NORDIC HOOPS ANALYTICS

TECHNICAL GAME REPORT

BOX SCORE + PLAY-BY-PLAY ANALYSIS

Tromsø Storm 74 - 100 Frøya

18/09/2026 | BLNO MEN

EXECUTIVE ANALYST REPORT

MATCH VERDICT

Frøya won by 26 through the combined effect of 29.1 points of offensive-rating advantage, stronger shot conversion and the ability to protect more possessions.

1. SHOT VALUE: Tromsø Storm 41.3% eFG% versus Frøya 56%.
2. POSSESSION SECURITY: TOV% was 22.9% versus 16.9%.
3. OFFENSIVE REBOUNDING: OREB totals were 12 versus 9; extra chances must be connected to efficient scoring.
4. PACE: estimated possessions were 92.7 and 91.8, not simply the number of field-goal attempts.
5. GAME CONTROL: the scoring flow below identifies when the margin expanded or contracted.

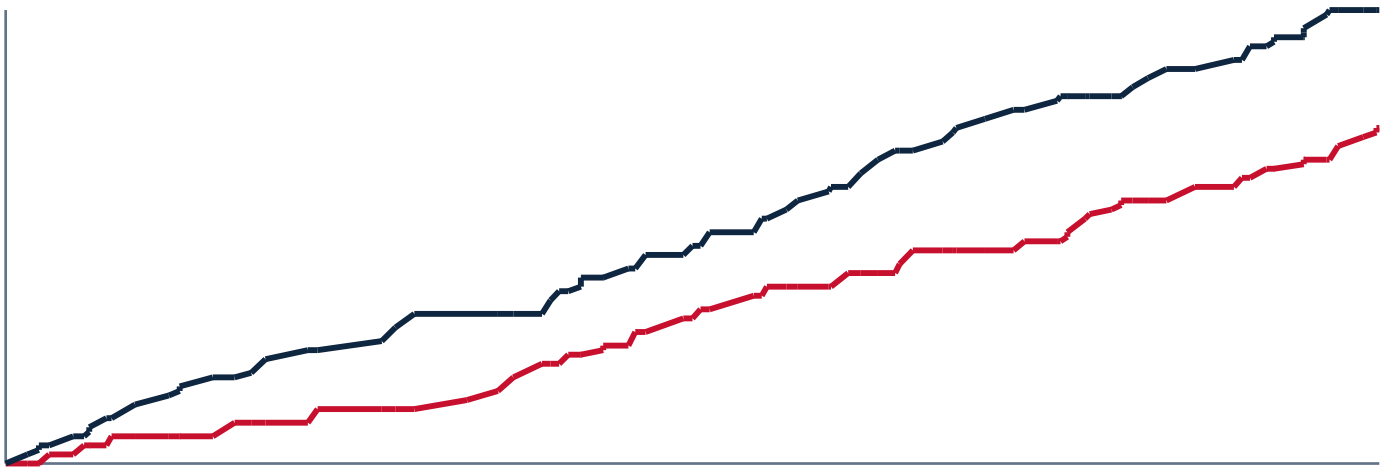
SCORING FLOW AND TEMPO

PERIOD	Tromsø Storm	Frøya	CUMULATIVE
Q1	12	25	12 - 25
Q2	20	23	32 - 48
Q3	17	30	49 - 78
Q4	25	22	74 - 100

SCORING RATE / GAME TEMPO

METRIC	Tromsø Storm	Frøya
Points per minute	1.85	2.5
Points per possession	0.798	1.089
Possessions per minute	2.32	2.29
Seconds per possession	25.9	26.1
Estimated ORTG	79.8	108.9

CUMULATIVE SCORE



Tromsø Storm 74 **Frøya 100**

ANALYST NOTE

The pace profile is separated from the scoring profile: a team can play at similar volume but generate a very different number of points per possession. Frøya scored 1.089 points per estimated possession.

COMPLETE TEAM BOX SCORE

STAT	Tromsø Storm	Frøya	WHY IT MATTERS
Points	74	100	-26
FGM - FGA	25 - 75	36 - 75	-11 makes
2PT	13/34	24/42	interior conversion
3PT	12/41	12/33	perimeter volume
FT	12/13	16/20	line pressure
OREB - DREB	12 - 25	9 - 33	3 OREB
Total rebounds	37	42	second chances
Assists	17	21	creation
Turnovers	24	17	possession cost
Steals	9	16	pressure
Blocks	6	6	rim events

ADVANCED TEAM PROFILE

METRIC	Tromsø Storm	Frøya	INTERPRETATION
ORTG	79.8	108.9	Frøya offensive edge
DRTG	108.9	79.8	lower is better
NET RTG	-29.1	29.1	single-game net
eFG%	41.3%	56%	shot value
TS%	45.8%	59.7%	free throws included
TOV%	22.9%	16.9%	possessions ending early
OREB%	26.7%	26.5%	second-chance share
FTr	17.3%	26.7%	FTA per FGA
AST/FGM%	68%	58.3%	assisted makes
3PA rate	54.7%	44%	perimeter diet

Possessions = FGA + 0.44 x FTA - OREB + TOV. DRTG uses opponent points over each team's estimated possessions.

SHOT ECONOMY

SHOOTING CHANNEL	Tromsø Storm	Frøya	ANALYTICAL READING
Points from 2PT	26	48	interior scoring
Points from 3PT	36	36	perimeter scoring
Points from FT	12	16	line pressure
2PT FG%	38.2%	57.1%	conversion
3PT FG%	29.3%	36.4%	perimeter conversion
FT%	92.3%	80%	free-throw conversion
Paint / 2PT attempt share	45.3%	56%	interior volume
3PT attempt share	54.7%	44%	perimeter volume

WHAT THIS MEANS ON COURT

The comparison must distinguish makes, attempts and points. Identical three-point makes can coexist with very different efficiency if one team needs more attempts; the higher-leverage separator is usually the combination of two-point conversion, turnovers and free-throw pressure.

SHOT-TIME PROFILE

WINDOW	H FGA	H FG%	H eFG%	H PTS	A FGA	A FG%	A eFG%	A PTS
EARLY | 24-17 sec	24	12.5%	12.5%	6	20	45%	45%	18
MIDDLE | 16-9 sec	30	46.7%	60%	36	30	40%	48.3%	29
LATE | 8-0 sec	16	37.5%	50%	16	18	66.7%	86.1%	31
CLASSIFIED TOTAL	70	35.7%	35.7%	62	68	52.9%	52.9%	84

IMPORTANT INTERPRETATION

Classified attempts: 70/75 for Tromsø Storm and 68/75 for Frøya. No official shot-clock field exists in the source; windows are reconstructed from game-clock events, made baskets, rebounds, turnovers and qualifying resets.

POSSESSION BATTLE

POSSESSION EVENT	Tromsø Storm	Frøya	COACHING INTERPRETATION
Estimated possessions	92.7	91.8	volume
Turnovers	24	17	lost opportunities
Steals	9	16	disruption
Offensive rebounds	12	9	extended possessions
Defensive rebounds	25	33	finished sequences
Total rebounds	37	42	overall board
Blocks	6	6	rim protection

PBP events loaded: 1032. Scoring is checked against the official final score before a report is generated.

Tromsø Storm - FULL PLAYER TABLE

PLAYER	MIN	PTS	FGA	3PA	FTA	2P%	3P%	eFG%	TS%	USG%	AST	TO	REB
Grant Sitton	30.8	22	20	17	3	66.7	29.4	47.5	51.6	24.1	0	1	4
Garrett Daniel Denbow	30.3	15	21	10	0	27.3	30	35.7	35.7	25.9	1	3	7
Johannes Rydningen Lange	29.3	15	10	5	2	40	60	65	68.9	17.1	10	5	5
Isak Emanuel Ramirez Nilsen	28.5	6	6	2	2	50	0	33.3	43.6	10.7	2	3	4
Trym Andreas Engelsen	22.4	0	6	5	0	0	0	0	0	10.8	0	4	6
Anders Isaksen Solem	17.5	5	4	0	2	50	0	50	51.2	6.3	0	1	4
David Berntsen	14.9	4	3	0	2	33.3	0	33.3	51.5	5.3	0	1	3
Vakaris Rogaciovas	13.4	5	3	2	0	100	50	83.3	83.3	7.5	2	4	1
Erlend Suhr Fandrem	8.6	2	2	0	2	0	0	0	34.7	4.2	0	1	1
Omar Meknas	4.1	0	0	0	0	0	0	0	0	1.1	2	1	2
Jakob Heier Kantola	0.1	0	0	0	0	0	0	0	0	0	0	0	0

eFG% accounts for the added value of three-point makes. TS% includes free throws. USG% estimates the share of team possessions finished by the player.

Frøya - FULL PLAYER TABLE

PLAYER	MIN	PTS	FGA	3PA	FTA	2P%	3P%	eFG%	TS%	USG%	AST	TO	REB
Drake Downs	26.9	20	15	6	1	55.6	50	63.3	64.8	22.3	4	5	8
Jacob Månsson	24.7	13	12	3	2	44.4	33.3	45.8	50.5	17.3	3	3	12
Kasper Hagberg	23.3	17	10	4	6	83.3	25	65	67.2	15.9	4	2	6
Aksel Hvalgård Borg	22.9	7	7	3	0	50	33.3	50	50	8.7	4	1	3
Cory Johnson	21.7	17	9	4	5	60	50	66.7	75.9	14.4	2	2	11
Jo Mathias Bjørnevog	20.4	3	5	5	0	0	20	30	30	5.4	2	0	0
Christopher Jetsadakhon Dalland	19.1	14	6	3	6	66.7	66.7	83.3	81	11.6	2	2	1
Sondre Jacobsen	17.2	5	3	1	0	50	100	83.3	83.3	4.4	0	1	0
Johannes Benjamin Wangensteen	16.7	2	5	3	0	50	0	20	20	6.5	0	1	0
Gabriel Jordan Sanford	7.1	2	3	1	0	50	0	33.3	33.3	3.3	0	0	1

eFG% accounts for the added value of three-point makes. TS% includes free throws. USG% estimates the share of team possessions finished by the player.

PLAYER PRODUCTION PER 100

PLAYER	TEAM	PTS/100	REB/100	AST/100	STL/100	TO/100	TS%	USG%
Grant Sitton	Tromsø Storm	23.7	4.3	0	1.1	1.1	51.6	24.1
Drake Downs	Frøya	21.8	8.7	4.4	1.1	5.4	64.8	22.3
Kasper Hagberg	Frøya	18.5	6.5	4.4	3.3	2.2	67.2	15.9
Cory Johnson	Frøya	18.5	12	2.2	0	2.2	75.9	14.4
Garrett Daniel Denbow	Tromsø Storm	16.2	7.5	1.1	0	3.2	35.7	25.9
Johannes Rydningen Lange	Tromsø Storm	16.2	5.4	10.8	1.1	5.4	68.9	17.1
Christopher Jetsadakhon Dalland	Frøya	15.3	1.1	2.2	4.4	2.2	81	11.6
Jacob Månsson	Frøya	14.2	13.1	3.3	2.2	3.3	50.5	17.3
Aksel Hvalgård Borg	Frøya	7.6	3.3	4.4	4.4	1.1	50	8.7
Isak Emanuel Ramirez Nilsen	Tromsø Storm	6.5	4.3	2.2	4.3	3.2	43.6	10.7
Sondre Jacobsen	Frøya	5.4	0	0	0	1.1	83.3	4.4
Anders Isaksen Solem	Tromsø Storm	5.4	4.3	0	1.1	1.1	51.2	6.3
Vakaris Rogaciovas	Tromsø Storm	5.4	1.1	2.2	0	4.3	83.3	7.5
David Berntsen	Tromsø Storm	4.3	3.2	0	1.1	1.1	51.5	5.3
Jo Mathias Bjørnevog	Frøya	3.3	0	2.2	1.1	0	30	5.4
Johannes Benjamin Wangensteen	Frøya	2.2	0	0	1.1	1.1	20	6.5
Gabriel Jordan Sanford	Frøya	2.2	1.1	0	0	0	33.3	3.3
Erlend Suhr Fandrem	Tromsø Storm	2.2	1.1	0	0	1.1	34.7	4.2
Trym Andreas Engelsen	Tromsø Storm	0	6.5	0	0	4.3	0	10.8
Omar Makads	Tromsø Storm	0	2.2	2.2	1.1	1.1	0	11
Jakob Heier Kantola	Tromsø Storm	0	0	0	0	0	0	0

Per 100 values are normalised to each team's estimated possessions. They are full season averages and should be interpreted alongside minutes and role.

PLAYER-LEVEL ANALYST READ

Frøya: EFFICIENT CORE

Christopher Jetsadakhon Dalland (14 pts, 81 TS%, 15.3 PTS/100), Cory Johnson (17 pts, 75.9 TS%, 18.5 PTS/100), Johannes Rydningen Lange (15 pts, 68.9 TS%, 16.2 PTS/100) led the most efficient scoring profiles among players with a meaningful attempt sample.

SCORING DISTRIBUTION

The leading scorers were Grant Sitton (22), Drake Downs (20), Kasper Hagberg (17). The key question is whether the scoring came from sustainable shot quality, free throws or high-volume attempts.

CREATION AND SECURITY

Johannes Rydningen Lange supplied 10 assists. Johannes Rydningen Lange recorded 5 turnovers, so creation quality must be evaluated together with possession cost.

DATA, METHODS AND CONFIDENCE

OFFICIAL BOX SCORE

Team and player totals come from the official match record.

POSSESSION FORMULA

Estimated possessions = FGA + 0.44 x FTA - OREB + TOV.

ADVANCED RATES

ORTG, DRTG, NET RTG, eFG%, TS%, TOV%, OREB%, FTr, AST/FGM% and 3PA rate are calculated from the box score.

PLAYER RATES

PTS/100, REB/100, AST/100, STL/100 and TO/100 use each team's estimated possessions. USG% is the player's estimated finishing share.

SHOT-TIME RECONSTRUCTION

The play-by-play has game-clock events but no official shot-clock field. Possession starts and resets are reconstructed from event order.

QUALITY CONTROL

1032 play-by-play events were loaded; scoring is validated against the final score and malformed parent events are excluded from chronology calculations.

LIMITATION

This is a one-game descriptive analysis. It explains this match and does not establish a repeatable team identity without a larger sample.

FINAL COACHING CONCLUSIONS

FOR TROMSØ STORM

Protect the most efficient shot areas, reduce possessions ending in live-ball turnovers and connect offensive rebounds to higher-value attempts. Compare the team's 2PT, 3PT and free-throw profile before making a shooting-only diagnosis.

FOR FRØYA

Preserve the possession and shot-quality advantages that produced the result, but test whether the same profile survives against a different defensive scheme and a larger sample.

MATCH IN ONE SENTENCE

Frøya combined the stronger points-per-possession profile with the better balance between shot value, possession security and scoring distribution.