Nba Final Analysis of Age versus performance-

Does age play a factor in performance and what is the average age? What is the “peak” or “prime” age when NBA players are at their best?

There are around 450 players in the NBA each season. I was curious, does age affect playing time and points? What explains any outliers (Eg. A 45-year-old NBA player). I found that age is factor in playing time and performance in the form of points scored and minuets played. The average NBA player in the 2022-2023 season was 26.01 years old. According to slide 9, players score the most points at the age of 25. Initially, we thought the prime would be a bit higher around 28-29. The bar charts provided in the presentation show that age versus performance followed the classic bell curve shape. Players perform at a lower level and play less when they’re young, especially players below the age of 20. What was interesting were the outliers that were apparent. There are NBA players who are still in the league at the age of up to 43. There are examples of this such as Lebron James and Udonis Haslem who act as mentors to the younger players but don’t necessarily carry any responsibility to perform and cannot perform like they once could. In our datasets we compared the performance such as MVP awards, All-NBA awards and peak efficiency. The average age of an All-Star was 26.5 and the average age of the MVP winner was 27.9 years old. So while as a whole, the points scored were highest by 25 year old players, true higher level success is attained in players who are a bit more seasoned.