Offensive efficiency vs. defensive efficiency: -0.1803 correlation. Teams that average low seconds per possession on offense tend to be more efficient on offense. The correlation (or anti-correlation, rather) is twice as strong on defense, where teams that force their opponents into longer possessions tend to have good defensive efficiency. At its core, shot selection on offense is a real world application of optimal stopping theory, where good defenses force their opponents into longer search sequences in pursuit of a positive expected value shot opportunity. Looks for these stats to be provi Perhaps defensive players are staying back to help their smaller bigs against strong offensive rebounding teams rather than running the floor when a shot goes up. Here is how individual teams have balanced transition defense off misses with offensive rebounding this season: The Oklahoma City Thunder are by far the best team in preventing opponents from running off live ball rebounds, and theyâ€™re also a top 3 offensive rebounding team. A similar analysis today might illuminate how the tradeoffs of offensive rebounding have changed in the new NBA environment. Such a study with access to spatial tracking data is needed to draw firmer conclusions, but preliminary indications are that perhaps crashing the offensive boards should come back in style. Offensive/defensive ARE balanced. Offense is better early and defense is better later in the game. These are the real offensive/defensive effects: DEFENSIVE PROS Cheap artillery Better siege rating DEFENSIVE CONS Lower shock rating. OFFENSIVE PROS High morale High shock OFFENSIVE CONS Expensive artillery. Here are the exact stats, as posted by State Machine a few days ago.