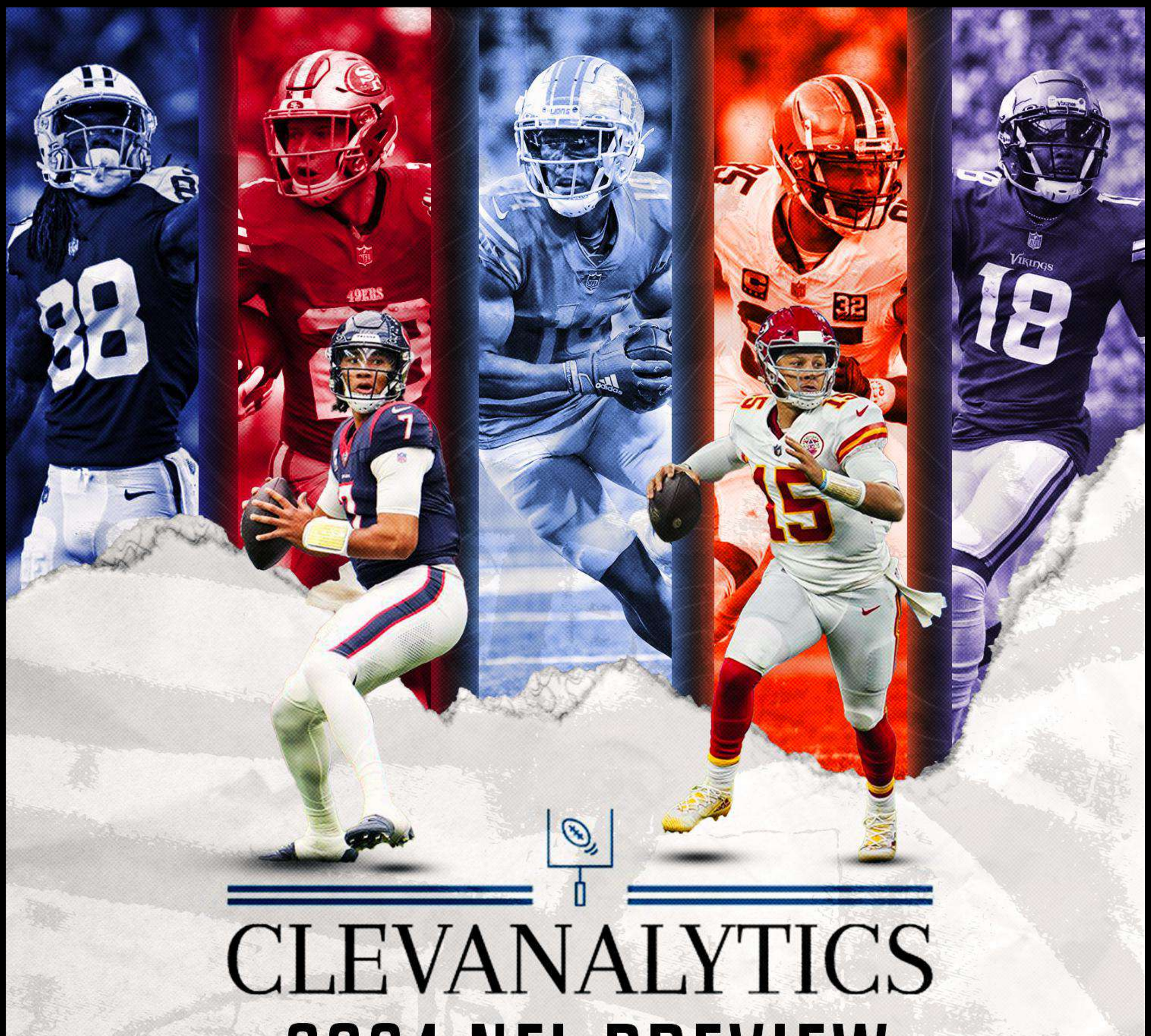

CLEVANALYTICS

2024 NFL PREVIEW

2024 **NFL PREVIEW**

ClevTA's 2024 NFL Preview

clevanalytics.com

@ClevTA - Predictions & Write-Ups

@Luckym4n_ - Visuals & Design

Acknowledgements

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- Four of seven seasons entered in the Westgate Supercontest with results in the 89th percentile or highersult in a positive EPA. Plays are either successful or not and hence the success rate. An 80 yard run is successful in the same way a 2 yard run on 3rd and 1 is successful. There is no extra weighting for more impactful success. EPA (above) better measures the impact to each play.

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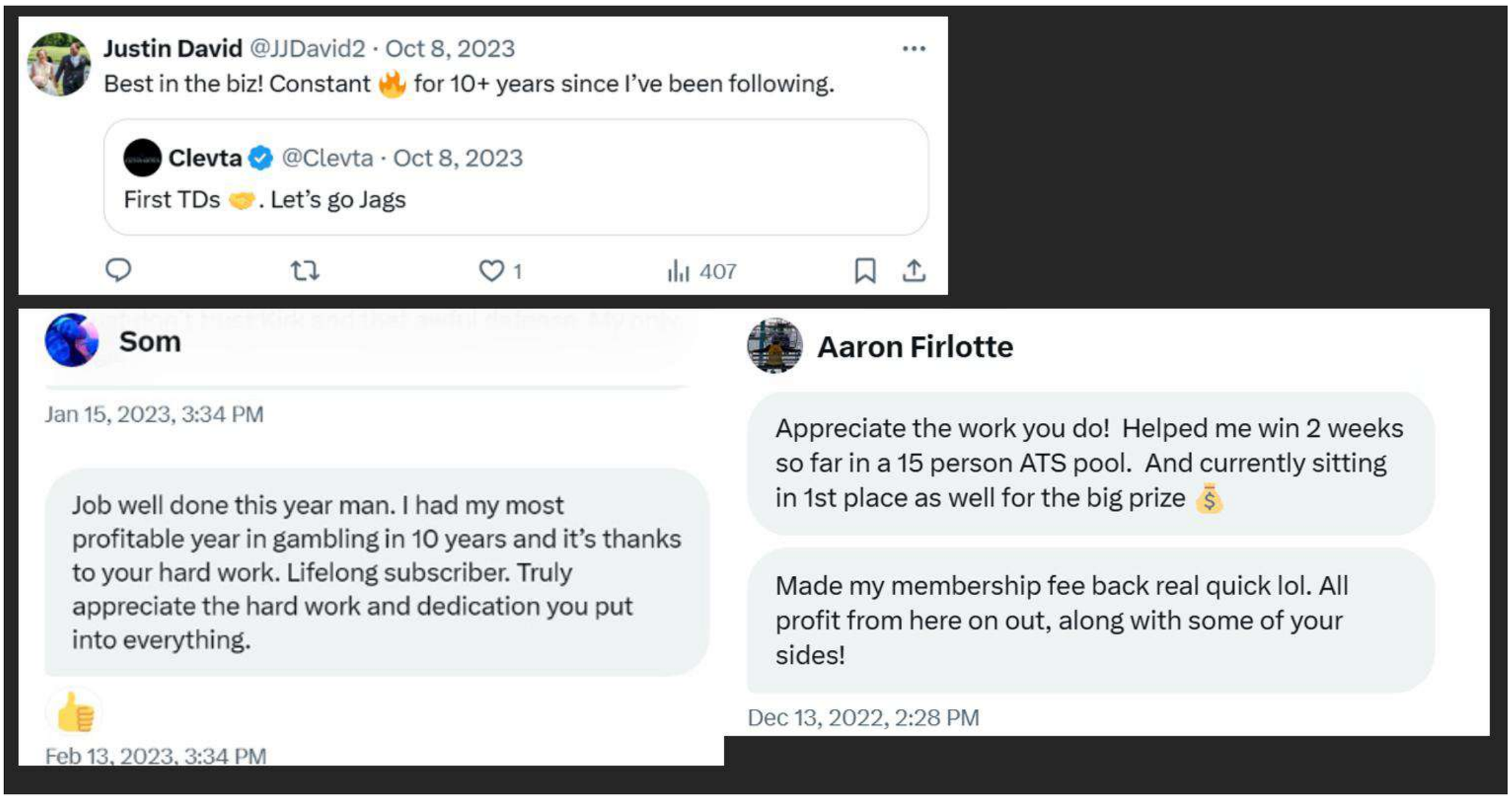

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INDIANAPOLIS COLTS
JACKSONVILLE JAGUARS
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NEW YORK GIANTS
NEW YORK JETS
PHILADELPHIA EAGLES
PITTSBURGH STEELERS
SAN FRANCISCO 49ERS
SEATTLE SEAHAWKS
TAMPA BAY BUCCANNEERS
TENNESSEE TITANS
WASHINGTON COMMANDERS

2023 SUMMARY

AFC

TEAM	2023 REC	2023 ATS	VEGAS '24	SB '24
KC	(11-6)	(9-8)	(11.5)	+600
BAL	(13-4)	(12-5)	(10.5)	+950
CIN	(9-8)	(7-8)	(10.5)	+1400
BUF	(11-6)	(7-9)	(10.5)	+1500
HOU	(10-7)	(9-8)	(9.5)	+1600
NYJ	(7-10)	(6-10)	(9.5)	+2000
MIA	(11-6)	(10-7)	(9.5)	+2400
CLE	(11-6)	(11-6)	(8.5)	+4000
LAC	(5-12)	(5-11)	(8.5)	+4000
JAX	(9-8)	(9-8)	(8.5)	+4500
PIT	(10-7)	(10-7)	(8.5)	+5000
IND	(9-8)	(9-8)	(8.5)	+5500
LV	(8-9)	(10-5)	(6.5)	+10000
TEN	(6-11)	(7-9)	(6.5)	+15000
DEN	(8-9)	(6-10)	(5.5)	+18000
NE	(4-13)	(6-11)	(4.5)	+25000

NFC

TEAM	2023 REC	2023 ATS	VEGAS '24	SB '24
SF	(12-5)	(9-8)	(11.5)	+600
DET	(12-5)	(12-5)	(10.5)	+1300
PHI	(11-6)	(6-8)	(10.5)	+1400
DAL	(12-5)	(10-7)	(10.5)	+1600
GB	(9-8)	(9-8)	(9.5)	+1900
ATL	(7-10)	(5-12)	(9.5)	+2400
LAR	(10-7)	(9-7)	(8.5)	+3000
CHI	(7-10)	(8-7)	(8.5)	+4000
TB	(9-8)	(11-6)	(7.5)	+5500
SEA	(9-8)	(7-8)	(7.5)	+6500
ARI	(4-13)	(9-7)	(7.5)	+8000
MIN	(7-10)	(7-7)	(7.5)	+8000
NO	(9-8)	(6-10)	(7.5)	+9000
WAS	(4-13)	(6-10)	(6.5)	+12000
NYG	(6-11)	(8-8)	(6.5)	+15000
CAR	(2-15)	(4-11)	(5.5)	+30000

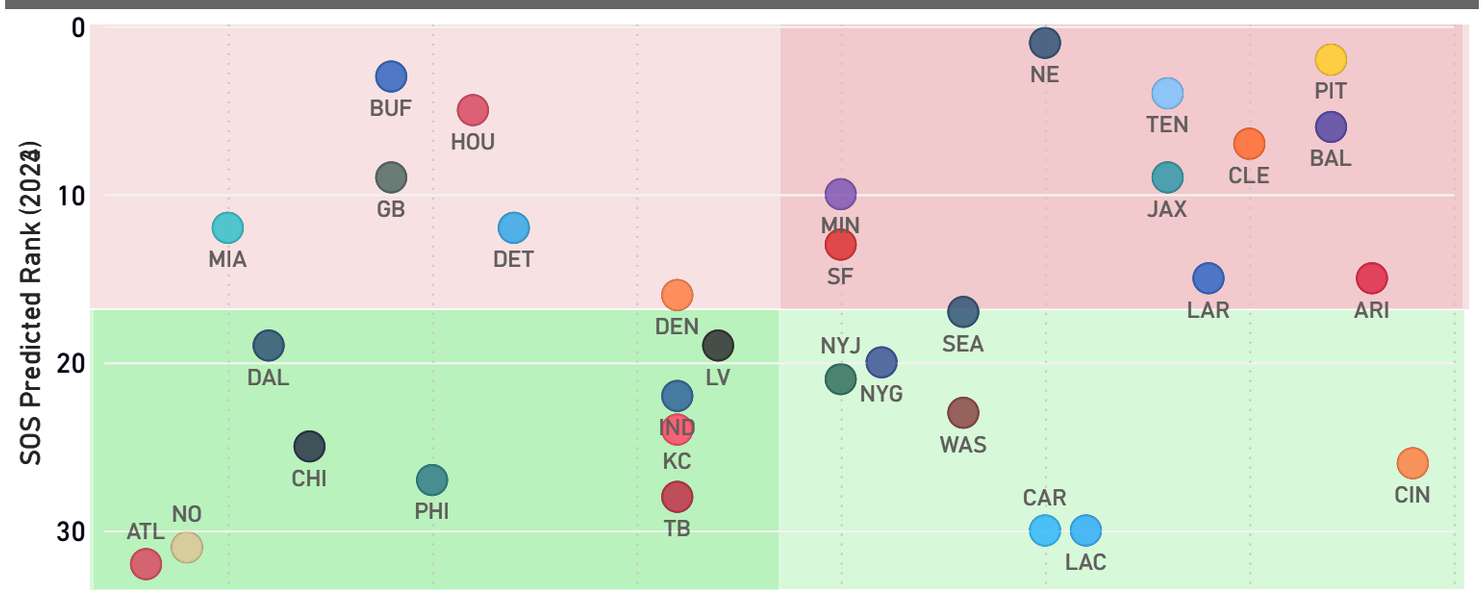
OFFENSE EFFICIECY

TEAM	EPA	DROPBACK EPA	RUSH EPA
SF	0.18	0.30 (1)	0.03 (1)
DAL	0.12	0.23 (2)	-0.06 (11)
BUF	0.10	0.15 (5)	0.01 (2)
MIA	0.10	0.17 (3)	-0.01 (5)
GB	0.07	0.16 (4)	-0.05 (10)
BAL	0.07	0.11 (6)	0.01 (3)
PHI	0.06	0.11 (9)	-0.01 (4)
DET	0.06	0.11 (7)	-0.01 (6)
LAR	0.04	0.09 (11)	-0.02 (8)
SEA	0.03	0.09 (10)	-0.09 (14)
KC	0.02	0.08 (12)	-0.11 (18)
TB	0.01	0.11 (8)	-0.17 (27)
CIN	0.00	0.05 (16)	-0.10 (15)
NO	-0.01	0.05 (15)	-0.11 (19)
HOU	-0.02	0.06 (13)	-0.16 (26)
TEN	-0.02	0.01 (20)	-0.08 (13)
IND	-0.02	0.03 (18)	-0.11 (16)
MIN	-0.02	0.04 (17)	-0.16 (25)
JAX	-0.03	0.05 (14)	-0.19 (30)
DEN	-0.05	0.00 (21)	-0.11 (17)
CHI	-0.05	-0.06 (24)	-0.04 (9)
ARI	-0.05	-0.08 (27)	-0.01 (7)
PIT	-0.06	-0.06 (25)	-0.07 (12)
LAC	-0.07	0.02 (19)	-0.24 (32)
WAS	-0.08	-0.07 (26)	-0.12 (20)
LV	-0.09	-0.05 (23)	-0.15 (23)
ATL	-0.09	-0.03 (22)	-0.17 (28)
CLE	-0.13	-0.13 (28)	-0.12 (21)
CAR	-0.16	-0.16 (30)	-0.16 (24)
NYG	-0.16	-0.14 (29)	-0.20 (31)
NE	-0.19	-0.23 (31)	-0.13 (22)
NYJ	-0.23	-0.25 (32)	-0.19 (29)

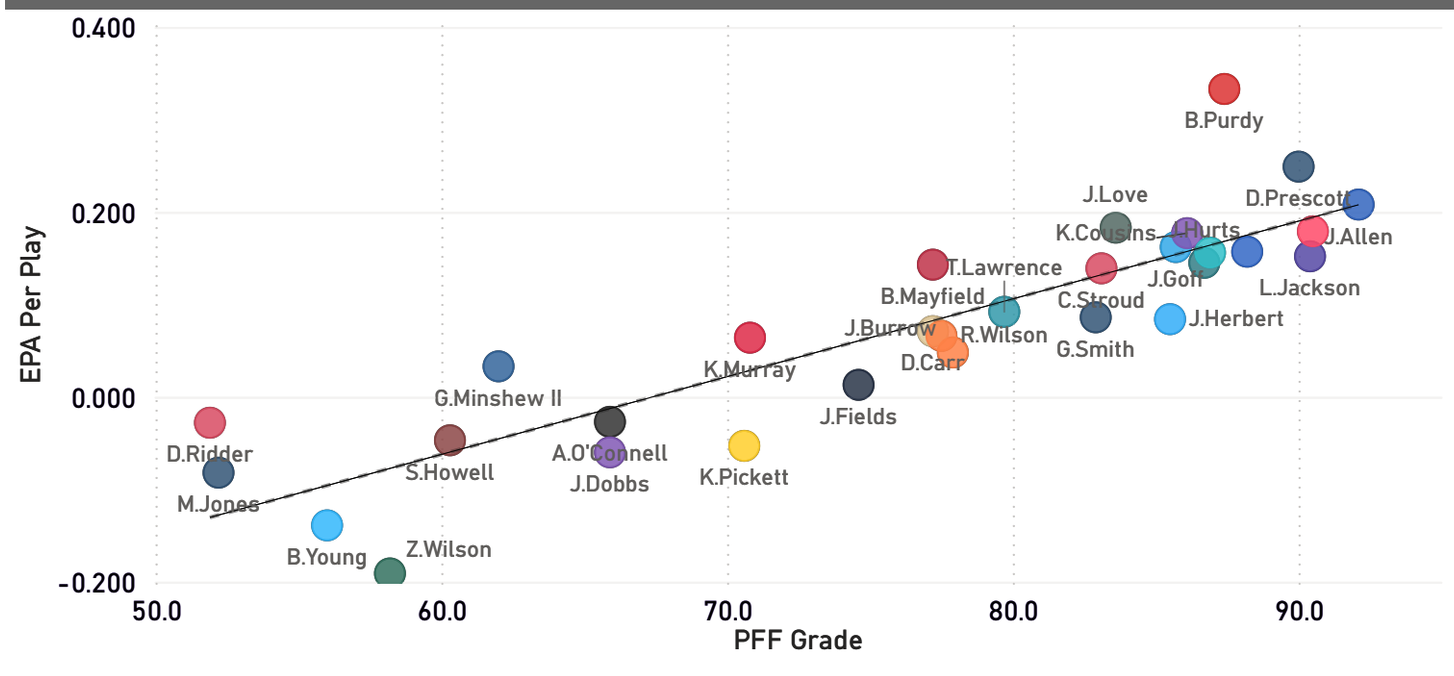
DEFENSE EFFICIECY

TEAM	EPA	DROPBACK EPA	RUSH EPA
CLE	-0.16	-0.19 (1)	-0.10 (15)
BAL	-0.13	-0.14 (2)	-0.10 (16)
NYJ	-0.11	-0.10 (4)	-0.13 (9)
DAL	-0.09	-0.06 (5)	-0.12 (10)
NO	-0.08	-0.02 (9)	-0.18 (3)
KC	-0.08	-0.10 (3)	-0.03 (28)
PIT	-0.06	-0.03 (8)	-0.12 (11)
NE	-0.06	0.03 (15)	-0.19 (2)
LV	-0.06	-0.01 (11)	-0.13 (8)
SF	-0.05	-0.06 (6)	-0.04 (26)
BUF	-0.05	-0.04 (7)	-0.07 (24)
ATL	-0.05	0.05 (21)	-0.19 (1)
JAX	-0.04	-0.02 (10)	-0.07 (23)
HOU	-0.03	0.05 (20)	-0.16 (6)
MIA	-0.03	0.01 (13)	-0.10 (14)
CHI	-0.03	0.04 (19)	-0.16 (7)
MIN	-0.02	0.02 (14)	-0.09 (17)
TB	-0.02	0.06 (22)	-0.17 (5)
IND	-0.01	0.03 (16)	-0.08 (20)
LAR	-0.01	0.04 (18)	-0.10 (13)
DET	-0.01	0.08 (25)	-0.17 (4)
NYG	-0.01	0.00 (12)	-0.02 (29)
GB	0.01	0.07 (23)	-0.07 (22)
LAC	0.02	0.08 (26)	-0.08 (18)
DEN	0.02	0.09 (27)	-0.08 (19)
CAR	0.03	0.03 (17)	0.02 (32)
CIN	0.03	0.07 (24)	-0.04 (25)
TEN	0.03	0.13 (30)	-0.12 (12)
PHI	0.06	0.09 (28)	-0.02 (30)
SEA	0.07	0.11 (29)	0.01 (31)
ARI	0.09	0.19 (31)	-0.04 (27)
WAS	0.09	0.20 (32)	-0.07 (21)

STRENGTH OF SCHEDULE (2023 v 2024)



QUARTERBACK EFFICIENCY (MIN 320 PLAYS)



2023 **SUMMARY**

PLAYCALLING PASS RATES

EARLY DOWNS

TEAM	PASS RATE
WAS	66.0%
CIN	63.4%
KC	63.0%
LAC	61.3%
MIN	60.9%
NYJ	60.8%
JAX	60.2%
SEA	59.1%
NYG	58.7%
PHI	57.7%
DAL	57.4%
BUF	57.0%
DEN	56.7%
CAR	55.9%
NE	55.9%
GB	55.6%
LV	55.4%
HOU	55.1%
TB	55.0%
IND	54.8%
CLE	54.4%
ARI	54.2%
LAR	54.1%
BAL	53.8%
NO	53.3%
DET	53.0%
TEN	52.2%
CHI	51.4%
MIA	51.1%
ATL	50.3%
SF	50.1%
PIT	49.0%

ONE SCORE GAME

TEAM	PASS RATE
WAS	69.4%
KC	68.6%
CIN	67.4%
LAC	65.7%
SEA	65.5%
MIN	65.4%
DAL	65.2%
MIA	63.0%
BAL	62.9%
JAX	62.6%
NYJ	62.6%
TB	61.9%
BUF	61.6%
DEN	61.5%
CLE	60.7%
LV	60.5%
NE	60.5%
HOU	60.4%
NO	60.1%
NYG	60.1%
LAR	59.7%
CAR	59.5%
PHI	59.2%
GB	59.2%
IND	58.2%
SF	58.1%
CHI	57.8%
TEN	57.3%
DET	56.9%
ARI	56.1%
ATL	54.9%
PIT	52.8%

EPA CONSISTENCY (% of Games Overachieved Opp Avg)

OFFENSE

TEAM	OVERALL	PASS	RUSH
SF	88%	82%	76%
BUF	82%	76%	65%
DAL	76%	82%	53%
GB	76%	82%	71%
PHI	76%	65%	71%
MIA	71%	65%	53%
TEN	71%	65%	59%
BAL	65%	53%	71%
DET	65%	71%	71%
IND	65%	53%	47%
CIN	59%	59%	53%
KC	59%	59%	53%
LAR	59%	41%	65%
PIT	59%	47%	53%
SEA	59%	53%	47%
TB	59%	59%	41%
JAX	53%	53%	18%
MIN	53%	53%	41%
ARI	47%	41%	59%
HOU	47%	59%	29%
LAC	47%	59%	35%
CHI	41%	35%	65%
DEN	41%	41%	41%
NO	41%	53%	47%
LV	35%	41%	29%
WAS	35%	24%	47%
ATL	24%	41%	47%
CLE	24%	24%	29%
NE	24%	18%	41%
NYG	18%	29%	12%
NYJ	18%	12%	35%
CAR	12%	24%	41%

DEFENSE

TEAM	OVERALL	PASS	RUSH
NYJ	82%	65%	59%
BAL	71%	71%	41%
CLE	71%	76%	65%
DAL	71%	65%	65%
NE	71%	47%	82%
KC	65%	71%	41%
PIT	65%	65%	71%
ATL	59%	47%	65%
BUF	59%	53%	35%
LAR	59%	59%	53%
MIN	59%	53%	59%
SF	59%	65%	47%
CAR	53%	53%	18%
LAC	53%	47%	53%
CIN	47%	53%	35%
DEN	47%	29%	59%
DET	47%	35%	65%
JAX	47%	47%	35%
LV	47%	47%	59%
MIA	47%	47%	53%
NO	47%	47%	59%
NYG	47%	65%	41%
TB	47%	53%	65%
CHI	41%	41%	59%
ARI	35%	24%	41%
GB	35%	47%	35%
HOU	35%	47%	53%
IND	35%	41%	41%
PHI	35%	29%	35%
SEA	35%	41%	47%
TEN	35%	24%	47%
WAS	18%	12%	41%

2023 **TEAM BETTING SUMMARY**

2023 NFL Team ATS Results

Tm	ATS Cover%	ATS Margin
ARI	53%	+0.2
ATL	29%	-3.6
BAL	65%	+8.3
BUF	41%	+2.4
CAR	27%	-5.5
CHI	57%	+2.2
CIN	47%	-1.8
CLE	60%	+1.7
DAL	59%	+5.5
DEN	38%	-2.2
DET	71%	+0.7
GB	53%	+2.7
HOU	53%	+2.2
IND	53%	+0.0
JAX	53%	-1.2
KC	56%	-1.4
LAR	63%	+1.9
LAC	31%	-3.4
LV	67%	+2.9
MIA	59%	+1.4
MIN	50%	-0.2
NE	31%	-4.2
NO	38%	+2.4
NYG	50%	-1.7
NYJ	38%	-1.1
PHI	47%	-4.3
PIT	59%	-1.0
SEA	53%	-1.6
SF	53%	+3.2
TB	65%	+3.3
TEN	44%	-0.7
WAS	38%	-7.0

2023 NFL Off Team Total Results

	Tm Total	PPG	Margin	Overs
ARI	18.2	19.4	+1.2	53%
ATL	20.4	18.9	-1.5	47%
BAL	26.4	31.0	+4.6	59%
BUF	28.8	29.8	+1.0	41%
CAR	17.7	13.9	-3.8	29%
CHI	19.9	21.2	+1.3	47%
CIN	22.2	21.5	-0.7	41%
CLE	20.7	24.1	+3.4	71%
DAL	27.7	31.8	+4.1	65%
DEN	21.2	21.0	-0.2	41%
DET	29.8	32.2	+2.4	53%
GB	23.2	26.6	+3.4	53%
HOU	23.3	25.4	+2.1	47%
IND	21.2	23.3	+2.1	65%
JAX	22.3	22.2	-0.2	47%
KC	31.1	27.4	-3.7	24%
LA	23.5	25.1	+1.6	65%
LAC	22.6	20.4	-2.3	41%
LV	19.5	19.5	+0.0	35%
MIA	27.1	29.6	+2.5	47%
MIN	22.0	20.2	-1.8	41%
NE	18.0	13.9	-4.1	29%
NO	21.9	23.6	+1.8	53%
NYG	17.1	15.6	-1.5	41%
NYJ	16.8	15.8	-1.0	47%
PHI	26.8	26.0	-0.8	53%
PIT	20.2	18.9	-1.4	35%
SEA	21.9	21.4	-0.5	41%
SF	31.1	33.6	+2.5	53%
TB	22.1	23.7	+1.6	47%
TEN	18.9	17.9	-0.9	35%
WAS	19.5	19.4	-0.1	41%

2023 NFL Team Opp Team Total Results

	Opp Tm Total	PPG Allowed	Margin	Overs
ARI	25.8	26.8	+1.0	59%
ATL	19.8	21.9	+2.2	47%
BAL	21.9	18.1	-3.8	24%
BUF	22.3	20.9	-1.4	47%
CAR	22.7	24.5	+1.7	59%
CHI	23.2	22.3	-0.9	35%
CIN	21.5	22.6	+1.1	47%
CLE	20.3	23.9	+3.7	65%
DAL	21.4	21.4	-0.1	41%
DEN	22.3	24.3	+2.0	41%
DET	26.5	27.9	+1.5	53%
GB	25.0	23.9	-1.1	41%
HOU	24.8	23.6	-1.2	29%
IND	22.3	24.4	+2.1	59%
JAX	20.8	21.8	+1.1	47%
KC	25.4	21.0	-4.4	35%
LA	24.0	23.6	-0.4	47%
LAC	22.3	23.4	+1.1	41%
LV	22.4	19.5	-2.9	29%
MIA	22.5	24.5	+2.0	35%
MIN	22.9	21.3	-1.6	41%
NE	21.4	21.5	+0.1	53%
NO	19.9	19.2	-0.6	47%
NYG	23.7	23.9	+0.2	59%
NYJ	20.7	20.9	+0.1	41%
PHI	22.1	27.1	+5.0	65%
PIT	21.0	20.9	-0.1	47%
SEA	22.5	23.6	+1.1	53%
SF	21.8	22.1	+0.3	53%
TB	24.6	21.5	-3.1	29%
TEN	21.8	21.6	-0.2	41%
WAS	23.6	30.5	+6.8	76%

ANALYTICS **PRIMER**

Adjusted Games Lost Due to Injury (AGL)- This is a metric created by football outsiders which estimates the impact of injuries on each NFL that is weighted more for starters than backups.

Adjusted Off/Def Line Yards- A Football Outsiders metric that takes all running back carries and assigns responsibility to the offensive line based on a series of yardage tiers. These numbers are then adjusted based on down, distance, situation, opponent, and the difference in rushing average between shotgun compared to standard formations.

Pythagorean Win Expectation- This calculation was devised by the father of analytics in baseball, Bill James, and was used to estimate the percentage of games a baseball team would be expected to win based on their run differential. Daryl Morey took it a step further and estimated this equation for other sports including football. You can use the formula and compare a team's actual win percentage versus their expected win percentage and help evaluate potential regression candidates the next season.

Completion Percentage Over Expected (CPOE)- The difference between a quarterback's actual completion percentage and expected completion percentage based on the level of difficulty of pass attempts according to completion probability models. It helps better determine actual completion percentages. There are different versions of this metric but for apples to apples comparison I only use CPOE from the rbsdm.com website.

DVOA- The main statistic used on Football Outsiders, DVOA breaks down the entire season play-by-play, comparing success on each play to the league average based on a number of variables including down, distance, location on field, current score gap, quarter, and opponent quality.

EPA- Expected Points Added tries to better measure the value of individual plays in terms of points. It uses play-by-play data to create a scoring probability for the next play based on field position, down, distance, and time remaining, among other factors. For example, gaining 8 yards on 3rd and 10 is much less valuable than gaining 2 yards on 4th and 1 because the latter increases that team's chances of scoring.

Explosive Pass/Run Rate- Percentage of runs that produce 10+ yards and percentage of passes that produce 20+ yards.

Net Rest Advantage- Season long calculation of number of extra days rest one team has versus their opponents. For example, a team coming off a Sunday game would have a net rest of +1 if they were playing a team coming off a Monday night game.

Net Success Rate Rank- The rank for each team in the NFL based on offensive success rate - defensive success rate. Success is measured on a play by play basis and measures the percentage of plays that result in a positive EPA. Plays are either successful or not and hence the success rate. An 80 yard run is successful in the same way a 2 yard run on 3rd and 1 is successful. There is no extra weighting for more impactful success. EPA (above) better measures the impact to each play.

3rd Down Conversions/Allowed Over Expectations- Not all 3rd down conversions are created equal. The odds of converting a 3rd and short (1-3 yards) is a lot higher for an offense, obviously, than say 3rd and 10. This stat can compare how far over or under expectations a team is converting/allowing 3rd downs versus what the league-wide average conversion rate has been on those same 3rd downs.

Blended 4th Quarter Win% Over Expectation- Average win probability for teams within 6-12 minute range of the 4th quarter. Essentially what would we expect a team's winning percentage to be to credit them for their performance in the majority of the game excluding the unpredictability of the 4th quarter.

ALTERNATIVE **WIN TOTALS**

Alternative Win Totals offer good value

ALTERNATIVE WIN TOTALS MARKET RESULTS SINCE 2010

	1 Unit Wagers					$100 per Wager			Results		
Year	Alt O	Alt U	TOT	Std Deviation	Wins v Exp	Alt O	Alt U	TOT	Overs Won	Unders Won	Both L
2023	0.0	-0.1	-0.1	2.21	-0.33	$0	($10)	($10)	12	10	9
2022	+8.6	+2.8	+11.4	2.83	-0.03	$860	$280	$1,140	14	12	6
2021	-7.8	-0.1	-7.8	1.83	-0.66	($680)	($100)	($780)	8	10	10
2020	+5.7	+2.8	+7.6	2.75	-0.20	$570	$190	$760	13	11	6
2019	-5.8	-0.1	-2.9	2.50	-0.11	($580)	$290	($290)	8	11	7
2018	-1.0	+8.6	+9.6	2.44	-0.14	$90	$870	$960	11	13	4
2017	+1.9	-3.0	-0.1	2.88	-0.09	$190	($200)	($10)	11	10	8
2016	-3.0	-3.0	-3.0	2.72	-0.17	($200)	($100)	($300)	10	10	9
2015	-0.1	+2.8	+4.7	2.75	-0.20	($10)	$480	$470	11	12	7
2014	+3.0	-0.1	+5.8	2.43	-0.17	$490	$90	$580	11	11	4
2013	+0.9	-5.9	-2.0	2.88	-0.22	$90	($290)	($200)	11	9	8
2012	-3.9	-0.1	-0.1	2.95	-0.20	($200)	$190	($10)	10	11	8
2011	+5.8	-3.0	+1.9	2.48	-0.02	$580	($390)	$190	13	9	5
2010	+2.9	+2.8	+6.7	2.64	-0.11	$290	$380	$670	11	12	5
TOTAL	+7.2	+4.4	+31.7		-0.19	$1,490	$1,680	$3,170	154	151	96

** Alt totals estimated using +190 odds & +/-1 1 win from win total

Almost 1/3rd of all NFL Teams Win/Lose by 2+ Games

Year	% of Tms Win Total Off by 2 or more Gms	% of Tms Win Total Off by 3 or more Gms
2023	38%	16%
2022	66%	38%
2021	47%	13%
2020	63%	31%
2019	44%	31%
2018	53%	28%
2017	50%	41%
2016	63%	47%
2015	53%	34%
2014	50%	25%
2013	50%	22%
2012	59%	34%
2011	47%	28%
2010	56%	38%
TOTAL	53%	30%

QUESTION & **ANSWER**

Every year there are teams that come out of nowhere to surprise the NFL. Every year since 2000, at least one team with a win total of 8 or less has made the Playoffs. In 20 of the last 24 years, at least two teams have made it. Two years ago, you nailed the Giants pick as a sleeper and last year you were dead on with GB and just missed with IND. Which teams with a win total of 8 or less are you picking as a Playoff sleeper this year?

I feel pretty good that my process has led me to some good surprises in the past so if it's not broken, I won't try and fix it. I like swimming in the 6-8 win total pool as that group historically has gone over the win total at some of the highest rates among all win totals and you also find the largest outperformances in that 7-8 win total range.

It is really difficult to find sleepers in the loaded AFC and I really don't believe a team currently with a win total that low is going to make the Playoffs so I will stick to two teams in the NFC. I like **Minnesota and Seattle** to surprise this season. The Vikings are loaded everywhere but at QB. They possess a solid OL, the best WR in the NFL, a great pickup at RB in Aaron Jones and an excellent offensive HC in Kevin O'Connell. When exclude drive that ended in a turnover last season, the Vikings offense generated the 5thbest drive success rate in the league. We have seen DC Brian Flores take defenses with lesser talent and blitz and scheme his way to a top 15 ranking. The Vikings added good, young pass rush help in Jonathan Greenard, Andrew Van Ginkle and rookie 1st round pick Dallas Turner. The elephant in the room is at QB. I don't know if Sam Darnold can have a Geno Smith/Baker Mayfield level resurrection, but I do know he will have far and away the most surrounding talent and offensive coach on his side he has ever had as a full-time starter. If he can't do it, then first round QB JJ McCarthy provides another shot at good QB play in 2024. It can't be worse than what KOC had to deal with after Cousins got hurt last season when he ran offense led by Josh Dobbs, Nick Mullens and Jarret Hall. The schedule is very manageable, as a majority of their games are against at or near league average level and three of their four toughest games (SF, HOU, DET) are in Minnesota.

I like Seattle as well in the NFC to sneak into a Wildcard spot and new HC Mike Macdonald is a big driver of that. He was one of the best new hires at HC what he was able to accomplish without great talent in Baltimore was impressive. With Jadaveon Clowney as his top edge rusher and 32 yo journeyman Kyle Van Noy on the other side, the Ravens led the NFL in sacks in large part due to Macdonald's pressure scheme. He showed he doesn't need elite talent to confuse opposing QBs. The Seahawks have talent on both sides of the ball, and their ceiling was on display last year when they beat the Lions and Eagles. I expect major regression from their poor late down offense and defense with better coaching. Based on net EPA on early downs, the Seahawks ranked 8th best in the NFL last season. With better coaching and a fresh voice, I think Seattle can surprise people.

You correctly picked KC to win the Super Bowl last season but missed out on the NFC representative with Dallas. What is your SB matchup in 2024?

I really went out on a limb last year with that Chiefs pick huh. Well guess what, I am taking them again out of the AFC. Mahomes and the Chiefs have made the AFC Championship in six straight seasons and the Super Bowl in four of the last five years. I understand that they have some potential hurdles with questions at WR, OL and the loss of Snead at CB but until they prove me wrong there is no safer play than just penciling in KC. In the NFC I am going with the Eagles and predicting a rematch of Super Bowl LVII with the Eagles coming out on top this time around. The Eagles suffered from some disease of me last year and dealt with a new coaching staff that really struggled. They added Kellen Moore and Vic Fangio to the staff, and both bring good resumes. The Eagles offense added some explosive capabilities with the signing of RB Saquon Barkley and the defense shored up their biggest weakness in the secondary. The talent is there for Philly, and I believe the coaching has been elevated. The hunger is also back for Jalen Hurts and this team to get back to the Super Bowl.

QUESTION & **ANSWER**

How many and which teams miss the Playoffs in 2024 who made it last year?

I have five teams (DAL, LAR, TB, MIA, PIT) missing the Playoffs this year. Dallas might be the only surprise on the list but a team with a win total of 10+ has missed the Playoffs every season since 2000, and they are my most likely on that list. They still have good talent but last year they completed feasted on the bad teams in the league, winning nine games against teams that missed the Playoffs last season. They went 3-5 against teams that made the Playoffs. They lost their DC, five starters left in FA and they didn't add any talent whatsoever in FA. Their OL is without Tyron Smith and are relying on a UFA at Center, Brock Hoffman, to start. Not to mention the impending contract dispute with Dak Prescott and Cee Dee Lamb weighing on this team.

What are some of historical data points we can potentially apply to win totals this year? *(data as of 2000 unless noted)*

- There have been 10 teams with a new HC and a top five drafted rookie QB starting at least half of their games. The over win total has hit six times, with three unders and a push. Four of the six that went over their win total did so by at least two wins and three by more than three wins. ***Applies to WAS and NE***
- Teams that exceed their win total by at least two games the prior season have gone over their win total only 42% of the time the next season (-0.6 wins vs expected). ***Applies to BAL, DET, HOU, IND, LAR, TB***
- 110 teams have exceeded their win total by at least three wins in the prior season and only 38% went over their win total the next season (-0.5 wins vs expected). ***Applies to HOU and LAR.*** Only four teams have exceeded their win total by at least three wins and had a top 5 rookie QB who started at least half of the games. The next season two went over their win total, one under and one push. Three of the four teams won at least nine games. ***Applies to HOU***
- 17 teams won three or less games and also went under their win total by at least five wins. All 17 of those teams increased their wins the next season (by an average of 4.7 wins) and averaged 6.6 wins (vs aggregate win total of 6.1 wins). 59% of those teams went over their win total as well. ***Applies to CAR***

AWARDS **PREVIEW**

*(*Note: TA's picks are just his opinion on who will win NOT the best wager. Best Values are the best options at 15-1 odds or higher and all odds c/o DraftKings)*

MVP:

Last season, I hit Lamar Jackson as the best value to win MVP at 15-1 and his late season run past Brock Purdy got him the award. Lamar's traits fit everything I outlined last season. With that in mind, below are some recent historical data points to keep in mind:

- 11 straight and 16 of the last 17 MVPs have been QBs and those teams have averaged over 13 wins per season
- No MVP in the last 16 seasons came from a team with less than 11 wins
- The average preseason win total for these teams has been 10 wins with a floor of 8.5 wins.
- Interestingly, no QB on a team with the highest win total in the preseason has won MVP since Tom Brady in 2017. In fact, outside of Brady, no MVP winner has come from a team among the top three highest win totals. Mahomes, Lamar and Purdy are currently on the teams with the three highest win totals.
- Of the last 17 MVP QBs, only six were 1st time winners (Brady 07, Rodgers 11, Newton 15, Ryan 16, Mahomes 18, Lamar 19)
- Since 1999 of the 1st time winners, the average age when winning MVP was 28 years old and the oldest first-time winner since 99 was Rich Gannon in 2002 at age 37. He's a clear outlier and otherwise in recent times, Matt Ryan at age 31 is the oldest.
- Of the last 12 MVP QBs, none generated a negative EPA per drop back in the season prior to winning. Lamar Jackson at 0.00 in 2018 is the worst EPA the season prior to winning, although it was his rookie year and he only started seven regular season games. The average EPA/Drop back of the last 12 MVP QBs has been +0.18.

TAs Pick: Jalen Hurts (+1400)- It was down to Josh Allen and CJ Stroud for me before settling on Hurts. I really like the Eagles to not only compete for the NFC East title, but they have a real shot at the most wins in the NFL with one of the more favorable schedules in the league. I think that with a fresh look with new OC Kellen Moore who should bring back a more up-tempo offense (LAC ranked 2nd in neutral game pace) than what Philly was running a season ago, it will suit Hurts strengths. With C Jason Kelce retiring, the OL may not be as dominant in the run game as in years past which actually helps Hurts since they could lean more on the passing game. This is a bet on the Eagles offensive talent shining and Philly winning a lot of games.

Longshot Value: Anthony Richardson (30-1)- This showed more value a few months ago but his odds have been dropping unfortunately. Richardson showed tantalizing upside in his 122 drop backs last season before his season was derailed by injury. He is probably still too green to win but amongst the long shots, his profile is similar to when both Patrick Mahomes and Lamar Jackson won MVP in their 2nd season after limited snaps as rookies. HC Shane Steichen has proven that he is an excellent offensive coach and Richardson could be in line with one of the better rushing seasons from a QB if used similarly to Jalen Hurts two years ago.

Coach of the Year:

Two years ago, I was able to identify Brian Daboll as a top COTY candidate when he won and although he didn't win it, Shane Steichen was my pick at 25-1 and he was in the mix up until the final game of the season. There are outliers who win this award based on exceeding expectations due to in season injuries (Stefanski, Vrabel) but in general it's a reasonable set of criteria that can help determine a winner:

- 15 straight winners of this award have been on a team with at least 9 wins.
- The average preseason win total of the last 15 winners is ~ 7.5 wins. No winner in the last 15 years came into the season with a win total of greater than 9.5, so expecting to be a Super Bowl contender caliber is a negative in this case.
- The number of wins for the team increased by an average of 5.5 games from the prior year. Nearly half of the last 15 winners were first year head coaches for their team.
- You can go ahead and eliminate the coaches on the best teams who don't fit these criteria like Kyle Shanahan, John Harbaugh, Dan Campbell and Andy Reid.

Likeliest Candidates- Jim Harbaugh, Mike Macdonald,Dave Canales, Jonathan Gannon, Shane Steichen, Dan Quinn, Brian Callahan

TAs Pick: Kevin O'Connell (28-1)

KOC certainly fits the bill for longshot value, so he is the pick for both categories. Mike Macdonald is the other candidate that I really like. I think KOC showed his coaching chops last season, keeping the ship afloat even after Kirk Cousins got hurt. He's an excellent offensive mind and he will get all the credit if the Vikings offense performs well, and he gets at least adequate QB play from either Sam Darnold or JJ McCarthy. Since I like the Vikings as a sleeper Playoff team, he certainly will get strong consideration if that ends up being the case.

AWARDS **PREVIEW**

Offensive Rookie of the Year:

In the last 26 years, over 75% of the winners have been either a QB or RB, with WRs filling out the rest. Anquan Boldin in 2003 is the only WR since 1976 to win this award outside of the first round. Excluding Dak Prescott in 2016, every OROTY at QB has been a top-11 draft pick. At RB, many of the winners have come from outside of Round 1 so if we are looking for a longer shot outside of an early draft pick, RB is the route you could go. Since 1995, five of the 13 RBs who have won ROTY, were drafted outside of Round 1 but none after round three. Saquon Barkley in 2018 is the last RB to win this award. The last two RB winners- Barkley and Alvin Kamara in 2017, were clearly major receiving threats which helped both win as Barkley caught 91 passes while Kamara 81. Don't even think about selecting an RB unless they get lots of receiving work.

TAs Pick: Marvin Harrison Jr (7-1): MHJ's value isn't great but if purely just picking who I think wins it I like him a nudge over Caleb Williams. Caleb should be solid, but expectations are already sky high so even if he has a solid season that may not be viewed the same way as another QB might. You can pencil in Harrison as the Cards #1 outside WR right out of the gate and he gets one of the top 12-15 QBs throwing to him. He's one of if not the most polished route runner entering the league in some time and rarely drops balls. With his size he will also be an easy threat in the red zone in order to rack up TDs. The Cardinals defense is likely to be a bottom five unit again so expect the Cardinals to have to throw a lot on offense. There will rarely be a situation where Arizona is running out the clock so MHJ will be a threat to catch passes all season long. Recent winners like Wilson, OBJ and Chase came from big programs like Ohio State (Wilson obv a Buckeye too) so MHJ fits right in.

Longshot Value: Marshawn Lloyd (80-1)

I wanted to find an absolute diamond in the rough after going close to chalk with Harrison. Entering the draft, the former USC Trojan was my favorite sleeper at RB. He runs a 4.46 40-yard dash, and he is one of the best home run hitters in this class. He ranks #1 in the class in missed tackles forced and top five in explosive run percentage. He's got an ideal RB build (5'9, 220) and only has 291 career attempts in college. So not a ton of tread on his tires. He will step into a top 10 offense and could be used in the same way Aaron Jones was being used. I don't think Josh Jacobs holds up and frankly he was one of the worst RBs in the NFL from an efficiency standpoint last season. I am taking a major longshot here but why not?

Defensive Rookie of the Year:

Since 1995, nearly 50% of defensive rookie of the year winners have come from edge rushers and another 30% from LBs. In the last 25 years, only three CBs have won this award, and all have come in the last nine seasons. Interestingly, every edge rusher since 1995 to win the award has come from the top 16 of Round 1. All 29 DROTY winners since 95 have come inside the top 40 of the draft overall, with 26/29 in round 1. Only three DTs have won this award since 1995, but they've all come since 2010 (Aaron Donald, Ndamukong Suh and Sheldon Richardson).

TAs Pick: Byron Murphy II (13-1)

Normally I would just target a top 16 drafted Edge Rusher since that has been the easiest way to find a winner but Laitu Latu at pick 15 is the only one to go that high. It's one of the latest we've ever seen an Edge Rusher get drafted. I am scared off by his past neck issues, so I am taking the guy who went one pick later in DT Byron Murphy. Murphy was the clear top DT in this draft, and he led everyone in this class in pressure rate while generating six sacks. He was the only DT in this class to produce a relative athletic score above 9.0 while also grading out by PFF above 80. I really like him in this SEA offense under the tutelage of new HC Mike Macdonald. He likely sees Murphy as his Justin Madibuike in Baltimore. He has a shot at double digit sacks.

2024 **SCHEDULE**

Team Schedule	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
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BYE | MNF | SNF | TNF | THANKSGIVING | INTERNATIONAL

TA'S 2024 **NFL PREDICTIONS**

AFC STANDINGS

AFC EAST	W	L
Buffalo Bills	11	6
New York Jets	11	6
Miami Dolphins	9	8
New England Patriots	4	13

AFC SOUTH	W	L
Houston Texans	12	5
Indianapolis Colts	9	8
Jacksonville Jaguars	8	9
Tennessee Titans	7	10

AFC NORTH	W	L
Cincinnati Bengals	11	6
Baltimore Ravens	10	7
Cleveland Browns	9	8
Pittsburgh Steelers	7	10

AFC WEST	W	L
Kansas City Chiefs	12	5
Los Angeles Chargers	7	10
Las Vegas Raiders	6	11
Denver Broncos	4	13

AFC PLAYOFF SEEDS	
1	Kansas City Chiefs
2	Houston Texans
3	Cincinnati Bengals
4	Buffalo Bills
5	New York Jets
6	Baltimore Ravens
7	Cleveland Browns

AFC WINNER

Kansas City Chiefs

NFC STANDINGS

NFC EAST	W	L
Philadelphia Eagles	13	4
Dallas Cowboys	9	8
Washington Football Team	8	9
New York Giants	5	12

NFC SOUTH	W	L
Atlanta Falcons	9	8
New Orleans Saints	8	9
Tampa Bay Buccaneers	6	11
Carolina Panthers	4	13

NFC NORTH	W	L
Detroit Lions	11	6
Minnesota Vikings	10	7
Green Bay Packers	9	8
Chicago Bears	8	9

NFC WEST	W	L
San Francisco 49ers	11	6
Seattle Seahawks	10	7
Los Angeles Rams	8	9
Arizona Cardinals	6	11

NFC PLAYOFF SEEDS	
1	Philadelphia Eagles
2	San Francisco 49ers
3	Detroit Lions
4	Atlanta Falcons
5	Seattle Seahawks
6	Minnesota Vikings
7	Green Bay Packers

NFC WINNER

Philadelphia Eagles

SUPERBOWL

VS

SUPERBOWL CHAMPIONS

TEAM **PREVIEWS**

ARIZONA CARDINALS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC WEST	(4-13)	(7.5)

GENERAL MANAGER	HEAD COACH
MONTI OSSENFORT	JONATHAN GANNON
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
DREW PETZING	NICK RALLIS

REVIEW & ANALYSIS

2023 Season in Review A year ago this time, Arizona was seen as a laughingstock, evidenced by charges of tanking and a preseason win total of just 4.5. Most people assumed that QB Kyler Murray would sit out the entire year. They had hired a new GM, Monti Ossenfort, and new HC Jonathan Gannon was perceived to be in over his head after a poor SB performance with the Eagles. However, as noted in this preview last year, the one thing I was certain of was that this Arizona team would at minimum play hard for Gannon and that the idea of tanking was not the goal. The goal of 2023 was to clean up the mess of a roster that prior GM Steve Keim left this organization and to get Murray back on the field. Not only did they accomplish those goals, but they were way more competitive than anyone could imagine. They only won four games on the season, but two of them, home vs DAL and at PHI, were impressive as double-digit underdogs. With Murray in the lineup, Arizona's offense ranked 5th in yards per play and 9th in EPA. They went 3-5 SU and 5-3 ATS with Kyler but the schedule was tough and featured five playoff teams. Unfortunately, the defense was severely lacking in talent, as evidenced by their 31st EPA ranking, but DC Nick Rallis did his best to be as creative as possible. He mixed up his defenses to help muddy up games. For example, Cardinals employed 4 deep or "Quarters" coverage at the highest rate in the league to help prevent explosive plays. The defense tried best they could be you can only do so much without talent or depth

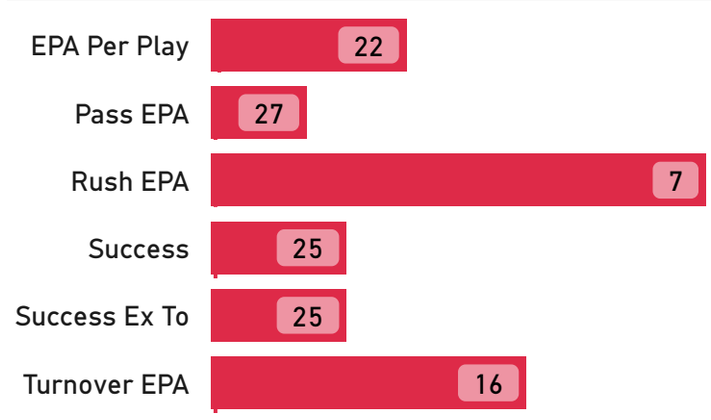
Luck Factor For all the good work the new GM and staff put into the 2023 roster, it was still likely the worst talent in the NFL. Things got much more difficult as the season went along considering they were decimated by injuries. They finished with the 5th worst injury luck, according to Adjusted Games Lost, and were one of just five teams to have bottom 10 injury luck on both offense and defense. They are also the only team in the NFL with bottom five injury luck in each of the last two seasons. No team suffered worse injury luck to the DL position than Arizona. It was so bad that their 31.5 AGL at DL was higher than the next three teams combined. The Cardinals pass defense didn't catch a break with the schedule considering they faced the lowest percentage of snaps in the NFL by a backup QB last season. Only 7% of the drop backs they faced came from a backup QB, Tyler Heinecke for a little more than half a game and Mitch Trubisky for a half. That's bad luck considering seven starting QBs that they faced during the season missed multiple games outside of the Arizona matchup. In addition, ARI finished just 2-5 in close games and included a blown 20-0 halftime lead to NYG in week 2 and a one point loss in week 18 to SEA after ARI missed a 43 yard FG with 3m left and then missed a 51 yard FG at the buzzer. There were nine games all season where a team held a 4th quarter win probability of 80%+ and lost and the Cardinals possessed two such games themselves.

Schedule Analysis Arizona had to deal with a lack of talent, major injuries while also facing the 4th toughest schedule in the NFL last season. 11 of 17 opponents went over their preseason win totals, the 2nd most of any team in the NFL. The Cardinals are expected to face a league average schedule based on my current ratings but they have to get past a very rough start. The first six weeks include games at BUF, SF and GB. The first 10 weeks involves the Cards facing nine teams expected to win at least 8.5 games and eight teams favored to make the playoffs. It's the most difficult of any team in the first 2.5 months before the schedule eases up late. The good news is that they should be well rested as they only have one short week of rest all season, a week 8 game at MIA following a MNF home game vs LAC.

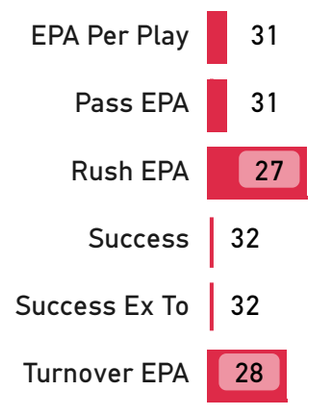
Offseason Arizona didn't really lose anyone meaningful off the roster as WR Marquise Brown is the only starter that is gone. Of course, they are replacing him with one of the best rookie WRs to come into the league in a long time in Marvin Harrison Jr. MHJ should step right in and assume the #1 WR role for Murray and will be lined up along with FA WR pickup Zay Jones. The offense also added much needed playmaking with 3rd round rookie RB Trey Benson as well as reliable veteran starting OL in RT Jonah Williams and C Evan Brown. Between the draft and FA, Arizona added five likely new starters on defense. They revamped a very weak DL with the FA additions of veterans Bilal Nichols, Justin Jones and 1st round rookie DE Darius Robinson from Missouri. 2nd round CB Max Melton and veteran slot CB Sean Murphy-Bunting are likely to start in the secondary as well. None of the FA defenders are impact players but all are solid veterans who know their role, are good teammates and play hard, all staples of a Gannon/Ossenfort profile. On a net basis, the Cardinals added three players in FA who played >50% of snaps for their team last season, the most of any team this offseason.

2024 Outlook After winning four games last season, Arizona's win total is lined at 6.5 and I have frequently seen mentions of them as a sleeper playoff contender in the NFC. I can understand the fascination with a top 15 QB, good playmakers and a solid coaching staff. There is no reason to believe this can't be a top 10-12 offense when adding Harrison to the mix. You'd hope that Arizona's bottom five injury luck will finally improve and so they aren't forced to dig deep into the depth chart. A full season of good health from Murray and company, and the Cardinals should be competitive this year. I am just not sure the defense has enough talent overall to consistently win games and Arizona opponents are not likely to take them as lightly as they did last season. The early schedule is really tough and you need a young team to get out of the gate with some wins to hope to make a Playoff run. I'd lean to more of a 6-7 win team this year with 2025 as the year to make that leap with one more good off season.

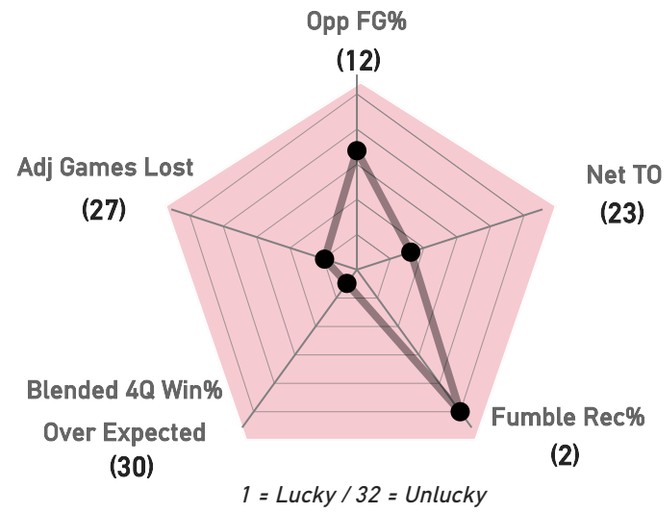
OFFENSE ADVANCED RANKS



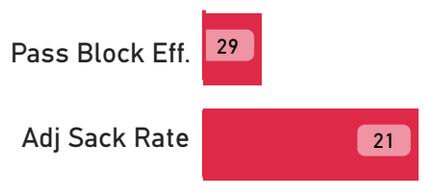
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Marvin Harrison Jr. (R)	Marquise Brown
RWR	Michael Wilson	
SWR	Zay Jones	Rondale Moore
LT	Paris Johnson Jr.	D.J. Humphries
LG	Evan Brown	
C	Hjalte Froholdt	
RG	Will Hernandez	
RT	Jonah Williams	
TE	Trey Mcbride	
QB	Kyler Murray	
RB	James Conner	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Darius Robinson (R)	
NT	Bilal Nichols	
DT	Justin Jones	
LOLB	Zaven Collins	
LILB	Kyzir White	
RILB	Krys Barnes	Josh Woods
ROLB	Bj Ojulari	
LCB	Max Melton (R)	Antonio Hamilton Sr.
SS	Jalen Thompson	Jalen Thompson
FS	Budda Baker	
RCB	Sean Murphy-Bunting	Marco Wilson
NB	Garrett Williams	

2023 SCHEDULE

WK		OPP	SCORE
1	@		L 16-20
2	v		L 28-31
3	v		W 28-16
4	@		L 16-35
5	v		L 20-34
6	@		L 9-26
7	@		L 10-20
8	v		L 24-31
9	@		L 0-27
10	v		W 25-23
11	@		L 16-21
12	v		L 14-37
13	@		W 24-10
15	v		L 29-45
16	@		L 16-27
17	@		W 35-31
18	v		L 20-21
		SOS	2/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@		+7
2	v		+2.5
3	v		+4
4	v		-2.5
5	@		+9.5
6	@		+5
7	v		-1
8	@		+6
9	v		+1
10	v		+3
12	@		+3
13	@		+1.5
14	v		-1
15	v		-3.5
16	@		-1
17	@		+6
18	v		+4
		SOS*	15/32

SOS* *based on TA's power rankings*

ATLANTA FALCONS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC SOUTH	(7-10)	(9.5)

GENERAL MANAGER	HEAD COACH
TERRY FONTENOT	RAHEEM MORRIS
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
ZAC ROBINSON	JIMMY LAKE

REVIEW & ANALYSIS

2023 Season in Review The Falcons came into 2023 as a sexy sleeper Playoff contender. Most of the optimism came from the fact that they were expected to face the easiest schedule in the NFL and one of the easiest we've seen in a long time. Even though the starting QB was Desmond Ridder, who was a 3rd round pick and only started four games to end the 2022 season and produced poor results. What's funny is the schedule did in fact end up being the 2nd easiest in the NFL but Atlanta still could only muster seven wins. Predictably, Ridder played like a backup level QB (28th in EPA, 44th in PFF grade) and was shipped off to ARI in the off season. Losing to the hapless Panthers at the buzzer in week 15 was the final nail to a disappointing season for the Falcons. HC Arthur Smith was fired after the season and the team signed QB Kirk Cousins to a huge contract. The defense started the season well but ended up finishing 16th in schedule adjusted EPA and 24th against the pass. The defense faced an extremely easy schedule of opposing offenses and didn't face a top 10-12 level QB after week 5 to help buoy their ranking. In comes former Rams DC Raheem Morris to try and turn things around with his 2nd go around as an NFL HC.

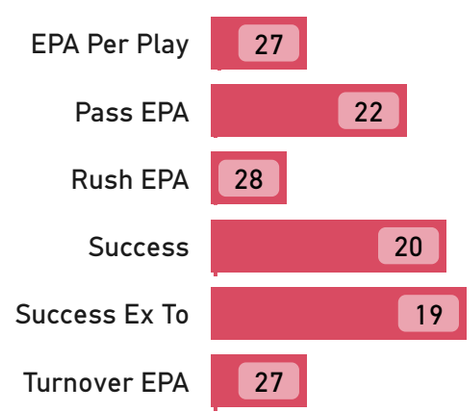
Luck Factor The Falcons were a very healthy team last season (5th lowest AGL, #1 on offense, #1 healthiest secondary), but otherwise they did not catch many other breaks. They ranked bottom 10 in the league in fumble luck, net EPA from Turnovers and their opponents made 95% of the FGs attempted against them. The only two missed FG attempts against them came from 54 and 55 yards. However, as mentioned above, ATL ended up facing the 2nd easiest schedule in the NFL and still could only win seven games. ATL outgained their opponents on a yards per play basis 10 times, which tied for the most among non-playoff teams but the poor QB play and turnovers cost them victories. They finished 4-6 in one score games and from week 5 to week 15, every single Falcons game ended with a single digit point differential. Even though they played 10 one score games overall, they didn't get too lucky or unlucky in many of those toss up level games. Based on their final point differential of -52, they played and earned that 7-10 final record.

Schedule Analysis Incredibly, after facing the 2nd easiest schedule last year the Falcons are expected to face the easiest schedule in the NFL this season. They only face three teams (KC, PHI, DAL) who are rated as a top 16 team in my ratings but play 10 games against bottom 10 rated teams. Not only do they get CAR twice, but they also face potentially bottom five level teams in WAS, DEN, LV and NYG. Interestingly, the Falcons face three of their four toughest opponents (PIT, KC, PHI) in their first three games of the season. They catch a big break in week 13 as they will be coming off of their bye week to face the Chargers at home in a Sunday 1pm est matchup. LA will be flying across the country off a short week as they are facing Jim Harbaugh's brother John and the Ravens at home on MNF. The Falcons get a huge rest advantage and potentially get a letdown spot for LA.

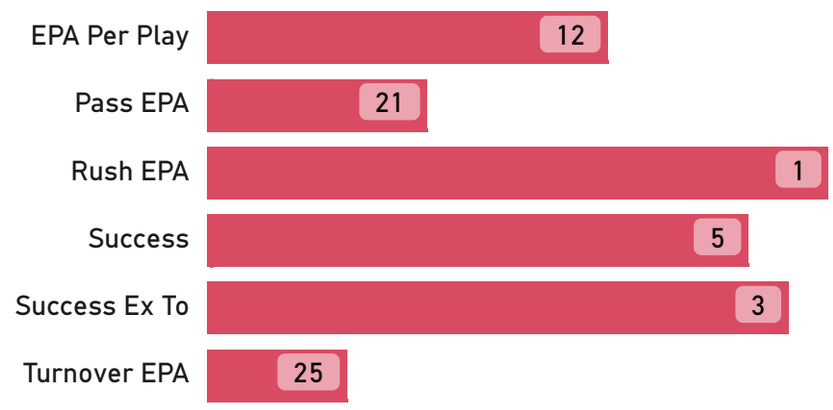
Offseason The Falcons picked up the crown of the offseason by signing QB Kirk Cousins for $100M guaranteed but somehow thought using the 8th pick on 24 yo Michael Penix was a good idea as well. Even understanding that taking stabs at a high quality QB is never a bad thing (especially if it hits), there is an opportunity cost that goes along with it. The Falcons lost out on drafting the best defensive player in the draft or adding another WR weapon with Rome Odunze. If they really wanted Penix, and he was just the 32nd ranked player by grinding the mocks when they signed Cousins, they could've passed up on Kirk and spent that same capital on pass rushers (Danielle Hunter? Jonathan Greenard?) and CBs (Kyle Fuller?), two positions they are desperate to upgrade. Instead, they ended up doing nothing to improve a lackluster pass rush that also lost veterans Calais Campbell and Bud Dupree, their top two pass rushers last season. This is one of the least talented defenses in the NFL and will be relying on Arnold Ebiketie and Lorenzo Carter as their top edge rushers. The Falcons don't have a single edge rusher on the roster inside PFFs top 45 in pass rush grade last season. In FA, ATL did not add a single defensive player, who played more than 50% of the snaps for their team last season. The bright side is we should see a much more wide-open offensive system with the hiring of new OC Zac Robinson from the Rams. LA used 11 personnel (3 WRs), the most in the NFL last year at 93% while ATL was dead last at just 15%. They brought in FA WR Darnell Mooney and traded for Rondale Moore but have absolutely no depth at WR beyond that. I'd expect a more wide-open passing attack which should also lead to more run lanes for RB Bijan Robinson. How quickly Cousins can recover from that Achilles and get acclimated to his new teammates and system is a big question.

2024 Outlook The Falcons couldn't take advantage of facing the 2nd easiest schedule last year but will get another crack at a cupcake schedule with a real QB. There is no guarantee that 36-year-old Cousins is going to come back off the Achilles injury, but even at 75% of his old self he is an upgrade from Ridder. It's difficult for veteran QBs to acclimate right away with a new team. Guys like Tom Brady, Russell Wilson, etc. struggled very early in the first season with their new teams and having to face elite pass rush defenses in PIT, PHI and KC in the first three games could prove difficult. I expect a slow start from the Falcons but the schedule is so weak after the first month that they can right the ship quickly. I am really worried about this defense more than anything and I don't think they are good enough to automatically pencil in wins against anyone. Any sort of injury issue on this defense and they are cooked with such a lack of depth. Even though this schedule looks as easy as it can get, I can't just assume Cousins steps right in as a top 10 level QB and this defense could end up being a bottom 10 unit. Based on my ratings I have ATL right around a 9 win team which could be good enough to win the NFC South, but I don't think it's a cakewalk.

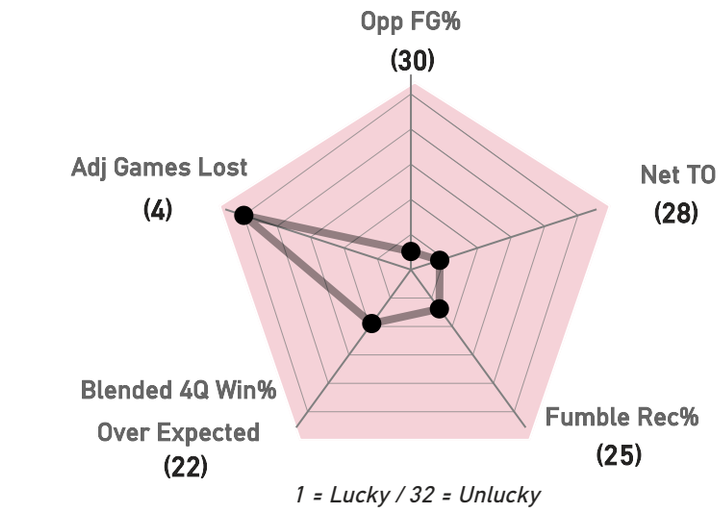
OFFENSE ADVANCED RANKS



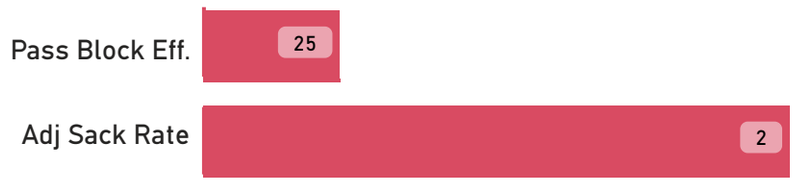
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Drake London	
RWR	Darnell Mooney	Van Jefferson
SWR	Rondale Moore	Scotty Miller
LT	Jake Matthews	
LG	Matthew Bergeron	
C	Drew Dalman	
RG	Chris Lindstrom	
RT	Kaleb Mcgary	
TE	Kyle Pitts	
QB	Kirk Cousins	Desmond Ridder
RB	Bijan Robinson	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Zach Harrison	Calais Campbell
NT	David Onyemata	
DT	Grady Jarrett	
LOLB	Arnold Ebiketie	
LILB	Kaden Elliss	
RILB	Troy Andersen	
ROLB	Lorenzo Carter	Bud Dupree
LCB	Clark Phillips III	
SS	Demarcco Hellams	
FS	Jessie Bates III	
RCB	A.J. Terrell	
NB	Dee Alford	

2023 SCHEDULE

WK		OPP	SCORE
1	v	CAR	W 24-10
2	v	GB	W 25-24
3	@	DET	L 6-20
4	@	JAX	L 7-23
5	v	HOU	W 21-19
6	v	WAS	L 16-24
7	@	TB	W 16-13
8	@	TEN	L 23-28
9	v	MIN	L 28-31
10	@	ARI	L 23-25
12	v	NO	W 24-15
13	@	NYJ	W 13-8
14	v	TB	L 25-29
15	@	CAR	L 7-9
16	v	IND	W 29-10
17	@	CHI	L 17-37
18	@	NO	L 17-48
		SOS	32/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	PIT	-3
2	@	PHI	+3.5
3	v	KC	+3
4	v	NO	-4
5	v	TB	-3
6	@	CAR	-3.5
7	v	SEA	-3.5
8	@	TB	+1
9	v	DAL	+1
10	@	NO	-1.5
11	@	DEN	-3
13	v	LAC	-2.5
14	@	MIN	-1
15	@	LV	-1
16	v	NYG	-4.5
17	@	WAS	-2.5
18	v	CAR	-6.5
		SOS*	32/32

SOS* *based on TA's power rankings*

BALTIMORE RAVENS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC NORTH	(13-4)	(10.5)

GENERAL MANAGER	HEAD COACH
ERIC DECOSTA	JOHN HARBAUGH
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
TODD MONKEN	ZACH ORR

REVIEW & ANALYSIS

2023 Season in Review Baltimore was dominant during the 2023 regular season and finished with the most wins (13), largest point differential (+204) and ranked #1 in ATS margin (+8.3 pts/gm) in the NFL. That ATS margin was by nearly three points per game over #2 ranked Dallas. It's also the largest ATS margin of any team since these same Ravens in 2019. Excluding a meaningless week 18 game, the Ravens held > a 50% blended 4th quarter win probability in every game last season. They were dominant and did so against the 5th toughest schedule in the NFL. In my preview last year, I highlighted much of the bad luck and tough losses they incurred in 2022 and how it masked just how good of a team they had coming into 2023. I also picked Lamar Jackson as my MVP and the Ravens as AFCs #1 seed. Lamar and the Ravens lived up to all of that hype but unfortunately, they decided to completely abandon their strong run game and could not get past the Chiefs in the AFC Championship game. The defense was able to hold KC to just 17 points and 4.5 yards per play, but it was not enough. That defense was strong all season, ranking 2nd best in EPA allowed, 6th best in success rate and led the NFL in sacks with 60. It was a blown opportunity for Baltimore

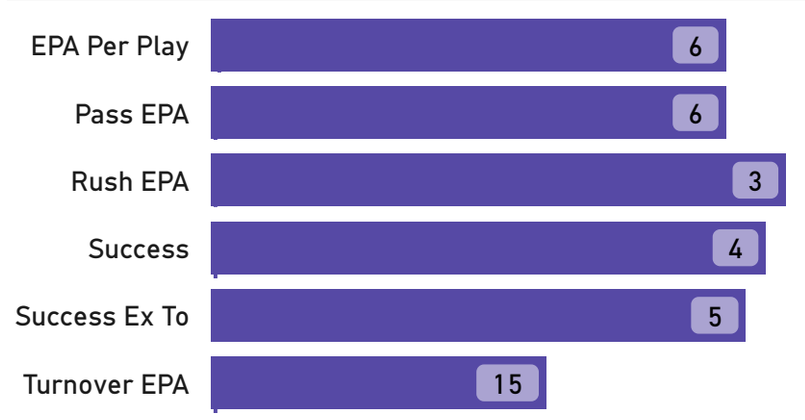
Luck Factor A year after posting one of the largest underachieving seasons amongst playoff teams in my database, they underachieved again by over one win, based on blended 4th quarter win probability. It is not as large of a discrepancy as the 2022 season but once again their underlying metrics were even better than their record. They finally weren't wrecked in the injury department as Lamar was able to start more than 12 games for the first time in three seasons. Where they really benefitted from in 2023 was from turnovers. They ranked #1 in the NFL in net EPA gained from TOs, #1 in overall takeaways and #2 in EPA gained from takeaways on defense. Speaking of the defense, they played great all season, but benefitted from the set of QBs they got to face. No team faced a less percentage of snaps from top 10 QBs by EPA than BAL (9%). To be fair, they squashed the two top 10 QBs (Purdy and Tua) they faced holding them to two of the worst games they played all season

Schedule Analysis After facing a top five most difficult schedule a year ago, Baltimore gets no breaks as they are expected to face the 6th toughest set of opponents based on my ratings. They face nine top 10 teams, tied with PIT for most in the league, and must play four of my top 10 teams- KC, DAL, BUF & CIN in the first five weeks alone. Even though they have a +16 net rest edge on a game-to-game basis vs their opponents, most in the league, more importantly their +9 cumulative net rest vs their opponents is just 11th in the NFL. The Ravens play five primetime games and six games that fall outside of a Sunday. From weeks 7-10, they face a brutal stretch. They play TB on the road on MNF in week 7 then have to travel again to CLE the next week on a short rest week. Then after a normal rest and a home game vs DEN, they play another short rest week at home vs CIN on TNF in week 10. That's a brutal four game in 18 day stretch in the middle of the season. They will also play three games in 11 days from weeks 15-17, but the teams they face in that stretch will deal with the exact same schedule. That's two separate stretches of really tough rest situations. In addition, you could argue that a season after facing the lowest number of top QBs, the Ravens face the seven best QBs in the NFL eight times this season (outside of Lamar of course).

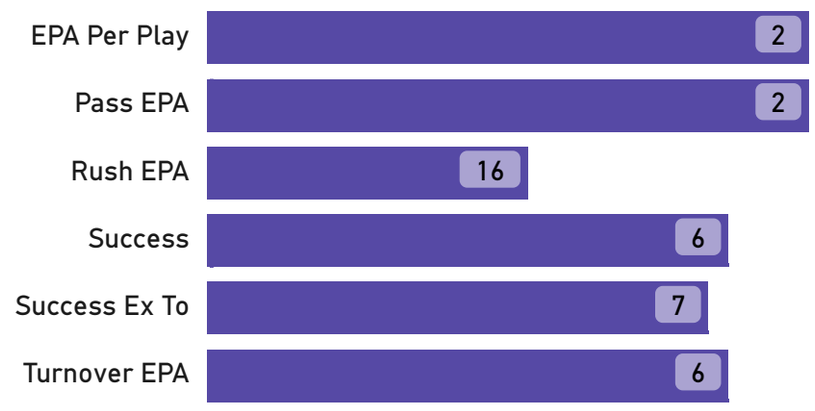
Offseason BAL was built to win a Super Bowl in 2023. Unfortunately, that didn't occur and the cost of paying a franchise QB like Lamar $185M guaranteed forces you to be lean at other positions. BAL saw eight starters or regular rotation players, who played at least 40% of the snaps last season, leave in FA. This includes three starting OL- Guards Kevin Zeitler, John Simpson and RT Morgan Moses as well as their best pass rusher in DE Jadeveon Clowney. Seven of these players who left generated a PFF grade of 70 or higher last season, two more than any other team in the NFL. Whereas other teams who lost significant talent, made up for it with trades or signing other good players, the Ravens could only muster the addition of RB Derrick Henry. On a net basis, they lost six players with a 70+ PFF grade, four more than any other team in the NFL. Henry will be a good addition, especially in the redzone and in short yardage, but that also means the ball will be out of Lamar's hands more often. Where the impact will be most felt for this team is on the OL and on defense. 2nd round pick Roger Rosengarten likely starts at RT, while 2023 7th round pick Andrew Vorhees will start at LG. 3rd year man Ben Cleveland will play RG, but he has never been a full-time starter and has never posted a PFF blocking grade of >66 in his career. Not to mention the constant injury uncertainty from veteran LT Ronnie Stanley. Defensively, not only did the Ravens lose Clowney but they also lost starting LB Patrick Queen and S Geno Stone along with DC Mike Macdonald to SEA. Macdonald turned a Ravens defense that finished the 2021 season 27th in EPA to a defense that ranked 14th in 2022 and 2nd last season. BAL finished 1st in the NFL in percentage of games with an elite performance (games in the 80th percentile vs opponent offenses) and losing him is massive. 31-year-old Zach Orr, who was the inside LB coach, is the new DC, a gigantic step up.

2024 Outlook Whenever you have a QB like Lamar Jackson and one of the better HCs in the NFL in John Harbaugh, your floor for number of wins is high. In fact, Harbaugh has coached the Ravens for 16 seasons, and has one season with less than eight wins (5-11 in 2015). They have won 10+ games in four of Lamar's five seasons as a starter but this season is a big test when you consider the enormous turnover on the roster and the loss of Macdonald. The AFC North is extremely competitive, and with KC, DAL, HOU and BUF on the schedule, winning double digit games is no gimme.

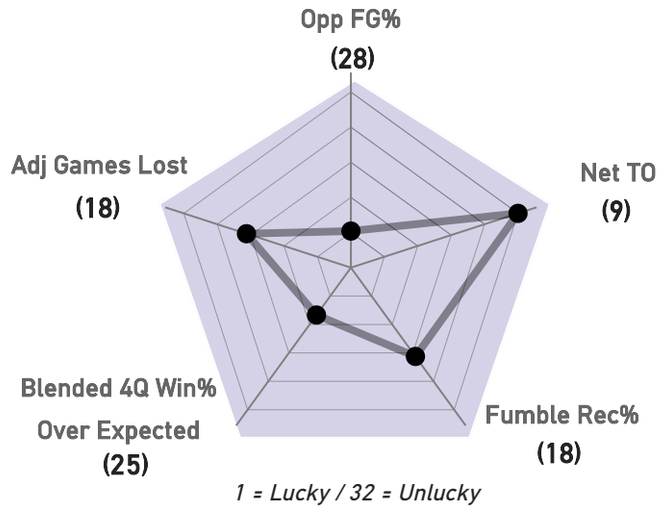
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	v	HOU	W 25-9
2	@	CIN	W 27-24
3	v	IND	L 19-22
4	@	CLE	W 28-3
5	@	PIT	L 10-17
6	@	TEN	W 24-16
7	v	DET	W 38-6
8	@	ARI	W 31-24
9	v	SEA	W 37-3
10	v	CLE	L 31-33
11	v	CIN	W 34-20
12	@	LAC	W 20-10
14	v	LAR	W 37-31
15	@	JAX	W 23-7
16	@	SF	W 33-19
17	v	MIA	W 56-19
18	v	PIT	L 10-17
		SOS	3/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	KC	+3
2	v	LV	-7
3	@	DAL	+1
4	v	BUF	-3
5	@	CIN	+1.5
6	v	WAS	-8
7	@	TB	-5
8	@	CLE	-1
9	v	DEN	-10.5
10	v	CIN	-3
11	@	PIT	-3
12	@	LAC	-3
13	v	PHI	-4
15	@	NYG	-6.5
16	v	PIT	-6
17	@	HOU	-1.5
18	v	CLE	-4.5
		SOS*	6/32

SOS* *based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Zay Flowers	Odell Beckham Jr.
RWR	Rashod Bateman	
SWR	Nelson Agholor	
LT	Ronnie Stanley	
LG	Andrew Vorhees	John Simpson
C	Tyler Linderbaum	
RG	Ben Cleveland	Kevin Zeitler
RT	Roger Rosengarten (R)	Morgan Moses
TE	Mark Andrews	
QB	Lamar Jackson	
RB	Derrick Henry	Gus Edwards
FB	Patrick Ricard	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Broderick Washington	
NT	Michael Pierce	
DT	Justin Madubuike	
LOLB	Odafe Oweh	Jadeveon Clowney
LILB	Roquan Smith	
RILB	Trenton Simpson	Patrick Queen
ROLB	Kyle Van Noy	
LCB	Nate Wiggins (R)	Ronald Darby
SS	Kyle Hamilton	
FS	Marcus Williams	
RCB	Brandon Stephens	
NB	Marlon Humphrey	

BUFFALO BILLS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC EAST	(11-6)	(10.5)

GENERAL MANAGER	HEAD COACH
BRANDON BEANE	SEAN MCDERMOTT
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
JOE BRADY	SEAN MCDERMOTT

REVIEW & ANALYSIS

2023 Season in Review The Bills endured a topsy turvy season which saw them start just 6-6 but rattle off five straight impressive victories to end the season, winning the AFC East. This was a team that finished with a +140-point differential, 4th best in the NFL, but once again could not get past their nemesis, the Chiefs in the Playoffs. They also suffered some inexplicable losses to bad teams including the Jets in the opener after Aaron Rodgers tore his Achilles, the Patriots and Broncos. QB Josh Allen was excellent (3rd in EPA per play, #1 in total rush EPA) but also threw the 2nd most interceptions in the NFL. Those turnovers led to an in season firing of OC Ken Dorsey, who was the clear scapegoat, even though the Bills ranked 3rd in EPA and #1 in the NFL in success rate. Joe Brady stepped in as OC midseason in route to making the Playoffs. To be fair, those Allen turnovers were not nearly as impactful as it would suggest due to the timing and circumstances of many of those turnovers. To that point, even though Allen threw the 2nd most INTs in the NFL, the Bills lost just the 11th least amount of EPA from those turnovers in the NFL. Allen also is elite in avoiding sacks (#1 in the NFL in lowest pressures seen turning into sacks) and gained the most EPA from rushing the football among QBs.

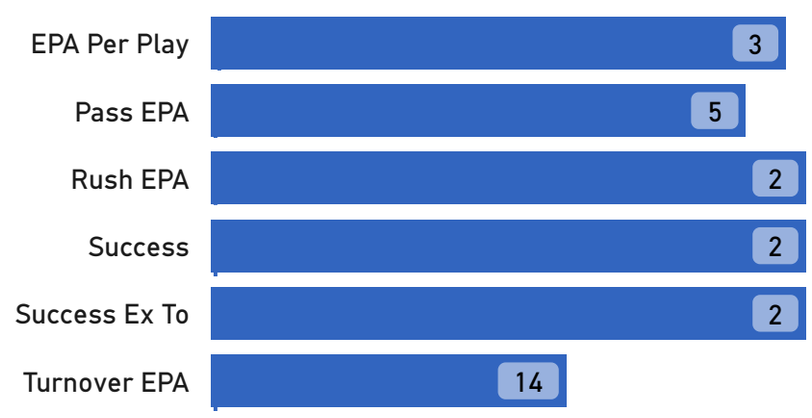
Luck Factor While Buffalo finished essentially middle of the pack in terms of injury luck, that's only because Allen played every game. The defense was 22nd in injury luck and saw a brutal stretch mid-season where seemingly their entire defense went down at the same time. In week 4, the Bills lost their best cover CB Tre'davious White and the glue of their defense, LB Matt Milano was lost for the season the following week. Starting DT Daquon Jones also got hurt in that week 5 game in London and was out for 12 weeks. From week 6-12, Buffalo's defense plummeted to just 22nd in EPA. In their Divisional Round loss to KC, their entire LB corps was decimated as well. The Bills played in 12 one score games, tied for 2nd most in the NFL, and went 6-6 in those games. The Bills 6 losses all came by six points or less. Based on their point differential, the Bills underachieved by 1.2 wins, the 6th largest underachieving team in 2023. Opposing FG kickers made 93% of their kicks, 4th highest in the NFL, while connecting on 4/5 from >50 yards. This includes a miracle 59-yard game tying make by Jake Elliot in Philly, which led to an Eagles win in OT. Tyler Bass, meanwhile, went just 8/14 on kicks from 40+, and his 44-yard miss in the Divisional Round against KC, potentially cost the Bills a Playoff win. The Bills also saw some bad luck when it came to turnovers, which made the Dorsey fire look much better than reality. Under Dorsey, the Bills recovered just 1 of 8 fumbles, while with Brady it was 8 of 10

Schedule Analysis The Bills faced one of the easier schedules a season ago but are looking at a top five most difficult schedule this season. Last year only five of their opponents went over their win totals, tied for lowest in the NFL. This year, they have two extremely difficult stretches in the season that could make or break their Playoff hopes. From weeks 4-6, Buffalo plays three straight road games against three of the top six AFC contenders in BAL, HOU and the Jets. The Jets game in week 6 will mark the Bills' 4th prime time game in five weeks to start the season. Following a week 11 showdown against the Chiefs, Buffalo finally get a bye but then must face SF at home followed by back-to-back road games in LA against the Rams and at Detroit. That 2nd leg of the b2b road trip flying across country and back, is even more difficult considering it occurs in Detroit, who is coming off extra rest (off TNF the prior week). Lastly, one of the Bills key advantages playing at home is the brutal weather late in the season. Unfortunately for the Bills, they don't really play a single warm weather or dome team at home after week 9.

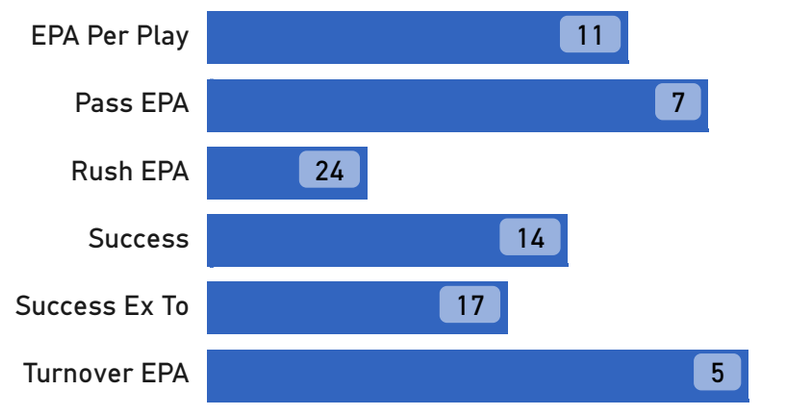
Offseason Due to Allen's monster cap hit and some botched FA signings, like Von Miller, the Bills needed to overhaul the roster a bit and purged some older veterans. Gone are Safeties Jordan Poyer and Micah Hyde along with EDGE Leonard Floyd, WR Gabe Davis among others. WR Stefon Diggs and his bloated contract were traded to HOU as well. In all, the Bills lost seven contributors who played at least 50% of snaps a year ago. The good news is that this is a deep roster with an elite QB, and they could afford some losses. They are replacing Davis and Diggs, who didn't gain over 87 yards in a single game after week 6 and ranked 51st among WRs in yards/route in that stretch, with 2nd round rookie Keon Coleman from FSU, veteran Curtis Samuel and Marquez Valdes-Scantling. Importantly, they are also likely increasing Khalil Shakir's role who ranked 32nd in yards per route in the same stretch that Diggs ranked 51st. Shakir generated the same number of 20+ yard receptions as Diggs and just two less than Davis, on almost half of the targets as Davis. I think the WR group needed a refresh and something had to be done with a Bills pass offense that inexplicably finished 22nd in explosive pass rate last season. The defense should be fine, as Milano will be back and outside of the Safeties, essentially the key pieces are intact. After trading for CB Rasul Douglas, the current starting trio at CB- Douglas, Taron Johnson and Christian Benford, all ranked inside PFFs top 30 in coverage grade. This should be a top 10-15 defense with upside.

2024 Outlook I like this Bills team and really believe their off-season roster shuffling is not necessarily a terrible thing. The WR discourse is eerily like how the Chiefs were being talked about when Tyreek was traded. An elite QB like Josh Allen always gives you a chance to contend. Unfortunately, their schedule is brutal, and they don't catch many breaks with their home schedule vs the teams you want to play in the cold and wind late in a season. This is still likely an 10–11-win team and the leader in the clubhouse to win another AFC East title.

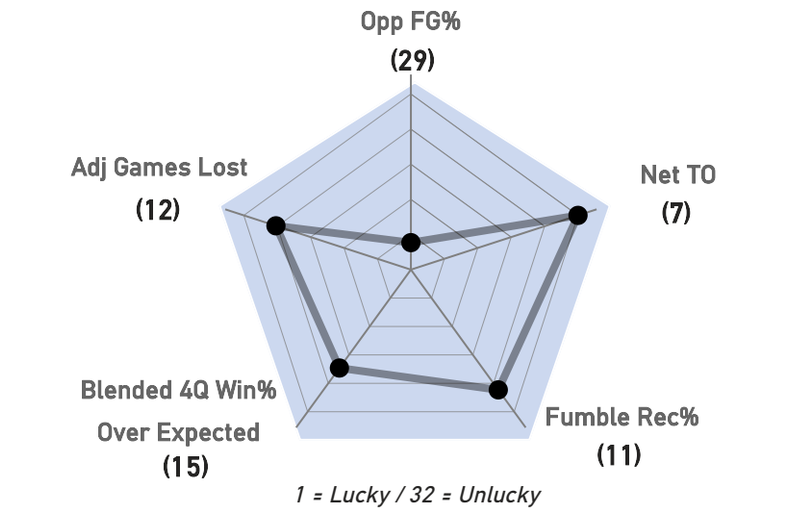
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	@	JETS	L 16-22
2	v	RAIDERS	W 38-10
3	@	WAS	W 37-3
4	v	MIA	W 48-20
5	v	JAX	L 20-25
6	v	NYG	W 14-9
7	@	NE	L 25-29
8	v	TB	W 24-18
9	@	CIN	L 18-24
10	v	DEN	L 22-24
11	v	JETS	W 32-6
12	@	PHI	L 34-37
14	@	KC	W 20-17
15	v	DAL	W 31-10
16	@	LAC	W 24-22
17	v	NE	W 27-21
18	@	MIA	W 21-14
		SOS	26/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	ARI	-7
2	@	MIA	+1
3	v	JAX	-5
4	@	BAL	+3
5	@	HOU	+1.5
6	@	JETS	+1.5
7	v	TEN	-7
8	@	SEA	-3
9	v	MIA	-3
10	@	IND	-2
11	v	KC	-1
13	v	SF	+2
14	@	LAR	-1
15	@	DET	+2
16	v	NE	-8.5
17	v	JETS	-2.5
18	@	NE	-3.5
		SOS*	3/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Keon Coleman (R)	Stefon Diggs
RWR	Curtis Samuel	Gabe Davis
SWR	Khalil Shakir	
LT	Dion Dawkins	
LG	David Edwards	
C	Connor Mcgovern	Mitch Morse
RG	O'cyrus Torrence	
RT	Spencer Brown	
TE	Dalton Kincaid	
QB	Josh Allen	
RB	James Cook	
FB	Reggie Gilliam	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Daquan Jones	
DT	Ed Oliver	
LCB	Christian Benford	
SS	Taylor Rapp	Jordan Poyer
FS	Cole Bishop (R)	Micah Hyde
RCB	Rasul Douglas	
NB	Taron Johnson	
LDE	Greg Rousseau	
RDE	A.J. Epenesa	
WLB	Matt Milano	
MLB	Terrel Bernard	

CAROLINA PANTHERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC SOUTH	(2-15)	(5.5)

GENERAL MANAGER	HEAD COACH
DAN MORGAN	DAVE CANALES
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
BRAD IDZIK	EJIRO EVERO

REVIEW & ANALYSIS

2023 Season in Review What was expected to be the beginning of an exciting new era for Carolina Panthers football turned into a disaster of epic proportions. After selecting QB Bryce Young #1 in the 2023 draft following a blockbuster trade with the Bears, Young turned in one of the worst performances from a rookie QB in over a decade. His -0.18 EPA per drop back last season ranked 53rd among 61 QBs with at least 150 drop backs in their rookie season since 2010. He never seemed comfortable in the pocket, and it didn't help that his OL and receiving weapons were among the worst in the NFL. The Panthers 4.1 yards per play on offense was the single worst figure in a season for any team since 2008. The coaching staff did not do him any favors either and HC Frank Reich was fired following a dreadful 1-10 start. The Panthers finished 2-14 and in one of the most stunning stats I have ever come across, Carolina did not hold a lead in 4th quarter of a game the entire season! Their two wins came on the last play of the game while trailing and the latest they held a lead in a game was with 4m remaining in the 3rd quarter against the Vikings. Dave Canales, the Tampa Bay OC from a season ago, was hired as HC to help turn this franchise around

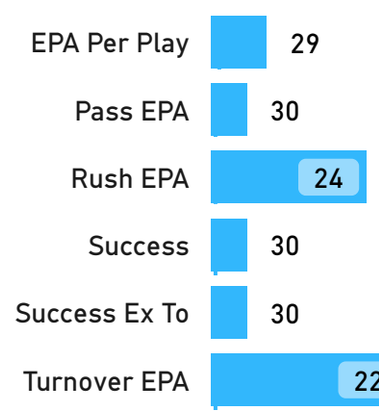
Luck Factor Name a luck metric and the Panthers ranked towards the bottom in all of them. They finished in the bottom five in injury luck, net FG %, one score game record, EPA lost due to turnovers and fumble recovery %. It's incredible that they were even able to play in eight games decided by one score when they never led in the 4th quarter. They finished 2-6 in one score games but in reality, they didn't have >50% 4th quarter win probability in most. But based on their -180 point differential, they should have won 1.5 more games, the 3rd highest mark in the NFL. That's not unexpected with a two win team, however. The defense was solid enough from a down-to-down perspective (20th in success rate allowed) but could only recover two fumbles and force 11 total turnovers in 17 games. On a per game basis, that figure was the 4th lowest by any team in a season since 2000. The pass defense got no help as the schedule of opposing QBs was one of the hardest in the NFL and faced the 6th most snaps against top 10 EPA QBs

Schedule Analysis Based on my team ratings, the Panthers are expected to face the 3rd easiest schedule in the NFL. Even though they are expected to be underdogs in all 17 games, I count five times where they should be underdogs by three points or less. They have a real opportunity to start this season well with only one game (week 4 at home v CIN) in the first 10 weeks where they face a top half of the league rated opponent. They will face eight teams in that span that I have rated 20th or worse, including six in the bottom 10 of the league. If they can get out of the gates with some wins before the schedule gets a bit harder, the Panthers could be more competitive than expected.

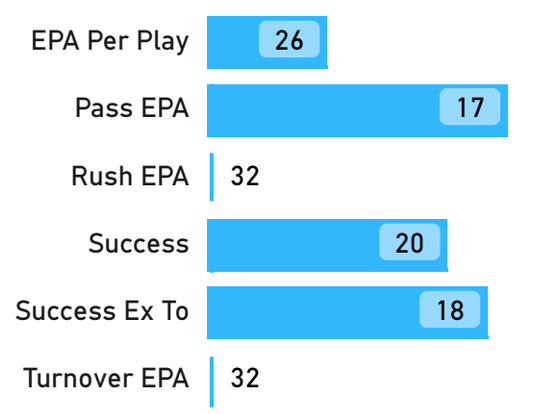
Offseason I liked how Carolina managed the roster in the offseason. Offensively, they added a WR who can separate, in Diontae Johnson from the Steelers, as well as a potential big play target in Xavier Legette in the 2nd round of the draft. Last season, a huge knock on this offense was the lack of any WR to gain separation and do anything after the catch. Those two options at least give this offense a chance. They also helped fortify the interior of the OL with the signings of veteran Guards Robert Hunt and Damien Lewis. Anything is better than seeing almost 400 snaps from Guard Chandler Zavala and his pitiful 7.1 PFF pass block grade. That was by far the worst pass block grade by any G in at least five seasons. Getting those new additions to help a short QB up the middle along with Canales, who has helped resurrect Geno Smith and Baker Mayfield's careers, should improve one of the worst offenses we've ever seen. He should at least get Young to get the ball out quick and hopefully avoid sacks (8th worst pressure to sack %) last season. There is precedent that Young will see improvement this season. Amongst nine first round picks in the last 15 years with an EPA per play of -0.10 or worse (Young was -0.18), all nine improved the next season by an average of +0.14 (low bar of course). Their aggregate +0.022 EPA the next season is equivalent to the 22nd ranked QB among 41 QBs last season. That's likely a decent target for Young to show signs of life going forward. Defensively, they cut their losses and finally traded ED Brian Burns to the Giants. They replaced him in FA with Jadeveon Clowney and DJ Wonnum. I am concerned that Clowney will lose interest quickly in a bad team and show up to collect a paycheck. If he doesn't produce, this pass rush could end up being a bottom five unit with no major difference makers. Also losing key playmaker Frankie Luvu at LB is a big loss. His 14 sacks and three forced turnovers the last two seasons will leave a hole in that defense.

2024 Outlook I like the direction that Carolina is going for the future although I am not sure the 2024 season will totally reflect it just yet. There is nowhere to go but up for Bryce Young, but the good news is there is recent precedence of a highly drafted QB turning things around rather quickly. Jared Goff generated a worse EPA than Young, in his rookie season, but following the hiring of Sean McVay, posted the 4th best EPA in the league the following year. The hope is Canales can work similar magic to Mcvay, otherwise Young could be following the same poor path as Zach Wilson. I personally think Young will need more time to master the pocket and his size will be a detriment to reaching his ceiling. The offensive weapons and OL are surely an upgrade, but I am not sure it will be good enough to mask Young's deficiencies. I think the defense has taken a significant step back with virtually no pass rush outside of Clowney. They desperately need CB Jaycee Horn to finally stay healthy (has only played 22 games in three years). There is historical data to show Carolina will improve and likely by a handful of wins. Is it good enough to be more than just frisky? I am not sure. Since 2000, 17 teams like Carolina won three or less games and also went under their win total by at least five wins. All 17 of those teams increased their wins the next season (by an average of 4.7 wins) and averaged 6.6 wins (vs aggregate win total of 6.1 wins). 59% of those teams went over their win total as well.

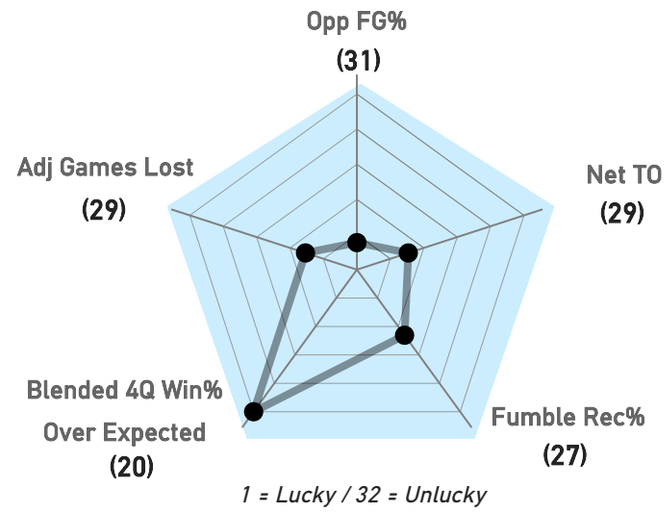
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

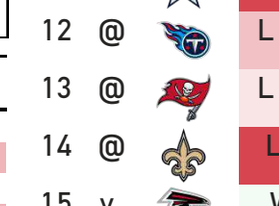


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Diontae Johnson	Dj Chark Jr.
RWR	Xavier Legette (R)	
SWR	Adam Thielen	
LT	Ikem Ekwonu	
LG	Damien Lewis	
C	Austin Corbett	Bradley Bozeman
RG	Robert Hunt	
RT	Taylor Moton	
TE	Tommy Tremble	Hayden Hurst
QB	Bryce Young	
RB	Chuba Hubbard	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Shy Tuttle	
LOLB	Jadeveon Clowney	Brian Burns
LILB	Shaq Thompson	
RILB	Josey Jewell	Frankie Luvu
ROLB	D.J. Wonnum	
LCB	Jaycee Horn	
SS	Xavier Woods	Vonn Bell
FS	Jordan Fuller	
RCB	Dane Jackson	Donte Jackson
NB	Troy Hill	
LDE	Derrick Brown	
RDE	A'shawn Robinson	Deshawn Williams

2023 SCHEDULE

WK		OPP	SCORE
1	@		L 10-24
2	v		L 17-20
3	@		L 27-37
4	v		L 13-21
5	@		L 24-42
6	@		L 21-42
8	v		W 15-13
9	v		L 13-27
10	@		L 13-16
11	v		L 10-33
12	@		L 10-17
13	@		L 18-21
14	@		L 6-28
15	v		W 9-7
16	v		L 30-33
17	@		L 0-26
18	v		L 0-9

SOS 10/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@		+5
2	v		+5
3	@		+4
4	v		+6.5
5	@		+5.5
6	v		+3.5
7	@		+3
8	@		+2.5
9	v		NA
10	v		+1
12	v		+7
13	v		+2
14	@		+7.5
15	v		+6.5
16	v		+1
17	@		+5
18	@		+6.5

SOS* 30/32

SOS based on TA's power rankings*

CHICAGO BEARS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC NORTH	(7-10)	(8.5)

GENERAL MANAGER	HEAD COACH
RYAN POLES	MATT EBERFLUS
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
SHANE WALDRON	ALAN WILLIAMS

REVIEW & ANALYSIS

2023 Season in Review The 2023 Chicago Bears season probably went as well as they could have hoped for, outside of winning a Super Bowl of course. They were very competitive, winning 7 games, but were able to find clarity that Justin Fields was not their long-term answer at QB. Oh, and most importantly, the Panthers were the worst team in the NFL, handing Chicago the #1 pick and franchise QB Caleb Williams. The offense finished in their usual territory, ranking 21st in EPA and 24th on drop backs. After starting the season 2-7 and the defense continuing to look like a dumpster fire, something clicked mid-season and Chicago ended the year 5-3 and were playing like a Playoff caliber team. They were just three-point underdogs in Lambeau in the season finale against a Playoff team in Green Bay. In their first nine games, Chicago's defense ranked 30th in EPA allowed, 31st against the pass, and allowing 27 ppg. They also ranked dead last in 3rd down conversions allowed over expectation at +9.4% while allowing a near league average EPA on early downs. Following a mid-season trade for ED Montez Sweat, the Bears late down defense regressed much closer to their early down defense and ended the final eight games allowing the 3rd lowest EPA in the NFL. It was a remarkable transformation, and along with Williams, has given this franchise great hope in 2024

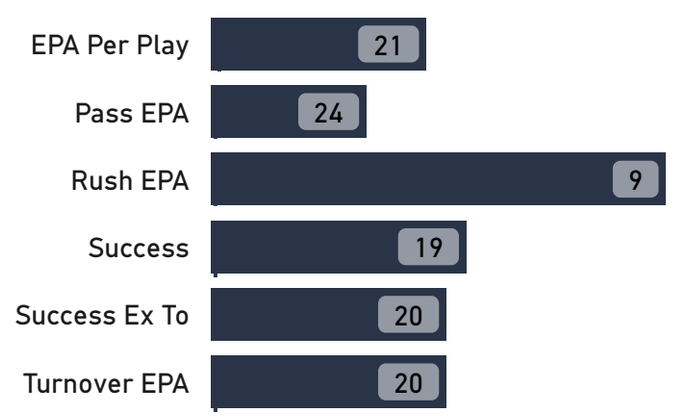
Luck Factor Some of the Bears' good play at the end of the season on defense was aided by turnovers. The defense ranked 3rd in EPA in the final nine weeks but gained the 4th most EPA from turnovers in that stretch, including two pick 6s. They tied for the league high with 22 INTs on the season and ranked 2nd in turnovers forced the final eight weeks with 20. The good news is that the defense ranked 7th best down the stretch in success rate allowed so they were also good from a down-to-down perspective. Overall, the Bears underlying metrics were that of a much better team than their 7-10 final record. They went just 2-6 in one score games, blowing three different games while holding a 4th quarter win probability of 80% or higher. In the NFL last season, teams went 182-9 when holding an 80%+ win probability in the 4th quarter. The Bears alone accounted for three of those nine losses! Based on 4th quarter win probabilities, the Bears played more like a team who should have won 9.4 games, not seven. This 2.4-win gap made Chicago the 2nd biggest underachievers in the NFL. It didn't help that the Bears ranked 24th in net EPA due to turnovers in one score situations and also finished 2023 with the largest net penalty deficit in the league, at -19 yards per game. In the last seven seasons, 10 teams won at least 40% of their games overall but finished with a close game win percentage of 25% or worse like the Bears. Those teams all improved in close games the next season, finishing an aggregate 57% in those close games. Seven of the 10 improved their overall win total the next season as well, by almost a full game on average.

Schedule Analysis Based on my ratings, Chicago is facing one of the easier set of opponents in the NFL. The first three months of the season are exactly how you want a rookie QB to start his career. Chicago faces the easiest schedule in the NFL in the first 12 weeks, with a bye in week seven, play seven of the 11 games at home or on a neutral field in London and face five of the worst teams in the NFL. They open the season at home vs TEN and are currently listed as five-point favorites. That is the largest favorite for any starting rookie QB in week 1 in over 25 years. In weeks 13-15, they play three straight road games in DET, SF and MIN followed by games to end the season at home vs DET and in Lambeau for the finale vs GB. The good news is that the Bears do get Jared Goff and the Lions at home, in potentially cold and snowy elements in late December. Based purely on last year's final stats, and understanding these are volatile from year to year, Williams and the Bears are expected to face the easiest schedule of opposing pass defenses, including six games against bottom five EPA pass defenses from a year ago.

Offseason The upside of Williams is quite obvious and the crown jewel of the off-season. But the Bears were not satisfied with just an upgrade at QB as they traded a 4th round pick for veteran WR Keenan Allen and drafted WR Rome Odunze at pick #9 out of Washington. They also signed RB D'Andre Swift and TE Gerald Everett in free agency to add to their stable of weapons on offense. It's not controversial to say that Williams has the best set of weapons for any #1 drafted QB. Williams will be playing behind a solid OL and. I do like the addition of OC Shane Waldron. Waldron comes from Seattle where he threw out of 1-1 personnel (3 WR) at a higher rate than Getsy did a season ago. There should be plenty of targets to go around to Allen, Odunze and DJ Moore. Defensively, I would have liked to have seen Chicago continue to upgrade their front four, but they added no new starters. In fact, they lost 11 of their 37 sacks from a season ago with the losses of Yannick Ngakoue, Justin Jones and Rasheem Green. Signing FA S Kevin Byard was the biggest defensive splash they made and CHI is definitely hoping the 2nd half of 2023 was a sign of things to come.

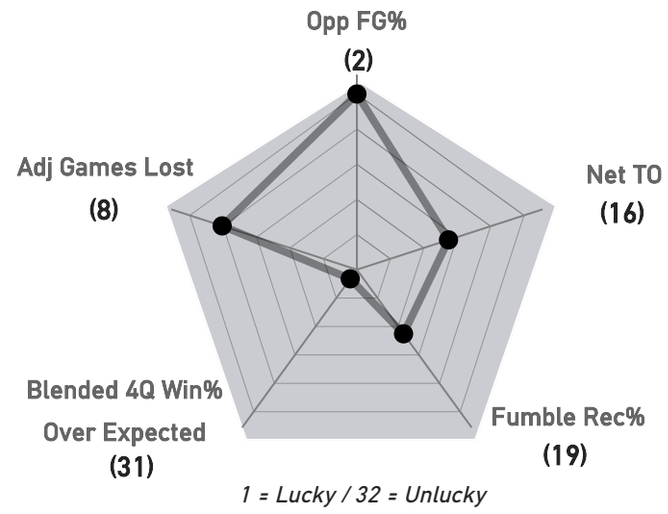
2024 Outlook There are lofty expectations for Williams and the Bears, but I think they are warranted. Since 2002, 24 top five QB picks have started at least nine games in their rookie season and last season's Panthers with Bryce Young came into the season with the highest expectations, with a 7.5-win total. Williams and the Bears' 9-win total is going to smash that previous high. Carolina was a massive disappointment but otherwise four of the next five highest win totals for top QBs drafted have exceeded expectations in the last 15 years. The 09 Jets (Sanchez), 2012 Redskins (RG3) and last year's Texans (Stroud) all had win expectations of at least 6.5 games, and each made the Playoffs. Chicago is actually favored to make the Playoffs. If you examine the top six rookie QBs since 2010 in EPA, they all generated positive rush EPA. The mobility allows for a high floor and good upside, which Williams will bring. Fields has never finished in the top 20 in EPA and if not for bad luck a year ago, Chicago should've been a Wildcard team. It's very reasonable that with these tremendous weapons and against a soft schedule, Williams can vault this offense into the top half of the NFL and give Chicago fans major hope.

OFFENSE ADVANCED RANKS



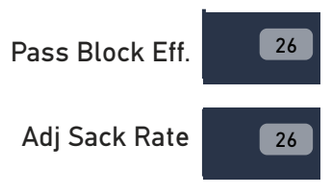
DEFENSE ADVANCED RANKS

LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	GB	L 20-38
2	@	TB	L 17-27
3	@	KC	L 10-41
4	v	DEN	L 28-31
5	@	WAS	W 40-20
6	v	MIN	L 13-19
7	v	LV	W 30-12
8	@	LAC	L 13-30
9	@	NO	L 17-24
10	v	CAR	W 16-13
11	@	DET	L 26-31
12	@	MIN	W 12-10
14	v	DET	W 28-13
15	@	CLE	L 17-20
16	v	ARI	W 27-16
17	v	ATL	W 37-17
18	@	GB	L 9-17
		SOS	28/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	TEN	-4.5
2	@	HOU	+3
3	@	IND	+2
4	v	LAR	-1.5
5	v	CAR	-5.5
6	v	JAX	+1
8	@	WAS	-2
9	@	ARI	-1
10	v	NE	-5.5
11	v	GB	-1
12	v	MIN	-3
13	@	DET	+4
14	@	SF	+5.5
15	@	MIN	-1
16	v	DET	+1
17	v	SEA	-3.5
18	@	GB	+3
		SOS*	25/32

SOS* *based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Dj Moore	
RWR	Rome Odunze (R)	
SWR	Keenan Allen	Darnell Mooney
LT	Braxton Jones	
LG	Teven Jenkins	
C	Ryan Bates	Lucas Patrick
RG	Nate Davis	
RT	Darnell Wright	
TE	Cole Kmet	
QB	Caleb Williams (R)	Justin Fields
RB	D'andre Swift	
FB	Khari Blasingame	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Andrew Billings	
DT	Gervon Dexter Sr.	Justin Jones
LCB	Jaylon Johnson	
SS	Jaquan Brisker	
FS	Kevin Byard III	Eddie Jackson
RCB	Tyrique Stevenson	
NB	Kyler Gordon	
LDE	Montez Sweat	
RDE	Demarcus Walker	Yannick Ngakoue
WLB	T.J. Edwards	
MLB	Tremaine Edmunds	

CINCINNATI BENGALS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC NORTH	(9-8)	(10.5)

GENERAL MANAGER	HEAD COACH
DUKE TOBIN	ZAC TAYLOR
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
DAN PITCHER	LOU ANARUMO

REVIEW & ANALYSIS

2023 Season in Review The Bengals 2023 season was mostly defined by injuries to Joe Burrow. Even before the first snap of the season against the Browns, Burrow's nagging calf injury knocked him out of training camp. The offense was atrocious to start the season and the Bengals could only muster 49 total points in the first four games, leading to a poor 1-3 start. In that first month, Burrow ranked dead last in ypa (4.8) and EPA + CPOE among qualified QBs. Clearly the calf was causing many of his issues but as the season progressed, he got back to his old self and the Bengals were rolling. Following that poor start, Cincinnati won four straight including impressive back-to-back wins against SF and BUF, and Burrow was being talked about as a real MVP candidate. But on a Thursday night against Baltimore in mid-November, Burrow hurt his wrist, was knocked out for the season and CIN finished 9-8 behind Jake Browning. The under discussed story of the Bengals 2023 season is the low-key horrible defensive performance. The Bengals ranked 32nd in yards per play allowed, 26th in EPA and last in net yards per pass attempt allowed. It's true that they played good offenses but accounting for the strength of opposing offenses, they still ranked last in yards per play allowed. The Bengals were outgained on a net yards per play basis in 10 of their first 11 games and allowed a top three yards per play offensive performance to eight different teams during the season. They allowed the highest average depth of target through the air in the NFL, ranked 31st in explosive pass rate allowed and 29th in EPA over the middle of the field.

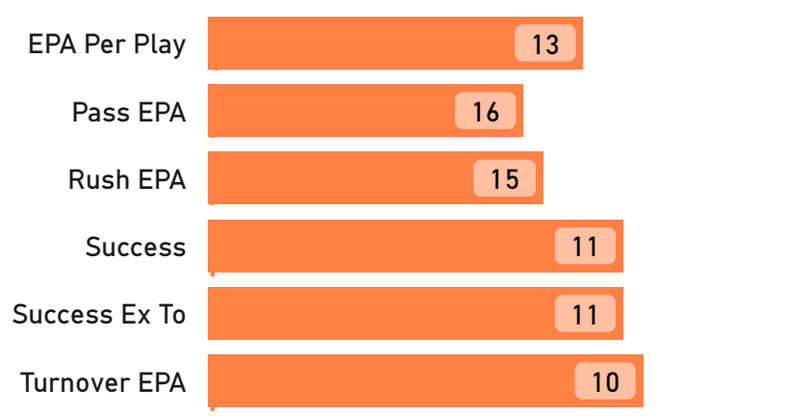
Luck Factor Obviously losing Burrow for the back half of the season was tough luck but otherwise the rest of the roster was extremely healthy (6th in AGL on O, 3rd on D). Their starting OL did not miss a single game all season and played the highest percentage of their team's snaps of any OL combination in the NFL (97%). Based on 4th quarter win probabilities, Cincinnati's record ended up being about 1.25 wins higher than expected. I spoke above about how poor the Bengals defense performed on a down to down basis, but if it wasn't for a league leading nine turnovers forced in the red zone and one of the lowest 4th down conversion rates allowed in the red zone, the Bengals defense would have been even worse. Outside of the Burrow injuries, the Bengals were fortunate in most every other way

Schedule Analysis Last season, the Bengals ended up facing the toughest schedule in the NFL. Based on my ratings, Cincinnati is looking at the 7th easiest schedule this year, which would be the single largest flip in SOS of any team in the NFL. They are expected to face each of the seven worst teams in my ratings. With their last place schedule in the division, they get to face NE, CAR and TEN as their three uncommon opponents as compared to their division foes. Baltimore plays HOU, BUF and TB instead as an example of the extreme difference in quality of opponent. In terms of cadence of the schedule, they get a late bye in week 12 but then have to play on the road on MNF in DAL in week 13 followed by a short road game in TEN, followed by another short week at home on TNF vs CLE. Those three games in 11 days have only occurred nine times since 2000. Those teams are just 3-6 ATS in those games. However, this will be the first time that I can find in my database where a team was forced to play back-to-back on the road with short rest and then also had to play another short week on TNF to conclude the third game in 11 days. In every other instance, teams were spared having to play two road games in a row on MNF and then again on Sunday. That stretch is once to circle.

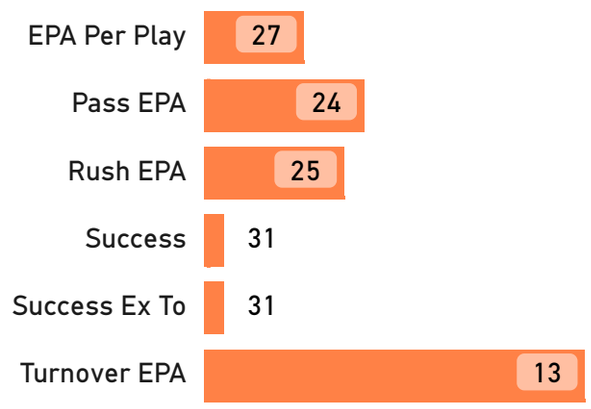
Offseason The Bengals lost five veteran starters this offseason in DT DJ Reader, RB Joe Mixon, LT Jonah Williams, CB Chidobe Awuze and WR Tyler Boyd. Those guys were swapped out for DT Sheldon Rankins, RB Zack Moss, RT Trent Brown, S Geno Stone and S Vonn Bell. They added T Amarius Mims in the first round, a 21-year-old from Georgia. It's a lot to ask him to step right in and start after only starting eight games in his college career. They will also likely rely on either 3rd round rookie Jermaine Burton or last year's 6th round pick Andrei Iosivas to make up for the loss of Boyd at WR. They will also have to navigate the contract dispute with WR Tee Higgins all season. He and DE Trey Hendrickson both asked for a trade and although neither is likely to be traded, it's a situation that could affect the locker room throughout the season. I am not sure if Stone and Bell are the answers at S but that was certainly a major hole after Jesse Bates left in FA last offseason. Reader was an underrated major loss for that defense and could argue that he was their 2nd best player after Hendrickson. On a net basis, it's likely that the Bengals got worse from a talent perspective. For a defense that barely suffered any major injuries to key players, the fragility of one of the league's worst units last season is clearly a major issue this season.

2024 Outlook While there has been a bit of a talent drain in Cincinnati and will have to manage a couple of contract issues, this schedule is likely to be such a breather after last year, that they should rack up a bunch of wins and compete for the division. And the way that backup Jake Browning performed last season after Burrow's season-ending injury (7th best EPA in the NFL), the Bengals could get to the Playoffs even if Burrow misses some games with his wrist injury. I am still concerned that the defense, especially the secondary, will continue to struggle but they will be facing question marks at QB with this schedule. Their floor for wins will be pretty high but I won't be racing to take over on this already inflated win total.

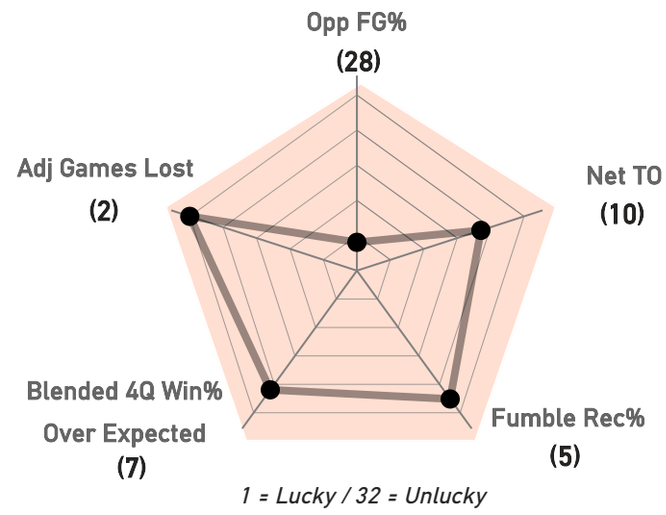
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

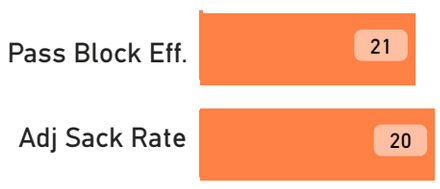


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Ja'marr Chase	
RWR	Tee Higgins	
SWR	Trenton Irwin	Tyler Boyd
LT	Orlando Brown Jr.	
LG	Cordell Volson	
C	Ted Karras	
RG	Alex Cappa	
RT	Trent Brown	Jonah Williams
TE	Mike Gesicki	
QB	Joe Burrow	
RB	Zack Moss	Joe Mixon

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Cam Taylor-Britt	
SS	Vonn Bell	Nick Scott
FS	Geno Stone	
RCB	Dj Turner II	
NB	Mike Hilton	
LDE	Sam Hubbard	
RDE	Trey Hendrickson	
WLB	Germaine Pratt	
MLB	Logan Wilson	
LDT	B.J. Hill	
RDT	Sheldon Rankins	Dj Reader

2023 SCHEDULE

WK		OPP	SCORE
1	@		L 3-24
2	v		L 24-27
3	v		W 19-16
4	@		L 3-27
5	@		W 34-20
6	v		W 17-13
8	@		W 31-17
9	v		W 24-18
10	v		L 27-30
11	@		L 20-34
12	v		L 10-16
13	@		W 34-31
14	v		W 34-14
15	v		W 27-24
16	@		L 11-34
17	@		L 17-25
18	v		W 31-14

SOS 1/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v		-9
2	@		+4
3	v		-7
4	@		-6.5
5	v		-1.5
6	@		-4.5
7	@		-1
8	v		-3
9	v		-7
10	@		+3
11	@		-2
13	v		-5
14	@		+1
15	@		-4.5
16	v		-3.5
17	v		-8
18	@		-1

SOS* 26/32

SOS based on TA's power rankings*

CLEVELAND BROWNS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC NORTH	(11-6)	(8.5)

GENERAL MANAGER	HEAD COACH
ANDREW BERRY	KEVIN STEFANSKI
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
KEN DORSEY	JIM SCHWARTZ

REVIEW & ANALYSIS

2023 Season in Review The 2023 Browns somehow survived a barrage of injuries, including a season- ending injury to their starting QB Deshaun Watson, to finish 11-6 and make the Playoffs. Veteran QB Joe Flacco saved the day after he was summoned off his couch. He showed flashes and provided lightning in a bottle (3rd in the NFL in explosive pass rate at 12%) but he was also very turnover prone (3.8% INT% the highest rate in the NFL). His magic vanished in a hurry with a disappointing Wild Card round loss to Houston after he threw two pick 6s. For the season, the Browns offense ranked just 28th in EPA per play. Truthfully, the Browns defense was the true story of the 2023 season and carried the team. Under new DC Jim Schwartz they led the NFL in lowest EPA, points per drive, 3rd down conversion rate and success rate allowed. The defense was hot and cold, in that they completely bullied bad offenses into submission while also allowing high end performances to others. They held five offenses to either their worst or 2nd worst EPA game on the season while also allowing a top six offensive performance to four teams, including Houston's single best offensive performance all season in the Wild Card loss. Even with the poor offense and great defense, the Browns lead the NFL in games that went over the over/under total (75%), by an average of over 4 points per game.

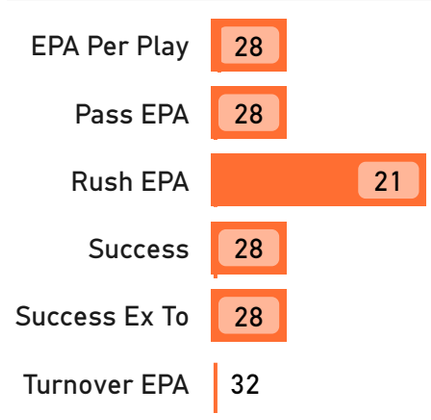
Luck Factor Cleveland was lucky in some regards but just as unlucky in other metrics. Much of the Browns elite defensive numbers were aided by facing either poor or hobbled QBs in Joe Burrow in the opener, Trevor Lawrence the week after suffering a high ankle sprain, Clayton Tune, Case Keenum as well as multiple home games impacted by rain and wind. The Browns went 6-2 in one score games, the 2nd best win rate in the NFL and based on blended 4th quarter win percentage, overachieved at the 2nd highest rate in the league (1.8 wins over expected). However, if you exclude a meaningless week 18 blowout loss to Cincinnati with all of their backups, they overachieved at a more palatable 6th highest rate. The Browns won five of seven games where they either were a massive underdog in the 4th quarter (vs CHI, at BAL) or the game was a virtual coinflip (vs PIT, vs SF, vs IND). To the Browns credit, they tied for the 5th most games where they held a 90%+ win probability into the 4th quarter, so they dominated a fair share of games as well. Browns opponents also made the lowest rate of FGs in the NFL, at just 71%, and when you include the Browns kickers making the 10th highest rate of kicks, on a net basis the Browns rank #1 in net FG%. On the other hand, the Browns faced tough luck when it came to the red zone, injuries and turnovers. While the defense led many categories, they allowed the highest rate of TDs in the red zone. Cleveland also suffered the 4th worst injury luck in the league, including losing their top two QBs, Nick Chubb in game two of the season, LT Jed Wills and RT Jack Conklin. The Browns also lost the most EPA on offense due to turnovers but gained a league average amount on defense

Schedule Analysis After facing a top five most difficult schedule in the league last season, the Browns are once again expected to face a tough schedule. To be fair, facing AFC North teams six times alone is rough but they also play KC, DAL, PHI and MIA outside of the division. After the opener at home vs DAL, they get four straight against teams not favored to make the Playoffs, including three of the worst teams in the league in NYG, WAS and LV. Then they face PHI, CIN and BAL in a row followed by another five-game stretch against bad teams and end the season with KC, CIN, MIA and BAL. The good news is that they face Miami at home in a SNF game in late December, in a game likely to be freezing. Unfortunately, they do have the dreaded MNF road game in DEN followed immediately by another road game on a short week at PIT. Teams are just 44% ATS in this spot since 2000 and just 40% ATS in the 2nd half of the regular season.

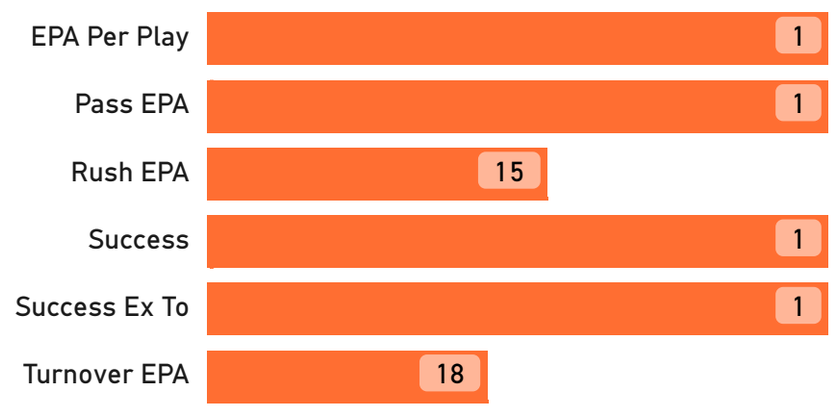
Offseason The Browns likely won't see a ton of impact from their draft, but they did pull off a trade of two mid round picks for WR Jerry Jeudy. They are making a bet that Jeudy has upside as a #2 WR with his 1st round pedigree at just 25 years old. Jeudy gives the Browns needed juice after the catch. He ranked 12th among WRs last year in yac/reception and #2 in missed tackles forced. Cleveland also added RBs D'onta Foreman and Nyheim Hines, as Chubb won't likely be ready to start the season. Foreman is an excellent "innings eater" who has consistently performed above expectations the last few seasons. The new OC is Ken Dorsey, who led BUF to the 2nd best offense in the NFL in 2022 and 3rd best ranking prior to his firing in 2023. Expect much more RPO action, as he has worked with Josh Allen and Cam Newton in the past, as well as more 1-1 personnel (BUF ran 7th most 1-1 in 2022). The Browns decided to let Flacco walk to the Colts, and instead opted for a cheaper, younger version in Jameis Winston as their backup. Jameis is only three years removed from ranking 2nd in the NFL in EPA per drop back in seven starts before a season ending injury. In FA, the Browns re-signed multiple key veterans along their DL including DE Z'darius Smith and used their 2nd round pick on DT Michael Hall from OSU. The defense is intact from a season ago.

2024 Outlook Among 261 NFL teams to win double digit games in a season since 2000, the Browns EPA per drop back rank of 28th in a season was the 2nd worst. The Browns were able to win double digit games with a carousel at QB, no run game and a ton of injuries against one of the five toughest schedules in the NFL. Cleveland tied for the most wins (6) with a negative EPA per drop back in a game, which speaks to their high floor. This is a top 5-10 overall roster in the NFL and is led by a two-time NFL COTY in Kevin Stefanski, who is also known as one of the most +EV decision makers in the league. If Deshaun Watson can give the Browns QB play in that 16-20 range this season, which isn't a lot to ask, there is no reason the Browns shouldn't win double digits again and make the Playoffs.

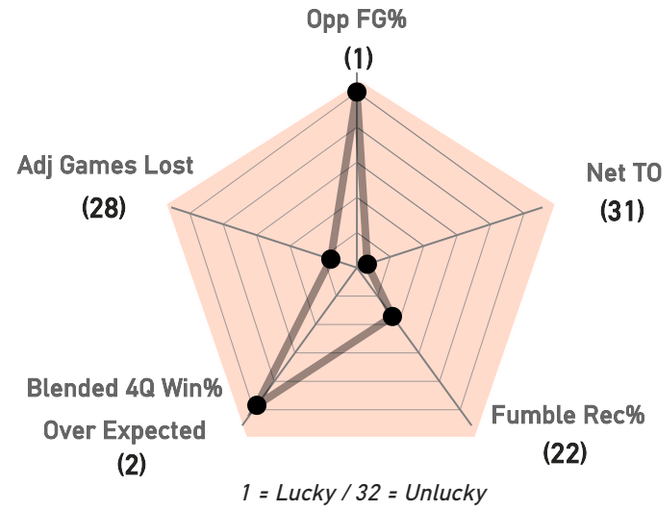
OFFENSE ADVANCED RANKS



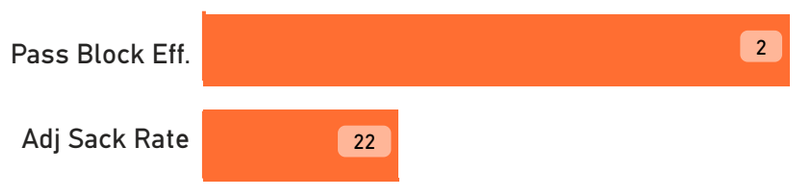
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	CIN	W 24-3
2	@	PIT	L 22-26
3	v	TEN	W 27-3
4	v	BAL	L 3-28
6	v	SF	W 19-17
7	@	IND	W 39-38
8	@	SEA	L 20-24
9	v	ARI	W 27-0
10	@	BAL	W 33-31
11	v	PIT	W 13-10
12	@	DEN	L 12-29
13	@	LAR	L 19-36
14	v	JAX	W 31-27
15	v	CHI	W 20-17
16	@	HOU	W 36-22
17	v	NYJ	W 37-20
18	@	CIN	L 14-31
		SOS	5/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	DAL	-1
2	@	JAX	+1
3	v	NYG	-6.5
4	@	LV	-2.5
5	@	WAS	-3
6	@	PHI	+3
7	v	CIN	+1
8	v	BAL	+1
9	v	LAC	-3
11	@	NO	-2
12	v	PIT	-3
13	@	DEN	-3.5
14	@	PIT	+1
15	v	KC	+3
16	@	CIN	+3.5
17	v	MIA	-2
18	@	BAL	+4.5
		SOS*	7/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Amari Cooper	
RWR	Elijah Moore	
SWR	Jerry Jeudy	
LT	Jedrick Wills Jr.	
LG	Joel Bitonio	
C	Ethan Pocic	
RG	Wyatt Teller	
RT	Jack Conklin	
TE	David Njoku	
QB	Deshaun Watson	
RB	Nick Chubb	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Denzel Ward	
SS	Grant Delpit	
FS	Juan Thornhill	
RCB	Martin Emerson Jr.	
NB	Greg Newsome II	
LDE	Za'darius Smith	
RDE	Myles Garrett	
WLB	Jeremiah Owusu-Koramoah	
MLB	Jordan Hicks	Anthony Walker Jr.
LDT	Dalvin Tomlinson	
RDT	Shelby Harris	
SLB	Devin Bush	Sione Takitaki

DALLAS COWBOYS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC EAST	(12-5)	(10.5)

GENERAL MANAGER	HEAD COACH
JERRY JONES	MIKE MCCARTHY
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
BRIAN SCHOTTENHEIMER	MIKE ZIMMER

REVIEW & ANALYSIS

2023 Season in Review The Cowboys were one of the most dominant teams in the NFL during the regular season in 2023 but fell flat on their faces in the Playoffs. Dallas finished 2nd in point differential and led the NFL with eight different games where they held a 99%+ win probability early in the 4th quarter. There were 20 games where a team won by 28 or more points and the Cowboys accounted for six of those games. Dallas went 8-0 at home in the regular season, with a dominant offense that scored 30+ seven times. They went over their stated team total in all but one game, by a league leading 10.4 ppg. QB Dak Prescott was elite, finishing 2nd in EPA per drop back and #2 in TD%. Defensively, the Cowboys ranked 6th in EPA and were the only team to finish top six in both offensive and defensive EPA last season. But it all came crashing down in the Wildcard Round at home against the Packers, falling 48-32. Dallas finished the regular season 12-5, incredibly for the 3rd straight season

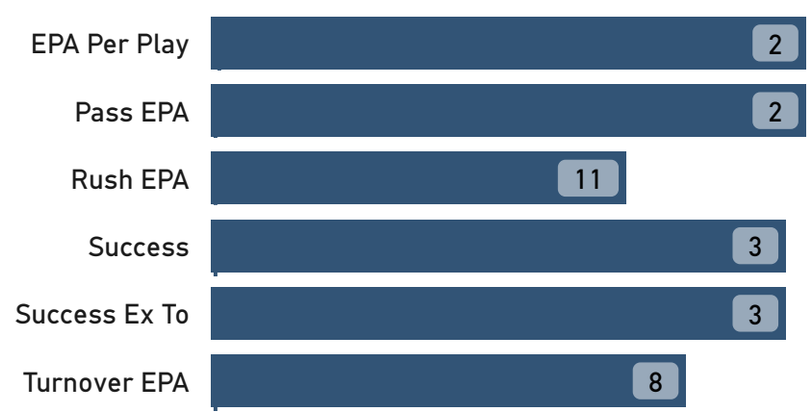
Luck Factor The defensive profile for Dallas would have me a bit concerned as a Cowboys fan. For a 2nd straight season, the Dallas defense benefitted greatly from key turnovers. Last year their defense ranked #1 in the NFL in EPA gained from TOs and this year they created the 7th most EPA from takeaways. This included a league leading six defensive TDs with CB DaRon Bland accounting for five pick 6s, an NFL record. What's interesting is defensively, the Cowboys finished 4th in EPA allowed but just 23rd in success rate. That 19-rank gap was far and away the largest in the NFL. When you filter out garbage time, the Cowboys ranked 31st in success rate allowed. The TOs played a big role in that but also a big culprit were their early and late down rush defensive splits as Dallas ranked 32nd in rush success allowed on 1st down. What's a bit concerning is they relied on these impactful TOs against a much easier than average schedule of opposing offenses. They bullied bad offenses, ranking #1 in the NFL in EPA allowed vs bottom 10 offenses but struggled against top 10 level offenses ranking just 21st in those games. Dallas padded their stats and was fortunate to have played eight games against the seven worst teams in the NFL based on EPA per drop back.

Schedule Analysis As mentioned above, Dallas feasted off an easy schedule last season and almost half of their games came against the dregs of the NFL (NYG 2x, WAS 2x, CAR, NE, NYJ, ARI). They went just 3-5 against Playoff teams and one of those three wins came against the Rams who were missing Cooper Kupp and lost Matt Stafford in the first half. Their schedule this season in aggregate is just a bit easier than league average but it's extremely top and bottom heavy. They play eight games against my top 10 but also seven games against the bottom 10. They are the only team with that level of disparity. Dallas faces a situation that I could only find occurring 14 other times since 2000. In week 12, they are coming off a MNF game vs HOU and are playing a short week on the road in WAS against a Commanders team with extra rest (10 days) coming off TNF. These teams are just 4-10 ATS, with a -6.9 ATS margin per game, and have won just 21% of those games against an expected win rate of 32%. Opponents have gone over their team total in 11 of those 14 instances (79%). This could be a sneaky potential upset to keep in mind.

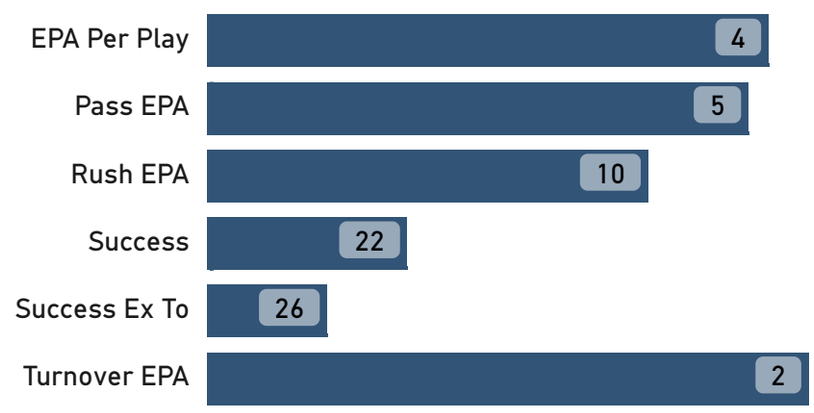
Offseason I am not sure a Playoff team did as little in the off season to retool their roster as the Cowboys. They added virtually no impactful pieces and likely the only starters that will be new are rookie 1st round LT Tyler Guyton and LB Eric Kendricks. They lost 13 year starting LT Tyron Smith to the Jets, starting C Tyler Biadasz, RB Tony Pollard and CB Stefon Gilmore. RB Ezekiel Elliot somehow is back but this roster is getting a little stale. Not to mention they lost DC Dan Quinn to the Commanders and brought in former Vikings HC Mike Zimmer to run the defense. There have been 11 DCs to leave for a HC job since 2013 and won at least nine games (excluding Matt Patricia bc Belichick runs that defense), and eight have seen their defensive EPA get worse the next season. The average EPA ranking with those DCs were 5.7 prior to leaving and 13 the following season without those DCs. Between Quinn's departure, the lack of additions and likely turnover regression, the defense has a good chance of taking a step back. Offensively, this team should be fine again, but they will be relying on 30-year-old Brandin Cooks as their #2 WR and Jalen Tolbert as the #3. Cooks is now three seasons removed from gaining at least 700 yards in a season. The OL will miss Smith and Biadasz while banking on rookie Guyon at LT and unknown C Brock Hoffman to take over. The OL will likely not be its usual dominant self. Zeke Elliot will help on short yardage but his one carry of 15+ yards last season is not going to make up for the explosiveness that Tony Pollard provided. Dallas somehow has not extended WR Cee Dee Lamb and Dak Prescott is entering the final year of his contract. If neither extends this off season that type of thing can weigh on players' minds during the season.

2024 Outlook Dallas has won 12 games in each of the last three regular seasons and have still has the best QB/WR/Pass Rusher combination in the NFL in Dak, Lamb and Parsons. The non-committal nature of the Cowboys to Dak and Lamb is something that will be an ongoing story if they don't get a deal done soon. They should still be fine on offense but if they are not consistently facing bad defenses like they saw a year ago, they could take a step back. The mediocre OL and lack of explosiveness at RB and WR, outside of Lamb, could limit their offensive ceiling. The defense should be ok and getting back CB Tre'von Diggs is huge but losing Quinn and being extremely weak up the middle is something to be concerned about against good teams who can take advantage. It's hard to bet against Dallas, considering how consistently good they've performed in the regular season of late, but I don't believe they are a true Super Bowl contender. That window likely closed last season.

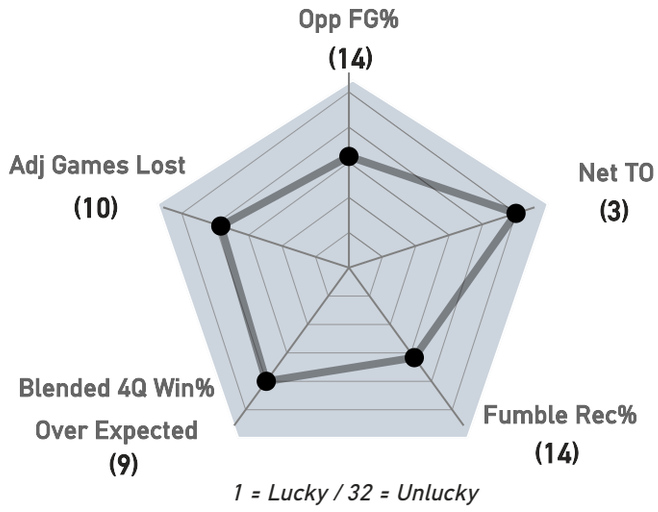
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	@	NYG	W 40-0
2	v	NYJ	W 30-10
3	@	ARI	L 16-28
4	v	NE	W 38-3
5	@	SF	L 10-42
6	@	LAC	W 20-17
8	v	LAR	W 43-20
9	@	PHI	L 23-28
10	v	NYG	W 49-17
11	@	CAR	W 33-10
12	v	WAS	W 45-10
13	v	SEA	W 41-35
14	v	PHI	W 33-13
15	@	BUF	L 10-31
16	@	MIA	L 20-22
17	v	DET	W 20-19
18	@	WAS	W 38-10
		SOS	29/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	CLE	+1
2	v	NO	-6
3	v	BAL	-1
4	@	NYG	-4
5	@	PIT	-1.5
6	v	DET	-0.5
8	@	SF	+5.5
9	@	ATL	-1
10	v	PHI	-2
11	v	HOU	-3
12	@	WAS	-3
13	v	NYG	-8
14	v	CIN	-1
15	@	CAR	-6.5
16	v	TB	-4.5
17	@	PHI	+2
18	v	WAS	-5.5
		SOS*	19/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Jalen Tolbert	Michael Gallup
RWR	Brandin Cooks	
SWR	Ceedee Lamb	
LT	Tyler Guyton (R)	Tyron Smith
LG	Tyler Smith	
C	Brock Hoffman	Tyler Biadasz
RG	Zack Martin	
RT	Terence Steele	
TE	Jake Ferguson	
QB	Dak Prescott	
RB	Ezekiel Elliott	Tony Pollard
FB	Hunter Luepke	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Mazi Smith	Johnathan Hankins
DT	Osa Odighizuwa	
LCB	Trevon Diggs	
SS	Donovan Wilson	
FS	Malik Hooker	
RCB	Daron Bland	
NB	Jourdan Lewis	
LDE	Demarcus Lawrence	
RDE	Micah Parsons	
WLB	Damone Clark	
MLB	Eric Kendricks	

DENVER BRONCOS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC WEST	(8-9)	(5.5)

GENERAL MANAGER	HEAD COACH
GEORGE PATON	SEAN PAYTON
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
JOE LOMBARDI	VANCE JOSEPH

REVIEW & ANALYSIS

2023 Season in Review The Broncos were expected to bounce back from an awful 2022 campaign and compete for the Playoffs with the hiring of new HC Sean Payton. He was hoping to resurrect QB Russell Wilson's career and turn this Broncos offense around but instead Denver finished 19th in the league in scoring and just 20th in EPA. Incredibly, it was the 7th straight season where the Broncos cleared their team total mark in less than 50% of their games. Wilson was better than in 2022 but still not remotely close to his old self, finishing 21st in EPA per drop back and 18th in PFF grade. His 26 TDs and just 8 INTs looked good on the surface, but he was very conservative with the ball and left plenty of big plays on the field. Payton decided he had seen enough, and the Broncos let him walk and the team ate an NFL record $85M dead cap hit. Defensively, Denver started the season as one of the worst the NFL has ever seen, ranking last in EPA allowed by a mile in the NFL through five weeks, and culminated by a week 3 70-20 drubbing at the hands of the Dolphins. They gave up 28 to Justin Fields and the Bears and 31 to Zach Wilson and the Jets. To their credit, from week 6 on they ranked 6th best in EPA and 16th in success rate. It was a quite remarkable turnaround

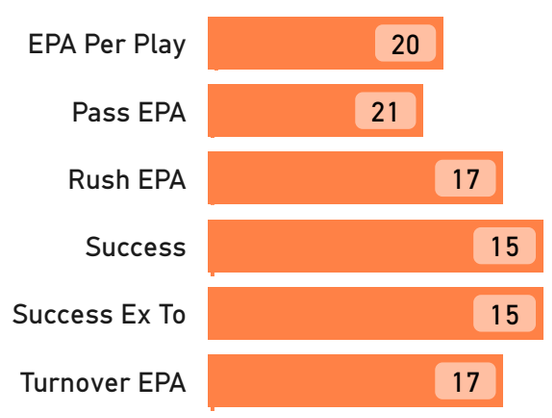
Luck Factor As mentioned above, the Broncos defense saw an unprecedented turnaround after a horrid first month+ of the season. Some of that was driven by an easy schedule but they also were fortunate from a turnover perspective. For the season they forced the 2nd most fumbles in the NFL and from week 6 on, they tied for most fumbles forced (20) and recovered 60% of them. From weeks 8-12, the Broncos were on a four-game win streak, where Denver forced an incredible 14 fumbles and recovered 64% of those fumbles. They ranked #2 in the NFL in EPA during that stretch but just 21st in success rate allowed. There were hopes that Denver could sneak into the Playoffs, but it was clearly a mirage on defense. For the season, Denver's defense faced the easiest schedule of QBs in the NFL and the highest percentage of snaps against QBs that ranked 25th or worse in EPA or were a backup QB (59%). They faced QBs like Easton Stick 2x, Dobbs, DTR/Walker, O'Connell, Zappe and Zach Wilson. Overall, Denver ranked league average or higher in each of my luck metrics. They overachieved both their point differential and blended 4th quarter win probabilities at the 8th highest rate in the NFL.

Schedule Analysis Denver faces a league average level of difficulty in their schedule this season and once again likely face one of the easier schedules of opposing QBs. The Broncos get the latest bye week in the NFL, in week 1, but their opponent, Indy, also is coming off a bye. That will be the 2nd team Denver faces off their bye week (LAC week 6). Historically it has been an advantage for the Broncos to play at home in altitude early in a season but this year they only get one home game in the first month of the season (week 2 v PIT). Fortunately, they only have one short week all season up until that point (week 7 TNF v NO). You will hear about the Broncos sitting with the 2nd worst net rest disadvantage vs their opponents this season (-17) but, as mentioned, they only have one short week all season, so they are not going to be a tired team. Also consider that 58% of teams since 2000 with a similar -17 or worse net rest have gone over their win total. In fact, of the seven teams with that large of a rest disadvantage and with a win total of less than nine, six went over their win total.

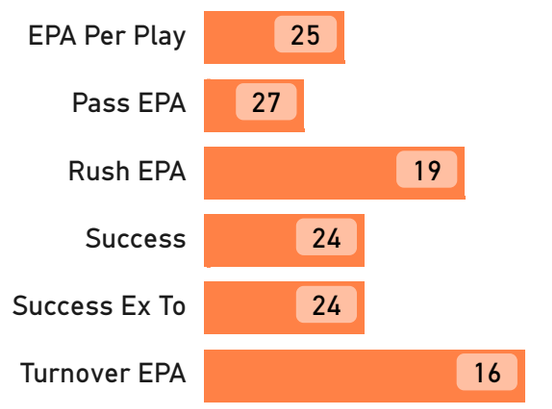
Offseason By far the biggest story of the Denver offseason was the drafting of Oregon QB Bo Nix in the first round. Nix was an accomplished passer at Auburn and then at Oregon, but he enters the league at age 24 and plenty of questions around his offensive system in college. 28 QBs have entered the draft at age 24 or older since 2000 and just one (David Gerrard) has made a Pro Bowl in their career. Brandon Weeden and John Beck are the only other top two round picks since 2000 who entered the NFL as old as Nix. Time will tell if Payton can work miracles with Nix, but history is against it. This isn't the end all but purely based on EPA pass defensive numbers from a season ago, Nix is expected to face the toughest schedule of opposing pass defenses this season, with nine games against last year's top 11 pass defenses. Outside of the QB situation, Denver didn't do a ton in FA. They essentially swapped out for a worse player at multiple positions in FA. For example, they lost S Justin Simmons and replaced him with Brandon Jones, WR Jerry Jeudy for Josh Reynolds, LB Josey Jewel for Cody Barton and lost starting C Lloyd Cushenberry with no viable replacement on the roster. They did add a nice defensive piece in DE John Franklin-Myers, but he is not a difference maker. This roster is bottom five in the league and a major chore for Payton.

2024 Outlook Denver's 5.5 game win total sits third lowest in the NFL and rightly so. With a major question at QB and a bottom five roster, there aren't many good upside cases for the Broncos in 2024. The only saving grace is that Sean Payton has worked miracles with poor rosters in the past and he offers a decent floor for performance. His teams have never won less than seven games in his career and have gone over the win total nine times, with five unders and two pushes in his 16 seasons (64% over). But this defense was a mirage last season with the single easiest schedule of opposing QBs faced and the number of turnovers they forced. They went 6-1 in seven games where they forced 2+ turnovers but just 2-8 when not. And the talent got worse on defense this season. I think this is a bad team and 5-6 wins is likely.

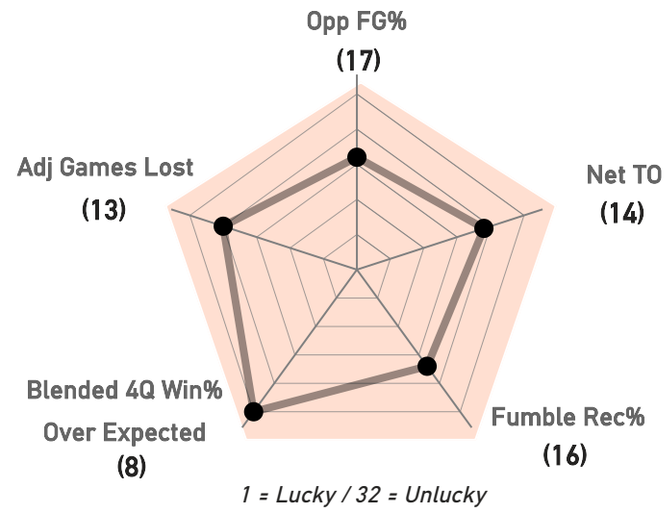
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	v	LV	L 16-17
2	v	WAS	L 33-35
3	@	MIA	L 20-70
4	@	CHI	W 31-28
5	v	NYJ	L 21-31
6	@	KC	L 8-19
7	v	GB	W 19-17
8	v	KC	W 24-9
10	@	BUF	W 24-22
11	v	MIN	W 21-20
12	v	CLE	W 29-12
13	@	HOU	L 17-22
14	@	LAC	W 24-7
15	@	DET	L 17-42
16	v	NE	L 23-26
17	v	LAC	W 16-9
18	@	LV	L 14-27
		SOS	19/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	SEA	+4.5
2	v	PIT	+3
3	@	TB	+3.5
4	@	NYJ	+7.5
5	v	LV	-1
6	v	LAC	+2
7	@	NO	+3.5
8	v	CAR	-2.5
9	@	BAL	+10.5
10	@	KC	+9
11	v	ATL	+3
12	@	LV	+3
13	v	CLE	+3.5
15	v	IND	+2.5
16	@	LAC	+4
17	@	CIN	+8
18	v	KC	+4
		SOS*	16/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Courtland Sutton	
RWR	Josh Reynolds	
SWR	Marvin Mims Jr.	Jerry Jeudy
LT	Garett Bolles	
LG	Ben Powers	
C	Luke Wattenberg	Lloyd Cushenberry Iii
RG	Quinn Meinerz	
RT	Mike Mcglinchey	
TE	Adam Trautman	
QB	Bo Nix (R)	Russell Wilson
RB	Javonte Williams	
FB	Michael Burton	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	D.J. Jones	
LOLB	Baron Browning	
LILB	Cody Barton	Josey Jewell
RILB	Alex Singleton	
ROLB	Jonathon Cooper	
LCB	Levi Wallace	Fabian Moreau
SS	P.J. Locke	
FS	Brandon Jones	Justin Simmons
RCB	Pat Surtain II	
NB	Ja'quan Mcmillian	
LDE	Zach Allen	Jonathan Harris
RDE	John Franklin-Myers	

DETROIT LIONS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC NORTH	(12-5)	(10.5)

GENERAL MANAGER	HEAD COACH
BRAD HOLMES	DAN CAMPBELL
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
BEN JOHNSON	AARON GLENN

REVIEW & ANALYSIS

2023 Season in Review The roar was indeed restored (h/t Dr. Eager) for the 2023 Detroit Lions. Following a momentum building 2022 season which ended just outside of the Playoffs and enduring a full off season of hype and expectations, the Lions exceeded expectations by winning their first Playoff game in over 30 years and making it all the way to the NFC Championship Game. Truthfully, they should have been playing for a title in the Super Bowl but couldn't hold on to a multi score lead in the 2nd half. This was the 2nd straight season where the Lions exceeded their win total by 2.5 games and also the third straight season (all under Dan Campbell) where they finished over 60% ATS. No team continues to overperform as consistently as the Lions. The Lions finished as a top 10 offense, led by OC Ben Johnson and QB Jared Goff. In the offseason both Goff and Amon-Ra St. Brown were rewarded with big contract extensions. Unfortunately, the defense, mainly the pass defense, did not play well finishing 25th in EPA allowed per drop back and 31st in yards per pass attempt allowed. They struggled the most to end the season, allowing their opponent to generate a top three offensive yards per play season figure in five of the last six games. It's incredible that they were outgained in five of their final six games, including the Playoffs, and still won four of those games to get to the NFL Championship

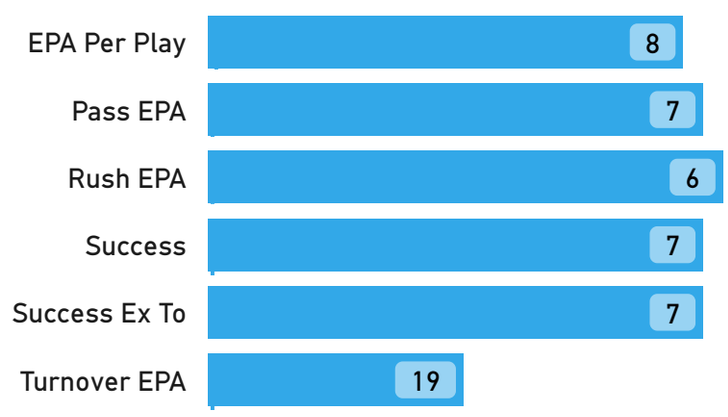
Luck Factor Detroit was a good team all season but based on both point differential and blended 4th quarter win share, they overachieved at the 3rd highest rate in the NFL. They were a 12-win team that, based on blended 4th quarter win share, should have only won 10.3 games. I am not sure how much that will regress as their offensive philosophy and Campbell's continued aggressiveness in mainly the correct situations helps win some of those close games

Schedule Analysis I have the Lions facing a slightly tougher than average schedule and only playing against three of my bottom 10 rated teams. Amazingly, their first seven games and 13 of their first 14 games are being played indoors. The only potential cold weather game is in Chicago in Week 16. That's a big break for a team with Goff as their QB. Based on last season's final EPA per drop back allowed rankings, the Lions are expected to face the easiest schedule of opposing pass defenses in the NFL. When you include playing 14 of 17 games indoors, there is no reason to believe that this offense shouldn't continue being one of the best in the NFL.

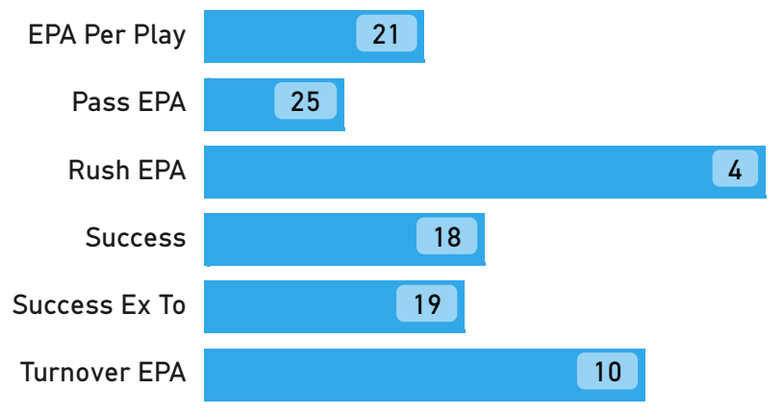
Offseason The biggest win in the offseason for the Lions was somehow retaining the brilliant OC Ben Johnson. Destined to be a HC this year, the Lions convincing Johnson to stick around for another season was as valuable of a re-signing as you can get. Pretty much all of the key pieces on offense are back outside of a swap of Guards (Out is Jonah Jackson and in is Kevin Zeitler) and the loss of WR Josh Reynolds. The Lions are going to need Jameson Williams to finally step up and live up to his high first round pick. He ranked just 63rd in yards per route run, 61st in yac per reception and dropped the fourth highest rate of targets in the NFL a season ago. He must develop into that top outside WR to go opposite of St. Brown. There is virtually no depth behind these two WRs and any significant injury to St. Brown would be a devastating blow. Defensively, the Lions did not add much to a pass rush that is led by Aiden Hutchinson. DT DJ Reader was a really nice pickup, but he is coming off of a major quad injury and their other FA pickup, DE Marcus Davenport, could only play four games due to injuries. The secondary has been revamped with a mix of young and old. The Lions picked up veteran CB Carlton Davis and used two high picks on CBs Terrion Arnold and Ennis Rakestraw. Davis is coming off the worst coverage season of his career and his 2nd straight season with a PFF coverage grade in the 60s.

2024 Outlook I find it difficult to doubt this Lions team after the last couple of seasons. Normally this would be a perfect spot to predict/assume some negative regression and a pullback from the last few positive seasons. But with almost the entire season to be spent playing indoors and the offense continued to be led by Johnson and Goff, it's hard to think they won't be very good again. With so many new faces in the secondary, there is a chance they can be league average level which would be a huge improvement. Campbell continues to pull the right levers and gains small edges over his opponent in most every game. While I don't believe they are in line for another Super Bowl run I do think this team is headed for another double-digit win season.

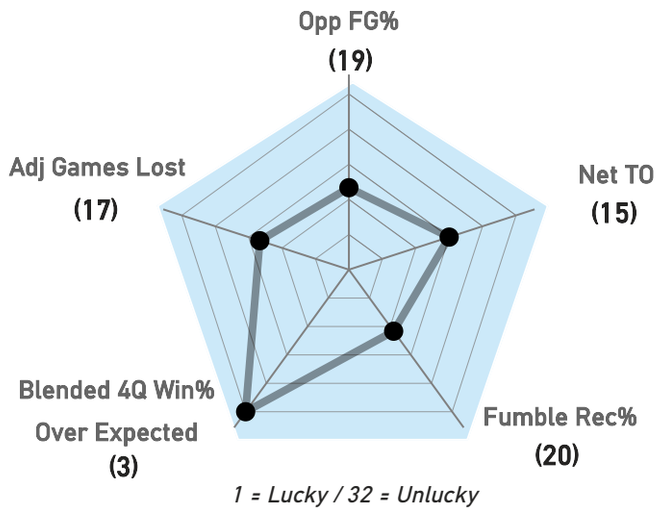
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Jameson Williams	Josh Reynolds
RWR	Kalif Raymond	
SWR	Amon-Ra St. Brown	
LT	Taylor Decker	
LG	Graham Glasgow	Jonah Jackson
C	Frank Ragnow	
RG	Kevin Zeitler	
RT	Penei Sewell	
TE	Sam Laporta	
QB	Jared Goff	
RB	David Montgomery	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Dj Reader	Benito Jones
DT	Alim Mcneill	
LCB	Carlton Davis	Cameron Sutton
SS	Ifeatu Melifonwu	
FS	Kerby Joseph	
RCB	Terrion Arnold (R)	Jerry Jacobs
NB	Brian Branch	
LDE	Marcus Davenport	
RDE	Aidan Hutchinson	
WLB	Alex Anzalone	
MLB	Jack Campbell	

2023 SCHEDULE

WK		OPP	SCORE
1	@		W 21-20
2	v		L 31-37
3	v		W 20-6
4	@		W 34-20
5	v		W 42-24
6	@		W 20-6
7	@		L 6-38
8	v		W 26-14
10	@		W 41-38
11	v		W 31-26
12	v		L 22-29
13	@		W 33-28
14	@		L 13-28
15	v		W 42-17
16	@		W 30-24
17	@		L 19-20
18	v		W 30-20
		SOS	23/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v		-3
2	v		-6
3	@		-4
4	v		-6
6	@		+0.5
7	@		-3
8	v		-7
9	@		+1.5
10	@		+1
11	v		-4
12	@		-2.5
13	v		-4
14	v		-2.5
15	v		-2
16	@		-1
17	@		+4.5
18	v		-5.5
		SOS*	12/32

SOS* *based on TA's power rankings*

GREEN BAY PACKERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC NORTH	(9-8)	(9.5)

GENERAL MANAGER	HEAD COACH
BRIAN GUTEKUNST	MATT LAFLEUR
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
ADAM STENAVICH	JEFF HAFLEY

REVIEW & ANALYSIS

2023 Season in Review It feels like just yesterday I predicted the Packers to be the surprise team in the NFC in 2023 in my NFL preview guide. I had Green Bay making the Playoffs with a 10-7 record and Jordan Love surprising people. Lo and behold, the Packers made me look smart and capped off a 9-8 season and Playoff berth with a home win against their rival Chicago Bears in week 18. It was a breakout season for Love, as he stumbled out of the gates a bit in the first half of the season, sitting 18th in EPA, 25th in PFF grade and 25th in success rate. He was living off big plays but from a down-to-down perspective, he played like a bottom tier QB. But right around week 9, the light bulb went off and Love finished the 2023 season as a top three QB in virtually every advanced metric. He generated a positive EPA in 11 of his final 12 games and has everyone in Green Bay completely forgetting about Aaron Rodgers. The Packers young offensive corps surrounding Love elevated together and vaulted Green Bay over Dallas in an impressive Wild Card victory before losing a lead late in SF the following week. The Packers hope to carry this momentum into 2024 and a potential Super Bowl run

Luck Factor Green Bay was one of the most injured teams in the NFL a season ago, as their DB, LB, OL, RB, WR and TE position groups ranked 22nd or worse in adjusted games lost. It was a seemingly lost season for up-and-coming WR Christian Watson, who was expected to be the big play threat for Love. He only played in nine games, and it felt like he was hobbled all throughout the season. Otherwise, Green Bay did catch some breaks when it came to turnovers. They ranked #1 in the NFL in fumble recovery percentage, with a startling 73% recovery rate. They recovered 72% of offensive fumbles and 77% of defensive fumbles forced. Nobody else in the NFL recovered over 60% on each side of the ball let alone those figures. The Packers played a bunch of one possession games and while they finished 6-6 in one score games (including the Playoffs), they had the ball with under 2m left with a chance to win a game that they eventually lost, five times. This while Love only brought them to a late victory in two games. This was very close to being an 11-win team

Schedule Analysis Green Bay feasted off an easy schedule last season, including facing the fourth lowest number of snaps against top 10 QBs by EPA. Their final QBs faced in the regular season consisted of Tommy Devito, Baker Mayfield, Bryce Young, Jared Hall/Nick Mullens and Justin Fields. This season they are expected to face seven of the top 10 offenses in the NFL and, in aggregate, a top 10 toughest schedule, according to my ratings. The positive is they don't have any major rest issues and they get to face either high powered offenses or dome teams at home in potentially cold weather including SF, MIA, DET and NO, starting in early November. They head to Brazil on a Friday to kick off against the Eagles and then don't have a single short week until a week 13 Thanksgiving night home game vs MIA. They also only play seven games on the road as compared to the other teams in their division who play eight road games.

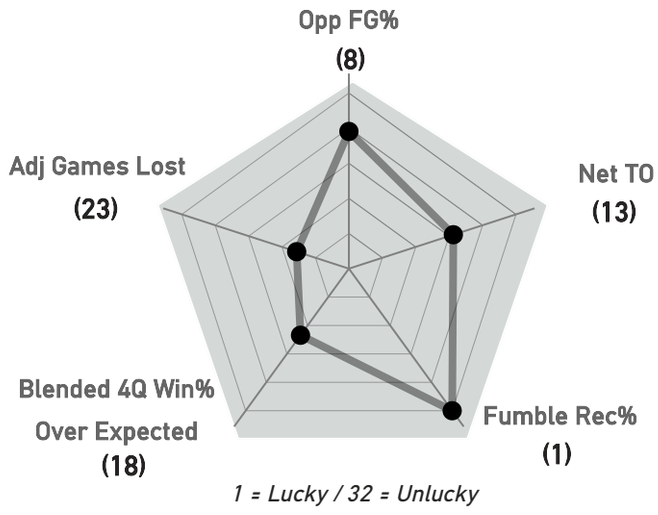
Offseason There wasn't a ton of off-season player movement for Green Bay. For such a young team, especially on offense, they really didn't have to tinker too much with this roster. However, they did swap out veteran RB Aaron Jones for Josh Jacobs and drafted Marshawn Lloyd from USC. I thought Jones was extremely valuable in their late season run and in the Playoffs. He ran for at least 108 yards in each of the final three regular season games and the two Playoff games, averaging 5.7 ypc in that stretch. It's not just his running that makes him valuable, he is one of the better receiving RBs in the NFL and his speed and explosiveness gives the Packers a dimension that can scare a defense. He ranked 6th in yards after contact and top 25 in explosive runs. Jacobs looked washed last season following a breakout 2022 season when he carried it 339 times. His 3.5 ypc last year was the lowest for any RB with over 180 attempts. Lloyd will be an interesting change of pace RB who gives GB something that neither Jacobs nor AJ Dillon can provide and that's a home run hitter. I think Jones will be missed this season. On defense, the Packers revamped their Safety room, and their one big splash was signing FA Xavier McKinney from the Giants. McKinney has been one of the better Safeties in the NFL the last few seasons and graded as PFFs top coverage S last season. Maybe the biggest move in the off-season was finally letting DC Joe Barry leave and replacing him with BC head coach Jeff Hafley. It remains to be seen how much of an impact Hafley will be, but his aggressive style of defense will be refreshing after dealing with Barry's extremely conservative defense that was consistently gashed.

2024 Outlook For as much as I was a Packer backer all last season, I do think that we may be getting a little ahead of ourselves with this team as a Super Bowl contender this year. While I am excited for year two of the Jordan Love experience as a full-time starter, we can't totally forget his first eight games and some of the extremely poor late game decision making late in the season as well. He's not a finished product and we can't just assume he vaults into MVP consideration this quick. I do think HC Matt Lafleur has shown he can consistently exceed expectations, as his teams have gone over their win total in four of his five seasons, by almost two full wins per season. The defense should improve with better coaching and hopefully better health, but the schedule will be a much tougher task this year. Another 9–10-win season is right in line with my expectations.

OFFENSE ADVANCED RANKS

DEFENSE ADVANCED RANKS

LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	@	CHI	W 38-20
2	@	ATL	L 24-25
3	v	NO	W 18-17
4	v	DET	L 20-34
5	@	LV	L 13-17
7	@	DEN	L 17-19
8	v	MIN	L 10-24
9	v	LAR	W 20-3
10	@	PIT	L 19-23
11	v	LAC	W 23-20
12	@	DET	W 29-22
13	v	KC	W 27-19
14	@	NYG	L 22-24
15	v	TB	L 20-34
16	@	CAR	W 33-30
17	@	MIN	W 33-10
18	v	CHI	W 17-9
		SOS	26/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	PHI	+1
2	v	IND	-4
3	@	TEN	-3.5
4	v	MIN	-5
5	@	LAR	+1.5
6	v	ARI	-5
7	v	HOU	-2.5
8	@	JAX	-1
9	v	DET	-1.5
11	@	CHI	+1
12	v	SF	+2.5
13	v	MIA	-3
14	@	DET	+2.5
15	@	SEA	-1
16	v	NO	-5
17	@	MIN	-2
18	v	CHI	-3
		SOS*	9/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Christian Watson	
RWR	Romeo Doubs	
SWR	Jayden Reed	
LT	Rasheed Walker	
LG	Elgton Jenkins	
C	Josh Myers	
RG	Jordan Morgan (R)	Jon Runyan
RT	Zach Tom	
TE	Luke Musgrave	
QB	Jordan Love	
RB	Josh Jacobs	Aaron Jones
FB	Henry Pearson	Josiah Deguara

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Kenny Clark	
DT	Devonte Wyatt	
LCB	Eric Stokes	
SS	Xavier Mckinney	Jonathan Owens
FS	Javon Bullard (R)	Darnell Savage
RCB	Jaire Alexander	
NB	Keisean Nixon	
LDE	Rashan Gary	
RDE	Preston Smith	
WLB	Quay Walker	
MLB	Edgerrin Cooper (R)	De'Vondre Campbell

HOUSTON TEXANS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC SOUTH	(10-7)	(9.5)

GENERAL MANAGER	HEAD COACH
NICK CASERIO	DEMECO RYANS
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
BOBBY SLOWIK	MATT BURKE

REVIEW & ANALYSIS

2023 Season in Review What an incredible start to a career by QB CJ Stroud. The Texans plopped Stroud behind a shaky OL, a completely unproven WR room and a rookie OC and he proceeded to exceed everyone's expectations while winning Offensive Rookie of the Year. The Texans finished 10-7, winning the AFC South and made it to the 2nd round of the Playoffs before being ousted by the Ravens. They exceeded their 6.5-win total by 3.5 wins, tied for the most in the NFL with the Rams. Stroud's +0.13 EPA per drop back ranks as the 4th best for any rookie QB since 2010, 8.2 ypa as the 3rd highest among rookies and his 1% interception rate the 2nd lowest among rookie QBs since 1980. It should be noted that Stroud did really struggle when facing elite pass defenses in the Jets and Ravens twice but also did shred the #1 ranked Browns pass defense in the Texans Wildcard win. Defensively, the Texans did a nice job slowing down opposing run games (#1 in success rate allowed), but the pass defense continued to be an issue. They ranked 26th in EPA per drop back consistency, while facing the 4th easiest schedule of opposing QBs in the NFL. The good news is they have a young center piece for the defense in DE Will Anderson, who won Defensive Rookie of the Year

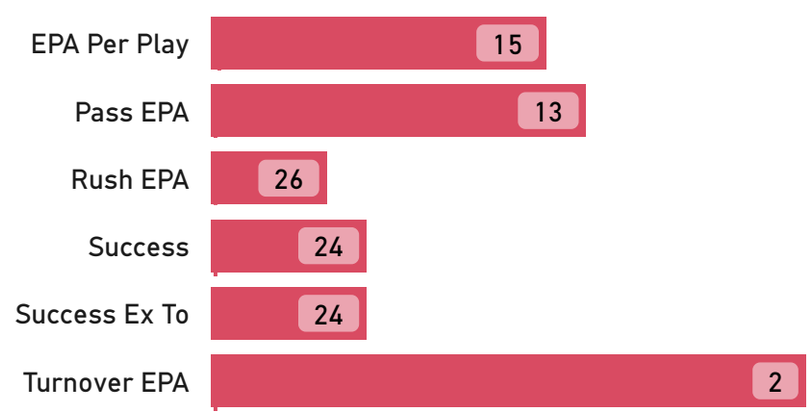
Luck Factor On one end the Texans finished 7-3 in one score games, overachieved at the 6th highest rate in the NFL, according to 4th quarter win share, and faced the 6th easiest schedule in the league last year. In a 10-game span from week 5-15, Houston played nine games decided by seven points or less, winning six of those games. This was in far contrast from their NFL-worst 5-18 (22%) close game record in the prior three years combined. But they also faced the worst injury luck in the NFL, worst on offense and 5th worst on defense. Not only did Stroud miss two games but the WR room had the 5th worst AGL and the OL the worst in the NFL. That OL AGL was the single worst in any season on record. Two starters from 2022 missed the entire season- G Kenyon Green and C Scott Quessenberry and 10 different OL saw 200+ snaps last season, an incredible figure. For Stroud to play like he did with a constantly makeshift OL and with his WR group shuffling guys in and out of the lineup, says a lot. Defensively, every single position group ranked 21st or worse in AGL and the DBs had the 4th worst luck

Schedule Analysis The Texans will likely not catch the same fortunate schedule break they saw last year as they are expected to face a top five hardest schedule in the league. The good news is that in the first two months they get to face many of the worst teams on their schedule and only face one top 10 team (BUF). They also get the Jags in week four at home with Jacksonville coming off a MNF road game at Buffalo. Stroud is expected to face a top five easiest schedule of opposing pass defenses, based on EPA, and outside of KC in week 16 and TEN in week 18, won't likely face many cold weather issues. Starting in week 9, the schedule from a rest and routine standpoint could get really difficult. They play four non-Sunday games with four short weeks and, including their week 14 bye, four weeks with extra rest. During this stretch they'll actually end up with a +6 net rest advantage over their opponents.

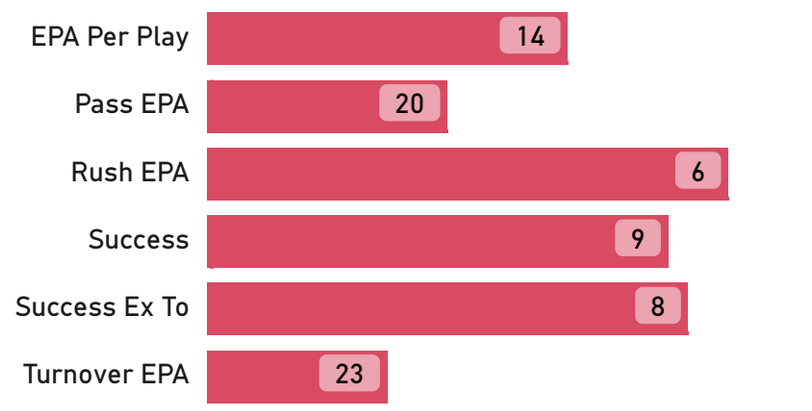
Offseason I am not sure any team was as active as the Texans this off season. They have a clear franchise QB on a rookie contract and have decided to put all of their chips in the middle of the table to go for a Super Bowl run. Houston added major fire power on both sides of the ball including trading for WR Stefon Diggs, RB Joe Mixon and adding premiere pass rusher Danielle Hunter in free agency. While the case can be made that Diggs is potentially a shell of himself, seeing as how he ranked just 60th in yards per route from week 10 on last year, he will not be expected to carry the entire load for the receiving corps. The Texans bring back Nico Collins (#2 in NFL in yards per route), Tank Dell (#14 in yards per route) and TE Dalton Schultz so Diggs can step in as another option for Stroud. At very worst he is a veteran presence who can be a lead target on high leverage downs. And if he can reclaim some of that #1 level play from prior seasons this Texans offense becomes one of the best in the NFL. Hunter will essentially be replacing DE Jonathan Greenard from a season ago and brings his 18 sacks to go opposite of Anderson. Greenard had a nice year last season, with 13 sacks and a 12% pressure rate, but his 30%+ sack to pressure conversion rate is absolutely not sustainable. Paying for more stable production from a player like Hunter who has proven it for multiple years made much more sense. This should help a secondary that needs the help. They will rely on a healthier group this year and by adding 2nd round rookie CB Kammari Lassiter to go with two former first round picks looking to revitalize their careers in CJ Henderson and Jeff Okudah, the Texans will have multiple options to throw at their problem. HC Demeco Ryans is a fabulous defensive mind and with that pass rush and run defense, all they really need is a league average secondary to boast a top 10 defense.

2024 Outlook Maybe I am drinking the kool-aid, but I am a believer in this Texans team as a Super Bowl contender. We saw Stroud excel at Ohio State and on the biggest stage against an NFL level defense in Georgia and then comes out and bursts onto the scene in the NFL. There is no reason for me to believe that with a much healthier and stable OL, a healthier WR corps that just added a potential #1 WR in Diggs and a full off season under his belt, Stroud and this offense can't take a leap into that top five category. Among the other 16 rookie QBs with a positive EPA since 2010, 14 generated a positive EPA and over 50% (9/16) improved their EPA the next season. Among the other 10 top five picks who generated a positive EPA as a rookie like Stroud, eight improved the next season. I fully expect Stroud to catapult into the elite stratosphere of QB in 2024 and the Texans to win the AFC South and compete for a championship.

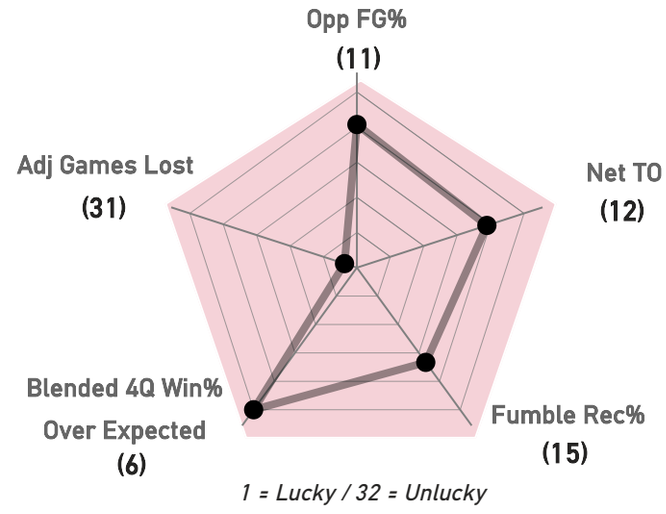
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Nico Collins	
RWR	Stefon Diggs	
SWR	Tank Dell	
LT	Laremy Tunsil	
LG	Kenyon Green	
C	Juice Scruggs	
RG	Shaq Mason	
RT	Tytus Howard	George Fant
TE	Dalton Schultz	
QB	C.J. Stroud	
RB	Joe Mixon	Devin Singletary
FB	Troy Hairston	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Derek Stingley Jr.	
SS	Jalen Pitre	
FS	Jimmie Ward	
RCB	Kamari Lassiter (R)	Steven Nelson
NB	Desmond King II	
LDE	Will Anderson Jr.	
RDE	Danielle Hunter	Jonathan Greenard
WLB	Christian Harris	
MLB	Azeez Al-Shaair	Denzel Perryman
LDT	Foley Fatukasi	Sheldon Rankins
RDT	Denico Autry	Maliek Collins
SLB	Henry To'oto'o	

2023 SCHEDULE

WK		OPP	SCORE
1	@	BAL	L 9-25
2	v	IND	L 20-31
3	@	JAX	W 37-17
4	v	PIT	W 30-6
5	@	ATL	L 19-21
6	v	NO	W 20-13
8	@	CAR	L 13-15
9	v	TB	W 39-37
10	@	CIN	W 30-27
11	v	ARI	W 21-16
12	v	JAX	L 21-24
13	v	DEN	W 22-17
14	@	NYJ	L 6-30
15	@	TEN	W 19-16
16	v	CLE	L 22-36
17	v	TEN	W 26-3
18	@	IND	W 23-19
		SOS	24/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	IND	-1.5
2	v	CHI	-3
3	@	MIN	-3.5
4	v	JAX	-3.5
5	v	BUF	-1.5
6	@	NE	-4.5
7	@	GB	+2.5
8	v	IND	-4
9	@	NYJ	+3
10	v	DET	-1
11	@	DAL	+3
12	v	TEN	-6
13	@	JAX	+1
15	v	MIA	-2.5
16	@	KC	+4.5
17	v	BAL	+1.5
18	@	TEN	-3
		SOS*	5/32

SOS* *based on TA's power rankings*

INDIANAPOLIS COLTS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC SOUTH	(9-8)	(8.5)

GENERAL MANAGER	HEAD COACH
CHRIS BALLARD	SHANE STEICHEN
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
JIM BOB COOTER	GUS BRADLEY

REVIEW & ANALYSIS

2023 Season in Review The 2023 season for the Colts was expected to be a transition year following a 4-12-1 2022 campaign with the hiring of new HC Shane Steichen and drafting QB Anthony Richardson in the top five. Richardson showed good promise but unfortunately sustained a season-ending shoulder injury. His +0.057 EPA per drop back was solid, ranking 14th in the NFL in the first five weeks but following a poor week 1, he generated a positive EPA in three straight games prior to his injury. Backup quarterback Gardner Minshew stepped in, providing solid play at QB, but not enough to get into the Playoffs with a week 18 loss at home against Houston. Steichen did an excellent job incorporating his up-tempo offense, as the Colts finished 2023 as the fastest paced team in the NFL. The system he brought over from the Eagles has this Colts offense positioned well for the future. The Colts defense wasn't great, finishing 19th in EPA and 21st in success rate, but did just enough to keep the Colts alive for a Playoff spot. Indy was my top sleeper team in the AFC last season and their 9-8 finish has folks ready for a big leap in 2024

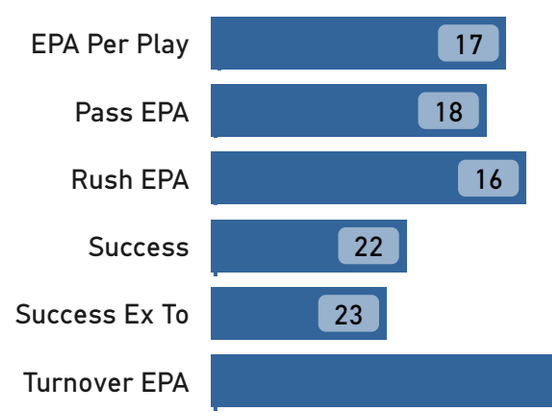
Luck Factor Indy finished just 20th in DVOA and 16th in net yards per play, but against an easy schedule and with the help of a bunch of close wins, the Colts were just yards away from an AFC South title. The Colts finished a stellar 6-3 in one score games, the 5th best win percentage in close games in the NFL. A year after getting decimated by turnovers and leading the league with the highest rate of drives ending in a turnover, the Colts saw positive regression in 2023. They finished with the 8th lowest amount of EPA lost due to turnovers on offense and 11th most gained on defense. Of course, losing Richardson was a tough pill to swallow but they also ranked 21st or worst in AGL along the OL, RB and TE.

Schedule Analysis After facing the 10th easiest schedule last year, the Colts are expected to face a top 10 easiest schedule yet again. They will play all 17 games this year on a Sunday with only a week 11 Sunday night game at the Jets in primetime all season. In fact, 15 of their 17 games this season will be played at 1pm EST on a Sunday. Unfortunately, their week 14 bye is the latest of any week during the season and they will be facing the Broncos, who are also coming off their bye. In fact, that will be the third time during the season that Indy will have to face a team off their bye week, 2nd most in the NFL. While they have the 3rd worst net rest disadvantage versus their opponents this season, they have zero short weeks so they will be perfectly fine from a rest perspective. In addition, I always consider how often a dome team like the Colts will be playing outdoors late in a season and Indy has four games with the potential for bad weather starting in late November at the Jets, NE, DEN and NYG.

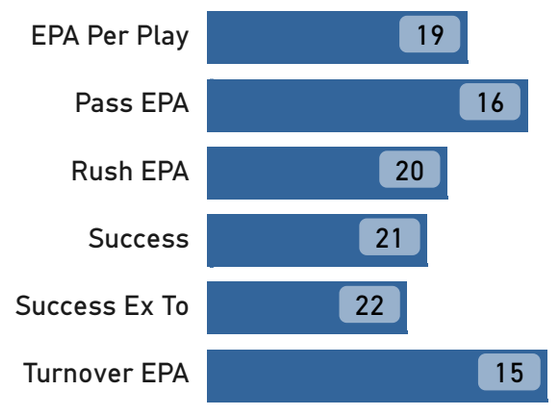
Offseason Indianapolis had a busy off season in free agency but it was almost exclusively re-signing their own guys. Amongst the six restricted or unrestricted players who played at least 70% of snaps for the Colts last season, they re-signed or extended five of those players. Only Minshew walked in FA, heading to Las Vegas. The Colts signed the fewest players in free agency, with only DT Raekwon Davis and backup QB Joe Flacco, heading to Indy. Neither played over 50% of snaps for their team's last season. Frankly, it's concerning when a team that was essentially league average by advance metrics, rest on their laurels of overachieving the prior season, and just decide to run it all back. Don't get me wrong, re-signing WR Michael Pittman, DE Deforest Buckner among others was smart but they had and still have plenty of cap space to add other pieces. Considering they had a below average pass defense a season ago and real holes in the secondary, not adding anything to the defensive back room made little sense. In the draft, they added DE Laiatu Latu in the first round and WR Adonai Mitchell in round two. Latu has excellent pass rush metrics but is going to turn 24 years old in December and was forced into early retirement at University of Washington following a neck injury. He was later cleared by UCLA doctors but it's a risk taking an older prospect with that injury history so high. Mitchell is an intriguing athlete at WR and has plenty of upside worth taking a shot on. He supposedly had some red flags as well but I liked that selection to add to a WR room with Pittman and 2nd year slot man Josh Downs in the mix.

2024 Outlook Based on some of their underlying metrics and fairly easy schedule, the Colts likely overachieved last season. However, they didn't have Richardson for most of the season and dealt with a decent number of injuries overall. I really think Richardson profiles as a sleeper MVP candidate with his tremendous mobility and cannon for an arm. We've seen other year two QBs leap into the MVP in recent seasons like Patrick Mahomes and Lamar Jackson. The good news is they do have a good veteran presence behind him just in case in Flacco, but obviously that is not what they want to see. I believe this is a solid roster with an excellent HC. If Richardson can make that leap, then they can make a run in the AFC. I believe 8-9 wins is a reasonable baseline for the Colts and at the very least will be a competitive team throughout 2024.

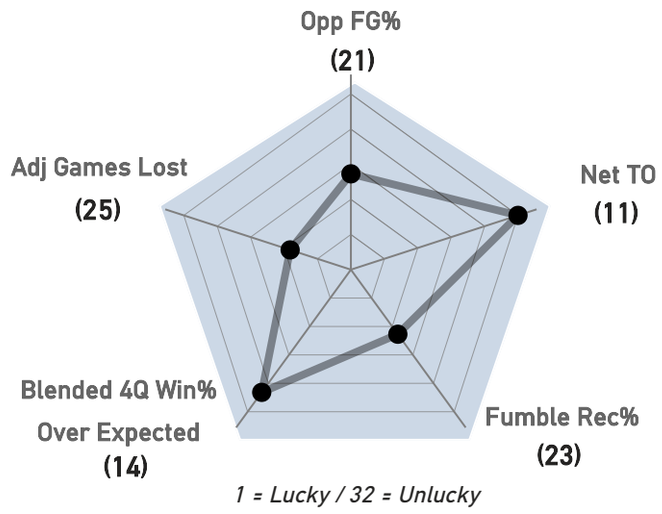
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	v	JAX	L 21-31
2	@	HOU	W 31-20
3	@	BAL	W 22-19
4	v	LAR	L 23-29
5	v	TEN	W 23-16
6	@	JAX	L 20-37
7	v	CLE	L 38-39
8	v	NO	L 27-38
9	@	CAR	W 27-13
10	@	NE	W 10-6
12	v	TB	W 27-20
13	@	TEN	W 31-28
14	@	CIN	L 14-34
15	v	PIT	W 30-13
16	@	ATL	L 10-29
17	v	LV	W 23-20
18	v	HOU	L 19-23
		SOS	19/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	HOU	+1.5
2	@	GB	+4
3	v	CHI	-2
4	v	PIT	-0.5
5	@	JAX	+2.5
6	@	TEN	-1.5
7	v	MIA	+1
8	@	HOU	+4
9	@	MIN	+1
10	v	BUF	+2
11	@	NYJ	+4
12	v	DET	+2.5
13	@	NE	-2
15	@	DEN	-2.5
16	v	TEN	-4
17	@	NYG	-2
18	v	JAX	-2
		SOS*	22/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Michael Pittman Jr.	
RWR	Adonai Mitchell (R)	
SWR	Josh Downs	
LT	Bernhard Raimann	
LG	Quenton Nelson	
C	Ryan Kelly	
RG	Will Fries	
RT	Braden Smith	
TE	Jelani Woods	
QB	Anthony Richardson	
RB	Jonathan Taylor	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Juju Brents	
SS	Julian Blackmon	
FS	Nick Cross	
RCB	Jaylon Jones	
NB	Kenny Moore II	
LDE	Kwity Paye	
RDE	Samson Ebukam	
WLB	E.J. Speed	Shaquille Leonard
MLB	Zaire Franklin	
LDT	Grover Stewart	
RDT	Deforest Buckner	

JACKSONVILLE JAGUARS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC SOUTH	(9-8)	(8.5)

GENERAL MANAGER	HEAD COACH
TRENT BAALKE	DOUG PEDERSON
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
PRESS TAYLOR	RYAN NIELSEN

REVIEW & ANALYSIS

2023 Season in Review The Jaguars finished 2023 with a 9-8 record, the same as in 2022, but the results felt disappointing. After getting to the 2nd round of the 2022 Playoffs, hopes were high for a potential Super Bowl run in 2023. The season started very promising, with an 8-3 start, however, QB Trevor Lawrence suffered a bad high ankle sprain in a week 13 home loss to the Bengals. To make matters worse, WR Christian Kirk also got hurt and was essentially lost for the season. To his credit, Lawrence gutted it out and played the next week in Cleveland but was clearly hobbled for the rest of the season. The Jags finished 1-5 to end the season and missed the Playoffs. Who knows how the season would have unfolded if both Kirk and Lawrence were healthy but nonetheless the season ended in disappointing fashion. Lawrence finished 16th in EPA and 8th in success rate but prior to his ankle sprain was sitting 9th in EPA and 5th in success rate. He saw the 3rd lowest amount of time to throw in the league and the EPA lost on his receivers' drops ranked highest in the NFL. If a few of those drops had gone the other way he may be looked at a little bit differently. Either way, Lawrence is still among the top 6-8 QBs who you'd start your franchise with today and the Jags rewarded him with a monster contract extension. Defensively, Jacksonville was solid all season and while they only faced four top 11 pass offenses (KC, BAL, SF, BUF), they played like the 11th best defense when adjusted for opponent

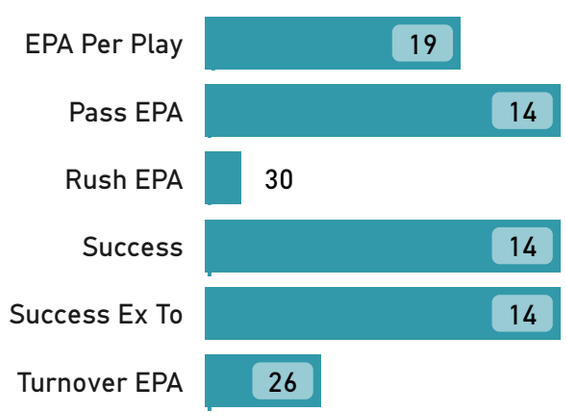
Luck Factor For a remarkable 10th straight season, the Jaguars finished under .500 in one score games in 2023. Even though they have three winning seasons in the last seven years, they still have an issue in tight games. Last season they finished 3-4 in those close games, and they were big favorites in the 4th quarter of those three close wins. Late scores made those games appear closer than reality. The Jags were hit with impactful turnovers all season and fumbled the ball on offense the 2nd most times in the NFL. Unfortunately, they also recovered only 34% of those 23 fumbles, the 2nd worst mark in the league. That led to the 9th most EPA lost on offense due to turnovers. When you add in the nearly 40 expected points lost on drops from receivers, the offense gave away some wins

Schedule Analysis Following a tough schedule last year, the Jags are expected to face another top 10 difficult schedule of opponents. They face four of my top 12 teams in the first four weeks, the toughest schedule in the first month in the NFL. They only play six games at home due to the two games in London, two less than every other team within their division. For reference, they played eight games at home a year ago even with the two neutral London games. The good news is for the 2nd straight season they play back-to-back games in London after beating the Bills on the 2nd leg last season. It's impossible to determine how much of an impact being in London the prior week had for the Jags but they looked like the fresher team right from the opening kickoff. This year they will face NE with a rookie HC and likely rookie QB. It did help a season ago that they got a bye week in week 9. This year their bye doesn't come until week 12. Those extra couple of weeks could catch up to the Jags.

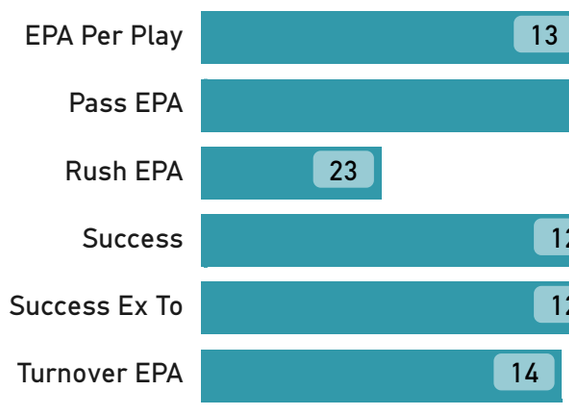
Offseason Besides the big news of extending Lawrence's contract, they did lose WR Calvin Ridley in FA to the Titans. Ridley paired with Lawrence was thought to be a potential Super Bowl type of addition to this offense last off season but the connection just never materialized. Ridley was frankly a disappointment and graded out as PFFs 46th ranked WR. He finished bottom 12 in yac per reception and had the 25th highest drop percentage out of nearly 100 WRs. Three of his eight drops occurred 20+ yards down the field and he was a big reason why Lawrence saw the highest EPA lost in the NFL due to drops. The Jags also lost veteran WR Zay Jones and replaced he and Ridley with 1st round pick Brian Thomas from LSU and FA WR Gabe Davis from the Bills. Davis has been known to drop passes as well and isn't very consistent, but he does give Lawrence a proven vertical threat. Thomas is a very intriguing big-bodied WR, who is just 21 years old and ran a 4.33 40 with elite explosive metrics at the combine. Thomas is the wild card and gives this offense potential to be very explosive. The defense could have used more CB help with the loss of two guys who saw over 300 coverage snaps and both generated 73+ PFF coverage grade. Darious Williams left in FA and while he likely overachieved a season ago, he gave the Jags a great 2023 season (5th best CB according to PFF coverage grade). Tre Herndon also left and had the best season of his career (73.1 coverage grade). Jacksonville did pick up CB Ronald Darby but he is on the other side of 30 and is not a guy you want to rely on as your #2 CB. Tyson Campbell currently will serve as their #1 CB and outside of a handful of strong games in 2022, he has been a major disappointment. The big addition on defense was the signing of former Niners DE Arik Armstead who was cut for cap reasons. He has had some injury concerns and is getting a little long in the tooth but he's still a very productive DL and has generated 37 sacks in the last five seasons.

2024 Outlook If Lawrence gets some positive regression from the drops and turnovers, I think the Jags have tremendous upside. If Thomas hits at WR, the Jags could have a top 10 level offense. That's a couple of ifs but when we evaluate these teams we need to understand the different ranges of outcomes. I think the Jags front seven should be pretty good, but that secondary is a mess. Good QBs on their schedule will be able to pick them apart. I do think Jacksonville is good enough to compete for the AFC if things go their way.

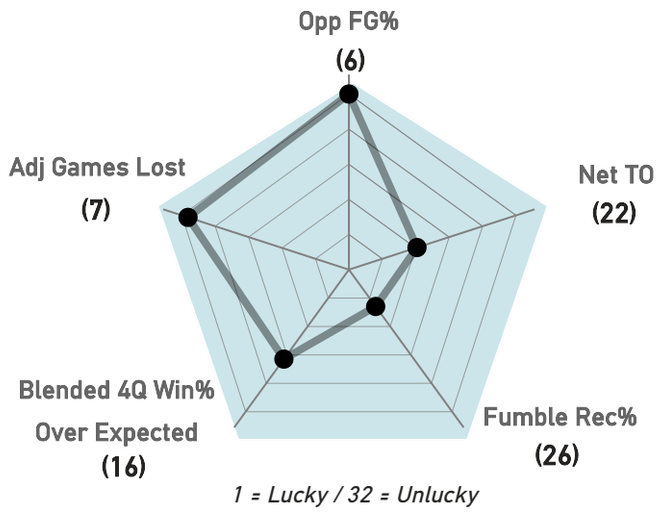
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	@	IND	W 31-21
2	v	KC	L 9-17
3	v	HOU	L 17-37
4	v	ATL	W 23-7
5	@	BUF	W 25-20
6	v	IND	W 37-20
7	@	NO	W 31-24
8	@	PIT	W 20-10
10	v	SF	L 3-34
11	v	TEN	W 34-14
12	@	HOU	W 24-21
13	v	CIN	L 31-34
14	@	CLE	L 27-31
15	v	BAL	L 7-23
16	@	TB	L 12-30
17	v	CAR	W 26-0
18	@	TEN	L 20-28
		SOS	7/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	MIA	+3.5
2	v	CLE	-1
3	@	BUF	+5
4	@	HOU	+3.5
5	v	IND	-2.5
6	@	CHI	-1
7	v	NE	-7
8	v	GB	+1
9	@	PHI	+3.5
10	v	MIN	-3
11	@	DET	+4
13	v	HOU	-1
14	@	TEN	-1.5
15	v	NYJ	+1
16	@	LV	-1
17	v	TEN	-4
18	@	IND	+2
		SOS*	9/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Gabe Davis	Calvin Ridley
RWR	Brian Thomas Jr. (R)	Zay Jones
SWR	Christian Kirk	
LT	Cam Robinson	
LG	Ezra Cleveland	
C	Mitch Morse	
RG	Brandon Scherff	
RT	Anton Harrison	
TE	Evan Engram	
QB	Trevor Lawrence	
RB	Travis Etienne Jr.	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Ronald Darby	Darious Williams
SS	Antonio Johnson	Rayshawn Jenkins
FS	Andre Cisco	
RCB	Tyson Campbell	
NB	Darnell Savage	Tre Herndon
LDE	Travon Walker	
RDE	Josh Allen	
WLB	Devin Lloyd	
MLB	Foyesade Oluokun	
LDT	Roy Robertson-Harris	
RDT	Arik Armstead	

KANSAS CITY CHIEFS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC WEST	(11-6)	(11.5)

GENERAL MANAGER	HEAD COACH
BRETT VEACH	ANDY REID
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
MATT NAGY	STEVE SPAGNUOLO

REVIEW & ANALYSIS

2023 Season in Review What a season for the 2023 World Champion Chiefs. Following a pathetic week 16 performance against the Raiders, losing at home on Christmas to drop to 9-6, it was hard to envision the Chiefs raising the Lombardi trophy over the 49ers two months later. KC's +77-point differential was good for just 4th best in the AFC and surprisingly they scored just the 8th most points in the AFC. In fact, KC went under their game-to-game team total in 76% of their games, highest in the NFL. It was odd seeing Patrick Mahomes and this offense struggle so badly throughout the season, but the defense picked up much of the slack. KC allowed the 6th lowest EPA in the NFL, 3rd best versus drop backs. What makes that even more impressive was that they faced the top five toughest schedule of opposing offenses. When you include the Playoffs, the Chiefs defense only allowed four offenses to generate an EPA per drop back above their season average. That 81% consistency rate ranked #1 in the NFL. Mahomes finished the regular season just 10th in EPA per drop back at +0.134. The lack of explosiveness from this offense (21st in explosive pass rate and 3rd lowest intended air yards) was glaring. However, as usual, he turned things on during the Playoffs, posting an EPA of +0.251 in route to a title. TE Travis Kelce was showing signs of wearing down as well. averaging just 51 receiving yards per game in the 2nd half of the season, but he too turned it on in the Playoffs averaging nearly 90 yards per game. The offense did just enough to help win the title

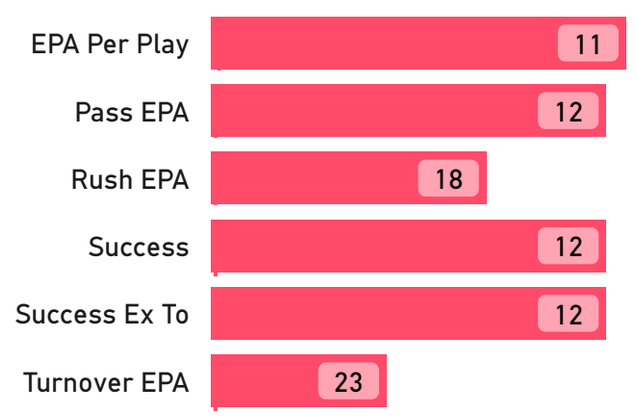
Luck Factor The Chiefs were relatively healthy, ranking top 10 in injury luck on both offense and defense. Also, as great as the defense was last year, their numbers weren't skewed due to turnovers. They ranked 25th in net EPA gained from turnovers and even though they forced the 8th most fumbles on defense they recovered them at the 10th lowest rate. KC finished 6-5 in one score games which makes it six straight seasons that the Chiefs finished over .500 in close games in the regular season. Of course, they went 3-0 in tight games in the Playoffs and in their Super Bowl OT win. In the Chiefs' last seven postseason wins (last two seasons), six have come by one score and four of them by exactly three points. This just shows the fine line between getting ousted early in the Playoffs and winning back-to-back Super Bowls. Having Mahomes, Andy Reid and a clutch kicker like Harrison Butker on your side goes a long way to winning those tight games

Schedule Analysis KC faced essentially a league average schedule of opponents last season and this year is expected to be one of the 10 easiest. Their schedule is interesting because they face each of my top six teams in my ratings while also playing seven games against my bottom 10 teams. KC plays six non-Sunday games, tied with Baltimore for most in the NFL. Because of their early bye in week six and the fact that they don't play any short weeks in the first 2.5 months of the season, their cumulative net rest versus a normal rest week is the highest in the NFL. They play five straight games, from week 7-11, where they have a +10 cumulative rest advantage during the season versus their opponent. This is in stark contrast to the extreme gauntlet the Chiefs faced late in the season in 2023 when they faced a three+ game rest disadvantage versus their opponents from weeks 13-16. The Chiefs do, however, face a tough three game in 11-day stretch, culminating in a Christmas Day at PIT who will be facing the same short rest in 11 days.

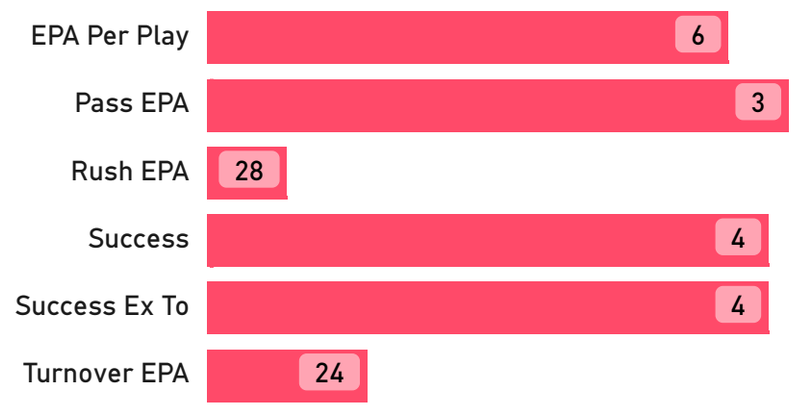
Offseason For a team that won back-to-back Super Bowls, and with a significant amount of money being allocated to Mahomes, the Chiefs have seen some significant losses to its roster. KC has seen key pieces like CB L'Jarius Snead, LB Willie Gay, S Mike Edwards, LT Donovan Smith and WR Marquez Valdes-Scantling all leave the team. In turn, KC only added WR Marquise Hollywood Brown in free agency along with speedy WR Xavier Worthy in the first round of the draft. Not only did KC lose MVS but 2nd year man Rashee Rice has run into legal troubles and could miss a portion of this season so it's likely that KC will rely heavily on Brown and Worthy. We have seen Mahomes, and this offense consistently wins no matter who is playing WR but last season's dip in offensive production and explosive pass rate (20th in the NFL), is cause for concern. What is as worrisome for the KC offense is the play of the OL. They struggled at both Tackle positions last season with Donvan Smith at LT and Jawaan Taylor at RT. 2nd year man Wanya Morris will step into Smith's shoes, but I am not sure if he is playable. Morris allowed a ridiculous 10% pressure rate (75th among 82 Tackles) on over 230 pass snaps but thanks to Mahomes' elite ability to avoid sacks, it didn't end up being as much of a disaster as it could have been. I expect the defense to continue its good play with DC Steve Spagnuolo leading the unit but losing Snead could be impactful. Among CBs targeted at least 50 times, his 52% completion percentage allowed ranked 8th best and his 0.7 yards per coverage snap was 5th best. He and Trent McDuffie were so physical against WRs that it really was a unique pairing that will be hard to match this season. A couple of young CBs, Joshua Williams and Jaylen Watson, who played well last season will be looked to fill in for Snead.

2024 Outlook With Reid and Mahomes, one of the worst wagers you could ever make is picking the Chiefs to go under their win total. Among head coaches, with at least 10 seasons under their belt, Reid's teams have gone over their win total at the highest rate (75%) since 2000. In 11 seasons with the Chiefs, his teams have gone over their win total nine times and the two that did not (2023 and 2021), it was by 0.5 win each time. There are some fair questions to be asked this season. Mainly- how much gas does Kelce have left in the tank? How will the OL hold up? Who is going to step up at WR between Rice, Worthy and Brown? Can the secondary continue its elite play without Snead? But as long as Mahomes and Reid are still employed by the Chiefs, you can essentially pencil in at least a 2nd round Playoff game for KC.

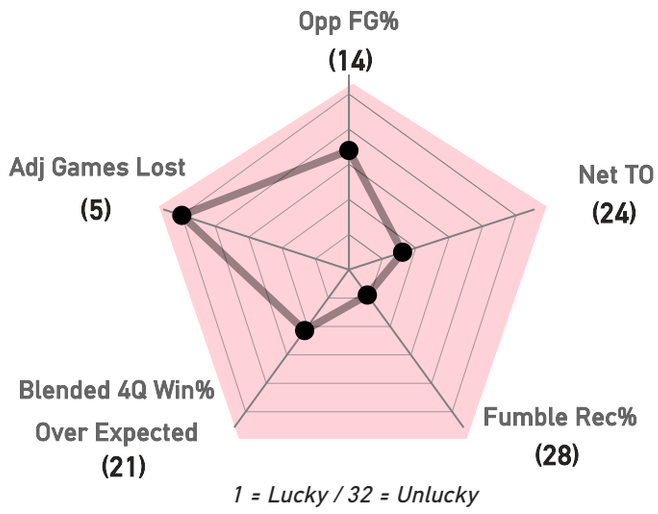
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	v	DET	L 20-21
2	@	JAX	W 17-9
3	v	CHI	W 41-10
4	@	NYJ	W 23-20
5	@	MIN	W 27-20
6	v	DEN	W 19-8
7	v	LAC	W 31-17
8	@	DEN	L 9-24
9	v	MIA	W 21-14
11	v	PHI	L 17-21
12	@	LV	W 31-17
13	@	GB	L 19-27
14	v	BUF	L 17-20
15	@	NE	W 27-17
16	v	LV	L 14-20
17	v	CIN	W 25-17
18	@	LAC	W 13-12

SOS 19/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	BAL	-3
2	v	CIN	-4
3	@	ATL	-3
4	@	LAC	-3
5	v	NO	-8
7	@	SF	+1
8	@	LV	-5
9	v	TB	-7
10	v	DEN	-9
11	@	BUF	+1
12	@	CAR	-7
13	v	LV	-7
14	v	LAC	-6.5
15	@	CLE	-3
16	v	HOU	-4.5
17	@	PIT	-4
18	@	DEN	-4

SOS* 24/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Xavier Worthy (R)	Marquez Valdes-Scantling
RWR	Hollywood Brown	
SWR	Rashee Rice	
LT	Wanya Morris	Donovan Smith
LG	Joe Thuney	
C	Creed Humphrey	
RG	Trey Smith	
RT	Jawaan Taylor	
TE	Travis Kelce	
QB	Patrick Mahomes	
RB	Isiah Pacheco	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Trent Mcduffie	L'Jarius Sneed
SS	Justin Reid	
FS	Bryan Cook	
RCB	Nazeeh Johnson	
NB	Chamarri Conner	
LDE	George Karlaftis	
RDE	Mike Danna	
WLB	Drue Tranquill	Willie Gay
MLB	Nick Bolton	
LDT	Chris Jones	
RDT	Derrick Nnadi	
SLB	Leo Chenal	

LOS ANGELES CHARGERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC WEST	(5-12)	(8.5)

GENERAL MANAGER	HEAD COACH
JOE HORTIZ	JIM HARBAUGH
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
GREG ROMAN	JESSE MINTER

REVIEW & ANALYSIS

2023 Season in Review 2023 was a disaster for the LA Chargers, as QB Justin Herbert got injured in week 14 leading to a 5-12 finish. In the week following Herbert's injury, the Chargers got blasted by the rival Raiders 63-21, in a memorable TNF matchup that led to HC Brandon Staley's firing. It was a fitting final chapter in the Staley era. Both sides of the ball failed Staley last season, as the offense finished 24th in EPA and 27th on defense. Herbert's +0.08 EPA per drop back ranked just 17th in the league but none of his WRs outside of Keenan Allen could get open and his EPA per drop back lost due to drops ranked top five in the league. He did grade out as PFFs 9th best QB, so his play was better than his final stats. It also didn't help that first round pick WR Quentin Johnston was a total bust, RB Austin Ekeler ran like he was stuck in mud and WR Mike Williams suffered a season-ending injury in week 3. In walks new HC Jim Harbaugh to help turn this franchise around

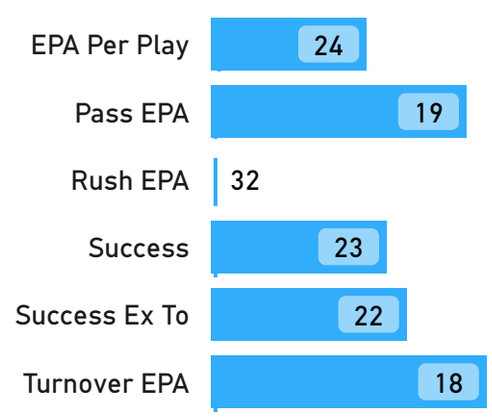
Luck Factor Bad luck seemingly always follows the Chargers but 2023 was pretty bad. Based on both point differential and blended 4th quarter win probabilities, the Chargers underperformed the most in the NFL. Based on 4th quarter win probabilities, they should have won 8.2 games. This 3.2-win gap is tied for the 13th largest of any team since 2000. 12 of those 13 teams increased their wins the next season by an average of three wins. Even if you stopped the season after Herbert's injury, the Chargers still would have been the largest underachieving team in the NFL. A big reason was their poor 3-8 record in close games, 0-7 in games decided by three points or less. They had the ball with under 2m left and a chance to win six times and went 0-6 with those chances. Besides Herbert, the Chargers saw significant injuries on offense. They lost the most adjusted games due to injury at the WR position as their top three WRs missed a combined 25 games

Schedule Analysis The Chargers will see the 2nd largest flip in expected strength of schedule from a season ago as they will have gone from the 6th toughest schedule to one of the three easiest this season. They are playing 10 games against my bottom 10 teams, tied for the most in the NFL. Not only do they start with CAR and LV and end the season with three straight bad teams in DEN, NE and LV. Thos teams could be playing out the string and sitting many veterans. One difficult spot for LA is in week 13 on a short week in ATL at 1pm the week after they face Jim's brother and the Ravens on MNF. The Falcons will be coming off their bye as well so it's a huge rest disadvantage for LA not to mention the cross-country travel, 1pm Sunday start and off their most emotional game of the season.

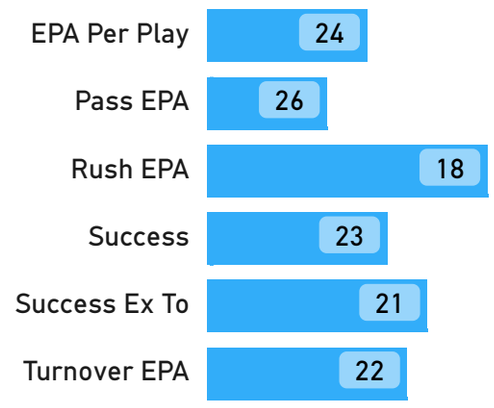
Offseason With a new HC like Harbaugh, you expect some roster turnover in year one and the Chargers saw that this off season. On a net basis, they lost the 3rd most snaps in free agency. Losing both Allen and Williams while only adding DJ Chark and rookie 2nd round pick Ladd McConkey at WR puts this offense in a bind. Josh Palmer, Johnston and McConkey account for one of the worst WR groups in the NFL and we have prior evidence that this offense struggles any time one of Allen or Williams didn't play because they had no other viable options at WR. For as much as Harbaugh loves the run game, he always had a reliable WR and TE like Michael Crabtree, Anquan Boldin and Vernon Davis in SF. They did add T Joe Alt in the first round and with LT Rashawn Slater back from his injury, this OL has a chance to be really good. Harbaugh and his new OC Greg Roman, definitely will want to lean into the run game and he signed former Ravens RB duo JK Dobbins and Gus Edwards to help. For a one-year transition phase those guys are fine but neither helps at all in the pass game and Dobbins has been decimated by injuries. Roman loved the run game in Baltimore, as the Ravens threw the ball 6% below expectations during his time, but he also had Lamar Jackson at QB. I don't think you take a pocket QB like Herbert and run the same system as Lamar. While I think they will certainly lean on the run game much more than in the past, I don't believe it will be at some extreme level like those Ravens teams. The Chargers didn't have much in the way of cap flexibility, so they weren't able to do much on defense. They did not upgrade their weakness at CB, as they lost Michael Davis and Essang Bassey, while only adding CB Kristian Fulton from TEN. Fulton has been brutally bad the last few seasons (46.9 PFF coverage grade in 2023) and that leaves Asante Samuel Jr. as the only quality CB on the roster. The Chargers finished 25th in EPA allowed per drop back last year and 32nd in passes thrown over the middle of the field. This while facing the highest percentage of snaps (41%) against backup QBs last season. They needed help in the secondary and that did not happen.

2024 Outlook The market clearly loves the Harbaugh hire and is pricing it into the heavily juiced over 8.5-win total for LA. Since 2000, this is tied for the 2nd highest win total following a season of five or less wins. 15 other teams saw a win total of eight or more following five or less wins and only four of the 15 went over their win total. Obviously, getting back Herbert from injury and the severe underperformance vs point differential/4th quarter win probabilities is tied to this but the market is not giving any discounts. The schedule also helps but there are just so many holes on this roster, especially at WR, CB and DT. The Chargers will be one of those teams that will scare the good teams but also lose games they are expected to win. Harbaugh will eventually turn things around, but I don't expect it to be this season. I will be fading the Chargers season-long futures and think this is a 7–8-win team.

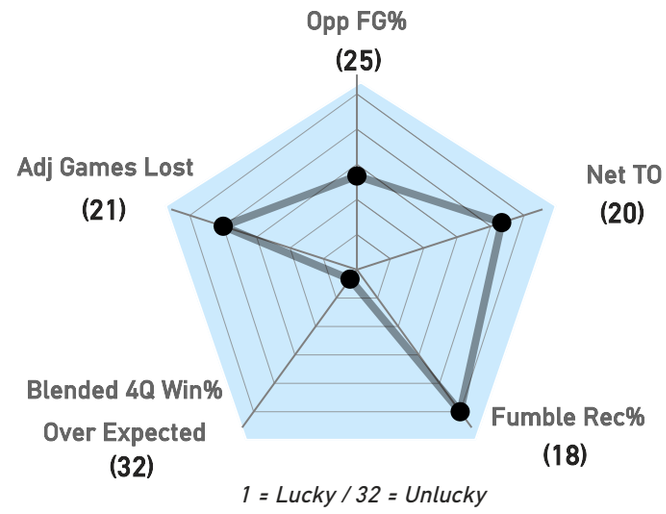
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

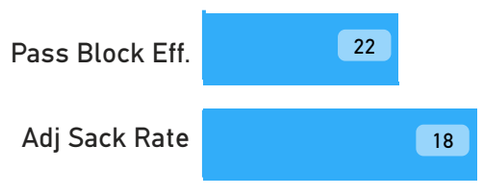


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Joshua Palmer	Mike Williams
RWR	Quentin Johnston	
SWR	Ladd Mcconkey (R)	Keenan Allen
LT	Rashawn Slater	
LG	Zion Johnson	
C	Bradley Bozeman	Will Clapp
RG	Jamaree Salyer	
RT	Joe Alt (R)	
TE	Will Dissly	Gerald Everett
QB	Justin Herbert	
RB	J.k. Dobbins	Austin Ekeler
FB	Ben Mason	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Morgan Fox	Sebastian Joseph-Day
NT	Poona Ford	Nick Williams
DT	Otito Ogbonnia	Austin Johnson
LOLB	Joey Bosa	
LILB	Junior Colson (R)	Eric Kendricks
RILB	Denzel Perryman	Kenneth Murray Jr.
ROLB	Khalil Mack	
LCB	Asante Samuel Jr.	Michael Davis Jr.
SS	Derwin James Jr.	
FS	Alohi Gilman	
RCB	Kristian Fulton	
NB	Ja'sir Taylor	

2023 SCHEDULE

WK		OPP	SCORE
1	v	MIA	L 34-36
2	@	TEN	L 24-27
3	@	MIN	W 28-24
4	v	LV	W 24-17
6	v	DAL	L 17-20
7	@	KC	L 17-31
8	v	CHI	W 30-13
9	@	NYJ	W 27-6
10	v	DET	L 38-41
11	@	GB	L 20-23
12	v	BAL	L 10-20
13	@	NE	W 6-0
14	v	DEN	L 7-24
15	@	LV	L 21-63
16	v	BUF	L 22-24
17	@	DEN	L 9-16
18	v	KC	L 12-13
		SOS	9/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	LV	-3
2	@	CAR	-5
3	@	PIT	+2
4	v	KC	+3
6	@	DEN	-2
7	@	ARI	+1
8	v	NO	-3
9	@	CLE	+3
10	v	TEN	-4
11	v	CIN	+2
12	v	BAL	+3
13	@	ATL	+2.5
14	@	KC	+6.5
15	v	TB	-3
16	v	DEN	-4
17	@	NE	-2.5
18	@	LV	-1
		SOS*	30/32

SOS* *based on TA's power rankings*

LOS ANGELES RAMS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC WEST	(10-7)	(8.5)

GENERAL MANAGER	HEAD COACH
LES SNEAD	SEAN MCVAY
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
MIKE LAFLEUR	CHRIS SHULA

REVIEW & ANALYSIS

2023 Season in Review Very little was expected of the 2023 LA Rams but they turned out to be one of the biggest surprises in the NFL, winning 10 games and making the Playoffs. Their season win total (6.5) was tied for 2nd lowest in the league and they exceeded this number by the widest margin (tied w HOU at +3.5). In fact, I was probably the most wrong on the Rams than any other team last season. QB Matthew Stafford and WR Cooper Kupp were getting older and coming off season-ending injuries. In fact, with a loaded QB draft I thought if things went south early, I thought they could look to trade Stafford. I also could not see the emergence of 5th round pick WR Puka Nacua (4th best yards per route for a rookie in the last decade), jumpstarting this offense. The offense was dynamite, finishing top 10 in the NFL in EPA, and in the eight games with both RB Kyren Williams and Kupp in the lineup, the Rams offense ranked 2nd in EPA. HC Sean McVay did a tremendous job evolving his offense into yet another juggernaut. Led by DC Raheem Morris, the defense was also a revelation, considering their defensive lineup was barren of many proven players outside of Aaron Donald. Although they finished just 21st in EPA, that was even better than most could have predicted. Rookies DL Kobie Turner and Bryant Young stepped up in a huge way, generating nearly 100 pressures and 19 sacks.

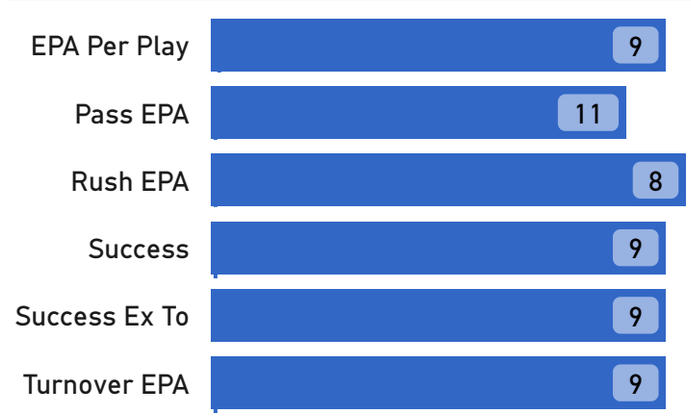
Luck Factor After years of rarely facing major injuries, the Rams suffered the worst injury luck on offense and 13th most on defense in 2022. But in 2023 the Rams went right back to their old ways and saw the lowest number of adjusted games lost due to injury on defense and the 4th lowest on offense. Stafford, Kupp and Williams missed a couple of games each but in general the key players on both sides stayed relatively healthy. As mentioned above, the Rams defense finished just 21st in EPA but they gained the 2nd least amount of EPA due to turnovers and the lowest in close game situations. They fumbled on offense just seven times all season, the 2nd lowest in the NFL and forced just 15 fumbles on defense, the 9th lowest figure. LA finished 6-4 in one score games, however, that is a bit misleading. They won two separate "close games" by eight over WAS and NO when leading by 21+ early in the 4th and sitting on 99%-win probabilities. They also beat the Niners in a meaningless week 18 game by one so with the normal roster the Rams were essentially .500 in close games. It should be noted that the one area that LA really struggled with was their 32nd ranked special teams. They missed four extra points and 11 FGs, most in the NFL since 2015. They were also terrible on punts and kick off returns, as they generated the 6th worst special teams by DVOA in NFL history

Schedule Analysis LA faced the 7th toughest schedule last season but are expected to see a league average level of opponent this season. Most of their games are virtual coin flips and all but one of their 17 games have a spread of less than six points according to my ratings. There really isn't much to talk about in regard to this schedule as it's fairly benign either way for the Rams.

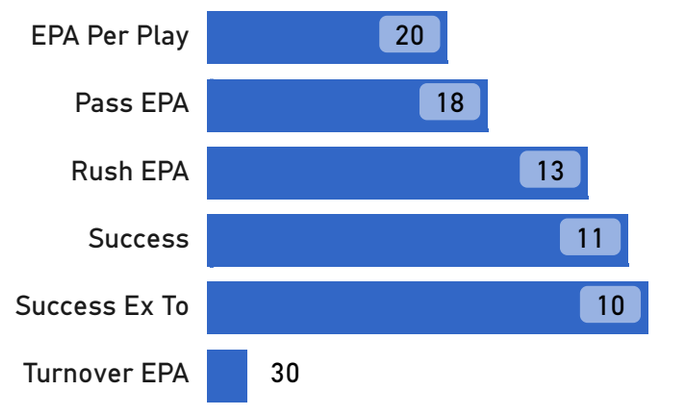
Offseason We can't start this look at the Rams off season without starting with the abrupt retirement of DL Aaron Donald. For my money Donald is the best DT of all time and has been a dominant force since day one. The gravity of the attention being paid to him by offenses, and especially multiple OL, leads to so many opportunities for other DL on the Rams. The loss is not only because of his individual talents but those advantages with other guys on defense for the Rams are gone now too. The Rams will try and plug that gigantic hole in the middle of the DL with the drafting of 2nd round pick Braden Fiske from FSU. They also added DE Jared Verse in the first round, also from FSU, to give the Rams a refresh on the front four. They will look to strike gold in back-to-back seasons along the front four after the Rams found two mid round gems in Turner and Young. We will see if those guys are really that good or if Donald's presence led to those advantageous matchups. The Rams shook up their CB room a bit with the additions of former Rams CB Darious Williams and CB Tre'Davious White from Buffalo. White is coming off a torn Achilles early last season so it remains to be seen when he can play and obviously the number of snaps will be limited. Williams posted a career season last year in Jacksonville (4 INTs and 4th among CBs in PFF coverage grade) and returns to LA where he started his career. The Rams will have to move on with a new DC as Raheem Morris left for the HC job in ATL. Morris has proven to be one of the better DCs in the NFL so new DC Chris Shula has some proving to do. On offense, LA added a solid starting G in Jonah Jackson from the Lions and will be moving 2022 2nd round pick Steve Avilla to C. The rest of the offense is intact from a season ago.

2024 Outlook At this point it is hard to fade Sean McVay going into a season. The Rams should still be excellent on offense as long as their key pieces stay healthy. That's a big if considering the injury history of Stafford, Kupp and Williams. Defensively is where the concern lies with the loss of Donald. The front four has talent but we really have no idea how they will play without maybe the best defensive player of all time eating up attention. The secondary is going to rely on Williams to continue his excellent play from a season ago in Jacksonville, but that came after two poor seasons, and it's been proven that CB play is very volatile from year to year. I wouldn't bank on a lot from White, coming off the Achilles tear. The roster in general is very fragile as depth is not a strong suit for the Rams. But I think this team has enough upside to make a Super Bowl run, but the defense and roster fragility is what dampens this upside. If you like the Rams, I'd look at the upside, tail outcomes.

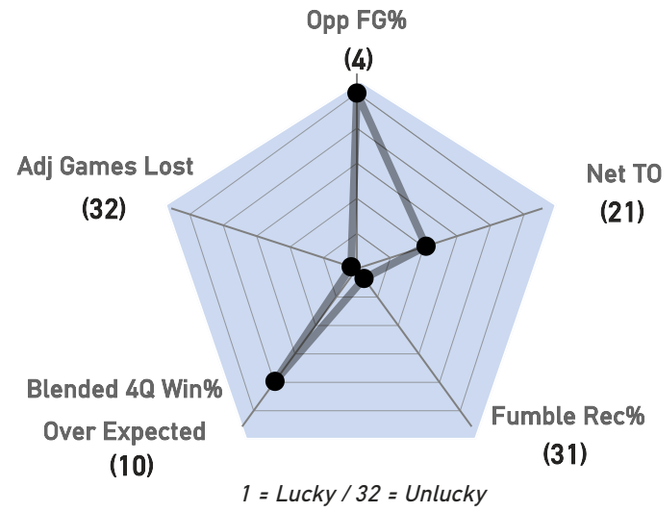
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Demarcus Robinson	
RWR	Puka Nacua	
SWR	Cooper Kupp	
LT	Alaric Jackson	
LG	Jonah Jackson	
C	Steve Avila	Coleman Shelton
RG	Kevin Dotson	
RT	Rob Havenstein	
TE	Tyler Higbee	
QB	Matthew Stafford	
RB	Kyren Williams	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Braden Fiske (R)	Jonah Williams
NT	Bobby Brown III	
DT	Kobie Turner	Aaron Donald
LOLB	Jared Verse (R)	
LILB	Christian Rozeboom	
RILB	Ernest Jones IV	
ROLB	Byron Young	
LCB	Darious Williams	Ahkello Witherspoon
SS	Kamren Curl	John Johnson Iii
FS	Russ Yeast	
RCB	Tre'davious White	
NB	Quentin Lake	

2023 SCHEDULE

WK		OPP	SCORE
1	@		W 30-13
2	v		L 23-30
3	@		L 16-19
4	@		W 29-23
5	v		L 14-23
6	v		W 26-9
7	v		L 17-24
8	@		L 20-43
9	@		L 3-20
11	v		W 17-16
12	@		W 37-14
13	v		W 36-19
14	@		L 31-37
15	v		W 28-20
16	v		W 30-22
17	@		W 26-25
18	@		W 21-20
		SOS	6/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@		+3
2	@		-2.5
3	v		+3
4	@		+1.5
5	v		-1.5
7	v		-4.5
8	v		-3.5
9	@		-1.5
10	v		-1
11	@		-4
12	v		-0.5
13	@		-1.5
14	v		+1
15	@		+6.5
16	@		+3
17	v		-6
18	v		-5.5
		SOS*	15/32

SOS* *based on TA's power rankings*

LAS VEGAS RAIDERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC WEST	(8-9)	(6.5)

GENERAL MANAGER	HEAD COACH
TOM TELESCO	ANTONIO PIERCE
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
LUKE GETSY	PATRICK GRAHAM

REVIEW & ANALYSIS

2023 Season in Review The 2023 Raiders season was highlighted by major in season changes at QB and HC. What started out as a disaster for the Raiders, with starting QB Jimmy Garoppolo and HC Josh McDaniels leading a disappointing 3-5 start, ended with Aidan O'Connell at QB and interim HC Antonio Pierce finishing the season on a 5-4 run. Based on reports following his firing on October 31st, very few players respected McDaniels in the locker room and were fed up. Pierce came in and lit a fire under the Raiders and included a 42-point win against the Chargers and a shocking six-point win on Christmas in Kansas City. The Raiders defense closed out the 2nd half of the season as the NFL's 2nd best defense, by EPA allowed. Some of it was fueled by turnovers (14 takeaways from week 9 on) but even when excluding those turnovers, they were the 4th best defense in the NFL. They held the Chiefs to their 2nd worst offensive performance of the season and Miami's 5th worst down the stretch. The offense was not very good (23rd in EPA and 26th in success rate) but they only committed a turnover in three of the final nine games. Pierce did not exhibit many +EV tendencies as a coach but he clearly has the team's attention. I am not sure how sustainable this is, but he was officially hired as the Raiders' full-time coach after the season

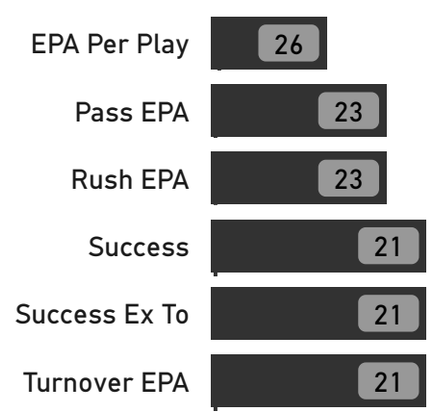
Luck Factor By adjusted games the Raiders ranked as the 2nd healthiest team in the NFL. Their offense was 2nd healthiest and defense 3rd. Their entire starting front four and top LB played all 17 games. On offense, their entire starting OL missed a total of just five games all season and four came from LT Kolton Miller alone. WRs Davante Adams, Jakoby Meyers and Hunter Renfrow played 50 of a possible 51 games. In addition, as mentioned above the pass defense played much better last season than anyone could have expected. However, 35% of the snaps from opposing QBs during the season came from backups. In the final five weeks of the season, they faced Josh Dobbs/Nick Mullens, Easton Stick, Gardner Minshew and Jarrett Stidham. I found it interesting that the Raiders saw huge splits between their early and late down defense. They were the 6th best EPA defense against the pass on 1st and 2nd downs but that plummeted to 30th on 3rd and 4th downs. They generated only three turnovers on those late downs, the third lowest figure in the league.

Schedule Analysis The Raiders saw a league average schedule last season and are looking at something similar again this year. I have the Raiders playing eight-coin flip level games throughout the season but five of those come all in a row to end the season. There's not a ton that is too interesting about the Las Vegas schedule this season, but they are unfortunately going to have to play five separate Sunday 1pm EST games on the road. The good news is that they will have extra rest in two of those games- at MIA in week 11 following their bye week and week 14 at TB following a Friday game in KC. Speaking of that KC game that will be a Black Friday game, a season after playing in KC on Christmas Day.

Offseason Besides the hiring of Pierce as HC, the Raiders made headlines with the signing of star FA DT Christian Wilkins and Colts QB Gardner Minshew. Wilkins is a stud and has improved his pass rush metrics each season since he was a rookie. He generated a career high 10 sacks and 58 pressures last season and will be a welcome addition to a Raiders DL that has solely relied on stud DE Maxx Crosby the last couple of seasons. They did not add anything to their secondary, which needed help, and lost their top slot CB in Amik Robertson. On offense, Las Vegas did not attack the QB market in the draft and instead signed Minshew to compete with O'Connell. I'd assume that Minshew has the inside track, but we already know what his ceiling is. Minshew played well enough to get the Colts wins last season, but he was just 21st in EPA and 34th in PFF grade. O'Connell, for all his warts, wasn't half bad as a rookie. His -0.003 EPA is right at average for a qualified rookie QB out of 62 QBs since 2010. His 65.9 PFF grade was 3.9 points higher than Minshew's. The Raiders did use their first-round pick to help the offense with the addition of TE Brock Bowers. That was a little surprising considering they used a 2nd round pick on Michael Mayer in 2022 but Bowers is a unique talent. With an elite #1 WR in Adams, a solid #2 in Meyers and a potential stud TE in Bowers, whomever starts at QB will have real weapons to throw to. Las Vegas did lose starting RB Josh Jacobs and two starting OL- RG Greg Van Roten and RT Jermaine Eluemunor, both of whom graded above a 68 by PFF. They will likely rely on veteran pickups Andrus Peat and Cody Whitehair as well as 2nd round rookie Jackson Powers-Johnson to start. RB Zamir White and FA pickup Alexander Mattison will look to fill the RB spot.

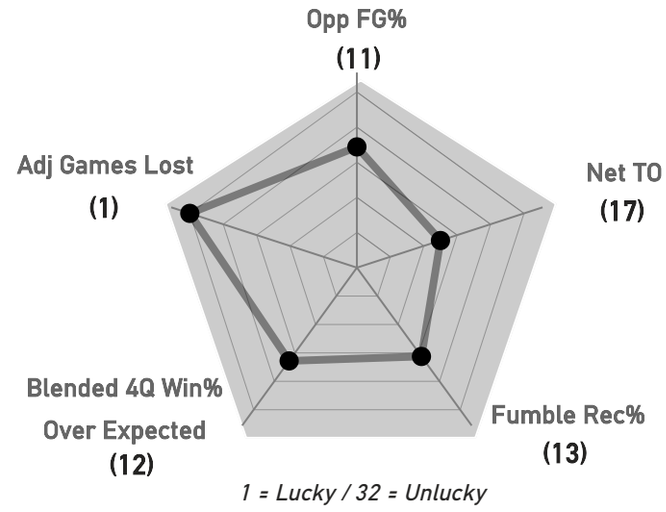
2024 Outlook I thought that the players played so much harder for Pierce last season than McDaniels, but we have seen way too often how the interim coaches can't sustain that success the year after getting hired. They'll likely have to rely on limiting turnovers and their pass rushers to make high leverage sacks to get off of the field and win games. The big question at QB is going to limit this team's upside even though they are littered with star talent in Adams, Crosby, Wilkins and potentially Bowers. I don't see the upside here, but they are going to put some scares into the good teams on their schedule and be a competitive team for Pierce.

OFFENSE ADVANCED RANKS



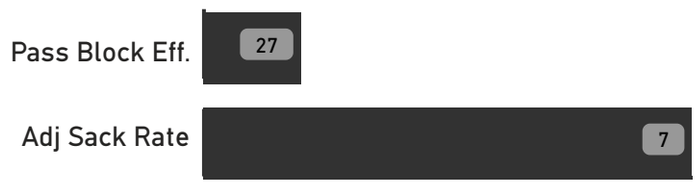
DEFENSE ADVANCED RANKS

LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Davante Adams	
RWR	Jakobi Meyers	
SWR	Tre Tucker	
LT	Kolton Miller	
LG	Jackson Powers-Johnson (R)	
C	Andre James	
RG	Dylan Parham	Greg Van Roten
RT	Thayer Munford Jr.	
TE	Brock Bowers (R)	Austin Hooper
QB	Gardner Minshew II	Jimmy Garoppolo
RB	Zamir White	Josh Jacobs

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Jack Jones	Marcus Peters
SS	Tre'von Moehrig	
FS	Marcus Epps	
RCB	Jakorian Bennett	Amik Robertson
NB	Nate Hobbs	
LDE	Maxx Crosby	
RDE	Malcolm Koonce	
WLB	Robert Spillane	
MLB	Divine Deablo	
LDT	Christian Wilkins	
RDT	John Jenkins	Bilal Nichols

2023 SCHEDULE

WK		OPP	SCORE
1	@	DEN	W 17-16
2	@	BUF	L 10-38
3	v	PIT	L 18-23
4	@	LAC	L 17-24
5	v	GB	W 17-13
6	v	NE	W 21-17
7	@	CHI	L 12-30
8	@	DET	L 14-26
9	v	NYG	W 30-6
10	v	NYJ	W 16-12
11	@	MIA	L 13-20
12	v	KC	L 17-31
14	v	MIN	L 0-3
15	v	LAC	W 63-21
16	@	KC	W 20-14
17	@	IND	L 20-23
18	v	DEN	W 27-14
		SOS	18/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	LAC	+3
2	@	BAL	+7
3	v	CAR	-4
4	v	CLE	+2.5
5	@	DEN	+1
6	v	PIT	+1
7	@	LAR	+4.5
8	v	KC	+5
9	@	CIN	+7
11	@	MIA	+6.5
12	v	DEN	-3
13	@	KC	+7
14	@	TB	+2.5
15	v	ATL	+1
16	v	JAX	+1
17	@	NO	+2.5
18	v	LAC	+1
		SOS*	19/32

SOS based on TA's power rankings*

MIAMI DOLPHINS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC EAST	(11-6)	(9.5)

GENERAL MANAGER	HEAD COACH
CHRIS GRIER	MIKE MCDANIEL
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
FRANK SMITH	ANOTHONY WEAVER

REVIEW & ANALYSIS

2023 Season in Review Normally, an 11-6 regular season and Playoff berth would be considered a successful season but based on how the Miami Dolphins opened 2023, it's likely more of a disappointment. Behind Tua Tagovailoa, Tyreek Hill, Jaylen Waddle and the explosive running from rookie RB De'Von Achane, Miami started 5-1 while averaging a league-high 37.1 ppg. They laid 70 points on the Broncos, the most in a game in over 50 years, and 42 on Carolina. It was clear, after the fact, that they were facing a bunch of cupcakes to pad those stats and when the schedule became tougher, they were sent back to reality. Mike McDaniel's squad were proverbial bullies against the overmatched teams in the NFL but looked just as lost against the good teams. Including the Playoff loss, Miami went 1-6 against Playoff teams and 10-1 against everyone else. Those six losses came by an average of 18.7 ppg with two losses by 28+. The offense ended up finishing as a top five unit by most advanced metrics while the defense, when adjusted for opponent, finished just 22nd in the NFL. Their raw defensive rank was 15th but they faced the 2nd easiest schedule of opposing QBs and 51% (2nd most in NFL) of opposing QB snaps came against either backup QBs or who ranked 25th+ in EPA. DC Vic Fangio was a much-heralded hire before the season, but his personality and style did not mesh at all with the roster. He was let go following the season and they will be looking for a refresh on defense

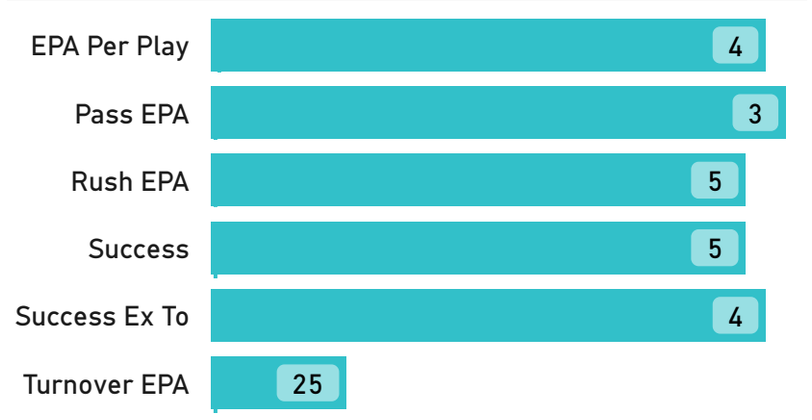
Luck Factor While the Dolphins ranked 21st as a team in adjusted games lost due to injury, based on just premium positions, Miami suffered the 8th worst injury luck. The OL especially, which was thin to begin with, was decimated with the 4th most injuries in the NFL. They could only get 10 games out of LT Terron Armstead, 9 games from C Connor Williams and 10 games from RG Robert Hunt. Those are Miami's top three grade OL. The drop off to their backups were as severe in the NFL. They also got very unlucky when it came to major injuries late in the season, when it matters the most. Losing their two best pass rushers late in the season- Jaelan Phillips and Bradley Chubb, was a killer. Phillips tore his Achilles in week 12 while Chubb tore his ACL in week 17. Not only were those injuries devastating, but Miami also missed starters in LB Jerome Baker, CB Xavien Howard and S Jevon Holland in that loss to KC in the Playoffs. Not only did they lose their top two pass rushers but also their #2 CB and PFFs 3rd highest graded Safety. The defense did gain the benefit of impactful turnovers throughout the season, as they created the 3rd most EPA due to takeaways. They lost the 8th most on offense but in situations where the margin was within one score, they lost the 7th least EPA.

Schedule Analysis Last season, Miami ended up with the 8th easiest schedule of opponents overall and as mentioned above, the Dolphins defense caught a break facing the 2nd most backups and bad QBs in the league last season. This season, while the overall schedule is slightly more difficult than average, Miami is expected to face one of the tougher schedules of opposing QBs. Replacing Zach Wilson and Tim Boyle of the Jets with Aaron Rodgers alone matters a ton but they also get Stafford, Love, Stroud, Purdy in addition to Josh Allen twice. One of the first things I want to check when it comes to a South Florida team is how many home games they get in the first month of the season and how many outdoor road games in potentially cold weather they may face late in the season. The good news is that they get three home games in September, however, one is against a fellow Florida team in Jacksonville and another is versus Buffalo but it's on TNF, where the heat advantage is gone. Not a good break for Miami. Late in the season, the Dolphins have to play at GB in Lambeau on Thanksgiving night, at Cleveland in week 17 on a Sunday night and in New York in week 18. Having to play two of the coldest locations at night that late in a season is going to be a tough task for Miami.

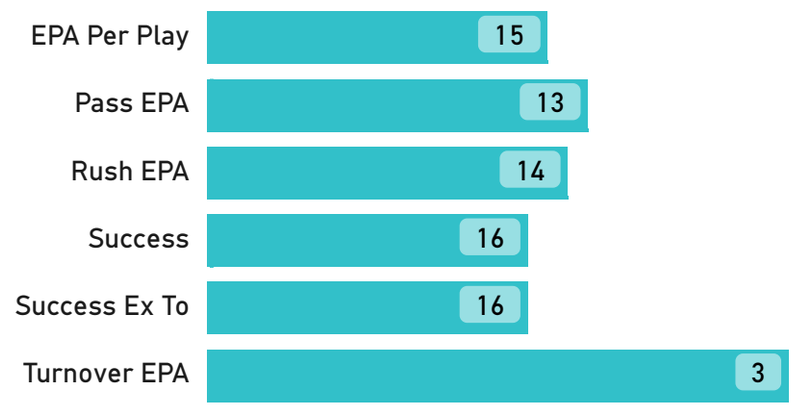
Offseason This was an offseason of major change for Miami. They replaced DC Vic Fangio with Anthony Weaver from the Ravens and he will be tasked with righting this ship with a cast of new characters. Miami could have as many as seven new defensive starters in 2024. Gone is starting CB Xavien Howard, DT Christian Wilkins, DE Andrew Van Ginkel, S Deshon Elliot and LB Jerome Baker and in are veterans CB Kendall Fuller, DT Calais Campbell, DT Teair Tart, S Jordan Poyer, LB Anthony Walker and LB Jordyn Brooks. They also added pass rushing specialist Chop Robinson from Penn State in the first round of the draft. I am not sure if anyone has an idea of when Philips and Chubb can play this season so Robinson is trying to fill an immediate need. With so many new faces, uncertainty at the pass rush spot and a first time DC, this defense will likely be up against it early. Offensively, there is no reason to think that the Dolphins will be anything but explosive yet again. Everyone of significance is back on offense and they add OBJ at WR and Jonnu Smith at TE. OBJ is a perfectly fine #3 WR and Smith was 4th best in yac per reception a season ago among TEs and brings a new dimension for Miami. It all comes down to keeping the OL healthy and QB Tagovailoa upright to get the ball to all his playmakers.

2024 Outlook There are certainly upside cases for a team like Miami who has the offense to explode against anyone. Achane is a sleeper offensive player of the year candidate, and we know how good the Hill and Waddle duo can be. However, as we saw last season, good defenses who can get quick pressure on Tua can slow this offense down. Weather has also proven to be a kryptonite of the Dolphins and the fact that they play potentially three very tough cold weather games in the final six weeks, could damper some of that upside. We also have the looming decision on Tua's contract extension that will hang over him and this team all season if it's not offered soon. The defense has some players but it's a very old unit and there are major questions as to if and when Chubb and Philips can get back. They likely will be facing a much tougher schedule and will do so with a first time DC. I expect a ton of shootouts this season and this Dolphins team will likely be fighting for another Playoff spot.

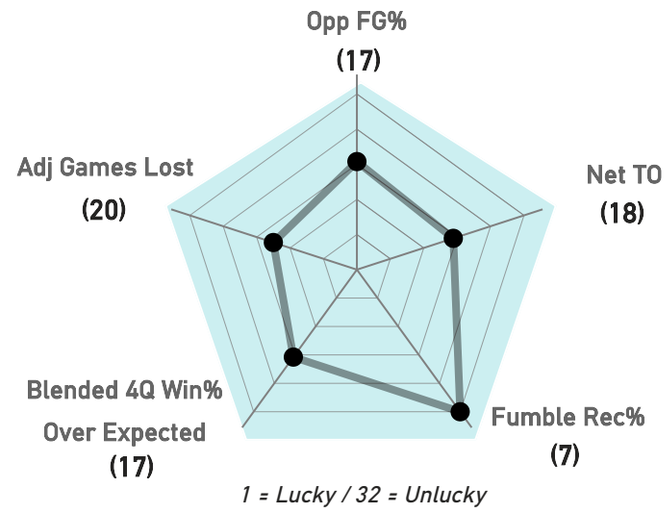
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Jaylen Waddle	
RWR	Odell Beckham Jr.	
SWR	Tyreek Hill	
LT	Terron Armstead	
LG	Isaiah Wynn	
C	Aaron Brewer	Connor Williams
RG	Robert Jones	
RT	Austin Jackson	
TE	Jonnu Smith	
QB	Tua Tagovailoa	
RB	Raheem Mostert	
FB	Alec Ingold	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Teair Tart	Raekwon Davis
LOLB	Jaelan Phillips	
LILB	David Long Jr.	
RILB	Jordyn Brooks	Jerome Baker
ROLB	Bradley Chubb	
LCB	Kendall Fuller	Xavien Howard
SS	Jordan Poyer	Deshon Elliott
FS	Jevon Holland	
RCB	Jalen Ramsey	
NB	Kader Kohou	
LDE	Zach Sieler	
RDE	Calais Campbell	Christian Wilkins

2023 SCHEDULE

WK		OPP	SCORE
1	@		W 36-34
2	@		W 24-17
3	v		W 70-20
4	@		L 20-48
5	v		W 31-16
6	v		W 42-21
7	@		L 17-31
8	v		W 31-17
9	@		L 14-21
11	v		W 20-13
12	@		W 34-13
13	@		W 45-15
14	v		L 27-28
15	v		W 30-0
16	v		W 22-20
17	@		L 19-56
18	v		L 14-21
		SOS	30/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v		-3.5
2	v		-1
3	@		-2
4	v		-6.5
5	@		-4.5
7	@		-1
8	v		-6
9	@		+3
10	@		+1
11	v		-6.5
12	v		-7.5
13	@		+3
14	v		-2
15	@		+2.5
16	v		+1
17	@		+2
18	@		+3
		SOS*	12/32

SOS* *based on TA's power rankings*

MINNESOTA VIKINGS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC NORTH	(7-10)	(7.5)

GENERAL MANAGER	HEAD COACH
KWESI ADOFO-MENSAH	KEVIN O'CONNELL
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
WES PHILLIPS	BRIAN FLORES

REVIEW & ANALYSIS

2023 Season in Review The 2023 Minnesota Vikings were coming off a season in 2022 that saw them overachieve at the highest rate of any team in modern NFL history. They were an incredible, yet unsustainable, 11-0 in one score games during the regular season and most everyone thought 2023 would be a down year. They smartly let veterans Dalvin Cook and Adam Thielen walk in the off season and tried to set up a good cap situation for 2024. The Vikings stumbled out of the gates with a 1-4 record, ironically losing all four games by seven points or less. The season started to collapse as reigning OPOY WR Justin Jefferson got hurt in week five and proceeded to miss the next seven games while QB Kirk Cousins tore his Achilles in week 8 in Green Bay, ending his season and ultimately his Vikings career. Even though backup QB Joshua Dobbs provided a brief period of excitement, reality set in, and the Vikings ended 7-10. The defense was not very talented but behind the play calling of DC Brian Flores, schemed and blitzed (51% blitz rate) their way to a respectable 17th rank finish by EPA. They did this while facing the 3rd toughest schedule of opposing QBs

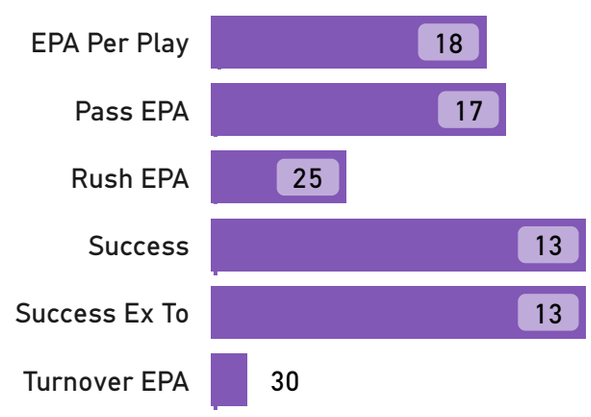
Luck Factor Obviously, the injury bug hit the Vikings with Cousins missing 11 games, Jefferson seven and TE TJ Hockenson missing the final two games due to a torn ACL. Following that historic 11-0 close game record in 2022, the Vikings finished 2023 6-8 in one score games. To their credit, even with the injuries, only one of their losses came by more than 10 points. Based on blended 4th quarter win probabilities, the Vikings underperformed by 1.5 games, the 4th highest figure in the NFL. Minnesota turned the ball over way too much and led the NFL with the most EPA lost on offense in one score game situations. Backup QB Nick Mullens led all qualified QBs with a 5.4% INT % and lost three fumbles. He threw an incredible four INTs on just 36 drop backs inside the opponents' 30-yard line. In addition, Dobbs fumbled six times in only five games with Minnesota. If you excluded drives that ended in a turnover, the Vikings offense produced the 5th best offense in the NFL by success rate. They were the only team inside the top 11 in that stat that did not make the Playoffs. The Vikings also saw opposing FG kickers miss just one FG all season in the 2nd half of games and none in the 4th quarter. Their opponents went 3/3 on FGs of 55+ in the 4th quarter including two close games that the Vikings lost (v TB and v CHI).

Schedule Analysis I have Minnesota facing the 10th toughest schedule by my ratings. They don't face a top five team all season besides SF in week 2 but they also only face one bottom five team, week 1 at the Giants. They play eight games against teams hovering around my league average rating (rated 13-19th), most in the NFL. They face three of the four top 10 opponents (SF, HOU, DET) at home. Detroit in week 18 is the lone top 10 road game and the Lions will be coming off of a short week after playing in SF on MNF. Detroit may not even play starters in that finale depending on the circumstances. From a rest perspective, the Vikings should be in good shape. There will not be any weeks where they will have negative cumulative rest throughout the season. Weeks 8 and 16 are the only short rest weeks but both come right after either a bye or a MNF game. While they only have two short weeks all season, they will face four opponents who will be coming off of a short week, tied for 2nd most in the NFL.

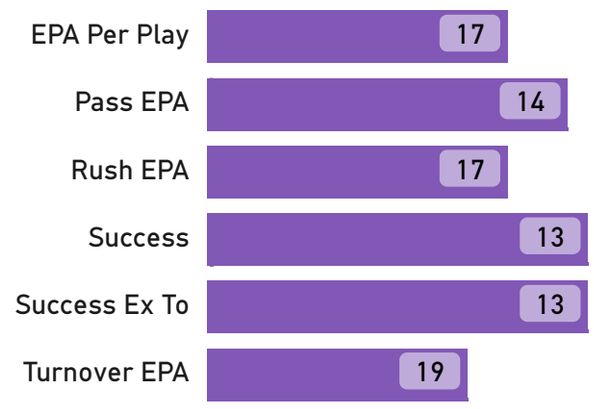
Offseason The big move for Minnesota this spring came with veteran QB Kirk Cousins leaving for ATL and replacing him with Sam Darnold in FA and JJ McCarthy in the draft. There is a chance that Darnold just stinks but he will have by far the best offensive coaching, OL and WR group he has ever had. To Darnold's credit, in his last seven starts dating back to the middle of 2022 with Carolina, he has produced a positive EPA in six of those games and an aggregate +0.161 EPA per drop back with a 50% success rate. Those figures are equivalent to the 4th best QB in the NFL last season. Is it impossible that the former top five pick can resurrect his career with the Vikings in the same fashion as Geno Smith and Baker Mayfield have the last two seasons? McCarthy is still young at age 21 and can certainly use some time to get acclimated to the NFL. Most likely scenario is Darnold is the starter and McCarthy enters mid-year if the Vikings are not in the Playoff hunt. McCarthy's experience with Jim Harbaugh and his pro style concepts at Michigan is certainly a head start. The addition of RB Aaron Jones to this already-potent Vikings offense should really help whomever is at QB. Jones does have trouble staying healthy but when he plays, he's very impactful. Last season he generated a career high 62% success rate, was 9th in yards after contact per rush and finished 2023 with five straight 100+ yard rushing games. On defense, the Vikings swapped DE Danielle Hunter and DJ Wonnum for Andrew Van Ginkel and Jonathan Greenard in FA. Hunter is a much more consistent pass rusher than Greenard but he's also three years older and more expensive. Minnesota also traded up in the first round for Alabama DE Dallas Turner. The trade up likely was an overpay but nonetheless, Turner was well-regarded and his athletic and age profile is that of past elite NFL pass rushers.

2024 Outlook I think the Vikings have sleeper potential in the NFC in 2024 and like them to exceed their win total (as well as alternative overs) and to make the Playoffs (+300). I have a similar feeling with this team as SEA in 2022 and TB in 2023, a team that I thought was underrated last season. There is way too much offensive talent (JJ, Addison, Hockenson, Jones) at HC Kevin O'Connell's disposal for them not to compete. He took an offense led by Dobbs, Mullens and Jarret Hall, and generated the 16th best offense by success rate after Cousins got hurt. This with very little in the run game and with multiple games missed from Jefferson and Hockenson. Maybe Darnold has a Geno Smith type of resurrection or maybe McCarthy is good enough to step in right away and manage this offense from the beginning. Whomever wins the job will be facing a schedule of opposing pass defenses that currently ranks as 2nd easiest in the NFL, according to last year's EPA ranks. The defense is in great hands with Flores and he has proven time and again that he can create good defensive performances no matter the talent on his defense.

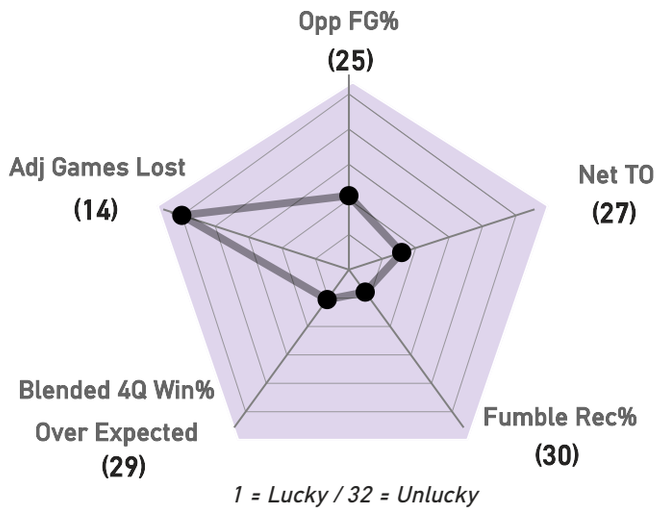
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

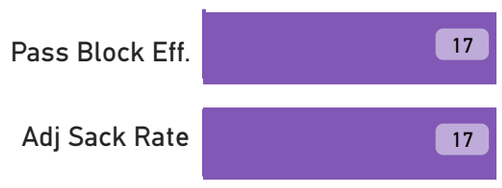


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	TB	L 17-20
2	@	PHI	L 28-34
3	v	LAC	L 24-28
4	@	CAR	W 21-13
5	v	KC	L 20-27
6	@	CHI	W 19-13
7	v	SF	W 22-17
8	@	GB	W 24-10
9	@	ATL	W 31-28
10	v	NO	W 27-19
11	@	DEN	L 20-21
12	v	CHI	L 10-12
14	@	LV	W 3-0
15	@	CIN	L 24-27
16	v	DET	L 24-30
17	v	GB	L 10-33
18	@	DET	L 20-30
		SOS	15/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	NYG	+1
2	v	SF	+6
3	v	HOU	+3.5
4	@	GB	+5
5	v	NYJ	+4
7	v	DET	+3
8	@	LAR	+3.5
9	v	IND	-1
10	@	JAX	+3
11	@	TEN	-1
12	@	CHI	+3
13	v	ARI	-1.5
14	v	ATL	+1
15	v	CHI	+1
16	@	SEA	+2
17	v	GB	+2
18	@	DET	+5.5
		SOS*	10/32

SOS* *based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Justin Jefferson	
RWR	Jordan Addison	
SWR	Brandon Powell	K.J. Osborn
LT	Christian Darrisaw	
LG	Dalton Risner	
C	Garrett Bradbury	
RG	Ed Ingram	
RT	Brian O'neill	
TE	T.J. Hockenson	
QB	Sam Darnold	Kirk Cousins
RB	Aaron Jones	Alexander Mattison
FB	C.J. Ham	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Jonathan Bullard	
NT	Harrison Phillips	
DT	Jerry Tillery	Khyiris Tonga
LOLB	Jonathan Greenard	Danielle Hunter
LILB	Blake Cashman	Jordan Hicks
RILB	Ivan Pace Jr.	
ROLB	Andrew Van Ginkel	D.J. Wonnum
LCB	Byron Murphy Jr.	
SS	Harrison Smith	
FS	Camryn Bynum	
RCB	Shaq Griffin	
NB	Josh Metellus	

NEW ENGLAND PATRIOTS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC EAST	(4-13)	(4.5)

GENERAL MANAGER	HEAD COACH
ELIOT WOLF	JEROD MAYO
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
ALEX VAN PELT	DEMARCUS COVINGTON

REVIEW & ANALYSIS

2023 Season in Review 2023 marked a franchise altering shift as Bill Belichick coached his final season as Patriots head coach, leading the Patriots to a 4-13 record. QB Mac Jones and the offense was dreadful. He continued to regress badly, finishing 42nd in PFF grade and 28th out of 30 qualified QBs in EPA. Amazingly, Jones led all qualified QBs in INT% while having the 2nd lowest intended air yards per attempt among QBs. Throwing short and turning it over is as bad a combination as you can have. Even up until the end, Belichick's defensive genius shined with this Pats team. Even though they suffered major injuries at Edge Rusher and CB (see below), the Patriots defense finished 3rd best in yards per play allowed, 7th in success rate and 8th in EPA. They ranked #2 in EPA against the run and held 82% of their opponents to an EPA per rush below their season average, tops in the league. Even with only four wins, the New England defense somehow outgained their opponents in eight games and on a net basis ranked 15th in the NFL. New HC Jerod Mayo takes over for the Patriots and he hopes to continue Belichick's tremendous record of coaching up the defense

Luck Factor A complete disaster of the 2023 season for the Patriots was littered with some of the worst luck metrics you can find. By the adjusted games lost metric, the Patriots were the most injured team in the NFL on defense and the third most injured team on offense. New England saw their best defensive player, ED Matthew Judon, and their best defensive back, 2023 1st round pick Christian Gonzalez, each miss 13 games. Their #2 CB Jonathan Jones missed three games as well and ED Josh Uche was seemingly Questionable for the entire season. On offense, it felt like their WR group was a mash unit all season. Each of their top four WRs coming into the season missed a minimum of three games with #1 WR Kendrick Bourne missing nine and Juju Smith-Schuster six games. The OL was also banged up all season and the Patriots used seven different combinations that saw at least 5% of the team's total snaps, according to SumerSports. Their top OL unit in terms of percentage of team snaps, ranked just 35th in the NFL at 23.5%. In addition, the Patriots ranked 32nd in fumble recovery percentage on offense, 31st on defense, 32nd in net FG% (-17.6%) and 32nd in net EPA lost from turnovers. This all led to New England winning 1.6 games less than expected based on point differential, the 2nd worst mark in the NFL

Schedule Analysis Going into the 2023 season, the Patriots were expected to face the toughest schedule in the NFL, and it ended up as the 11th toughest. Amazingly, the Patriots are expected to face the toughest schedule yet again. I only have them facing two bottom 10 teams in the Cardinals and Titans. They are underdogs in all 17 games, according to my ratings, and only twice do I have them as underdogs of 3.5 points or less (vs SEA, vs LAC). The beginning of their season is absolutely brutal as they face CIN, NYJ and SF all on the road and SEA as their lone home game in the first four weeks. Then they get MIA and HOU at home, followed by a trip to London to face JAX and without a bye come right back home to face NYJ again. It is by far the toughest schedule of any team in the first six weeks. Not to mention, that week 3 game at the NYJ is on TNF with Mayo making his TNF debut as HC. History is not kind to new HCs playing on TNF against a HC who is not making his Thursday debut. Since 2000, these coaches are just 22-33 ATS (40%, -2.3 ATS margin) and a 30%-win percentage against a pre-game win expectation of 39%. When the game occurs in the first half of the season, when these new coaches are still getting their feet wet, their record falls to 5-18 ATS (22%, -7.1 ATS margin) and a 17% win-percentage versus an expected 42%. The bright side with the schedule is that they won't face a single team who has more than the normal seven days rest. The Patriots are the only team in the NFL with that advantage.

Offseason It's hard to know whether or not Mayo will become a good HC but when you lose undoubtedly the best defensive coach in modern NFL history, you are likely to suffer as a franchise. On pure talent alone, this Patriots defensive roster has been average at best the last handful of seasons but Belichick has put the players in position to succeed and he has pushed the right buttons way more often than you could ever expect with anyone else. Offensively, the big move for New England was moving forward with QB Drake Maye with the 3rd pick as their new franchise QB. They traded Mac Jones to the Jaguars for a late round pick and also added veteran Jacoby Brissett as a potential bridge QB. Maye has all the tools to succeed in the NFL out of North Carolina but he will have to perform with one of the bottom 5-10 OL in the league and an underwhelming WR group. Veteran LT Trent Brown, easily the Patriots best OL, is gone to the Bengals and their only OL acquisition came via RT Chukwuma Okarafor from the Steelers. G Cole Strange is expected to miss potentially the 1st half of the season or more after suffering a late season knee injury in 2023. That will put more strain on this offense. WR Kendrick Bourne is the default #1 WR and will likely start along with 2nd year slot WR Demario Douglas and either rookie Ja'Lynn Polk or veteran KJ Osborne. There were no starters added on defense at all this off season and the Patriots will instead be relying on a healthier side of the football.

2024 Outlook At minimum, Brissett brings a stable QB for all or part of one season while Maye develops but this offense is atrocious. The OL is a mess and the WR weapons, while improved from a year ago, are severely lacking. I also don't have much faith that new OC Alex Van Pelt is creative enough on offense to lift up the lack of talent with scheme. The defense, if healthy, does have some pieces but I don't see them outperforming their talent on a consistent basis as they did with Belichick. History is on the Patriots side for exceeding expectations. Since 2000, there have been 10 teams with a new HC and a top five drafted QB who started at least half the season. Those teams have gone over their win total six times with one push (67%).

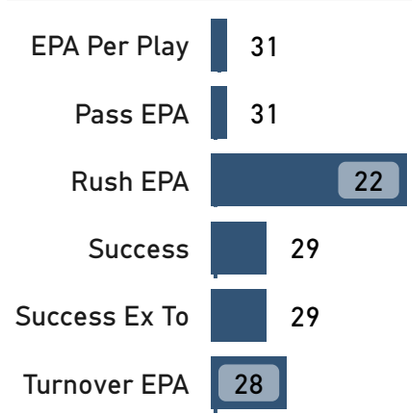
OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Ja'lynn Polk (R)	Devante Parker
RWR	Kendrick Bourne	
SWR	Demario Douglas	
LT	Chukwuma Okorafor	Trent Brown
LG	Cole Strange	
C	David Andrews	
RG	Sidy Sow	
RT	Mike Onwenu	
TE	Hunter Henry	
QB	Jacoby Brissett	Mac Jones
RB	Rhamondre Stevenson	

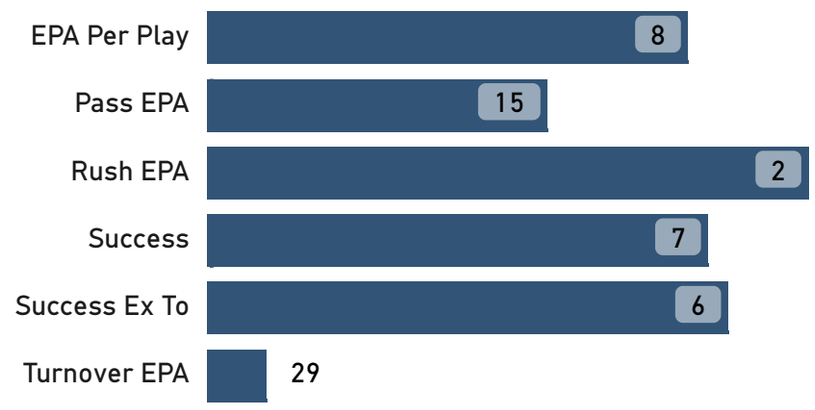
DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Keion White	
NT	Davon Godchaux	
DT	Christian Barmore	
LCB	Jonathan Jones	
SS	Kyle Dugger	
FS	Jabrill Peppers	
RCB	Christian Gonzalez	
NB	Marcus Jones	Myles Bryant
WLB	Matthew Judon	
MLB	Ja'whaun Bentley	
SLB	Jahlani Tavai	

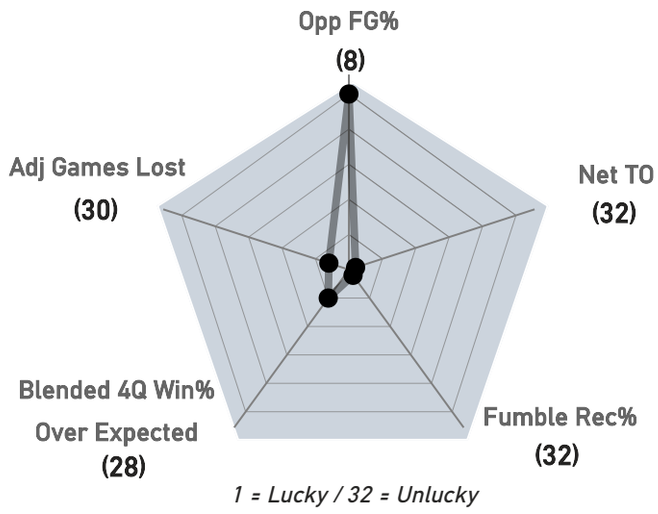
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

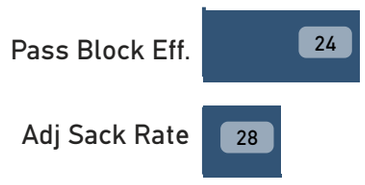


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	PHI	L 20-25
2	v	MIA	L 17-24
3	@	NYJ	W 15-10
4	@	DAL	L 3-38
5	v	NO	L 0-34
6	@	LV	L 17-21
7	v	BUF	W 29-25
8	@	MIA	L 17-31
9	v	WAS	L 17-20
10	v	IND	L 6-10
12	@	NYG	L 7-10
13	v	LAC	L 0-6
14	@	PIT	W 21-18
15	v	KC	L 17-27
16	@	DEN	W 26-23
17	@	BUF	L 21-27
18	v	NYJ	L 3-17
		SOS	10/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	CIN	+9
2	v	SEA	+2.5
3	@	NYJ	+7.5
4	@	SF	+11.5
5	v	MIA	+4.5
6	v	HOU	+4.5
7	@	JAX	+7
8	v	NYJ	+4.5
9	@	TEN	+2.5
10	@	CHI	+5.5
11	v	LAR	+4
12	@	MIA	+7.5
13	v	IND	+2
15	@	ARI	+3.5
16	@	BUF	+8.5
17	v	LAC	+2.5
18	v	BUF	+3.5
		SOS*	1/32

SOS* *based on TA's power rankings*

NEW ORLEANS SAINTS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC SOUTH	(9-8)	(7.5)

GENERAL MANAGER	HEAD COACH
MICKEY LOOMIS	DENNIS ALLEN
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
PETE CARMICHAEL JR.	JOE WOODS

REVIEW & ANALYSIS

2023 Season in Review No team disappointed me personally last season as much as the Saints. They came into 2023 with one of the easiest predicted schedules the league had ever seen. What is so disappointing is that the schedule did in fact turn out to be the easiest in the NFL. Not only did I think that they'd win their division, but I thought the Saints leading the league in wins showed solid value as a longer shot play with improved QB play from Derek Carr and that schedule. Carr was his typical solid, yet unspectacular self, finishing 17th in EPA and 19th in PFF grade. Three of his four best games of the season came in the final four weeks so that is something for New Orleans to build off of in 2024. The Saints went just 1-5 against teams that made the Playoffs, and they finished the season 9-8. The New Orleans defense played well again, finishing 5th in EPA and 3rd in success rate. The offense was terribly inconsistent and even though they finished 14th in EPA, they were just 22nd in my consistency metric. Unfortunately, a Dennis Allen team underperformed expectations yet again. Not only are his teams 0-5 against their season win total in his career, but they've gone under the win total by an average of 1.7 games. That is the worst mark of any HC with at least five seasons under his belt in the 2000s. Allen is also the only HC to never have gone over a win total in any season.

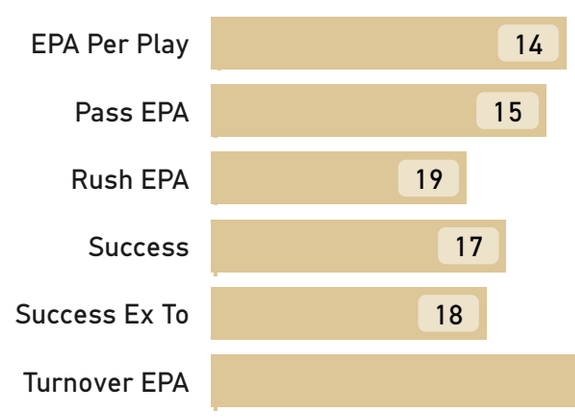
Luck Factor The Saints went just 3-6 in one score games, however, two of the losses were eight-point outcomes and four of the six "close" losses were when the Saints had less than a 20% blended 4th quarter win probability. Somehow, they were the only team in the NFL that didn't play a single game where they had a blended 4th quarter win probability between 30-70%, the type of game that would be representative of a true tight game. Based on blended 4th quarter win share, the Saints were the 8th biggest underperforming team in the NFL, winning just over one game less than expected. The New Orleans season may have ended a little differently if their late down passing offense came close to matching their early offense. No team saw a wider disparity between early and late down EPA per drop back on offense than the Saints. They ranked 4th best in the NFL on 1st and 2nd downs but just 30th on 3rd and 4th downs. They lost the least amount of EPA due to turnovers on early downs but lost the 6th most on late downs. Carr threw two pick 6s on key 3rd downs to help lead to some of this poor late down performance

Schedule Analysis One year after facing the easiest schedule in the NFL, I have them with the 2nd easiest schedule expected in 2024. Last season, the Lions were the toughest opponent the Saints faced so this year at least going up against KC, DAL and PHI should prove tougher. They get each of those teams within the first five weeks of the season and then it's smooth sailing. From week 6 on, the Browns, Rams and Packers are the best teams remaining on their schedule. They face seven of my bottom 10 teams in the final 12 weeks. From a rest standpoint, they face four situations where they have a -4 or worse rest disadvantage and only two weeks with a +4 or better advantage. Their toughest spot during the season from a rest situation is in week 7 on TNF vs DEN. Both teams are on a short week, but the Saints are coming off another short rest (MNF-Sunday) prior to that and will have played three games in 11 days. This specific situation (MNF-Sunday-TNF) has only occurred nine times since 2000 and none since 2018. It's a small sample size but those teams have gone 3-6 ATS (-3.0 ATS margin) and SU.

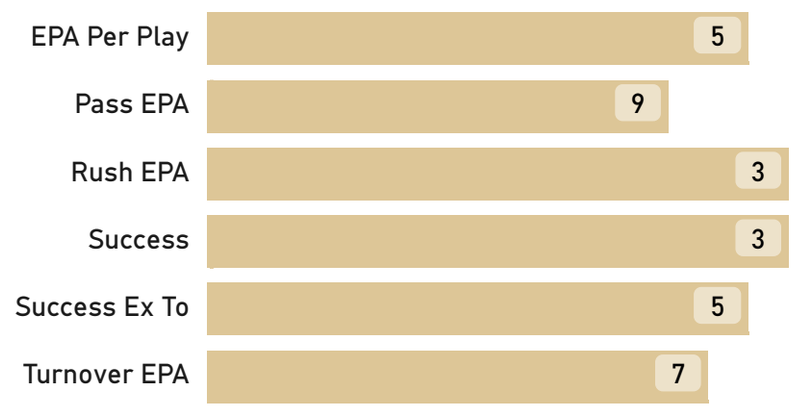
Offseason With the Saints and their constant can kicking with the salary cap, there isn't typically a ton of off-season roster movement. The OL did take a beating with the loss of starting G Andrus Peat, top backup T James Hurst and the big question surrounding the future of All-Pro RT Ryan Ramczyk who may or may not play this season due to lingering knee issues. With that as the backdrop, the Saints used their top pick on T Taliese Fuaga from Oregon St. Hopefully he turns out better than 1st round bust Trevor Penning. The rest of the offense is intact and will be led by new OC Klint Kubiak who takes over for the bland Pete Carmichael. Kubiak spent last season as the passing game coordinator for the 49ers and likely brings principles of the Shannahan offense to the Saints. This means likely much more pre-snap motion, a welcomed change to a Saints offense that ranked 31st in 2023, as well as more play action as the Saints ranked last in 2023 in usage. Hopefully, this opens things up much more for WRs Chris Olave and Rashid Shaheed, who is one of the most underutilized receivers in the NFL. Defensively, New Orleans signed LB Willie Gay off the SB champion Chiefs as well as DE Chase Young. Both are expected to start and bring speed to a solid defense.

2024 Outlook This is squarely a 7–9-win team, similar to a season ago. Carr is who he is at this point and while he gives the Saints a decent floor of wins, he also just isn't good enough to give you that 11-12 win upside. He needs a steady OL to play well, and I am not sure he will get that this season with all of the question marks upfront. Kubiak is a big upgrade as OC and the hope is he can bring fresh ideas to a stale system. Defensively, the pieces are there with Allen's leadership, to continue to play at a top 10 level. Other than excellent defensive gameplans, I just can't trust Allen to exceed expectations. Carr and Allen have covered just 38% and 33% of their career games as favorites for a reason. No duo will disappoint you more than these two. The Saints will try and suck you in, but I won't fall for it this year.

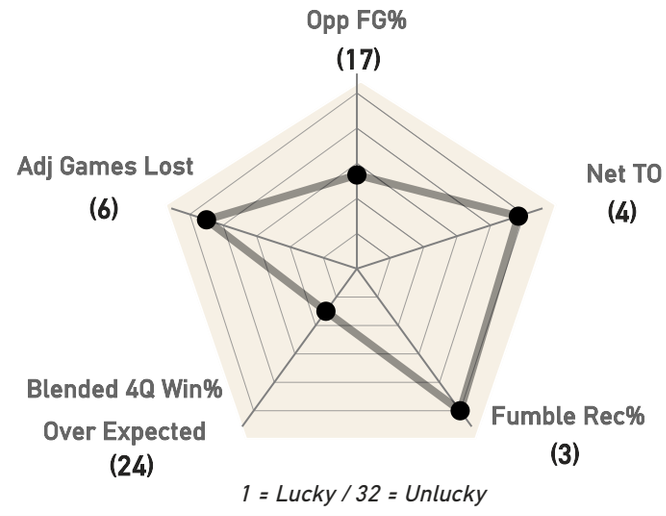
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

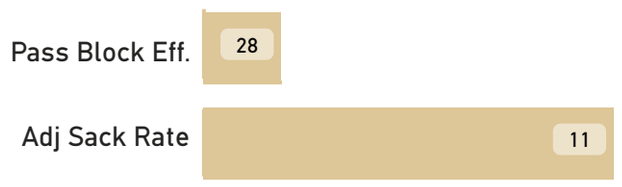


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	TEN	W 16-15
2	@	CAR	W 20-17
3	@	GB	L 17-18
4	v	TB	L 9-26
5	@	NE	W 34-0
6	@	HOU	L 13-20
7	v	JAX	L 24-31
8	@	IND	W 38-27
9	v	CHI	W 24-17
10	@	MIN	L 19-27
12	@	ATL	L 15-24
13	v	DET	L 28-33
14	v	CAR	W 28-6
15	v	NYG	W 24-6
16	@	LAR	L 22-30
17	@	TB	W 23-13
18	v	ATL	W 48-17
		SOS	31/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	CAR	-5
2	@	DAL	+6
3	v	PHI	+3
4	@	ATL	+4
5	@	KC	+8
6	v	TB	-1.5
7	v	DEN	-3.5
8	@	LAC	+3
9	@	CAR	NA
10	v	ATL	+1.5
11	v	CLE	+2
13	v	LAR	+1.5
14	@	NYG	-1
15	v	WAS	-3
16	@	GB	+5
17	v	LV	-2.5
18	@	TB	+2.5
		SOS*	31/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	A.t. Perry	Michael Thomas
RWR	Chris Olave	
SWR	Rashid Shaheed	
LT	Taliese Fuaga (R)	
LG	Nick Saldiveri	
C	Erik Mccoy	
RG	Cesar Ruiz	
RT	Ryan Ramczyk	
TE	Juwan Johnson	
QB	Derek Carr	
RB	Alvin Kamara	
FB	Adam Prentice	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Paulson Adebo	
SS	Tyrann Mathieu	
FS	Jordan Howden	Marcus Maye
RCB	Marshon Lattimore	
NB	Alontae Taylor	
LDE	Chase Young	
RDE	Cameron Jordan	
WLB	Pete Werner	
MLB	Demario Davis	
LDT	Khalen Saunders	
RDT	Nathan Shepherd	
SLB	Willie Gay	Zack Baun

NEW YORK GIANTS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC EAST	(6-11)	(6.5)

GENERAL MANAGER	HEAD COACH
JOE SCHOEN	BRIAN DABOLL
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
MIKE KAFKA	SHANE BOWEN

REVIEW & ANALYSIS

2023 Season in Review Following a bit of a mirage of a 2022 Playoff run, the Giants finished the 2023 season with a 6-11 record, tied with the Titans for the 6th worst win percentage in the league. However, their -141 point differential ranked 3rd worst and they ended the season last in both net success rate and net yards per play. The season was a disaster from the jump as they got smoked 40-0 in week 1 at home on SNF to the rival Cowboys. QB Daniel Jones, fresh off a new contract extension he didn't deserve, could only make it six starts before his season was ended by a torn ACL in week 9. He was atrocious in those starts (2 TDs, 6 INTs, 33rd in PFF grade) and could not relive the magical 2022 season, where the Giants feasted off an easy schedule. To the Giants credit, and especially HC Brian Daboll and QB Tyrod Taylor, they were able to squeeze out some late season victories against PHI, WAS, GB and NE en route to a 4-3 end of season rally. The defense wasn't very good but stepped up in a big way, creating a ton of turnovers to keep the team in games.

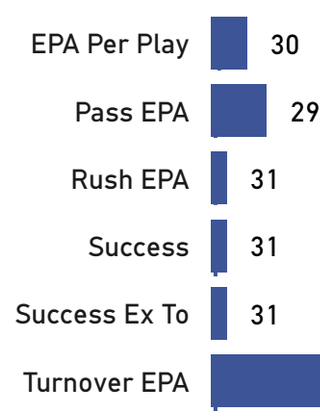
Luck Factor The Giants defense finished 22nd in EPA per play allowed but 29th in success rate. That gap was fueled by an incredible run of turnovers forced, 31, which was tied for most in the NFL. For both the full season and just in one score situations, New York's defense finished #1 in the NFL in EPA created from those turnovers and they generated three pick 6s. The offense gave up the lowest amount of EPA from turnovers in those one score situations as well. The Giants defense was the only team that finished top five in EPA from turnovers yet ranked outside the top half of the league in overall defensive EPA. Based on point differential, they overachieved at the 5th highest rate in the NFL and were really a 4.5-win team

Schedule Analysis The Giants schedule is very manageable this year (20th by my ratings) and they only play seven true road games with one neutral site game in Germany vs Carolina. Interestingly, of their nine home games, they face four dome teams as well as Tampa in a late November matchup. Their week 11 bye against the Bucs is negated, however, as Tampa is also coming off of their bye. The Giants have a nice stretch starting after a MNF game in PIT in week 8, on October 28th. They won't play another true road game for a full month, on Thanksgiving Day in DAL on November 28th. They do fly to Germany in between but at least that is a neutral site game.

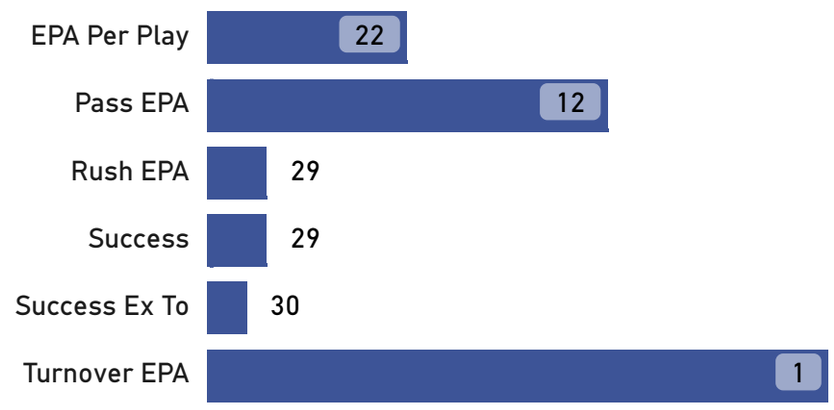
Offseason After trading for DE Brian Burns, the Giants are in the running for the best front four in the NFL. Burns joins a talented DL with Dexter Lawrence and Kayvon Thibodeau to form a nasty group. Last season under DC Wink Martindale, the Giants could not generate much pressure (18th in pressure rate) without blitzing (2nd in blitz rate). Now with Burns, they should be able to pin their ears back and get to the QB organically. They likely won't need or want to blitz nearly as much as their 45% rate a season ago with new DC Shane Bowen. He comes from the Titans where they ranked near the bottom of the NFL in blitz rate. NY will need to dial up that pressure because the back end of the defense is one of the worst in the NFL. The Giants lost their best player in the secondary in starting Safety Xavier McKinney in FA. They are replacing him with 2nd round pick Tyler Nubin, a 23-year-old prospect who ran a pedestrian 4.62 40-yard dash. The Giants will be relying on last year's 1st round pick, Deonte Banks, to occupy the #1 CB position. Banks' 48.6 PFF coverage grade ranked 116th out of 133 qualified CBs while #2 CB Cor'Dale Flott ranked 88th. Offensively, in their never-ending pursuit of fielding a competent OL, the Giants let four OL who saw at least 45% of the team's snaps last season walk in FA. In their place, the Giants signed RT Jermaine Eluemunor, G Jon Runyan and G Aaron Stinnie. Eluemunor is coming off a nice season for the Raiders, but I am not sure how much of a difference these guys will make. The OL continues to be a bottom five unit for what seems like a decade straight. NY did lose the heart and soul of their offense in RB Saquon Barkley when he signed with the rival Eagles. Devin Singletary will look to fill his shoes. They also used the #6 pick on WR Malik Nabers from LSU. Nabers is an explosive WR who brings an element to this offense that has been missing since peak OBJ. I am not sure Jones can consistently get him the ball but if so, he has a real shot at winning offensive rookie of the year with his dynamic playmaking.

2024 Outlook Outside of that phenomenal front four and the potential of Nabers as the next elite LSU WR, this team is bad. I will never count out a Brian Daboll team and he has proven the ability to exceed their talent, as evidenced by his 22-13 (63%) career ATS record. But Jones never deserved that contract extension, and the Giants without Barkley are a different offense. It would not surprise me at all if the Giants and Jones in particular struggle again, and they pull the plug late in the season in order to position themselves for a QB in next year's draft. The Giants are likely in line for another 5–6-win season in my opinion and will be looking for a new QB in the off season.

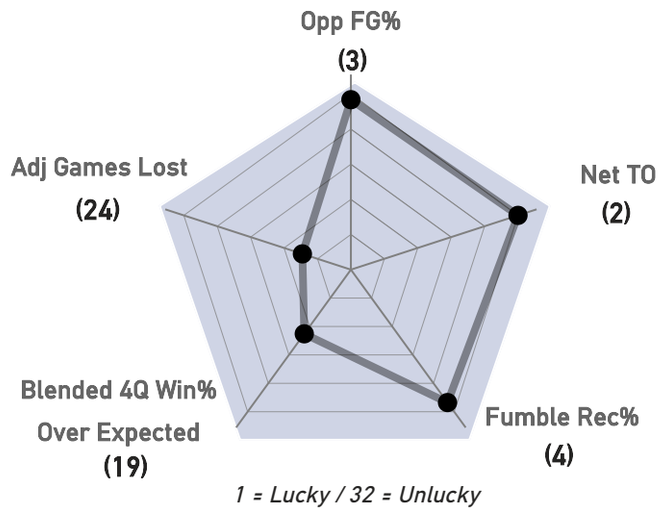
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Malik Nabers (R)	
RWR	Darius Slayton	
SWR	Wan'dale Robinson	
LT	Andrew Thomas	
LG	Jermaine Eluemunor	Mark Glowinski
C	John Michael Schmitz Jr.	
RG	Jon Runyan	Ben Bredeson
RT	Evan Neal	
TE	Daniel Bellinger	Darren Waller
QB	Daniel Jones	
RB	Devin Singletary	Saquon Barkley

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Brian Burns	Jihad Ward
NT	Dexter Lawrence II	
DT	Jordan Phillips	
LCB	Cor'dale Flott	Adoree' Jackson
SS	Tyler Nubin (R)	Xavier Mckinney
FS	Jason Pinnock	
RCB	Deonte Banks	
NB	Dru Phillips	
WLB	Micah Mcfadden	
MLB	Bobby Okereke	
RUSH	Kayvon Thibodeaux	

2023 SCHEDULE

WK		OPP	SCORE
1	v	DAL	L 0-40
2	@	ARI	W 31-28
3	@	SF	L 12-30
4	v	SEA	L 3-24
5	@	MIA	L 16-31
6	@	BUF	L 9-14
7	v	WAS	W 14-7
8	v	NYJ	L 10-13
9	@	LV	L 6-30
10	@	DAL	L 17-49
11	@	WAS	W 31-19
12	v	NE	W 10-7
14	v	GB	W 24-22
15	@	NO	L 6-24
16	@	PHI	L 25-33
17	v	LAR	L 25-26
18	v	PHI	W 27-10
		SOS	14/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	MIN	-1
2	@	WAS	+3
3	@	CLE	+6.5
4	v	DAL	+4
5	@	SEA	+3.5
6	v	CIN	+4.5
7	v	PHI	+4.5
8	@	PIT	+4
9	v	WAS	-1.5
10	@	CAR	-1
12	v	TB	+1
13	@	DAL	+8
14	v	NO	+1
15	v	BAL	+6.5
16	@	ATL	+4.5
17	v	IND	+2
18	@	PHI	+5
		SOS*	20/32

SOS based on TA's power rankings*

NEW YORK JETS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC EAST	(7-10)	(9.5)

GENERAL MANAGER	HEAD COACH
JOE DOUGLAS	ROBERT SALEH
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
NATHANIEL HACKETT	JEFF ULBRICH

REVIEW & ANALYSIS

2023 Season in Review The Jets 2023 season began with such high hopes that ended just four plays into the season for QB Aaron Rodgers and the Jets, due to a torn Achilles. Instead, they had to regroup and try and win with former 1st round bust Zach Wilson, Trevor Simien and Tim Boyle at QB. Not surprisingly, the Jets finished last in the NFL in EPA per drop back, resulting in a 7-10 record. For an incredible 6th straight season, the Jets offense failed to cover their weekly team total in at least 50% of their games. The Jets defense did everything they could to hold this team together and finished as a top six defense by EPA for a 2nd straight season. They were far and away #1 in the NFL in defensive consistency, holding 82% of offenses to an EPA below their season average. The Jets pass defense ranked 4th best in the NFL even though they faced the 2nd highest number of snaps against top 10 QBs by EPA last season. A league-leading six of the Jets' seven wins last season came with their QB generating a negative EPA game. This is a championship defense but until they get decent QB play, it won't matter.

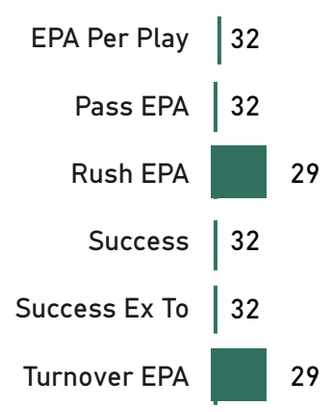
Luck Factor The Jets offense was battered with injuries all season, finishing with the 2nd most adjusted games lost in the NFL. Obviously losing Rodgers was the big story but the OL also saw a rash of cluster injuries. They saw the 2nd most adjusted games lost due to injury and used a league-high nine different OL combinations in at least 5% of the team's offensive snaps. The Jets OL lineup that saw the most snaps together (16%) ranked just 59th in terms of snap percentage in the NFL. Eight different players saw 35+ snaps at RG and five at RT. Conversely, the great Jets secondary has now gone back to back seasons with almost perfect health. The Jets starting trio at CB of Sauce Gardner, DJ Reed and Michael Carter have only missed five total games in the last two seasons combined. The Jets were also plagued with turnovers, fumbling the ball the most times in the NFL and ranking 22nd in recovery rate. They lost the 2nd most EPA on offense from those turnovers. Based on point differential and blended 4th quarter win share, the Jets overperformed their actual record. Their underlying metrics were more of a 5.5-6 win team than that of a 7 win team

Schedule Analysis The Jets schedule is likely to be much easier than a season ago and are not expected to face nearly as many top QBs as last season (2nd highest % of snaps facing a top 10 EPA QB). They have a shot to start fast with three of their first four games against the bottom six teams in my ratings- TEN, NE, DEN, and when you include their week five game in London against the Vikings, that could be three straight rookie QBs they will be facing. Going back to 2000, a top 10 EPA pass defense (you would be assuming the Jets pass D is top 10 again) when facing a rookie QB, have covered 58% of their games (184-134, +2.2 ATS margin) and won 75% of those games (5% above pre game win expectations). While the early schedule of opponents looks soft, playing on the road in SF on MNF week 1 followed by a short week and another road game in TEN isn't ideal. With a TNF game in week 3 at home vs NE, that will be a rare three game in 10 day stretch to kick off the season. That NE game is a bit of a breather, however, as it's new HC Jared Mayo's debut on TNF. Rookie HCs coaching on TNF for the first time in the first half of the season are just 5-18 ATS since 2000. Amazingly, the Jets play six primetime games in the first 11 weeks of the season. That's the most any team has ever played in such a short span. It's hard to predict if or how much that constant change in time and routine will affect a team like the Jets.

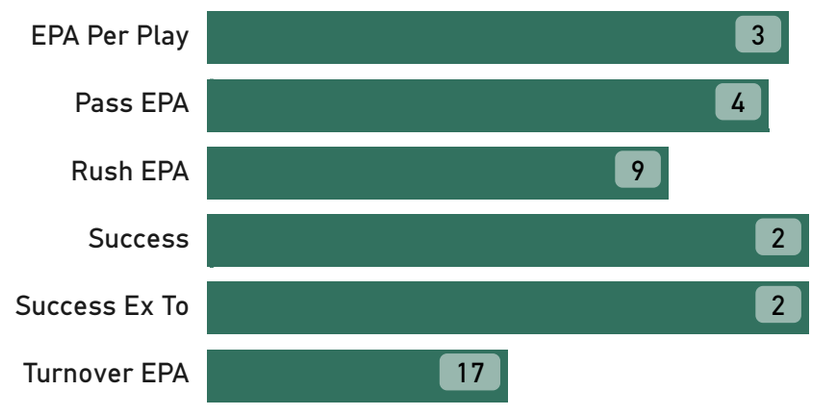
Offseason The Jets off season was all about getting Rodgers back and improving this stale offense. They added WR Mike Williams in FA and drafted Malachi Corley from WKY in round three to help the WR corps. If healthy, the Williams pickup is great, but the risk is that he is turning 30 in October, is coming off a torn ACL and has now missed 27 games in his seven seasons. The bigger news is they finally addressed their awful OL via the FA signings of LT Tyron Smith, LG John Simpson and RT Morgan Moses while using the #11 pick on T Olu Fashanu. It's a complete overhaul but one that was needed. Smith is always an injury risk but he was PFFs top graded pass blocker last season while Moses ranked 21st. After seeing the rash of injuries the last few years, it was prudent to always take Fashanu. Also picking up veteran backup QB Tyrod Taylor is nice insurance in case Rodgers misses time this season. I am not sure keeping OC Nathaniel Hackett is good thing but at least he and Rodgers work well together. The defense won't change much besides swapping out ED Bryce Huff for Hassan Reddick. That's essentially neutral from a pass rush perspective but Reddick is a far superior run defender than Huff.

2024 Outlook It's really hard to ever put your faith in this Jets team. NY is just 38-59-2 (39%) ATS in games since 2018 and have gone under their win total in five of the last six seasons. But this roster is very good and if (huge if) Rodgers and the OL can stay relatively healthy, with Williams, Breece Hall and Garret Wilson, this Jets offense should finish in the top half of the NFL. Considering he will be 41 years old in December, is coming off an Achilles injury and was just 21st in EPA and success rate in his last full season, there are plenty of headwinds for Rodgers. But the defense should be good again under Saleh and the fact that they were able to win more games last season with negative EPA play from their QB than any other team in the NFL gives this team a high floor. In 2022 and 2023, a Jets QB has only produced 40th percentile level of NFL QB play nine times in 34 games. The Jets won six of those nine games and even in Rodgers down 2022 season, he cleared this mark in 12 of his 17 starts. If he can just consistently give the Jets average QB play, then there is a clear path to winning 10+ games and competing for the AFC title.

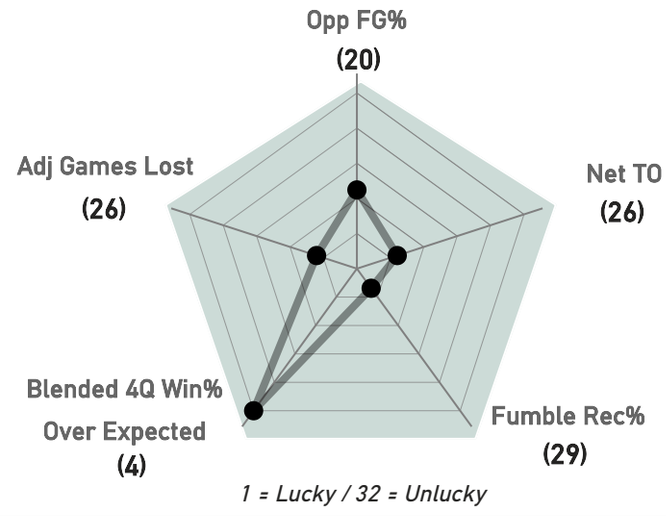
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	v	BUF	W 22-16
2	@	DAL	L 10-30
3	v	NE	L 10-15
4	v	KC	L 20-23
5	@	DEN	W 31-21
6	v	PHI	W 20-14
8	@	NYG	W 13-10
9	v	LAC	L 6-27
10	@	LV	L 12-16
11	@	BUF	L 6-32
12	v	MIA	L 13-34
13	v	ATL	L 8-13
14	v	HOU	W 30-6
15	@	MIA	L 0-30
16	v	WAS	W 30-28
17	@	CLE	L 20-37
18	@	NE	W 17-3
		SOS	15/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	SF	+5.5
2	@	TEN	-4
3	v	NE	-7.5
4	v	DEN	-7.5
5	@	MIN	-4
6	v	BUF	-1.5
7	@	PIT	-1
8	@	NE	-4.5
9	v	HOU	-3
10	@	ARI	-3
11	v	IND	-4
13	v	SEA	-4.5
14	@	MIA	+2
15	@	JAX	-1
16	v	LAR	-3
17	@	BUF	+2.5
18	v	MIA	-3
		SOS*	21/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Mike Williams	
RWR	Garrett Wilson	
SWR	Xavier Gipson	
LT	Tyron Smith	Mekhi Becton
LG	John Simpson	Laken Tomlinson
C	Joe Tippmann	
RG	Alijah Vera-Tucker	
RT	Morgan Moses	
TE	Tyler Conklin	
QB	Aaron Rodgers	
RB	Breece Hall	
FB	Nick Bawden	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Sauce Gardner	
SS	Chuck Clark	Jordan Whitehead
FS	Tony Adams	
RCB	D.J. Reed	
NB	Michael Carter II	
LDE	Jermaine Johnson	John Franklin-Myers
RDE	Haason Reddick	
WLB	Quincy Williams	
MLB	C.J. Mosley	
LDT	Javon Kinlaw	Quinton Jefferson
RDT	Quinnen Williams	

PHILADELPHIA EAGLES

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC EAST	(11-6)	(10.5)

GENERAL MANAGER	HEAD COACH
HOWIE ROSEMAN	NICK SIRIANNI
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
KELLEN MOORE	VIC FANGIO

REVIEW & ANALYSIS

2023 Season in Review Coming off a great 2022 season that saw the Eagles lose a tight Super Bowl to the Chiefs, hopes were for another run in 2023. Philly was flying high again to start last season, jumping out to a 10-1 record, but it was a mirage. Seven of those 10 wins came by one score and the team wasn't nearly as good as that record. Reality smacked them in the face following a 42-13 drubbing at the hands of the 49ers, which snowballed into a dreadful 1-6 end to the regular season and eventual 32-9 Wildcard loss to TB. The defense was atrocious all season under new DC Sean Desai, and later fill-in Matt Patricia, finishing 29th in EPA and bottom five against both the run and pass. It didn't help that the Eagles defense faced the 3rd most snaps against top 10 QBs by EPA but the Eagles generated the lowest sack % and most explosive pass plays on 3rd downs in the NFL. The offense was still pretty good behind QB Jalen Hurts, finishing 8th in EPA, but they racked up uncharacteristic turnovers and something was just off under new OC Brian Johnson. They played at a much slower pace last season as compared to under previous OC Shane Steichen, and they used no huddle 1/3rd less than in the prior season. There also seemed to be some team chemistry issues and it didn't look like the same Eagles team as during their Super Bowl run

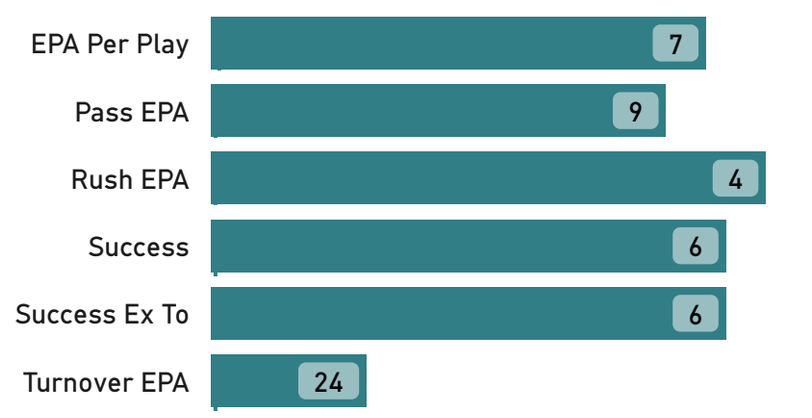
Luck Factor It's hard to believe but the Eagles finished 2023 with a mere +5-point differential in the regular season, overperforming their win total by a league-leading 2.4 games. They went 8-3 in one score games, but to their credit, they earned those wins with significant 4th quarter win probabilities. In addition, the three close losses were all games that the Eagles blew to non-Playoff teams. They somehow went 0-3 after leading in the 4th quarter for 42 minutes and 14 seconds out of a possible 45 minutes combined. Using a blended 4th quarter win probability method, the Eagles outperformed by only 0.4 wins, not nearly as severe as relying purely on point differential. Turnovers killed the Eagles last year as they ranked 26th in net EPA lost due to turnovers, 26th on offense and 21st on defense. Hurts' INT% jumped from 1.3% in 2022 to 2.8% in 2023, 6th highest in the NFL. Unfortunately, Hurts didn't catch many breaks with those INTs as his turnover worthy play rate (from PFF) of 2.3% was the 10th lowest among 45 qualified QBs. In addition, the Eagles defense suffered from major injuries all season and finished 29th in adjusted games lost. The secondary had the 2nd worst injury luck in the NFL as well. Top CB Darius Slay missed the final six games of the season and top slot CB Avonte Maddox only played four games last season.

Schedule Analysis The Eagles are expected to face one of the easiest rest schedules and group of opponents this season. Philly only faces three clear top 10 rated teams this season in DAL 2x, BAL and CIN. Dallas is the only top 10 team they face at home. After dealing with one of the toughest stretch of games you will ever see last year (DAL, KC, SF, BUF, DAL in a row), the league is giving the Eagles a break. Not only does Philly not have to face any team coming off a bye but the Eagles have more rest than their opponent in four games while only being at a disadvantage once all season (week 3 at NO). They also catch a break that they play an international game in Brazil in the opener and not have to deal with the travel mid-season.

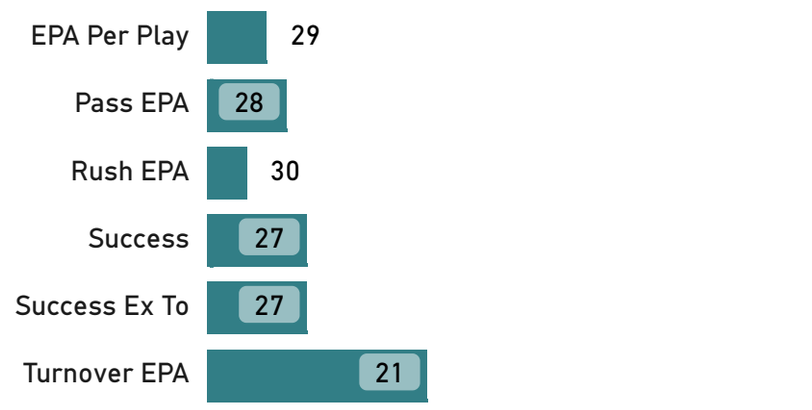
Offseason I loved the Eagles off season moves. They added real professional coaching with new OC Kellen Moore and new DC Vic Fangio, but the roster is significantly better after an off-season refresh. Their biggest weakness was in the secondary and in response signed old friend S CJ Gardner Johnson and used their top two draft picks on CB Quinton Mitchell and DB Cooper Dejean. They will also have underrated CB Isaiah Rodgers, who was reinstated after a gambling suspension and was graded as PFFs 6th best coverage CB in 2022. The CB room is suddenly maybe the deepest in the NFL with six viable CBs. Philly lost Hassan Reddick but added one of the best pass rushers in the NFL last season in Bryce Huff. With a competent DC in place, the Eagles defense should be vastly improved. Offensively, the Eagles lost the heart and soul of their OL with the retirement of C Jason Kelce. 3rd year man Cam Jurgens will have to step into those big shoes. Kelce has continually been a top graded C, allowing only one sack in the last two seasons, while being in charge of calling out assignments on the OL and helping to make the tush push impossible to stop. The Eagles did add RB Saquon Barkley and while I normally wouldn't consider an RB as needle moving, Barkley is much better after contact and creates more explosive plays than De'Andre Swift (54 out of 63 RBs in yards after contact). Barkley will also finally get a good OL and not the consistently terrible run blocking unit he has run behind in NY for his entire career. Just the gravity of defenders having to respect Hurts in read option situations will give Barkley more run lanes. From a coaching perspective I think Moore will bring back a faster-paced offense (LAC ranked #2 in neutral pace last year under Moore) and a much needed increase in pre-snap motion (LAC finished 9th last year while PHI ranked 32nd).

2024 Outlook I warned in last year's preview that in my opinion the disease of me was a real thing and that the Eagles had a chance of suffering from that in 2023. I think we saw a lot of that in the locker room and there was a general malaise over the team. However, I think that bucket of cold water spilled on this franchise and team, especially after that embarrassing blowout loss at TB in the Wildcard game, is what they needed. The FO added better coaching and the needed pieces on the roster to compete with the elite teams in 2024. This team is still as talented as it was in 2022 and with a much more manageable schedule, should win 11+ games in 2024. I have the Eagles not only winning the NFC East but also representing the NFC in the Super Bowl.

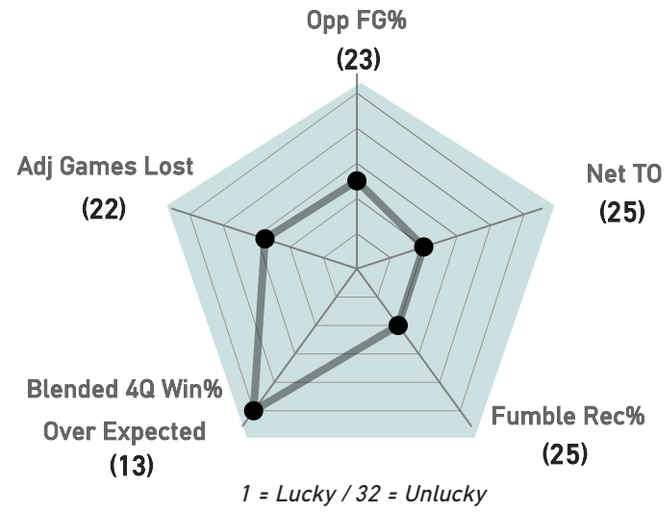
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	@	NE	W 25-20
2	v	MIN	W 34-28
3	@	TB	W 25-11
4	v	WAS	W 34-31
5	@	LAR	W 23-14
6	@	NYJ	L 14-20
7	v	MIA	W 31-17
8	@	WAS	W 38-31
9	v	DAL	W 28-23
11	@	KC	W 21-17
12	v	BUF	W 37-34
13	v	SF	L 19-42
14	@	DAL	L 13-33
15	@	SEA	L 17-20
16	v	NYG	W 33-25
17	v	ARI	L 31-35
18	@	NYG	L 10-27
		SOS	25/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	GB	-1
2	v	ATL	-3.5
3	@	NO	-3
4	@	TB	-2.5
6	v	CLE	-3
7	@	NYG	-4.5
8	@	CIN	+3
9	v	JAX	-3.5
10	@	DAL	+2
11	v	WAS	-6.5
12	@	LAR	+0.5
13	@	BAL	+4
14	v	CAR	-7.5
15	v	PIT	-4.5
16	@	WAS	-3
17	v	DAL	-2
18	v	NYG	-5
		SOS*	27/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	A.J. Brown	
RWR	Devonta Smith	
SWR	Parris Campbell	Olamide Zaccheaus
LT	Jordan Mailata	
LG	Landon Dickerson	
C	Cam Jurgens	Jason Kelce
RG	Tyler Steen	
RT	Lane Johnson	
TE	Dallas Goedert	
QB	Jalen Hurts	
RB	Saquon Barkley	D'Andre Swift

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Milton Williams	
NT	Jordan Davis	
DT	Jalen Carter	
LOLB	Bryce Huff	Haasan Reddick
ROLB	Josh Sweat	
LCB	Darius Slay Jr.	
SS	C.J. Gardner-Johnson	Kevin Byard
FS	Reed Blankenship	
RCB	Isaiah Rodgers	James Bradberry
NB	Avonte Maddox	
WLB	Zack Baun	Zach Cunningham
MLB	Devin White	Nicholas Morrow

PITTSBURGH STEELERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC NORTH	(10-7)	(8.5)

GENERAL MANAGER	HEAD COACH
OMAR KHAN	MIKE TOMLIN
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
ARTHUR SMITH	TERYL AUSTIN

REVIEW & ANALYSIS

2023 Season in Review 2023 was a typical Pittsburgh Steeler season under the voodoo of HC Mike Tomlin. The Steelers were projected to be a league average team last season but yet again Tomlin elevated the team to a 10-7 record before a Wildcard loss to the Bills. That's 17 straight seasons of 8+ wins under Tomlin. The Steelers defense, led by DE TJ Watt and his league-leading 19 sacks, continued their standard of excellence, finishing 7th in EPA. The problem, as it has been since Big Ben retired, has been on offense. Kenny Pickett did not play well and ranked 26th in EPA, success rate and PFF grade. Pickett struggled in 2022 as well but as I mentioned in the preview last season, he excelled on late downs when he finished 3rd best in the NFL to end the season. He was just 27th in EPA on early downs in 2022 and that was a bettor predictor of things to come. He finished just 24th in the NFL on late downs and following a week 13 high ankle injury, lost his job to Mason Rudolph

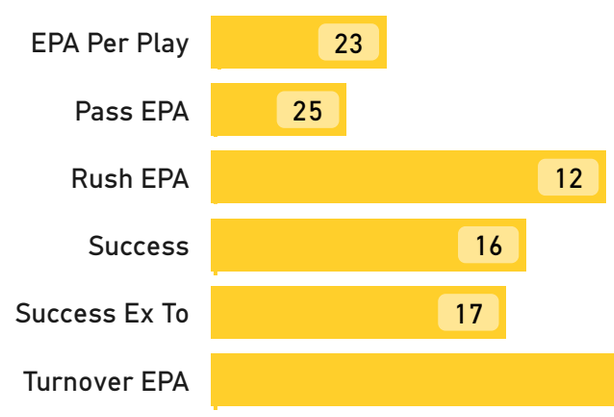
Luck Factor Virtually anything that could go right for the Steelers went their way. The Steelers entered the 2023 Playoffs as the only team with a negative point differential (-20). Stop me if you have heard this before but the Steelers were excellent in close games. They finished 9-2 (82%) in one score games and are on an incredible 31-11 (74%) run in close games in the last four seasons. There have been 12 teams in the last four years that have won at least 78% of their one score games and the Steelers account for three of those teams! Since 2000, there have been 15 other teams that have won at least 82% of their close games in a season and only one team (2020 Seahawks) improved their win total the next season. Two teams' win totals stayed the same and 12 won fewer games the next season. On average, these teams have won close to three games fewer the next season and just last season we saw the Vikings win six less and the Eagles three less games. Because of the Steelers excellence in these close games, they exceeded win total expectations by the widest and 2nd widest margins in the NFL based on blended 4th quarter win probabilities and point differential. Of the 52 teams since 2000 who exceeded their expected win total the prior season to this same level and have a win total of at least eight the next season, only 40.8% went over that win total. Nearly 37% of those teams went under their alternative win total as well. Wait there's more. PIT gained the 2nd most net EPA due to turnovers, recovered their fumbles at the 6th highest rate (59%) and faced the 5th most snaps against backup QBs

Schedule Analysis PIT faced the 2nd toughest schedule in the NFL last year and are expected to face a gauntlet yet again. They have the toughest home schedule based on my ratings and will face a league-high nine of my top 10 teams. Based on last year's rankings, they are expected to face a top five toughest schedule of opposing pass offenses and pass defenses. PIT actually has a chance to start strong as they face the league's 7th easiest schedule in the first 10 weeks. But boy does it ratchet up fast. They face eight straight teams rated in my top 10 (6 divisional opponents + KC and PHI) to end the season. Not only is it the toughest schedule in the final eight weeks but its double as hard as the 2nd toughest. Starting in week five, they play four non-Sunday games and six primetime games. They are forced to play three games in 11 days from weeks 15-17 at PHI, at BAL then come home to face KC on Christmas day. The good news is KC is on the same rest schedule but that is a brutal late season gauntlet.

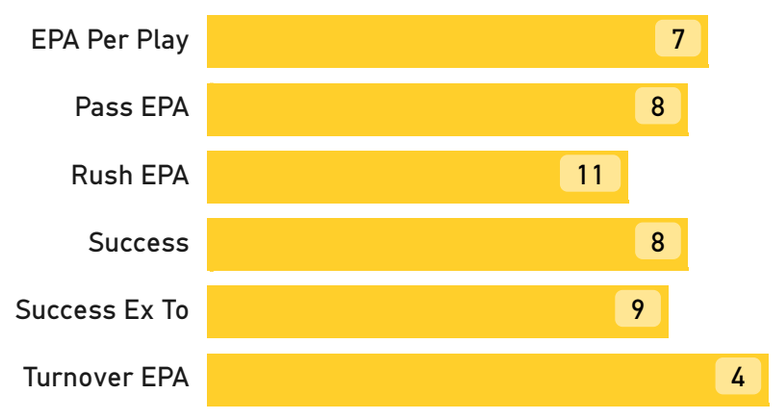
Offseason PIT traded Pickett to the Eagles and signed Russell Wilson for peanuts and traded for Justin Fields. I don't believe Russ has much left and if you can't win with Sean Payton I don't think going to a worse offense with a worse offensive system will help. Russ was terrible on early downs (28th in success rate) but made plays on the less predictable high leverage 3rd and 4th downs (8th in success rate). Russ produced the 5th highest sack to pressure rate among qualified QBs and the 8th lowest intended air yards per attempt. Fields is interesting and although he takes too many sacks and isn't likely ever a traditional pocket passer, he can at least create explosive plays on the ground. Russ likely starts the season but it wouldn't surprise me at all if Fields takes over in the 2nd half of the year. At minimum, Fields should see short yardage and red zone snaps. GM Omar Khan rightly continued to try and fortify the OL by using their top two draft picks on RT Troy Fautanu and C Zach Frazier. However, there is a major hole at WR with the loss of Diontae Johnson. George Pickens is the only proven WR on the entire roster. They currently list 3rd round pick Roman Wilson and journeyman Van Jefferson as the #2 and #3 WRs. There has to be another move coming soon. New OC Arthur Smith is taking over for Matt Canada and although he is not a good HC he's a better play caller. There will definitely be much more play action this season from PIT and a ton of 2-3 TE sets. PIT will try and win with smash mouth offense. Defensively, the Steelers are likely to be pretty good again and added LB Patrick Queen along with S DeShon Elliot and CB Dante Jackson. I have my doubts that Queen is going to ever be as good as he was after Roquan Smith joined BAL, considering he was a bust prior to Smith arriving. The CB position is very fragile and 2nd year man Joey Porter Jr. will be looked upon to step into that shutdown role. Jackson and Lions castoff Cam Sutton are not exactly the most reliable #2 and #3 CBs.

2024 Outlook I project the Steelers at just over seven wins, and based on their schedule and my lack of faith in Russ, this should be an easy fade. But toss that away. Much better people than me have been burned by fading the Steelers time and again. This is not a good team but they'll probably find a way to clear .500 yet again.

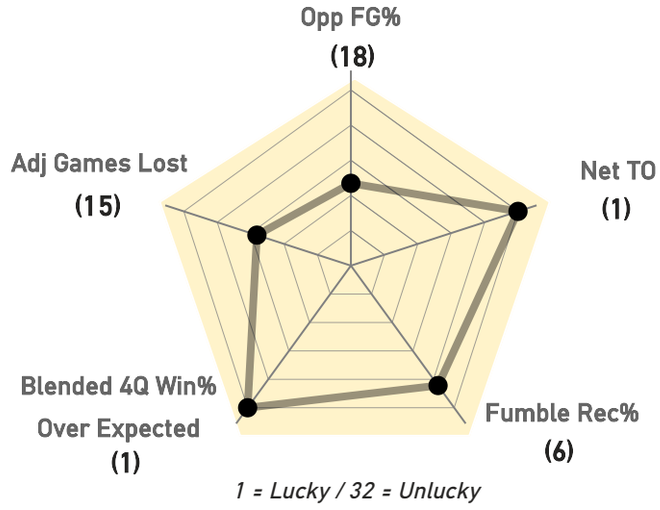
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

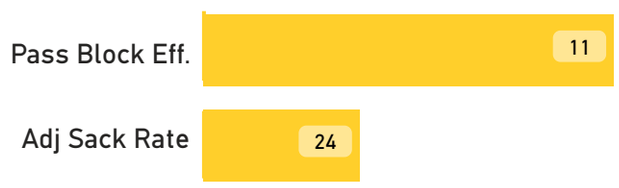


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	SF	L 7-30
2	v	CLE	W 26-22
3	@	LV	W 23-18
4	@	HOU	L 6-30
5	v	BAL	W 17-10
7	@	LAR	W 24-17
8	v	JAX	L 10-20
9	v	TEN	W 20-16
10	v	GB	W 23-19
11	@	CLE	L 10-13
12	@	CIN	W 16-10
13	v	ARI	L 10-24
14	v	NE	L 18-21
15	@	IND	L 13-30
16	v	CIN	W 34-11
17	@	SEA	W 30-23
18	@	BAL	W 17-10
		SOS	3/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@	ATL	+3
2	@	DEN	-3
3	v	LAC	-2
4	@	IND	+0.5
5	v	DAL	+1.5
6	@	LV	-1
7	v	NYJ	+1
8	v	NYG	-4
10	@	WAS	-1.5
11	v	BAL	+3
12	@	CLE	+3
13	@	CIN	+5
14	v	CLE	-1
15	@	PHI	+4.5
16	@	BAL	+6
17	v	KC	+4
18	v	CIN	+1
		SOS*	2/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	George Pickens	Miles Boykin
RWR	Van Jefferson	Diontae Johnson
SWR	Roman Wilson (R)	Allen Robinson Ii
LT	Broderick Jones	
LG	Isaac Seumalo	
C	Zach Frazier (R)	Mason Cole
RG	James Daniels	
RT	Troy Fautanu (R)	Chukwuma Okorafor
TE	Pat Freiermuth	
QB	Russell Wilson	Kenny Pickett
RB	Najee Harris	
FB	Jack Colletto	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Larry Ogunjobi	
NT	Keeanu Benton	
DT	Cameron Heyward	
LOLB	T.J. Watt	
LILB	Patrick Queen	
RILB	Elandon Roberts	
ROLB	Alex Highsmith	
LCB	Joey Porter Jr.	
SS	Deshon Elliott	
FS	Minkah Fitzpatrick	
RCB	Donte Jackson	Patrick Peterson
NB	Cameron Sutton	Chandon Sullivan

SEATTLE SEAHAWKS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC WEST	(9-8)	(7.5)

GENERAL MANAGER	HEAD COACH
JOHN SCHNEIDER	MIKE MACDONALD
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
RYAN GRUBB	ADEN DURDE

REVIEW & ANALYSIS

2023 Season in Review After surprising much of the NFL in 2022, in what was thought of as a rebuilding year after trading QB Russell Wilson, many just penciled in the Seahawks as a Playoff team in 2023. Even though they finished 2023 with the same 9-8 record as in 2022, they could not get the same help to sneak into the Playoffs. At times, the Seahawks looked like an NFC title contender with an OT road win in DET, a last second victory vs PHI and a tight loss at DAL. The team, with a -38 point differential, just wasn't consistent enough on both sides of the ball and losing at home as big favorites late against the Steelers proved to be their downfall. They finished as DVOA's 2nd highest variance team based on week-to-week volatile performances. After one of the most successful runs of any HC in modern NFL history, 72-year-old Pete Carrol stepped down after the season. In comes former Ravens DC Mike Macdonald and his impressive defensive resume to lead SEA in 2024.

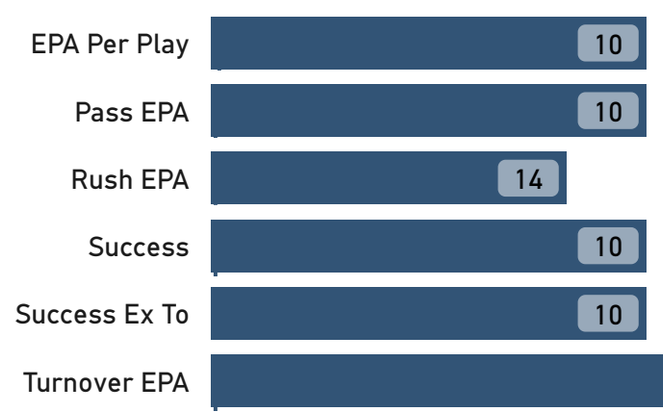
Luck Factor Turnovers were not a big part of SEA games last season. Not only did SEA give up the lowest EPA due to TOs on offense but they gained the 8th fewest on defense. Amazingly, the Seahawks offense fumbled the football only six times all season on offense, lowest in the NFL. We also saw dramatic splits between their early down drop back numbers both on offense and defense vs early down performance. Only the Saints saw a bigger drop in their late down passing offense vs their early down offense. SEA ranked 2nd best in the NFL offensively but 23rd on 3rd and 4th downs. It seems like the dramatic difference was the result of QB Geno Smith turning it over more often, taking more sacks and throwing short of the sticks on late downs. Geno's TO rate went from just 1.4% (3rd lowest) on early downs to 4.3% (8th highest) on late downs and his 7.0 air yards per attempt on late downs tied for last among QBs. Defensively they ranked 16th defending the pass on early downs but 32nd in the NFL on 3rd downs. The SEA defense allowed the highest conversion rate over expected on 3rd downs and generated only two takeaways. Early down success tends to be a better predictor of future success so the hope is SEA can perform much closer to those early downs on both sides of the ball this season. SEA OL struggled to stay healthy last season, and the Seahawks OL combination that played the most together ranked just 50th in the NFL. They finished 26th in adjusted games lost from injury and SEA had eight different OL combinations play at least 5% of the team's snaps together, tied for 2nd most in the NFL

Schedule Analysis The schedule makers cut SEA a break early by potentially facing two rookie QBs to start this season (week 1 v DEN, week 2 at NE). They get a bad break having to play three games in 11 days, culminating in Macdonald's first TNF game vs SF in week 6. It's a double whammy considering that it's rare but teams on the 3rd leg in 11 days are just 3-6 ATS (-3.0 ATS margin) and SU since 2000. Also, rookie HCs like Macdonald in their first TNF game in the first half of the season are just 5-18 ATS (22%, -7.1 ATS margin) and winning just 17% of those games. SEA also has a rough spot in week 17, having to travel on a short week, multiple time zones to CHI in late DEC. I could only find five other instances since 2000 of a team in the PST having to travel that far on TNF like SEA has to. Those teams are just 1-4 ATS and SU with a -6 ATS margin. Another aspect of the schedule that I found interesting is how often opponents going to SEA will have extra rest. Five road teams visiting SEA this year will have more than normal rest and only once will SEA have more rest than a visiting opponent. In the last 24 years this has only occurred 23 total times in SEA and only three times since 2019. SEA is 12-11 ATS in those games but have won just 57% of those games as compared to a win expectancy of 64%. Again, a small sample, but SEA has underperformed with a rest disadvantage at home vs market expectations. In all other SEA home games, the Seahawks have covered 55% of the time and have won those games straight up, 5% more than expected.

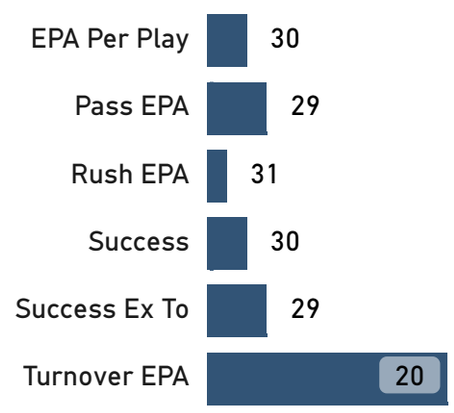
Offseason The hire of Macdonald was universally applauded by football geeks everywhere. His style of defense with the Ravens has been lauded as innovative and his ability to confuse opposing QBs is impressive. BAL was not the most talented defense, but he used S Kyle Hamilton as a chess piece and his simulated pressures created havoc for offenses. While he doesn't have a Hamilton in SEA right now, he does have good talent in the secondary. SEA needed help upfront on defense and added the best DT in the draft in Byron Murphy from Texas. Macdonald likely sees Murphy as his Justin Madubuike of this defense. SEA improved in coverage by swapping out former 1st round bust LB Jordyn Brooks for Jerome Baker and Tyrel Dodson, who graded out as PFF's 5th best coverage LB last season. The LBs should help a defense that allowed the 9th most EPA over the middle of the field, a staple of both the Rams and Niners offenses that they'll see four times. The offense did not see much turnover, but they did hire former Washington Huskies OC Ryan Grubb to the same position in SEA. It's hard to know exactly how this offense will look but if it's anything like what he did with Michael Penix and three NFL WRs, I'd expect a good amount more of 11 personnel (3 WRs/1 TE) and plenty of vertical deep shots. Geno attempted 20+ yard throws down the field at a league average rate but he graded out as PFFs 9th best passer on those throws. He also generated the 2nd highest big time throw % (via PFF) on those deep throws. I'd expect 2023 1st round pick WR Jaxon Smith-Njigba to play a larger role this season as Grubb puts him in good matchups.

2024 Outlook My ratings have SEA more like a 9-win team and see value on over 7.5 wins. I don't mind taking a shot to make the Playoffs at +180 or better as well. I think with a veteran like Geno, SEA's upside is capped, but I think this team will be pretty good. Based on net EPA on early downs, SEA was the 8th best team in the NFL. I sense that with better coaching on both sides of the ball, they will make better adjustments and improve on their late down struggles.

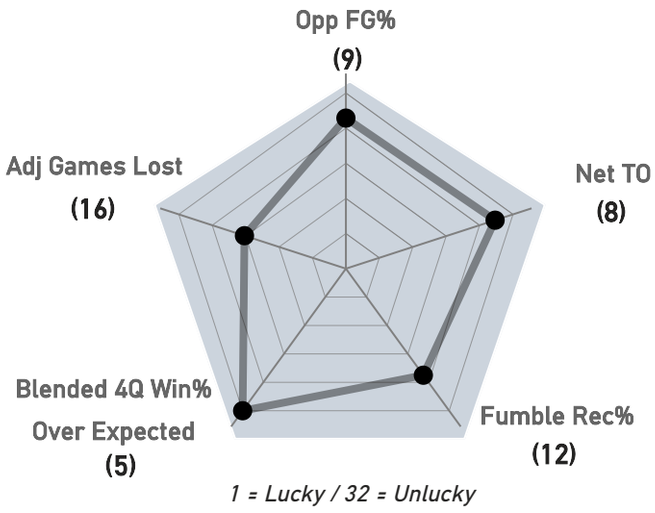
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

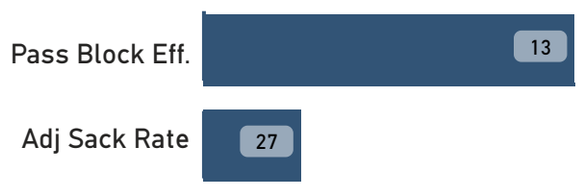


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	v	LAR	L 13-30
2	@	DET	W 37-31
3	v	CAR	W 37-27
4	@	NYG	W 24-3
6	@	CIN	L 13-17
7	v	ARI	W 20-10
8	v	CLE	W 24-20
9	@	BAL	L 3-37
10	v	WAS	W 29-26
11	@	LAR	L 16-17
12	v	SF	L 13-31
13	@	DAL	L 35-41
14	@	SF	L 16-28
15	v	PHI	W 20-17
16	@	TEN	W 20-17
17	v	PIT	L 23-30
18	@	ARI	W 21-20
		SOS	12/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	DEN	-4.5
2	@	NE	-2.5
3	v	MIA	+2
4	@	DET	+6
5	v	NYG	-3.5
6	v	SF	+5
7	@	ATL	+3.5
8	v	BUF	+3
9	v	LAR	+1.5
11	@	SF	+9
12	v	ARI	-3
13	@	NYJ	+4.5
14	@	ARI	+1
15	v	GB	+1
16	v	MIN	-2
17	@	CHI	+3.5
18	@	LAR	+5.5
		SOS*	17/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Dk Metcalf	
RWR	Tyler Lockett	
SWR	Jaxon Smith-Njigba	
LT	Charles Cross	
LG	Laken Tomlinson	Damien Lewis
C	Olu Oluwatimi	Evan Brown
RG	Anthony Bradford	Phil Haynes
RT	Abraham Lucas	
TE	Noah Fant	
QB	Geno Smith	
RB	Kenneth Walker III	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Byron Murphy II (R)	
LOLB	Boye Mafe	
LILB	Tyrel Dodson	Jordyn Brooks
RILB	Jerome Baker	Bobby Wagner
ROLB	Uchenna Nwosu	
LCB	Michael Jackson	
SS	Rayshawn Jenkins	Jamal Adams
FS	Julian Love	Quandre Diggs
RCB	Riq Woolen	
NB	Devon Witherspoon	
LDE	Leonard Williams	
RDE	Dre'mont Jones	

SAN FRANCISCO 49ERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC WEST	(12-5)	(11.5)

GENERAL MANAGER	HEAD COACH
JOHN LYNCH	KYLE SHANAHAN
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
KYLE SHANAHAN	NICK SORENSON

REVIEW & ANALYSIS

2023 Season in Review The 49ers were one 3rd down conversion away from beating KC and winning Super Bowl LVIII. It was a great season as HC Kyle Shanahan and QB Brock Purdy led this offense to the top ranking in the NFL. The offense was virtually impossible to stop for most of the season. Purdy's 9.6 ypa ranked as 3rd highest in NFL history and the highest since Kurt Warner in 2000. In the 13 games where LT Trent Williams, Christian McCaffery and WR Deebo Samuel were in the lineup, SF's offense scored 30+ points nine times. CMC was a machine, with over 2,000 total yards from scrimmage and scoring 21 total TDs. The 49ers defense was a solid 10th in overall EPA but really struggled defending the run (26th in EPA). The defense was good but wasn't as fierce as prior seasons under DCs Robert Saleh and Demeco Ryans, both of whom left for HC jobs. Steve Wilks was extremely passive, blitzing at the 3rd lowest rate in the NFL, and was not known to mix things up very well on defense. His lack of adjustment in the 2nd half against Patrick Mahomes and the Chiefs likely cost him his job

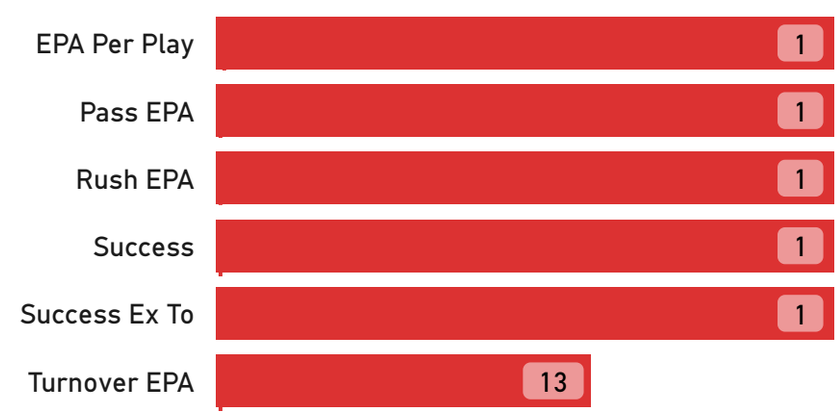
Luck Factor It was rare for the 49ers to be in a close game last season. Excluding a meaningless week 18 game vs the Rams, SF was in a league-low three one score games all season. And one of the games, week two vs the Rams, was only a seven-point 49ers win because Sean McVay inexplicably decided to kick a FG as time expired to make a 10 point win into a 7 point win. The 49ers were dominant all season long and based on blended 4th quarter win probabilities, SF underperformed their 12-win season by 1.5 games. There are only three other teams since 2000, to win 10+ games and underperform their win total to this degree. The 2012 Patriots, 2016 Falcons and 2021 Bills fit this category and all three exceeded their high win totals and made it to the 2nd round of the Playoffs the next season. The 49ers were relatively healthy on both sides of the ball for the first time in forever. One costly injury during the regular season, losing S Talanoa Hufanga in week 11, affected the Niners for the rest of the season and Playoffs. The 49ers defense ranked just 23rd in EPA from that point forward. Then they suffered a serious blow during the Super Bowl when starting LB Dre Greenlaw tore his Achille in a freak accident running onto the field. He could be out for the entire season coming up

Schedule Analysis The 49ers are expected to face a schedule near league average for a 2nd straight season. First, the good news. They only face four of my 10 team rated teams and get rookie HC Mike Macdonald and the Seahawks on TNF in week 7. Rookie HCs in the first half of the season are just 5-18 ATS (22%, -7.1 ATS margin) and a 17% win-percentage versus an expected 42%. Now the bad news. Amazingly, for a second straight season, the NFL is forcing SF to play four games against opponents coming off a bye week. It's standard to play 1-2 teams off a bye but to do it four times in a season and to do it in back-to-back years is pretty nuts. Last season, SF went 2-2 SU and ATS in those games, however if you exclude one of those games (at JAX) when SF was also off the bye, they went 1-2. What makes it worse are the opponents who will be coming off of those bye weeks. SF is facing KC, DAL, SEA and BUF after their bye week. Andy Reid is 17-2 SU, 12-7 ATS in his career in the regular season coming off a bye against an opponent who is not. Even further, the 49ers will have a rest disadvantage vs their opponent a league-high eight times, while no other team has more than six. SF will have a cumulative rest disadvantage against their opponent in 14 of 17 weeks. That week 7 home game against KC, where they will be at a -11 cumulative rest disadvantage against the Chiefs, is the single largest disadvantage for any team all season.

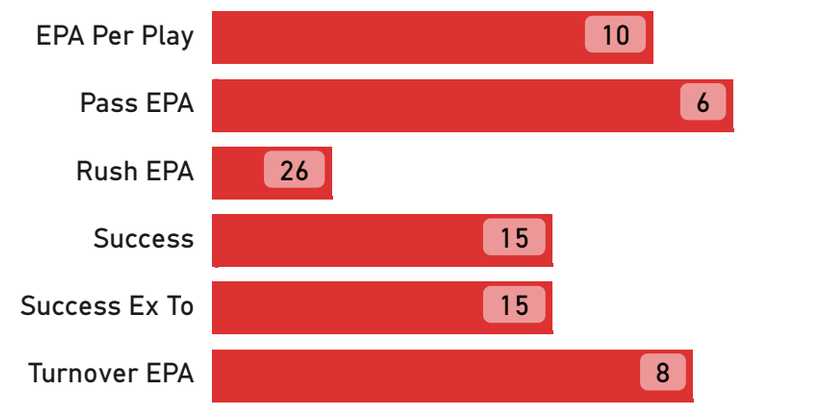
Offseason The entire offense is back for SF and outside of a potential contract dispute with WR Brandon Aiyuk, everyone is intact. Defensively, they get back Hufanga at S but the CB room outside of Charvarius Ward is underwhelming. They likely won't have Greenlaw during the regular season, but they made a fabulous FA pickup in ex GB Packer LB De'Vondre Campbell. He's getting up there at age 30, but the splits last season with and without Campbell were stark for the Packers. He's excellent in coverage and should fit in great with this defense. With Steve Wilks now gone, the 49ers will turn to defensive passing game/nickel CB coach Nick Sorensen as their new DC. This is a major step up for Sorensen, but he will get big help from former Chargers HC Brandon Staley, who was hired as a defensive assistant.

2024 Outlook There is not much in the way of deep analysis here, the Niners are still loaded. Unless you think Brock Purdy is going to crash back down to earth, the roster is way too talented to not win the NFC West and compete for another NFC Championship. I tend to fade teams without Patrick Mahomes or Tom Brady as their QB, trying to make a consecutive trip to the Super Bowl. After the Eagles last season, out of the last 23 Super Bowl runners-up, 15 have gone under their win total the next season with two pushes. These teams on average have won just 9.3 games vs a win total of 10.6. If you exclude teams led by Tom Brady and Patrick Mahomes, 13 of the last 19 runners-up (68.4%) went under their win total. Outside of Brady and NE in 2017-2018, a Super Bowl losing team has not made it back the following season since the Bills in the early 90s. It just speaks to how difficult it really is to make it all the way back to a Super Bowl unless you have one of the all-time great QBs behind center. If the 49ers make it to the Super Bowl, it would be an outlier.

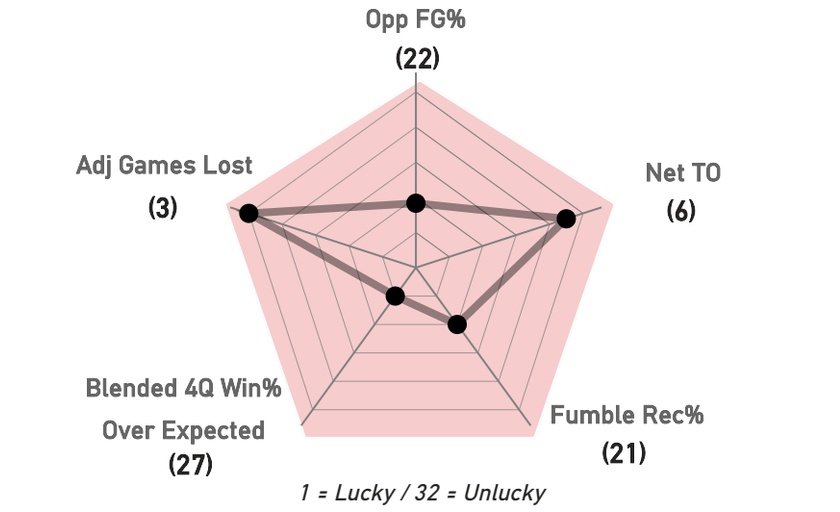
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS

2023 SCHEDULE

WK		OPP	SCORE
1	@	PIT	W 30-7
2	@	LAR	W 30-23
3	v	NYG	W 30-12
4	v	ARI	W 35-16
5	v	DAL	W 42-10
6	@	CLE	L 17-19
7	@	MIN	L 17-22
8	v	CIN	L 17-31
10	@	JAX	W 34-3
11	v	TB	W 27-14
12	@	SEA	W 31-13
13	@	PHI	W 42-19
14	v	SEA	W 28-16
15	@	ARI	W 45-29
16	v	BAL	L 19-33
17	@	WAS	W 27-10
18	v	LAR	L 20-21
		SOS	15/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	NYJ	-5.5
2	@	MIN	-6
3	@	LAR	-3
4	v	NE	-11.5
5	v	ARI	-9.5
6	@	SEA	-5
7	v	KC	-1
8	v	DAL	-5.5
10	@	TB	-4
11	v	SEA	-9
12	@	GB	-2.5
13	@	BUF	-2
14	v	CHI	-5.5
15	v	LAR	-6.5
16	@	MIA	-1
17	v	DET	-4.5
18	@	ARI	-4
		SOS*	13/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Brandon Aiyuk	
RWR	Deebo Samuel	Ray-Ray McCloud
SWR	Ricky Pearsall (R)	
LT	Trent Williams	
LG	Aaron Banks	
C	Jake Brendel	
RG	Jon Feliciano	
RT	Colton Mckivitz	
TE	George Kittle	
QB	Brock Purdy	
RB	Christian Mccaffrey	
FB	Kyle Juszczyk	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Charvarius Ward	
SS	Talanoa Hufanga	
FS	Ji'ayir Brown	
RCB	Renardo Green (R)	
NB	Deommodore Lenoir	
LDE	Nick Bosa	
RDE	Leonard Floyd	Clelin Ferrell
WLB	Dre Greenlaw	
MLB	Fred Warner	
LDT	Maliek Collins	Arik Armstead
RDT	Javon Hargrave	
SLB	De'vondre Campbell	Oren Burks

TAMPA BAY BUCCANNEERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC SOUTH	(9-8)	(7.5)

GENERAL MANAGER	HEAD COACH
JASON LICHT	TODD BOWLES
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
LIAM COEN	TODD BOWLES

REVIEW & ANALYSIS

2023 Season in Review In last year's preview I hailed the Bucs as a team that was being undervalued by the market. They definitely exceeded even my expectations, winning the NFC South and beating the Eagles in the Wildcard round before losing to DET. After covering a league low 25% of their games ATS in 2022, the Bucs roared back against market expectations and their 65% cover rate ranked 3rd best in 2023. The defense played well enough (18th in EPA allowed) but it was the play of QB Baker Mayfield that drove the Bucs to the division crown. Baker resurrected his career and his +0.131 EPA per drop back ranked 10th in the NFL. Baker was not as consistent from down to down, as evidenced by his 46% success rate (19th in the NFL) and 20th ranked PFF grade, but he generated the 7th highest explosive pass rate and limited his turnovers. Baker's turnaround was impressive enough to earn OC Dave Canales the Carolina Panthers HC job

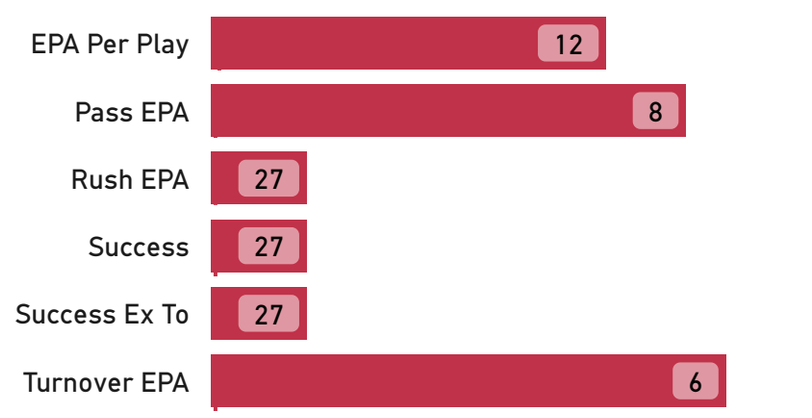
Luck Factor The Bucs did a good job of limiting turnovers as they gave up the 5th lowest amount of EPA due to TOs on offense. On defense, the Bucs forced the most fumbles in the NFL and recovered the 2nd most with 13. They also benefitted from a strong advantage in the kicking game as they made FGs at the 6th highest percentage while opponents made the 5th lowest percentage of kicks. Bucs opposing kickers made just 2/8 from 50+ yards, the worst mark for any team with at least six 50+ FG tries against them. Tampa's offense had the widest gap between bad early down offense (25th in EPA) and elite late down offense (3rd best). They ranked top seven in both passing and rushing on those late downs while they had the 31st ranked rush offense on 1st and 2nd down. In fact, the rush offense ranked 32nd in rush success on 1st down and 32nd on 2nd down as well. RB Rachaad White got tons of usage and the Bucs continued to pound the inefficient run game on early downs (12th highest early down run rate). Even though he was put in tough spots due to the poor early offense, Baker was 7th in air yards per attempt and top 10 in completion percentage on late downs. That is going to be hard to repeat if the offense insists on running so often and so poorly on those early downs.

Schedule Analysis Tampa faces one of the five easiest schedule of opponents but it's the cadence to their schedule that could be difficult. Although they will play the three highest rated teams in the NFL going into the season in KC, SF and BAL, they also face eight of my bottom 10 teams. The middle of their schedule is brutal as they get BAL, ATL, KC and SF all teams favored to win their division, all in a row. They play BAL in week 7 on MNF then and then get ATL on a short week, who will be on normal rest. After facing KC on the road on MNF in week 9, they come home on a short week again to face SF, who will be coming off of their bye week. That's as tough of a four-game stretch as any team will see all season and they'll be at a net -9-day rest deficit vs those teams. The good news is following their week 11 bye, TB is expected to face the 2nd easiest schedule in the NFL for the remainder of the season. In addition, TB faced the 2nd lowest percentage of snaps from backup QBs in 2023, as their pass defense was tested by the 9th most difficult schedule of opposing QBs. Their schedule of QBs this season looks daunting again this year, as they face six of the top 10 QBs by EPA a season ago.

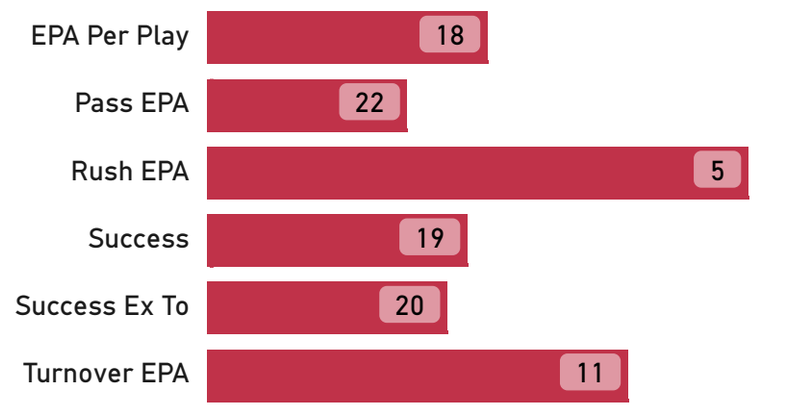
Offseason I am not a fan of teams running it back after exceeding expectations the prior season but that's what the Bucs decided to do. We see it time and again where a team exceeds expectations, brings everyone back expecting to get better, and it fails. They re-signed Mayfield to a three-year/$100 million contract. I understand why they decided to go that route with Mayfield, but the odds are low that this offense will be good again. He has never produced two good seasons in a row in his career and he can only take this team so far. The interior of the OL is a major issue with 1st round rookie Graham Barton at C, Cody Mauch at RG (2nd most pressures and sacks allowed among Guards) and a hole at LG with only backup level options available. Mayfield has always struggled with pressures up the middle. Canales is gone and they will be inserting Sean McVay disciple Liam Cohen, and former Kentucky OC, as new Bucs OC. Who knows how effective he will be but not only did TB struggle badly on the more predictive early downs, but they also ranked 6th worst in the NFL in redzone TD%. The Bucs defense will likely be worse in 2023 considering they lost their top pass rusher in DE Shaq Barrett, LB Devin White and CB Carlton Davis yet added no new potential starters. The pass rush was already a weakness, and they'll need to again blitz at a top five rate to create pressure. Without Davis, they'll need CBs like Zyon McCollum and 2nd year UFA Christian Izien to step up. McCollum graded out 121st out of 135 CBs in PFF coverage grade in 2023 while Izien allowed the 10th most yac/reception in the NFL. This secondary was bad last season and allowed the most yards after the catch and 4th highest explosive pass rate. I am expecting just as bad or worse performance in 2024.

2024 Outlook Last summer I had to defend my stance that TB would not be a bottom five level team and now I think they will take a step back from expectations in 2024. Their late down offensive performance last season is very unsustainable, and they are likely to be much more of a mediocre offense overall. The defense is much worse and the secondary likely gets torched again. Since 2000, when a team like TB exceeds their win total by at least two games, they have gone over their win total only 42% of the time the next season (-0.6 wins vs expected). In addition, only 11 other teams since 2010 have exceeded ATS cover rates by at least 30% year over year like TB, and 10 saw an ATS decrease the next year, by an average drop of 17%. I see value in under 7.5 wins at plus money and I'd be very cautious backing this team ATS game to game all season.

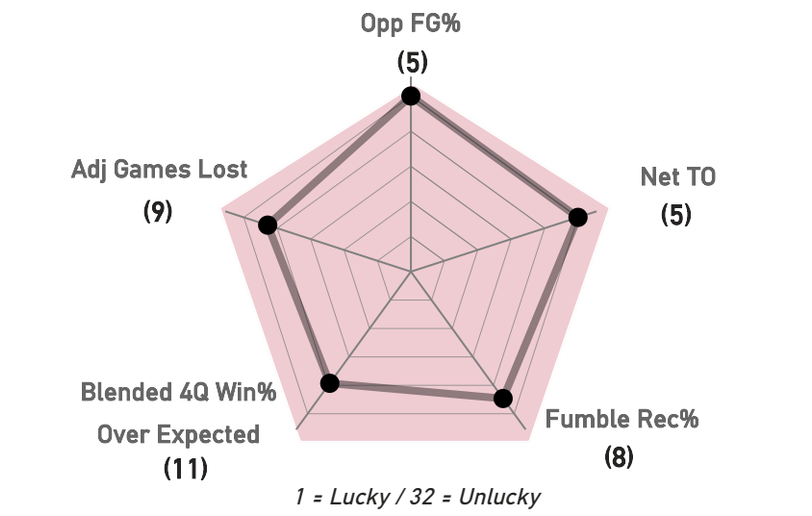
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS

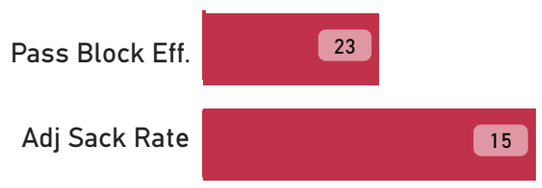


LUCK FACTOR RANKS



1 = Lucky / 32 = Unlucky

OL/DL RANKS



2023 SCHEDULE

WK		OPP	SCORE
1	@	MIN	W 20-17
2	v	CHI	W 27-17
3	v	PHI	L 11-25
4	@	NO	W 26-9
6	v	DET	L 6-20
7	v	ATL	L 13-16
8	@	BUF	L 18-24
9	@	HOU	L 37-39
10	v	TEN	W 20-6
11	@	SF	L 14-27
12	@	IND	L 20-27
13	v	CAR	W 21-18
14	@	ATL	W 29-25
15	@	GB	W 34-20
16	v	JAX	W 30-12
17	v	NO	L 13-23
18	@	CAR	W 9-0
		SOS	19/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	v	WAS	-3.5
2	@	DET	+6
3	v	DEN	-3.5
4	v	PHI	+2.5
5	@	ATL	+3
6	@	NO	+1.5
7	v	BAL	+5
8	v	ATL	-1
9	@	KC	+7
10	v	SF	+4
12	@	NYG	-1
13	@	CAR	-2
14	v	LV	-2.5
15	@	LAC	+3
16	@	DAL	+4.5
17	v	CAR	-5
18	v	NO	-2.5
		SOS*	28/32

SOS based on TA's power rankings*

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Mike Evans	
RWR	Trey Palmer	
SWR	Chris Godwin	
LT	Tristan Wirfs	
LG	Ben Bredeson	Matt Feiler
C	Graham Barton (R)	
RG	Cody Mauch	
RT	Luke Goedeke	
TE	Cade Otton	
QB	Baker Mayfield	
RB	Rachaad White	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Vita Vea	
LOLB	Joe Tryon-Shoyinka	Shaquil Barrett
LILB	K.J. Britt	
RILB	Lavonte David	
ROLB	Yaya Diaby	
LCB	Zyon Mccollum	Carlton Davis Iii
SS	Jordan Whitehead	Ryan Neal
FS	Antoine Winfield Jr.	
RCB	Jamel Dean	
NB	Christian Izien	
LDE	Logan Hall	
RDE	Calijah Kancey	

TENNESSEE TITANS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
AFC SOUTH	(6-11)	(6.5)

GENERAL MANAGER	HEAD COACH
RAN CARTHON	BRIAN CALLAHAN
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
NICK HOLZ	DENNARD WILSON

REVIEW & ANALYSIS

2023 Season in Review Prior to the 2023 season, the Titans could not totally lean into the franchise making the transition into a full rebuild under long time HC Mike Vrabel, after years of competing for the AFC South title. They signed veterans like WR Deandre Hopkins and DE Arden Key in hopes of competing. However, it only took six games, and a 2-4 start, for the Titans to finally embrace that contention was likely not in order. Tennessee moved on from veteran QB Ryan Tannehill, replacing him with rookie Will Levis following their week 7 bye. Levis and his strong arm showed some flashes but in general it was an unencouraging rookie season (25th in EPA, 28th in success rate), leading to a 6-11 record in the AFC South. The defense struggled badly and finished 2023 as the 5th worst defense in the NFL, 3rd worst defending the pass. Their pass defense ranked 30th in the NFL, although they faced the 3rd easiest schedule of opposing QBs in the NFL. Following the season, Vrabel was fired and replaced with former Bengals OC Brian Callahan

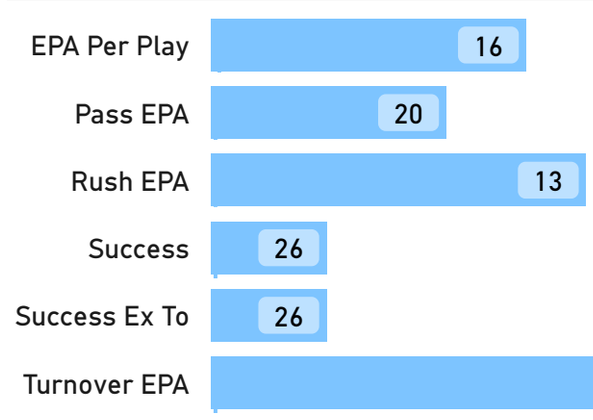
Luck Factor For a bad team, the Titans played a lot of tight games. Their 12 one score game results tied for 2nd most in the NFL. They went 5-7 in those games and were just 1-4 in games where their blended 4th quarter win probability was between 30-70%. Based on their season long blended 4th quarter win probabilities, they should have won 1.2 more games, the 7th largest underachievers in the NFL. The Titans defense ranked 27th in early down EPA defense but 5th best in 3rd downs allowed vs expected. On those early downs, TEN allowed the most yards on average but the Titans did a nice job holding opponents to just a league average 1st down rate on 3rd downs. Interestingly, they did so even by creating a below average turnover rate and sack rate on 3rd down. Even more, Tennessee's defense ranked #1 by a mile in the red zone, holding opposing offenses to just a 38% TD rate. They did so even though they let opponents reach the red zone the 4th most in the NFL. The defense wasn't very good but when they needed stops, they were able to get them in high leverage situations

Schedule Analysis Even though they face a last place schedule, the Titans are expected to play one of the toughest set of opponents in the NFL. While they don't face many elite opponents, they are only going to play two bottom 10 teams in my ratings all season (WAS and NE). The Titans only play one primetime game all year, week 4 at MIA, and otherwise all but one game is scheduled for Sunday at 1pm est. They play one 4pm game in LA. But because of the consistent vanilla schedule, they will hold a rest advantage in five games and won't be at a rest disadvantage in any single game until the final week of the season against HOU. Because of their early week 5 bye, and no short weeks all season, the Titans will have a cumulative net rest advantage over their opponent in every game from week 6 on.

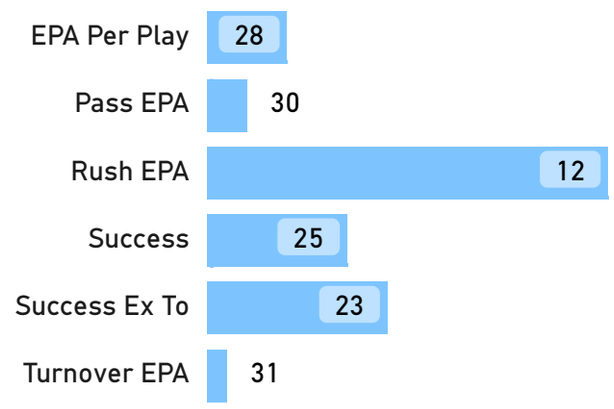
Offseason I liked the hire of Callahan, and assume he will be bringing many of the same concepts over from CIN. The Bengals used 11 personnel (3 WR/1 TE) at the 4th highest rate in the NFL last year while TEN was just 26th. I assume Levis will be in shotgun much more often as well. I have heard good things about him, however, and being able to also add maybe the best OL coach in the NFL in his dad Bill, is an enormous help. The OL has been a disaster for the last few seasons and his coaching alone is a big boost. In addition, TEN used a top 10 pick on Alabama LT JC Latham and added FA C Lloyd Cushenberry from DEN. Last year, five different LTs allowed 30 sacks. It was a dumpster fire that TEN hopes both Callahan and Latham can diffuse this season. Cushenberry was PFFs 10th highest graded C and 3rd best pass blocker. The right side of the OL is still a major question mark but you can't solve all of your issues in one off season. TEN also decided to dip their toe in the veteran FA well with the complete overpay of FA WR Calvin Ridley. I understand they want to give Levis as much help as possible during his rookie contract, but Ridley was sneaky bad last season and is going to be 30 years old in December. He finished 49th in yards per route run, was bottom 15 in yac per reception and dropped over 8% of his targets, top 25 most among NFL WRs. I am sure he can help but they overpaid for a guy who hasn't been good in four years. In addition, after eight illustrious seasons with the Titans, the team let RB Derrick Henry leave for the Ravens in FA. Henry had clearly lost a step and has tons of wear and tear on his tires but he WAS the offense for TEN for many years. TEN brought in Tony Pollard to pair with Tyjae Spears in order to give the team a little more versatility. Defensively, the other major splash came via a trade with KC for CB L'Jarius Snead. Snead is just 27 years old and coming off of two excellent seasons in a row. The Titans also added FA CB Chidobe Awuze, who has seen his production drop in back-to-back seasons. He's not the most reliable due to injuries but he and Snead should really help a bad Titans secondary.

2024 Outlook I am still a bit lukewarm in the heavy investment in the veteran FA market, considering this should be the first year of a multi-year rebuild. I am not convinced that Levis is ever going to be anything but a league average starter at best. He took a ton of sacks in college and that continued last season as his sack avoidance was 12th worst among 45 qualified QBs. He will get a chance because he's a good athlete and has a cannon for an arm but his decision making, and accuracy have never been positive. New HC hires have gone over their win total 55% of the time since 2000 and 58% with win totals of 6.5 or less. I think this win total is about right but there are plenty of scenarios where an alternative over win total makes sense and this team gets to 8 wins.

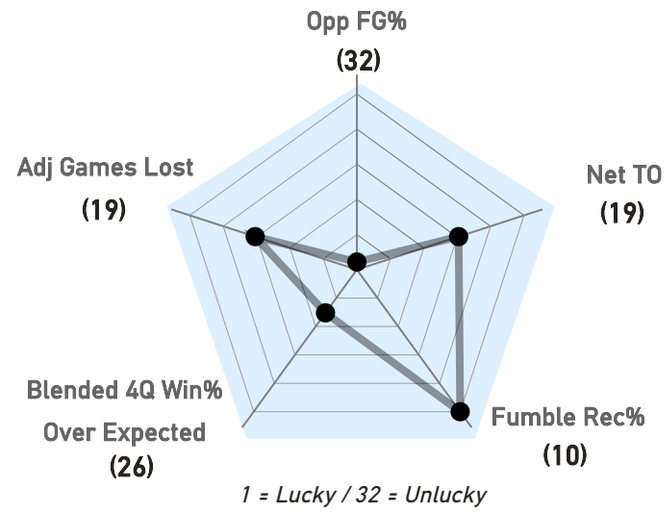
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



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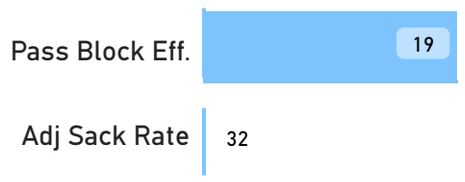
OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Deandre Hopkins	
RWR	Calvin Ridley	
SWR	Tyler Boyd	
LT	Jc Latham (R)	Andre Dillard
LG	Peter Skoronski	
C	Lloyd Cushenberry III	Aaron Brewer
RG	Saahdiq Charles	
RT	Nicholas Petit-Frere	
TE	Chigoziem Okonkwo	
QB	Will Levis	
RB	Tony Pollard	Derrick Henry

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
DE	Sebastian Joseph-Day	Denico Autry
NT	T'vondre Sweat (R)	Teair Tart
DT	Jeffery Simmons	
LOLB	Harold Landry III	
LILB	Jack Gibbens	
RILB	Kenneth Murray	Azeez Al-Shaair
ROLB	Arden Key	
LCB	Chidobe Awuzie	Sean Murphy-Bunting
SS	Amani Hooker	
FS	Elijah Molden	
RCB	L'jarius Sneed	Kristian Fulton
NB	Roger Mccreary	

2023 SCHEDULE

WK		OPP	SCORE
1	@		L 15-16
2	v		W 27-24
3	@		L 3-27
4	v		W 27-3
5	@		L 16-23
6	v		L 16-24
8	v		W 28-23
9	@		L 16-20
10	@		L 6-20
11	@		L 14-34
12	v		W 17-10
13	v		L 28-31
14	@		W 28-27
15	v		L 16-19
16	v		L 17-20
17	@		L 3-26
18	v		W 28-20
		SOS	7/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@		+4.5
2	v		+4
3	v		+3.5
4	@		+6.5
6	v		+1.5
7	@		+7
8	@		+7
9	v		-2.5
10	@		+4
11	v		+1
12	@		+6
13	@		+1.5
14	v		+1.5
15	v		+4.5
16	@		+4
17	@		+4
18	v		+3
		SOS*	4/32

SOS* *based on TA's power rankings*

WASHINGTON COMMANDERS

DIVISION	2023 REC	VEGAS WIN TOTAL '24
NFC EAST	(4-13)	(6.5)

GENERAL MANAGER	HEAD COACH
ADAM PETERS	DAN QUINN
OFFENSIVE COORDINATOR	**DEFENSIVE COORDINATOR**
KLIFF KINGSBURY	DAN QUINN

REVIEW & ANALYSIS

2023 Season in Review The Washington Commanders had a rough 2023 season, finishing 4-13 and producing the worst point differential in the NFL (-189). After many miserable seasons under Dan Snyder, he finally sold the franchise. HC Ron Rivera was a lame duck entering the season and last year's performance sealed his fate as he was fired after the season. Rivera, known as a defensive coach, engineered the worst defense in the NFL by EPA. Enter former DAL DC Dan Quinn as the new HC and with him is a new offensive approach under OC Kliff Kingsbury. The Washington offense had its moments, but QB Sam Howell took a league-leading 64 sacks and threw a league-leading 21 INTs. After trading away two of their best defenders in DE Chase Young and DE Montez Sweat at the deadline, Washington's season ended in a free fall. They lost eight straight and 10 of their final 11 games, helping to them land the 2nd overall pick in the draft and handing the keys of the franchise to QB Jayden Daniels

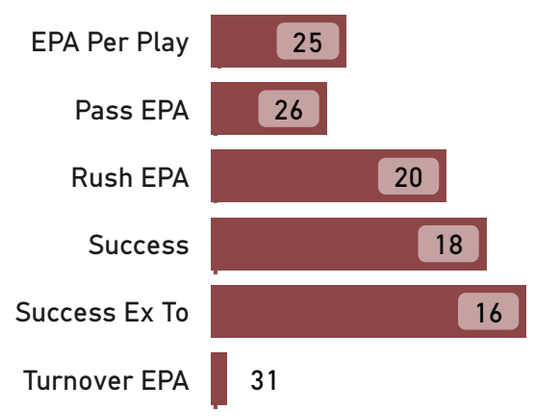
Luck Factor All four of the Commanders' wins last season came by eight points or less. They lost five games by 20 or more points including three by 30+. Washington went 4-6 in one score games but they held a blended 4th quarter win percentage of 30% or less in five of those six losses. Outside of a week eight loss at home vs Philly, the Commanders were never favored to win a game in the 4th quarter among their close games. The Commanders didn't get any help from opposing kickers all season. Opponents made 90% of kicks against Washington, 7th highest in the league, and went 6/6 on kicks of 50+. One was a 54-yard game winner by the Jets and two others came from Jake Elliot of the Eagles in one score games. The Commanders didn't help themselves from a turnover perspective as their offense gave away the 3rd most EPA and their defense gained the 11th least amount of EPA from turnovers

Schedule Analysis The Commanders are looking at a borderline top 10 level ease of schedule this season as they play plenty of top and bottom teams this season. Getting the NFC South plus ARI and two games against the Giants goes a long way in facing a manageable schedule. Starting with TB and NYG in the first two weeks is a great way to for this new regime to get a head start. Unfortunately, they get the dreaded back-to-back road games on MNF and Sunday afternoon in weeks 3 and 4. Teams are 44% ATS in this spot since 2000. They also will face two teams coming off a bye week this year while Washington doesn't see their own bye week until as late as possible, in week 14.

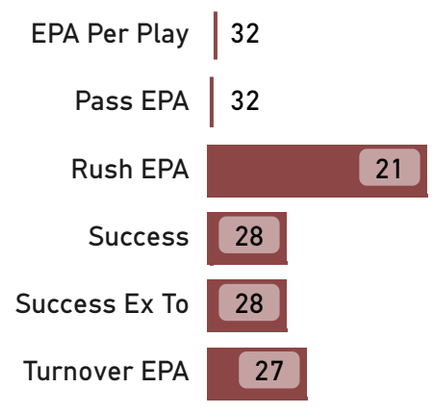
Offseason We saw a ton of change in Washington, not only with the coaching but also a complete remake of the roster. Quinn is giving this head coaching thing a 2nd shot and he hopes that some of the experiences in ATL will help prepare him more this go around. New OC Kliff Kingsbury is likely to approach his offense in a more professional manner than what we saw from last year's OC Eric Bienemy. The way he conducted this offense under QB Sam Howell was downright negligent. Bienemy threw the ball at the 3rd highest rate in neutral situations in the NFL and consistently left no blocking help in front of Howell who took a league-leading 64 sacks and threw 21 INTs. Obviously, drafting Daniels #2 is a major milestone for the franchise. The Heisman winner has a very unique profile coming into the NFL. He's an older prospect than you typically see at QB (23.5 yo), is very skinny and his sack avoidance is one of the worst among top prospects entering the league. He is also a great dual threat athlete who fits the modern NFL game. Historically, the best QBs during their rookie seasons, have come from those QBs who are very mobile. That running threat gives them a higher floor than a pocket QB. The team made a bunch of other moves on offense like adding FA RB Austin Ekeler, C Tyler Biadasz and drafting TE Ben Sinnot and WR Luke McCaffery, two of my favorite underrated talents heading into the draft. I am not sure how much Ekeler has left in the tank and the signing of veteran FA TE Zach Ertz was also a weird one, but as many smart players as possible should help Daniels adjust. On defense, Washington added a couple of ex Cowboys that Quinn knows well in DT Dorance Armstrong and ED Dante Fowler as well as some veteran bodies like S Jeremy Chinn and CB Michael Davis. They also brought in LB Bobby Wagner and probably the only move on defense that I really liked and the one who may be most impactful in LB Frankie Luvu from CAR. He is a needle moving playmaker on defense who is coming off a season where he generated 20 pressures, 7 sacks, forced two fumbles and scored two TDs. I don't totally love just spending all this FA dollars on a bunch of older players for a team rebuilding but for this season it does help the team stay competitive. This was the worst defense in the NFL who needed a culture change.

2024 Outlook I am not sure what to make of this Commanders team this season. It can go in any number of ways. Daniels could be an outstanding talent day one and elevate this team to Playoff contention, ala RG3. Or Daniels could take too many sacks, get hurt while running around with his skinny frame and this season is a disaster. Since 2000, there have been 10 teams with a new HC and a top five rookie QB starting at least half of their games. The over win total has hit six times, with three unders and a push. What's most interesting is that of the teams that went over their win total, many obliterated it. Four of the six that went over did so by at least two wins and three by more than three wins. It makes sense because typically these teams go over because the rookie QB is much better than the market expects, and the team easily exceeds a low bar. I have no strong opinions here but if you like the over I'd strongly consider an alternative over.

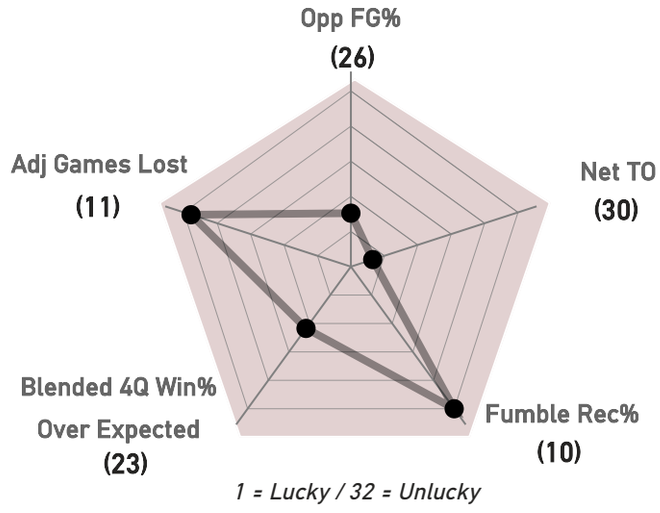
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



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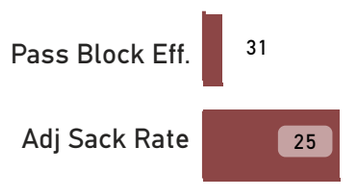
OL/DL RANKS



OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Terry Mclaurin	
RWR	Jahan Dotson	
SWR	Luke Mccaffrey (R)	Curtis Samuel
LT	Cornelius Lucas	Charles Leno Jr.
LG	Nick Allegretti	Saahdiq Charles
C	Tyler Biadasz	Nick Gates
RG	Sam Cosmi	
RT	Andrew Wylie	
TE	Zach Ertz	Logan Thomas
QB	Jayden Daniels (R)	Sam Howell
RB	Austin Ekeler	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LCB	Benjamin St-Juste	
SS	Jeremy Chinn	Kamren Curl
FS	Darrick Forrest	
RCB	Michael Davis	
NB	Mike Sainristil (R)	Danny Johnson
LDE	Dorance Armstrong	James Smith-Williams
RDE	Clelin Ferrell	Casey Toohill
WLB	Frankie Luvu	Khaleke Hudson
MLB	Bobby Wagner	Cody Barton
LDT	Daron Payne	
RDT	Jonathan Allen	

2023 SCHEDULE

WK		OPP	SCORE
1	v		W 20-16
2	@		W 35-33
3	v		L 3-37
4	@		L 31-34
5	v		L 20-40
6	@		W 24-16
7	@		L 7-14
8	v		L 31-38
9	@		W 20-17
10	@		L 26-29
11	v		L 19-31
12	@		L 10-45
13	v		L 15-45
15	@		L 20-28
16	@		L 28-30
17	v		L 10-27
18	v		L 10-38
		SOS	12/32

1 = Hardest Schedule

2024 SCHEDULE

WK		OPP	SPREAD
1	@		+3.5
2	v		-3
3	@		+7
4	@		+2.5
5	v		+3
6	@		+8
7	v		-3
8	v		+2
9	@		+1.5
10	v		+1.5
11	@		+6.5
12	v		+3
13	v		-1.5
15	@		+3
16	v		+3
17	v		+2.5
18	@		+5.5
		SOS*	23/32

SOS* *based on TA's power rankings*