NHA / PERFORMANCE INTELLIGENCE / 01

Tromsø Storm 74 Frøya 100

Staff decision brief | BLNO Men | 18 September 2026 | Game 8426729

A 26-point defeat built on a 22-point two-point scoring deficit and a four-point free-throw deficit. Three-point scoring was identical. Frøya's two-point advantage is the first film-review priority; the box score does not identify whether it came from transition, rim pressure, post play or coverage errors.

Decision question	Evidence	Coaching response
Where did the finishing gap originate?	2P: 13/34 vs 24/42; +22 points to Frøya	Code all 76 two-point attempts by location, action and contest. Separate advantage creation from finishing.
Was perimeter volume productive?	Tromsø: 41 of 75 FGA from three; 12 made	Audit open catches versus late contested attempts before reducing volume.
When did the game separate?	Q1: -13; Q3: -13; halftime deficit: 16	Review both opening and post-halftime possessions; Q3 extended an existing gap.
How concentrated was creation?	Lange: 10 of 17 team assists, with 5 turnovers	Prepare a second outlet and review creation responsibility when the first action is contained.

Staff priorities for the next review

1. Locate the sources of the two-point disadvantage. 2. Classify live-ball and dead-ball turnovers. 3. Review shot selection and spacing around the primary creators. Assign a staff owner and a video clip to every proposed adjustment before adopting a new coverage.

Scope: this is one historical game, not a current opponent scouting pack. Rosters, availability and usual minutes for a future fixture must be checked using a multi-game sample. No video, tracking, injury or contractual evidence is included.

NHA / PERFORMANCE INTELLIGENCE / 02

Possession & shot economy

Rates are recalculated from validated player totals plus separately recorded team events.

Metric	Tromsø Storm	Frøya
Points	74	100
Field goals made	25	36
Field goals attempted	75	75
3P made	12	12
3P attempted	41	33
FT made	12	16
FT attempted	13	20
Offensive rebounds	16	9
Defensive rebounds	29	35
Assists	17	21
Turnovers	24	17
Steals	9	16
Blocks	6	6

Scoring bridge, Frøya minus Tromsø: two-pointers +22; three-pointers 0; free throws +4; total +26. This accounts for the margin. It does not estimate the causal value of any play type.

Team rebounds and team turnovers are not silently assigned to players. The player tables preserve individual totals; the team profile includes independently recorded team events where verified.

Efficiency & four factors

Use the same denominator convention when comparing ratings. Do not compare this report with a different possession model without adjustment.

Metric	Tromsø Storm	Frøya
Estimated possessions	88.7	91.8
Offensive rating / 100	83.4	108.9
Defensive rating / 100	108.9	83.4
Net rating	-25.5	25.5
eFG%	41.3%	56.0%
TS%	45.8%	59.7%
TOV% - play denominator	22.9%	16.9%
ORB%	31.4%	23.7%
DRB%	76.3%	68.6%
FTA / FGA	17.3%	26.7%
3PA / FGA	54.7%	44.0%
Assisted FGM	68.0%	58.3%

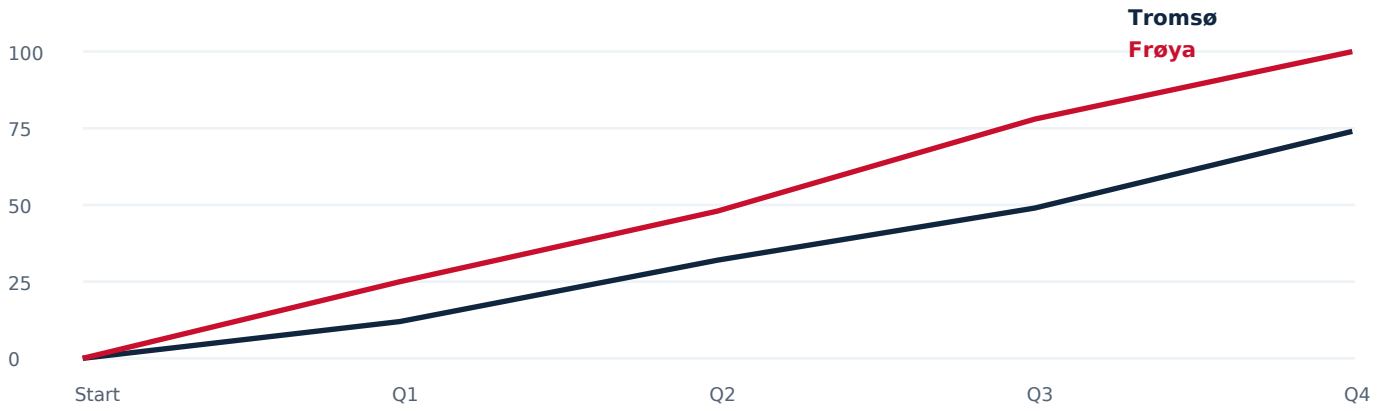
Mean estimated pace: 90.3 possessions per 40 minutes. Separate team possession estimates differ because box-score possession counting is approximate. Offensive and defensive ratings use each respective team’s estimate.

Tromsø’s offensive rebound rate partially offsets missed shots, but does not erase poor conversion or possession-ending errors. Frøya’s higher eFG% describes better shot-value return, not independently measured shot quality.

Game trajectory

Official period scores; cumulative positions matter as much as the quarter with the largest gap.

Period	Tromsø	Frøya	Q margin	Cumulative	Game margin
Q1	12	25	-13	12-25	-13
Q2	20	23	-3	32-48	-16
Q3	17	30	-13	49-78	-29
Q4	25	22	3	74-100	-26



What the sequence supports

Frøya established a 13-point lead in Q1, added three points in Q2 and another 13 in Q3. Tromsø won Q4 by three with the game already heavily separated. The last quarter should not be used on its own as evidence of a successful tactical adjustment.

Video review queue

Window	Question	Code before deciding
Opening quarter	How did the first separation emerge?	Turnover context; first advantage; two-point location; transition after misses.
First five minutes after halftime	Did the same problem persist or did the opponent change?	Personnel, coverage, play call, help source and shot contest.
Fourth quarter	Did opponent personnel or intensity change?	Lineups and score context before comparing efficiency.

Tromsø Storm | full roster

Game production, including players with very limited minutes. Shooting cells show makes/attempts; counting figures are game totals.

Player	MIN	PTS	OR	DR	AST	TO	ST	BL	PF	2P	3P	FT
Grant Sitton	30.8	22	0	4	0	1	1	2	2	2/3	5/17	3/3
Garrett Daniel Denbow	30.3	15	2	5	1	3	0	0	2	3/11	3/10	0/0
Johannes Rydningen Lange	29.3	15	1	4	10	5	1	0	4	2/5	3/5	2/2
Isak Emanuel Ramirez Nilsen	28.5	6	1	3	2	3	4	2	2	2/4	0/2	2/2
Trym Andreas Engelsen	22.4	0	3	3	0	4	0	0	0	0/1	0/5	0/0
Anders Isaksen Solem	17.5	5	2	2	0	1	1	1	2	2/4	0/0	1/2
David Berntsen	14.9	4	2	1	0	1	1	1	3	1/3	0/0	2/2
Vakaris Rogaciovas	13.4	5	0	1	2	4	0	0	2	1/1	1/2	0/0
Erlend Suhr Fandrem	8.6	2	0	1	0	1	0	0	1	0/2	0/0	2/2
Omar Meknas	4.1	0	1	1	2	1	1	0	0	0/0	0/0	0/0
Jakob Heier Kantola	0.1	0	0	0	0	0	0	0	0	0/0	0/0	0/0

Minutes reconcile to 200.0 player-minutes. Top five by minutes: 70.7% of available player-minutes. This is workload in this game; it is not the team’s usual rotation.

Observed roster is not the full registered squad. A zero or very short appearance is not evidence of injury, availability or developmental status. Rebound and turnover differences between team and player sums belong to team events.

Tromsø Storm | advanced roster

Minute-adjusted estimates are marked *. Values based on a few seconds can be unstable and are not forecasts.

Player	TS%	eFG%	USG%*	AST%*	AST/TO	3PA/FGA	PTS/40	AST/40
Grant Sitton	51.6%	47.5%	27.7	0.0%	0.00	85.0%	28.6	0.0
Garrett Daniel Denbow	35.7%	35.7%	30.2	7.7%	0.33	47.6%	19.8	1.3
Johannes Rydningen Lange	68.9%	65.0%	20.7	75.0%	2.00	50.0%	20.5	13.6
Isak Emanuel Ramirez Nilsen	43.6%	33.3%	13.3	12.7%	0.67	33.3%	8.4	2.8
Trym Andreas Engelsen	0.0%	0.0%	17.0	0.0%	0.00	83.3%	0.0	0.0
Anders Isaksen Solem	51.2%	50.0%	12.8	0.0%	0.00	0.0%	11.4	0.0
David Berntsen	51.5%	33.3%	12.5	0.0%	0.00	0.0%	10.7	0.0
Vakaris Rogaciovas	83.3%	83.3%	20.0	31.4%	0.50	66.7%	14.9	6.0
Erlend Suhr Fandrem	34.7%	0.0%	17.2	0.0%	0.00	0.0%	9.3	0.0
Omar Meknas	-	-	9.4	78.7%	2.00	-	-	-
Jakob Heier Kantola	-	-	0.0	0.0%	-	-	-	-

Read volume and efficiency together

Garrett Daniel Denbow took 21/75 team field-goal attempts (28.0%) and produced 15 points. Johannes Rydningen Lange supplied 10/17 team assists. Distinguish scoring load from playmaking responsibility before assigning a development priority.

PTS/40 and AST/40 are withheld below five minutes. TS% and shooting percentages retain their actual small-sample denominators through the conventional table. Neither usage nor assists measure decision quality without opportunity and video context.

Frøya | full roster

Game production, including players with very limited minutes. Shooting cells show makes/attempts; counting figures are game totals.

Player	MIN	PTS	OR	DR	AST	TO	ST	BL	PF	2P	3P	FT
Drake Downs	26.9	20	0	8	4	5	1	1	4	5/9	3/6	1/1
Jacob Månsson	24.7	13	4	8	3	3	2	1	0	4/9	1/3	2/2
Kasper Hagberg	23.3	17	1	5	4	2	3	0	4	5/6	1/4	4/6
Aksel Hvalgård Borg	22.9	7	1	2	4	1	4	2	4	2/4	1/3	0/0
Cory Johnson	21.7	17	2	9	2	2	0	0	0	3/5	2/4	5/5
Jo Mathias Bjørnevog	20.4	3	0	0	2	0	1	0	0	0/0	1/5	0/0
Christopher Jetsadakhon Dalland	19.1	14	0	1	2	2	4	0	2	2/3	2/3	4/6
Sondre Jacobsen	17.2	5	0	0	0	1	0	0	1	1/2	1/1	0/0
Johannes Benjamin Wangensteen	16.7	2	0	0	0	1	1	2	0	1/2	0/3	0/0
Gabriel Jordan Sanford	7.1	2	1	0	0	0	0	0	1	1/2	0/1	0/0

Minutes reconcile to 200.0 player-minutes. Top five by minutes: 59.8% of available player-minutes. This is workload in this game; it is not the team’s usual rotation.

Observed roster is not the full registered squad. A zero or very short appearance is not evidence of injury, availability or developmental status. Rebound and turnover differences between team and player sums belong to team events.

Frøya | advanced roster

Minute-adjusted estimates are marked *. Values based on a few seconds can be unstable and are not forecasts.

Player	TS%	eFG%	USG%*	AST%*	AST/TO	3PA/FGA	PTS/40	AST/40
Drake Downs	64.8%	63.3%	30.2	24.7%	0.80	40.0%	29.7	5.9
Jacob Månsson	50.5%	45.8%	25.5	17.4%	1.00	25.0%	21.0	4.9
Kasper Hagberg	67.2%	65.0%	24.9	26.7%	2.00	40.0%	29.1	6.9
Aksel Hvalgård Borg	50.0%	50.0%	13.9	22.8%	4.00	42.9%	12.3	7.0
Cory Johnson	75.9%	66.7%	24.1	13.7%	1.00	44.4%	31.3	3.7
Jo Mathias Bjørnevog	30.0%	30.0%	9.7	11.5%	-	100.0%	5.9	3.9
Christopher Jetsadakhon Dalland	81.0%	83.3%	22.1	15.2%	1.00	50.0%	29.3	4.2
Sondre Jacobsen	83.3%	83.3%	9.2	0.0%	0.00	33.3%	11.6	0.0
Johannes Benjamin Wangensteen	20.0%	20.0%	14.2	0.0%	0.00	60.0%	4.8	0.0
Gabriel Jordan Sanford	33.3%	33.3%	16.8	0.0%	-	33.3%	11.3	0.0

Read volume and efficiency together

Drake Downs took 15/75 team field-goal attempts (20.0%) and produced 20 points. Drake Downs supplied 4/21 team assists. Distinguish scoring load from playmaking responsibility before assigning a development priority.

PTS/40 and AST/40 are withheld below five minutes. TS% and shooting percentages retain their actual small-sample denominators through the conventional table. Neither usage nor assists measure decision quality without opportunity and video context.

Personnel & workload decisions

Use these observations to choose film clips, not to invent scouting tendencies.

Player	Measured evidence	Preparation / development question
Grant Sitton	22 PTS; 20 FGA; 17 three-point attempts	Separate open threes, contested threes and self-created attempts. Would a second-side action improve the opportunity?
Garrett Daniel Denbow	15 PTS; 6/21 FG; 3 turnovers	Review two-point access and advantage quality before attributing the efficiency to finishing skill.
Johannes Rydningen Lange	15 PTS; 10 AST; 5 TO	Classify pressured passes and the available second outlet. Ten assists indicate recorded creation, not ten independent successful possessions.
Drake Downs	20 PTS; 8/15 FG; 4 AST; 5 TO	Review the balance between finishing and decision risk. Prepare a pressure plan only after observing how the turnovers occurred.
Cory Johnson	17 PTS; 11 REB; 5/5 FT	Identify where contact and rebounds occur; box-score production alone does not prove a post-up or rim-running role.

No five-player units, closing groups, stint efficiency or on/off figures are published here: the substitution reconstruction has not passed an independent minute-by-minute validation. Staff should request that audit before using lineup figures to change selection.

From evidence to a practice plan

Proposed work, not a diagnosis of unseen film. Confirm the mechanism, then select the intervention.

Workstream	Proposed practice constraint	Measure	Next decision
Advantage containment	4v4 advantage recovery with a defined help source	Open two-point attempts and open kick-outs conceded per possession	Adjust help timing if the same source creates repeated clean attempts.
Decision security	Pressure release with a second outlet and continuation action	Avoidable live-ball TO / coded opportunities	Change spacing or initiation if the same pass fails repeatedly.
Shot profile	Film-led catch, attack or swing decisions	Attempt mix, contest and outcome by action	Keep productive volume; remove low-quality repeat decisions.
Rebounding assignments	Contact and recovery after help or switch	ORB allowed / eligible misses; transition cost	Change assignments before sending an additional player to crash.

Review cycle: select clips -> agree one observable behaviour -> rehearse it -> code the next game -> compare like opportunities. Evaluate execution and process alongside the score. Do not set an arbitrary percentage target from this one-game sample.

Methods & evidence ledger

Reproducible calculations and an explicit boundary between measured results, estimates and hypotheses.

Class	Included	Interpretation
Measured	Official scoring, individual minutes, shots, rebounds, assists and events	Historical game record; no availability inference.
Estimated	Possessions, ratings, USG%, AST%, per-40 production	Box-score models; formulas below.
Hypothesis	Proposed drills, pressure response, advantage source	Requires video confirmation.
Unavailable	Validated lineups, shot coordinates, play types, coverage, contest, injuries	Not represented by invented values.

Poss = FGA + 0.44 × FTA - ORB + TO. ORtg = 100 × PTS / own Poss. DRtg = 100 × opponent PTS / opponent Poss. Pace = mean of the two possession estimates for this 40-minute game.

eFG% = 100 × (FGM + 0.5 × 3PM) / FGA. TS% = 100 × PTS / [2 × (FGA + 0.44 × FTA)]. FTr = 100 × FTA / FGA. ORB% = 100 × ORB / (ORB + opponent DRB).

TOV% = 100 × TO / (FGA + 0.44 × FTA + TO). This play-based denominator intentionally differs from TO / estimated Poss; the same convention is used on both sides.

USG%* = 100 × (player FGA + 0.44 × FTA + TO) × 40 / [player MIN × team (FGA + 0.44 × FTA + TO)]. AST%* = 100 × AST / [(MIN / 40 × team FGM) - player FGM]. Both assume proportional opportunities while playing.

Source: NBBF official game 8426729, player box score and play-by-play. https://kamper.basket.no/match?matchId=8426729&seasonId=201069&tournamentId=449378

Definitions reference: FIBA Statisticians’ Manual 2024. Coaching structure informed by Hudl’s lineup-data guidance. Neither source endorses this report. Reviewed 23 October 2026. No opponent adjustment or season baseline is claimed.