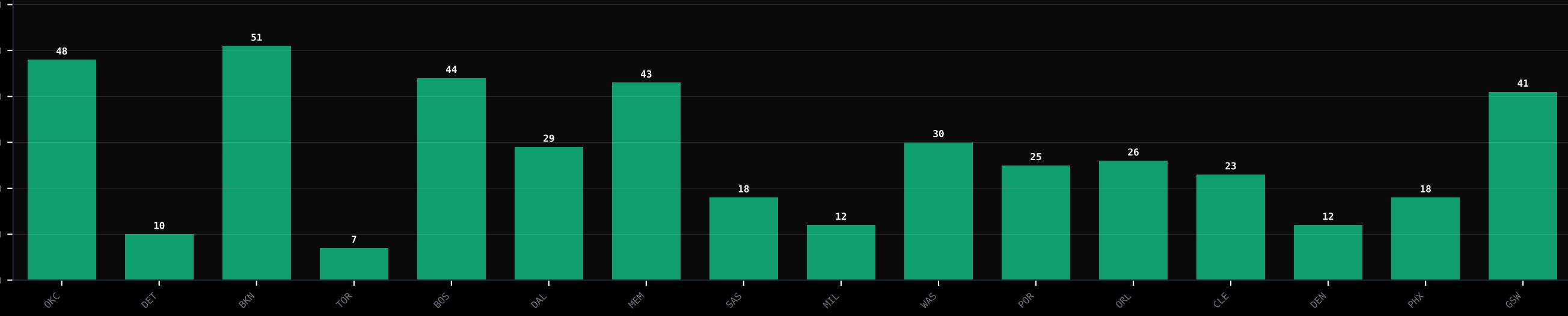


Houston Rockets (HOU) - Points Allowed by Position

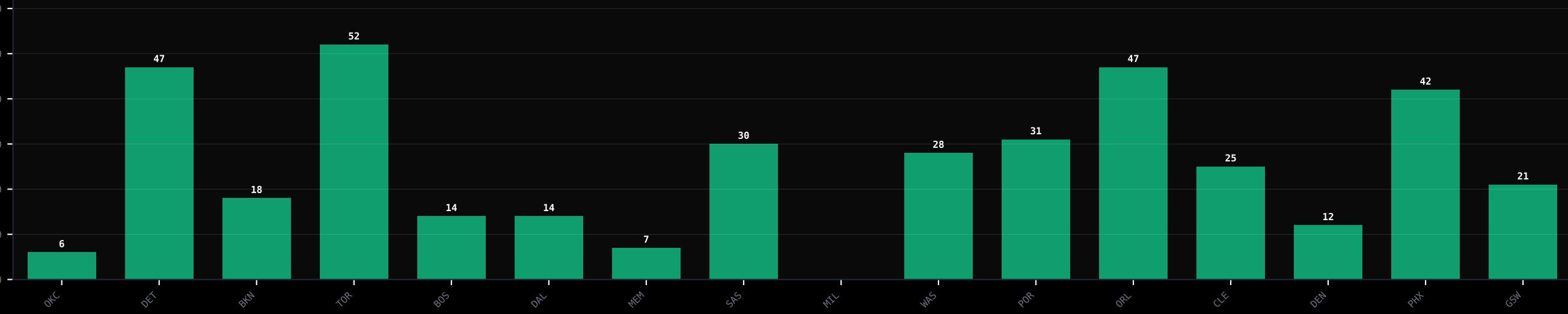
Point Guards (PG) - Avg: 19.9 PPG | 16 games



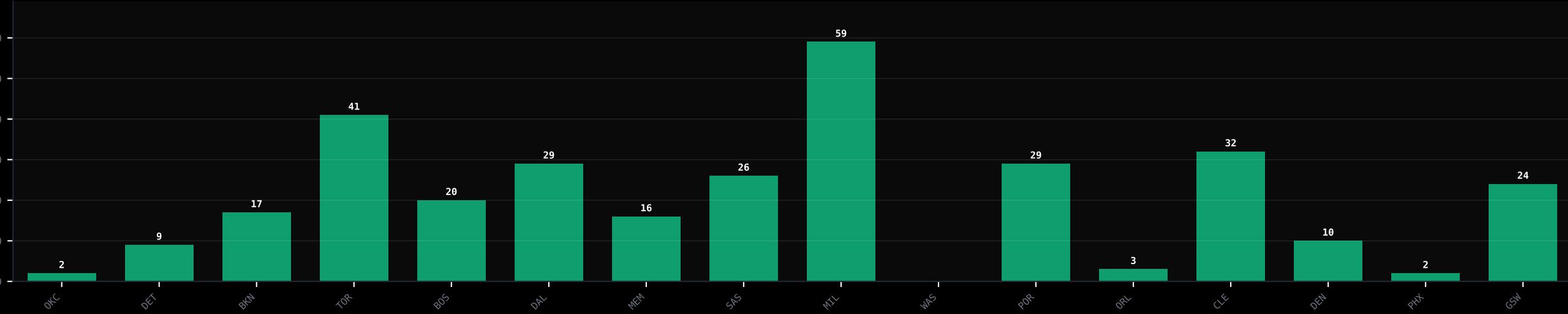
Shooting Guards (SG) - Avg: 27.3 PPG | 16 games



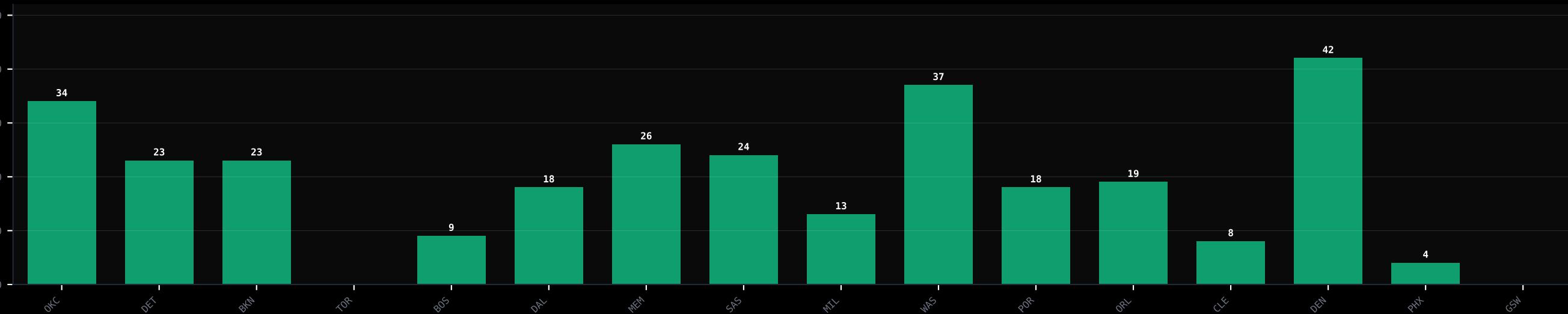
Small Forwards (SF) - Avg: 24.6 PPG | 16 games



Power Forwards (PF) - Avg: 19.9 PPG | 16 games

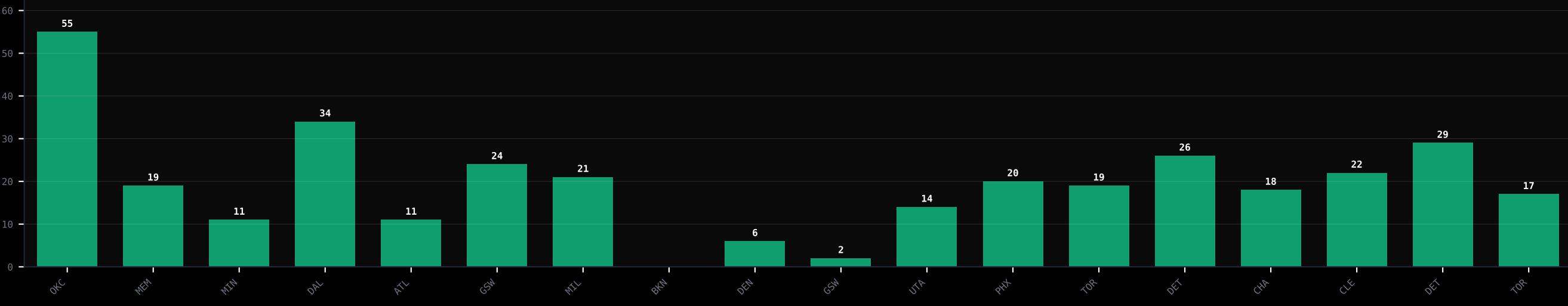


Centers (C) - Avg: 18.6 PPG | 16 games

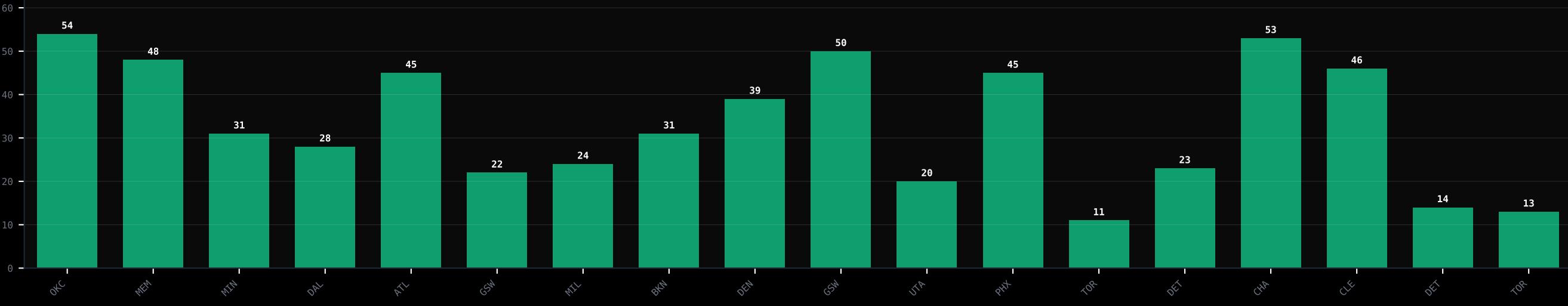


Indiana Pacers (IND) - Points Allowed by Position

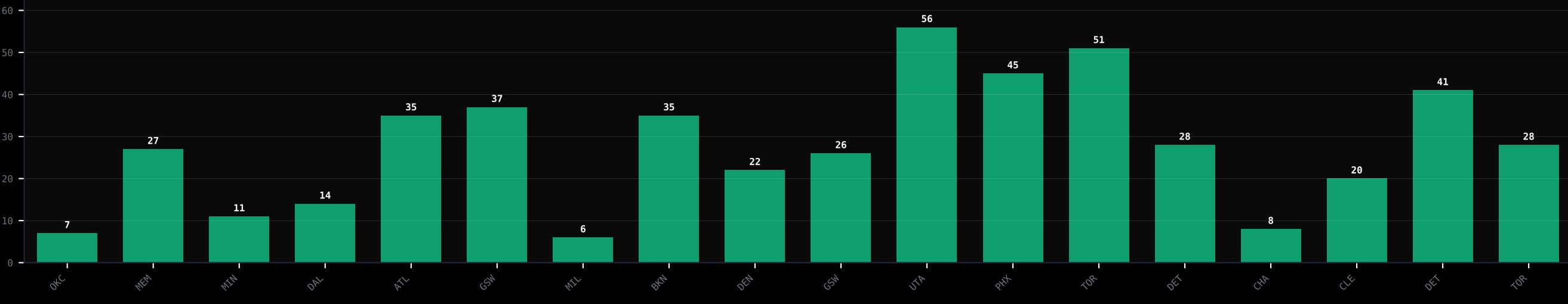
Point Guards (PG) - Avg: 19.3 PPG | 18 games



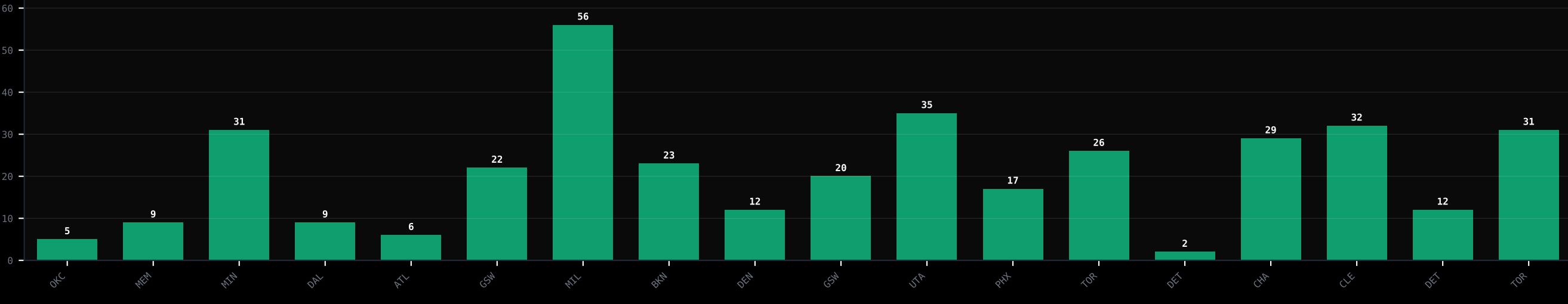
Shooting Guards (SG) - Avg: 33.2 PPG | 18 games



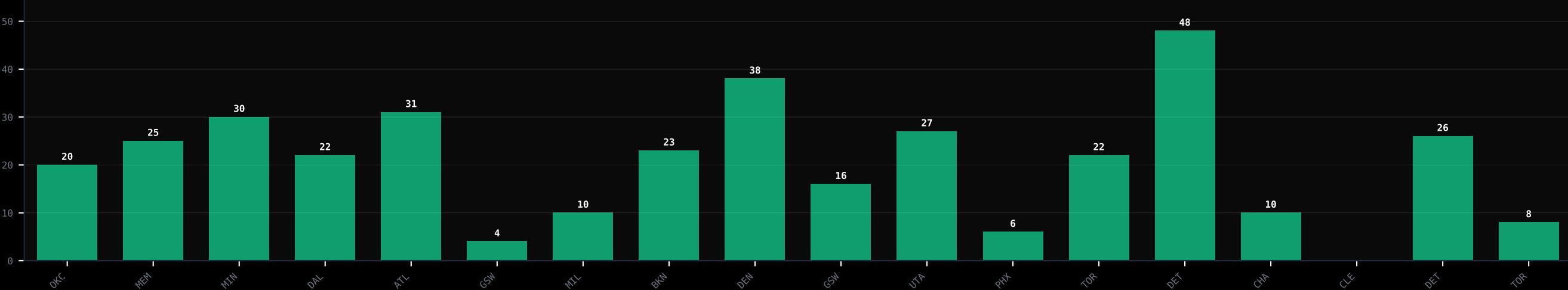
Small Forwards (SF) - Avg: 27.6 PPG | 18 games



Power Forwards (PF) - Avg: 20.9 PPG | 18 games

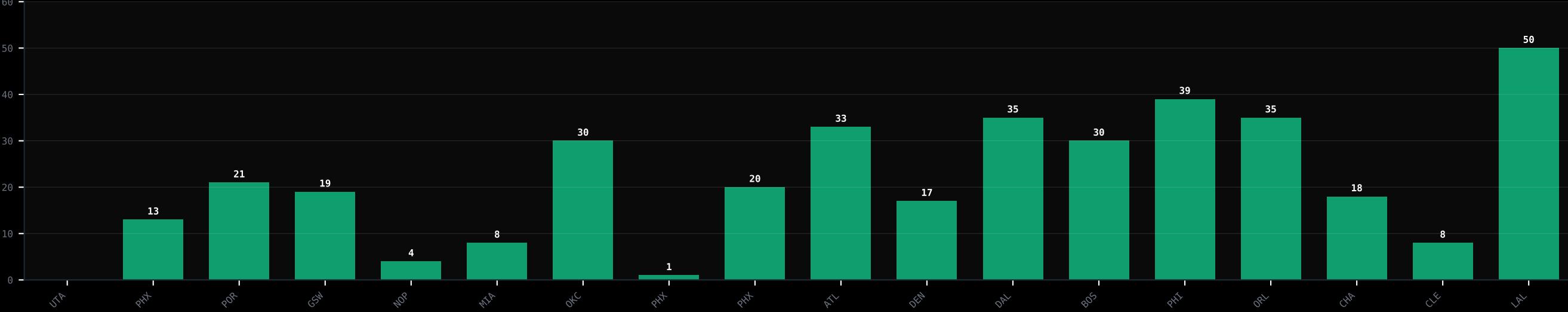


Centers (C) - Avg: 20.3 PPG | 18 games

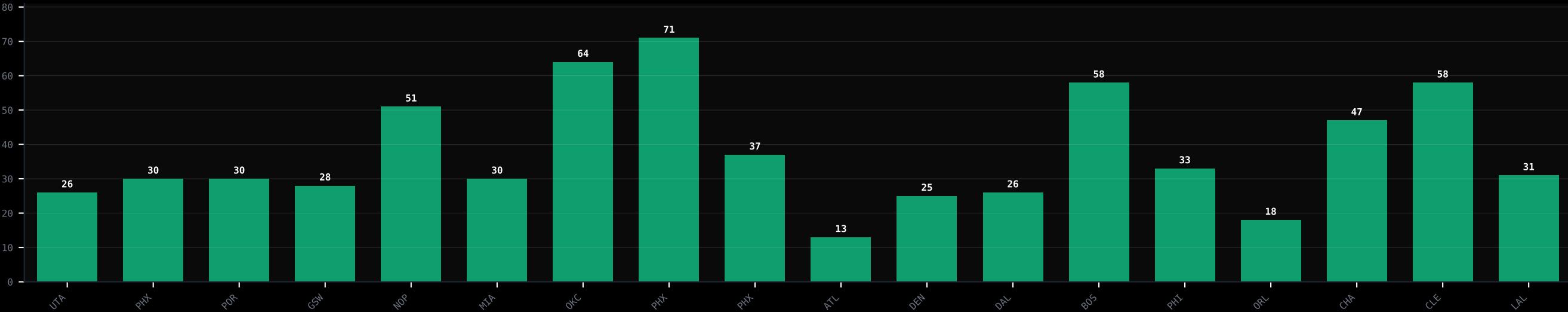


Los Angeles Clippers (LAC) - Points Allowed by Position

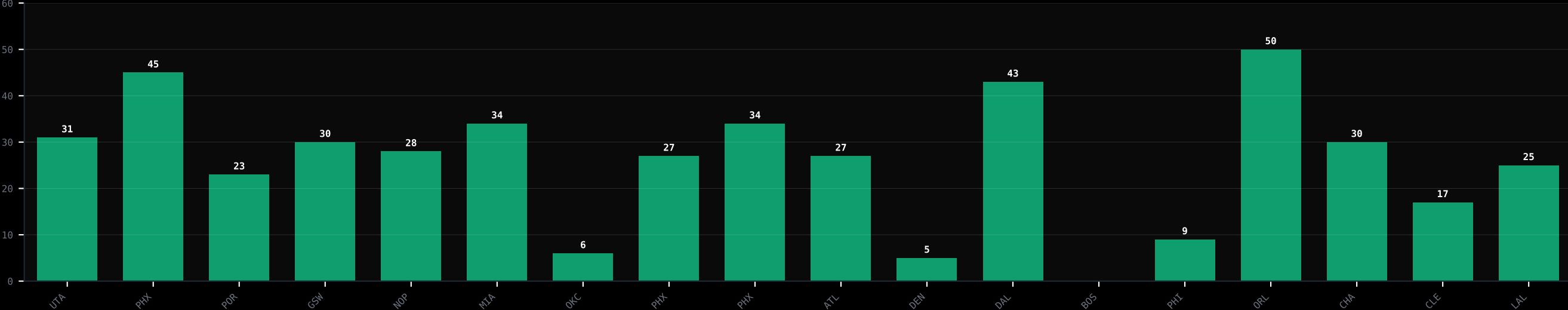
Point Guards (PG) - Avg: 21.2 PPG | 18 games



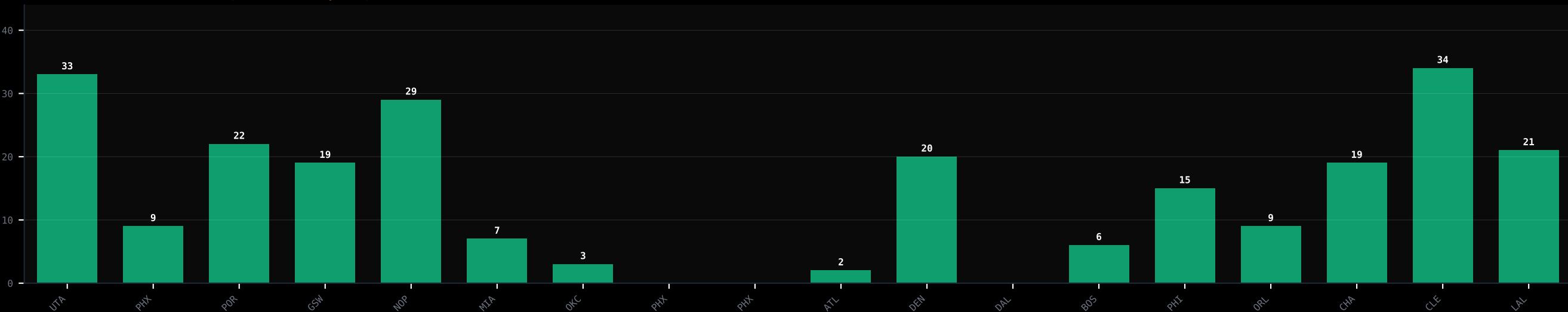
Shooting Guards (SG) - Avg: 37.6 PPG | 18 games



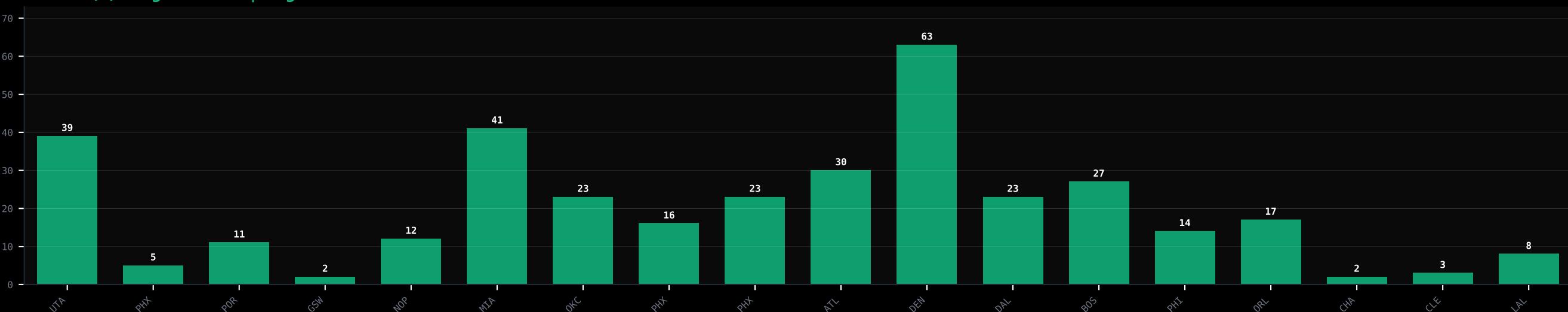
Small Forwards (SF) - Avg: 25.8 PPG | 18 games



Power Forwards (PF) - Avg: 13.8 PPG | 18 games

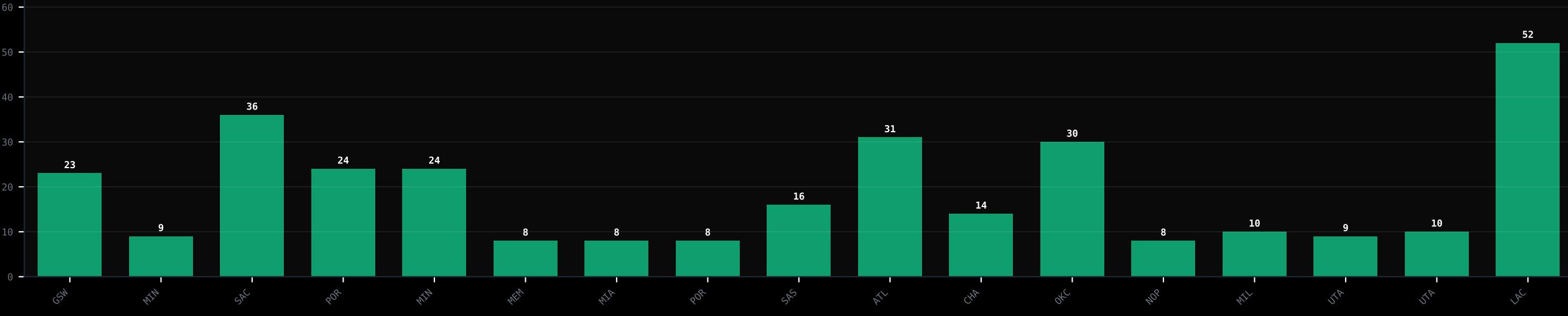


Centers (C) - Avg: 19.9 PPG | 18 games

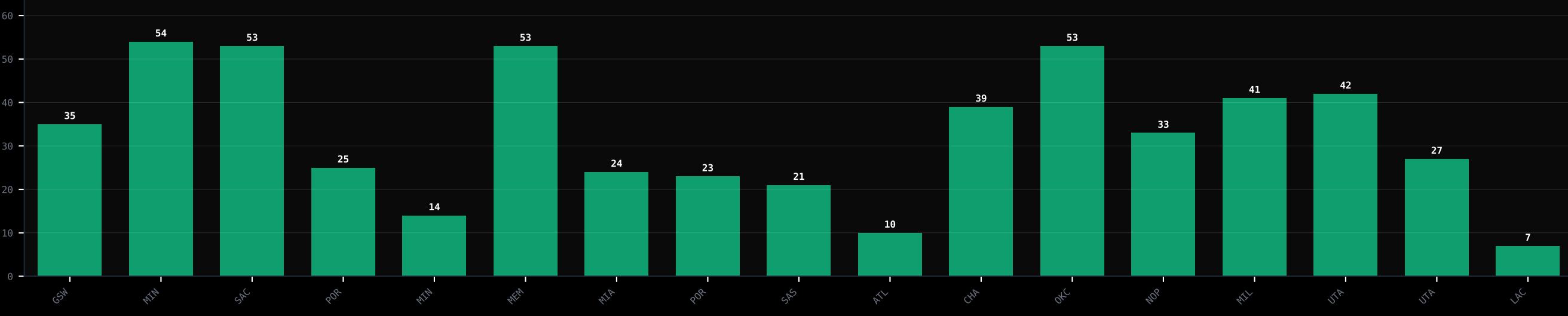


Los Angeles Lakers (LAL) - Points Allowed by Position

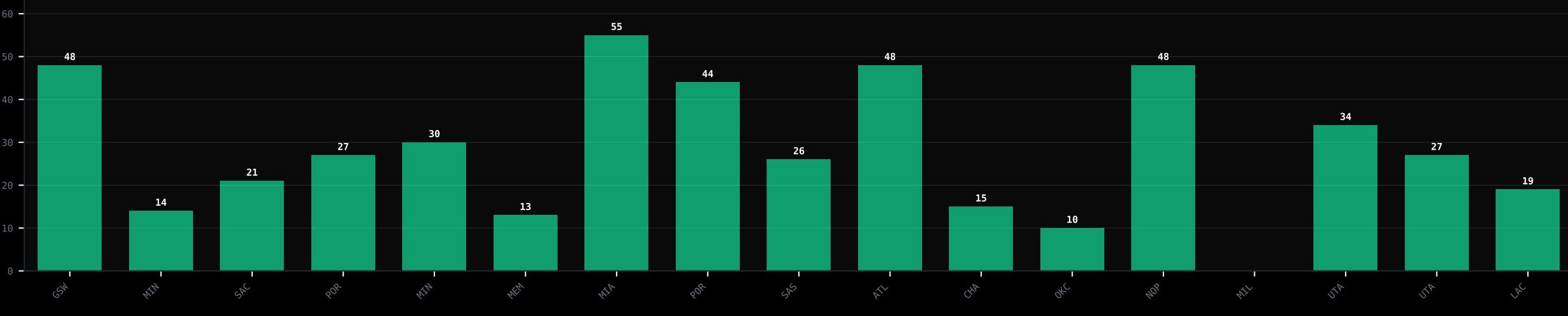
Point Guards (PG) - Avg: 18.8 PPG | 17 games



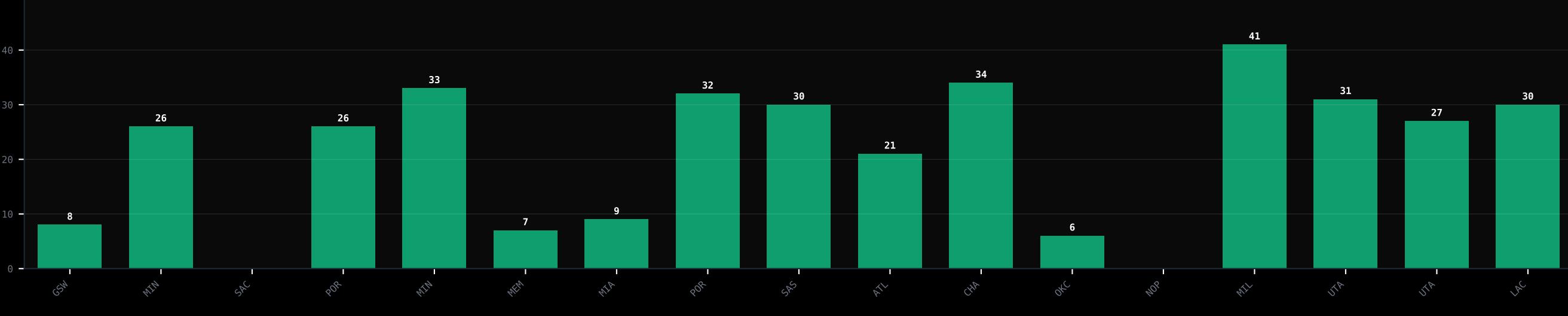
Shooting Guards (SG) - Avg: 32.6 PPG | 17 games



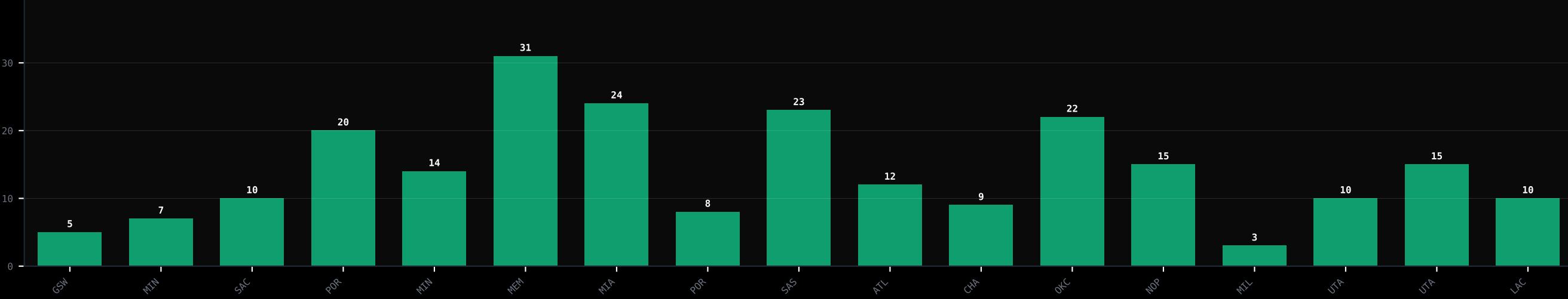
Small Forwards (SF) - Avg: 28.2 PPG | 17 games



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

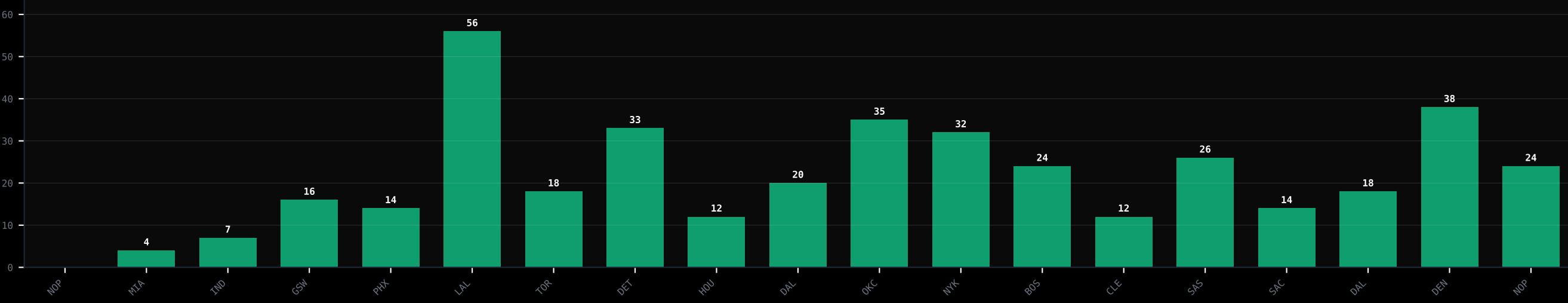


Centers (C) - Avg: 14.0 PPG | 17 games

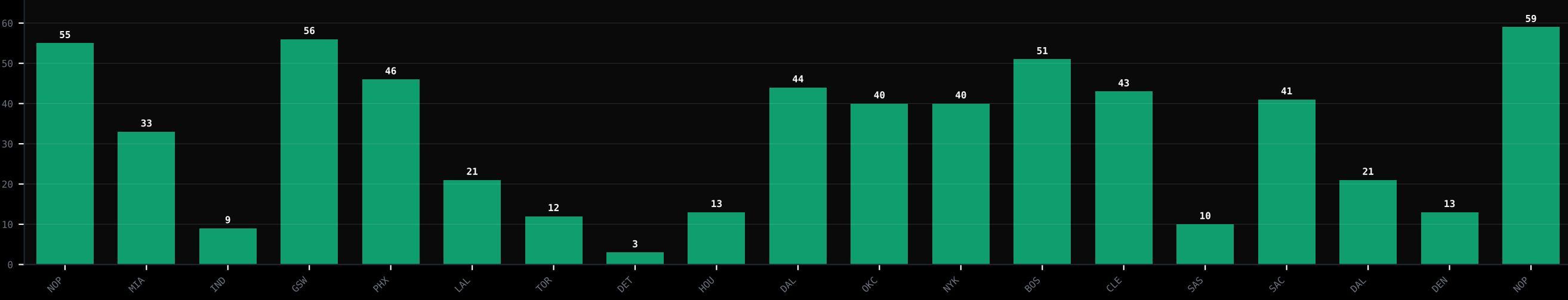


Memphis Grizzlies (MEM) - Points Allowed by Position

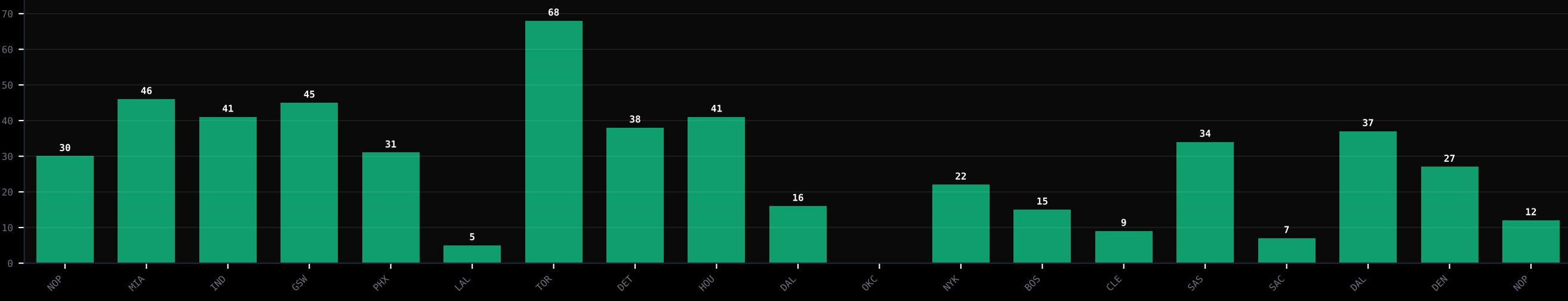
Point Guards (PG) - Avg: 21.2 PPG | 19 games



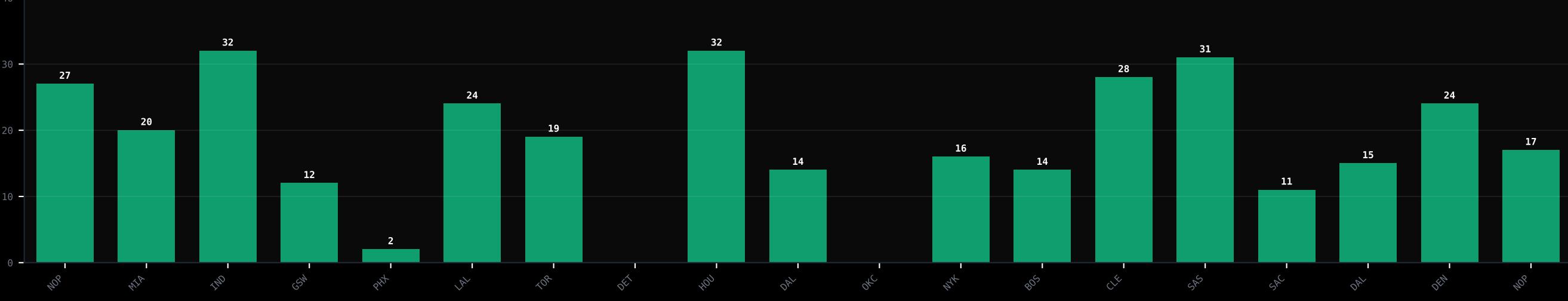
Shooting Guards (SG) - Avg: 32.1 PPG | 19 games



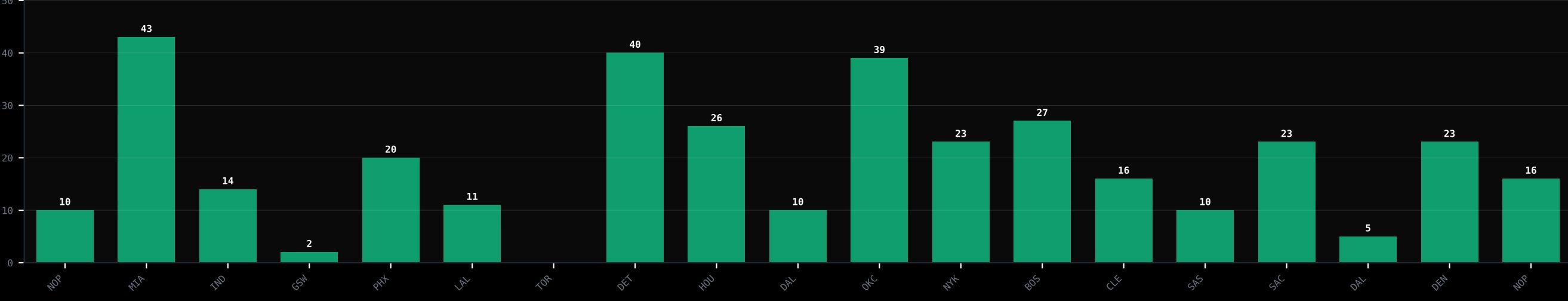
Small Forwards (SF) - Avg: 27.6 PPG | 19 games



Power Forwards (PF) - Avg: 17.8 PPG | 19 games

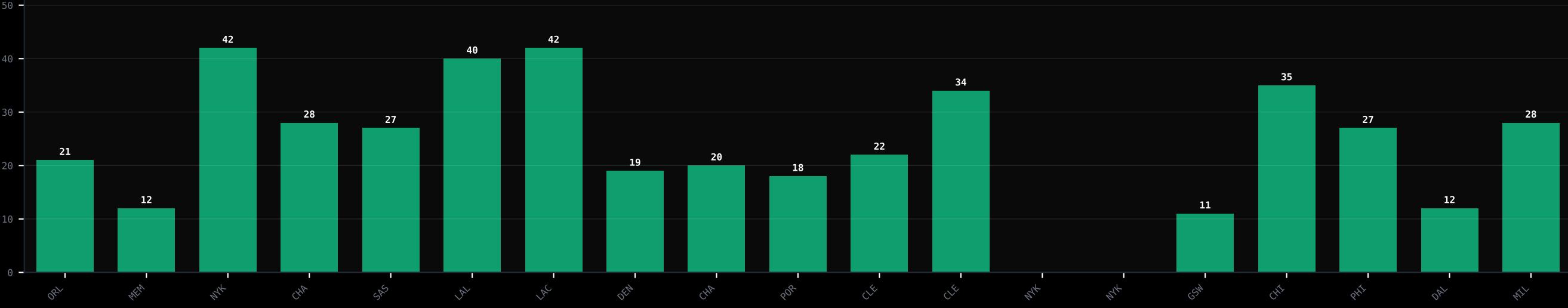


Centers (C) - Avg: 18.8 PPG | 19 games

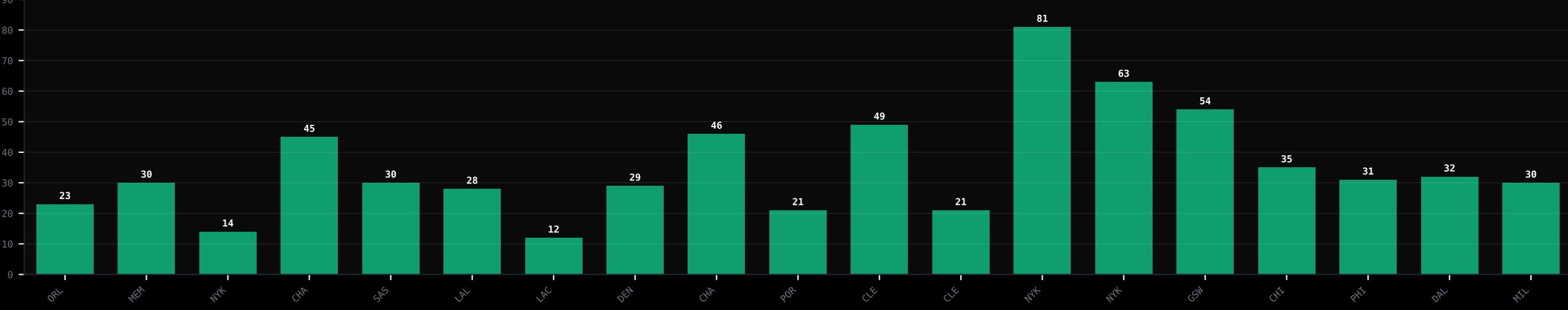


Miami Heat (MIA) - Points Allowed by Position

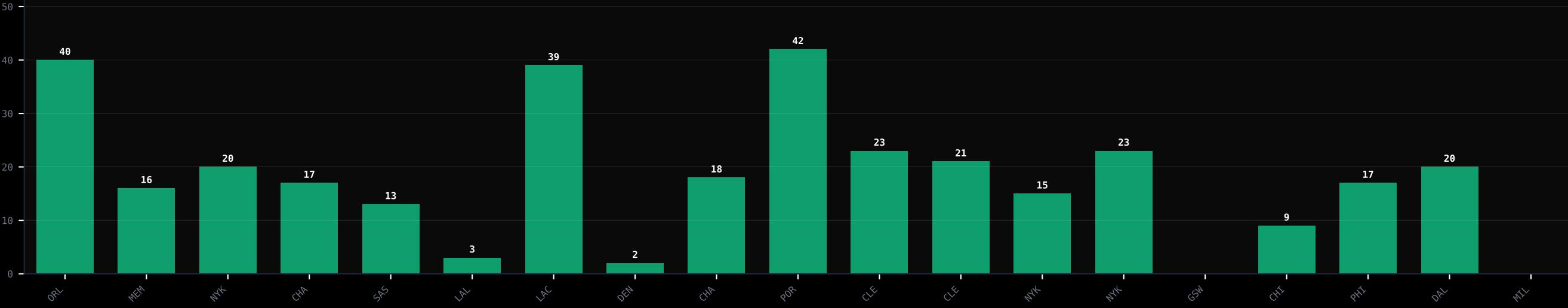
Point Guards (PG) - Avg: 23.1 PPG | 19 games



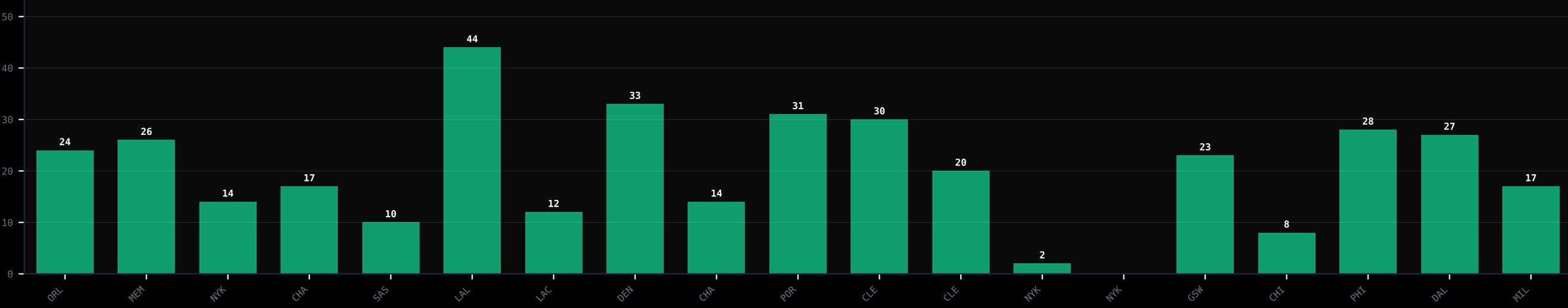
Shooting Guards (SG) - Avg: 35.5 PPG | 19 games



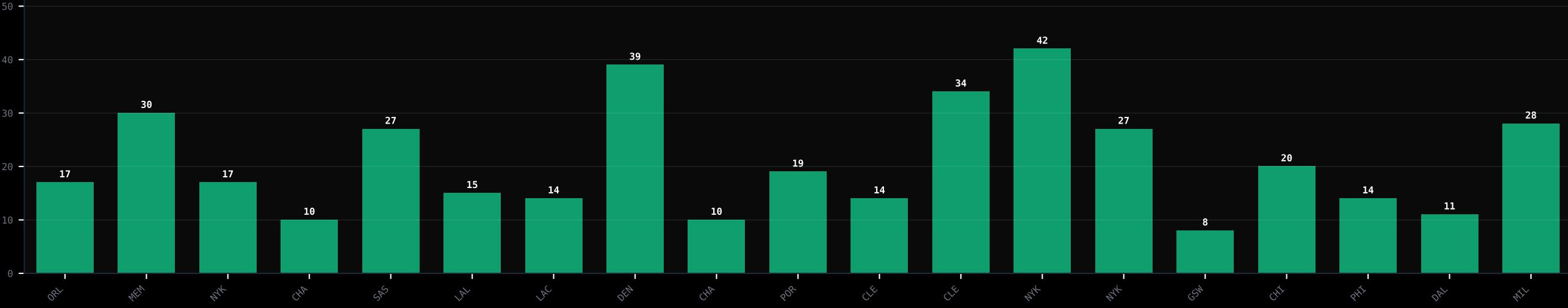
Small Forwards (SF) - Avg: 17.8 PPG | 19 games



Power Forwards (PF) - Avg: 20.0 PPG | 19 games

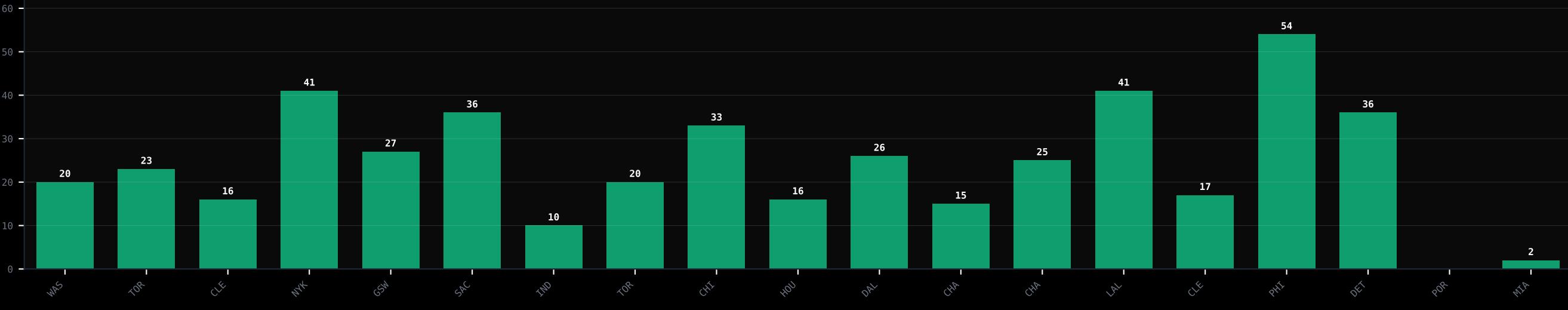


Centers (C) - Avg: 20.8 PPG | 19 games

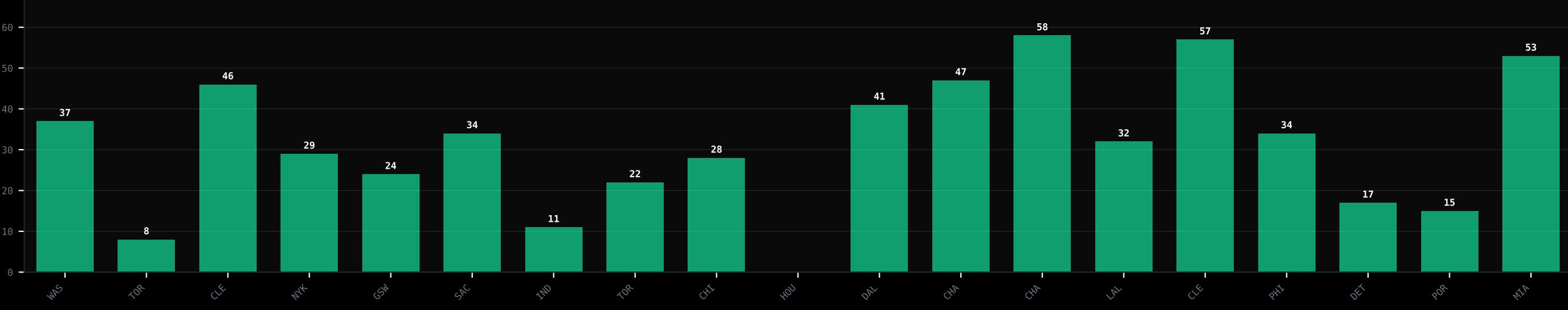


Milwaukee Bucks (MIL) - Points Allowed by Position

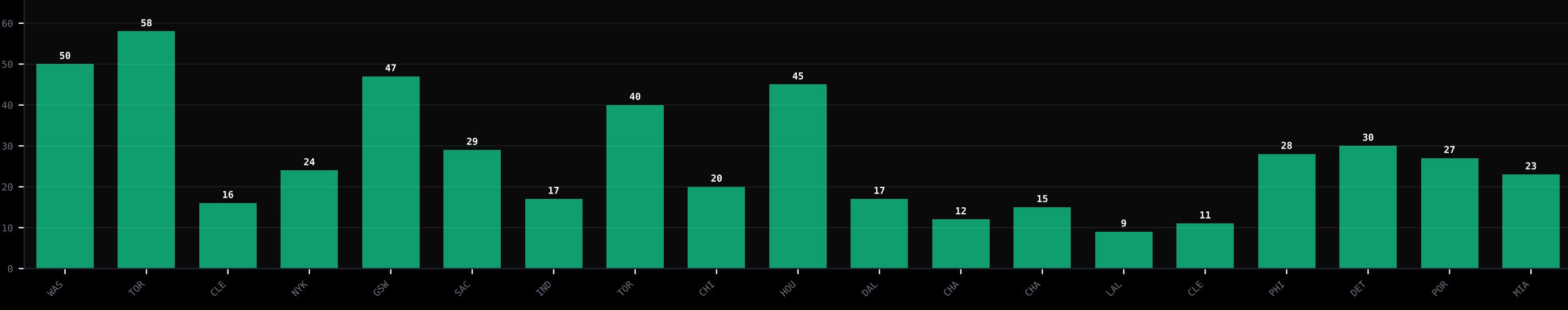
Point Guards (PG) - Avg: 24.1 PPG | 19 games



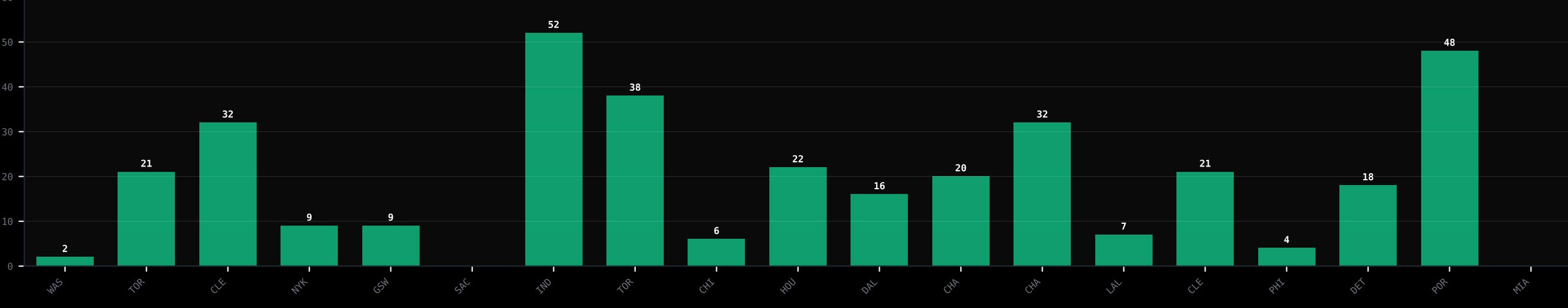
Shooting Guards (SG) - Avg: 31.2 PPG | 19 games



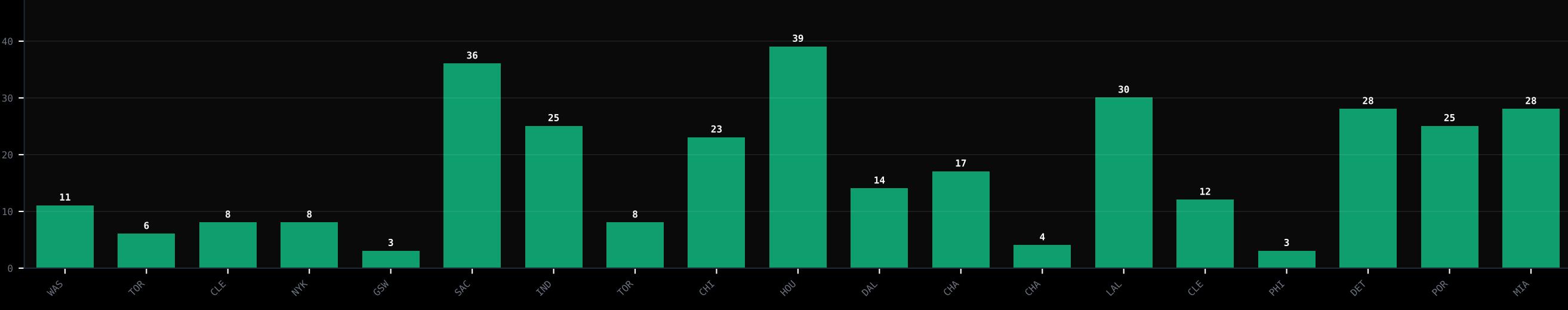
Small Forwards (SF) - Avg: 27.3 PPG | 19 games



Power Forwards (PF) - Avg: 18.8 PPG | 19 games

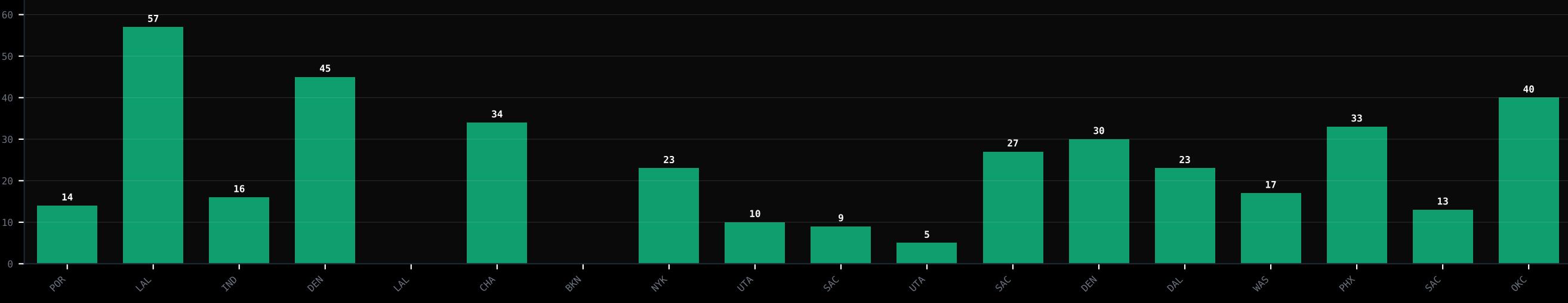


Centers (C) - Avg: 17.3 PPG | 19 games

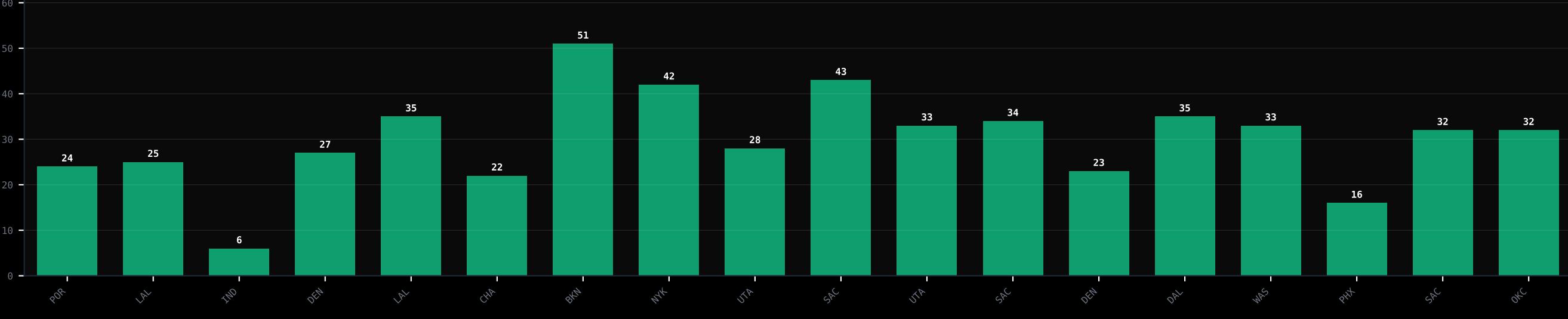


Minnesota Timberwolves (MIN) - Points Allowed by Position

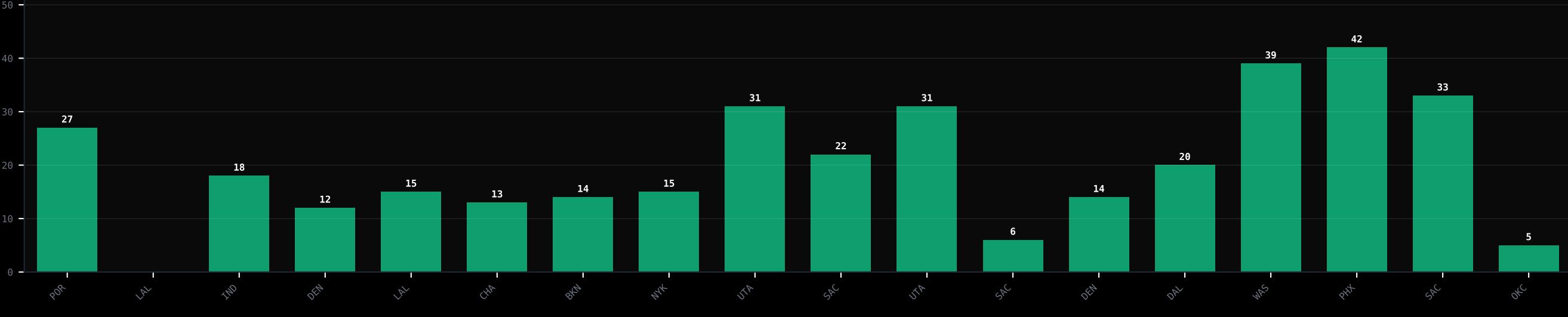
Point Guards (PG) - Avg: 22.0 PPG | 18 games



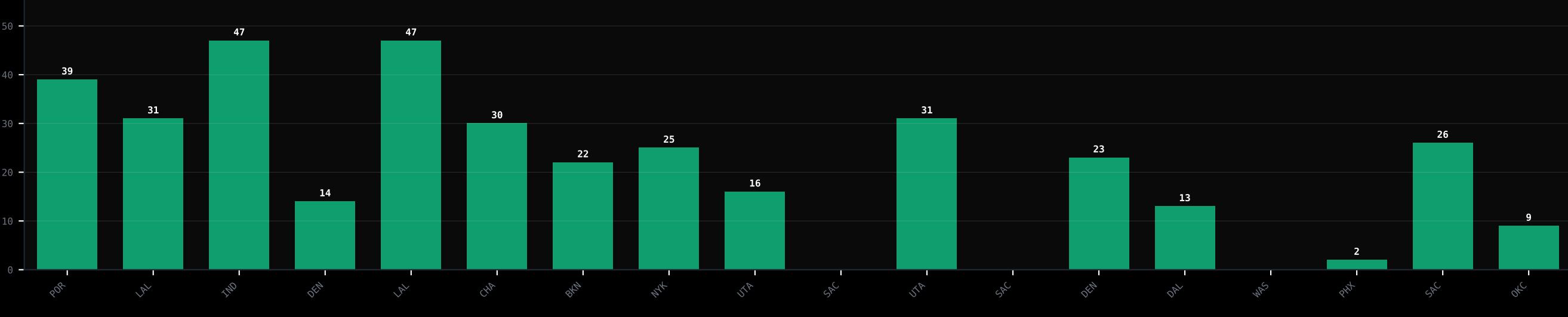
Shooting Guards (SG) - Avg: 30.1 PPG | 18 games



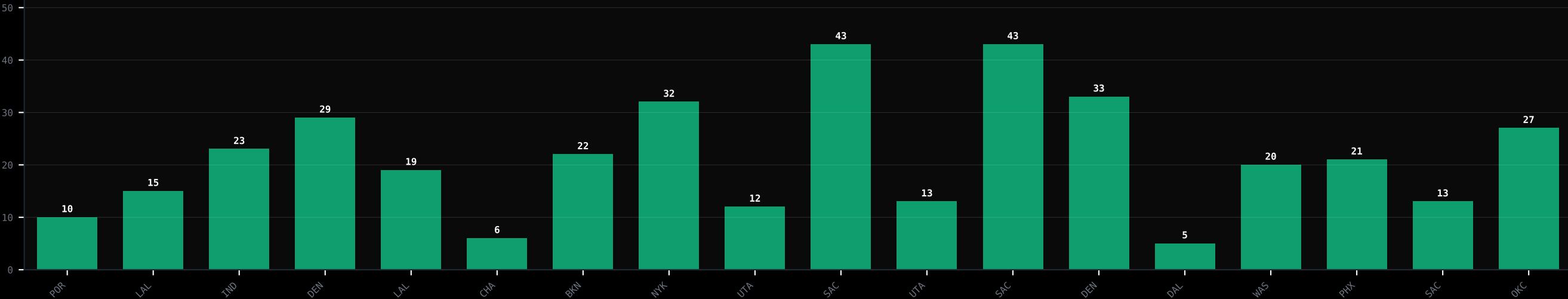
Small Forwards (SF) - Avg: 19.8 PPG | 18 games



Power Forwards (PF) - Avg: 20.8 PPG | 18 games

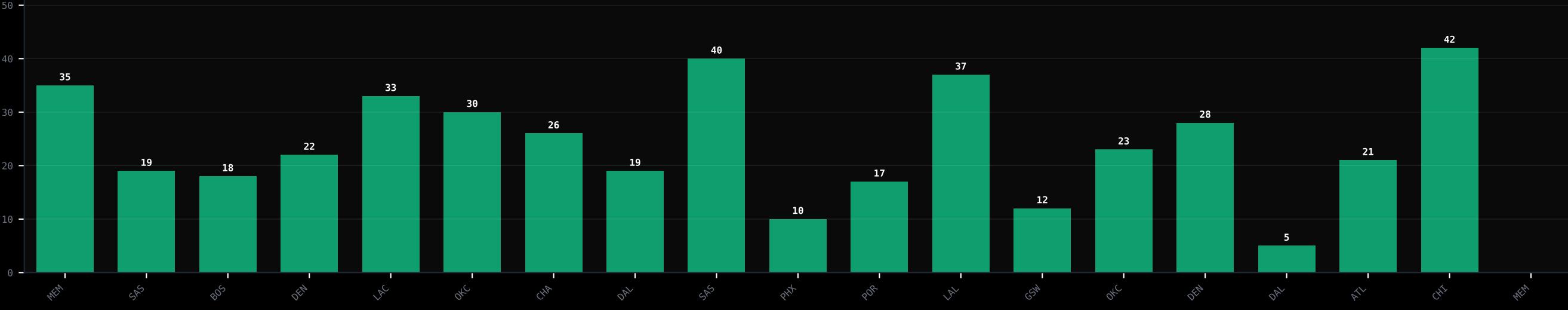


Centers (C) - Avg: 21.4 PPG | 18 games

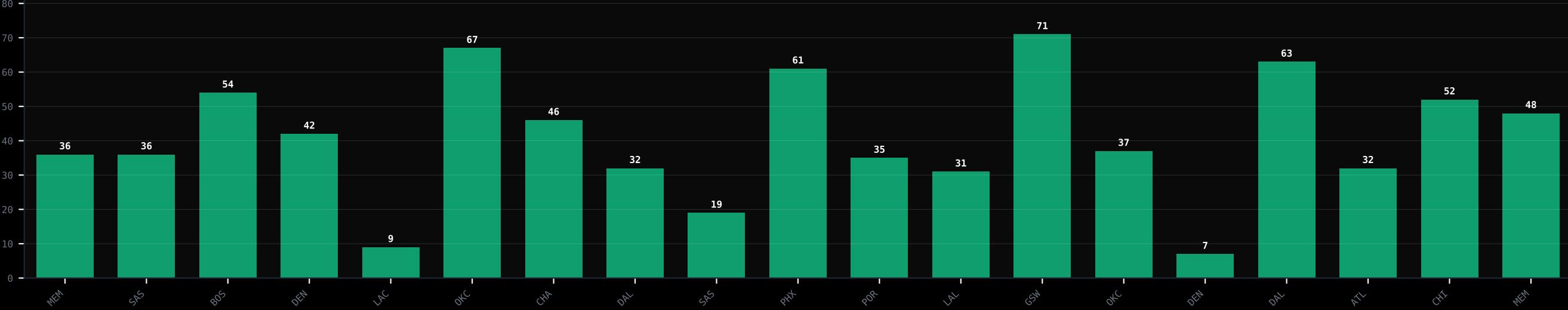


New Orleans Pelicans (NOP) - Points Allowed by Position

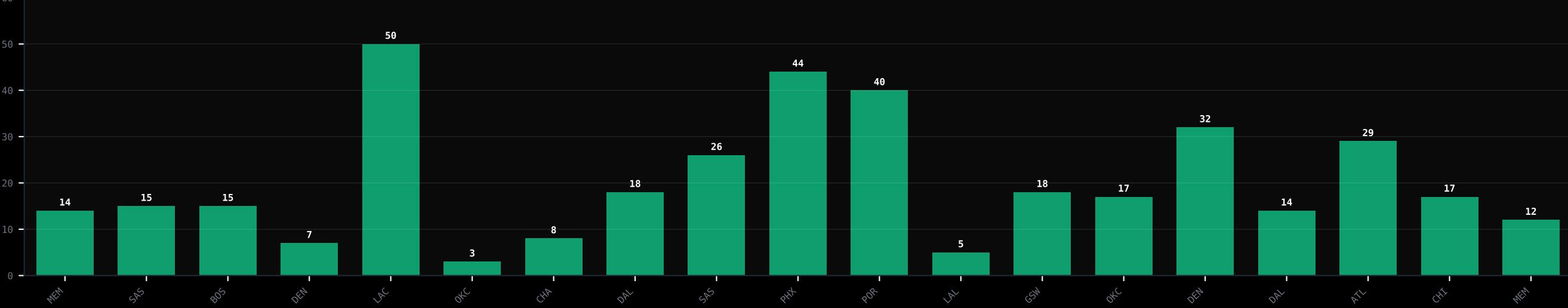
Point Guards (PG) - Avg: 23.0 PPG | 19 games



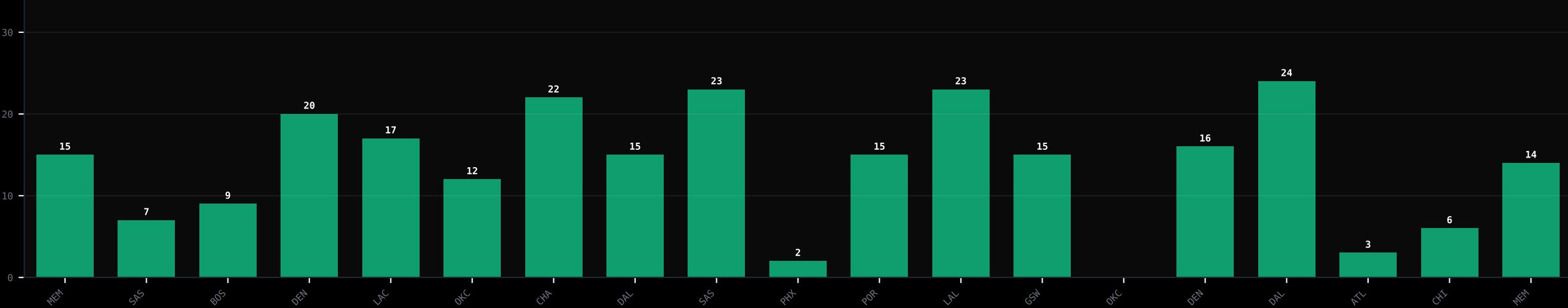
Shooting Guards (SG) - Avg: 40.9 PPG | 19 games



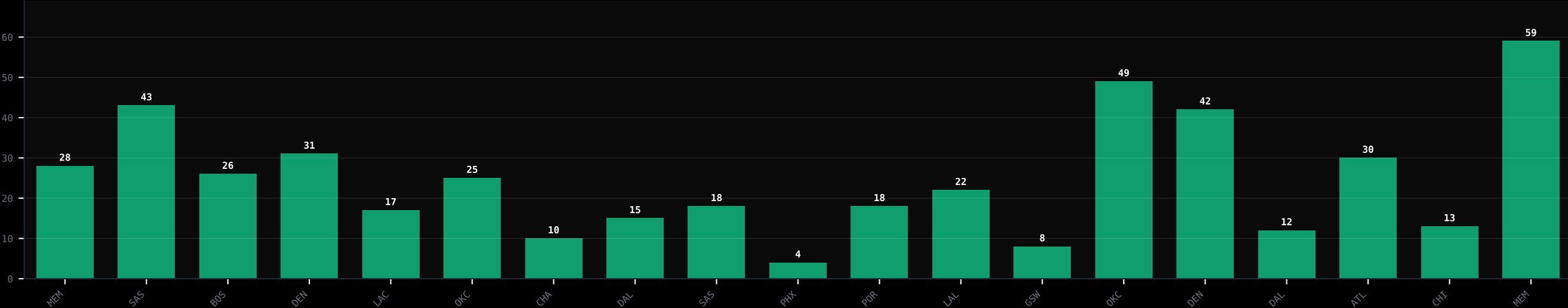
Small Forwards (SF) - Avg: 20.2 PPG | 19 games



Power Forwards (PF) - Avg: 13.6 PPG | 19 games

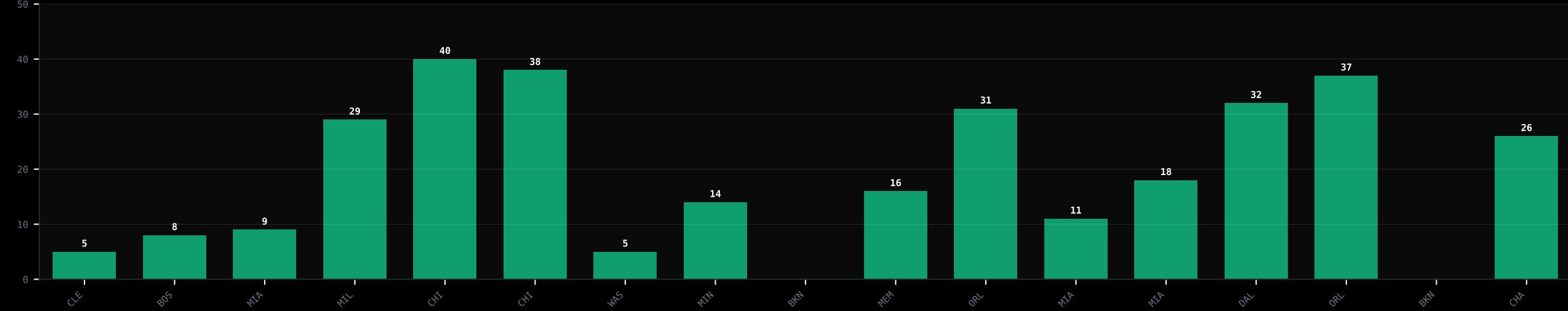


Centers (C) - Avg: 24.7 PPG | 19 games

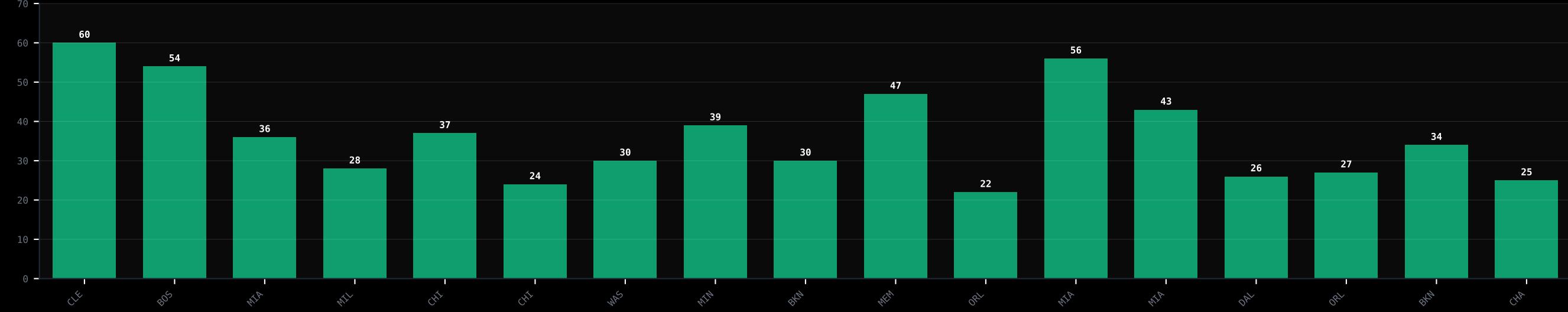


New York Knicks (NYK) - Points Allowed by Position

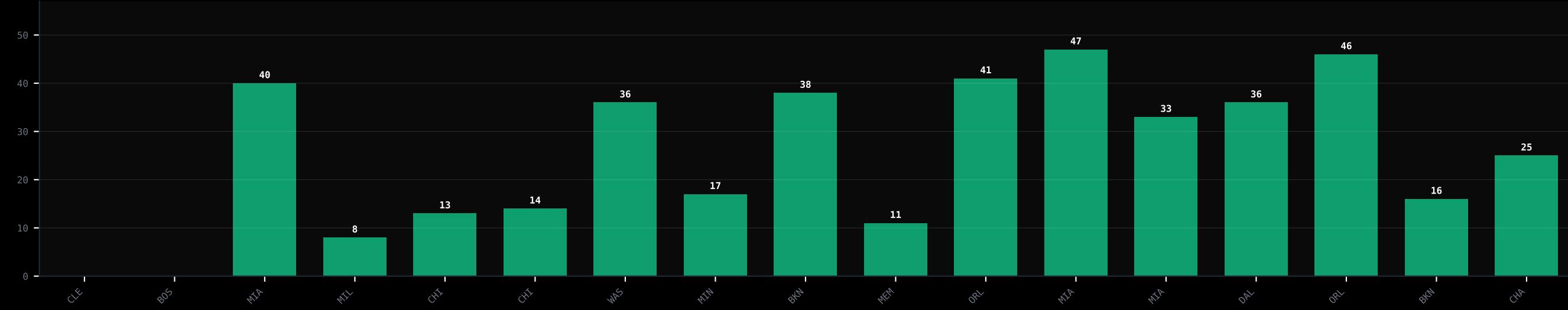
Point Guards (PG) - Avg: 18.8 PPG | 17 games



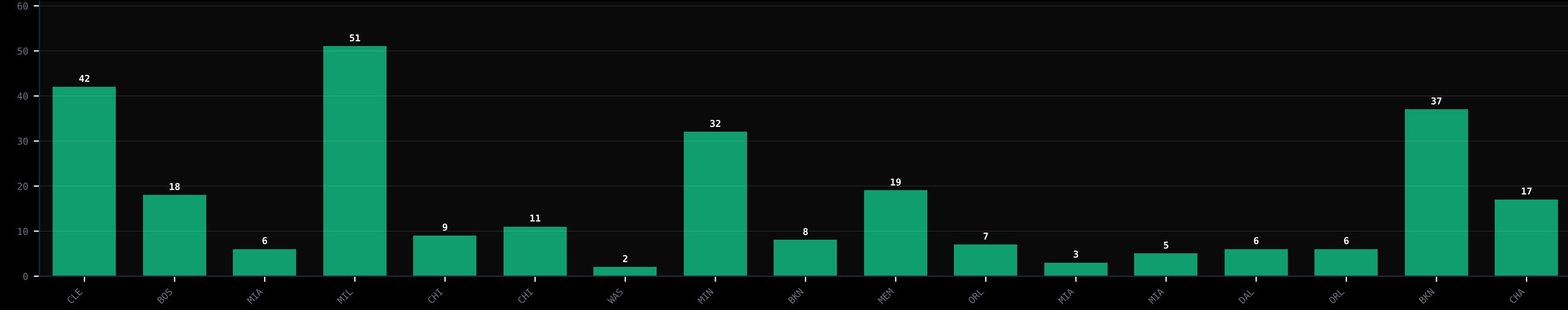
Shooting Guards (SG) - Avg: 36.4 PPG | 17 games



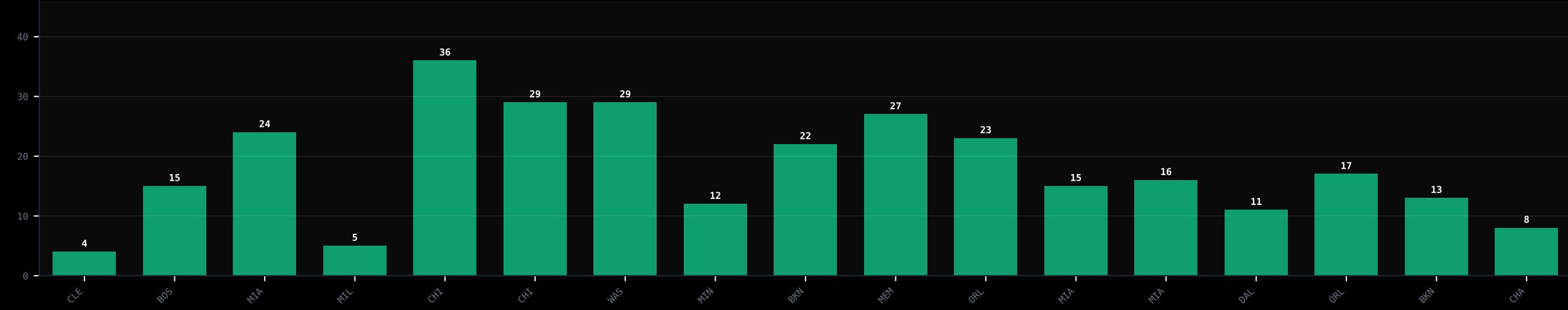
Small Forwards (SF) - Avg: 24.8 PPG | 17 games



Power Forwards (PF) - Avg: 16.4 PPG | 17 games

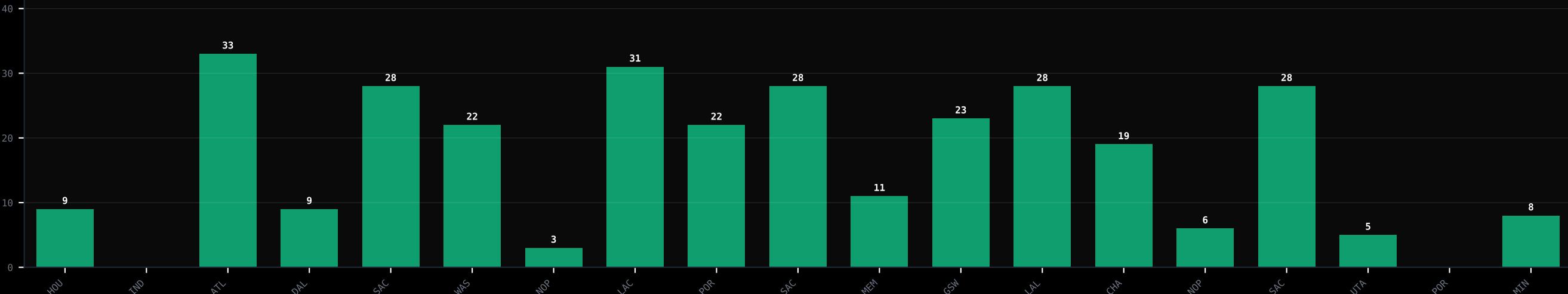


Centers (C) - Avg: 18.0 PPG | 17 games

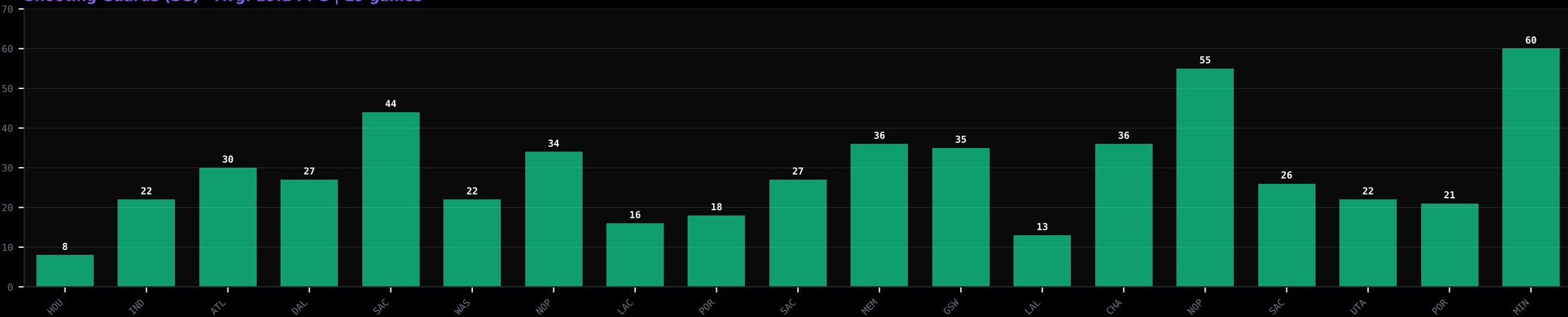


Oklahoma City Thunder (OKC) - Points Allowed by Position

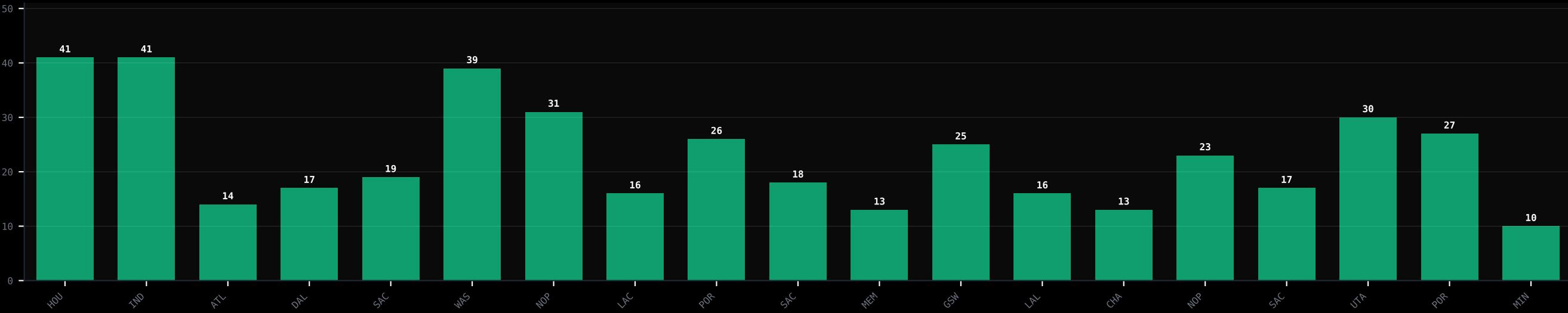
Point Guards (PG) - Avg: 16.5 PPG | 19 games



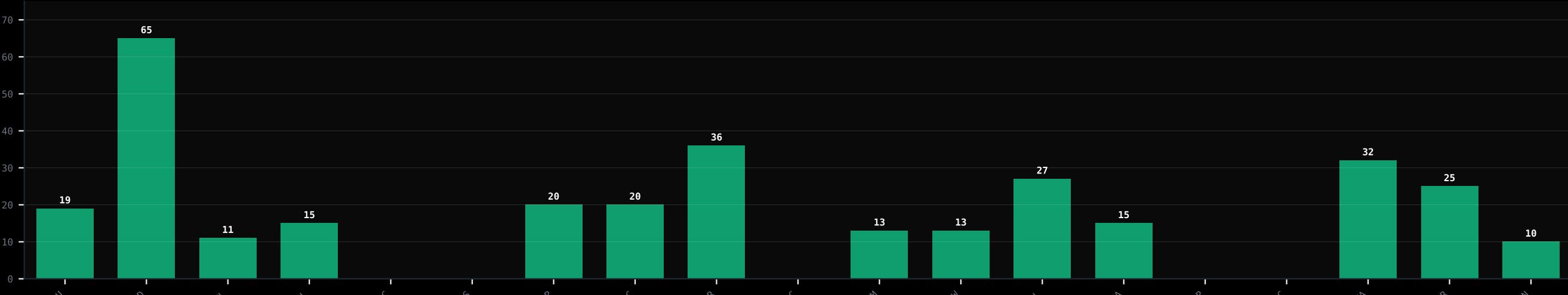
Shooting Guards (SG) - Avg: 29.1 PPG | 19 games



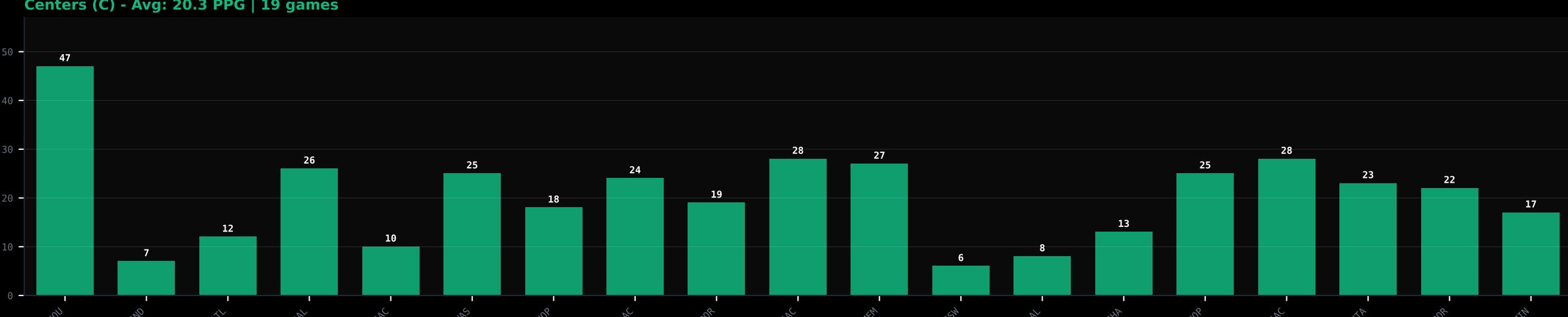
Small Forwards (SF) - Avg: 22.9 PPG | 19 games



Power Forwards (PF) - Avg: 16.9 PPG | 19 games

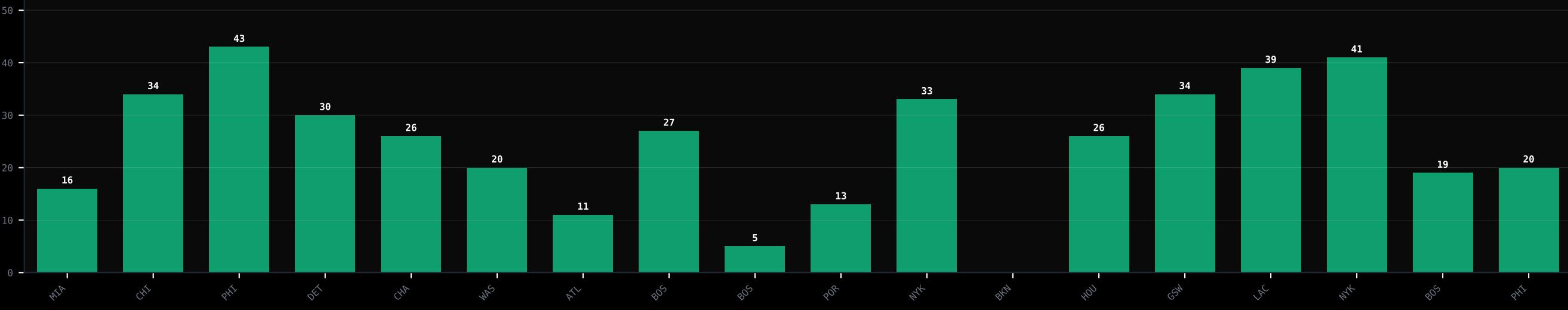


Centers (C) - Avg: 20.3 PPG | 19 games

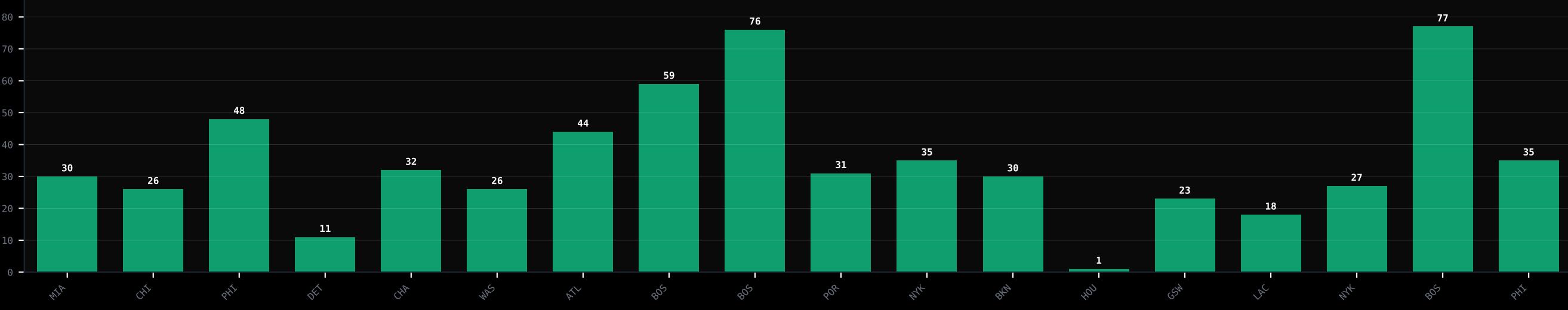


Orlando Magic (ORL) - Points Allowed by Position

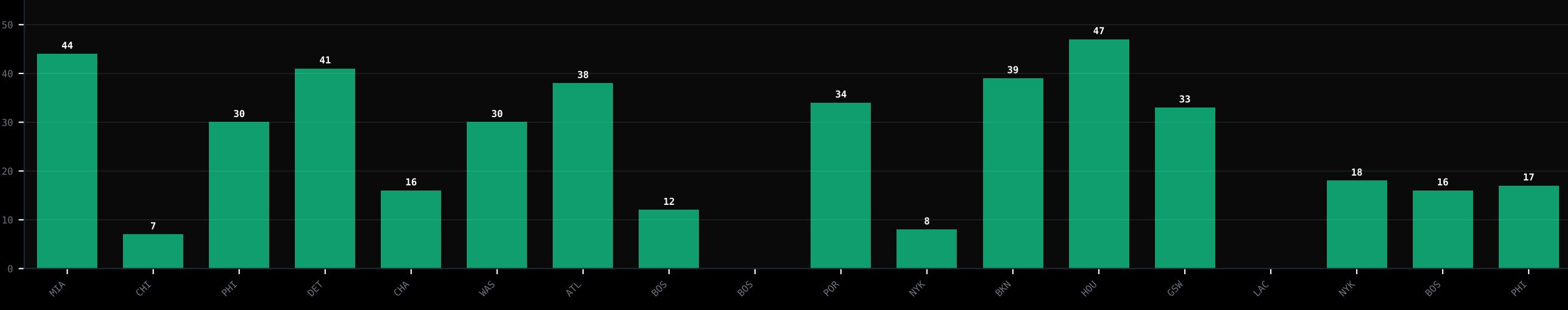
Point Guards (PG) - Avg: 24.3 PPG | 18 games



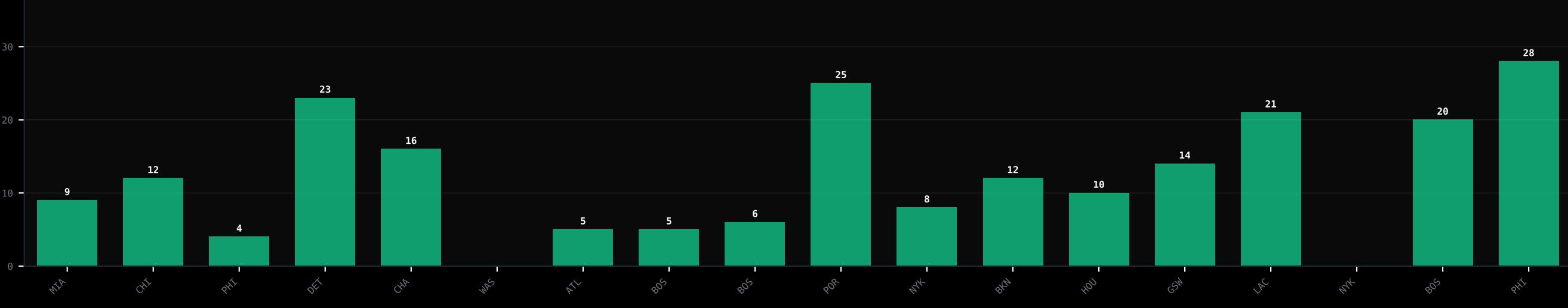
Shooting Guards (SG) - Avg: 34.9 PPG | 18 games



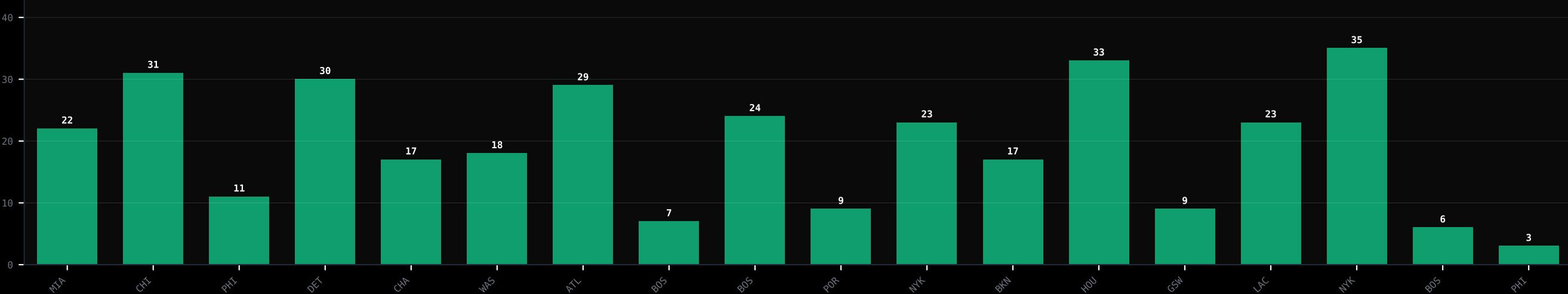
Small Forwards (SF) - Avg: 23.9 PPG | 18 games



Power Forwards (PF) - Avg: 12.1 PPG | 18 games

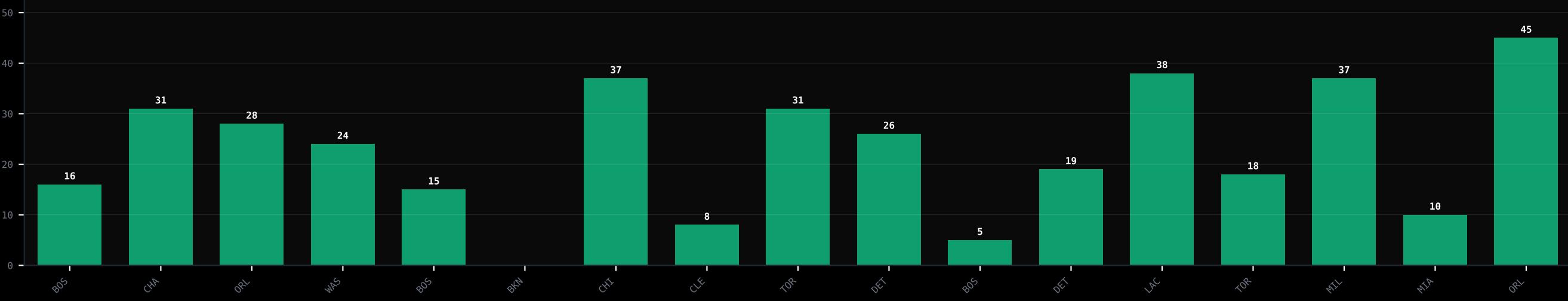


Centers (C) - Avg: 19.3 PPG | 18 games

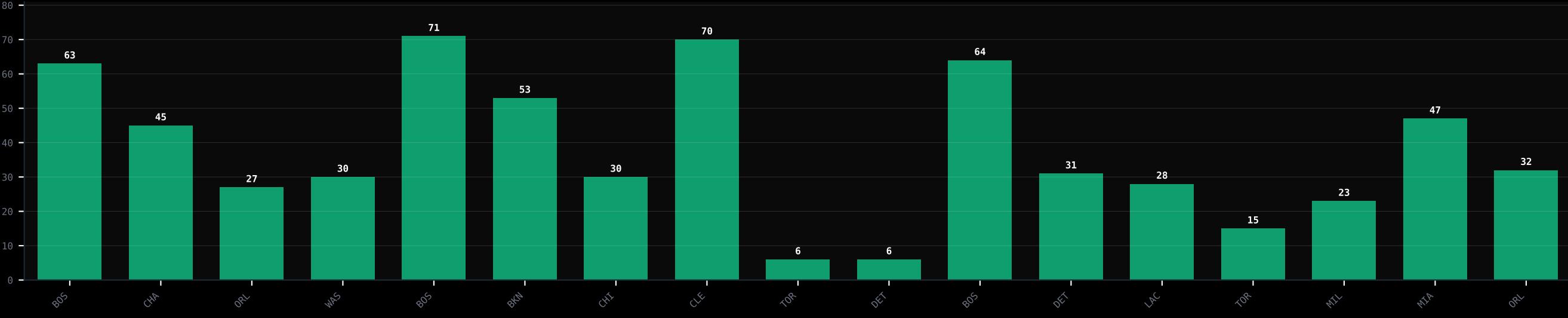


Philadelphia 76ers (PHI) - Points Allowed by Position

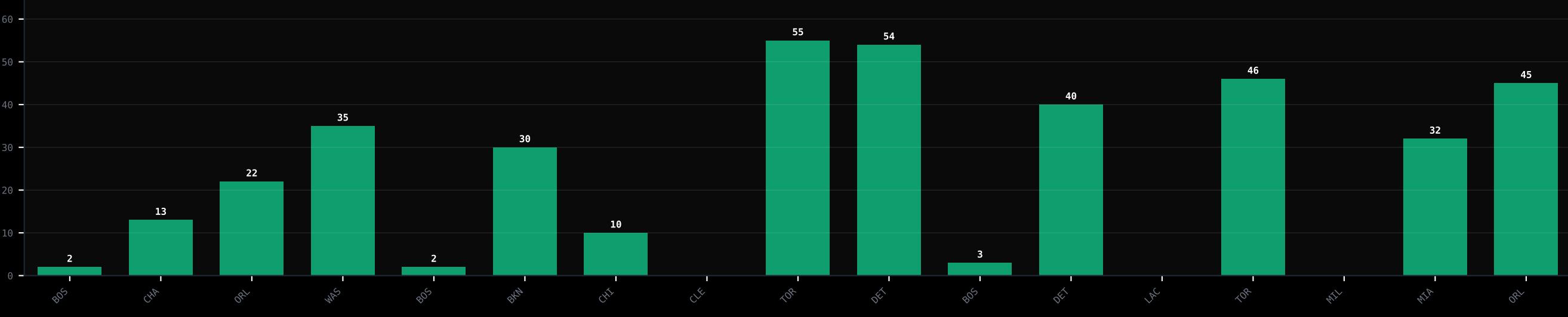
Point Guards (PG) - Avg: 22.8 PPG | 17 games



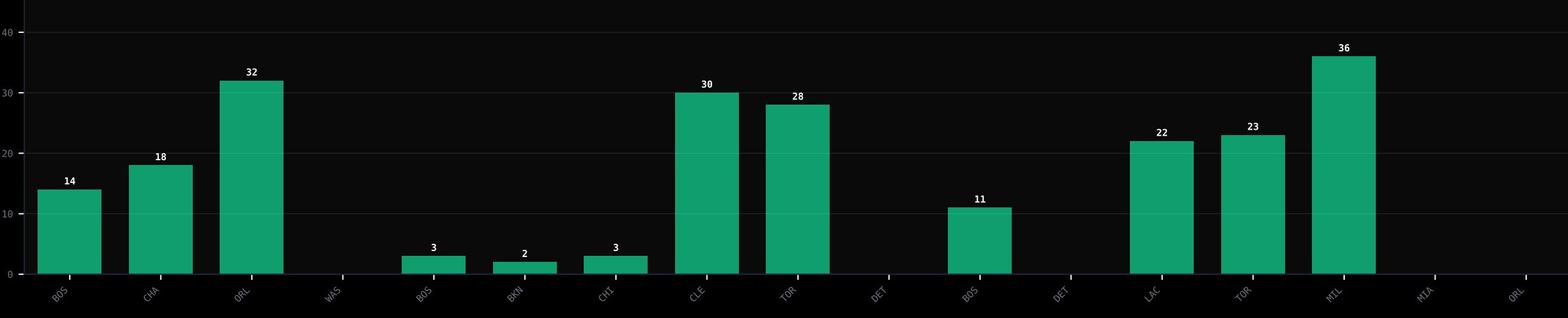
Shooting Guards (SG) - Avg: 37.7 PPG | 17 games



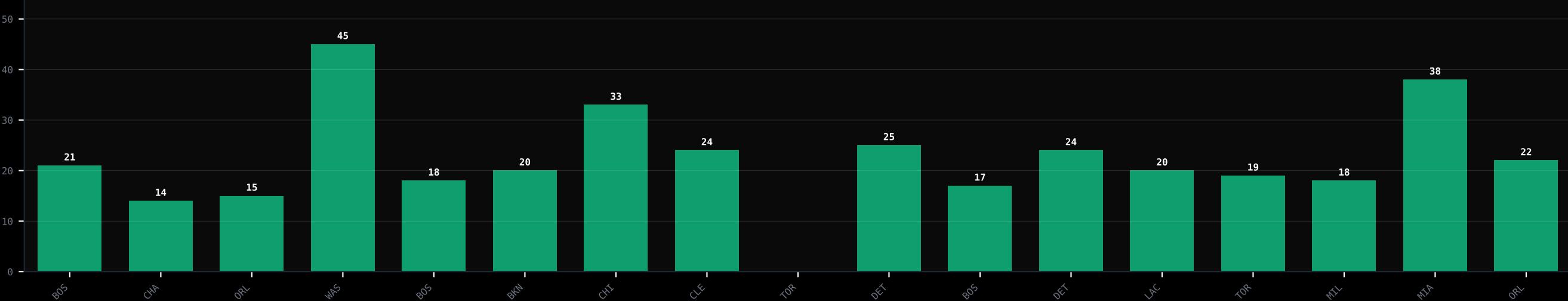
Small Forwards (SF) - Avg: 22.9 PPG | 17 games



Power Forwards (PF) - Avg: 13.1 PPG | 17 games

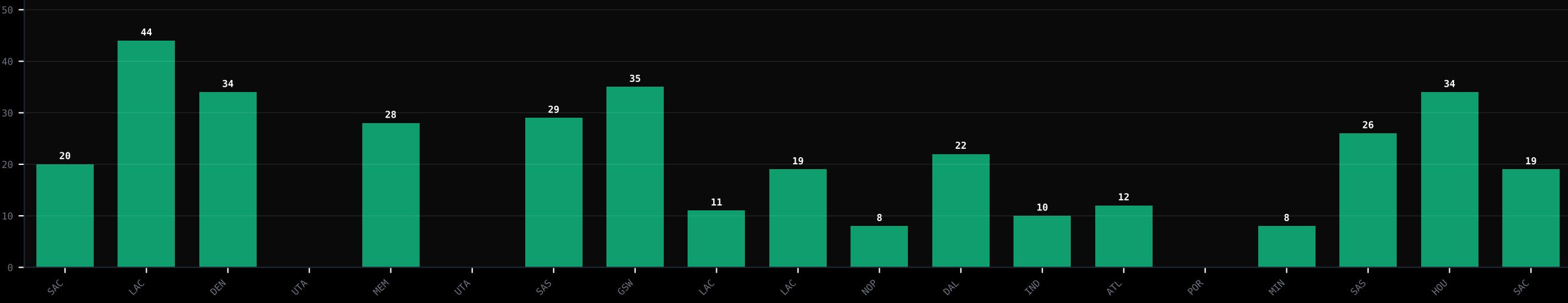


Centers (C) - Avg: 21.9 PPG | 17 games

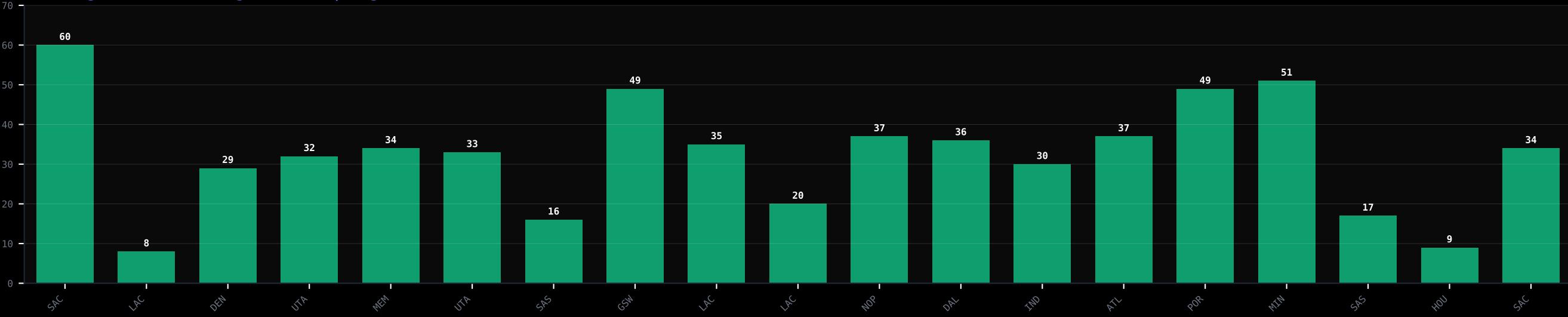


Phoenix Suns (PHX) - Points Allowed by Position

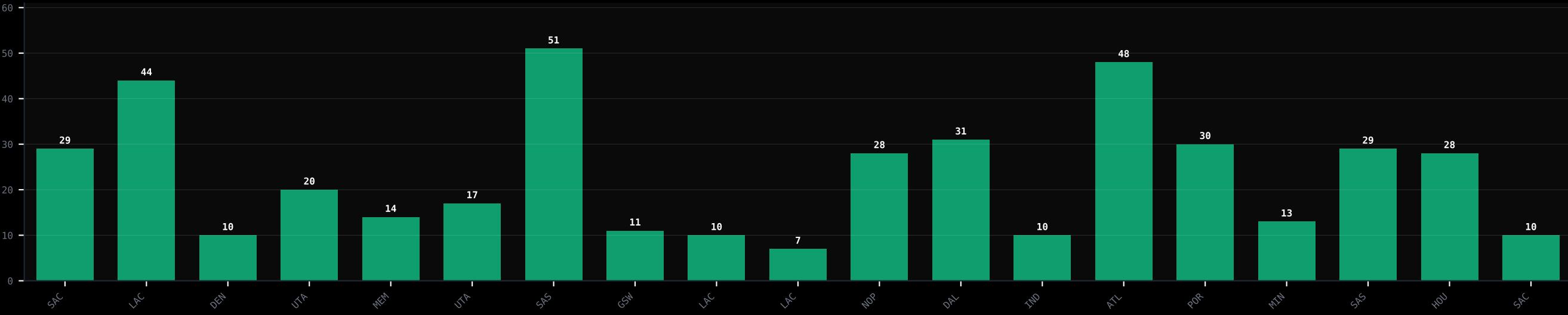
Point Guards (PG) - Avg: 18.9 PPG | 19 games



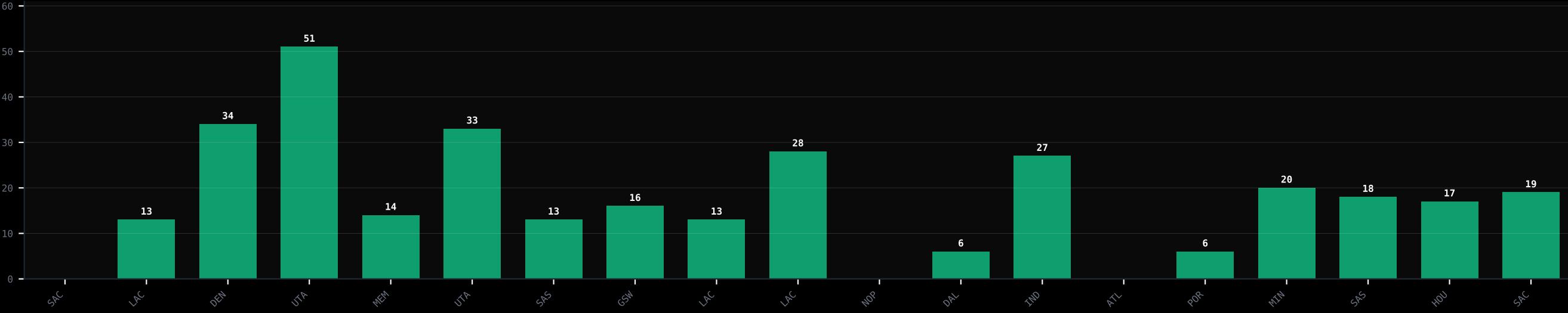
Shooting Guards (SG) - Avg: 32.4 PPG | 19 games



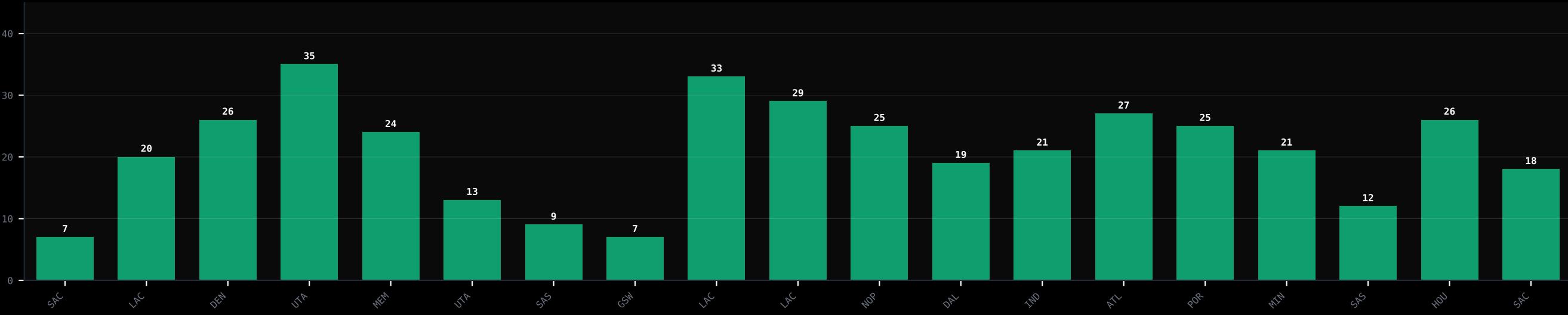
Small Forwards (SF) - Avg: 23.2 PPG | 19 games



Power Forwards (PF) - Avg: 17.3 PPG | 19 games

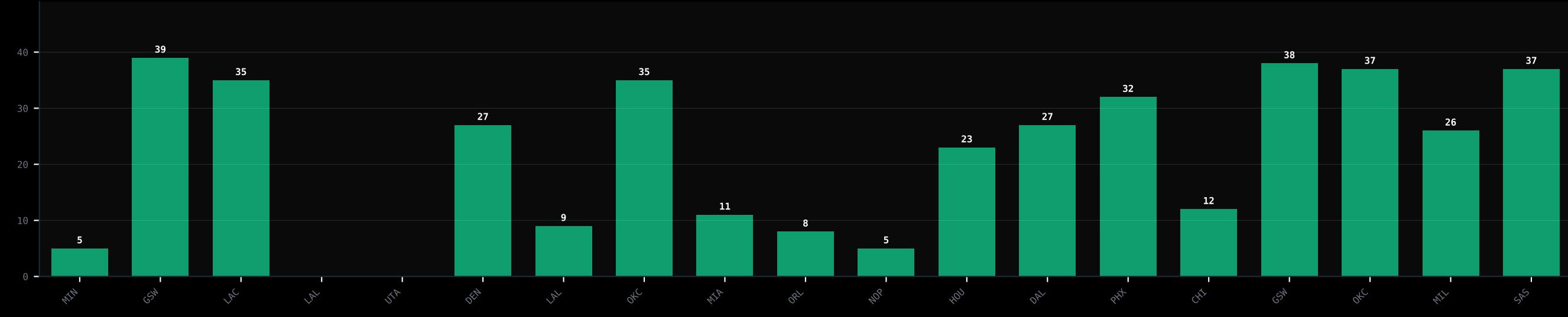


Centers (C) - Avg: 20.9 PPG | 19 games

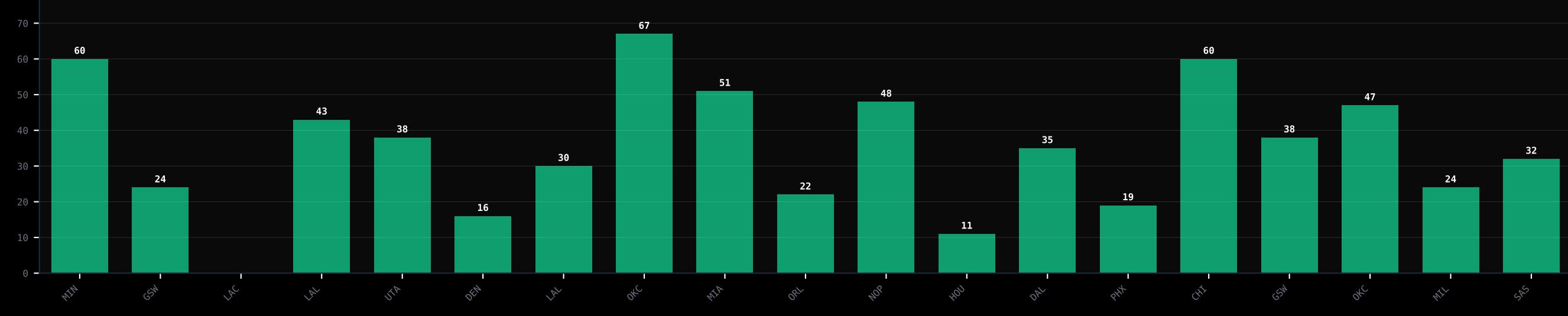


Portland Trail Blazers (POR) - Points Allowed by Position

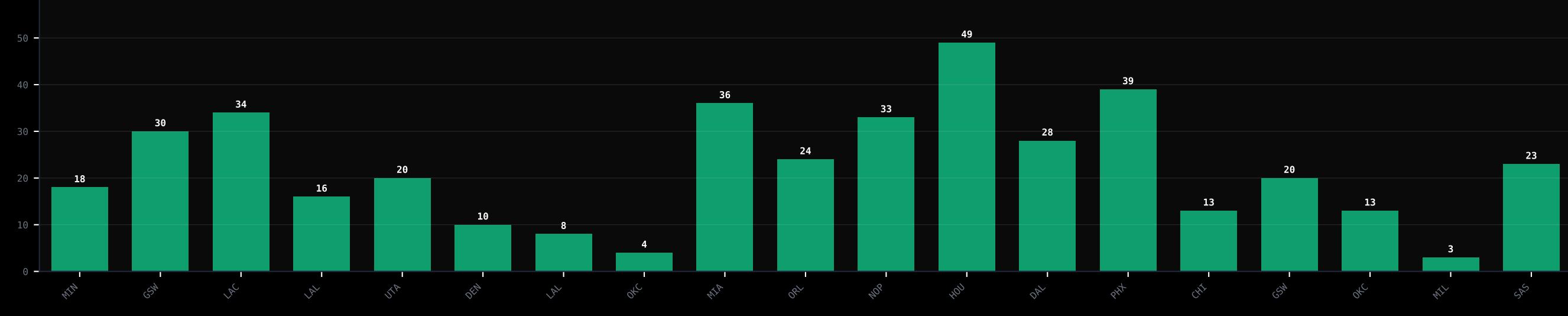
Point Guards (PG) - Avg: 21.4 PPG | 19 games



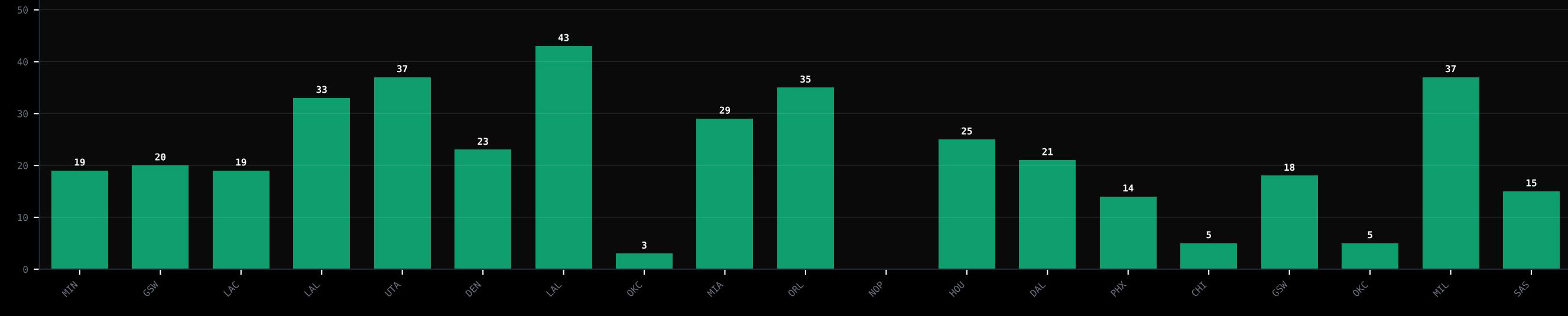
Shooting Guards (SG) - Avg: 35.0 PPG | 19 games



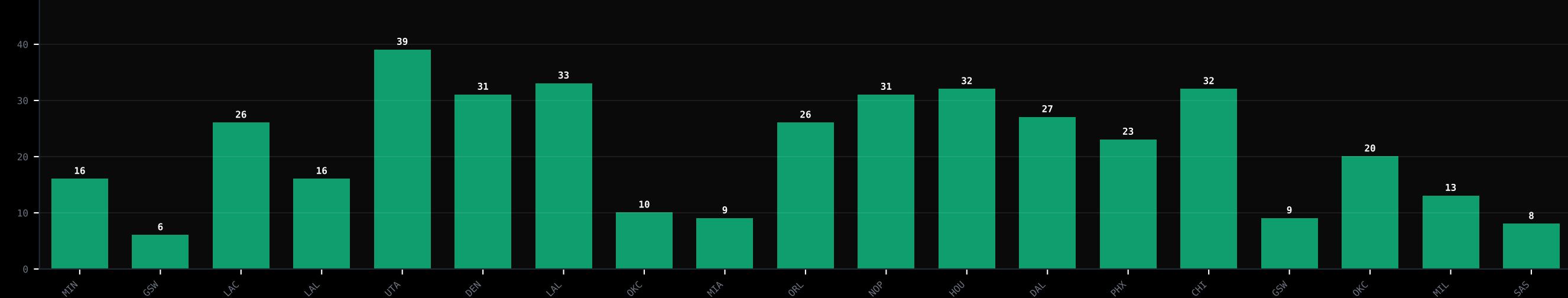
Small Forwards (SF) - Avg: 22.2 PPG | 19 games



Power Forwards (PF) - Avg: 21.1 PPG | 19 games

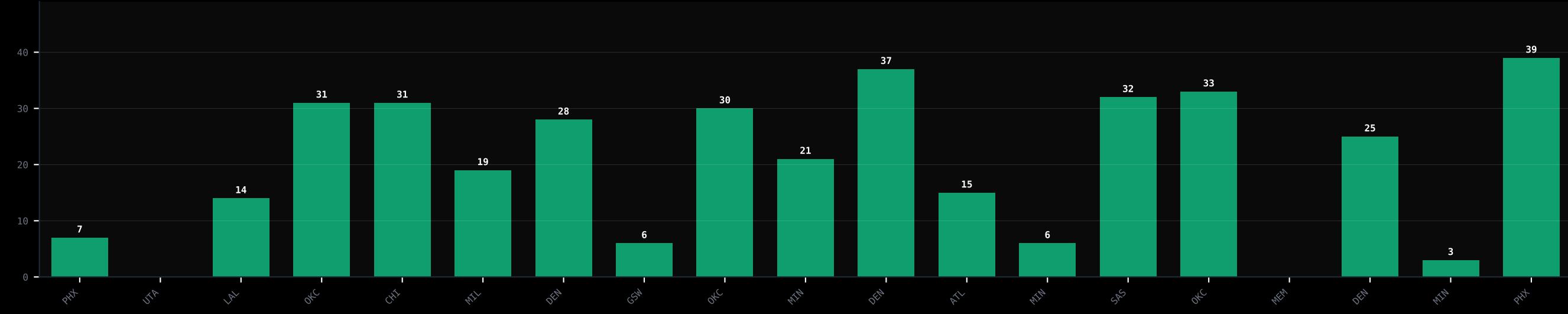


Centers (C) - Avg: 21.4 PPG | 19 games

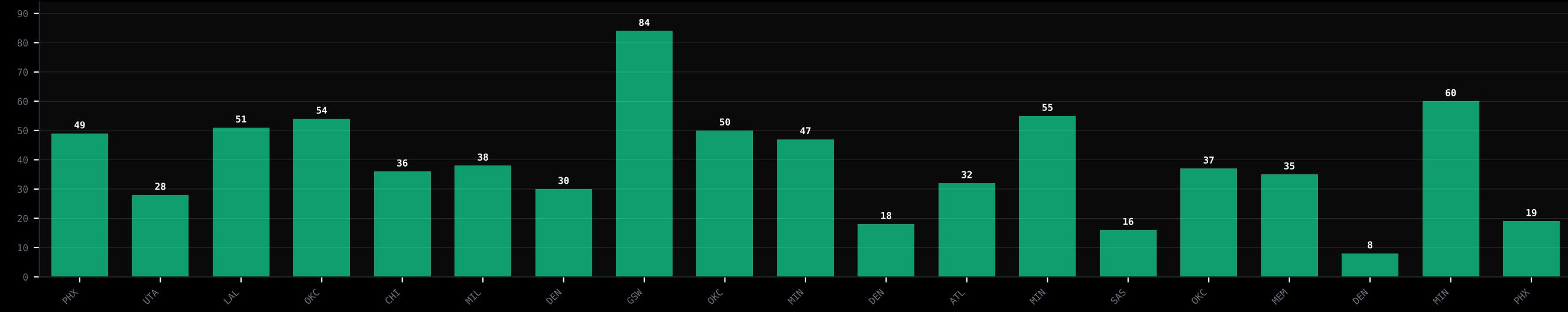


Sacramento Kings (SAC) - Points Allowed by Position

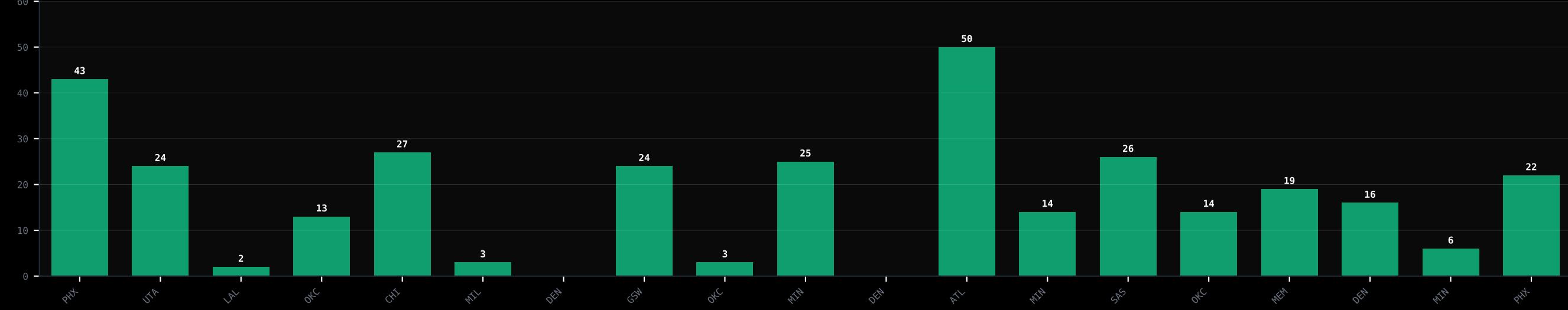
Point Guards (PG) - Avg: 19.8 PPG | 19 games



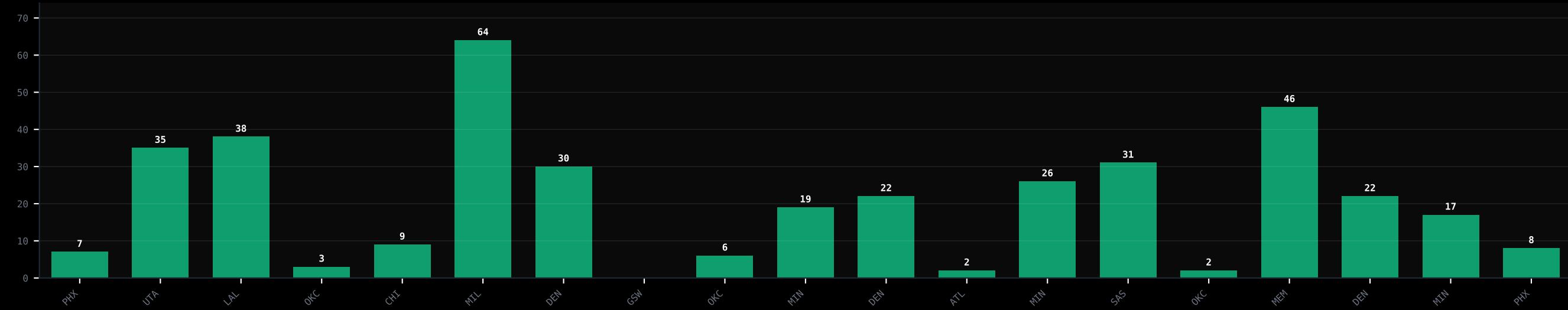
Shooting Guards (SG) - Avg: 39.3 PPG | 19 games



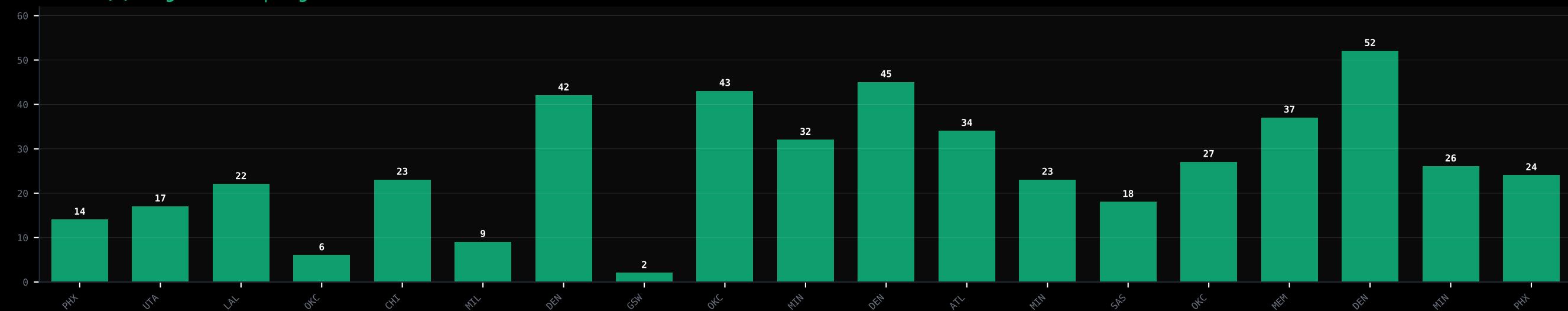
Small Forwards (SF) - Avg: 17.4 PPG | 19 games



Power Forwards (PF) - Avg: 20.4 PPG | 19 games

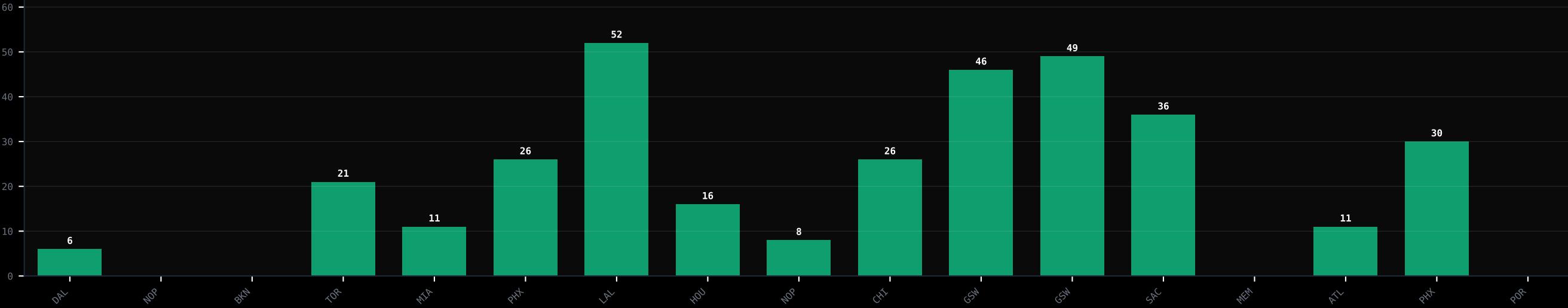


Centers (C) - Avg: 26.1 PPG | 19 games

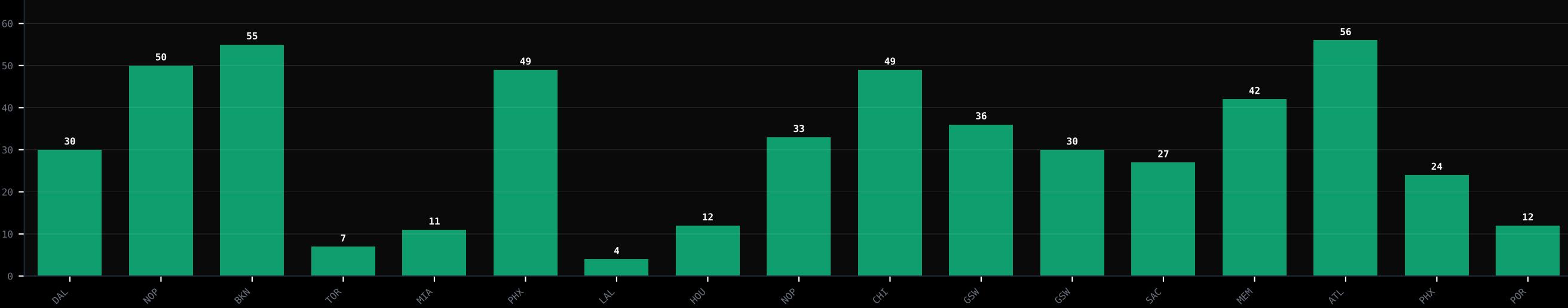


San Antonio Spurs (SAS) - Points Allowed by Position

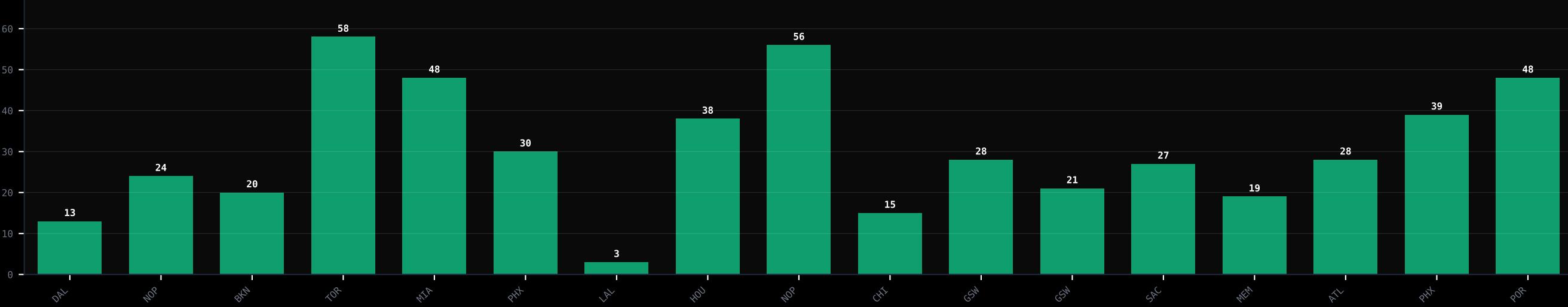
Point Guards (PG) - Avg: 19.9 PPG | 17 games



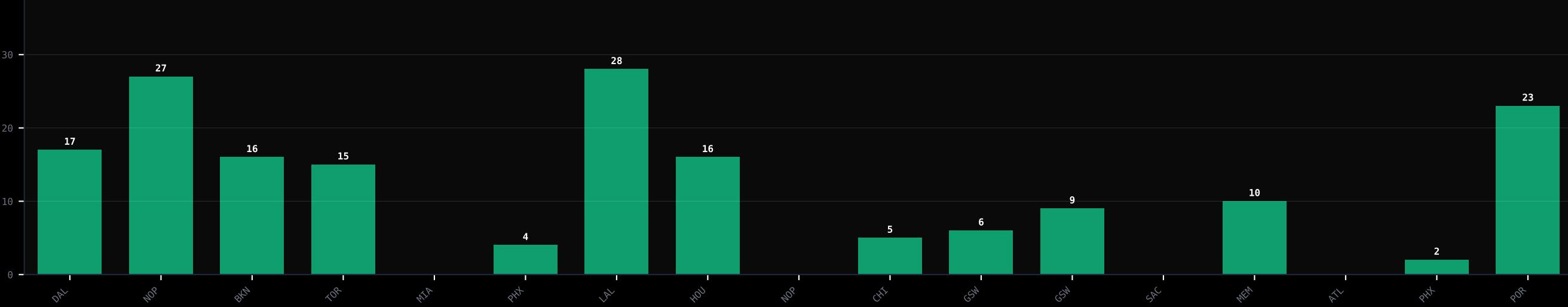
Shooting Guards (SG) - Avg: 31.0 PPG | 17 games



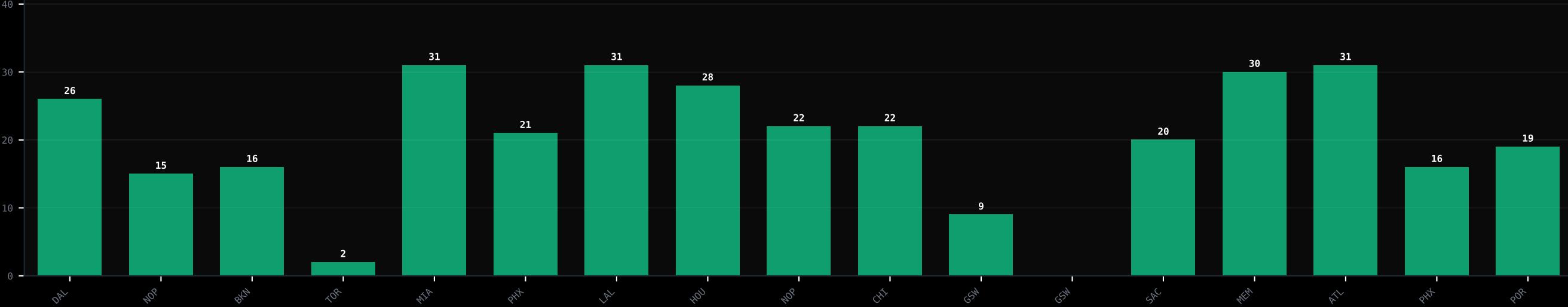
Small Forwards (SF) - Avg: 30.3 PPG | 17 games



Power Forwards (PF) - Avg: 10.5 PPG | 17 games

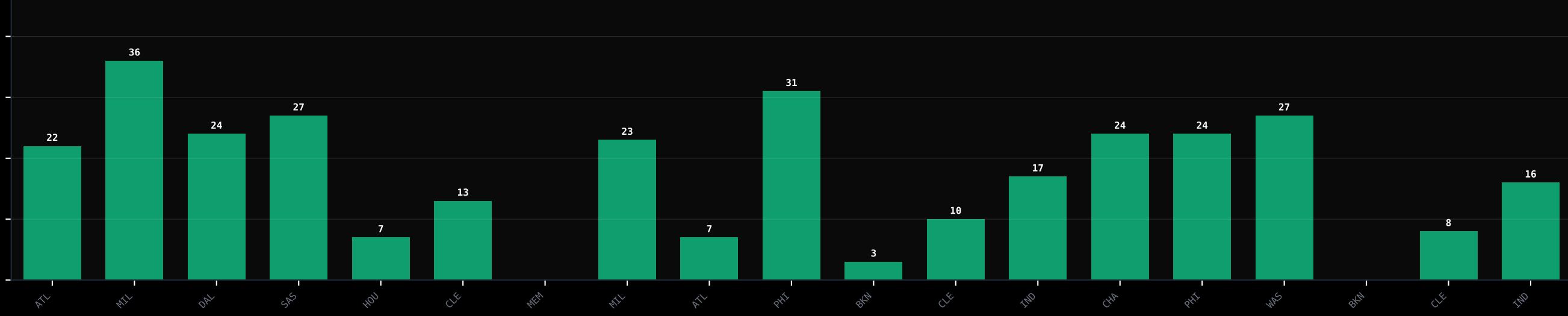


Centers (C) - Avg: 19.9 PPG | 17 games

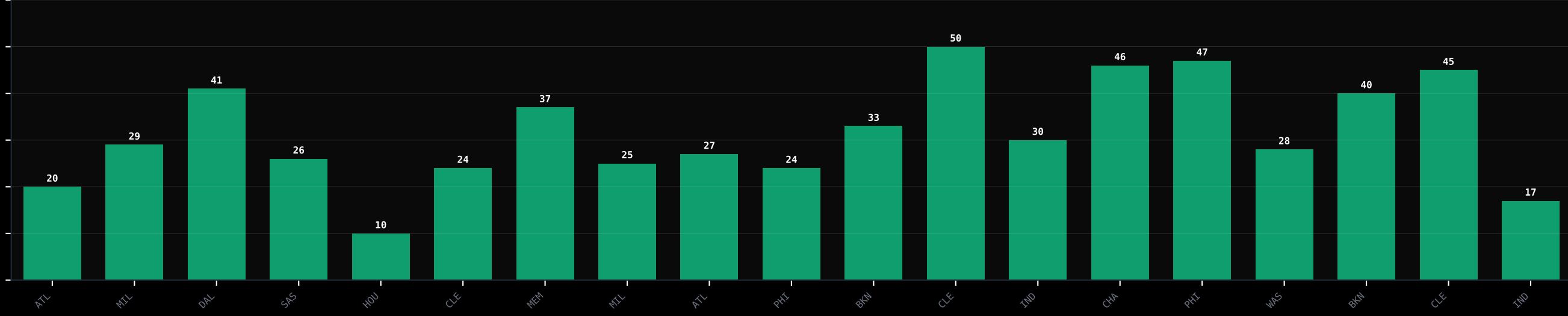


Toronto Raptors (TOR) - Points Allowed by Position

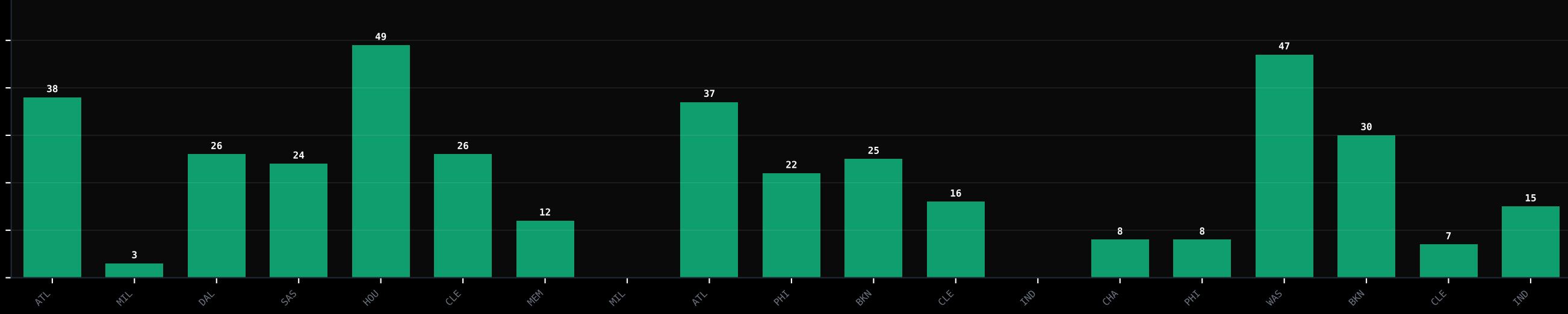
Point Guards (PG) - Avg: 16.8 PPG | 19 games



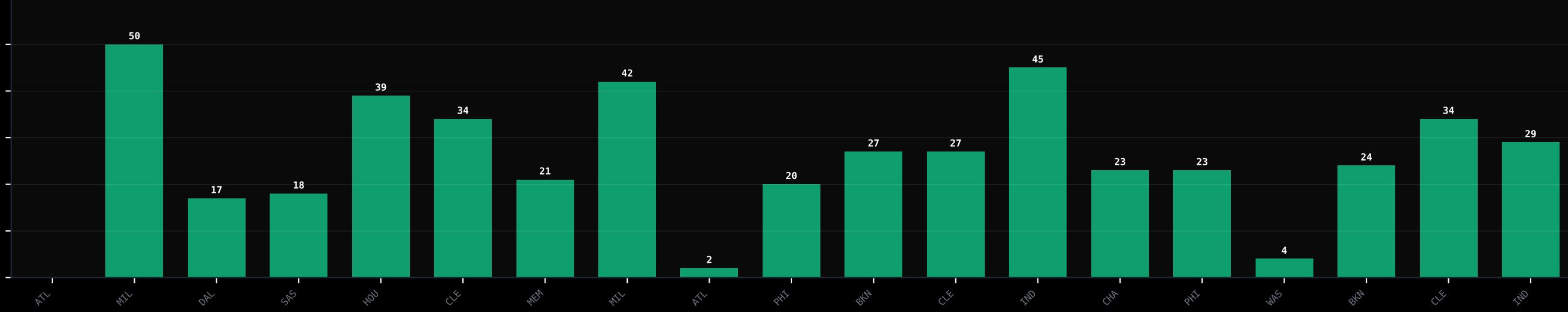
Shooting Guards (SG) - Avg: 31.5 PPG | 19 games



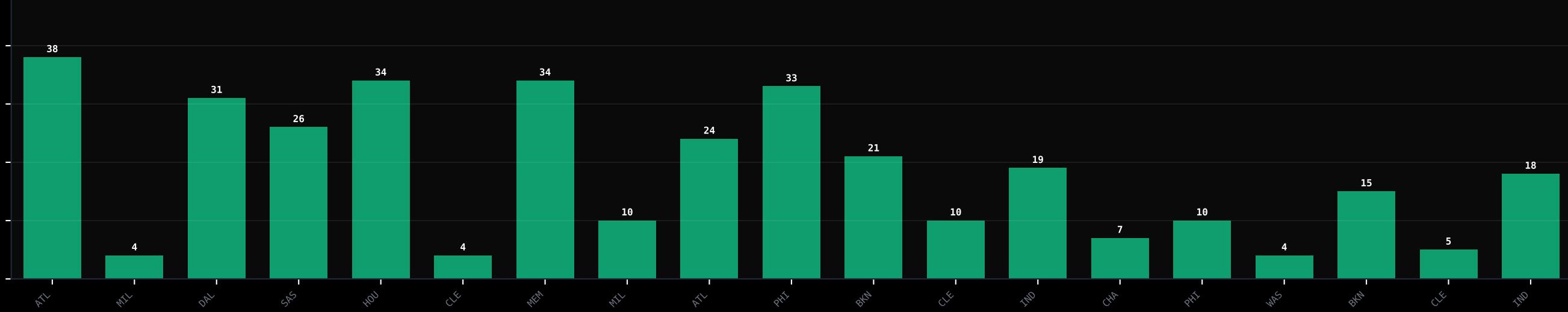
Small Forwards (SF) - Avg: 20.7 PPG | 19 games



Power Forwards (PF) - Avg: 25.2 PPG | 19 games

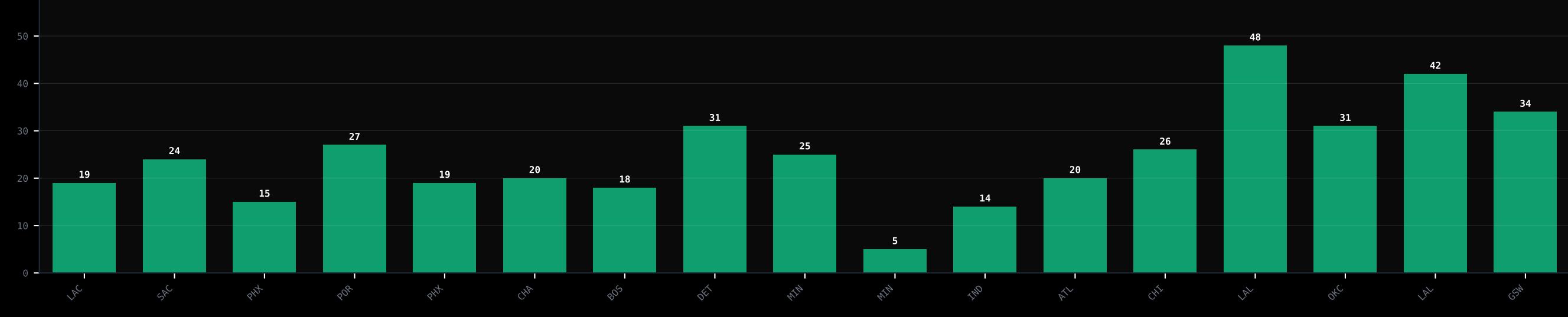


Centers (C) - Avg: 18.3 PPG | 19 games

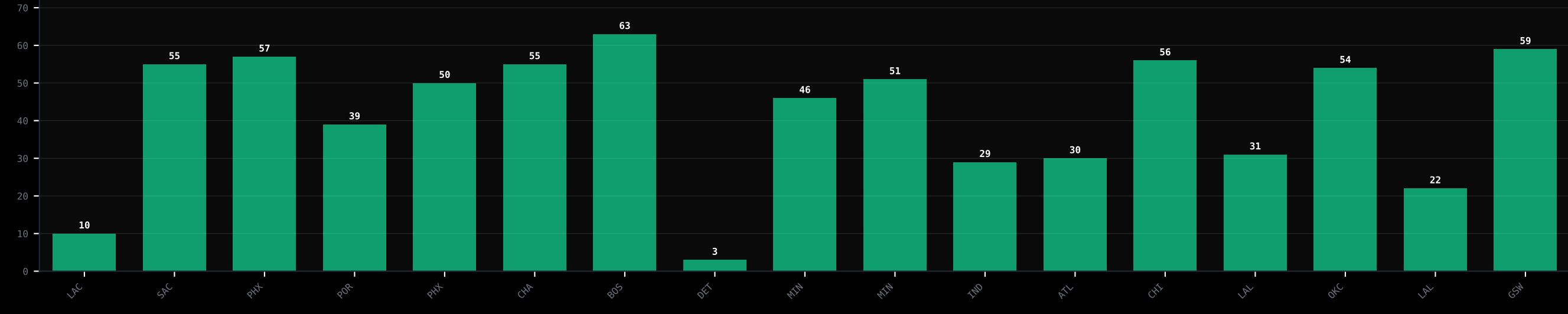


Utah Jazz (UTA) - Points Allowed by Position

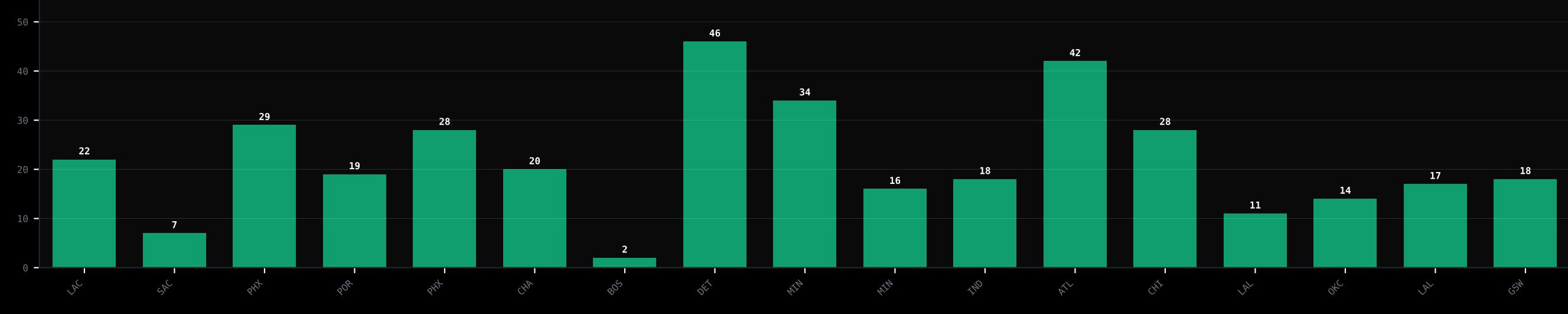
Point Guards (PG) - Avg: 24.6 PPG | 17 games



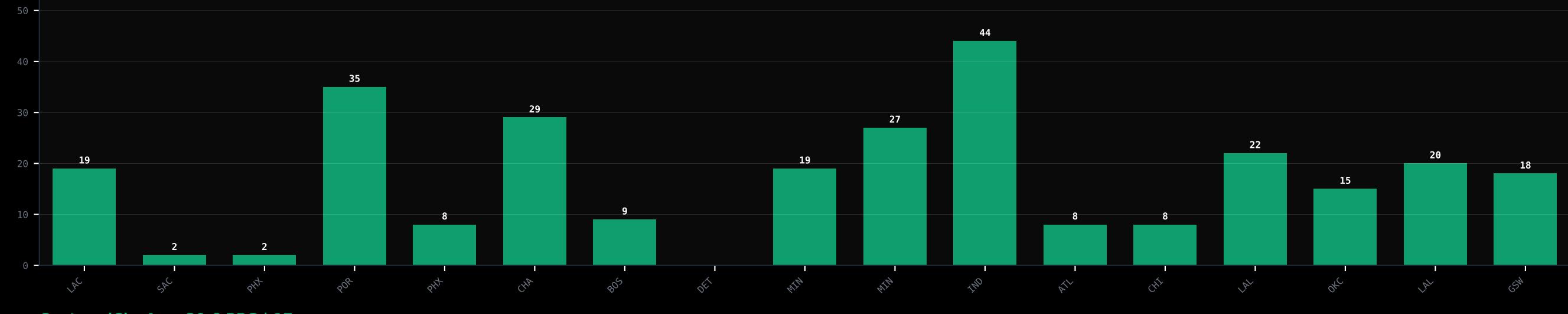
Shooting Guards (SG) - Avg: 41.8 PPG | 17 games



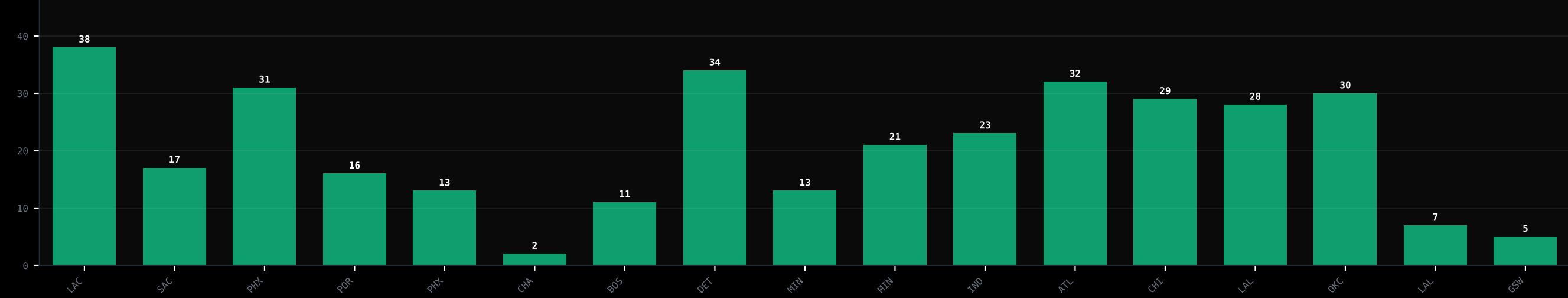
Small Forwards (SF) - Avg: 21.8 PPG | 17 games



Power Forwards (PF) - Avg: 16.8 PPG | 17 games

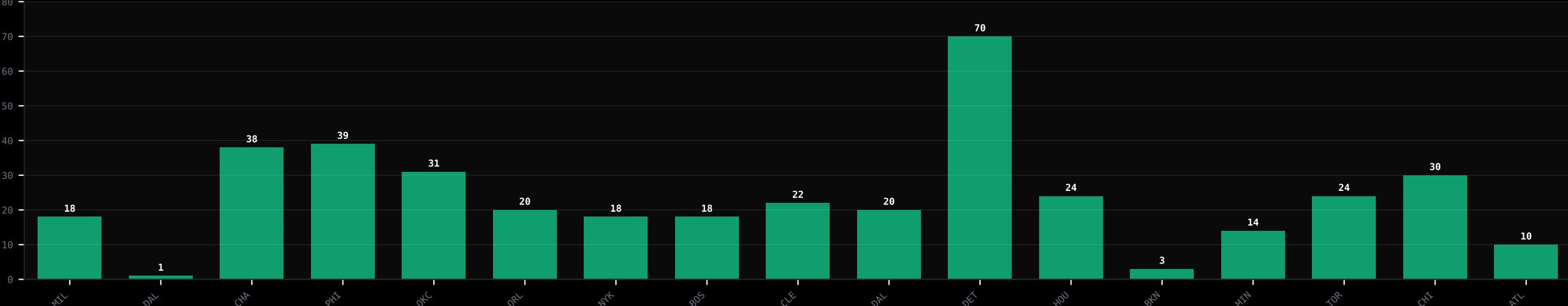


Centers (C) - Avg: 20.6 PPG | 17 games

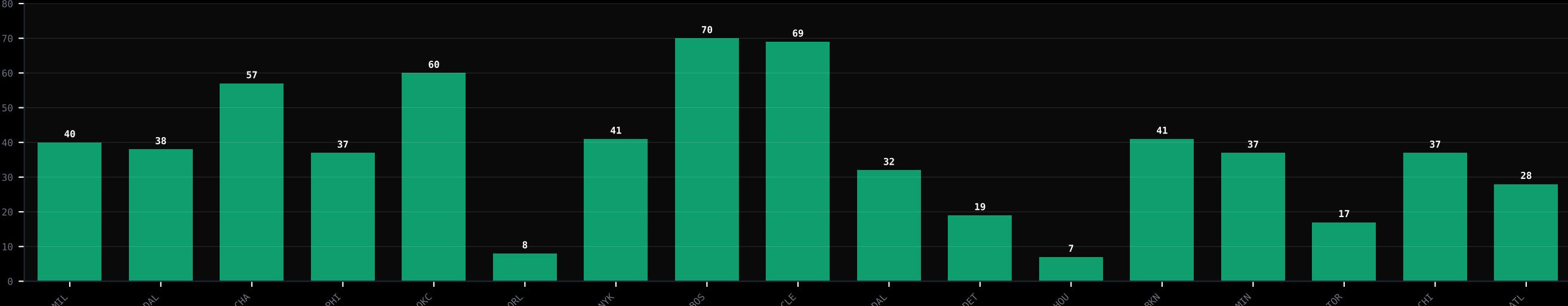


Washington Wizards (WAS) - Points Allowed by Position

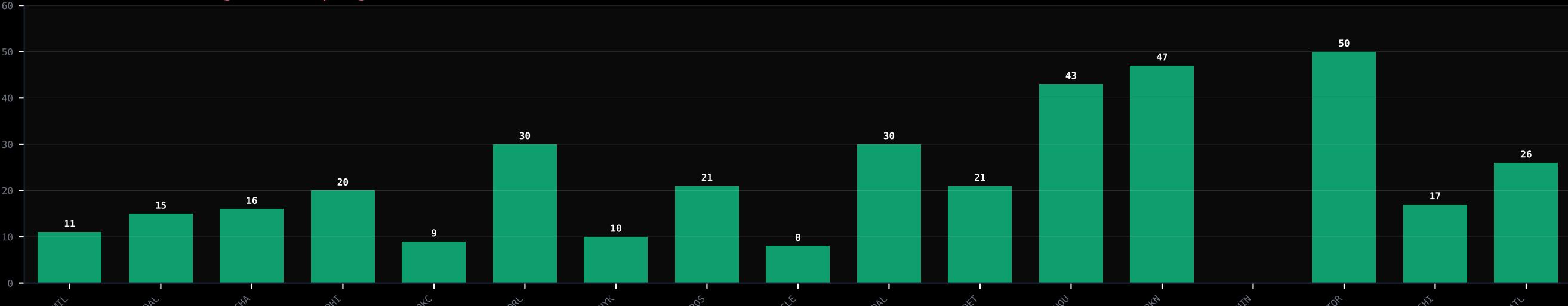
Point Guards (PG) - Avg: 23.5 PPG | 17 games



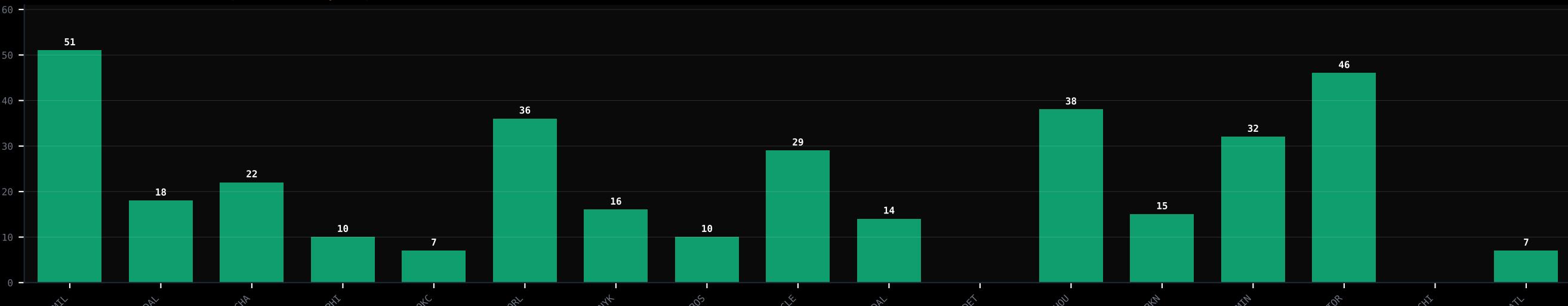
Shooting Guards (SG) - Avg: 37.5 PPG | 17 games



Small Forwards (SF) - Avg: 22.0 PPG | 17 games



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



Centers (C) - Avg: 24.5 PPG | 17 games

