

CLEVANALYTICS

2025 NFL SEASON PREVIEW



2025 **NFL PREVIEW**

ClevTA's 2025 NFL Preview

 clevanalytics.com

 **@ClevTA - Predictions & all 32 team Write-Ups**

 **@Luckym4n_ - Visuals & Design**

 **@picksixprick - Awards Analysis**

 **@shekharfb30 & @yengaskhan - Tools & Data Analysis**

Acknowledgements

PFF.com

rbsdm.com

ourlads.com

FTN/DVOA

SumerSports

NFL Pro

I truly appreciate anyone taking the time to read through my 2025 NFL Preview. It takes nearly two months of hard work, research and dedication putting this together. The cost to put this together is on my own dime and it continues to be free of charge to you the reader. I have a dedicated team that helped put this together and really appreciate all their hard work.

Even if you only get a few nuggets out of the analysis my goal is that it helps you get ready for the NFL season as best as possible. I will absolutely get many things wrong this season but hopefully the hard work and analysis to get to the predictions are clear and sensible. Thanks again for reading and enjoy!

TA

Copyright @
2025 Clevta, Clevanalytics LLC

All rights reserved. This book or any portion thereof may not be reproduced or used in any manner whatsoever without the express written permission of the publisher except for the use of brief quotations in book reviews.

www.clevanalytics.com

CLEVANALYTICS PREMIUM

With Clevanalytics Premium Content You Get

Highly researched, data driven analysis for regular season and playoff matchups! If you like the detailed team write-ups in this NFL season preview you understand the thoughtfulness he puts into his game-to-game analysis.

- Detailed write-ups including matchup analysis, stats, key injury updates, potential weather impact, historical analysis and more.
- Weekly DFS analysis including top sleepers & busts as well as access to dynamic historical search databases to help your process and make more informed decisions.
- Insight into TAs favorite futures and awards
- Weekly ATS pick'em pool and survivor analysis for subscribers entered into ATS and Survivor contests.
 - Dynamic survivor tools to help make optimal weekly and season long selections

*2024 Survivor Example below













NFL Survivor Pool Optimizer

☒ Large Pool (Circa Survivor)
☐ Small Pool (12 Weeks)
☐ Large Pool (18 Weeks)

Add Team

Reset

Week	Team
------	------

Week	gameday	home_team	away_team	pick	spread	Win Prob	future_value
1	2024-09-08	 CIN	 NE	 CIN	-9.0	80.7%	6.39
2	2024-09-15	 CAR	 LAC	 LAC	-5.0	68.1%	1.64
3	2024-09-19	 NYJ	 NE	 NYJ	-7.5	78.1%	4.31
4	2024-09-29	 SF	 NE	 SF	-11.5	88.2%	8.24

Visit [Clevanalytics.com](https://clevanalytics.com) website to Learn More About Clevanalytics Premium Content

Need a Proxy for 2025 SuperContest or Circa Million/Survivor?

It's important to find a group that you can trust to submit your contest or survivor picks on a weekly basis. @Vegas_Matty and the team run the most trusted, highly recommended proxy service for Las Vegas football contests. I personally have used their service and compared to others in the industry; it's the best in the business. Go to footballcontest.com

Use promo code: CLEVTA for \$50 off their service!

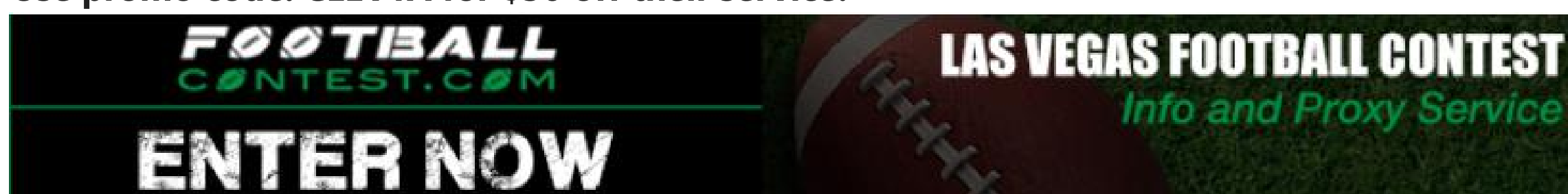


































































































TABLE OF CONTENTS

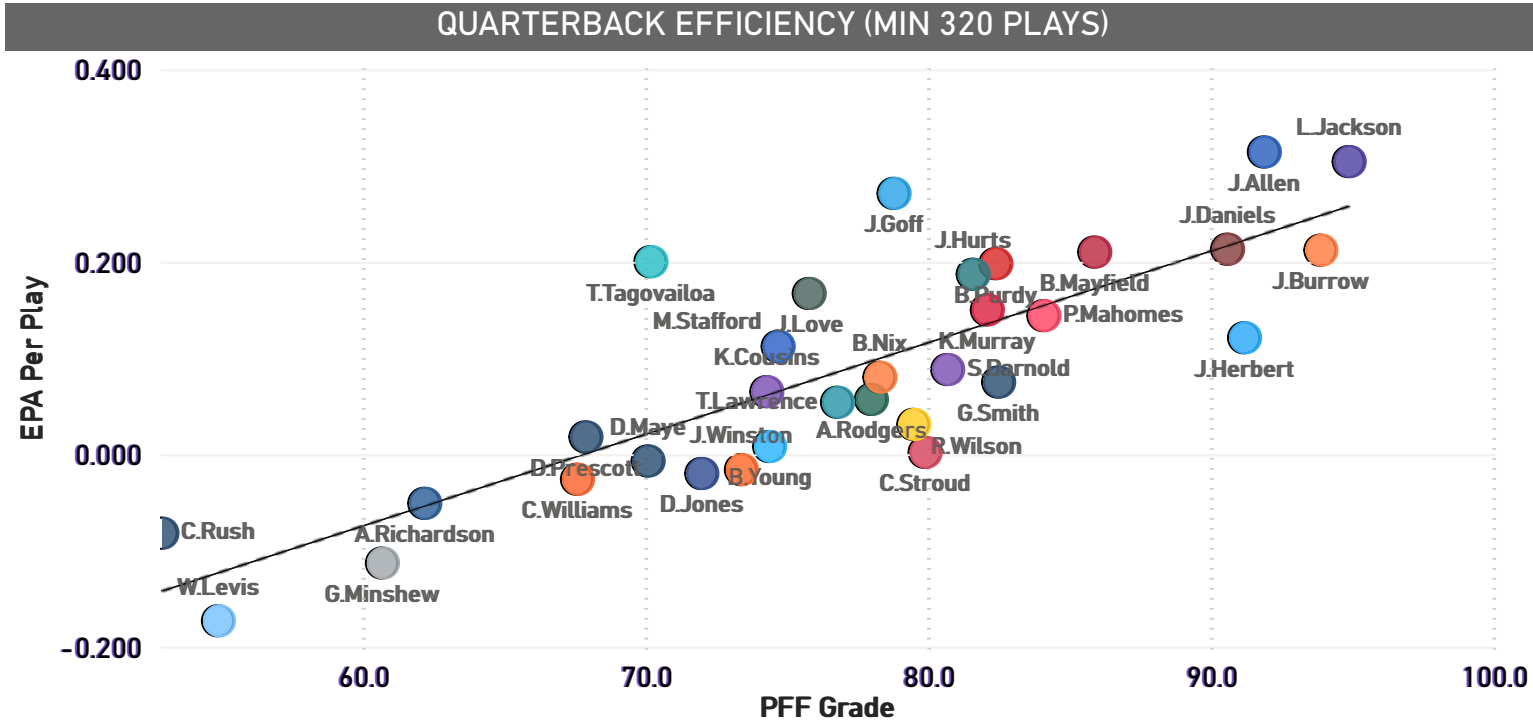
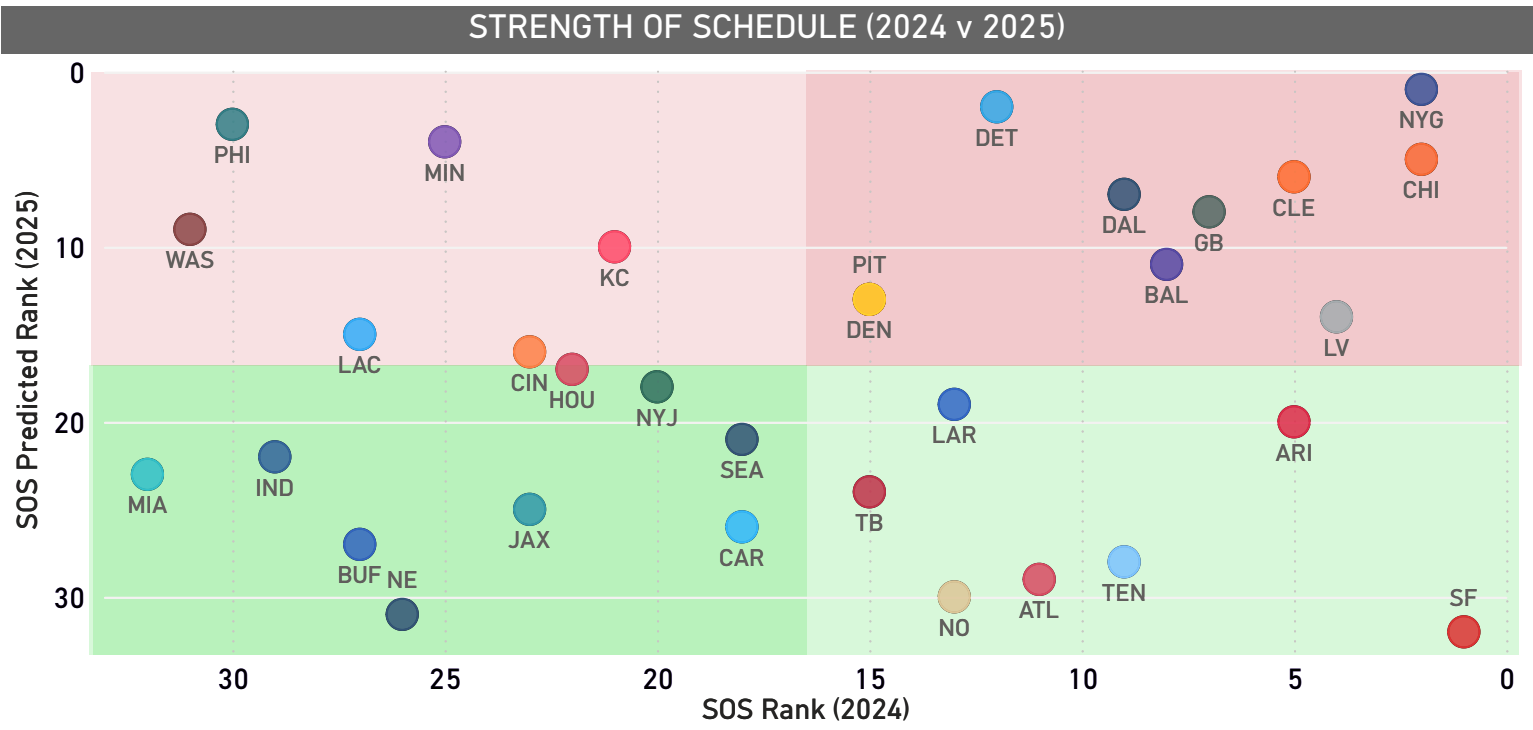
2024 Summary Graphs & Tables
Analytics Primer
Alternative Win Totals
Question & Answer
Awards Preview
2025 Schedule
TA's 2025 NFL Predictions

Team Previews

































































































































-  ARIZONA CARDINALS
-  ATLANTA FALCONS
-  BALTIMORE RAVENS
-  BUFFALO BILLS
-  CAROLINA PANTHERS
-  CHICAGO BEARS
-  CINCINNATI BENGALS
-  CLEVELAND BROWNS
-  DALLAS COWBOYS
-  DENVER BRONCOS
-  DETROIT LIONS
-  GREEN BAY PACKERS
-  HOUSTON TEXANS
-  INDIANAPOLIS COLTS
-  JACKSONVILLE JAGUARS
-  KANSAS CITY CHIEFS
-  LAS VEGAS RAIDERS
-  LOS ANGELES CHARGERS
-  LOS ANGELES RAMS
-  MIAMI DOLPHINS
-  MINNESOTA VIKINGS
-  NEW ENGLAND PATRIOTS
-  NEW ORLEANS SAINTS
-  NEW YORK GIANTS
-  NEW YORK JETS
-  PHILADELPHIA EAGLES
-  PITTSBURGH STEELERS
-  SAN FRANCISCO 49ERS
-  SEATTLE SEAHAWKS
-  TAMPA BAY BUCCANEERS
-  TENNESSEE TITANS
-  WASHINGTON COMMANDERS

2024 SUMMARY

AFC					NFC					OFFENSE EFFICIENCY				DEFENSE EFFICIENCY			
TEAM	2024 REC	2024 ATS	VEGAS '25	SB '25	TEAM	2024 REC	2024 ATS	VEGAS '25	SB '25	TEAM	EPA	DROPPACK EPA	RUSH EPA	TEAM	EPA	DROPPACK EPA	RUSH EPA
	(12-5)	(11-7-1)	(11.5)	+650		(14-3)	(14-7)	(11.5)	+650		0.20	0.33 (1)	0.05 (2)		-0.10	-0.06 (1)	-0.18 (4)
	(13-4)	(12-8)	(11.5)	+650		(15-2)	(12-6)	(10.5)	+1000		0.19	0.30 (2)	0.03 (3)		-0.09	-0.04 (2)	-0.20 (1)
	(15-2)	(9-11)	(11.5)	+800		(12-5)	(12-7-1)	(9.5)	+1800		0.16	0.27 (3)	0.02 (5)		-0.09	-0.02 (3)	-0.19 (2)
	(9-8)	(10-7)	(9.5)	+2000		(11-6)	(9-9)	(9.5)	+2000		0.14	0.21 (4)	0.03 (4)		-0.07	-0.02 (4)	-0.14 (8)
	(10-7)	(12-6)	(9.5)	+2800		(6-11)	(5-12)	(10.5)	+2000		0.13	0.21 (5)	0.01 (6)		-0.05	-0.01 (5)	-0.12 (9)
	(11-6)	(12-6)	(9.5)	+2800		(10-7)	(11-8)	(9.5)	+2200		0.11	0.17 (8)	0.06 (1)		-0.05	0.00 (7)	-0.15 (6)
	(10-7)	(9-8-2)	(9.5)	+3500		(10-7)	(10-8)	(9.5)	+2800		0.11	0.19 (6)	-0.08 (19)		-0.04	-0.01 (6)	-0.11 (12)
	(10-7)	(11-7)	(8.5)	+3500		(14-3)	(11-6-1)	(8.5)	+3000		0.08	0.18 (7)	-0.03 (9)		-0.02	0.02 (9)	-0.10 (14)
	(4-13)	(7-9-1)	(8.5)	+6000		(5-12)	(8-7-2)	(8.5)	+4000		0.07	0.14 (10)	-0.06 (13)		-0.02	0.02 (8)	-0.09 (17)
	(4-13)	(9-7-1)	(7.5)	+8000		(7-10)	(7-10)	(7.5)	+5000		0.07	0.13 (13)	-0.02 (8)		-0.02	0.04 (11)	-0.10 (13)
	(8-9)	(7-10)	(8.5)	+8000		(8-9)	(11-6)	(8.5)	+6000		0.06	0.14 (9)	-0.06 (12)		-0.02	0.06 (14)	-0.18 (3)
	(8-9)	(9-8)	(7.5)	+12000		(10-7)	(6-10-1)	(7.5)	+6000		0.04	0.13 (12)	-0.08 (18)		0.00	0.09 (20)	-0.16 (5)
	(4-13)	(7-9-1)	(7.5)	+12000		(8-9)	(6-10-1)	(7.5)	+8000		0.04	0.08 (16)	-0.01 (7)		0.00	0.02 (10)	-0.02 (26)
	(3-14)	(2-15)	(5.5)	+20000		(5-12)	(8-9)	(6.5)	+12000		0.04	0.13 (11)	-0.12 (22)		0.01	0.10 (23)	-0.12 (10)
	(3-14)	(4-13)	(4.5)	+25000		(3-14)	(5-12)	(5.5)	+20000		0.04	0.11 (14)	-0.07 (15)		0.01	0.07 (15)	-0.12 (11)
	(5-12)	(6-11)	(5.5)	+25000		(5-12)	(7-10)	(6.5)	+35000		0.01	0.06 (17)	-0.08 (17)		0.02	0.09 (17)	-0.10 (15)
											0.00	0.05 (18)	-0.11 (20)		0.02	0.09 (19)	-0.15 (7)
											-0.01	0.04 (20)	-0.13 (25)		0.02	0.10 (21)	-0.09 (16)
											-0.02	0.00 (22)	-0.07 (14)		0.04	0.05 (12)	0.01 (30)
											-0.03	0.05 (19)	-0.12 (24)		0.04	0.11 (25)	-0.07 (18)
											-0.04	0.01 (21)	-0.12 (23)		0.05	0.11 (26)	-0.04 (22)
											-0.04	0.09 (15)	-0.25 (31)		0.05	0.10 (22)	-0.02 (27)
											-0.04	-0.04 (26)	-0.04 (11)		0.05	0.12 (28)	-0.05 (20)
											-0.04	-0.03 (24)	-0.07 (16)		0.05	0.10 (24)	-0.03 (25)
											-0.06	-0.07 (30)	-0.04 (10)		0.05	0.12 (27)	-0.03 (24)
											-0.07	-0.04 (25)	-0.14 (28)		0.05	0.09 (18)	0.01 (29)
											-0.08	-0.02 (23)	-0.19 (30)		0.05	0.09 (16)	0.00 (28)
											-0.09	-0.07 (31)	-0.12 (21)		0.07	0.06 (13)	0.08 (31)
											-0.09	-0.07 (29)	-0.13 (26)		0.07	0.18 (29)	-0.07 (19)
											-0.10	-0.06 (27)	-0.17 (29)		0.08	0.18 (30)	-0.05 (21)
											-0.13	-0.06 (28)	-0.28 (32)		0.13	0.24 (32)	-0.04 (23)
											-0.18	-0.20 (32)	-0.14 (27)		0.15	0.20 (31)	0.10 (32)



2024 SUMMARY

PLAYCALLING PASS RATES				EPA CONSISTENCY (% of Games Overachieved Opp Avg)							
EARLY DOWNS		ONE SCORE GAME		OFFENSE				DEFENSE			
TEAM	PASS RATE	TEAM	PASS RATE	TEAM	OVERALL	PASS	RUSH	TEAM	OVERALL	PASS	RUSH
	64.6%		70.8%		88%	82%	82%		71%	65%	59%
	63.8%		65.0%		82%	76%	53%		71%	53%	65%
	63.4%		64.8%		82%	76%	71%		71%	65%	88%
	62.4%		64.3%		82%	82%	65%		65%	65%	47%
	60.6%		64.0%		76%	76%	76%		65%	59%	71%
	59.0%		63.0%		76%	76%	65%		59%	53%	76%
	59.0%		62.8%		76%	76%	59%		59%	59%	53%
	58.9%		62.7%		71%	59%	59%		59%	53%	53%
	58.8%		62.5%		65%	65%	53%		53%	47%	59%
	58.1%		61.6%		65%	65%	53%		53%	41%	65%
	57.7%		61.5%		65%	47%	76%		53%	59%	29%
	57.7%		61.2%		65%	65%	47%		53%	53%	59%
	57.2%		61.1%		59%	47%	59%		53%	47%	47%
	56.7%		61.0%		59%	53%	53%		53%	41%	53%
	56.2%		60.5%		53%	53%	76%		53%	53%	65%
	56.1%		60.4%		47%	47%	53%		53%	65%	53%
	55.7%		60.3%		47%	47%	41%		53%	53%	59%
	55.7%		60.2%		41%	35%	41%		47%	53%	24%
	55.5%		60.0%		41%	53%	59%		47%	47%	47%
	55.4%		60.0%		41%	35%	35%		47%	65%	47%
	55.1%		59.8%		41%	53%	53%		41%	59%	53%
	54.7%		58.5%		35%	41%	65%		41%	59%	41%
	54.5%		58.4%		35%	35%	47%		41%	41%	29%
	54.3%		57.9%		35%	47%	24%		41%	35%	65%
	53.6%		57.6%		29%	24%	29%		35%	24%	53%
	52.1%		56.4%		29%	41%	47%		35%	35%	29%
	50.5%		56.2%		29%	35%	29%		35%	24%	59%
	49.9%		55.8%		29%	47%	47%		29%	47%	29%
	48.9%		54.8%		24%	35%	41%		24%	29%	41%
	48.3%		53.8%		24%	24%	41%		24%	41%	41%
	45.1%		53.5%		18%	29%	18%		18%	18%	12%
	44.8%		51.3%		12%	41%	41%		18%	12%	18%

2024 TEAM BETTING SUMMARY

2024 NFL Team Over/Under Results					2024 Estimated Off Team Total Results							DEF Tm Total Results							2024 NFL Team ATS Results			
												PPG						% of Other				
												Opp Tm		PPG	Margin		Overs	GMs Over by				Def TT v
Tot Pts	Margin	Over%	Opp Over % in all other gms	Tm	Total	PPG	Margin	Overs	GMs Over by	Opp Def	Off TT v	Exp	Total	Allowed	Margin	Overs	Opp Off	Exp	Tm	ATS	ATS	
ARI	45.8	-0.7	47%	53%	ARI	22.8	23.5	+0.7	59%	49%	10%		ARI	23.7	22.3	-1.4	41%	53%	-12%	ARI	65%	+2.1
ATL	47.8	+1.7	41%	56%	ATL	23.9	22.9	-1.0	53%	52%	1%		ATL	22.2	24.9	+2.7	53%	56%	-3%	ATL	35%	-3.7
BAL	51.7	+4.5	76%	50%	BAL	26.6	30.5	+3.8	71%	49%	22%		BAL	20.5	21.2	+0.7	59%	50%	8%	BAL	65%	+3.1
BUF	52.5	+6.4	65%	51%	BUF	25.0	30.9	+5.9	76%	53%	23%		BUF	21.1	21.6	+0.5	41%	43%	-2%	BUF	59%	+5.4
CAR	51.5	+7.5	76%	50%	CAR	18.5	20.1	+1.5	65%	48%	17%		CAR	25.4	31.4	+6.0	71%	52%	18%	CAR	47%	-4.5
CHI	40.0	-3.1	41%	50%	CHI	20.3	18.2	-2.0	47%	48%	-1%		CHI	22.8	21.8	-1.0	35%	52%	-17%	CHI	53%	-1.0
CIN	53.3	+6.2	65%	54%	CIN	25.1	27.8	+2.6	59%	54%	5%		CIN	21.9	25.5	+3.6	59%	49%	10%	CIN	59%	-1.0
CLE	40.8	-0.5	41%	57%	CLE	18.6	15.2	-3.4	18%	53%	-35%		CLE	22.7	25.6	+2.9	59%	53%	6%	CLE	24%	-6.3
DAL	48.1	+2.9	65%	51%	DAL	21.0	20.6	-0.4	47%	52%	-5%		DAL	24.2	27.5	+3.3	47%	52%	-5%	DAL	41%	-3.8
DEN	43.3	+2.0	65%	52%	DEN	20.6	25.0	+4.4	71%	52%	19%		DEN	20.6	18.3	-2.4	53%	51%	2%	DEN	71%	+6.7
DET	53.3	+2.9	53%	48%	DET	27.9	33.2	+5.3	59%	45%	13%		DET	22.5	20.1	-2.4	41%	53%	-12%	DET	75%	+7.7
GB	46.9	+1.0	47%	45%	GB	24.4	27.1	+2.7	59%	44%	14%		GB	21.6	19.9	-1.7	41%	47%	-6%	GB	50%	+4.4
HOU	43.8	-0.7	35%	54%	HOU	23.1	21.9	-1.2	35%	52%	-17%		HOU	21.4	21.9	+0.5	41%	47%	-6%	HOU	44%	-1.7
IND	47.3	+3.2	59%	48%	IND	21.5	22.2	+0.6	53%	50%	3%		IND	22.6	25.1	+2.5	59%	47%	12%	IND	53%	-1.9
JAX	44.4	+0.3	53%	48%	JAX	20.6	18.8	-1.8	47%	51%	-4%		JAX	23.4	25.6	+2.1	47%	46%	1%	JAX	59%	-4.0
KC	41.8	-2.0	41%	55%	KC	24.1	22.6	-1.5	47%	52%	-5%		KC	19.7	19.2	-0.5	41%	55%	-14%	KC	41%	-1.0
LA	44.3	-2.5	47%	50%	LA	23.1	21.6	-1.5	35%	51%	-15%		LA	23.7	22.7	-1.0	35%	53%	-17%	LAR	53%	-0.6
LAC	41.4	-1.2	47%	57%	LAC	22.2	23.6	+1.4	53%	55%	-2%		LAC	20.4	17.7	-2.7	41%	54%	-13%	LAC	76%	+4.1
LV	43.7	+2.5	53%	53%	LV	18.2	18.2	+0.0	59%	50%	8%		LV	23.1	25.5	+2.5	53%	50%	3%	LV	47%	-2.4
MIA	41.7	-2.2	47%	52%	MIA	22.4	20.3	-2.1	47%	52%	-5%		MIA	21.6	21.4	-0.1	53%	46%	7%	MIA	41%	-1.9
MIN	44.9	-0.5	41%	46%	MIN	23.8	25.4	+1.6	65%	45%	19%		MIN	21.6	19.5	-2.1	47%	47%	0%	MIN	69%	+3.8
NE	41.5	+0.5	65%	50%	NE	17.5	17.0	-0.5	47%	50%	-3%		NE	23.5	24.5	+1.0	59%	47%	12%	NE	44%	-1.5
NO	43.3	-0.1	47%	52%	NO	20.1	19.9	-0.2	41%	51%	-10%		NO	23.3	23.4	+0.1	47%	54%	-7%	NO	41%	-0.4
NYG	40.5	-1.0	35%	57%	NYG	18.2	16.1	-2.1	41%	52%	-11%		NYG	23.3	24.4	+1.2	65%	55%	10%	NYG	29%	-3.3
NYJ	43.6	+1.4	59%	51%	NYJ	21.6	19.9	-1.7	35%	50%	-15%		NYJ	20.7	23.8	+3.1	71%	50%	21%	NYJ	35%	-4.8
PHI	45.1	0.0	41%	57%	PHI	24.5	27.2	+2.7	65%	52%	12%		PHI	20.5	17.8	-2.7	35%	52%	-17%	PHI	65%	+5.4
PIT	42.8	+0.9	47%	55%	PIT	20.8	22.4	+1.5	47%	55%	-8%		PIT	21.0	20.4	-0.6	47%	50%	-3%	PIT	65%	+2.1
SEA	43.7	-1.1	53%	47%	SEA	22.4	22.1	-0.4	59%	47%	12%		SEA	22.4	21.6	-0.7	59%	48%	11%	SEA	35%	+0.4
SF	48.5	+2.3	59%	51%	SF	24.4	22.9	-1.5	41%	47%	-6%		SF	21.9	25.6	+3.8	65%	52%	13%	SF	29%	-5.2
TB	52.2	+6.6	71%	52%	TB	23.6	29.5	+5.9	65%	51%	14%		TB	22.0	22.6	+0.6	59%	50%	8%	TB	59%	+5.3
TEN	45.4	+4.5	59%	48%	TEN	18.8	18.3	-0.5	29%	48%	-18%		TEN	22.0	27.1	+5.0	76%	48%	29%	TEN	13%	-5.5
WAS	51.5	+5.5	65%	50%	WAS	23.8	28.5	+4.7	65%	50%	15%		WAS	22.3	23.0	+0.8	59%	50%	9%	WAS	59%	+4.0

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 team 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 historically offer good value

ESTIMATED ALTERNATIVE WIN TOTALS MARKET RESULTS SINCE 2010											
1 Unit Wagers						\$100 per Wager			Results		
Year	Alt O	Alt U	TOT	Std Dev	Wins v Exp	Alt O	Alt U	TOT	Overs Won	Unders Won	Both L
2024	+3.9	+5.7	+9.6	3.34	-0.11	\$390	\$570	\$960	11	13	4
2023	+3.8	-3.0	+0.8	2.21	-0.05	\$380	(\$300)	\$80	12	10	9
2022	+8.6	+2.8	+11.4	2.96	-0.14	\$860	\$280	\$1,140	14	12	6
2021	-7.8	-0.1	-7.8	1.83	-0.19	(\$680)	(\$100)	(\$780)	8	10	12
2020	+5.7	+2.8	+7.6	2.75	-0.23	\$570	\$190	\$760	13	11	7
2019	-5.8	-0.1	-2.9	2.50	-0.14	(\$580)	\$290	(\$290)	8	11	10
2018	-1.0	+8.6	+9.6	2.44	-0.20	\$90	\$870	\$960	11	13	6
2017	+1.9	-3.0	-0.1	2.88	-0.09	\$190	(\$200)	(\$10)	11	10	9
2016	-3.0	-3.0	-3.0	2.72	-0.23	(\$200)	(\$100)	(\$300)	10	10	12
2015	-0.1	+2.8	+4.7	2.75	-0.20	(\$10)	\$480	\$470	11	12	9
2014	+3.0	-0.1	+5.8	2.43	-0.20	\$490	\$90	\$580	11	11	5
2013	+0.9	-5.9	-2.0	2.88	-0.25	\$90	(\$290)	(\$200)	11	9	11
2012	-3.9	-0.1	-0.1	2.95	-0.22	(\$200)	\$190	(\$10)	10	11	10
2011	+5.8	-3.0	+1.9	2.48	-0.14	\$580	(\$390)	\$190	13	9	7
2010	+2.9	+2.8	+6.7	2.64	-0.02	\$290	\$380	\$670	11	12	6
TOTAL	+14.9	+7.2	+42.2		-2.4	\$ 2,260	\$ 1,960	\$ 4,220	165	164	123

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

NFL Team Wins vs Expected- 2024 Set a Record			
Year	% of Tms Win Total Off by 2+ GMs	% of Tms Win Total Off by 3+ GMs	% of Tms Win Total Off by 4+ GMs
2024	75%	44%	28%
2023	38%	16%	6%
2022	66%	38%	19%
2021	47%	13%	0%
2020	63%	31%	22%
2019	44%	31%	16%
2018	53%	28%	13%
2017	50%	41%	22%
2016	63%	47%	16%
2015	53%	34%	16%
2014	50%	25%	9%
2013	50%	22%	16%
2012	59%	34%	22%
2011	47%	28%	16%
2010	56%	38%	16%
TOTAL	54%	31%	16%

QUESTION & ANSWER

Every year there are teams that come out of nowhere to surprise in the NFL. Since 2000, at least one team with a win total of 8 or less has made the Playoffs in every season. In 21 of the last 25 years, at least two teams have made it including five teams last year (Washington, Denver, Tampa, Minnesota and Pittsburgh). Last year you nailed the Vikings as your top sleeper and Seattle went over their win total. Which teams with a win total of 8 or less are you picking as a Playoff sleeper this year?

I am probably most proud of the research that has led me to consistently selecting surprise teams in the NFL each year that I have been publishing this preview. Last year I was shouting at anyone who was willing to listen that the Vikings were a dark horse Playoff contender, and they even exceeded my expectations. Of the five surprise teams I have picked in the three years of putting this preview together, all five not only went over their win totals but they all flew over by at least 1.5 games. Three of the five made the Playoffs (2022- NYG, 2023- GB, 2024- MIN) even though their average preseason playoff probability was just under 30%. In addition, their aggregate ATS record was 48-36 (57%) for the season and 16-9 ATS (64%) in the first five games before the market catches up. 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. Teams in the 5.5-7 win total range historically have offered the best ROI to make the Playoffs against expectations. Also, since 2008, at least one team has made the Playoffs each season with +280 or higher odds and many seasons that figure is even higher.

With all of that being said, I will pick one team from each conference. Out of the AFC I am selecting the **Tennessee Titans** with a win total of 5.5 (-130 FD) and +430 to make the Playoffs (FD). It's tough to find a solid sleeper pick in the AFC, but if I had to take a chance, I'd go with the team led by the only rookie QB who has the potential to guide his team to a major breakout in 2025. Historically, the teams in this win total range that outperform with the longest tails to the right are teams with highly drafted QBs. QB Cam Ward is likely not in the same class as Jayden Daniels coming out of the draft, but I do think his skill set can help elevate this Titans team. Tennessee played much better than their final 3-14 record last season, finishing 19th on a net yards per play basis and 23rd in net success rate. Their defense was particularly competent, finishing 12th in success rate, 6th in yards per play allowed and they forced the 6th highest rate of opposing punts per drive. However, an offense and special teams that were historically bad gave the Titans no chance to succeed. Ward should be able to turn around an offense that led the NFL in turnovers and a QB in Will Levis who threw four pick 6s. After adding veteran Guard Kevin Zeitler and LT Dan Moore to a young and improving OL, and with a solid run game, Ward should be able to move the football effectively. In addition, the Titans bring in veteran coach John Fassel to hopefully resurrect one of the worst special teams units in modern football history (4th worst punt unit in 40+ years by DVOA). After a tough opening two games at Denver and home to the Rams, the Titans schedule looks soft as 10 of their final 15 games are against teams currently not favored to make the Playoffs.

In the NFC, since I really dug deep with my AFC selection, I will go with a team right on the edge of what qualifies as a sleeper and go with the **Atlanta Falcons**. Their win total sits at 7.5 with -130 juice to the over at FD and they +152 to make the Playoffs. Only six NFC teams are favored to miss the Playoffs, which makes finding a good sleeper in this conference difficult. I was not a huge Michael Penix Jr. fan coming out of last year's draft, but I do recognize the tools he possesses at the QB position and his 9% big time throw rate (PFF) ranked #1 in the NFL in his starts. After digging into last season's data, it was clear that Kirk Cousins completely torpedoed the potential NFC South division champion. The Falcons outgained 76% of their opponents on a yards per play basis, tied for the 2nd highest rate in the NFL, and the offense generated a league-low 3 & out rate. The offense also ranked 3rd best in success rate outside of the red zone but just 20th once they reached the scoring area. Backbreaking turnovers from Cousins single-handedly derailed their season. The Atlanta offense committed the most turnovers (14) and lost the most EPA in the NFL in the 2nd half of close games. Cousins threw seven INTs in the 2nd half of close games, including a league-leading four INTs in the final two minutes. With plenty of offensive weapons at his disposal and expected to face one of the easier schedules of opposing pass defenses, Penix has the goods to lead a top 10 offense. The Falcons spent all of their off-season resources trying to shore up a pass rush that finished 31st in pressure rate and sacks. They signed veteran ED Leonard Floyd, drafted Georgia ED Jalon Walker at #16 and traded a future 1 for Tennessee ED James Pearce. They very likely completely overpaid in that trade for Pearce but that is irrelevant to the performance of the team in 2025 for this discussion. It will be very hard for this defense not to significantly improve by far their biggest weakness from 2024. The first seven weeks of their schedule feature some difficult matchups against the likes of Washington, Buffalo, Tampa, Minnesota and SF but from week 8-18 they play just two teams (TB, LAR) favored to make the Playoffs.

QUESTION & ANSWER

How many and which teams miss the Playoffs in 2025 who made it last year?

A team with -190 or lower odds to make the Playoffs has missed in each season since 2008. It's difficult to pick any of the elite teams to miss the Playoffs but I will go with Tampa, Minnesota, Chargers and Pittsburgh in 2025. They all have plenty of merit for making it but there has to be some turnover somewhere. The Bucs have the shortest shot of making the Playoffs, but Baker Mayfield has to deal with yet another new OC and will be without star LT Tristan Wirfs for at least the start of the season. Baker was awesome last year, and I think the offense ends up being fine again, but they decided to run back a defense that is extremely weak, especially at the back end. The pass defense finished 28th in EPA and did so while facing the 5th highest percentage of snaps against backup QBs last season. They beat the likes of Spencer Rattler twice, Aiden O'Connell/Deshaun Watson, Drew Lock/Tommy DeVito while losing to Cooper Rush. Tampa went 4-1 against backup QBs and 6-6 against everyone else. They lost twice to Kirk Cousins, who generated his two best games from an EPA standpoint all season against Tampa's defense, and allowed Rush, Rattler and Purdy's best or 2nd best game by EPA all season. The Bucs also made the highest FG percentage in the NFL and their opponents missed the 2ndmost kicks in the league. A lot went right for Tampa just to eke out 10-win Playoff berth last season.

You correctly picked Philadelphia to beat Kansas City to win the Super Bowl last season. I can't imagine you will be able to match that feat but what is your SB matchup in 2025?

There is no way I can replicate that prediction again but its fun giving it a try. For the 3rd straight preview I am taking the **Kansas City Chiefs** out of the AFC. I will continue to back the team with one of the best QBs of my lifetime, a top five head coach of all time and a team that has made seven straight AFC Championship games until they prove me wrong. I actually think the 2025 version of the Chiefs is better than the 15-2 KC team from a season ago even though they will certainly win less games. They will not go 11-0 again in one score games but they don't have to replicate that record to make it back to the Super Bowl. If Rashee Rice plays at least half of the season, he is 1/3rd of a really good WR corps and Patrick Mahomes should be playing behind a fortified OL. The defense will always be good with Steve Spagnuolo running the show.

I had an extremely difficult time finding my NFC Champion after pounding the table for the Eagles all offseason last year. I can't go back to the well with Philadelphia for a myriad of reasons so I will take a little bit of a swing and take the **Green Bay Packers**. I am not in love with this pick, but I do think you could pick 6-7 teams from the NFC and have good reasons for it. I thought Jordan Love took a step back last season after his magical end of the 2023 season but after evaluating his performance recently, I thought he played fine. Love dealt with multiple injuries throughout the season and also faced the single toughest schedule of opposing pass defenses in the NFL. He played nine games against top 10 EPA pass defenses and was the only starting QB who did not generate a single bottom 30th percentile EPA performance on his schedule. This while his WR group constantly let him down and dropped passes at the 5th highest rate in the league. They added WR Matthew Golden and are hoping for 1-2 of their younger WRs to step up and form a top 5-10 offense. The defense leaned on a lot of turnovers last season to help fuel success but it's still a good enough unit to finish top half of the league. Matt LaFleur is one of the better coaches in the NFC and I think they have the firepower to make a run.

QUESTION & ANSWER

Based on the analysis of all 32 team's schedules, what are some specific difficult scheduling spots you are circling this season?

In combing through every team's schedule, there were a few that did stand out.

o **Week 1: Tennessee at Denver-** The opener in Denver is Cam Ward's pro debut and he faces the #1 EPA pass defense in the NFL last season right off the bat. A defense that added LB Dre Greenlaw and S Talanoa Hufanga. In addition, playing in the heat and the mile high altitude of Denver that early in the season is a difficult adjustment. Since 2000, Denver has won 79% of games vs a pre-game win expectancy of 63% at home in the first two weeks of a season. Opponents have also gone under their team total in 62% of those games.

o **Week 5: Cleveland vs Minnesota (London)-** This game is being played in London where the Browns will be flying to after a week 4 game at Detroit. Minnesota will have the body clock advantage considering they will be in Ireland the prior week against Pittsburgh. Small sample size but the Jags won and covered easily in the two games the last two seasons where they played the 2nd leg of a back-to-back Europe game.

o **Week 6: Cleveland at Pittsburgh-** An absolutely brutal spot for the Browns who will be travelling from Detroit to London then back to the US and in Pittsburgh for a week 6 divisional rivalry game. To add to the difficulties, the Steelers will be coming off of a bye week and waiting for a weary Browns team. I could not find another example of a team going straight from overseas to a road game against another team off of their bye. And it will be the Browns 3rd straight game away from home no less.

o **Week 8: Tampa at New Orleans-** I've discussed the dreaded road MNF game followed by another road game in past previews and the Bucs face that scenario here. Even worse, they play a physical Lions team on the road the prior week to their game in New Orleans. The Saints are likely not to be a really good team so this could be a sleepy spot for the Bucs.

o **Week 10: Jacksonville at Houston-** The Jags play on the road in Las Vegas in week 9 then stay on the road the next week in Houston. The sample size isn't huge but there could be something to the Las Vegas hangover, as opponents are just 1-11 ATS with a -11.9 ATS margin when playing on the road the week following a trip to Vegas. The opponent also went over their team total in 75% of those games. Considering how young this Jaguars team is, and with a new HC at the helm, that Houston game in week 10 could be a nice fade spot to circle.

o **Week 17: Dallas at Washington-** Dallas plays Washington in week 17 on the road on TNF. The Commanders will be off a Saturday game at home vs Philadelphia which gives Washington a one-day rest advantage. So not only does Dallas have to travel in a short week to a division rival in week 17 but will have to do so against a team with a rest advantage. I went back 25 years and could not find another instance where one team had extra rest compared to an opponent for a Thursday night game. It's one thing to be at a rest disadvantage, it's another when the game is being played in the shortest week possible and Dallas has to do it on the road. Brutal spot that late in the calendar.

AWARDS PREVIEW

Below is a preseason preview of the awards markets, including a profile of historical winners and analysis of this year's candidates. All odds via DK or FD but make sure you shop around as odds can vary drastically.

By: @Clevta and @picksixprick

Most Valuable Player

Profile of Winners: The profile for the MVP in recent history has been simple: be an elite quarterback and play for a team with a lot of wins.

- 12 straight and 17 of the last 18 MVPs have been QBs and those teams have averaged just over 13 wins per season. No MVP in the last 25 seasons came from a team with less than 11 wins.
- The average preseason win total for MVP QBs since 2001 has been 10 wins and the median team Playoff odds has been -175 since 2009. Since 09 no QB has won MVP on a team with Playoff odds worse than +315 (Matt Ryan 2016). Cam Newton is the only MVP to come from a team who won less than 8 games the prior season.
- Interestingly, five straight MVP winners have come on teams with -130 or better Playoff odds but none higher than -275 (Rodgers in 2021). In fact, among the last 15 QB MVP winners, only three have come from teams with higher than -275 Playoff odds (Brady in 2017, Manning in 2013 and Rodgers in 2011). Seven straight and nine of the last 10 QB winners have come on teams expected to at least be pretty good but not inside the top five best odds to make the Playoffs.
- Of the last 18 MVP QBs, only seven were 1st time winners (Brady 07, Rodgers 11, Newton 15, Ryan 16, Mahomes 18, Lamar 19, Allen 24). Of the 1st time winners since 07, the oldest winner was Matt Ryan at age 31. It's much less likely that a veteran QB will break through to win MVP for the first time after extended years in the NFL.
- Of the last 22 MVP QBs (as far as my data goes), 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. Cam Newton just barely was positive as well with a +0.01 in the season prior to him winning the award. Outside of those two outliers, each of the other 20 MVP QBs generated an EPA of +0.10 per drop back or better in the season prior to winning the award.

TA: Based on the parameters we have laid out above and the different teams I think can excel this season, I do think **Patrick Mahomes** is my favorite pick among the shorter odds (<10-1). 6-1/7-1 is probably better than you will get him during the season. He had a "down" year in 2024 and think with an improved OL and hopefully a potentially excellent three WR group with Rice, Worthy and Brown, Mahomes can garner the stats to get strong consideration. KC has lacked explosive capabilities ever since Tyreek Hill left (27th in explosive pass offense in 2024) and this young group offers so much upside down the field and after the catch.

In terms of a longer shot, I am going with Packers QB **Jordan Love**. He sits at consensus 25-1 at FD and DK but anything 20-1 or higher is a good price imo. I like Green Bay as a strong Playoff contender this season and with the addition of speedster Matthew Golden and the hope that 1-2 of the young WR group steps up this season, Love can really make a leap in 2025. His WRs let him down a lot last year and dropped passes at the 5th highest rate in the NFL last season. He also had to deal with multiple injuries that derailed the start of his season and faced the single toughest schedule of opposing pass defenses. The defenses in the NFC North are tough but overall, the schedule of opposing defenses should lighten up this season. **Michael Penix Jr.** at anything 50-1 or higher would be my biggest dark horse if you are looking for a major flier. He sits 75-1 at FD and that is a number I'd grab considering a top 10 offense that plays an easy schedule and 12 dome games this season.

Offensive Player of the Year

Profile of Winners: Over the past several years, OPOY has morphed into the award for the best non-quarterback, so we'll focus mostly on skill position players (RB or WR).

- Since 2000, 9 QBs, 13 RBs, and 3 WRs have won this award, however, the last six winners have all been skill position players. All three WRs who have won have been within the past six years as pass rates have increased. The last repeat skill position player was Marshall Faulk in 2000 and 2001.
- The last 13 RB winners led the league in either rush yards, rush TDs, or both. The three WR winners all led the league in receiving yards.
- The last 15 winners made the Playoffs, and their teams won 10 or more games, with an average of 12 wins per season.

AWARDS PREVIEW

- The average preseason win total for the winners' teams has been nine and 20 of the last 25 winners had a preseason win total of 8+.
- Of the 16 skill position winners since 2000, all were age 28 or younger when they entered the season. A rookie has never won this award.
- The preseason odds for the last four winners- Barkley (22-1), McCaffery (15-1), Jefferson (12-1) and Kupp (80-1).
- None of the last 11 straight winners of this award even received a single vote the prior season. Three of the last four winners (Barkley, McCaffery and Kupp) were coming off injury shortened seasons with mediocre results.

TA: I am definitely leaning toward a WR in this market and the two guys I circled are **Puka Nacua** (20-1 DK) and **Drake London** (50-1 DK). I'd be fine with London down to 35-1 but Puka probably needs to be in the upper teens to justify. Both check the box in terms of being age 28 or younger and neither received a vote last season. Puka is underrated in my eyes but catches everything and is tough as nails in a good offense. Cooper Kupp absorbed so many of Stafford's red zone targets that even with Davante Adams in the mix, Nacua should see an uptick in those end zone looks. He finished #2 in receiving yards per game and #1 in yards per route last season. London is my favorite longer shot and in three games with Michael Penix at QB last season, London saw 39 targets and averaged 117 yards per game. Atlanta gets 12 dome games and London will face nine opponents who finished bottom 10 in pass EPA last seas

Coach of the Year

Profile of Winners: We nailed Brian Daboll as COTY in this preview back in 2022 and again last season when we hit Kevin O'Connell at 28-1. The general formula for previous winners has been to be a coach of a team with lower expectations who exceeds these expectations significantly. Kevin Stefanski in 2023 and Mike Vrabel in 2021 were outliers in that regard as major in season injuries created positive narratives for both when they made the Playoffs. Those injury-related sort of narratives are impossible to predict prior to a season so instead we need to latch onto the data that is currently available to us.

- 20 of the last 21 winners ended the season with 10 or more wins, and all 20 had nine or more. 14 of the last 15 winners came from teams with 11 or more wins.
- The average preseason win total of the last 24 winners is 7.7 wins and no winner in the last 17 years came into the season with a win total of greater than 9.5. Belichick in 2007 (11.5) is the last outlier in this case. None of the last 17 winners' preseason win totals ranked inside the top 10 for that season and 13 of the last 14 winners came into the season on a team that were underdogs to make the Playoffs.

TA: My top pick is **Jonathan Gannon** from the Arizona Cardinals (20-1 DK). I have Arizona winning 10+ games and making the Playoffs with a solid chance to win the NFC West for upside. He did an excellent job guiding this Cardinals team last season, with lackluster talent, to eight wins and a contender for the division a season ago. This offseason, the team added potentially six new defensive starters and returns every offensive starter to a top 10 offense. Arizona's eight wins looks a lot better considering they faced one of the most difficult schedules in the NFL, including eight games vs playoff teams. Ben Johnson and Mike Vrabel are the obvious top candidates but their prices are way too low and both teams are very trendy to exceed last year's wins. Not only do they need to clear an already inflated win total but they need to likely win 10 games to win this award. I have a good amount of exposure on Atlanta but Raheem Morris is another candidate at a long price that makes sense as a good option as well.

Defensive Player of the Year

Profile of Winners: DPOY is generally given to well-established, elite defensive players. You need pedigree to win this award, and you also need to play on a good team:

- 9 of the last 11 winners have been defensive linemen. Since 2000, just six defensive backs have won the award, including last year's winner Patrick Surtain. A LB hasn't won the award since 2013.
- 10 straight and 15 of the last 16 winners came on teams that made the Playoffs. 18 straight winners have come from a defender on a team with at least nine wins that season.
- The average preseason win total for DPOY winners has been 8.8 since 2007 and only Surtain (5.5) and Aaron Donald in 2017 (6) came from a team with a preseason win total of less than 7.5. Surtain's Denver team was the lowest preseason win total for any DPOY winner since 2000.

AWARDS PREVIEW

- Counting stats matter a lot for this award. Of the last 10 defensive linemen to win, all had at least 11 sacks. Of the last nine defensive linemen to win this award, all generated at least 8.5 sacks the season prior to winning.
- 15 straight and 22 of the last 25 winners have been age 29 or younger. The last 14 winners (including repeats) have all been former first round picks. A rookie has never won this award.
- Three straight winners have come from defenses that snuck up on the league and ranked 16th or worse in EPA the prior season. Myles Garrett's Browns and Surtain's Broncos ranked 25th in EPA the season prior to winning the award. Three straight and five of the last six winners came from defenses that ended that season ranked #1 in EPA.

TA: I will be upfront; I am not great at finding winners of this award historically. There does not seem to be many surprises and the ones that end up hitting like Surtain last season, are at positions that rarely win. I realistically think Micah Parsons is priced correctly as the favorite, Aidan Hutchinson is asking a lot to come back from that injury and immediately dominate again and Myles Garrett is on a team likely to be drafting inside the top five next season. For the price, I'd go with one of **Nick Bosa at 20-1 at DK (13-1 at FD)**, Jared Verse at 15-1 or Will Anderson at 16-1. All I think are fair prices for big sack getters on Playoff level teams. I'll hitch my wagon to Bosa who ranked 3rd among Edge Rushers last season in pressure rate (16.4%) but who is the only one of the top guys with a sack to pressure conversion below pass rush average level. He was also playing banged up for much of the season. A deep long shot would be **Chop Robinson** from Miami who is sitting 120-1 on FD. He quietly finished 5th among qualified Edge Rushers in pressure rate (16.3%) but only generated 12.5% sack to pressure conversion rate, well below average. He started slow but generated all seven of his sacks and ranked 4th in pressures and #2 in hurries among all defenders from week 9 on.

Offensive Rookie of the Year

Profile of Winners: Winning the OROY is all about performance but that doesn't necessarily mean that the team needs to be good.

- 11 QBs, 9 RBs, and 5 WRs have won this award in the last 25 years. The last six winners have either been QB or WR.
- OROY winners are generally on teams with low preseason expectations. The average preseason win total of winners' teams is seven, and 20 of the last 25 winners had a preseason win total of eight or less. However, it's worth keeping in mind that because most OROY winners are higher first round draft picks (see below), they are generally being drafted to worse teams. Therefore, preseason win total trends for OROY may be more descriptive than predictive.
- Since 2000, the winners have played on teams who won an average of nine games, but 12 of the 25 played on teams who won eight games or fewer. Of the last 16 winners, only eight played on teams that made the playoffs.
- Seven straight winners have been drafted inside the top 10. Only seven of the last 25 winners were non first round draft picks, and six of those seven were skill position players. Outside of Dak Prescott, all QB winners were first round picks, and all were drafted at pick 11 or lower.

TA: I don't really love this market this season. Cam Ward is the clear favorite to me as I have the Titans as a strong sleeper team in 2025. But the number is too light and instead I would wait until after his first two games, a brutal opener in Denver and a home game against a good Rams pass rush. If they lose both games, he may get to the 10-1 range and that is where I'd grab him. For a ticket before the season starts, I will take **Tet McMillan** at 15-1 on DK. He is the only true outside WR drafted high this season and should immediately be Bryce Young's top target down the field. As for a couple of long long shots, I already have a ticket on Jags RB Bhayshul Tuten and anything 70-1 or higher is worth a look. He is an explosive RB who ran a 4.32 40 at the combine and goes to a HC in Liam Cohen who could use him in a similar manner as Bucky Irving a season ago in Tampa. Travis Etienne seems to be on his last leg there and with a new regime, the keys could get handed to Tuten sooner rather than later. As for one more extreme longshot, 150-1 on Pat Bryant, a WR for the Broncos out of Illinois stands out. He goes to a Sean Payton offense that does not have many entrenched WRs outside of Courtland Sutton right now and these mid-late round WRs seem to play well immediately for elite play callers like Puka Nacua/Cooper Kupp with Sean McVay and Marques Colston with Payton in New Orleans.

AWARDS **PREVIEW**















































































































































































































































































































































































Defensive Rookie of the Year

Profile of Winners: This award is almost exclusively reserved for first round picks.

- Going back to 2000, only three winners have been DBs, and the rest were either defensive linemen or linebackers. Of the last 12 winners, eight were defensive linemen.
- Similar to OROY, DROY winners usually are on teams with low preseason win totals (average of ~7 since 2000). 15 of the last 16 winners played for a team with a preseason total of 8.5 or less. Micah Parsons was the lone exception (preseason win total of 9).
- Team success has been a characteristic of more recent winners. 10 straight winners played for teams that went over their win total and nine of the last 10 made the Playoffs.
- There have only been three winners of this award since 1989 that were drafted outside of the 1st round. All three were 2ndround linebackers. There has not been a DROY drafted outside of the top 40 overall picks since Erik McMillan of the Jets in 1988 (63). There have been 17 DE or DTs who have won this award since Hugh Douglas in 1995. All 17 have been drafted inside the top 20 of the 1st round.

TA: Based on the pass rusher parameters (top 20 1stround pick), Carter leads a list of seven DE/DT that qualify historically, and you can just tell that the market has the same information as discussed above and pricing is appropriate. I honestly have no idea how to properly discern which one of the pass rushers upfront are going to step up and produce to a level to win this award. I will go with **Mykel Williams**, a pass rusher for SF at 14-1 on DK. He is opposite Nick Bosa so he should get plenty of 1-1s, is on a true Super Bowl contender and one that has Robert Saleh back in the fold as DC.

2025 SCHEDULE

Team Schedule	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	@ 	v 	@ 	v 	v 	@ 	v 		@ 	@ 	v 	v 	@ 	v 	@ 	v 	@ 	@ 
	v 	@ 	@ 	v 		v 	@ 	v 	@ 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 
	@ 	v 	v 	@ 	v 	v 		v 	@ 	@ 	@ 	v 	v 	@ 	v 	@ 	v 	@ 
	v 	@ 	v 	v 	v 	@ 		@ 	v 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 
	@ 	@ 	v 	@ 	v 	v 	@ 	v 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 
	v 	@ 	v 	@ 		@ 	v 	@ 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 
	@ 	v 	@ 	@ 	v 	@ 	v 	v 	v 		@ 	v 	@ 	v 	@ 	v 	@ 	v 
	v 	@ 	v 	@ 	v 	@ 	v 	@ 		@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 
	@ 	v 	@ 	v 	@ 	@ 	v 	@ 	v 		@ 	@ 	v 	@ 	v 	@ 	v 	@ 
	v 	@ 	@ 	v 	@ 	@ 	v 	v 	@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 	v 
	@ 	v 	@ 	v 	@ 	@ 	v 		v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 	v 
	v 	v 	@ 	@ 		v 	@ 	@ 	v 	v 	@ 	v 	@ 	v 	@ 	v 	@ 	v 
	@ 	v 	@ 	v 	@ 		@ 	v 	v 	v 	@ 	v 	@ 	v 	@ 	v 	@ 	v 
	v 	v 	@ 	@ 	v 	v 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 
	v 	@ 	v 	@ 	v 	v 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 
	v 	@ 	v 	@ 	v 	v 	@ 		@ 	@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 
	@ 	v 	@ 	v 	@ 	v 	v 	v 	@ 		@ 	v 	@ 	v 	@ 	v 	@ 	v 
	@ 	v 	@ 	v 	@ 		@ 	v 	v 	v 	@ 	v 	@ 	v 	@ 	v 	@ 	v 
	@ 	v 	v 	@ 	@ 		v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 	v 
	v 	@ 	v 	@ 	v 	v 	@ 	v 	@ 	@ 	v 	@ 	v 	@ 	v 	@ 	v 	@ 
	@																	

TA'S 2025 NFL PREDICTIONS

AFC STANDINGS									
AFC EAST			W	L	AFC SOUTH			W	L
	Buffalo Bills		12	5		Houston Texans		10	7
	Miami Dolphins		8	9		Tennessee Titans		9	8
	New England Patriots		7	10		Jacksonville Jaguars		7	10
	New York Jets		5	12		Indianapolis Colts		5	12
AFC NORTH			W	L	AFC WEST			W	L
	Baltimore Ravens		12	5		Kansas City Chiefs		12	5
	Cincinnati Bengals		9	8		Denver Broncos		9	8
	Pittsburgh Steelers		8	9		Los Angeles Chargers		9	8
	Cleveland Browns		4	13		Las Vegas Raiders		8	9
						AFC PLAYOFF SEEDS			
						1		Buffalo Bills	
						2		Baltimore Ravens	
						3		Kansas City Chiefs	
						4		Houston Texans	
						5		Cincinnati Bengals	
						6		Denver Broncos	
						7		Tennessee Titans	
						AFC WINNER			
								Kansas City Chiefs	

NFC STANDINGS									
NFC EAST			W	L	NFC SOUTH			W	L
	Philadelphia Eagles		11	6		Atlanta Falcons		11	6
	Washington Commanders		9	8		Tampa Bay Buccaneers		9	8
	Dallas Cowboys		9	8		Carolina Panthers		6	11
	New York Giants		3	14		New Orleans Saints		6	11
NFC NORTH			W	L	NFC WEST			W	L
	Green Bay Packers		12	5		Arizona Cardinals		10	7
	Detroit Lions		11	6		Los Angeles Rams		10	7
	Minnesota Vikings		9	8		San Francisco 49ers		9	8
	Chicago Bears		7	10		Seattle Seahawks		6	11
						NFC PLAYOFF SEEDS			
						1		Philadelphia Eagles	
						2		Green Bay Packers	
						3		Atlanta Falcons	
						4		Arizona Cardinals	
						5		Detroit Lions	
						6		Los Angeles Rams	
						7		San Francisco 49ers	
						NFC WINNER			
								Green Bay Packers	

SUPERBOWL



VS



SUPERBOWL CHAMPIONS

TEAM **PREVIEWS**



ARIZONA CARDINALS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC WEST	(8-9)	(8.5)
GENERAL MANAGER	HEAD COACH	
MONTI OSSENFORT	JONATHAN GANNON	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
DREW PETZING	NICK RALLIS	

REVIEW & ANALYSIS

2024 Season in Review Even though Arizona finished the 2024 season 8-9, missing the Playoffs for the 3rd straight year, things are looking way up for this franchise. The Cardinals faced a top five most difficult schedule, including eight games vs playoff teams, and managed to exceed their pre-season win total of seven wins. Along with 49ers, the Cardinals were the only other team in the NFL to face both a top 10 most difficult schedule of opposing offenses and defenses by EPA. Arizona sat 6-4 after week 10 and led the NFC West before collapsing to finish the season with four losses in their final six games. A disappointment after the excellent start but considering that this team fielded what many would believe to be a bottom 2-3 defensive roster, and facing that difficult schedule, the overall season was a success. HC Jonathan Gannon continues to push the right buttons and had his players playing hard all season. Even with rookie WR Marvin Harrison Jr. underwhelming in his first season (87th in ESPN WR score), the offense was the bright light, finishing 10th in EPA and QB Kyler Murray played like a top 12 QB (11th in PFF grade, 8th in success rate). The run game was fantastic behind Murray and veteran RB James Conner, but the defense continued its struggles with a bunch of injuries and a lack of talent (31st in success rate allowed).

Luck Factor The Cardinals went just 3-5 in one score games in 2024 and in the last three seasons, Arizona’s 7-16 one score game record ranks 2nd worst in the NFL. Turnovers in those close games were a major detriment. They ranked 22nd in EPA lost to turnovers in the 2nd half of close games and in just the 4th quarter of close games, Arizona committed the 2nd highest turnover rate in the league. Defensively they only forced just two turnovers in those close game situations. They did not get many bounces in general when it comes to fumbles that hit the ground. They ranked 20th in recovery rate on offense and even though they forced the 5th most fumbles on defense, their 33% recovery rate ranked just 24th. Injuries along both the OL and DL were brutal for Arizona and even worse considering the lack of talent and depth at those positions. They suffered the worst injury luck on the DL according to the adjusted games lost metric and 4th worst on the OL. According to FTN, this was the worst single injury season on record among DL units historically and amazingly, this was the 2nd straight season they suffered the worst injury luck along the DL. At some point, the Cardinals defensive front has to stay reasonably healthy. Rookie DL Darius Robinson only played the final six games, 2nd year pass rusher BJ Ojulari missed the entire season and the Cardinals two big FA signings along the DL, Bilal Nichols and Justin Jones, only played nine games total. And while the Cardinals were suffering numerous injuries, their opponents in aggregate ranked as the 5th healthiest in the league last season by AGL. The Cardinals did not face a single backup QB all season until their week 18 meaningless game against Josh Dobbs and the 49ers. That 8% snap rate ranked 4th lowest in the league for backup QBs

Schedule Analysis As mentioned above, the Cardinals faced one of the most difficult schedules last season and it was brutal from the jump. Six of their first seven games were against Playoff teams and the only one that wasn’t were the 49ers who were healthy at the time. Of their nine losses last year, six came against Playoff teams and four of those six losses to Playoff teams came by seven points or less. It’s a much more manageable set of opponents this season as my ratings have them facing the 20th ranked strength of schedule. Based on last year’s EPA results, their offense is set to face the 5th easiest schedule of defenses and their defense is set to face the 22nd ranked set of opposing offenses. It could be a big swing against the top 10 schedule of last year on both sides of the ball. I have ARI favored in five of their first six games and they face the single easiest schedule in the NFL during that stretch which includes NO, CAR and TEN. They also catch some breaks with the environment of their road games as they play four in a dome, one early in the season outdoors in SF and play TB in November when it should not be as hot and humid. Only at SEA in early November and at CIN in December could they face tough outdoor conditions but overall, a big break for the Cardinals. They do have to travel to SEA on a short week following a MNF road game at DAL in week 10, but at least they will have just come off their bye week prior to that DAL game so the rest shouldn’t be a major issue.

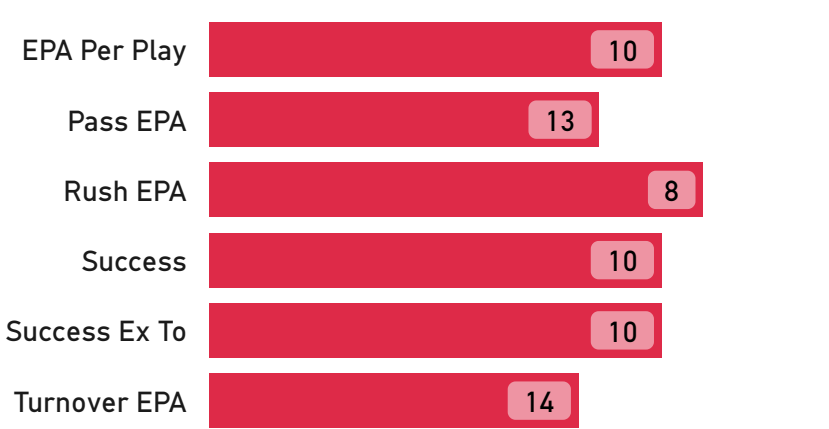
Offseason There was one clear objective for Arizona this offseason and it was to improve the defense. Even though they manufactured stops on defense and created turnovers, their lack of a pass rush killed them in high leverage situations. On 3rd and 4th downs and long (6+ yards), no team gave up a higher success rate in the NFL than the Cardinals (39%) and they generated the 2nd lowest pressure rate in those spots. Each of their first five draft picks came on the defensive side, including first round DT Walter Nolan. Nolan is uber talented and was the nation’s top defensive recruit out of HS. The Cardinals four biggest FA splash moves- ED Josh Sweat, DL Calais Campbell, DL Dalvin Tomlinson and LB Akeem Davis-Gaither, also came on defense. Once you also include the 2024 trade deadline addition of ED Barron Browning and the return of Ojulari, this defensive front has gone from a weakness to a strength. Nobody on the Cardinals front four generated more than two quick pressures all season (u2.5 secs). Campbell had four in the regular season and Sweat generated five in the postseason alone. Last year, Arizona finished bottom 10 in pressure rate and they mainly needed to scheme up much of that pressure. Now with real talent on that DL, they finally have real dudes to attack the QB. They may have also gotten a steal in 2nd round CB Will Johnson from Michigan, who dropped due to injury concerns and scheme fit. He is a CB who excels mainly in zone coverage which fits nicely in Gannon’s defensive scheme. The Cardinals barely touched the offensive side of the ball but they are just hoping for continued success from TE Trey McBride (111-1,146) and a leap from Harrison Jr. following a disappointing rookie season. The offense was very steady a season ago and finished 10th in both success rate and EPA. If Harrison can develop into a true #1 WR, this team has a shot to exceed expectations.

2025 Outlook I believe that season three of this regime is where the Cardinals make that leap into the Playoffs. Last season could have easily gone off the rails considering how difficult the start of their schedule was having to face power houses like BUF, LAR, DET and WAS, but they persevered and battled for the division all season long. Their schedule softens substantially, and their top 10 offense should shine as long as Kyler Murray stays healthy. With good coaching that finally gets real talent along the front seven, this defense can easily finish inside the top half of the NFL to go with that top 10 offense. My baseline numbers have Arizona winning between 8-9 games but I don’t think it will take much for the Cardinals to improve on that and make the Playoffs.

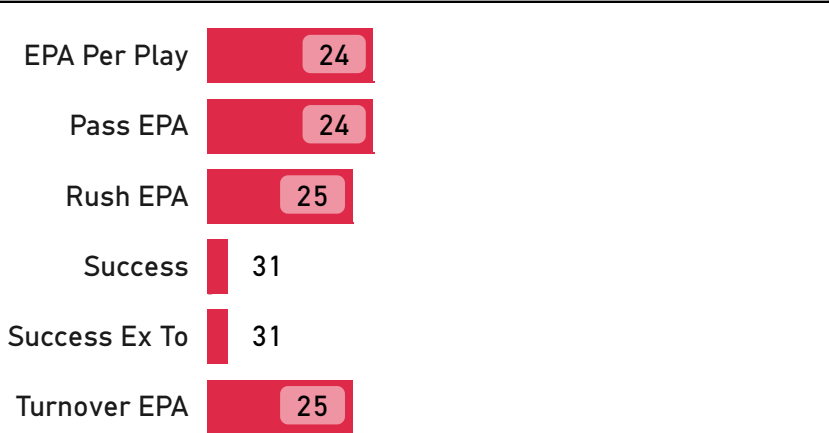
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
▲LWR	Zay Jones	
RWR	Marvin Harrison Jr.	
SWR	Michael Wilson	
LT	Paris Johnson Jr.	
LG	Evan Brown	
C	Hjalte Froholdt	
RG	Isaiah Adams	
RT	Jonah Williams	
TE	Trey Mcbride	
QB	Kyler Murray	
RB	James Conner	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
▲LDE	Calais Campbell	
NT	Dalvin Tomlinson	Roy Lopez
RDE	Walter Nolan III	
LOLB	Baron Browning	
WLB	Akeem Davis-Gaither	Kyzir White
MLB	Mack Wilson Sr.	
ROLB	Josh Sweat	Julian Okwara
LCB	Will Johnson	
SS	Jalen Thompson	Jalen Thompson
FS	Budda Baker	
RCB	Max Melton	
NB	Garrett Williams	

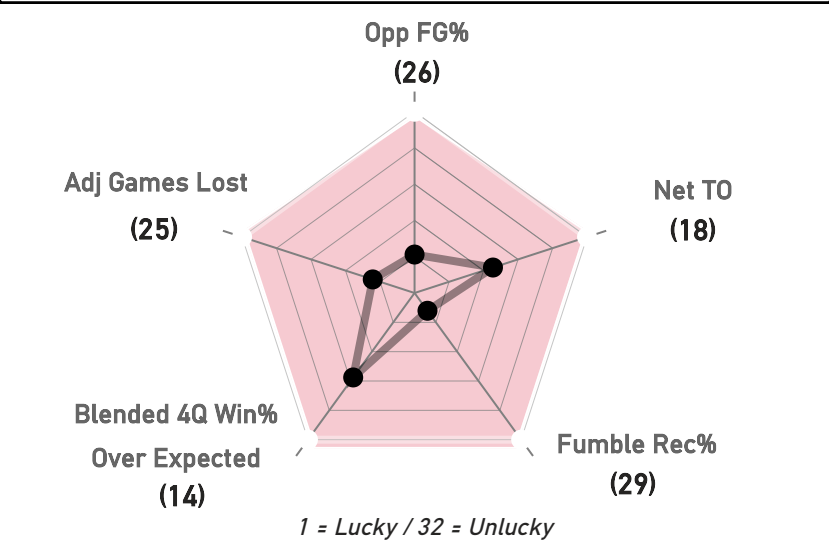
OFFENSE ADVANCED RANKS



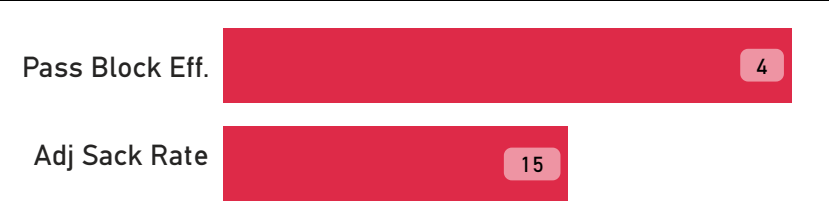
DEFENSE ADVANCED RANKS



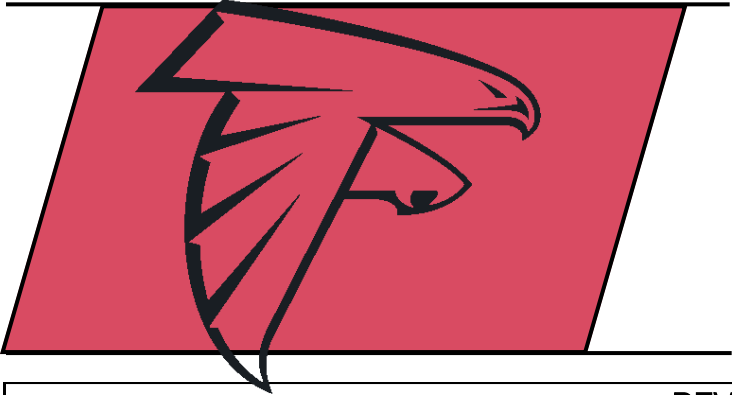
LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE		
▲WK	OPP	SCORE		▲WK	OPP	SPREAD
1	@	L 28-34		1	@	-5.5
2	v	W 41-10		2	v	-4.5
3	v	L 13-20		3	@	+3.5
4	v	L 14-42		4	v	-2.5
5	@	W 24-23		5	v	-5.5
6	@	L 13-34		6	@	-1.5
7	v	W 17-15		7	v	+1.5
8	@	W 28-27		9	@	+1.5
9	v	W 29-9		10	@	+1.5
10	v	W 31-6		11	v	+1.5
12	@	L 6-16		12	v	-3
13	@	L 22-23		13	@	+3.5
14	v	L 18-30		14	v	+1.5
15	v	W 30-17		15	@	+2.5
16	@	L 30-36		16	v	-3.5
17	@	L 9-13		17	@	+3.5
18	v	W 47-24		18	@	+4.5
SOS		5/32		SOS*		20/32
1 = Hardest Schedule				SOS* based on TA's power rankings		



ATLANTA FALCONS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC SOUTH	(8-9)	(7.5)
GENERAL MANAGER	HEAD COACH	
TERRY FONTENOT	RAHEEM MORRIS	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
ZAC ROBINSON	JEFF ULBRICH	

REVIEW & ANALYSIS

2024 Season in Review The 2024 Atlanta Falcons finished 8-9, a disappointment after signing what they thought was the QB that could get them into the Playoffs in Kirk Cousins. Following a 6-3 start and ranking 12th in the league in EPA, Cousins and the Falcons season went down the drain. Kirk was either hurt or his arm completely shot as he struggled mightily (35th out of 38 QBs in EPA from week 10 on) and the Falcons lost four of their next five games to essentially keep them out of the Playoffs. In came rookie Michael Penix to close out the season in the final three games and showed enough promise for the team to hand him the starting job in 2025. Penix finished with a league average EPA but was graded as an 87 by PFF and his 9% big time throw rate ranked #1 in the NFL. To be fair, his three starts came against the 22nd, 29th and 31st ranked pass defenses but it was still solid enough for this franchise to feel good about handing him the keys. The offensive skill position group is good enough to be a top 10 unit with RB Bijan Robinson and WR Drake London leading the way. The 2024 Falcons were very close to being a Playoff team if not for some terrible Cousins turnovers. The Atlanta defense finished 20th in EPA allowed and was up and down all season. They allowed the highest or 2nd highest EPA offensive game of the 2024 season for opponents like Carolina, Denver and Seattle. A lack of pass rush continues to haunt this franchise as they finished 31st in both pressure rate and sacks

Luck Factor Falcon opposing FG kickers made 31/32 FG attempts, the highest rate in the NFL. This includes an incredible 11/11 on 50+ yard attempts while ATL kickers only made 6/11 at 50+. Not only did their opponents make the highest FG % in the NFL but the Falcons kickers made just 70% of their kicks overall, the 2nd worst figure in the NFL. Atlanta was also burned from impactful turnovers late in games. The Atlanta offense committed the most turnovers (14) and lost the most EPA in the NFL in the 2nd half of one score margin games. Cousins threw seven INTs in the 2nd half of close games, including one pick six and another that was returned inside the 10-yard line. He threw a league-leading four INTs in the final 2 minutes of a game last season. His terrible turnovers vs the Chargers and Saints was a big reason why the Falcons missed the Playoffs last year. Overall, this Falcons offense was pretty damn good outside of the turnovers. In fact, they outgained 76% of their opponents on a yards per play basis, tied for the 2nd highest rate in the NFL, and the offense generated a league-low 3 & out rate in the league. No offense in the NFL produced a wider negative gap between points per drive and expected points. The Falcons mistakes prevented a much more efficient offensive output in 2024. They ranked 14th in points per drive but were expected score at the 4th highest rate in the NFL. Just eliminating those turnovers alone should help this team win more games. Defensively, the Falcons ranked better than an average team in EPA on early downs (14th) but 30th on late downs. Specifically, they ranked 7th best against the pass on early downs but 32nd on late downs. Their lack of pass rush was exposed in those high leverage spots as they ranked last in sack rate and gave up the highest TD % on 3rd and 4th downs.

Schedule Analysis Last year the Falcons were projected to face the easiest schedule in the NFL. But they ran into a bunch of teams that exceeded expectations, mainly Washington and Minnesota, while also facing the two Super Bowl participants (KC and PHI). The Falcons opponents won 20 games above expectations, most in the NFL. Once again, Atlanta is expected to face one of the easiest schedules in 2025 and they can only hope those teams play much closer to their pre season expectations. They only play four games teams in the top 10 of Super Bowl odds and three of those four will be played at home (BUF, LAR, WAS). In addition, they play six games against teams in the bottom seven of my ratings. I have the Falcons playing 11 games with a spread of 3 or less either way. They do catch a break as their road schedule late in the season does not have a single potential cold weather environment outside of week 13 at the Jets.

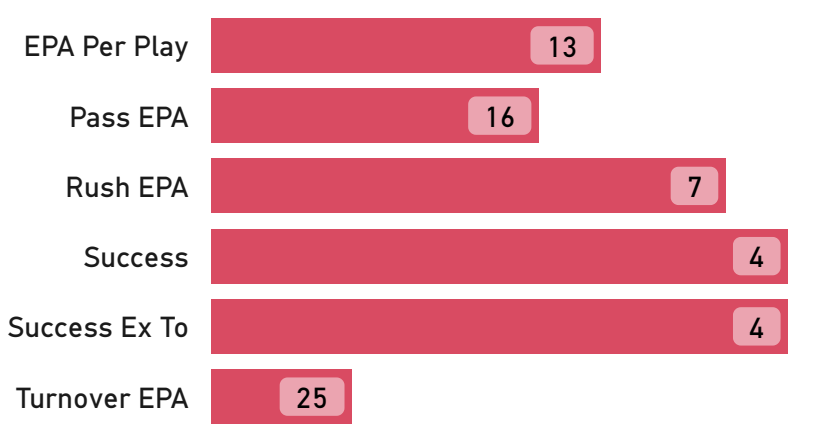
Offseason The Atlanta offseason was spent heavily focusing on the defense. Offensively, they lost starting C Drew Dahlman to Chicago, a top five graded player at his position by PFF the last two seasons. He is a much better run blocker than pass blocker and is being replaced by 3rd year man Ryan Neuzil, who saw over 500 snaps last year but was PFFs 34th rated Center. For a team with minimal receiving depth behind Drake London and Darnell Mooney, to not add a single viable WR was a disappointment. To assume they will get 33 combined starts from London and Mooney out of a possible 34 games again this season, is very risky and could come back to bite them. Where the Falcons spent all their resources this offseason was to improve a poor defense, especially the pass rush. They signed veteran ED Leonard Floyd, drafted ED Jalon Walker from Georgia and then spent next year's #1 pick to move up for Tennessee ED James Pearce. The latter move is extremely risky and barring pro bowl level play from Pearce will likely go down as a major overpay, however for purposes of projecting the 2025 season could offer a big boost. They needed to fix the pass rush so attacking in multiple ways is encouraging. This isn't apples to apples but it's reminiscent last off season of the Eagles spending two top picks along with cheap veteran FA signings to fix their major issue in the CB room. Veteran DC Jeff Ulbrich will be running this defense and trying to bring a more attacking style of defense to Atlanta.

2025 Outlook If Penix continues his solid play from the end of last season and one or both of the rookie pass rushers lives up to their 1st round status, the Falcons face an easy enough schedule to win double digit games and win the NFC South. Based on just last year's EPA results, the Falcons are set to face the 4th easiest schedule of opposing defenses and their 12 indoor games is tied for 2nd most in the NFL. Their offensive environment will be as good as any in the league. The Falcons were 6-3 and cruising along until Cousins fell off the cliff (1 TD, 9 INT in his final five starts). With the supporting cast on offense, all Penix needs to do is hit some big throws without throwing games away late like Cousins. As mentioned earlier, this was a top three offense when you exclude those turnovers and the upside case is very easy to see with Penix individually and the Falcons futures. My baseline ratings have Atlanta as a 9 win team, but it would not surprise me at all if things came together for the Falcons. If you buy into Penix and an improving pass rush, long right tail upside like most wins in the NFC, alternative win total, team to score the most points in the league and Penix long long shot MVP are all on the table.

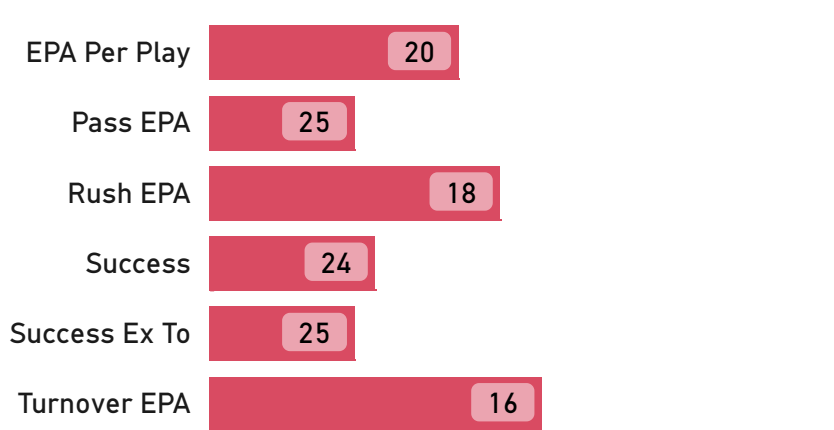
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Darnell Mooney	
RWR	Drake London	
SWR	Ray-Ray McCloud III	
LT	Jake Matthews	
LG	Matthew Bergeron	
C	Ryan Neuzil	Drew Dalman
RG	Chris Lindstrom	
RT	Kaleb McGary	
TE	Kyle Pitts	
QB	Michael Penix Jr.	
RB	Bijan Robinson	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Morgan Fox	Grady Jarrett
NT	David Onyemata	
RDE	Zach Harrison	
LOLB	Jalon Walker	Matthew Judon
ROLB	Leonard Floyd	
LCB	Mike Hughes	
SS	Jessie Bates III	
FS	Jordan Fuller	Justin Simmons
RCB	A.J. Terrell Jr.	
NB	Dee Alford	
LILB	Divine Deablo	
RILB	Kaden Elliss	

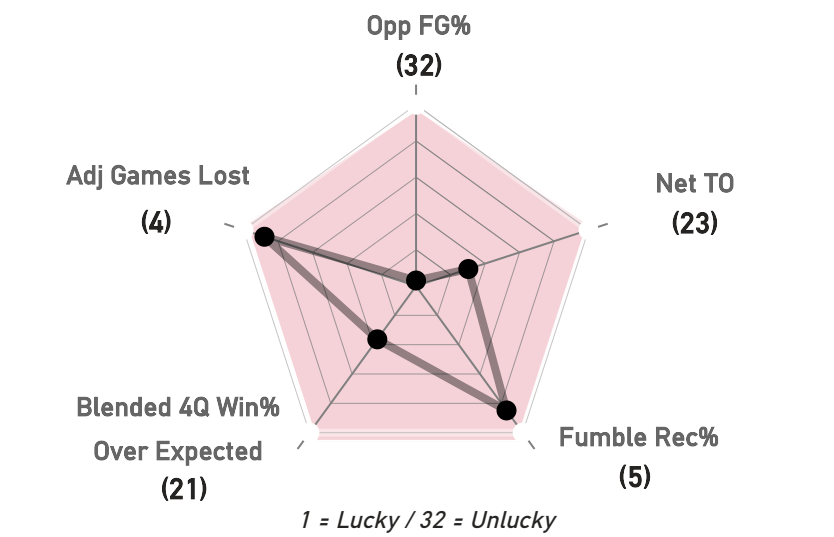
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	PIT L 10-18	1	v	FLA +2.5
2	@	W 22-21	2	@	MIN +4.5
3	v	IND L 17-22	3	@	ARI +1.5
4	v	NO W 26-24	4	v	WAS +3.5
5	v	SEA W 36-30	6	v	BUF +5.5
6	@	CHI W 38-20	7	@	SF +6.5
7	v	WAS L 14-34	8	v	MIA -1.5
8	@	SEA W 31-26	9	@	WAS +3
9	v	DAL W 27-21	10	@	IND -1.5
10	@	NO L 17-20	11	v	ARI -3
11	@	WAS L 6-38	12	@	NO -2.5
13	v	WAS L 13-17	13	@	JETS -1.5
14	@	MIN L 21-42	14	v	SEA -1.5
15	@	WAS W 15-9	15	@	FLA +5.5
16	v	NYG W 34-7	16	@	ARI +3.5
17	@	WAS L 24-30	17	v	IND +3
18	v	NO L 38-44	18	v	NO -4.5
SOS		11/32	SOS*		29/32
1 = Hardest Schedule			SOS* based on TA's power rankings		



BALTIMORE RAVENS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC NORTH	(12-5)	(11.5)
GENERAL MANAGER	HEAD COACH	
ERIC DECOSTA	JOHN HARBAUGH	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
TODD MONKEN	ZACH ORR	

REVIEW & ANALYSIS

2024 Season in Review For much of 2024, the Baltimore Ravens were the top power rated team in the NFL by many handicappers. They ended up tied with the Bills and 2nd in the NFL in point differential but could not get past Buffalo to advance to the AFC title game. Lamar Jackson produced another MVP caliber season and RB Derrick Henry proved to be a fantastic signing in free agency. In fact, the Ravens offense finished #1 in the league in EPA and did so against the single toughest schedule of opposing defenses last season. The offense ranked #1 in explosive play rate while the defense allowed the lowest rate of explosives in the NFL. Overall, the defense finished 11th in EPA. The Ravens seem to be blowout proof as they have lost 11 games dating back to the 2023 season and all 11 have been by seven points or less

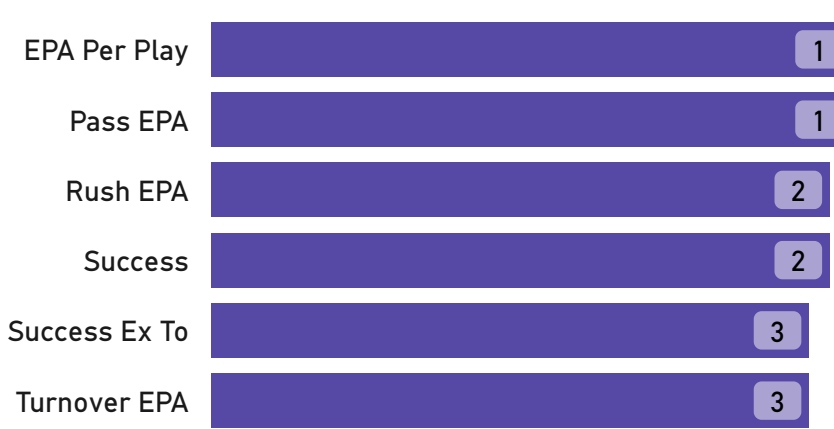
Luck Factor Incredibly, the Ravens finished with the lowest adjusted games lost due to injury in the league on both sides of the football. This coming a year after finishing with the 3rd least amount of AGL from injuries in the 2023 season. For the first time that I can recall, the Ravens special teams were much more of a liability than a weapon as had been the case for the entirety of K Justin Tucker’s career. Tucker was bad, making just 73% of his kicks, which ranked 30th in the NFL. Opponents made 88% of their kicks against the Ravens and that -15% net FG make rate ranked 4th worst in the NFL. Tucker missed 2 FG and a PAT in a five point loss to Philly while missing another two FGs in a two point loss at Pittsburgh. Baltimore also finished #1 in the NFL in both offensive red zone TD% (74%) as well as 2nd in 3rd down conversions vs expected. Neither is surprising and would not call “lucky” considering you have great short yardage weapons in Lamar and Henry. One area they absolutely need to clean up are the defensive penalties. No team committed more penalties last year than Baltimore and they led the NFL with 45 penalties leading to an automatic 1st down for opponents. They gave their opponent six automatic 1st downs on 4th down last season, also a league leading figure

Schedule Analysis Last season, the Ravens’ schedule finished as the 2nd toughest in the NFL based on opponent win percentage. This season, my ratings have them as facing the 11th toughest schedule of opponents. The start of this season is tough as, besides the Browns in week 2, their other five opponents to start the season in the first six weeks (BUF, DET, KC, HOU, LAR) are all favored to make the Playoffs. My baseline projections have them winning just under four games in their first six which I think they would absolutely take since they have a real chance to make waves from weeks 5-14. They play three games at home and get their bye week at the beginning of that stretch and will not have to board a plane or a bus for an entire month starting on September 29th. They then get three straight road games from weeks 9-11 followed by another three at home. In that stretch of 8 games in 9 weeks, they are expected to be favored by at least 4.5/5 points in each game based on my ratings.

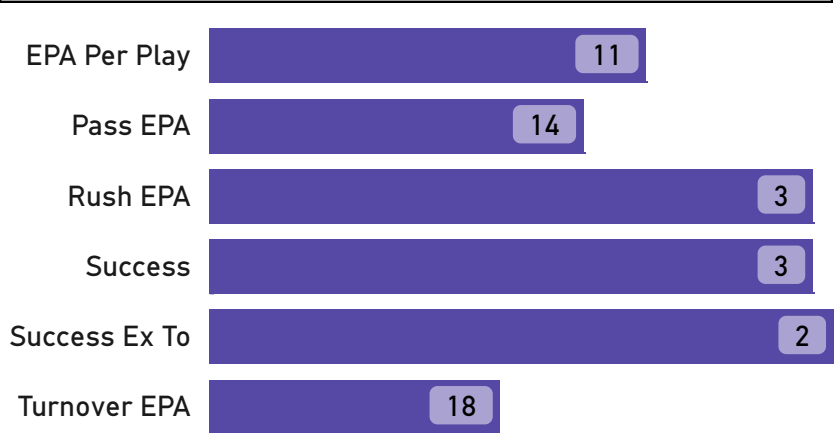
Offseason Outside of veteran K Justin Tucker being released by the Ravens, much of their offseason was rather benign. Re-signing veteran LT Ronnie Stanley was probably their most important move and helps to solidify their OL. They swapped out WR Nelson Agholor for Deandre Hopkins, who is likely washed up. The Ravens continue to struggle finding top WR options and Zay Flowers is the only real hit at that position of late. They’ve tried with veterans of the past like Sammy Watkins, Desean Jackson, among others and they have not really hit on a quality WR besides Flowers. Baltimore likely continues to lean on a run heavy attack along with their two quality TEs, Mark Andrews and Isaiah Likely. Defensively, they did add two really intriguing rookies with S Malachi Starks from Georgia and ED Mike Green from Marshall. Green is talented and led the nation in sacks last year but dropped to the 2nd round due to major off the field issues. I guess Baltimore is comfortable enough to bet on his talent and they do need fresh blood on the edge. If he can keep his nose clean, he can potentially flourish right away for the Ravens pass rush. As I was putting this preview together, the Ravens did sign veteran CB Jaire Alexander to a team friendly deal. He is still a really good talent but has not shown any ability to stay healthy as he has only played in 34 total games the last four seasons. Whatever he can give them is a bonus.

2025 Outlook It shouldn’t be a surprise, but my baseline results have the Ravens winning between 11-12 games once again this season. The biggest headwind this season would be potential negative injury regression considering they suffered the lowest level on both sides of the ball last year and have enjoyed back-to-back very healthy seasons. Otherwise, it should be much more of the same as last year and continue to be one of the top three AFC teams.

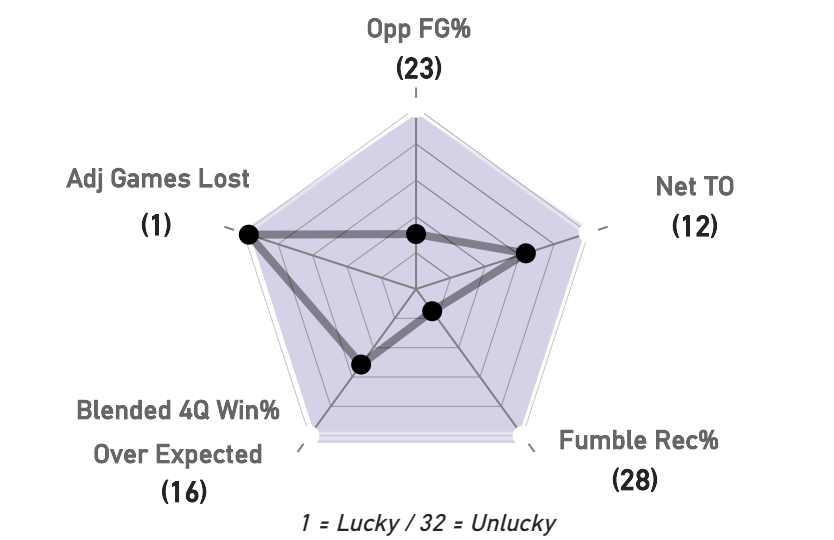
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 20-27	1	@	+1.5
2	v	L 23-26	2	v	-12.5
3	@	W 28-25	3	v	-3.5
4	v	W 35-10	4	@	+1.5
5	@	W 41-38	5	v	-7.5
6	v	W 30-23	6	v	-5.5
7	@	W 41-31	8	v	-7
8	@	L 24-29	9	@	-5.5
9	v	W 41-10	10	@	-3.5
10	v	W 35-34	11	@	-8.5
11	@	L 16-18	12	v	-11.5
12	@	W 30-23	13	v	-5.5
13	v	L 19-24	14	v	-8.5
15	@	W 35-14	15	@	-2.5
16	v	W 34-17	16	v	-8.5
17	@	W 31-2	17	@	-1.5
18	v	W 35-10	18	@	-4.5
SOS		8/32	SOS*		11/32

1 = Hardest Schedule

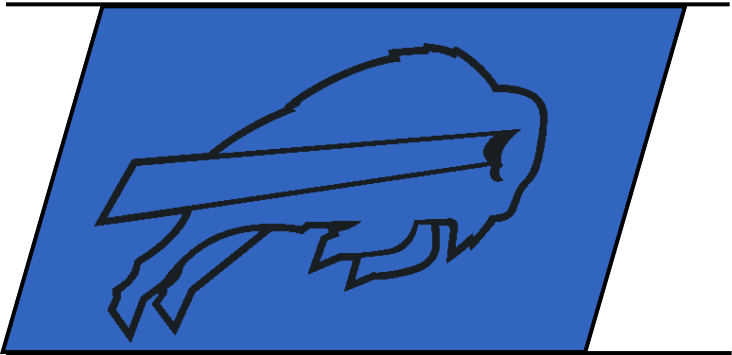
SOS* based on TA's power rankings

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Deandre Hopkins	
RWR	Rashod Bateman	
SWR	Zay Flowers	
LT	Ronnie Stanley	
LG	Andrew Vorhees	Patrick Mekari
C	Tyler Linderbaum	
RG	Daniel Faalele	
RT	Roger Rosengarten	
TE	Mark Andrews	
QB	Lamar Jackson	
RB	Derrick Henry	
FB	Patrick Ricard	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Travis Jones	
LOLB	Kyle Van Noy	
WLB	Trenton Simpson	
MLB	Roquan Smith	
ROLB	Odafe Oweh	
LCB	Nate Wiggins	
SS	Kyle Hamilton	
FS	Malaki Starks	Marcus Williams
RCB	Jaire Alexander	Brandon Stephens
NB	Marlon Humphrey	
DE	Broderick Washington	
DT	Nnamdi Madubuike	



BUFFALO BILLS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC EAST	(13-4)	(11.5)
GENERAL MANAGER	HEAD COACH	
BRANDON BEANE	SEAN MCDERMOTT	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
JOE BRADY	BOBBY BABICH	

REVIEW & ANALYSIS

2024 Season in Review When putting together the 2024 NFL Preview, the prevailing thought was that the Buffalo Bills were going to take a step back. Instead, Buffalo won 13 games, three more than their pre season win total of 10, and their +157 point differential was tied for 3rd best in the NFL. With WR Stefon Diggs and Gabe Davis gone, there was an expectation that Josh Allen and the offense would drop off. Instead, Allen put on his Superman cape and not only exceeded expectations but won the MVP award. He set career lows in interception percentage and sack percentage, leading to less mistakes and more quality drives. The Bills finished 2nd in the league in PPG (30.9) and 2nd in EPA. No team exceeded their team total expectations against the market from game to game more than Buffalo (76% to the over) and did so by close to 6 points per game. The defense was just league average from a success rate standpoint but their 32 turnovers forced ranked 2nd in the NFL and helped vault them into the top 12 from an EPA perspective. Unfortunately, the weaknesses on defense, especially a mediocre secondary, came back to bite them against KC in the AFC Championship and the offense could not get the job done in a tough defeat. Patrick Mahomes and the Chiefs continue to be the one big roadblock between them and a Super Bowl

Luck Factor Buffalo certainly deserved the great season they enjoyed in 2024, but when you dig into the underlying data, you will see the Bills caught as many breaks as anyone in the NFL. They ranked high in many of these metrics that are difficult to repeat like health (8th lowest adjusted games lost due to injury), red zone efficiency (2nd in RZ TD%) and turnover luck (#1 in net EPA from TOs). The Bills had the best injury luck in the league along the OL after finishing 2nd healthiest in 2023. A starting Bills OL has missed exactly one game total in the last two seasons, and it was RT Spencer Brown sitting in the meaningless game 18 last year vs NE. Not only was the team generally healthy but their opponents suffered in aggregate the worst injury luck in the league. They faced eight of the 10 most injured teams in the league by adjusted games lost. They did an incredible job holding onto the football, fumbling on offense the least amount in the NFL (9) and recovering those that did hit the ground at the 3rd highest rate in the league (77%). On defense, they forced the most fumbles in the league (26) and recovered them at the 3rd highest rate as well (54%). In the 2nd half of games where the margin was within one score, the Bills turned the ball over just one time all season. Defensively, they forced 11 turnovers in those close spots, 4th most in the league. Even further, no defense showed a wider gap between early and late down results than the Bills who ranked 4th in EPA allowed on early downs but 29th on late downs. That 25-rank gap was nine spots more than the #2 team. Overall, the Bills generated the 2nd most EPA from turnovers. If you exclude turnovers, the Bills defense ranked 28th in EPA and 30th defending the pass. Buffalo's defense had by far the widest splits in the NFL between EPA rank on defense (12th) and EPA rank when excluding turnovers (28th). The Bills just had a hard time stopping opponents if they could not force key turnovers. Buffalo allowed the 2nd highest 3rd down conversion rate over expected in the NFL. If you look at yards per play allowed, the Bills defense allowed at least 7.0 ypp (bottom 10th percentile yardage last season) to an opposing offense in three games, tied for most among Playoff teams. In general, this Bills defense was greatly buoyed by turnovers and late down good fortune.

Schedule Analysis After facing one of the easier schedules last season, the schedule makers absolutely did the Bills a big favor again in 2025. The Bills are set to face the 7th easiest strength of schedule based on my ratings. After a rough opening SNF game against the Ravens, their next six opponents rank 20th or worse in my ratings, prior to a week 9 game at home against KC. They only face four teams that rank in my top 10 overall ratings (BAL, KC, CIN, PHI) all season and they get to play all of them at home. They do face two opponents off a bye (ATL week 6 and NE week 15) but they have an extra day of rest prior to the ATL matchup.

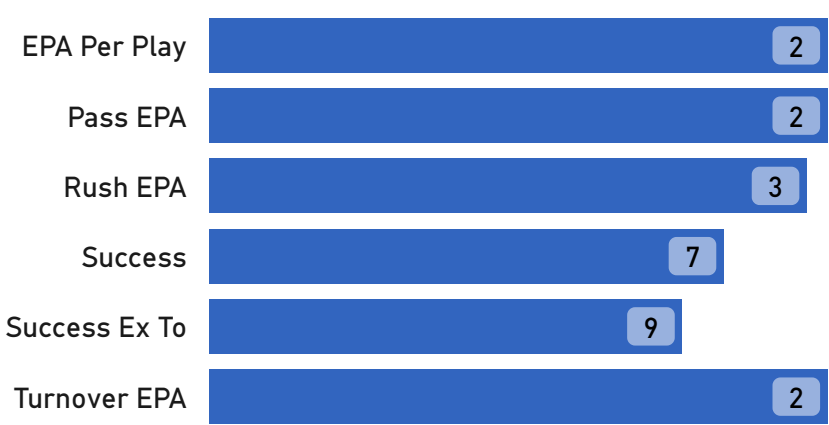
Offseason For a team that is already pretty loaded and did not lose much in FA, the Bills did not go over the top in spending on new players. Veteran ED Von Miller is gone but they did go heavy to reinforce the DL by acquiring FAs like Larry Ogunjobi, Michael Hoecht and Joey Bosa. Bosa was the big name splash and likely Miller replacement but he has continually battled injuries and has only played 28 total games the last three seasons. He only has 16 sacks in the last three years, but his pressure numbers have been solid (>10% pressure rate in each of the last three seasons). They also used their 2nd, 3rd and 4th round picks on DL as well (DT TJ Sanders, DE Landon Jackson and DT Deone Walker). They will need those guys to step up early as both Ogunjobi and Hoecht are out the first six weeks due to PED suspensions. Veteran CB Rasul Douglas, who has been really good for them since coming over in a trade deadline deal two years ago from GB, is unsigned and the secondary was by far their biggest weakness a season ago. They got torched by Mahomes in the AFC title game and they did use their top pick on Kentucky speedster CB Maxwell Hairston. After years of excellent Safety play from Jordan Poyer and Micah Hyde, Cole Bishop and Taylor Rapp were dreadful in coverage and it showed. Buffalo did nothing to improve that position group and could be an issue again in 2025. Offensively, the Bills will be hoping that WR Keon Coleman makes the 2nd year leap and become Allen's go to guy on the outside. To replace veteran Amari Cooper, who struggled mightily after coming from CLE in a trade, the Bills signed high floor/zero upside WR Josh Palmer from the Chargers and underwhelming WR Elijah Moore from Cleveland.

2025 Outlook There are certainly a number of question marks when it comes to the Bills roster but as long as Allen is healthy, the Bills are absolutely the class of the AFC East. With a favorable schedule and a potentially very weak division, there is no reason to believe that Buffalo will be kept out of the Playoffs. As usual, it all comes down to whether they can get over that KC hump in the AFC. Notably, since 2000, only 10 out of 28 other teams exceeded their win total after surpassing a double-digit win total by two or more wins in the previous season. Only 55% of these teams since 2007 made the Playoffs and all were favored to make the Playoffs prior to the season with a median -400 (80%) probability. None exceeded their win total by more than 1.5 games. Even so, the Bills have an MVP QB, a great home field advantage and the schedule is very soft compared to the other elites in the NFL. Even if they aren't the best team in the AFC they should have the inside track at the #1 seed.

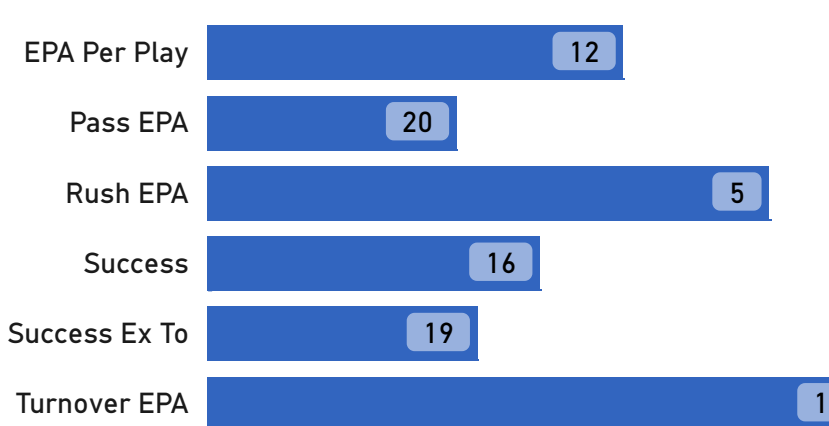
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Keon Coleman	
RWR	Joshua Palmer	Amari Cooper
SWR	Khalil Shakir	
LT	Dion Dawkins	
LG	David Edwards	
C	Connor McGovern	
RG	O'cyrus Torrence	
RT	Spencer Brown	
TE	Dawson Knox	
QB	Josh Allen	
RB	James Cook	
FB	Reggie Gilliam	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Greg Rousseau	
NT	Daquan Jones	
RDE	Joey Bosa	
WLB	Matt Milano	
MLB	Terrel Bernard	
LCB	Christian Benford	
SS	Cole Bishop	
FS	Taylor Rapp	
RCB	Maxwell Hairston	Rasul Douglas
NB	Taron Johnson	
DT	Ed Oliver	

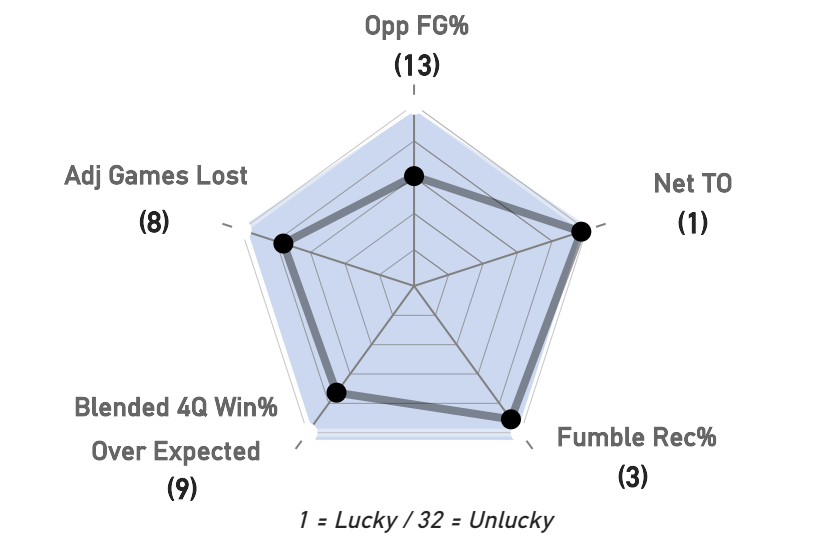
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 34-28	1	v	-1.5
2	@	W 31-10	2	@	-8.5
3	v	W 47-10	3	v	-8.5
4	@	L 10-35	4	v	-12.5
5	@	L 20-23	5	v	-8.5
6	@	W 23-20	6	@	-5.5
7	v	W 34-10	8	@	-7
8	@	W 31-10	9	v	-2.5
9	v	W 30-27	10	@	-5.5
10	@	W 30-20	11	v	-5.5
11	v	W 30-21	12	@	-3.5
13	v	W 35-10	13	@	-4.5
14	@	L 42-44	14	v	-5.5
15	@	W 48-42	15	@	-4.5
16	v	W 24-21	16	@	-8.5
17	v	W 40-14	17	v	-1.5
18	@	L 16-23	18	v	-9.5

SOS 27/32 SOS* 27/32
1 = Hardest Schedule SOS* based on TA's power rankings



CAROLINA PANTHERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC SOUTH	(5-12)	(6.5)
GENERAL MANAGER	HEAD COACH	
DAN MORGAN	DAVE CANALES	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
BRAD IDZIK	EJIRO EVERO	

REVIEW & ANALYSIS

2024 Season in Review The 2024 season for Carolina started as an utter disaster and a continuation of a poor 2023. After some optimism last offseason, the Panthers kicked off 2024 by getting destroyed out of the gates, losing 47-10 to New Orleans and 26-3 at home to the Chargers. QB Bryce Young was horrendous and benched by game three. After one inspiring effort in a win at Las Vegas behind veteran Andy Dalton, Carolina eventually went back to Young in week 8 and the back half of 2024 showed promise heading into 2025. Young has made 28 starts in two seasons and his EPA in the first 19 starts sat at a miserable -0.207, with a 37% success rate. From week 9 on last year, he generated a solid +0.130 EPA and 45% success rate. The Panthers went 4-5 in those starts. His EPA in those final nine games ranked 14th in the NFL and his PFF grade was 7th in that span. Even more impressive, when Young was under pressure last season, he ranked 2nd in the NFL in big time throw % behind only Josh Allen. His receivers really let him down when pressure was in his face as their 12.1% drop rate ranked 4th highest in the league. Watching the final half of 2024, Young’s results did not seem like a fluke. This is absolutely not to say his career ends up similar, but it took until Drew Brees' 4th season (starts 28-42) before he turned things around. Young was consistently compared to Brees prior to the draft due to his lack of size but strong accuracy. As I wrote in the 2023 preview, I thought Young could have a good career but thought that similarly to Brees, he would need a year or two to develop the in-pocket skills in order to account for a lack of height. The Panthers defense was a different story and was the worst in the NFL. There really was nothing from the defense to hang their hats on and not only did they rank last in most EPA categories, but they generated the lowest pressure rate and 4th lowest sack figures in the league. The Panthers not only gave up the most ppg in the NFL but was nearly four points more than #31 Dallas

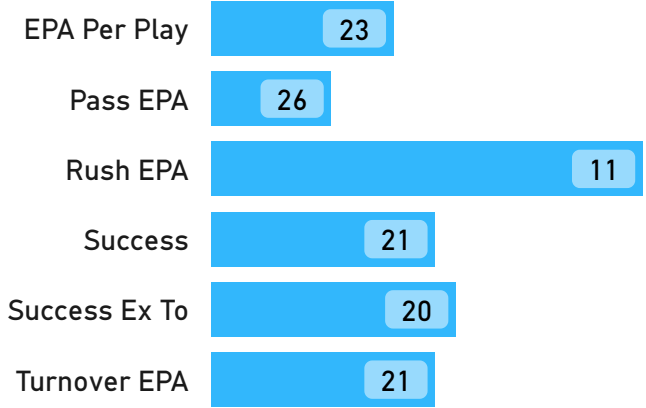
Luck Factor The Panthers were clearly a flawed team last year and actually won slightly more games than their point differential and blended 4th quarter win probabilities suggest. They finished as the 3rd most injured team in the league but also faced the 3rd most injured set of opponents. They were atrocious on offense on 3rd downs and the worst 3rd down defense in the NFL vs expectations. The defense allowed a league-high 37.5% conversion rate on late downs even though opposing offenses faced the 5th lowest yards to go on those downs (6.7). All this while facing a below average schedule of opposing offenses, getting to face three rookie starting QBs and backups like Cooper Rush and Marcus Mariota.

Schedule Analysis By playing in the NFC South, the Panthers are likely to have an easier than average schedule, but my ratings have them as playing the 6th easiest. They only face four top 10 teams but the four games all occur in a short span between weeks 8-13. There is a shot to get out to a nice start of the season as none of their first six opponents are favored to make the Playoffs. Unfortunately, the Panthers have the latest bye week in the NFL in week 15. The good news is they are one of just four teams not to play a road game with a rest disadvantage all season. It’s not a substantial advantage but every small edge counts. In the last decade, teams on the road with less rest and are underdogs (which CAR likely will be in all or almost all road games), have covered 49% of games and have only won 28% of games against a pre-game win expectancy of 30%.

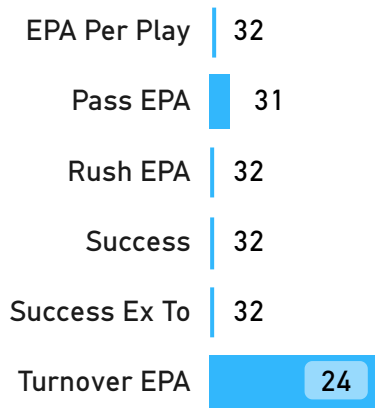
Offseason I thought that the Panthers did add a couple of nice pieces on offense with their top pick at WR in Tet McMillan and adding depth at RB with Rico Dowdle in FA. Their OL was excellent last year and they did a good job keeping the entire starting unit intact. They clearly think 2nd year WRs Xavier Legette and Jalen Coker will develop enough with McMillan and veteran Adam Thielen, to continue to help Young’s ascension. Maybe 6th round pick Jimmy Horn will be that deep ball, speed threat that was really lacking last season, but another explosive weapon would have been a good addition. TE Ja’tavian Sanders showed flashes last year but they need more down the field threats overall. I was disappointed that the Panthers barely addressed the worst defense in the NFL last year. An already poor pass rush loses its top sack man from a season ago in ED Jadeveon Clowney and all they did to improve the pass rush was sign Pat Jones from Minnesota, move up in the 2nd round for ED Nic Scourton from Texas A&M and use a 3rd round pick on Ole Miss OLB Princely Umanmielen. Jones generated a modest 7.5% pressure rate and far outproduced his pressure numbers (24), likely to see some negative sack regression. It was reported that FA DT Milton Williams was headed to Carolina before the Patriots swooped in last second. That was unfortunate but to not spend more resources on proven pass rush talent was a disappointment. Safety Tre’von Moehrig was a good gamble on a talented but inconsistent young player but running it back at #2 and #3 CB with Mike Jackson and Chau Smith-Wade is not ideal. Even with better health, it is hard to see this defense improve much at all.

2025 Outlook I am very intrigued with this Panthers team for the 2025 season. I think they are definitely headed in the right direction with their front office and Dave Canales. I really liked what Young showed in the back half of last season and think he can definitely carry some of that over into 2025. With young WRs in Xavier Legette and McMillan, a top 10 OL and a nice two headed RB monster in Dowdle and Chuba Hubbard, this offense has a chance to leap into the top half of the league this season. The defense will absolutely stink again, unfortunately, and that will likely hold them back from truly competing for a Playoff berth. I think Carolin is likely in the six win range but if the defense can just get enough stops and maybe produce some positive turnover luck, the Panthers exceeding expectations in this division is absolutely in play. At the very least, we should see some shootouts in games involving Carolina. In the final nine games with Young last season, Carolina went over their team total in seven of those games and the average total points scored was nearly 54.

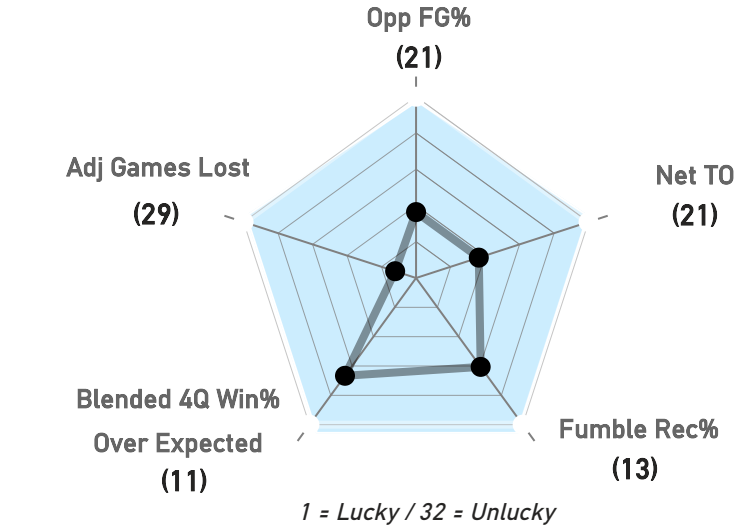
OFFENSE ADVANCED RANKS



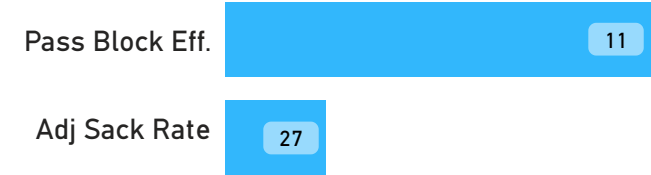
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE			
WK	OPP	SCORE		WK	OPP	SPREAD	
1	@	L 10-47		1	@	+3	
2	v	L 3-26		2	@	+4.5	
3	@	W 36-22		3	v	-1.5	
4	v	L 24-34		4	@	+3.5	
5	@	L 10-36		5	v	+1.5	
6	v	L 20-38		6	v	+1.5	
7	@	L 7-40		7	@	+1.5	
8	@	L 14-28		8	v	+7	
9	v	W 23-22		9	@	+7.5	
10	v	W 20-17		10	v	-4.5	
12	v	L 27-30		11	@	+3	
13	v	L 23-26		12	@	+7	
14	@	L 16-22		13	v	+3.5	
15	v	L 14-30		15	@	-1.5	
16	v	W 36-30		16	v	+3.5	
17	@	L 14-48		17	v	+1.5	
18	@	W 44-38		18	@	+7	
SOS		18/32		SOS*		26/32	

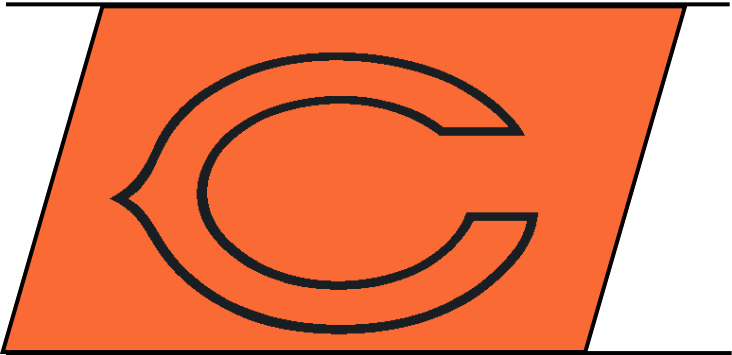
1 = Hardest Schedule SOS* based on TA's power rankings

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Tetairoa Mcmillan	Diontae Johnson
RWR	Xavier Legette	
SWR	Adam Thielen	
LT	Ikem Ekwonu	
LG	Damien Lewis	
C	Austin Corbett	
RG	Robert Hunt	
RT	Taylor Moton	
TE	Tommy Tremble	
QB	Bryce Young	
RB	Chuba Hubbard	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LDE	Derrick Brown	
NT	Bobby Brown III	
RDE	Tereshawn Wharton	
LOLB	Patrick Jones II	Jadeveon Clowney
ROLB	D.J. Wonnum	
LCB	Mike Jackson	
SS	Tre'von Moehrig	Xavier Woods
FS	Demani Richardson	
RCB	Jaycee Horn	
NB	Chau Smith-Wade	
LILB	Trevin Wallace	
RILB	Josey Jewell	



CHICAGO BEARS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC NORTH	(5-12)	(8.5)
GENERAL MANAGER	HEAD COACH	
RYAN POLES	BEN JOHNSON	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
DECLAN DOYLE	DENNIS ALLEN	

REVIEW & ANALYSIS

2024 Season in Review Spirits were very high for the Chicago Bears heading into the 2025 season with #1 pick QB Caleb Williams, RB De'Andre Swift, veteran WR Keenan Allen and rookie 1st round pick WR Rome Odunze as new additions to this offense. However, what followed was a miserable performance by Williams, resulting in one of the worst offenses in the NFL (26th in EPA, 30th in success rate) and a team that was outgained in all but two games (yards per play basis). Chicago finished 5-12 and fired HC Matt Eberflus after a disastrous botch of the clock at the end of a loss to the Lions on Thanksgiving. Make no mistake, the Bears were awful last year and led in only eight games the entire season, tied for lowest in the league. Teams like CAR, NE and TEN actually led in more games than Chicago

Luck Factor No team has been worse in close games over the last three seasons than the Bears. After finishing 3-7 in one score games in 2024, they are now just 6-20 (23%) in the last three years. Of course, who can forget the miracle hailmary loss to Jayden Daniels and the Commanders last year? But outside of that Commanders heartbreaking loss, it is hard to say that the Bears truly deserved to win any of their other six close losses. They were outgained on a yards per play basis in all of those losses. Only once, week 11 vs GB in a 20-19 loss, did they have greater than a 35% blended 4th quarter win probability and lost the game. What is discouraging for the Bears is that for a team that suffered so many close losses, their defense allowed the 2nd lowest redzone TD %, 9th lowest 3rd down % allowed vs expected, benefitted from the 9th best injury luck and finished #1 in defensive fumble recovery percentage (72%). The Bears defense had the 2nd widest gap in the NFL between redzone EPA allowed (3rd best) and EPA allowed outside of the redzone (22nd). Their 72% defensive fumble recovery rate was a full 15% greater than the 2nd best team (PIT 57.1%) and was the 9th highest rate of any defense in the last decade. Of the 10 other defenses over the last decade with a fumble recovery rate of 70% or higher, only one team (2020 Cowboys) recovered more than 50% the following season.

Schedule Analysis Last year, the Bears ended up facing one of the toughest schedules in the league and their opponents won the 2nd most games vs their aggregate preseason win totals. Going into last year, my ratings had the Bears facing one of the easier schedules and nfelo projected them to face the 8th easiest schedule in the league but it ended up 2nd toughest. It ends up being the 16th widest gap between projected and actual schedule results since 2003 among over 700 teams. By playing in the best division in football, and being the worst projected team in the NFC North, the Bears are likely to play a really tough schedule again in 2025. I have them projected as one of the five toughest schedules and they are slated to play nine games against the current top 10 in Super Bowl odds, most in the league. Chicago has a rest disadvantage three times, tied for most in the league, all on the road. The final six games are brutal for the Bears having to face GB 2x, PHI, SF, DET in that span. The good news is that week 18 game at home vs the Lions could be meaningless for Detroit but even if not, getting Jared Goff out in the freezing cold temperatures in January is advantageous.

Offseason I don't think any team is being as hyped in the offseason as much as the Bears. First, and deservedly foremost, they hired offensive genius Ben Johnson from the Lions. It remains to be seen how good of a leader he will be but it's hard to dispute his creativity offensively. You would think his math background certainly should help the Bears when it comes to smart on field decisions. You'd also hope he can bring some professionalism to an offense that seeing finished with the 2nd most pre-snap offensive penalties in the NFL last year. They have received a ton of love for spending resources in FA to fortify the interior of the OL by signing Guards Jonah Jackson, Joe Thuney and C Drew Dalman. I can appreciate any team in the NFL upgrading the OL but I do believe these specific moves have been overrated a bit. Jackson is fresh off an injury plagued season in LA and was a major disappointment since coming from DET. He has always been known as a better run blocker and he has never generated higher than a 60 PFF pass block grade in his career. Thuney was the best of the acquisitions as he was miscast as an emergency LT last season.. Similar to Jackson, Dalman has been an elite run blocker at C but one of the worst pass blockers in the NFL at his position. If the goal was to help Caleb Williams in pass protection, I am not positive the Bears upgraded as much as most believe. In the draft, they essentially swapped out vet WR Keenan Allen for 2nd round slot WR Luther Burden and added TE Colston Loveland. Maybe Burden can play the Amon Ra-St. Brown role in Johnson's offense in the slot and sneak into ROTY conversations. The defense added DT Grady Jarrett and ED Dayo Odeyingbo. Neither is overly impactful but do provide solid pieces to the Bears defense. Adding Dennis Allen as DC is a really solid addition. While he is a bad head coach he has always led excellent defenses.

2025 Outlook I love what Johnson brings to the table and I can't fault the Bears for trying to fortify the OL as much as possible. I am just not convinced that Williams is a top 16 level QB and certainly am not sure it will occur right away this season even if that's his ultimate destiny. His 27% pressure to sack ratio was 3rd highest in the league last year and is no fluke considering that was his biggest issue at USC as well. He isn't Lamar Jackson or Josh Allen and while his escape ability is solid it's not the elite level to escape NFL defenders. Johnson should definitely help in that regard, but I am not sure the improved OL is going to solve that issue since Williams invites pressure himself. Also, as mentioned earlier, the additions on the OL are more likely to improve the run game than pass blocking anyways. Even with a clean pocket, Williams generated the 2nd lowest EPA in the NFL. The defense benefitted greatly from positive fumble, red zone and injury luck masking a below average unit. I believe the Bears will be improved but this current over/under of 8.5 is pricing in way too much optimism. Chicago will be better, but accounting for some growing pains as the offense learns a new system plus a brutal schedule, my baseline wins for Chicago is closer to 7 than the current 8.5 win total. It is one of the larger gaps between my projections and the market.

OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Dj Moore	
RWR	Rome Odunze	
SWR	Olamide Zaccheaus	Keenan Allen
LT	Braxton Jones	
LG	Joe Thuney	Teven Jenkins
C	Drew Dalman	Coleman Shelton
RG	Jonah Jackson	Matt Pryor
RT	Darnell Wright	
TE	Colston Loveland	
QB	Caleb Williams	
RB	D'andre Swift	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Montez Sweat	
RDE	Dayo Odeyingbo	Demarcus Walker
WLB	T.J. Edwards	
MLB	Tremaine Edmunds	
LCB	Tyrique Stevenson	
SS	Jaquan Brisker	
FS	Kevin Byard III	
RCB	Jaylon Johnson	
NB	Kyler Gordon	
LDT	Gervon Dexter Sr.	
RDT	Grady Jarrett	

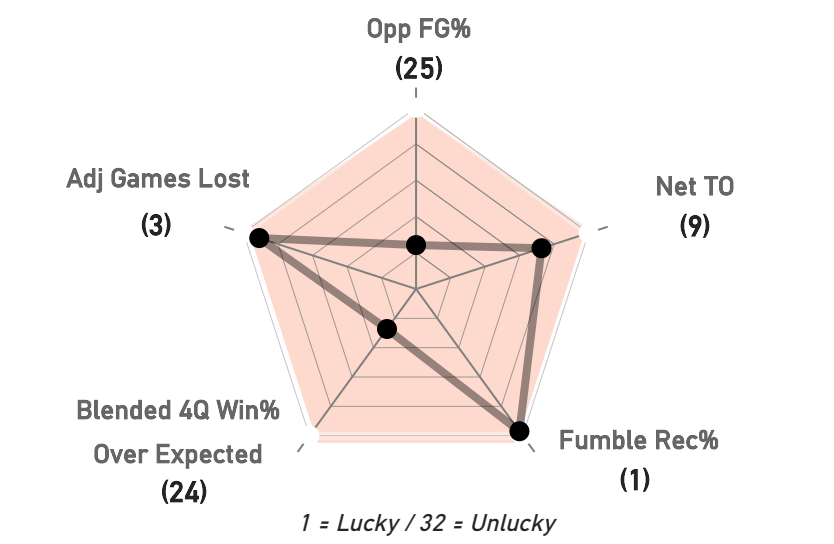
OFFENSE ADVANCED RANKS

EPA Per Play	26
Pass EPA	25
Rush EPA	28
Success	30
Success Ex To	30
Turnover EPA	6

DEFENSE ADVANCED RANKS

EPA Per Play	13
Pass EPA	10
Rush EPA	26
Success	15
Success Ex To	16
Turnover EPA	11

LUCK FACTOR RANKS



OL/DL RANKS

Pass Block Eff.	21
Adj Sack Rate	13

2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 24-17	1	v	-1.5
2	@	L 13-19	2	@	+4.5
3	@	L 16-21	3	v	-3
4	v	W 24-18	4	@	-1.5
5	v	W 36-10	6	@	+4.5
6	v	W 35-16	7	v	-7.5
8	@	L 15-18	8	@	+7
9	@	L 9-29	9	@	+3
10	v	L 3-19	10	v	-5.5
11	v	L 19-20	11	@	+2.5
12	v	L 27-30	12	v	-2.5
13	@	L 20-23	13	@	+7
14	@	L 13-38	14	@	+3.5
15	@	L 12-30	15	v	-7
16	v	L 17-34	16	v	+1.5
17	v	L 3-6	17	@	+3.5
18	@	W 24-22	18	v	+1.5
SOS	2/32		SOS*	5/32	

1 = Hardest Schedule

SOS* based on TA's power rankings



CINCINNATI BENGALS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC NORTH	(9-8)	(9.5)
GENERAL MANAGER	HEAD COACH	
DUKE TOBIN	ZAC TAYLOR	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
DAN PITCHER	AL GOLDEN	

REVIEW & ANALYSIS

2024 Season in Review The Bengals were a trendy Super Bowl pick prior to last season as they were facing a last place schedule with all of their franchise players in place. The offense did its job, 6th in points and a top five EPA pass offense, but the defense was horrible (27th in EPA, 30th in success rate allowed). Cincinnati finished 9-8 and missed the Playoffs by just one game. They did themselves no favors losing the opener at home to Jacoby Brisset and the Patriots as double-digit favorites. They lost two heartbreakers to the rival Ravens as well as two last minute losses to KC and the Chargers. This was definitely a Playoff-caliber offense but the defense and special teams let them down too often. Joe Burrow was awesome again (4th in EPA, 2nd in PFF grade) and Ja'marr Chase played like an MVP leading the league in receptions, yards and TDs. With big contract extensions to Burrow, Chase and now Tee Higgins, it is a wonder if the Bengals are just wasting elite level offense

Luck Factor Cincinnati won 9 games but they played more like a 10.1 win team, based on blended 4th quarter win probabilities, the 6th biggest gap in the league. It did not help that the Bengals finished 4-7 in one score games. Going back to 2000, 21 teams who played like a double-digit win team and underperformed their 4th quarter wins by at least one game, exceeded their win total the next season 62% of the time. Cincinnati held an 84% blended 4th quarter win probability in their week 5 OT loss to Baltimore 41-38. It was the single biggest upset loss of the season by any team in the NFL. They lost four games when an opponent scored for the win with under two minutes left. Kicker Evan Mcpherson missed a game winning FG in OT against Baltimore and two 4th quarter FGs in a last minute loss to the Chargers. On the other side of the coin, the Bengals greatly benefitted from opponent penalties last season. This is likely due to how good Ja'marr Chase and Tee Higgins are but they generated a league-high 16 defensive pass interference penalties from opposing defenses. Probably the biggest indictment on this already bad Bengals defense and a clear advantage a year ago was the fact that Cincinnati got to face the highest percentage of snaps against opposing backup QBs (34%). They saw the likes of DTR twice, Cooper Rush, Mason Rudolph, Desmond Ridder and Andy Dalton. The overall defensive numbers don't look terrible as they finished near the middle of the pack in pass defense, but when you only look at snaps against starting QBs, they ranked 29th in EPA allowed. Overall, they faced the 2nd easiest schedule of opposing QBs based on EPA. They allowed single season highs in EPA per drop back to Jayden Daniels, Jalen Hurts, Russell Wilson and Gardner Minshew

Schedule Analysis Based on opponent wins, Cincinnati faced the 8th easiest schedule last year and as mentioned above, they faced the most snaps against backup QBs. Due to ease of schedule and mid game injuries, the Bengals somehow faced 12 different QBs who were either backups or finished 30th or worse in EPA. It makes their final record and missing the Playoffs even more inexcusable. They are projected to face a league average set of opponents in 2025 and outside of two rough stretches, have a fairly favorable schedule overall. At MIN, at DEN, home to DET and at GB from weeks 3-6 is tough and then going to BAL in week 13 on TNF and then to BUF in week 14 before playing the Ravens again at home in week 15, are brutal sets of games. But getting a dome team in Arizona in the cold weather of Cincinnati in week 17 and then a likely tanking Browns team in week 18 is a soft landing.

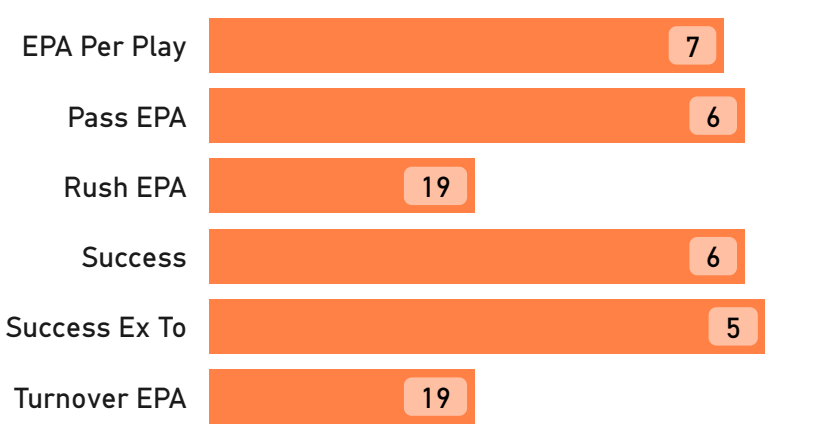
Offseason The Bengals had a busy offseason trying to retain their key offensive weapons with the extension of WR Tee Higgins and re-signing TE Mike Gesicki. Otherwise, there are no changes at all with the roster on offense this season from last year. Defensively is where this team needed material changes and they only made a few. Longtime DC Lou Anarumo is gone and he has been replaced by Notre Dame DC Al Golden. Golden has never been more than a LB coach in the NFL and instead of going with a fresh young face to spark this defense they replaced Captain Lou with a college coach. Anarumo's voice was likely tired in the locker room but he consistently was able to maximize for a lack of defensive talent and make key 2nd half adjustments. It's hard to see this defense get any better after losing DT Sheldon Rankins, with DE Trey Hendrickson in the midst of a contract dispute with the team and zero upgrades in the secondary. All they added was 1st round ED Shemar Stewart from Texas A&M in the first round. The Bengals didn't have a single player in the secondary graded higher than a 68 by PFF in coverage and their top graded CB was Mike Hilton who is now gone. I don't know if just a coaching change will help tackling in the secondary as the Bengals allowed the 2nd highest yac over expected in the league in 2024. Not only did they ignore the secondary in free agency but they didn't even draft a single player to improve that unit. Clearly they feel that former high picks, DJ Turner and Dax Hill can step up but neither has shown enough to feel confident.

2025 Outlook We know from year to year that offense is much more stable than defense and so absent of injuries, there is no reason to believe Cincinnati will be anything other than a top five level offensive team again in 2025. The defense was clearly atrocious last year and it is difficult to see that unit improve. But there is so much firepower on offense for the Bengals, and their schedule is very manageable. They absolutely can not continue their weird trend of starting off the season extremely slow. The last two seasons, Cincinnati is just 2-5 straight up in September, even though they were favored in six of those seven games. You never know what happens in training camp but as of now, this will be the first time in multiple seasons that Burrow is not coming off an injury that effected his offseason. I think the Bengals are priced correctly in the market but their fragility on offense and much more difficult schedule for their poor defense leaves them very vulnerable. The Bengals can win a Super Bowl but can also go so poorly that HC Zac Taylor is the first HC fired.

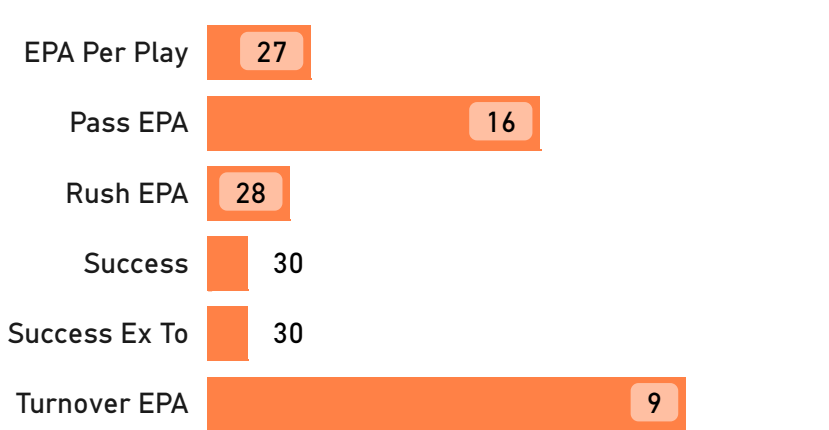
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Ja'marr Chase	
RWR	Tee Higgins	
SWR	Andrei Iosivas	
LT	Orlando Brown Jr.	
LG	Dylan Fairchild	
C	Ted Karras	
RG	Lucas Patrick	Alex Cappa
RT	Amarius Mims	
TE	Mike Gesicki	
QB	Joe Burrow	
RB	Chase Brown	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Joseph Ossai	Sam Hubbard
RDE	Trey Hendrickson	
WLB	Demetrius Knight Jr.	Germaine Pratt
MLB	Logan Wilson	
LCB	Dj Turner II	
SS	Jordan Battle	
FS	Geno Stone	
RCB	Cam Taylor-Britt	
NB	Dax Hill	Mike Hilton
LDT	B.J. Hill	
RDT	T.J. Slaton Jr.	Sheldon Rankins

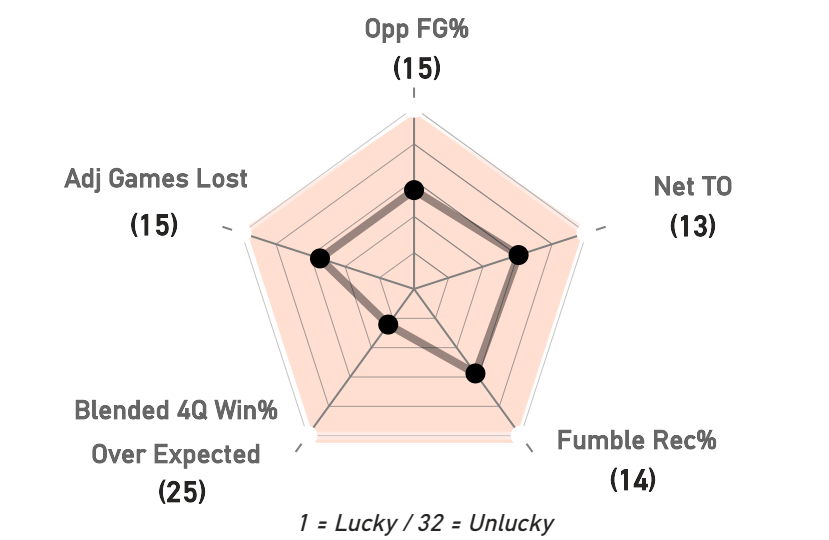
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



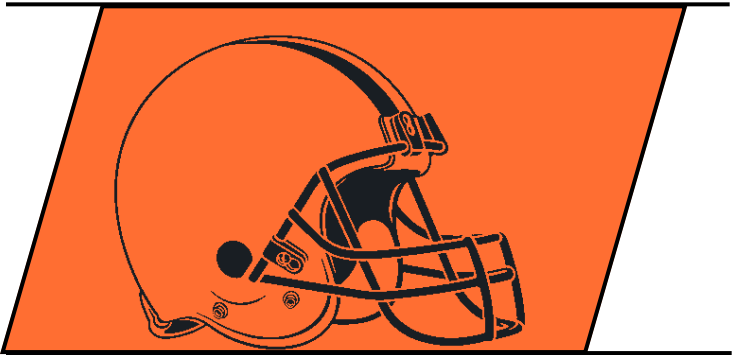
LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	L 10-16	1	@	-5.5
2	@	L 25-26	2	v	-5.5
3	v	L 33-38	3	@	+1.5
4	@	W 34-24	4	@	+2.5
5	v	L 38-41	5	v	+1.5
6	@	W 17-7	6	@	+3
7	@	W 21-14	7	v	-4.5
8	v	L 17-37	8	v	-7.5
9	v	W 41-24	9	v	-3
10	@	L 34-35	11	@	-1.5
11	@	L 27-34	12	v	-4.5
13	v	L 38-44	13	@	+5.5
14	@	W 27-20	14	@	+5.5
15	@	W 37-27	15	v	+2.5
16	v	W 24-6	16	@	-1.5
17	v	W 30-24	17	v	-3.5
18	@	W 19-17	18	v	-8.5
SOS		23/32	SOS*		16/32



CLEVELAND BROWNS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC NORTH	(3-14)	(4.5)
GENERAL MANAGER	HEAD COACH	
ANDREW BERRY	KEVIN STEFANSKI	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
TOMMY REES	JIM SCHWARTZ	

REVIEW & ANALYSIS

2024 Season in Review No team was a bigger overall disappointment in 2024 than the Cleveland Browns. This is a team coming off an improbable Playoff appearance in 2023, behind Joe Flacco and four different starting QBs in the lineup. The Browns finished 3-14 last season, a league worst six wins less than their pre-season over/under win total of nine. There are only nine other teams since 2000 who underachieved their win total by at least six games like the Browns. Interestingly, 6 of 9 teams went over their win total the next year by an average of 1.6 wins. The defense for Cleveland was a mixed bag, finishing 6th in success rate but 18th in EPA, mainly because they gave up the highest rate of explosive plays in the NFL (12%) and poor defense in high leverage situations. On 128 3rd or 4th and long situations (6+ yards), the Browns allowed the highest yards per play in the league by a full 1.5 yards over #2 and generated 0 turnovers. While the defense was good enough overall, the offense was an utter disaster and finished last in the NFL in most metrics (32nd in EPA, success rate and points scored). There was hope that maybe QB Deshaun Watson could get back to a version of his old self with a full camp under his belt but he was atrocious (42nd out of 42 QBs in success rate and EPA) and ended up tearing his achilles against CIN in week 7. This ended his season and likely his career with the Browns. It feels like a broken record, but the Browns saw four different QBs start a game a year after five QBs started a game in 2023. Backup Jameis Winston started seven games and, while he was a turnover machine like you'd expect, he did lead the Browns to two wins over Playoff teams (BAL and PIT). Indicative of how poor and discombobulated the offense was all year, no team committed more pre snap penalties on offense than the Browns' 45 last season

Luck Factor What could go wrong did go wrong for Cleveland last year. The Browns faced the 9th toughest schedule by opponent wins last year, but they faced teams who were much better and healthier when they played the Browns versus the rest of the season. In fact, DVOA ranked the Browns schedule as the toughest last season and the Browns ended up facing the 2nd lowest percentage of snaps against backup QBs. In addition, the Browns dealt with major injuries themselves and finished with the 6th worst injury luck by adjusted games lost while their opponents ended up in aggregate having the best injury luck in the league. The offense had trouble moving the ball generally but did not help themselves with back breaking turnovers, leading the NFL with the most EPA lost from those turnovers. Conversely, Cleveland generated the 3rd lowest amount of EPA from turnovers on defense. The Browns defense was pretty good on a down-to-down basis and forced the 2nd most 3 and outs and the most punts per drive in the NFL. Because the offense was so bad, opponents started the most drives inside the Browns 50-yard line in the league. Yet, somehow the Browns allowed just a 58% score rate on those drives, 9th lowest in the NFL.

Schedule Analysis As mentioned earlier, Cleveland faced a very difficult schedule in 2024 and 2025 looks to be just as tough. The Browns face eight of the top 10 Super Bowl teams by current odds. Things can clearly change a lot in one season but based on last year's final EPA results, they also face the toughest schedule of opposing offenses. I have them favored just once all season (week 14 vs TEN) and no team faces a tougher schedule right out of the gates than the Browns (vs CIN, at BAL, vs GB, at DET). The NFL did them no favors by travelling to Detroit in week 4, then overseas to London to face a Vikings team that will have already played in Dublin the prior week and will be adjusted to the time change. Following that game, the Browns don't take a bye and instead travel to Pittsburgh to face a Steelers ream off a bye. It may be the single toughest schedule spot of any team in the NFL in 2025.

Offseason The Browns offseason was centered around re-signing future Hall of Famer DE Myles Garrett and attacking the QB position at every angle. They traded for Kenny Pickett, signed veteran Joe Flacco, used a 3rd round pick on Dillon Gabriel and a 5th on Shedeur Sanders. It will be interesting to see how HC Kevin Stefanski deals with training camp and getting enough reps from the young QBs to help make an informed decision to start the season. My best guess is that Pickett starts the season and, assuming one or both of Gabriel and Sanders show enough promise in camp, that Flacco gets traded to a QB needy team. It would be surprising if the Browns don't give one or both of the rookie QBs multiple starts during the season as well. After losing the most EPA in the NFL due to turnovers last season and understanding the importance of a mistake-free offense, giving Pickett the first crack in my opinion makes the most sense. For all his warts, Pickett takes care of the ball. His 2.3% turnover-worthy play rate (PFF stat) in 2022 ranked 5th lowest in the NFL and his 1.8% figure in 2023 ranked 2nd lowest. He also has a 1st round pedigree, is just 27 years old and dealt with maybe the worst OC in modern history in Matt Canada with the Steelers. The Browns understand that their defense is potentially a top 10-12 unit and if they limit mistakes on offense, they can at least stay in many games. In addition, the Browns attacked the RB position in the draft with fresh blood by drafting Quinshon Judkins and Dylan Sampson. Once those picks were made, it meant the end of the road for fan favorite Nick Chubb, who signed with Houston in June. Unfortunately, as Browns luck typically goes, Judkins finds himself in hot water after an alleged domestic abuse situation and his short term future is cloudy. On the defense, after trading back with Jacksonville, they used their top pick on DT Mason Graham from Michigan and also signed free agent Maliek Collins to add to the DL. The only other real change is the unfortunate season-ending loss of LB Jeremiah Owusu-Koramoah to a neck injury. The Browns clearly anticipated this and used pick #33 on LB Carson Schwesinger from UCLA to shore up the position.

2025 Outlook I do think the Browns overall roster and coaching staff is much better than what the general perception is of this team but major uncertainty at QB and a brutal schedule totally mutes optimism for 2025. With a good enough defense to keep the Browns in games and more professionalism at QB with Flacco/Pickett, there is certainly hope they are able to steal a few wins. It's difficult to assume they can exceed market expectations. If neither Gabriel or Sanders shows promise when they do get their starts, then a full tank is likely to ensue late in the season to get the best draft pick possible.

OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Cedric Tillman	
RWR	Jerry Jeudy	
SWR	Diontae Johnson	Elijah Moore
LT	Dawand Jones	
LG	Joel Bitonio	
C	Ethan Pocic	
RG	Wyatt Teller	
RT	Jack Conklin	
TE	David Njoku	
QB	Joe Flacco	Jameis Winston
RB	Jerome Ford	Nick Chubb
FB	Troy Hairston	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Isaiah Mcguire	
RDE	Myles Garrett	Za'Darius Smith
WLB	Jordan Hicks	
MLB	Carson Schwesinger	
LCB	Denzel Ward	
SS	Grant Delpit	
FS	Ronnie Hickman	Juan Thornhill
RCB	Martin Emerson Jr.	
NB	Greg Newsome II	
LDT	Maliek Collins	Dalvin Tomlinson
RDT	Mason Graham	

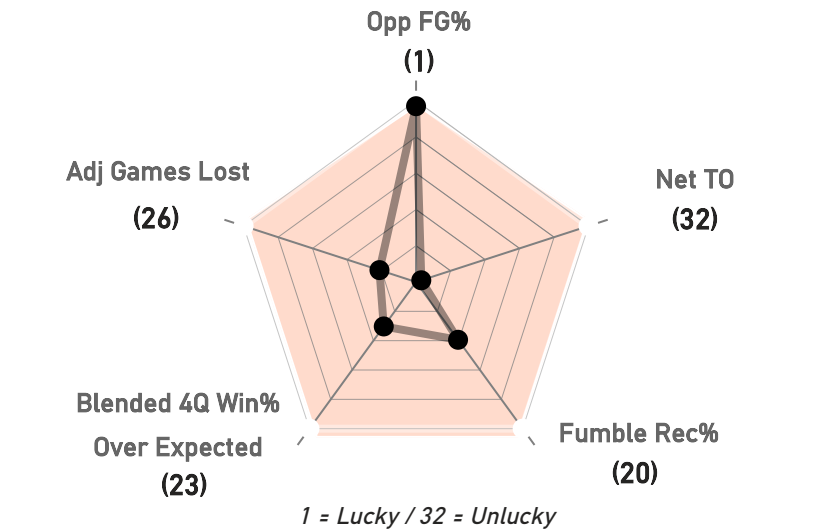
OFFENSE ADVANCED RANKS

EPA Per Play	32
Pass EPA	32
Rush EPA	27
Success	32
Success Ex To	32
Turnover EPA	32

DEFENSE ADVANCED RANKS

EPA Per Play	18
Pass EPA	21
Rush EPA	16
Success	6
Success Ex To	5
Turnover EPA	30

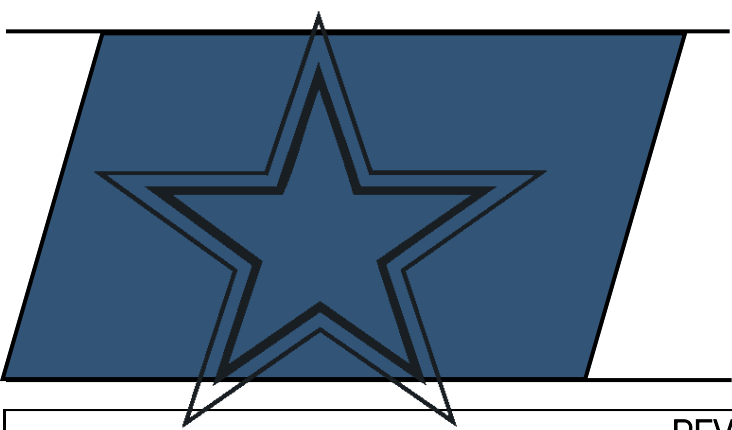
LUCK FACTOR RANKS



OL/DL RANKS

Pass Block Eff.	24
Adj Sack Rate	7

2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	L 17-33	1	v	+5.5
2	@	W 18-13	2	@	+12.5
3	v	L 15-21	3	v	+5.5
4	@	L 16-20	4	@	+10.5
5	@	L 13-34	5	v	+7
6	@	L 16-20	6	@	+6.5
7	v	L 14-21	7	v	+1.5
8	v	W 29-24	8	@	+5.5
9	v	L 10-27	10	@	+2.5
11	@	L 14-35	11	v	+8.5
12	v	W 24-19	12	@	+3.5
13	@	L 32-41	13	v	+6
14	@	L 14-27	14	v	-1.5
15	v	L 7-21	15	@	+7
16	@	L 6-24	16	v	+8.5
17	v	L 3-20	17	v	+2.5
18	@	L 10-35	18	@	+8.5
SOS	5/32		SOS*	6/32	
1 = Hardest Schedule			SOS* based on TA's power rankings		



DALLAS COWBOYS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC EAST	(7-10)	(7.5)
GENERAL MANAGER	HEAD COACH	
JERRY JONES	BRIAN SCHOTTENHEIMER	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
KLAYTON ADAMS	MATT EBERFLUS	

REVIEW & ANALYSIS

2024 Season in Review In last year’s preview, the 2024 Dallas Cowboys were my pick for a Playoff team who would most likely regress and miss the Playoffs. The Cowboys did end up struggling throughout the year, finishing 7–10 and missing the playoffs for the first time since 2020. The defense struggled badly early, allowing 44+ points twice at home in the first six weeks, and lost defensive ends Micah Parsons and Demarcus Lawrence for 17 combined games. Even after a poor start, the Cowboys hoped to turn things around, but their season was crushed with the season-ending injury to QB Dak Prescott in a week 9 loss in Atlanta. This ultimately led to a coaching change with both HC Mike McCarthy and DC Mike Zimmer getting fired. The offense was scrappy enough with backup Cooper Rush and a resurgent run game led by Rico Dowdle but the defense continually gave up big plays in high leverage spots to make real run late.

Luck Factor I discussed at length in last year’s preview which detailed how the Cowboys defense was a bit of a house of cards. While their success rate metrics on defense were subpar, they ranked #1 in EPA gained from turnovers in 2022 and #7 in 2023, which included six defensive TDs. This was not sustainable and in 2024, the defense finished 28th in EPA and 22nd in success rate while generating just a league average level of EPA from turnovers (one defensive TD). Not only did they lose much of that good fortune from turnovers defensively, but they faced the toughest schedule of opposing offenses, by EPA, and faced the 2nd highest percentage of snaps from top 10 QBs. Outside of the red zone, the pass defense ranked 7th best in the NFL but something happened when teams reached the scoring zone that they could not handle. Their EPA against the pass in the red zone finished dead last by a mile and 2nd worst against the run. Their 75% TD rate allowed in the red zone ranked 4th highest of any team in the last decade. The red zone offense wasn’t any better ranking last in EPA and 31st in TD %. In the last decade, the 2024 Cowboys and 2021 Lions are the only teams to finish bottom two in both offensive and defensive red zone TD%. The hope is the red zone woes regress more toward the actual level of the talent on both sides of the ball in 2025. The Cowboys clearly had some tough injury luck as well to some of their best players like Dak Prescott (9 games missed), Micah Parsons (4 games missed), Demarcus Lawrence (15 games missed), Daron Bland (10 games missed) and Trevon Diggs (six games missed). The team finished 19th in adjusted games lost but when just focusing on premium positions, they suffered the 5th worst injury luck in the league

Schedule Analysis After a very difficult set of opponents in 2024, the Cowboys are set to potentially faced another top 10 difficult schedule. The good news is the first part of the season is soft enough (18th SOS in the first 11 weeks) that Dallas can rack up some wins in advance of one of the tougher stretches for any team from weeks 12-17. In that stretch, Dallas faces the defending champion Eagles, then KC on Thanksgiving, followed by a trip to Detroit on TNF before playing Minnesota, LA Chargers and Washington. They will have played three Thursday games in a span of five weeks from week 13-17. Speaking of that week 17 game at Washington, that is a brutal spot for the Cowboys that late in the season. Dallas will be coming off a short week to play that week 17 TNF game on the road against a Commanders team that will be coming off a home game vs Philly on a Saturday. So not only does Dallas have to travel on a short week to a division rival in week 17 but will have to do so against a team with a one day rest advantage. I went back 25 years and could not find another instance where one team had extra rest compared to an opponent for a Thursday game. To make matters worse, the team with the rest disadvantage, Dallas, has to also travel for the game. Circle that one as one of the tougher scheduling spots for a team in 2025.

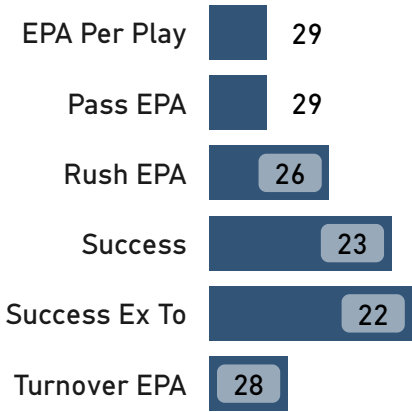
Offseason After a quiet 2024 offseason, the Cowboys were much more active this offseason starting with the firing of HC Mike McCarthy. They replaced him with Brian Schottenheimer, an underwhelming hire and likely just a HC puppet for Jerry Jones. Sure, he has been an OC at many stops and earned the title of OC with Dallas the prior two seasons, however, McCarthy was the one calling plays and running the offense. Maybe he will surprise everyone, but it is a hard sell that Schottenheimer is the long-term answer in Dallas. Matt Eberflus takes over for Mike Zimmer as DC. From a personnel standpoint, the big moves for Dallas included finally finding a good outside WR in George Pickens to complement Cee Dee Lamb in the slot. Pickens should give Dallas a down field threat on the outside in a similar fashion to Dez Bryant. You would hope he behaves seeing as Pickens is entering his free agency season. History says that Mike Tomlin and the Steelers give up on WRs at their peak but at least Pickens has the talent to really help Dallas in a contract year. They also fortified their OL with the first-round selection of Alabama G Tyler Booker and signed young veteran Robert Jones as a depth piece. At RB, not a move I would have made, but they let Dowdle walk in free agency to Carolina and signed Javonte Williams and Miles Sanders. Defensively, they did lose DE Demarcus Lawrence but replaced him with old friend Dante Fowler (12.9% pressure rate and 11 sacks) and used their 2nd round pick on BC DE Donovan Ezeiruaku (16.5 sacks last season). The secondary is a mess, with CB Trevon Diggs potentially missing the start of the season and losing slot CB Jourdan Lewis to FA. For now, former Buffalo 1st round bust Kaiir Elam, Bland and 3rd round rookie Shavon Revel Jr. look to be the top three at CB for the Cowboys. If Diggs misses games early in the season, this secondary could get ripped apart.

2025 Outlook The Cowboys are in pretty good shape on offense, with a fortified OL along with Pickens as a much-needed 2nd weapon outside. With a healthy Prescott, this should be a top 10 level offense again. I am most nervous about this Dallas pass defense and Schottenheimer at HC. We could be in for a bunch of shootouts and potentially backing their overs early and often in the season makes sense at the right price. Dallas is good enough to win 10+ games and compete for the division but ultimately this tough schedule and a shaky defense likely gets this team competing more for a Wildcard spot at best. My baseline ratings have Dallas right around nine wins.

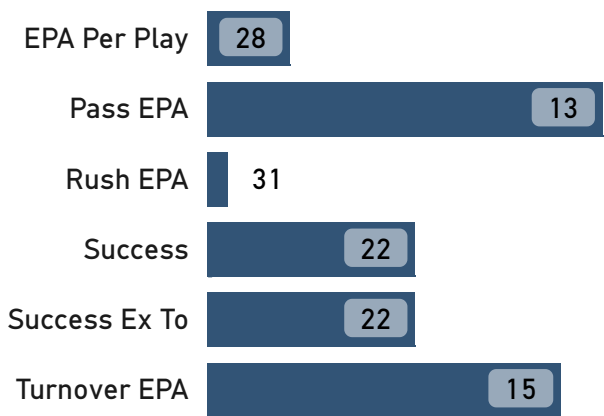
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	George Pickens	
RWR	Jalen Tolbert	Brandin Cooks
SWR	Ceedee Lamb	
LT	Tyler Guyton	
LG	Tyler Smith	
C	Cooper Beebe	
RG	Tyler Booker	Zack Martin
RT	Terence Steele	
TE	Jake Ferguson	
QB	Dak Prescott	
RB	Javonte Williams	Rico Dowdle
FB	Hunter Luepke	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Dante Fowler Jr.	Chauncey Golston
NT	Mazi Smith	
RDE	Micah Parsons	
WLB	Demarvion Overshown	
MLB	Kenneth Murray Jr.	Eric Kendricks
LCB	Trevon Diggs	
SS	Malik Hooker	
FS	Donovan Wilson	
RCB	Kaiir Elam	
NB	Daron Bland	Jourdan Lewis
DT	Osa Odighizuwa	

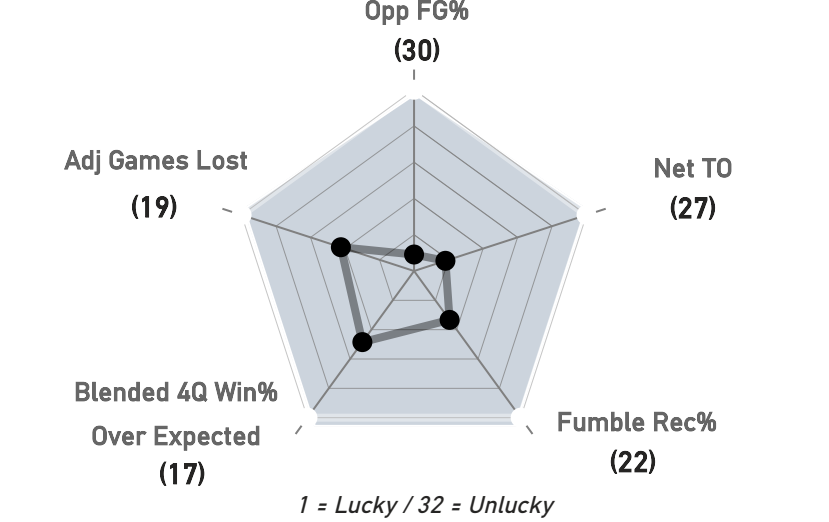
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	@	W 33-17	1	@	+7
2	v	L 19-44	2	v	-4.5
3	v	L 25-28	3	@	+3
4	@	W 20-15	4	v	+1.5
5	@	W 20-17	5	@	-1.5
6	v	L 9-47	6	@	-1.5
8	@	L 24-30	7	v	+2.5
9	@	L 21-27	8	@	+4.5
10	v	L 6-34	9	v	-1.5
11	v	L 10-34	11	@	-1.5
12	@	W 34-26	12	v	+4.5
13	v	W 27-20	13	v	+6
14	v	L 20-27	14	@	+6
15	@	W 30-14	15	v	+1.5
16	v	W 26-24	16	v	+1.5
17	@	L 7-41	17	@	+5.5
18	v	L 19-23	18	@	-1.5

SOS 9/32 SOS* 7/32
1 = Hardest Schedule SOS* based on TA's power rankings



DENVER BRONCOS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC WEST	(10-7)	(9.5)

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

REVIEW & ANALYSIS

2024 Season in Review The Broncos rebuild following the Russell Wilson trade has taken much less time than anyone could have imagined. Just three years after trading multiple 1st round picks for Russ, the Broncos seemingly already have found their future QB and are legitimate Playoff contenders. Denver's preseason win total was just 5.5 last season and the Broncos obliterated expectations en route to a 10-7 record and a Wildcard berth. In fact, based on their preseason odds to make the Playoffs at +700 (DK), the Broncos had the 4th highest odds to actually make the Playoffs in my database over the last 15 years. QB Bo Nix's numbers were not overwhelming (222 yards per game, 16th in EPA, 22nd in success rate), but he did a nice job commanding the Broncos offense and not forcing too many throws (5th lowest turnover worthy play rate). The Denver defense was elite last season, ranking #1 in the NFL in EPA allowed and finished top four against both the pass and the run. As good of a season as it was for Denver in 2024, it should be noted that they did struggle against good competition. They finished just 1-6 SU and 2-5 ATS against Playoff teams (excluding week 18 vs KC backups). Denver was dominant at home, finishing 6-2 SU and ATS with the highest cover margin in the league (+9.8 ppg)

Luck Factor The Broncos made the Playoffs even after going just 1-6 in one score games. I could only find one other team in the last 12 seasons who finished above .500 while winning 20% or less of their close games. The 2021 Bills went 0-5 in close games while winning 11 games. The next season they went 13-3 and went 6-3 in those close games. However, it is always important to dissect if all of these one score games were actually "close". In digging a little deeper, three of their first six games ended up as a one score loss (at SEA, vs PIT, vs LAC) but in reality, Denver was trailing by double digits with a low win probability in each of those games and scored in the final two minutes to turn the final score into a one score outcome. They also beat Cleveland on MNF late in the season by nine, which technically did not result in a one score win, but they needed a FG with 2:54 remaining as well as a Jameis Winston pick six to not only win but win by more than one score. The Broncos saw extremely favorable results on both sides of the ball in redzone touchdown production as well as injury luck. They finished top seven on both sides of the ball in redzone TD% and top eight in adjusted games lost and AGL faced. They faced backup QBs on nearly 30% of total snaps last season, 7th highest in the NFL. The Broncos also generated the 3rd most EPA from turnovers on defense and gave up the 10th lowest on offense. The defense was still elite with or without the turnovers and against starting QBs, ranked as a top five pass defense

Schedule Analysis While I have the Broncos facing the 13th toughest schedule of opponents, based on my QB ratings, I have them facing the 3rd toughest set of signal callers, which includes nine top 10 level QBs. Last season, Denver went up against the 7th easiest schedule of opposing QBs, so a big flip. The defense is very good but will be tested much more in 2025. They do have an easier stretch to start the season, as I have them favored in seven of their first 10 games. Their final seven games consist of two matchups vs KC along with games against WAS, GB and LAC. They don't catch many breaks from a rest standpoint as they get three different weeks with more than normal rest and their opponent in each week has the same or more rest. They end up getting just one game all season with a rest advantage, a +1 day advantage over the Chargers in week 3.

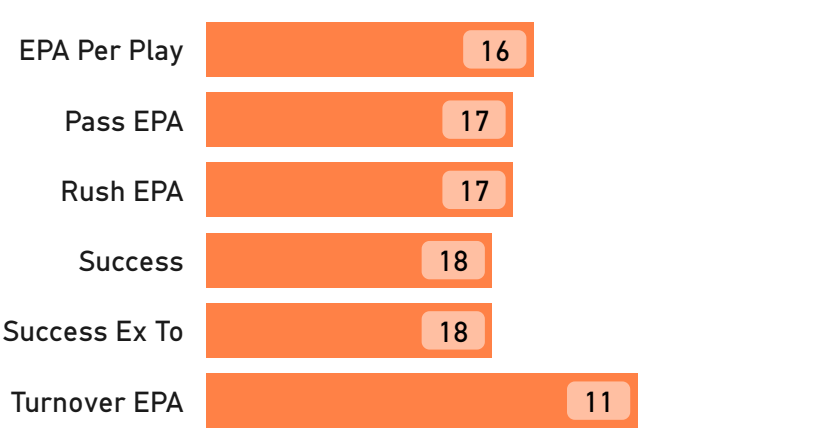
Offseason The Broncos have done a masterful job remaking this roster into one of the deepest in the NFL. Not only do they feel like Nix is their long term franchise QB but the OL, considered a potential liability heading into last season, graded out by PFF as the #1 pass blocking unit in the NFL. On offense, they added 3rd round rookie WR Pat Bryant from Illinois and signed veteran TE Evan Engram. He was a key signing to help maybe the weakest TE position group in the league. Denver didn't have a single TE catch more than 19 passes last season. They are likely banking on getting more juice from WR Marvin Mims as he flashed at the end of last season (62 yds/gm, 6 rec TDs). The Broncos also swapped out Javonte Williams in the RB room for JK Dobbins and 2nd round rookie RB RJ Harvey from UCF. I have no idea how Sean Payton will juggle this rotation with four RBs when you include incumbents Jaleel McLaughlin and 2nd year man Audric Estime, but he will try. Where the team really decided to bolster the roster this offseason was surprisingly on defense. This is a defense ranked #1 in EPA. They stunned most experts who assumed they'd go RB with their top pick and instead drafted slot CB Jahdae Barron of Texas. In addition, in FA, they signed hard hitting Safety Talanoa Hufanga from the Niners, to fortify the best secondary in the NFL. He has missed 17 games the last two seasons but when healthy, is one of the best safeties in the NFL. Speaking of the Niners, the Broncos poached their defense again with the signing of LB Dre Greenlaw. He and Hufanga add major physicality to this defense. Following his unfortunate achilles injury in the Super Bowl in 2024, Greenlaw looked like his old self, albeit in limited action at the end of the season. In 2022 and 2023, Greenlaw was graded by PFF as top 12 coverage LB. His coverage skills are a major upgrade from last year's starter Cody Barton, one of the worst coverage LBs in the NFL (85% completion % allowed, 52 coverage grade).

2025 Outlook I have Denver with a baseline of 9-10 wins, right in line with expectations. If Hufanga and Greenlaw can stay healthy, this is probably the best defense in the NFL. Nix's EPA per drop back last season was top half of the league and 13th best of any rookie QB in the last 15 years. There have been 15 other QBs drafted in the 1st round who also finished with a positive EPA per drop back in their rookie season. All but three (CJ Stroud, Mac Jones, Kenny Pickett) generated a positive EPA again in their 2nd season and nine of the 15 generated an EPA that was higher in year two. I think Nix kind of is what he is and Payton was able to essentially maximize his abilities and tailor the offense to his strengths last season. Even if you don't think Nix has a really high ceiling, he likely at least has a reasonably high floor. Based on my current projections, I actually have Denver with the fifth most wins in the league through the first 10 weeks of the season. If they can rack up these wins early and hang on late, this has a good chance to be another Playoff team although Nix' ceiling likely caps how far Denver will ultimately go.

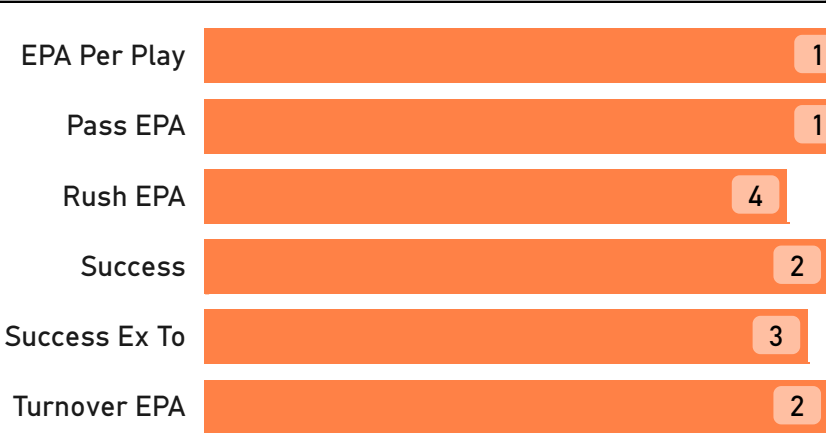
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Courtland Sutton	
RWR	Marvin Mims Jr.	
SWR	Devaughn Vele	
LT	Garett Bolles	
LG	Ben Powers	
C	Luke Wattenberg	
RG	Quinn Meinerz	
RT	Mike McGlinchey	
TE	Evan Engram	
QB	Bo Nix	
RB	J.k. Dobbins	Javonte Williams
FB	Michael Burton	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Zach Allen	
NT	D.J. Jones	
RDE	John Franklin-Myers	
LOLB	Jonathon Cooper	
ROLB	Nik Bonitto	
LCB	Pat Surtain II	
SS	Talanoa Hufanga	
FS	Brandon Jones	
RCB	Riley Moss	
NB	Jahdae Barron	
LILB	Dre Greenlaw	Cody Barton
RILB	Alex Singleton	

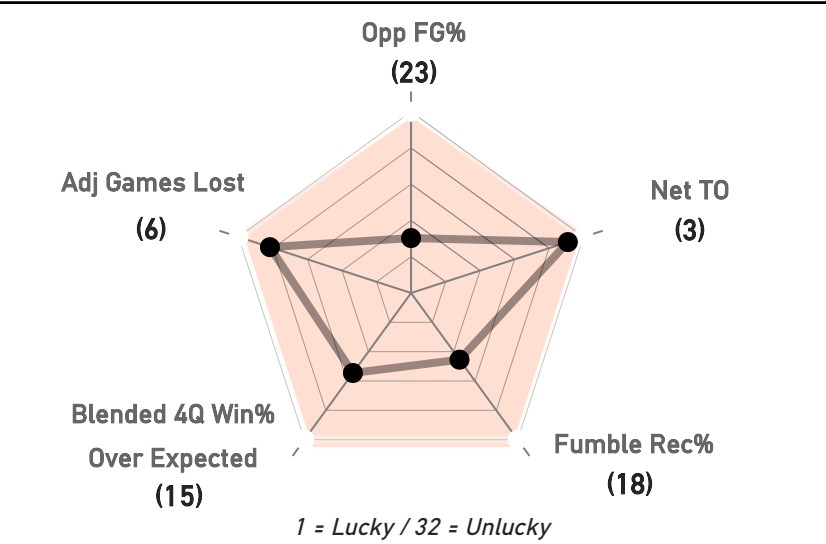
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS

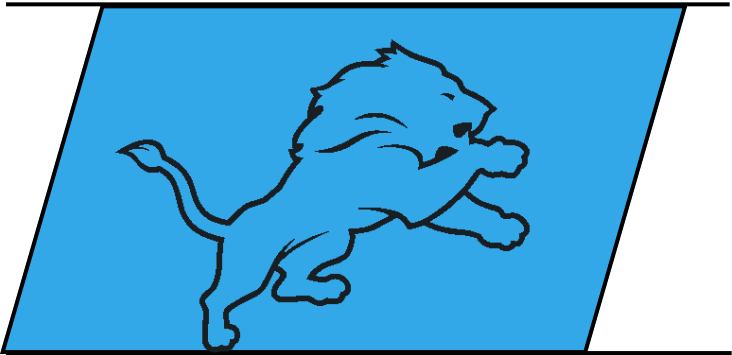


OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 20-26	1	v	-7.5
2	v	L 6-13	2	@	-3.5
3	@	W 26-7	3	@	+1.5
4	@	W 10-9	4	v	-2.5
5	v	W 34-18	5	@	+4.5
6	v	L 16-23	6	@	-6.5
7	@	W 33-10	7	v	-7.5
8	v	W 28-14	8	v	-4.5
9	@	L 10-41	9	@	-1.5
10	@	L 14-16	10	v	-6.5
11	v	W 38-6	11	v	+1.5
12	@	W 29-19	13	@	+2.5
13	v	W 41-32	14	@	-3.5
15	v	W 31-13	15	v	-1.5
16	@	L 27-34	16	v	-5.5
17	@	L 24-30	17	@	+4.5
18	v	W 38-0	18	v	-2.5
SOS		15/32	SOS*		13/32

1 = Hardest Schedule SOS* based on TA's power rankings



DETROIT LIONS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC NORTH	(15-2)	(10.5)
GENERAL MANAGER		HEAD COACH
BRAD HOLMES		DAN CAMPBELL
OFFENSIVE COORDINATOR		DEFENSIVE COORDINATOR
JOHN MORTON		KELVIN SHEPPARD

REVIEW & ANALYSIS

2024 Season in Review The Detroit Lions finished the 2024 regular season with a franchise-best 15–2 record, tied for the most wins in the NFL, and with it the #1 seed in the NFC. Once again, they outperformed betting market expectations, covering the spread at a 75% clip, a remarkable 3rd straight season at 70%+. QB Jared Goff led the #1 offense in points and success rate against one of the toughest schedules of opposing defenses. Unfortunately, the defense was teetering late in the season after suffering an inordinate number of devastating injuries. Even with those injuries, the defense held up in the regular season, finishing 7th best in the league in EPA. Even though they were just league average on early downs, they continually came up with big plays in high leverage situations, finishing as the league’s 2nd best EPA defense on 3rd and 4th downs and #1 in red zone EPA allowed. It all caught up to them, however, in their Divisional round loss at home to Jayden Daniels and the upstart Commanders, 45-31. The defense allowed nearly 500 yards of total offense and the Lion’s five turnovers was too much to overcome

Luck Factor No team suffered more impactful injuries on defense than the Lions in 2024. In fact, by adjusted games lost, they suffered the 6th worst injury luck on defense of any team in the last 25 years. Their top two pass rushers, DE Aiden Hutchinson and DT Alim McNeil, missed 15 total games. FA DE Marcus Davenport only played two games all season and three of their top LBs- Derrick Barnes, Malcolm Rodriguez and Alex Anzalone all missed at least seven games. Speaking of that defense, no team was called for more defensive holding penalties, resulting in automatic first downs, than Detroit. Rookie CB Terrion Arnold was a big culprit, as he was assessed the most penalty yardage of any player in the league. Glenn’s aggressive defensive style lends itself to more penalties but the Lions will hope to clean that up in 2025. Detroit went 7-2 in one score games and based on blended 4th quarter win probabilities won 1.7 games more than expected. Detroit won four games when trailing or tied in the final 20 seconds of the game and went 4-0 in all games decided at the gun. In addition, the Lions fumbled the football at the 3rd lowest rate in the league but then recovered those fumbles at the 4th highest rate (72%). They lost just three fumbles all year, tied for 2nd lowest in the NFL. Detroit was also the only team in the NFL that finished top 10 in highest 3rd down conversion rate over expected, offensive red zone TD%, defensive red zone TD % allowed and 3rd down conversion rates over expected. The Lions were elite in high leverage spots on both sides of the ball

Schedule Analysis The Lions were impressive to win as many games as they did last year vs a top 10 schedule, but they are expected to face my 2nd toughest overall schedule in 2025. Detroit is expected to play eight games against top 10 Super Bowl teams based on current odds. The Browns and Giants are their only opponents outside my top 20 rated teams coming up this season. Their road schedule is absolutely brutal and is easily the toughest in the league. Incredibly, eight of their nine road games are against teams favored to make the Playoffs including top teams like KC, Philly and Baltimore. Also, compared to last season when the Lions played 14 of 18 total games indoors, they will “only” play 10 indoor games in 2025. On the other hand, they lead the league with a +13 net rest differential, play five road games with a rest advantage and none with a disadvantage. Since 2000, road teams with a rest advantage win 2% more games than expected and cover the spread at a 52.1% clip.

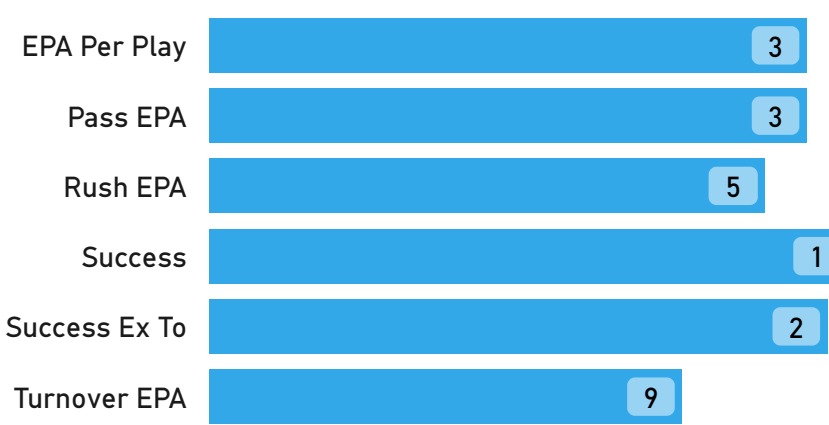
Offseason The biggest offseason question marks for the Lions come on the coaching staff with both coordinators, Ben Johnson and Aaron Glenn, leaving to become a Head Coach. You just never know how the change at a coordinator position will impact a team. Dan Campbell is a former TE coach and did call plays in the 2021 season so maybe he has more of a say with the new OC John Morton. Morton was a Senior Offensive Assistant with Campbell and the Lions in 2022 but most recently comes from Denver where he was the pass game coordinator the last two seasons. He has not been an OC since his time with the Jets in 2017. I won’t claim to know how this will work out and how much of Johnson’s scheme is going to continue. I do think Johnson’s creativity and ability to call plays with a particular cadence that maximizes all four downs is hard to replicate but we will see. The Lions also have to deal with turnover on their OL with the surprise retirement of C Frank Ragnow and the loss of Guard Kevin Zeitler. Those are big losses within the interior as Ragnow was a top five graded C by PFF the last three seasons and Zeitler #3 overall at Guard. Detroit will head into 2025 with 3rd round rookie Tate Rutledge at C and 2024 6th round pick Christian Mahogany at Guard or will move Graham Glasgow to Center if needed. It’s hard to quantify the impact of Ragnow’s retirement but I went back and checked PFF pass block grades in the three regular season games he missed in 2022 and 2023. The Lions OL recorded grades of 55, 63 and 64 in those games, well below their seasonal averages. It’s a tiny sample but fwiw, Mahogany did play 144 snaps last season and generated an elite 91.5 PFF blocking grade on those snaps. You can’t help but downgrade this offense based although I do think they are capable of staying in the top 5-8 of the NFL. Defensively, Detroit is banking on health regression but right as of this publication it was learned that starting DT Levi Onwuzurike tore his ACL and is out for the season. Combined with McNeil coming back from his ACL tear last year, rookie DT Tyleik Williams from OSU will be thrust into an important role immediately. At CB they swapped out Carlton Davis for DJ Reed, which is likely a wash, although Reed is more reliable from an injury perspective. Kelvin Sheppard takes over as DC for Glenn and is just 37 years old. He was last playing in the league in 2018 and has only been an LB coach in the NFL. This is a fairly big step up for Sheppard and increases risk even more with Glenn gone.

2025 Outlook The feeling I get from the market is that the Lions are going to be a team that many are fading in 2025. Between the loss of both coordinators, two starting OL, Onwuzurike and a general fatigue of a team that has not been able to make it to the Super Bowl, this feels like the season that many are betting the Lions take a step back. Sure, this isn’t going to be another 14-15 win season but this is still a highly talented squad. But their dominance over the NFC North is definitely in limbo and the schedule is just so brutal. I am much more in line with the market’s 10 wins than a true fade of the Lions.

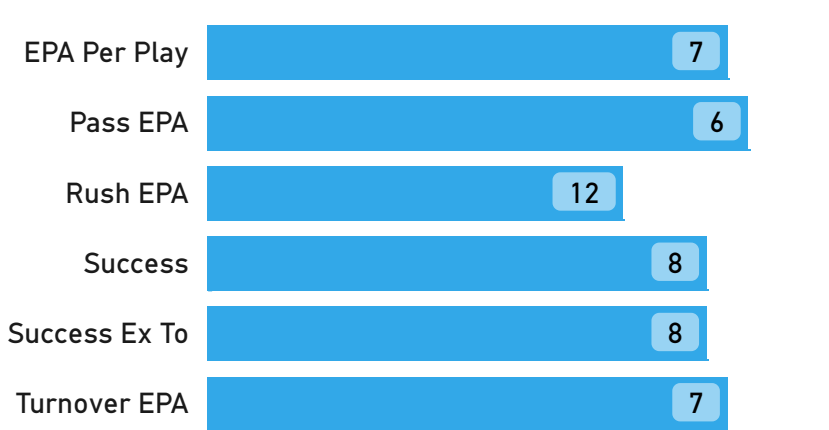
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Tim Patrick	
RWR	Jameson Williams	
SWR	Amon-Ra St. Brown	
LT	Taylor Decker	
LG	Christian Mahogany	
C	Tate Ratledge	Frank Ragnow
RG	Graham Glasgow	Kevin Zeitler
RT	Penei Sewell	
TE	Sam Laporta	
QB	Jared Goff	
RB	Jahmyr Gibbs	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Aidan Hutchinson	
NT	Dj Reader	
RDE	Marcus Davenport	
WLB	Alex Anzalone	
MLB	Jack Campbell	
LCB	Terrion Arnold	Carlton Davis
SS	Brian Branch	
FS	Kerby Joseph	
RCB	D.J. Reed	
NB	Amik Robertson	
DT	Alim Mcneill	
SLB	Derrick Barnes	

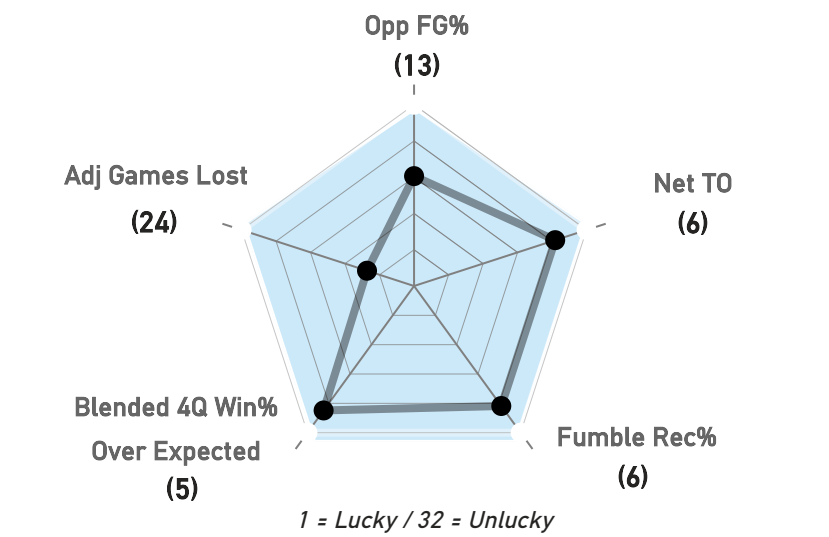
OFFENSE ADVANCED RANKS



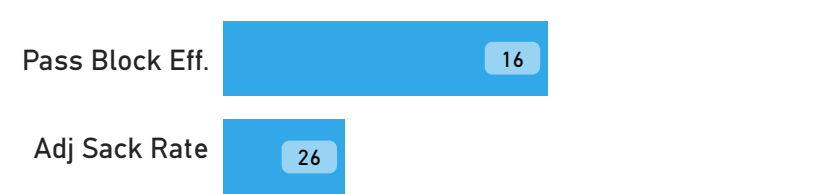
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 26-20	1	@	+1.5
2	v	L 16-20	2	v	-4.5
3	@	W 20-13	3	@	+3.5
4	v	W 42-29	4	v	-10.5
6	@	W 47-9	5	@	-1.5
7	@	W 31-29	6	@	+3
8	v	W 52-14	7	v	-3.5
9	@	W 24-14	9	v	-4.5
10	@	W 26-23	10	@	+1.5
11	v	W 52-6	11	@	+3.5
12	@	W 24-6	12	v	-8.5
13	v	W 23-20	13	v	-2.5
14	v	W 34-31	14	v	-6
15	v	L 42-48	15	@	-1.5
16	@	W 34-17	16	v	-6
17	@	W 40-34	17	@	-2.5
18	v	W 31-9	18	@	-1.5
SOS		12/32	SOS*		2/32

1 = Hardest Schedule SOS* based on TA's power rankings



GREEN BAY PACKERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC NORTH	(11-6)	(9.5)
GENERAL MANAGER		HEAD COACH
BRIAN GUTEKUNST		MATT LAFLEUR
OFFENSIVE COORDINATOR		DEFENSIVE COORDINATOR
ADAM STENAVICH		JEFF HAFLEY

REVIEW & ANALYSIS

2024 Season in Review Green Bay was a very trendy pick to make the Super Bowl out of the NFC prior to last season. While they ended up winning 11 games and making the Playoffs, the season ended with a thud in a 22-10 loss in the Wildcard round to eventual Super Bowl champion Eagles. It was only the 2nd of their seven total losses last season that came by more than five points. Even though they won 11 games, they went just 2-6 against Playoff teams and one of those wins was a five point victory over a beat up Rams team without their starting WRs. It should be noted that they did face the 2nd toughest schedule of opponents based on win percentage. There were high hopes for QB Jordan Love in his 2nd season as the full-time starter following his impressive final stretch of the 2023 season. Love finished 9th in EPA but 15th in success rate and graded out just 20th by PFF. To his credit, Love dealt with multiple injuries throughout the season including a sprained his MCL in the opener as well as a groin injury later in the season. He also had to face the single toughest schedule of opposing pass defenses, which included nine games against top 10 EPA pass defenses. In fact, I was surprised to see that he was the only starting QB who did not generate a single bottom 30th percentile EPA performance allowed by opposing defenses on his schedule. Based on strength of the defenses he faced, he was very consistently playing with a high floor. Unfortunately, the young WR corps that showed so much promise in 2023, could not capitalize on that momentum and none stepped up into that lead role. In fact, GB's top three WRs in targets (Wicks, Reed and Doubs) all ranked inside the top 30 in drop % with Wicks and Reed both top six

Luck Factor One season after finishing as one of the most injured teams in the league, the Packers finished as one of the healthier teams in 2024 (7th in AGL). They lost Love for 2.5 regular season games but otherwise, this team was fairly healthy. And it should be noted that with backup QB Malik Willis in the lineup, the Packers won all three of the games that Love missed. The defense played well but they certainly benefitted from turnovers, generating the 2nd most turnovers and the 3rd most EPA. They forced 21 turnovers alone on 1st and 2nd downs. That's a gigantic number considering only nine other teams forced at least 21 turnovers on all downs all season. The turnovers highlight why they saw the largest overall gap in the league between defensive EPA allowed (4th best) and success rate from opposing offenses (21st). On just early downs, they allowed the 7th lowest EPA on drop backs but finished 32nd in success rate allowed on those same downs (52.3%). That 25-rank gap is easily the widest in the league and seven more than the next team (TB). Even further, inside the red zone, the Packers forced the 3rd highest rate of turnovers in the league at 2.7% but 7th worst in success rate. The Packers defense forced the 3rd most fumbles in the league and recovered those fumbles at the 8th highest rate. The Packers defense also had the good fortune of facing the 8th easiest set of opposing QBs by EPA and faced the 2nd lowest percentage of snaps against top 10 EPA QBs. Among the seven worst QBs in PFRs "bad ball percentage" stat, the Packers defense played five of those QBs. Also hidden in some of these numbers is having the advantage of multiple games at home in bad weather. They faced Brandon Allen (SF) in snow, the freezing temps on Thanksgiving night vs Tua, the rain at home vs Kyler and rain vs Goff. This was an opportunistic defense, and they certainly took advantage of it. Safety Xavier Mckinney proved he was worth every penny as a free agent signing with his eight INTs and rookie Safety Evan Williams was excellent in his first season (12% forced incompleation rate). None of this is to take away from a solid defensive season for Green Bay but the turnovers were a big story

Schedule Analysis Green Bay is expected to face a top 10 most difficult schedule of opponents, based on my team ratings. The NFC North is one of the toughest divisions in the NFL which makes most every game difficult. They are tied with Washington in facing the most (8) middle 11 teams in my ratings. They only face three of my bottom 11 teams (CLE, NYG, CAR) but generally it's a schedule with a consistent wave of good teams. Because of this, I have the Packers playing in the most coin flip (3 points or less) games of any team this season, with 12. It should be noted, that all four of the Packers' primetime games occur in the first 10 weeks of the season and their bye week comes very early in week five.

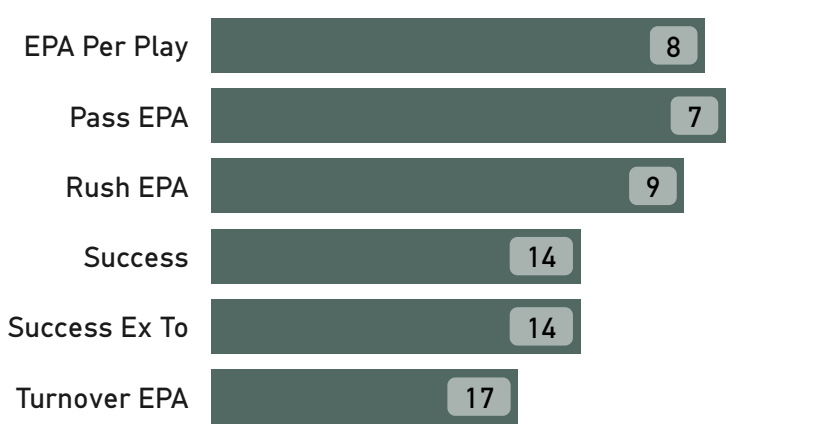
Offseason It was a pretty quiet offseason of moves for Green Bay. The only contributors who left include Center Josh Myers, CBs Jaire Alexander and Eric Stokes. Alexander was recently cut due to his bloated contract and a lack of health. He is a very good CB but has only been able to play 34 total games over the last four seasons. The Packers essentially swapped out Stokes, who went to the Raiders, for slot CB Nate Hobbs who they signed from Las Vegas. That is probably a small win for Green Bay but nothing that totally moves the needle. Losing Alexander is a blow, although his lack of reliability had to of been a major annoyance for Green Bay. Their CB room is really lacking right now and it would not shock me at all if they made a move to sign one of the veteran CBs that are currently still available in the market. If not, the trio of Hobbs, Nixon and Bullard is one of the worst in the NFL at CB. In the draft, the Packers used their first three picks on offense with two WRs that included first round pick Matthew Golden and 3rd rounder Savion Williams of TCU. Golden dropped in the draft after many experts pegged him inside the top half of the first round following his out of nowhere 4.29 40 at the combine. He is a solid WR prospect but doesn't really play at that speed. This adds to a very crowded WR room and could lead to a trade involving one or more of the veteran WRs.

2025 Outlook My baseline numbers for the Packers are right in line with the market and another 10+ win season is absolutely in range again. There are not many surprises with this Packers team and Super Bowl upside is mainly going to be based on Love's progression to elite status and one or more of his WRs breaking out to a more consistent level. The secondary, specifically at CB, is a major hole that needs some level of upgrade prior to the start of the season. Even so, Matt Lafleur is one of the better coaches in the league and as long as the offense can get to the next level, this team should be really good.

OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Romeo Doubs	
RWR	Matthew Golden	
SWR	Jayden Reed	
LT	Rasheed Walker	
LG	Aaron Banks	
C	Elgton Jenkins	
RG	Sean Rhyan	
RT	Zach Tom	
TE	Tucker Kraft	
QB	Jordan Love	
RB	Josh Jacobs	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Rashan Gary	
NT	Kenny Clark	T.J. Slaton
RDE	Lukas Van Ness	Preston Smith
WLB	Quay Walker	
MLB	Edgerrin Cooper	
LCB	Nate Hobbs	Jaire Alexander
SS	Xavier Mckinney	
FS	Evan Williams	
RCB	Keisean Nixon	
NB	Javon Bullard	
DT	Devonte Wyatt	

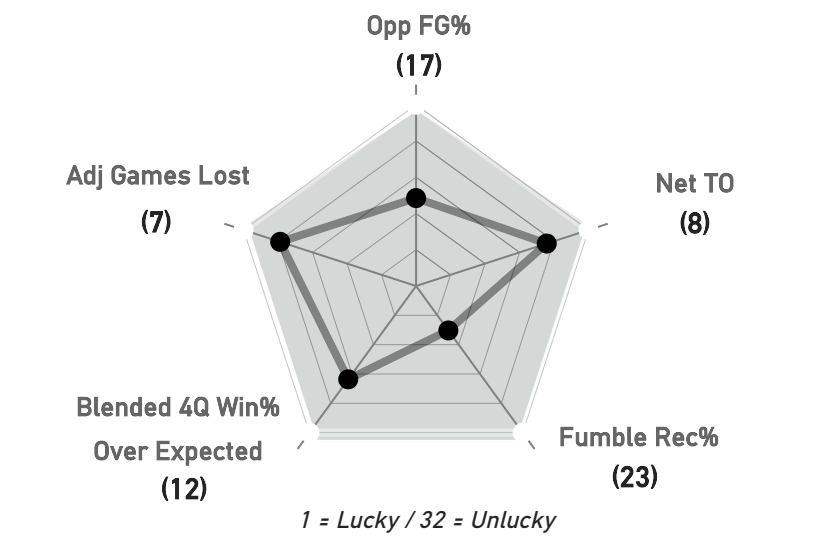
OFFENSE ADVANCED RANKS



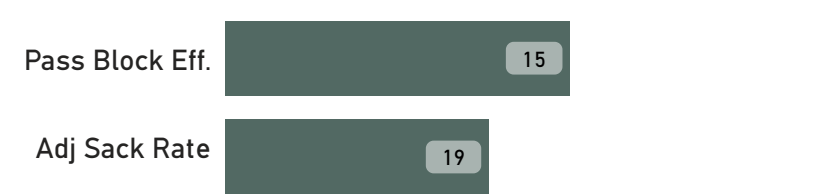
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



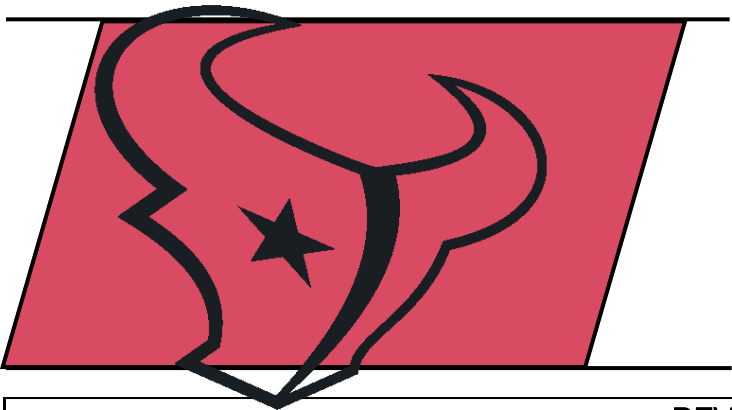
OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 29-34	1	v	-1.5
2	v	W 16-10	2	v	-1.5
3	@	W 30-14	3	@	-5.5
4	v	L 29-31	4	@	-1.5
5	@	W 24-19	6	v	-3
6	v	W 34-13	7	@	-1.5
7	v	W 24-22	8	@	-1.5
8	@	W 30-27	9	v	-7.5
9	v	L 14-24	10	v	+1.5
11	@	W 20-19	11	@	-4.5
12	v	W 38-10	12	v	-3.5
13	v	W 30-17	13	@	+2.5
14	@	L 31-34	14	v	-3.5
15	@	W 30-13	15	@	+1.5
16	v	W 34-0	16	@	-1.5
17	@	L 25-27	17	v	+1.5
18	v	L 22-24	18	@	-1.5

SOS 7/32 SOS* 8/32

1 = Hardest Schedule SOS* based on TA's power rankings



HOUSTON TEXANS

DIVISION2024 RECVEGAS WIN TOTAL '25

AFC SOUTH(10-7)(9.5)

GENERAL MANAGERHEAD COACH

NICK CASERIODEMECO RYANS

OFFENSIVE COORDINATORDEFENSIVE COORDINATOR

NICK CALEYMATT BURKE

REVIEW & ANALYSIS

2024 Season in Review The Houston Texans' 2024 season was expected to be one where they competed for a Super Bowl. The Texans began the year strong, starting 5–1 and ultimately won the AFC South with a 10–7 record, matching their 2023 record. However, they ran into the KC Chiefs buzzsaw in a AFC Divisional Round loss. Surprisingly, it was an elite defense (top seven defending both the run and pass by EPA) that carried the Texans while QB CJ Stroud and company struggled on offense. Stroud was a trendy MVP candidate heading into last season but behind a terrible OL, poor run game and with multiple devastating injuries to his WRs, he finished just 25th in EPA and 27th in success rate. Stroud was pressured at the 6th highest rate and took the 2nd most sacks in the league. Houston scored the least number of points of any Playoff team and their offense underperformed market expectations at the 3rd lowest rate in the league (35% of game team totals went over). This was against the 3rd easiest schedule of opposing pass defenses by EPA. These issues led to the firing of offensive coordinator Bobby Slowik after the season.

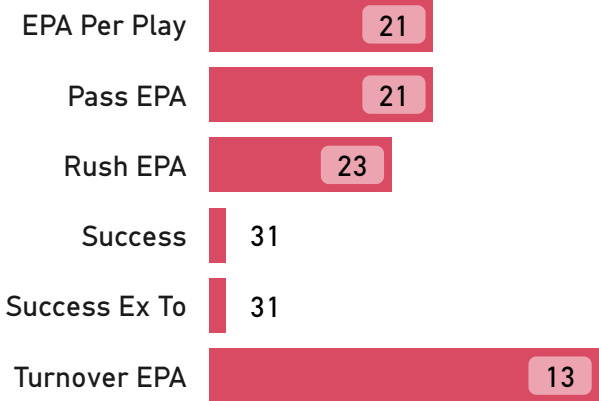
Luck Factor No offense generated a wider gap between early down EPA and success rate vs late down offense. Houston finished 31st in early down success rate but nearly league average (17th) on late downs. Whether it was due to poor play selection or luck, Stroud and the Texans were forced into tough 3rd down spots and Stroud was able to bail them out enough to keep drives alive. Typically, your early down offense is more predictive going forward and for the Texans' sake you hope that does not converge in 2025. Some of the offensive failures can be blamed on major misfortune when it comes to injuries to their WR and TE groups. Houston suffered the 2nd worst injury luck among their pass catchers and included season ending injuries to WRs Stefon Diggs and Tank Dell. Diggs and Dell missed 12 games combined and star WR Nico Collins was out for five games as well. In addition, the Texans did not do themselves any favors by committing the 3rd most penalties in the league, finishing bottom six both offensively and defensively. No single player in the league was called for more penalties than LT Laremy Tunsil, with 17. On the other side of the coin, it should also be noted that the Texans did benefit from generating the 3rd most EPA from turnovers on defense. They forced the 2nd most interceptions in the league. They forced at least four turnovers in a game, four different times last season, including their Wildcard blowout win against the Chargers. The good news for the Texans is that even on drives where you exclude turnovers, their defense was still top five in the league in lowest drive success rate allowed

Schedule Analysis Last season, Houston faced one of the top 10 easiest schedules and only 35% of their opponents cleared their win totals, tied for 2nd lowest in the league. Also, 50% of the snaps they faced came from QBs who were either backups or who finished 30th or worse in EPA per drop back last season. While the 2025 schedule of opponents does not look formidable (17th in my ratings), mainly due to a very weak AFC South, they do play eight teams currently favored to make the Playoffs. Even some of their "easier" opponents like Tennessee, Jacksonville and Las Vegas could be much improved from a season ago with top half of the league QB play if things go right. They do catch a break having to play three Sunday 1pm home games against teams that play in the western or mountain time zone (SF, DEN, ARI).

Offseason The Texans were one of, if not the most, active teams in trades and free agency in the league this off season. On the coaching staff, they fired Slowik as OC and hired Nick Caley, who was most recently the Rams TE coach and passing game coordinator. He has past ties with the Patriots and went to the same college (John Carroll in Cleveland) as GM Nick Caserio. He will try to jumpstart this offense and especially the run game which has been poor of late. Otherwise, the Texans completely revamped this terrible OL. Gone are LT Laremy Tunsil, RG Kendrick Green and LG Kenyon Green. In are LT Cam Robinson, RT Trent Brown, C Jake Andrews and G Ed Ingram. They also used a 2nd round pick on LT Aireontae Ersery from Minnesota. Tunsil was traded to Washington for multiple picks and while his blocking grades were still excellent, he led the NFL with 19 accepted penalties a year after finishing with the 8th most in 2023. Robinson was ok with Jacksonville but after he was traded to Minnesota at the deadline last season, he was terrible. In fact, he allowed a 9.5% pressure rate with the Vikings and his 33 pressures allowed from weeks 15 on, were by far the most in the league among Tackles. Andrews did not play last year due to a torn meniscus and has only appeared in two career games. Ingram has never graded above a 59.5 by PFF in his three year career and is one of the worst starting Guards in the league. Brown is 32 years old and on his 4th team in six seasons. He could only play three games last season prior to ending his season with a torn patellar tendon injury. The Texans made changes but I am not sure any are actually positive upgrades. They also signed 30 year old Nick Chubb to help the run game but I am not sure he will be the answer. He does not play on 3rd downs and we will see if he can regain some of his old form another year away from that horrible knee injury. Houston picked up WR Christian Kirk from the rival Jaguars and let Diggs walk. That is probably a wash but Kirk does have some down the field attributes that can help replace what will be lost with the season likely gone for Tank Dell. They also used a 2nd and 3rd round pick on Iowa State teammates Jayden Higgins and Jaylin Noel at WR. They should have plenty of depth and if just one of those guys can make an immediate impact, this Texans receiving corps could flourish.

2025 Outlook The Houston defense and another potentially poor division gives the Texans hope for another double-digit win season. The defense was great last year but they will likely face a much tougher set of QBs than a season ago and we know that from year to year, defense is much less stable than offense. I do think Stroud can bounce back but I actually think the OL could be as bad or potentially worse than last season. Just because you change the names along the OL doesn't mean its an upgrade. Going from Tunsil to Robinson is a massive drop and the interior of the OL is likely as bad as a season ago. I think this leads to another 9-10 win season but caps their upside for a Super Bowl run.

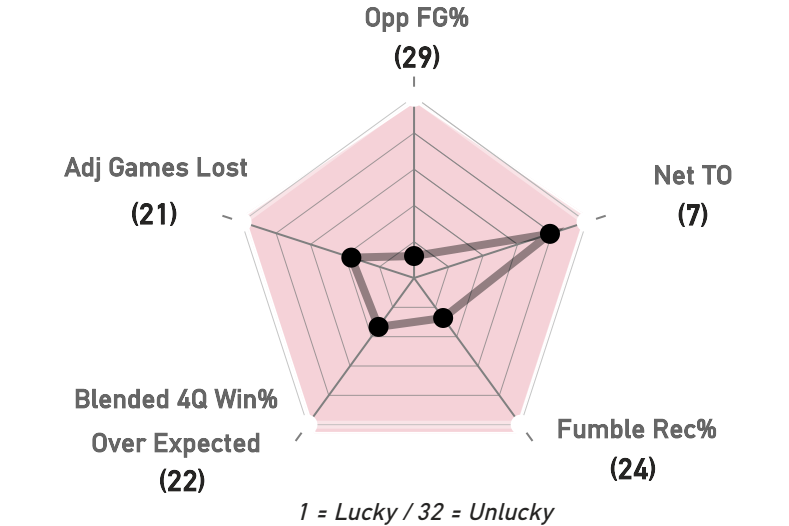
OFFENSE ADVANCED RANKS



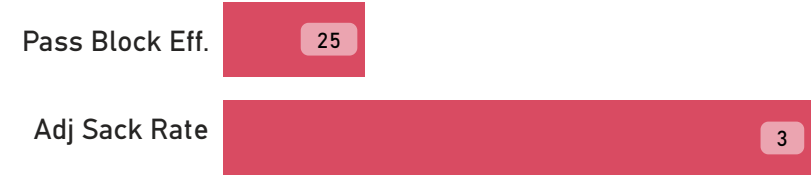
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE

WK	OPP	SCORE
1	@	W 29-27
2	v	W 19-13
3	@	L 7-34
4	v	W 24-20
5	v	W 23-20
6	@	W 41-21
7	@	L 22-24
8	v	W 23-20
9	@	L 13-21
10	v	L 23-26
11	@	W 34-10
12	v	L 27-32
13	@	W 23-20
15	v	W 20-12
16	@	L 19-27
17	v	L 2-31
18	@	W 23-14

SOS22/32

2025 SCHEDULE

WK	OPP	SPREAD
1	@	+3
2	v	-1.5
3	@	-1.5
4	v	-6
5	@	+7.5
7	@	+1.5
8	v	+1.5
9	v	+1.5
10	v	-3.5
11	@	-3
12	v	+3.5
13	@	-1.5
14	@	+6.5
15	v	-2.5
16	v	-4.5
17	@	+3.5
18	v	-4.5

SOS*17/32

1 = Hardest Schedule

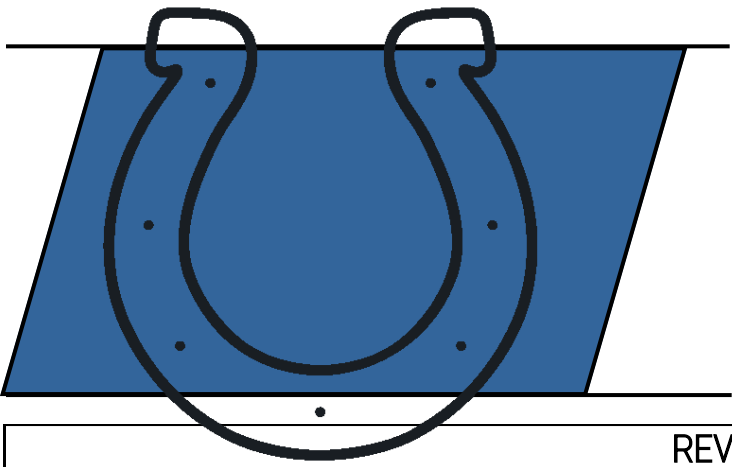
SOS* based on TA's power rankings

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Nico Collins	
RWR	Jayden Higgins	Stefon Diggs
SWR	Christian Kirk	
LT	Cam Robinson	Laremy Tunsil
LG	Laken Tomlinson	Kenyon Green
C	Jarrett Patterson	
RG	Tytus Howard	Shaq Mason
RT	Blake Fisher	
TE	Dalton Schultz	
QB	C.J. Stroud	
RB	Joe Mixon	
FB	British Brooks	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LDE	Will Anderson Jr.	
RDE	Danielle Hunter	
WLB	Christian Harris	
MLB	Azeez Al-Shaair	
LCB	Derek Stingley Jr.	
SS	C.J. Gardner-Johnson	
FS	Calen Bullock	
RCB	Kamari Lassiter	
NB	Jalen Pitre	
LDT	Tim Settle Jr.	
RDT	Folorunso Fatukasi	
SLB	Henry To'oto'o	



INDIANAPOLIS COLTS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC SOUTH	(8-9)	(7.5)
GENERAL MANAGER		HEAD COACH
CHRIS BALLARD		SHANE STEICHEN
OFFENSIVE COORDINATOR		DEFENSIVE COORDINATOR
JIM BOB COOTER		LOU ANARUMO

REVIEW & ANALYSIS

2024 Season in Review The Indianapolis Colts' 2024 season was marred by a couple of terrible losses that cost them a Playoff berth for the 4th straight season, which ended with an 8–9 record. Their Playoff hopes were officially dashed with a week 17 loss at the Giants, in which Indy was a 7.5 point favorite on the road against Drew Lock and company. This was a Giants team that had lost 10 games in row and the prior two before the Colts game, by 21+ points each. Indy also lost a road game at Green Bay with Malik Willis at QB in week 2, where Willis attempted only 14 passes and, even though the world knew they'd run the ball over and over, allowed the Packers to run it 53 times for 261 yards. QB Anthony Richardson did not take the next step in his 2nd season as he finished 29th in EPA and 31st in success rate. His -10.9 completion percentage over expected rate was by far and away the worst in the NFL. To be fair, his receivers did not do him any favors, dropping the highest rate of passes in the league (11.3%) Even when including the drops, his 60.2% adjusted completion rate ranked last in the league out of 44 QBs and was almost 9% worse than the 2nd worst QB. HC Shane Steichen was outstanding in 2023 but will need to find a way to develop Richardson to get this team to the Playoffs

Luck Factor Indianapolis suffered through some major injuries and while they finished 22nd in adjusted games lost due to injury, they ranked 30th at premium positions. LG Quenton Nelson played all 17 games but the rest of the starting OL missed at least three games each. The Colts faced some tough luck at pass rush even before the season started with the season-ending injury to DE Samson Ekubam, who was coming off a 10-sack season. That injury along with veteran DT Deforest Buckner missing five games really hurt the Colts DL. The Colts posted a rare season where they outperformed their blended 4th quarter win probabilities throughout the season at a high rate (9.6% win percentage vs expected, the 6th highest in the league) but still managed to go under their pre season win total of 8.5. There have only been 18 other teams since 02 to outperform their 4th quarter win % by at least 8% and also go under their win total. These teams have gone 4-12-2 to the over in their win total the next season and on average have lost 0.7 more games versus the prior season. Those teams like Indy with a win total of 7.5 or more, have gone over just once out of 12 opportunities. Only the 08 Panthers were able to clear their win total the next season. Based on the 4th quarter win probabilities, they should have been expected to only win six of those games, two more than expected. The Colts played 13 one-score games, tied for most in the NFL with the Rams, and won eight of those games. A big reason was the defense, who forced a league high 16 turnovers in the 2nd half of games with a one score margin and generated the 2nd most EPA in the league from those turnovers. In fact, all eight of their wins last season came by one score and all but one (vs PIT) came against bad teams. Their wins came against teams that went a combined 42-96 last season. Those numbers are even worse when you consider three of their wins came against backup QBs in Tyler Huntley, Mac Jones and Mason Rudolph. The Colts faced a very easy schedule of opposing QBs, with only 13% of snaps faced coming from top 10 EPA QBs. Only Jared Goff faced the Colts defense last year as a top 10 EPA QB. 31% of their snaps faced came against backups, 4th most in the league. When you also consider another win came against Justin Fields who was eventually benched, and the Colts were much worse than their 8-9 record.

Schedule Analysis Last season, the Colts faced one of the easiest schedules in the league and as mentioned earlier, faced a high percentage of backup QBs. The schedule this season looks to be fairly benign with only one non-Sunday game, a home MNF game versus San Francisco. I have their strength of opponents as easier than average but not one of the 10 easiest right now. They only face three teams currently in the top 10 of my ratings but they face eight teams in that middle 11 grouping, tied for most in the league.

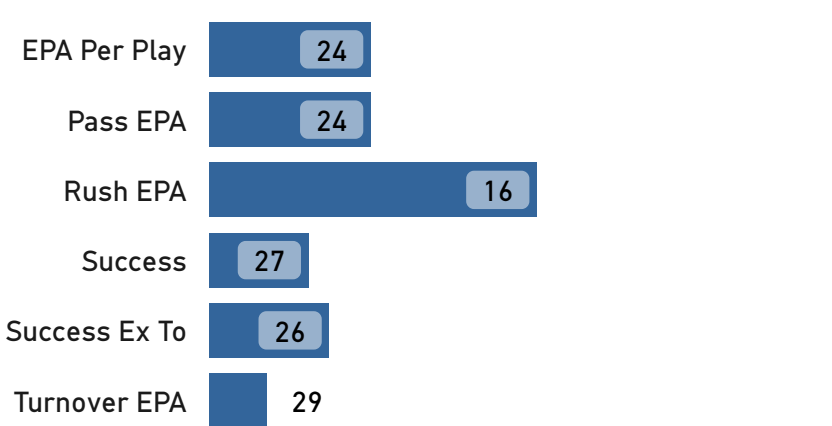
Offseason The big move of the offseason was signing QB Daniel Jones as competition for Richardson. I don't mind bringing Jones in on a cheap contract as long as expectations aren't very high and Richardson gets the first real crack at the starting job. Jones ranks 31st out of 34 qualified QBs in EPA the last two seasons and he has generated just a 35th percentile EPA performance on average against opposing defenses. His OL has been terrible in NY and his mobility does offer some upside, but he is just not a good QB. We shall see if Steichen can get anything out of him, or if he even needs to. The Colts are not typically active in free agency and they do everything to keep their own but they lost veteran Center Ryan Kelly, guard Will Fries and linebacker E.J. Speed. Besides Jones, they added CB Charvarius Ward in free agency as well as, safety Camryn Bynum. Ward was an excellent signing away from SF and after a tragic 2024 season, the hopes are he can regain his excellent play for the Colts. In the draft, Indianapolis used their top pick on TE Tyler Warren from Penn State. Warren was a do everything player last season in college and the Colts look to upgrade the worst position group on the team at TE. The Colts took my favorite mid/late round RB in DJ Giddens of Kansas State as a nice 1-2 punch with Jonathan Taylor. I also loved 2nd round DT JT Tuimoloau from OSU, who seemingly stepped up any time the Buckeyes needed a big play. After using their top pick last year on DE Laiatu Latu, the Colts DL is a clear strength in 2025. Speaking of the defense, it will now be run by former Bengals DC Lou Anarumo, who takes over for Gus Bradley. Its about time the team let Bradley walk as his bland, unaggressive defense was consistently picked apart.

2025 Outlook The Colts are such a bland team but their roster isn't all that bad. They have solid, yet unspectacular players, up and down the roster but not enough to elevate a bad QB situation. I still have faith that Richardson has upside and he hasn't even started a full season worth of games in his career. The issue coming out of college was accuracy and that has not changed at all. He can make enough plays with his elite athleticism to keep them in some games but he will also throw them out of some too. Their schedule isn't necessarily difficult but they play a bunch of middling teams that I think have upside potential like Arizona, Las Vegas and Atlanta not to mention likely bounce back seasons from Jacksonville and Tennessee. My baseline ratings have the Colts winning just 6.9 games and when you consider the fact that they outplayed their stats last season and still couldn't get over their win total, I like under 7.5 wins here.

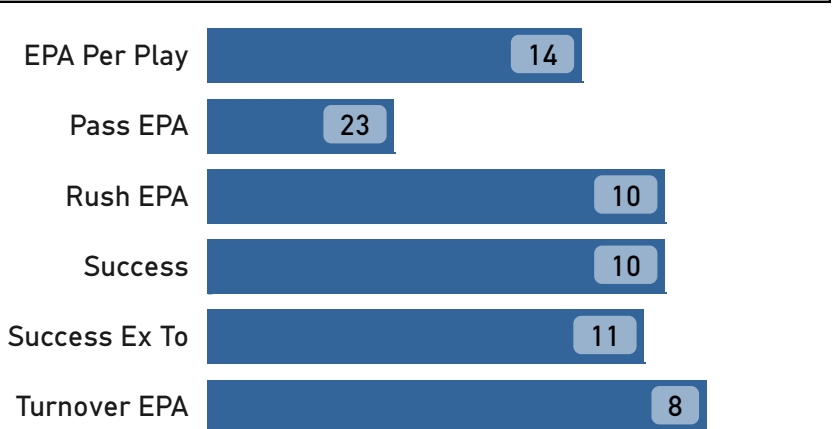
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Michael Pittman Jr.	
RWR	Alec Pierce	
SWR	Josh Downs	
LT	Bernhard Raimann	
LG	Quenton Nelson	
C	Tanor Bortolini	Ryan Kelly
RG	Matt Goncalves	Will Fries
RT	Braden Smith	
TE	Tyler Warren	
QB	Daniel Jones	Anthony Richardson
RB	Jonathan Taylor	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Kwity Paye	
RDE	Laiatu Latu	
WLB	Jaylon Carlies	E.J. Speed
MLB	Zaire Franklin	
LCB	Charvarius Ward	
SS	Nick Cross	
FS	Cam Bynum	Julian Blackmon
RCB	Jaylon Jones	
NB	Kenny Moore II	
LDT	Grover Stewart	
RDT	Deforest Buckner	

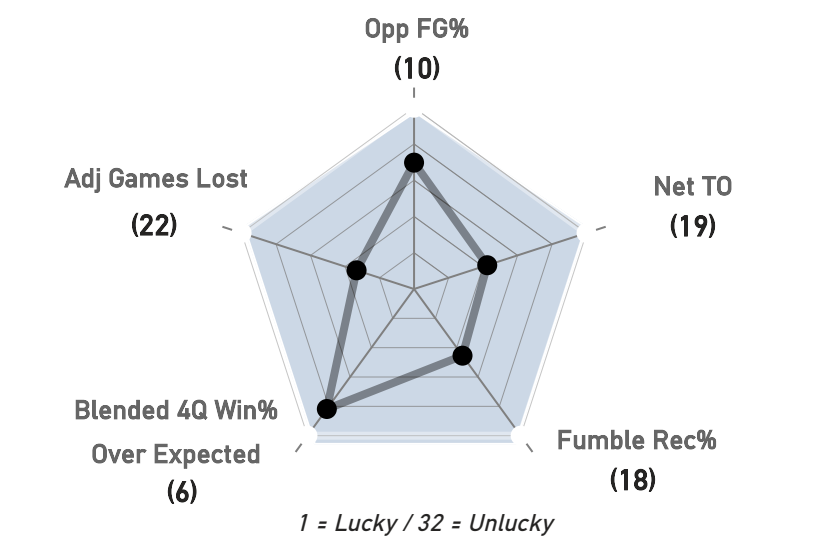
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	L 27-29	1	v	-1.5
2	@	L 10-16	2	v	+3.5
3	v	W 21-16	3	@	+1.5
4	v	W 27-24	4	@	+6.5
5	@	L 34-37	5	v	-1.5
6	@	W 20-17	6	v	+1.5
7	v	W 16-10	7	@	+6
8	@	L 20-23	8	v	-3.5
9	@	L 13-21	9	@	+3.5
10	v	L 20-30	10	v	+1.5
11	@	W 28-27	12	@	+9.5
12	v	L 6-24	13	v	+1.5
13	@	W 25-24	14	@	+3
15	@	L 13-31	15	@	+3.5
16	v	W 38-30	16	v	+3
17	@	L 33-45	17	v	-1.5
18	v	W 26-23	18	@	+4.5

SOS 29/32 SOS* 22/32
1 = Hardest Schedule SOS* based on TA's power rankings



JACKSONVILLE JAGUARS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC SOUTH	(4-13)	(7.5)
GENERAL MANAGER	HEAD COACH	
JAMES GLADSTONE	LIAM COEN	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
GRANT UDINSKI	ANTHONY CAMPANILE	

REVIEW & ANALYSIS

2024 Season in Review Despite hopes to build on consecutive 9–8 seasons, the team struggled early, lost a bunch of close games and finished with a 4–13 record. QB Trevor Lawrence only started 10 games due to injury but the Jags were just 2-8 in those games anyway. Lawrence followed up a mediocre season where he ranked 16th in EPA per drop back with an even worse season, finishing 21st in EPA and 20th in success rate. He threw 11 TDs with 7 INTs and was credited with the 10th highest turnover worthy play rate by PFF. This is a potentially make or break season for Lawrence as the future franchise QB of the Jags. On the bright side, rookie WR Brian Thomas Jr. was spectacular (87-1282-10 TD) and looks like a cornerstone of this offense going forward. The defense for Jacksonville was awful for a 2nd straight season, finishing 31st in EPA and 26th in success rate. What’s really scary about those numbers is that the Jags defense faced the single easiest schedule of opposing offenses. They held just three opposing offenses to an EPA below their seasonal average, tied for worst in the NFL, and generated the 3rd lowest pressure rate in the league. They were awful against deep passes ranking 30th in EPA and 32nd in yac over expected on passes 20+ yards in the air. Following the disappointing season, the Jaguars fired head coach Doug Pederson and general manager Trent Baalke. Liam Cohen was hired as the new Jags head coach and will look to accelerate Lawrence’s growth

Luck Factor The Jaguars last season suffered some of the worst overall luck in the NFL. Obviously, losing Lawrence to a season-ending injury in week 13 was a big reason for their poor season but the Jags finished just 3-10 in one score games. Based on blended 4th quarter win probabilities, Jacksonville should have won 2.5 more games last season. That was the 2nd largest gap in the league and their -2.5 wins vs expected when just evaluating 4th quarter win share in close games, ranked as worst in the league. It started in the opener at Miami when the Jags led by 10 late in the 3rd when RB Travis Etienne fumbled into the end zone and was recovered by the Dolphins, who eventually kicked a game winning FG at the buzzer. That was one of many heartbreaking late losses for the Jags which included close losses to really good teams like Philadelphia, Green Bay and Houston. Five of Lawrence’s 10 starts came against Playoff teams and the Jags lost four of those five games by one score. Their 13 one score games last year tied for 2nd most in the NFL in the last decade and their 23% close game win percentage is the worst among teams who played in at least 12 close games in that span. Of the 11 other teams with a close game win percentage of less than 30% who played in double-digit close games, all but two teams increased their overall wins the next season and in aggregate improved their overall win percentage by an average of 20%. The offense did a nice job hanging onto the football (13th in EPA lost on TOs) but the defense forced just nine turnovers, lowest in the league. Incredibly, the defense forced just seven total fumbles all season and only recovered two. They are the first defense since the 2018 49ers to force single digit turnovers in a season

Schedule Analysis Last season, the Jags faced one of the five easiest schedules in the NFL and a league low 29% of their opponents went over their pre-season win total. Not a stunner considering the division they play in, but the Jags once again are expected to face a bottom 10 schedule of opponents. Unfortunately for them, they face such a difficult early stretch of opponents that by the time they get to the end of the season, they may be playing all of their backups. After a potential win in the opener at home vs the Panthers, they have to face four of my top 12 teams and seven of their first 10 opponents rank inside my top 13 best teams in the league. Jacksonville faces the 7th toughest schedule in the NFL in the first 11 weeks of the season. If they can somehow manage to stay afloat during the early stretch, they can really make some noise since they face five bottom seven teams to end the season. In fact, they face the single easiest schedule in the NFL from week 13 on. One potential tricky spot is playing on the road in Las Vegas in week 9 then going on the road again the next week at Houston. The sample size isn’t huge but there could be something to the Las Vegas flu, as opponents are just 1-11 ATS with a -11.9 ATS margin when playing on the road the week following a trip to Vegas. Considering how young this Jaguars team is, and with a new HC at the helm, that Houston game in week 10 could be a nice fade spot to circle.

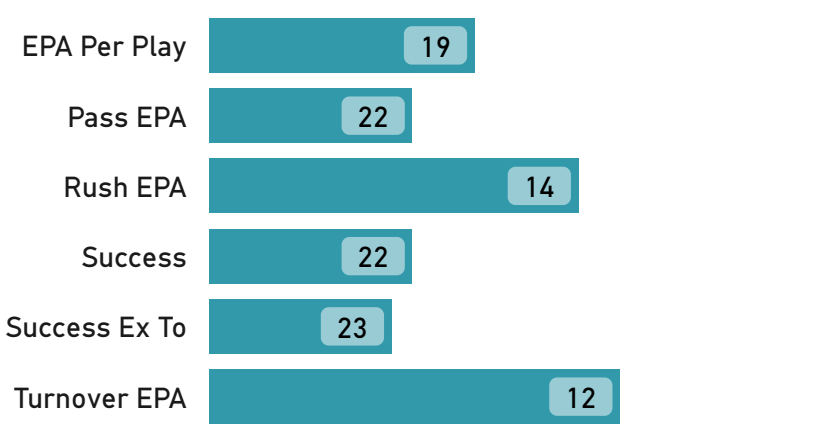
Offseason The Jaguars stepped up and would not take no for an answer in convincing Cohen to take over as HC. The hope is he has a similar positive effect on the offense like a KOC has in Minnesota and Lawrence finally takes that one big step up into elite level status. They also added WR/CB unicorn Travis Hunter in the draft to pair with stud WR Brian Thomas and FA pickup Dyami Brown from the Commanders to form a potentially dynamic receiver room. They likely overpaid Brown if he was expected to be their #2 WR but with Hunter likely mixing in a lot at WR, Brown as a deep threat and a solid #3 WR makes this offense potentially really explosive. The OL is a mixed bag with Walker Little at LT and 2nd year man Anton Harrison at RT. The Jags did attack the interior of the OL in FA with the signings of long time Raven Patrick Mekari at one G spot and former Buc Robert Hainsey at C. Both are solid yet unspectacular interior lineman. They needed a lot of help on the backend of this defense and obviously Hunter could be an impact CB right away. They also signed veteran CB Jourdan Lewis to take over the slot CB position. Lewis was one of the better slot CBs in the league last season by PFF but has been very up and down in his career.

2025 Outlook My baseline ratings have the Jags as a seven win team but there are plenty of scenarios where they rise up as a surprise division winner in the AFC South. The OL still is unproven but it has enough pieces to at least be steady. This offense could be really explosive if the OL holds up and the Thomas/Hunter/Brown trio produce to their ceiling. Liam Cohen has a nice pedigree and it is definitely possible he can have a similar positive effect on Lawrence as he did with Baker in Tampa. The defense is still a bit sketchy but if Hunter is a true shutdown CB to pair with Tyson Campbell, the secondary perks up in a hurry. Sprinkle in some likely positive turnover regression on defense and better close game luck in 2025 and I am very intrigued by this Jaguars team.

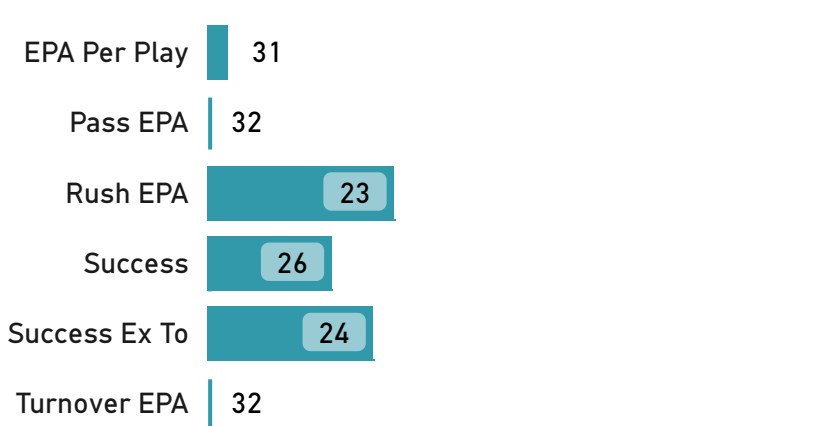
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Brian Thomas Jr.	Gabe Davis
RWR	Dyami Brown	
SWR	Travis Hunter	Christian Kirk
LT	Walker Little	Cam Robinson
LG	Ezra Cleveland	
C	Robert Hainsey	Mitch Morse
RG	Patrick Mekari	Brandon Scherff
RT	Anton Harrison	
TE	Brenton Strange	Evan Engram
QB	Trevor Lawrence	
RB	Travis Etienne Jr.	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Travon Walker	
RDE	Josh Hines-Allen	
WLB	Devin Lloyd	
MLB	Foyesade Oluokun	
LCB	Jarrian Jones	
SS	Eric Murray	
FS	Darnell Savage	Andre Cisco
RCB	Tyson Campbell	
NB	Jourdan Lewis	
LDT	Davon Hamilton	
RDT	Maason Smith	

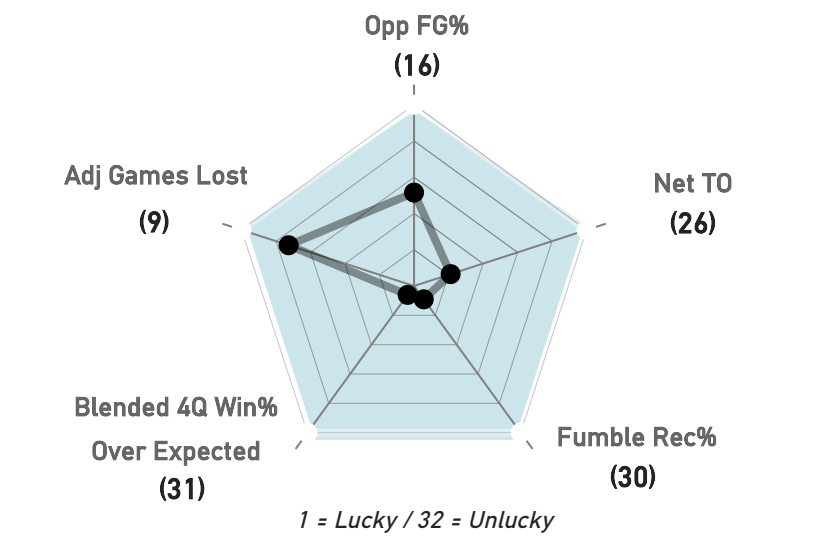
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS

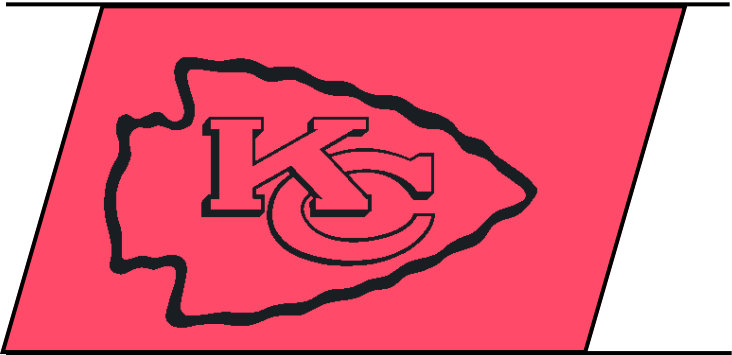


OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 17-20	1	v	-3
2	v	L 13-18	2	@	+5.5
3	@	L 10-47	3	v	+1.5
4	@	L 20-24	4	@	+5.5
5	v	W 37-34	5	v	+4.5
6	@	L 16-35	6	v	-1.5
7	v	W 32-16	7	v	+3.5
8	v	L 27-30	9	@	+1.5
9	@	L 23-28	10	@	+3.5
10	v	L 7-12	11	v	+1.5
11	@	L 6-52	12	@	+3
13	v	L 20-23	13	@	-1.5
14	@	W 10-6	14	v	-3
15	v	L 25-32	15	v	-4.5
16	@	L 14-19	16	@	+5.5
17	v	W 20-13	17	@	+1.5
18	@	L 23-26	18	v	-4.5
SOS		23/32	SOS*		25/32

1 = Hardest Schedule SOS* based on TA's power rankings



KANSAS CITY CHIEFS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC WEST	(15-2)	(11.5)
GENERAL MANAGER	HEAD COACH	
BRETT VEACH	ANDY REID	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
MATT NAGY	STEVE SPAGNUOLO	

REVIEW & ANALYSIS

2024 Season in Review The Chiefs won 15 games and appeared in their 3rd straight Super Bowl in 2024. What else is new? Unfortunately, for only the 4th time in Patrick Mahomes' career, the Chiefs lost by double digits in a game, an 18 point loss to the Eagles in the Super Bowl. Quite frankly, the Chiefs played well over their heads for most of the season and just getting to the Super Bowl again was a major feat. For the 2nd straight season, KC finished just 15th in points on offense and their +59 point differential was the worst in the Mahomes era. Mahomes was still very efficient, ranking 10th in both EPA per drop back and success rate, but continued issues along the OL, losing WR Rashee Rice for the season in week 2 as well as TE Travis Kelce losing multiple steps, held this offense back. Steve Spagnuolo and the defense was excellent once again and was a major force in getting this team back to the Super Bowl

Luck Factor While the Chiefs were clearly a very good team last year, they outplayed their underlying numbers at the highest rate in the league. I think everyone recalls how lucky the Chiefs kept getting in close games. They won 15 games, but based on 4th quarter win probabilities should have been expected to win 11.5 games. That 3.5 wins over expected was the 7th highest overachieving season in the last 25 years. Finishing 11-0 in one score games clearly helped led to this outperformance. They won four games on the last play of the game and survived an opponent with the ball with under a minute remaining and a chance to tie or win on the last play in another three games. One of those games they survived was at home vs the Raiders on Black Friday. Kicker Daniel Carlson has been one of the better kickers in the NFL the last few seasons and he went 7/11 on attempts of 50+. Unfortunately, three of his four misses from that distance came in that one Black Friday game against KC, including two in the 2nd half and the final one with 2:21 remaining before KC drove down and won the game. The Chiefs went 6-0 in games where they held a blended 4th quarter win share between 50-70%, whereas the rest of the league won just 61% of those games. To be fair, it is not coincidence that the best HC/QB combination in the game today and one of the best of all time, has found success in tight games on a consistent basis. In fact, in every season where Mahomes has been the full-time starter (2018), the Chiefs have won more than 50% of their one score games. They are 47-20 (70%) in the Mahomes/Reid era in one score games, however what happened last season is an anomaly even for that duo. KC went 15-2 and somehow they generated a +59 point differential, just 12th best in the NFL. However you slice it, this KC team played much more like an 11-12 win team than one that won 15 games

Schedule Analysis The Chiefs play a tougher than average but not a particularly difficult strength of schedule. It's a pretty balanced schedule with very tough matchups against Philadelphia, Baltimore and Buffalo while also seeing the Giants, Titans and Colts. The Chiefs will play seven primetime games in 2025 including five in the first eight weeks alone. Because their opener is labeled as a road game in Brazil against the rival Chargers, they end up only playing seven true road games at an opponents' home venue.

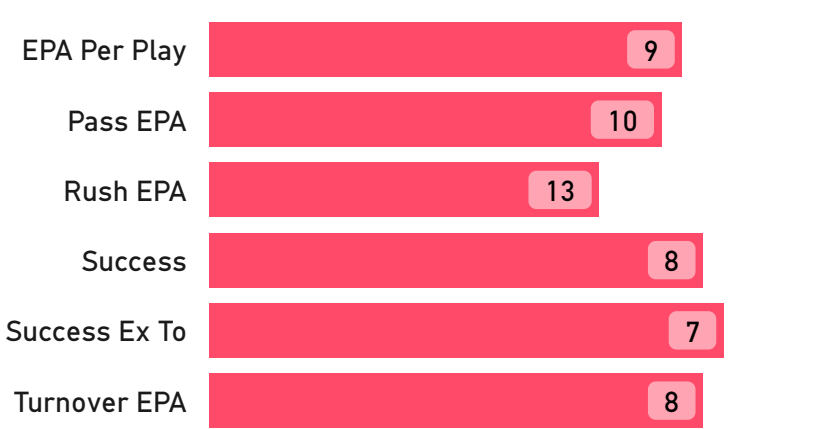
Offseason For a team like the Chiefs with a franchise QB under a large extension, it is typically difficult to make many impactful additions in the off season. And to that point they really only added two players in free agency (LT Jaylon Moore and CB Kristian Fulton) who could be starters this year. Moore is an intriguing young player who filled in very well for Trent Williams in SF the last couple of seasons. He has allowed just five sacks in nearly 500 career pass block snaps and just two in his last 327 pass block snaps. He was graded as a top 30 tackle by PFF last season. He and 1st round rookie Josh Simmons from Ohio State will battle for the starting LT position with Simmons likely sitting early following a season-ending patellar tendon injury last year. He was a sure first top 15 pick prior to his injury and allowing him to come back slowly will be key for a team looking to finally stabilize their LT spot. They will miss veteran G Joe Thuney, however, after trading him to the Bears. Thuney not only was one of the better Guards in the NFL but he filled in admirably late last year at LT. He's also one of the most reliable OL in the NFL, having only missed two games in his entire nine year career. KC will likely rely on 2nd year man Kingsley Suamataia to fill in to start camp. He only played 31 snaps at Guard last season (week 18 v DEN) and graded out horribly by PFF (30.1 pass block grade). What KC ends up doing at that spot will be something to keep an eye on early. The big key to the KC off season was just solidifying their best WR corps since Tyreek Hill was on the roster by re-signing Hollywood Brown and getting back Rice after last year's season-ending knee injury in week 2. Having those two to go along with 2nd year man Xavier Worthy should give Mahomes a significant upgrade from what he has had to throw to the last few seasons. Just having all three available at the same time is huge.

2025 Outlook The Chiefs have won at least 11 games in every season with Mahomes as the starter and have gone 5-2 to their win total in that stretch. Their two unders came by just 0.5 game each in 2021 and 2023. Reid is 10-2 to the over in his 12 seasons with the Chiefs, a truly astonishing stretch. KC has also made the AFC Championship in each of Mahomes seasons as a starter. I don't care what potential regression may come their way from last season's miraculous 15-2 record, I am going to always pick this team to win at least 11 games and make the AFC Championship until it doesn't happen. Mahomes has his best set of WRs he has had in years and getting back to MVP level production certainly is in play.

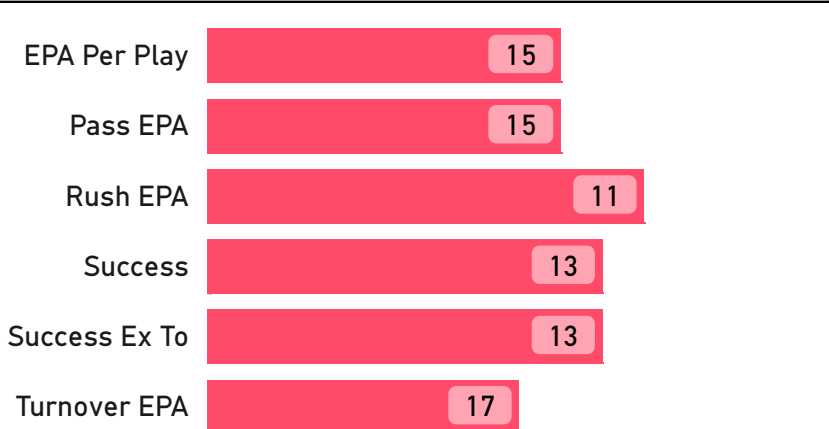
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Xavier Worthy	Deandre Hopkins
RWR	Hollywood Brown	
SWR	Rashee Rice	
LT	Josh Simmons	
LG	Kingsley Suamataia	Joe Thuney
C	Creed Humphrey	
RG	Trey Smith	
RT	Jawaan Taylor	
TE	Travis Kelce	
QB	Patrick Mahomes	
RB	Isiah Pacheco	
FB	Carson Steele	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	George Karlaftis	
RDE	Mike Danna	
WLB	Drue Tranquill	
MLB	Nick Bolton	
LCB	Jaylen Watson	
SS	Jaden Hicks	Justin Reid
FS	Bryan Cook	
RCB	Kristian Fulton	
NB	Trent McDuffie	
LDT	Chris Jones	
RDT	Mike Pennel	
SLB	Leo Chenal	

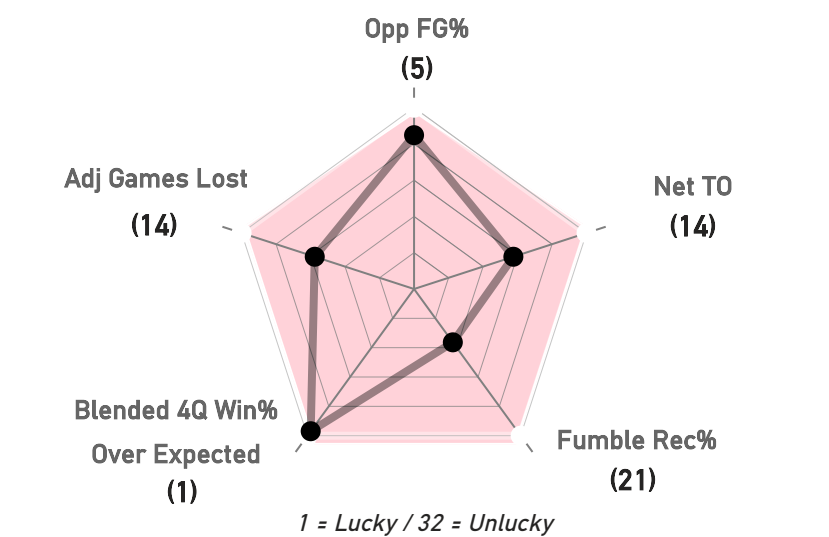
OFFENSE ADVANCED RANKS



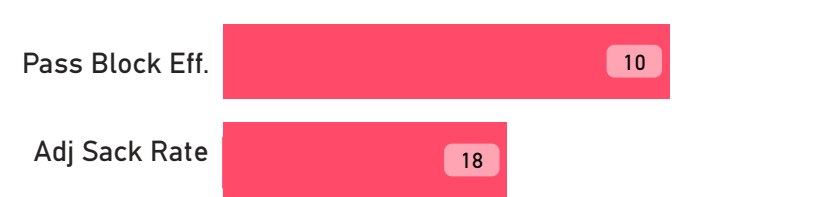
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS

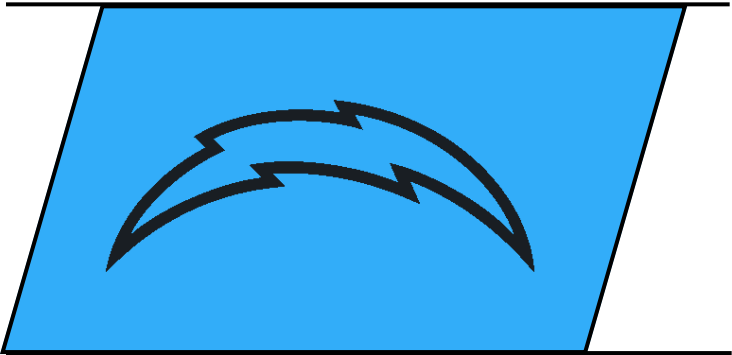


OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 27-20	1	@	-3
2	v	W 26-25	2	v	-1.5
3	@	W 22-17	3	@	-6.5
4	@	W 17-10	4	v	-1.5
5	v	W 26-13	5	@	-4.5
7	@	W 28-18	6	v	-3
8	@	W 27-20	7	v	-9.5
9	v	W 30-24	8	v	-3.5
10	v	W 16-14	9	@	+2.5
11	@	L 21-30	11	@	-1.5
12	@	W 30-27	12	v	-9.5
13	v	W 19-17	13	@	-6
14	v	W 19-17	14	v	-6.5
15	@	W 21-7	15	v	-4.5
16	v	W 27-19	16	@	-7
17	@	W 29-10	17	v	-4.5
18	@	L 0-38	18	@	-6
SOS		21/32	SOS*		10/32

1 = Hardest Schedule SOS* based on TA's power rankings



LOS ANGELES CHARGERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC WEST	(11-6)	(9.5)
GENERAL MANAGER	HEAD COACH	
JOE HORTIZ	JIM HARBAUGH	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
GREG ROMAN	JESSE MINTER	

REVIEW & ANALYSIS

2024 Season in Review The arrival of new HC Jim Harbaugh to LA renewed hope for Chargers fans in 2024. They were not disappointed as his disciplined approach helped lead the Chargers to an 11-6 record and a Playoff berth in the AFC. Unfortunately, the optimism of the season was squashed in a big way after a poor showing against the Texans in a 32-12 blowout loss in the Wildcard round. After a regular season with the lowest number of turnovers in the league, the Chargers turned it over four times leading to that blowout loss. The defense was a big driver of their success last season under new DC Jesse Minter who followed Harbaugh from Michigan. LA allowed the fewest points in the NFL and finished 5th best in EPA allowed on defense. This might be the final season the Chargers will have Minter before he becomes a hot head coaching candidate in 2026 but the good news is with Harbaugh and franchise QB Justin Herbert under center, the future continues to look bright

Luck Factor Not a ton of outlier luck played a role in the Chargers season in 2024. LA only played in eight games that ended in one score, tied for 2nd lowest in the NFL, finishing 4-4. A couple hallmarks of a Jim Harbaugh led team is good special teams and playing mistake free football. LA kickers made FGs at the 4th highest percentage while their opponents only made 76% of their kicks, 3rd lowest. On a net basis, the Chargers saw the 2nd widest gap in FG percentage between them and their opponents. Kicker Cameron Dicker only missed three FGs all year and was 24/24 from under 44 yards. A big key to their success in the regular season on offense was a lack of turnovers. They ranked #1 in the NFL in lowest EPA lost due to turnovers. They only committed a total of eight turnovers all regular season and only two in the 2nd half of close games. Herbert was very careful with the ball and although he did fumble six times, he only threw 7 INTs. Interestingly, he took the highest percentage of sacks in his career and his 21% pressure to sack ratio was by far the highest in his career. There can be a case that Harbaugh likely instilled in him that a sack is far better than throwing a bad INT, and that was evident last season. Of course, all of that good turnover luck came crashing down in their Wildcard loss to Houston, by committing four turnovers alone in that game. They lost almost as much EPA on offense in that one game than they did all regular season from turnovers

Schedule Analysis The Chargers faced one of the 10 easiest schedules in the league last season and also faced the eighth highest percentage of backup QB snaps in the league (27%). They only played seven games against Playoff teams and went just 2-5, beating Denver twice for those lone victories. Based on my ratings, the Chargers strength of opponent is right at league average. There is a chance the Chargers can get out to a really fast start and rack up wins before ending the season against a daunting schedule. Besides their opening game in Brazil against the Chiefs, LA only plays one other team in my top 12 in the first 13 weeks of the season, a week 5 home game against Washington. The only other team in that stretch favored to make the Playoffs right now is Denver, and they showed last season that they have the Broncos number. From weeks 1-13, LAC has the 4th easiest schedule in the NFL. However, from week 14 on, the Chargers end the season with the single toughest schedule in the league. Starting with a week 14 MNF game versus the Eagles, the Chargers then face KC, Dallas, Houston and end with a trip to Denver. It will be beneficial that of their five primetime games this season, only one (at LV week 2), is a true road game.

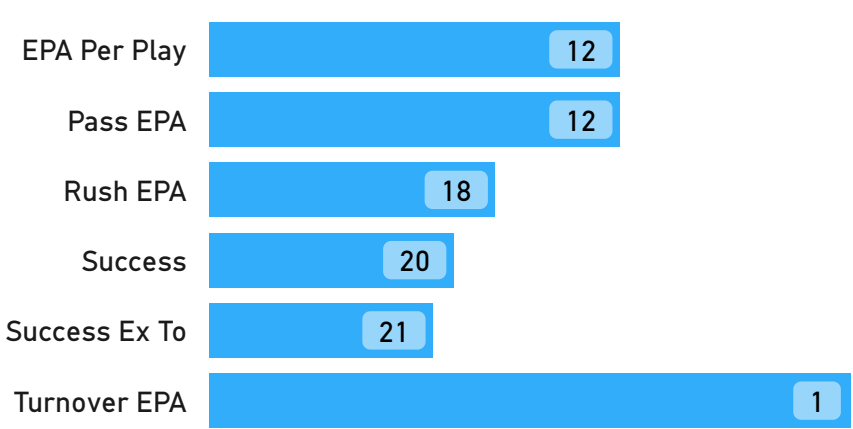
Offseason Quite frankly I hated the lack of activity from the Chargers this offseason. This is a team definitely on the rise under Harbaugh with a top 10 franchise level QB in Herbert. They cleaned up a tough cap situation last year and I thought they were a couple of smart moves away from really jumping into a true Super Bowl contender. Unfortunately, they really only added one potential starter and even that player, Guard Mekhi Becton, is only a slight upgrade at that position. Their biggest weakness a season ago was a lack of playmakers outside of rookie WR Ladd McConkey. Ladd finished 9th in EPA per target and 12th in yards per route among NFL WRs. He was outstanding for the Chargers. So what do they do this offseason? They let WR Josh Palmer walk and their only move at WR and TE was to bring back WR Mike Williams. Williams was atrocious last season, finishing 103rd with just 0.96 yards per route run and showed he had zero burst remaining. They drafted Tre Harris from Ole Miss in the 2nd round who is much more of a contested WR than anything else so maybe he can slide into one of the starting outside WR spots immediately. But that is a lot to ask of a 2nd round pick day one. Instead of using pick #22 on an outside WR like Matthew Golden, they decided to spend it on a RB in Omario Hampton of UNC. Hampton is a fine player and with both JK Dobbins and Gus Edwards no longer on the roster, should see a significant number of carries right away. I just hate that instead of building around Herbert with playmakers at WR and TE they decide to focus on the run game. Defensively, they lose veteran ED Joey Bosa but were able to bring back Khalil Mack. Otherwise, all they did on defense was swap out CB Kristian Fulton for Dante Jackson. That's likely a downgrade and although Fulton wasn't great last year, Jackson was even worse. He has posted a PFF coverage grade above 56 just once in the last four seasons and last year his 45.1 ranked 120th out of 127 qualified CBs.

2025 Outlook This team was close to taking the next step toward a Super Bowl contender but nothing they did this offseason can get me there. My baseline wins are exactly right on the over/under win total right of 9.5. It's difficult to assume the offense takes any major step up from their league average level ranking a year ago without any sort of upgrades. It's also difficult to assume this team can continue some of the outlier performances of a year ago. Namely the defense that is lacking much talent finishing #1 in fewest points allowed, the offense losing the least amount of EPA from turnovers and the offensive line finishing as a top five healthiest unit in the NFL. Those are things that are likely to regress a bit and I just can't see upside. Harbaugh and Hebert gives this team a nice floor but I think they miss the Playoffs.

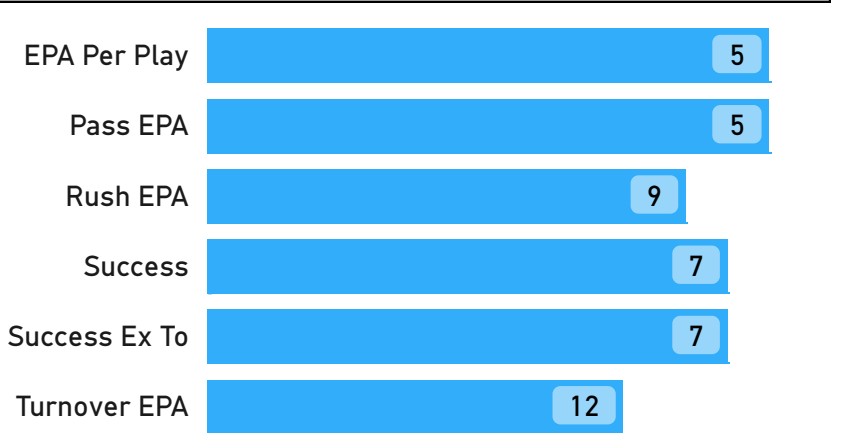
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Mike Williams	
RWR	Quentin Johnston	Joshua Palmer
SWR	Ladd Mcconkey	
LT	Rashawn Slater	
LG	Bradley Bozeman	
C	Zion Johnson	
RG	Mekhi Becton	
RT	Joe Alt	
TE	Will Dissly	
QB	Justin Herbert	
RB	Omarion Hampton	J.K. Dobbins
FB	Scott Matlock	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
NT	Teair Tart	Poona Ford
LOLB	Tuli Tuipulotu	
ROLB	Khalil Mack	
LCB	Donte Jackson	
SS	Derwin James Jr.	
FS	Alohi Gilman	
RCB	Cam Hart	Kristian Fulton
NB	Tarheeb Still	
LILB	Daiyan Henley	
RILB	Junior Colson	
DE	Da'shawn Hand	Morgan Fox
DT	Otito Ogbonnia	

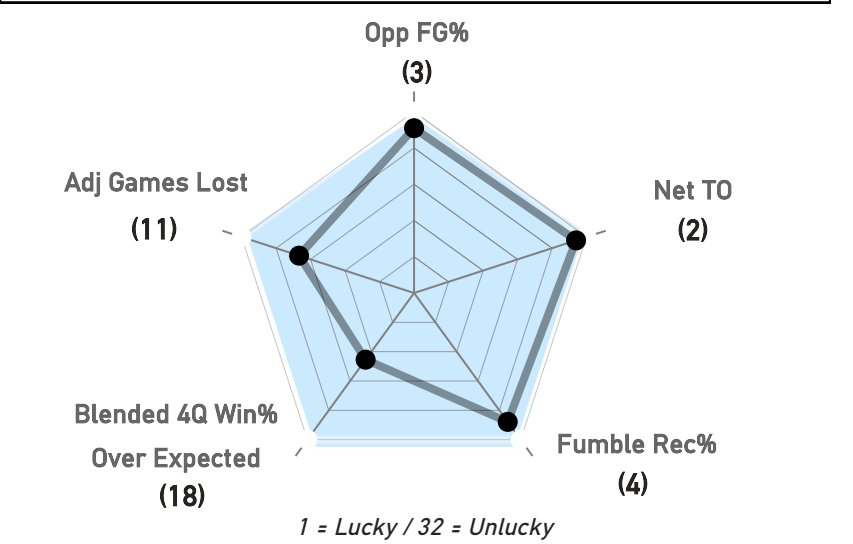
OFFENSE ADVANCED RANKS



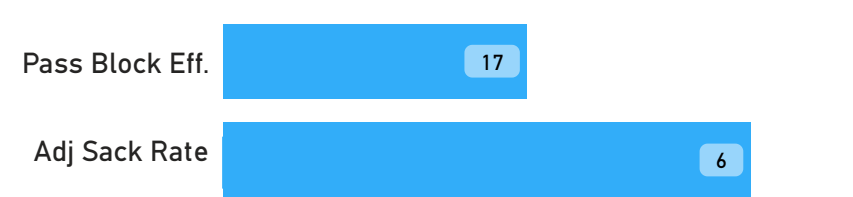
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 22-10	1	v	+3
2	@	W 26-3	2	@	-3
3	@	L 10-20	3	v	-1.5
4	v	L 10-17	4	@	-3.5
6	@	W 23-16	5	v	-1.5
7	@	L 15-17	6	@	-2.5
8	v	W 26-8	7	v	-6
9	@	W 27-10	8	v	-3
10	v	W 27-17	9	@	-4.5
11	v	W 34-27	10	v	-4.5
12	v	L 23-30	11	@	-1.5
13	@	W 17-13	13	v	-6.5
14	@	L 17-19	14	v	+2.5
15	v	L 17-40	15	@	+4.5
16	v	W 34-27	16	@	-1.5
17	@	W 40-7	17	v	-3.5
18	@	W 34-20	18	@	+2.5
SOS		27/32	SOS*		15/32

1 = Hardest Schedule SOS* based on TA's power rankings



LOS ANGELES RAMS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC WEST	(10-7)	(9.5)
GENERAL MANAGER	HEAD COACH	
LES SNEAD	SEAN MCVAY	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
MIKE LAFLEUR	CHRIS SHULA	

REVIEW & ANALYSIS

2024 Season in Review The Rams once again made the Playoffs under Sean McVay and were the closest team to beating the Super Bowl Champion Eagles. They finished 10-7, winning the NFC West, and bullying the Vikings in a Wild Card victory before losing by six to Philadelphia in the Divisional Round. They finished with a -19 point differential but after suffering through numerous injuries and starting the season 1-4, the Rams ripped off a 9-3 finish to the season to win the division. 2024 marked the sixth season out of eight in McVay's career where the Rams went over their pre season win total. They have also won at least nine games and made the Playoffs in six of his eight seasons. Behind QB Matt Stafford, the offense finished near league average in EPA but in the 11 regular season games where WR Puka Nacua started, the Rams went 8-3 and ranked as a top 10 EPA offense and 6th best thru the air. Stafford had an up and down season finishing 16th in EPA + CPOE and 21st in PFF grade. He had some spectacular performances (vs MIN and BUF) where he generated the highest EPA those defenses allowed all season and dismal games against SF, LV and Arizona. Stafford hasn't finished top 13 in EPA since 2021. The defense wasn't great (18th in EPA consistency) but held their own and the young DL headed by rookie Jared Verse and Braden Fiske made enough plays (19 total sacks)

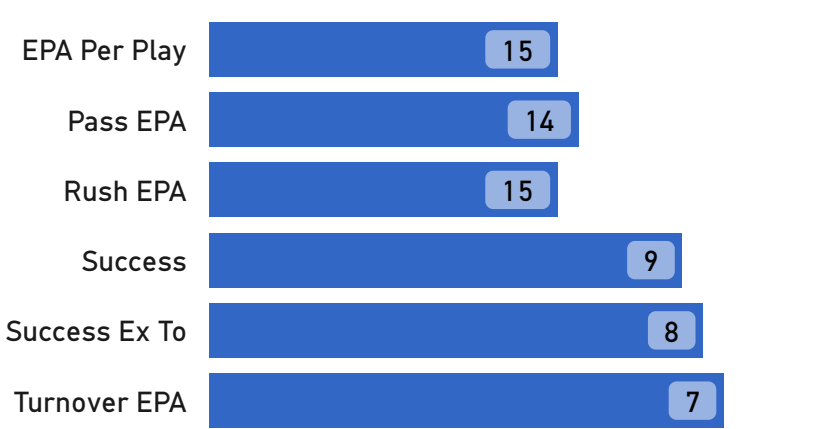
Luck Factor The Rams were the 6th most injured offense in the league which includes the seven regular season games that Nacua missed along with a shuffling of the OL and WR Cooper Kupp in and out of the lineup. In addition, no team faced less snaps from backup QBs than the Rams last season. Only 10 snaps against Aiden O'Connell in week 7 accounted for total season backup snaps against the Rams. And because of that glitch, the Rams defense faced the single toughest schedule of opposing QBs by EPA and finished a respectable 14th in drop back EPA. One interesting nugget on the defense is that the gap between their EPA allowed in the red zone (4th best) vs EPA allowed outside of the red zone (29th) was by far the largest in the league. They ranked top eight in the league vs both the run and pass in the red zone. Considering how difficult their schedule of opposing QBs was last season, I can give them a pass for some of those splits. As mentioned earlier, the Rams were just -19 in point differential and based on blended 4th quarter win probabilities, exceeding win expectations by two games. However, they faced a top five most difficult schedule in the league and faced the toughest set of QBs. The Rams did finish 8-5 in one score games and were sixth best in turnover EPA in the 2nd half of close games. As discussed earlier, Stafford had a very up and down season. His passing splits varied greatly based on his protection. He ranked dead last among all qualified QBs in PFF grade under pressure but was 7th best with a clean pocket. He also had the widest negative gap between his turnover worthy play rate (3.7%) and his actual TO rate (2.5%).

Schedule Analysis After facing one of the more difficult schedules last year, the Rams are expected to face a slightly easier than average strength of opponent. They go from facing the single toughest schedule of opposing QBs last year to the 20th ranked schedule based on my QB ratings. The schedule is a nice mix of some tough opponents like BAL, PHI and DET along with easier ones like CAR, TEN and NO. With the Niners likely back to being a strong team and the upstart Cardinals in the mix this year, the division offers a As a dome team I am always cognizant of potential bad weather outdoor games late but fortunately for the Rams the only potential tough weather game is in SEA on a Thursday night in mid December.

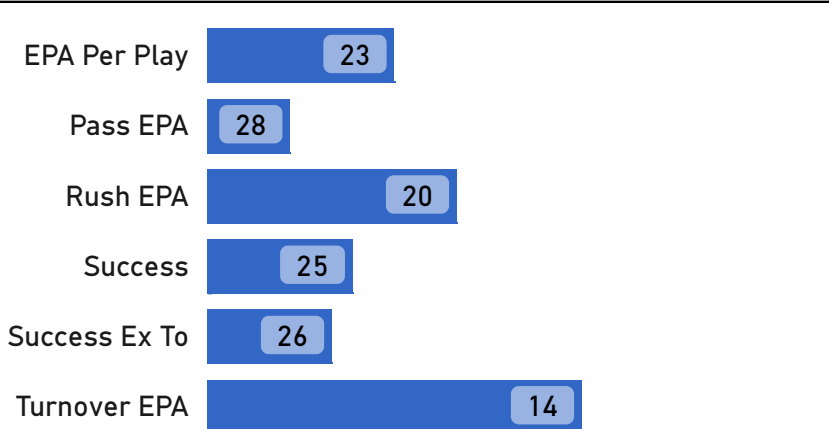
Offseason The Rams offseason ended up not being too active overall after a short period of time where there was a chance LA would let Stafford leave and replace him with Aaron Rodgers. He did end up re-signing and the Rams swapped out WR Cooper Kupp for Davante Adams. At this stage of their careers it is a sizeable upgrade. Kupp has lost a few steps and Adams provides an outstanding outside WR complement for Nacua. Adams finished 15th in ESPNs open score metric and 25th in yards per route run a season ago. The Rams also used their 2nd round pick on Oregon TE Terrance Ferguson, a highly athletic prospect who posted a 9.3 relative athletic score. The big question is at LT, where incumbent Alaric Jackson is currently dealing with blood clots. The Rams signed veteran DJ Humphries as insurance but he is not even close to the same player as he used to be. He was terrible in under 100 snaps last year, giving up an unfathomable 11 pressures and three sacks in just 69 pass block snaps (30.2 PFF pass block grade). If Jackson misses time, the Rams will be scrambling for a solution.

2025 Outlook As mentioned earlier, McVay consistently outperforms expectations and I would not bet against him. I think the young defense will improve from a season ago and by facing a likely much easier schedule of opposing QBs, should exceed expectations. I love the Adams addition and he provides nice insurance in case Nacua gets hurt again. But if healthy and with a hopefully healthy Jackson at LT, this offense can shine. I would be nervous about the inconsistencies from Stafford the last few seasons and at age 37, he is bound to show his age more often than not. The NFC West is a tough division, and I think three different teams have a realistic shot to win including the Rams. This looks to be another 9-10 win team that battles for the division title and can easily make a run to the Super Bowl if they get hot.

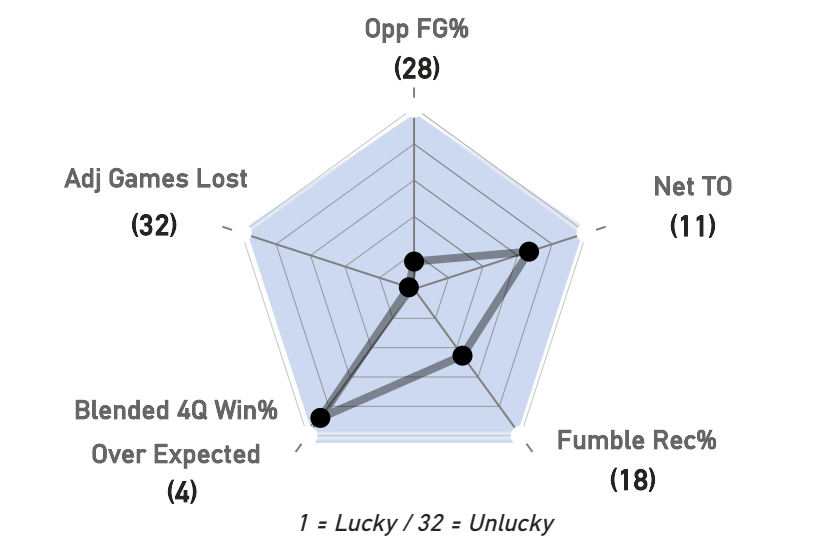
OFFENSE ADVANCED RANKS



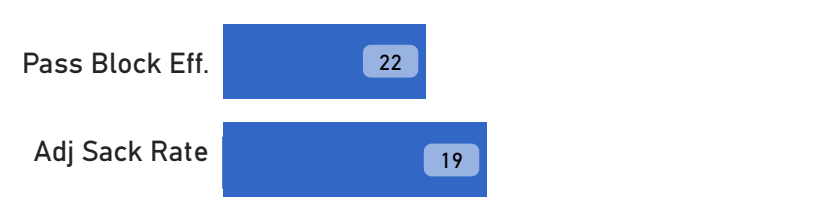
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE 2025 SCHEDULE

WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 20-26	1	v	-3
2	@	L 10-41	2	@	-5.5
3	v	W 27-24	3	@	+4.5
4	@	L 18-24	4	v	-6.5
5	v	L 19-24	5	v	-1.5
7	v	W 20-15	6	@	+5.5
8	v	W 30-20	7	@	-3.5
9	@	W 26-20	9	v	-9.5
10	v	L 15-23	10	@	+1.5
11	@	W 28-22	11	v	-4.5
12	v	L 20-37	12	v	-2.5
13	@	W 21-14	13	@	-3.5
14	v	W 44-42	14	@	-1.5
15	@	W 12-6	15	v	+1.5
16	@	W 19-9	16	@	-1.5
17	v	W 13-9	17	@	-3
18	v	L 25-30	18	v	-4.5

SOS 13/32 SOS* 19/32

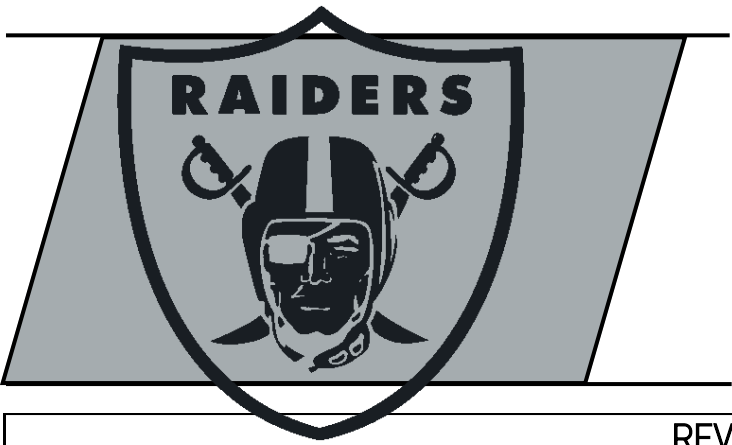
1 = Hardest Schedule SOS* based on TA's power rankings

OFFENSE DEPTH CHART

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

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	Poona Ford	Bobby Brown Iii
LOLB	Byron Young	
ROLB	Jared Verse	
LCB	Darius Williams	
SS	Kam Curl	
FS	Kamren Kinchens	
RCB	Ahkello Witherspoon	
NB	Quentin Lake	
LILB	Nate Landman	
RILB	Omar Speights	Christian Rozeboom
DE	Braden Fiske	
DT	Kobie Turner	



LAS VEGAS RAIDERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC WEST	(4-13)	(7.5)
GENERAL MANAGER	HEAD COACH	
JOHN SPYTEK	PETE CARROLL	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
CHIP KELLY	PATRICK GRAHAM	

REVIEW & ANALYSIS

2024 Season in Review After a surge to end the 2023 season, veterans on the Raiders were adamant that interim HC Antonio Pierce be retained as the full-time coach in 2024. It was clearly a mirage, and his act wore thin quickly. After suffering through a 4-13 season, Pierce and GM Tom Telesco were both fired at the end of the season. In comes veteran HC Pete Carroll to try and get the franchise back to respectability. It did not help that they decided to roll with one of the worst QB rooms in the league. Gardner Minshew and Aiden O'Connell and led one of the worst offenses in the league. When factoring in opponent, the Raiders finished 4th worst in EPA on drop backs and last in run offense. No team turned the ball over at a higher rate on 3rd and 4th downs than Las Vegas and in the red zone the Raiders pass offense ranked 5th worst in the league. Things got so bad that the Raiders traded star WR Davante Adams to the Jets mid-season. A bright spot was rookie tight end Brock Bowers, who set NFL rookie records for receptions (112) and receiving yards (1,194) by a TE

Luck Factor No team in the last decade recovered a lower rate of fumbles than the 2024 Las Vegas Raiders. The Raiders recovered only 18.8% of their 16 offensive fumbles and only 25% of the 12 fumbles forced on defense. Their 21% net recovery rate was by far the lowest among 320 teams since 2015, a full 9% lower than the next worst team this decade. Of the 28 other teams who recovered 39% or less of their fumbles in a season, the average recovery rate the next season of 49% was 14% higher than the prior season in aggregate. Interestingly, 64% of those 28 teams went over their win total the next season as well. The Raiders lost the 3rd most EPA to turnovers on offense and gained the 7th least EPA on defense. In the 4th quarter of games with a one score margin, the offense committed the 2nd highest turnover rate and the defense did not force a single turnover on nearly 200 plays. Las Vegas also suffered some of the worst injury luck in the league, finishing 31st in adjusted games lost due to injury, as every position group on defense ranked 24th or worse. The lost DE Malcolm Koonce, FA DL Chrisitan Wilkins and even All Pro DE Maxx Crosby missed multiple games

Schedule Analysis The Raiders faced the 8th toughest set of opponents last season by win percentage last season and the 3rd toughest schedule of opposing QBs. This season, the Raiders are expected to face closer to a league average schedule of opponents, but they will have the worst rest situation in the league (-19 days). There is no definitive proof that there is a correlation between net rest and on field performance but I am sure there are could be some individual spots where it might affect the team. While they are at a disadvantage in six games, it's not as if they have less rest vs a normal week in most instances. Last year, the Broncos had -16 net rest days and made a surprise run to the Playoffs so it's not a total detriment. It's more likely the cumulative effect of the rest issue can take its toll rather than just week to week advantages/disadvantages. The Raiders have to face three different teams coming off their bye but in two of those instances, the Raiders will have at least 10 days of rest. In the six games where the Raiders opponent has a rest advantage, Las Vegas does have normal or more rest in four of those games. The Raiders have a short rest week (<7 days rest) three different times, however, in each instance, the Raiders will have been coming off extra rest (>7 days). While it sounds good on paper to dismiss the Raiders this year because of it, I won't be factoring the rest much in my outlook.

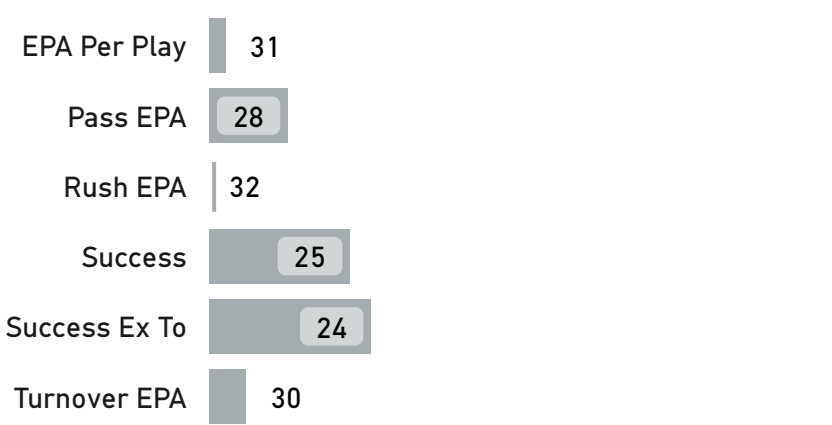
Offseason The Raiders had a really busy offseason led by the hiring of Carroll as HC. Although he is 73 years old he will at least bring some respectability to the job for the Raiders. They then went after his former Seahawks QB in Geno Smith after trading a 3rd round pick and new OC Chip Kelly will run this offense. Geno will try and replicate his success in a dome for the Raiders. I feel like I was near the forefront of the Geno Dome stuff a few years ago but it really is stark how well he has played indoors in his career. In 15 career starts playing indoors, Geno has generated a positive EPA in all 15! His +0.258 EPA per drop back and 52% success rate is equivalent to numbers a top five QB would produce in a season. His EPA on average, ranked 70th percentile of all QBs against those same defenses in those seasons. His teams have gone over their team total in all 13/15 games by an average of over nine points per game. But outside of the dome numbers, Geno just brings stability to the position that they didn't have the last two years. Geno ranked #1 last year in PFR's on target throw percentage and #2 in FTNs catchable air yards. O'Connell ranked 4th worst on off target throws for example. He won't have DK Metcalf and Tyler Lockett with him in Las Vegas but he does have one of the best TEs in the league in Bowers. He will likely also have an excellent run game after the drafting of RB Ashton Jeanty of Boise State. I am reluctant to praise a team that drafts an RB in the top 10 but for one season, Jeanty should shine. The Raiders also signed veteran RB Raheem Mostert so it seems clear the offense will be centered around Jeanty and the run game. Defensively, the Raiders essentially just swapped CB Nate Hobbs, LB Robert Spillane and S Trevor Moehrig for Eric Stokes, Germaine Pratt and Jeremy Chinn. It's essentially a wash. The key for the Raiders defense is a full season of health for both Crosby, Wilkins and Koonce to help produce a strong front four pass rush behind excellent DC Patrick Graham.

2025 Outlook In general, backing perceived bad teams with great coaches when the win total is very low is a sound strategy. Carroll teams are 9-4-1 to the win total over since 2010. His teams have been faced with a win total of 9 or less seven times in that stretch and his teams have gone over six times with one push. His teams have exceeded their win total by at least two games in four of those six instances. He consistently exceeds market expectations and is definitely a floor raiser. Generally, teams lined in the same win total range as these Raiders (5.5-7) have outperformed expectations at the highest rate over the last 25 years. These teams have gone over their win total at a 54% clip since 2000 and surprise teams like DEN, MIN and WAS fit last year. While I don't think they will ultimately make the Playoffs, I do think between better coaching, more consistent QB play and likely positive turnover regression the Raiders are not a team many will want to play. I like the Raiders to go over their win total with a baseline between 7-8 wins.

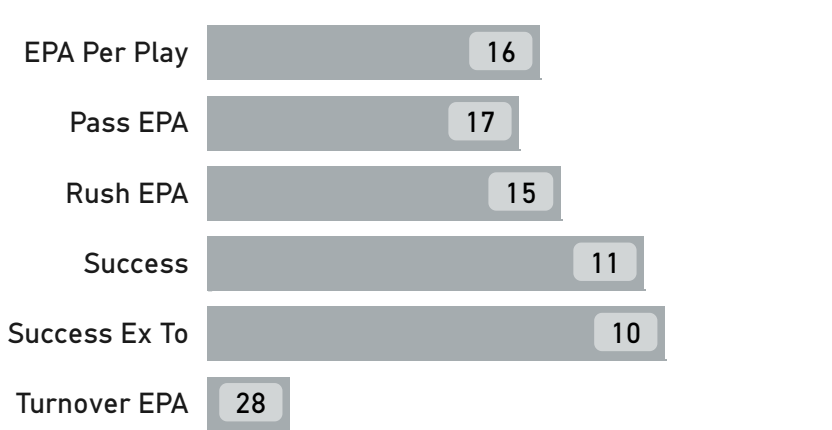
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Dont'e Thornton Jr.	
RWR	Tre Tucker	
SWR	Jakobi Meyers	
LT	Kolton Miller	
LG	Dylan Parham	
C	Jackson Powers-Johnson	
RG	Alex Cappa	
RT	Dj Glaze	
TE	Brock Bowers	
QB	Geno Smith	
RB	Ashton Jeanty	Alexander Mattison

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Maxx Crosby	
RDE	Malcolm Koonce	
WLB	Germaine Pratt	Divine Deablo
MLB	Elandon Roberts	Robert Spillane
LCB	Darien Porter	Jack Jones
SS	Jeremy Chinn	
FS	Isaiah Pola-Mao	Tre'Von Moehrig
RCB	Eric Stokes	
NB	Darnay Holmes	Nate Hobbs
LDT	Adam Butler	
RDT	Christian Wilkins	

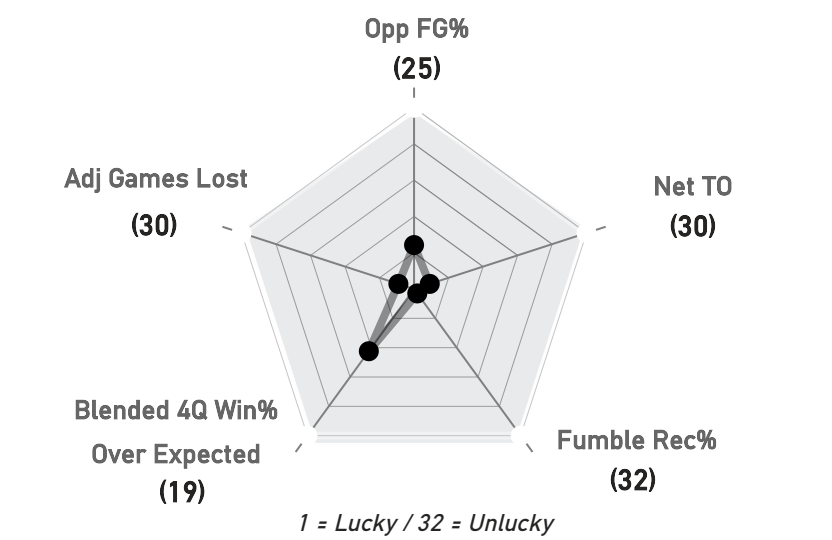
OFFENSE ADVANCED RANKS



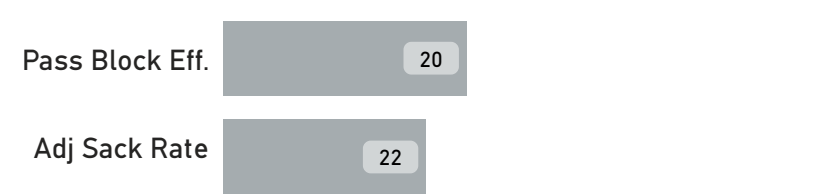
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



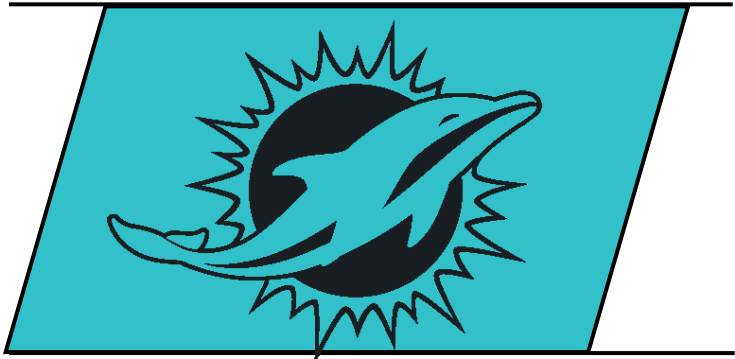
2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 10-22	1	@	+3
2	@	W 26-23	2	v	+3
3	v	L 22-36	3	@	+7.5
4	v	W 20-16	4	v	+1.5
5	@	L 18-34	5	@	+1.5
6	v	L 13-32	6	v	-3
7	@	L 15-20	7	@	+9.5
8	v	L 20-27	9	v	-1.5
9	@	L 24-41	10	@	+6.5
11	@	L 19-34	11	v	+1.5
12	v	L 19-29	12	v	-3.5
13	@	L 17-19	13	@	+6.5
14	@	L 13-28	14	v	+3.5
15	v	L 9-15	15	@	+10.5
16	v	W 19-14	16	@	+4.5
17	@	W 25-10	17	v	-2.5
18	v	L 20-34	18	v	+6

SOS 4/32

SOS* 14/32

1 = Hardest Schedule

SOS* based on TA's power rankings



MIAMI DOLPHINS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC EAST	(8-9)	(8.5)
GENERAL MANAGER	HEAD COACH	
CHRIS GRIER	MIKE MCDANIEL	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
FRANK SMITH	ANTHONY WEAVER	

REVIEW & ANALYSIS

2024 Season in Review It was a tale of two seasons for the 2024 Miami Dolphins. The season was officially over when Tua Tagovailoa got hurt in week 2 against the Bills. In the 10 games Tua started and finished, the Dolphins went 6-4 and the offense ranked 8th best in the NFL by EPA, 4th on drop backs. In all other games where a backup QB started- Tyler Huntley, Sylar Thompson and Time Boyle, Miami went 2-4 and scored a total of just 80 points on offense (13.3 PPG). They scored 15 or less points in four of those six games. By EPA, the Dolphins were by far the worst pass offense AND rush offense in the games Tua missed. The offense was radically different with Tua and he littered the field with short, quick throws to the point that he ranked dead last among 36 qualified QBs in intended air yards per attempt (5.7). RB De’von Achane was expected to have a break out 2nd season after an explosive rookie year, but the Miami OL was awful, ranking 32nd in adjusted line yards created and 30th in yards before contact per rush. The Miami defense held their own, finishing 10th in EPA, albeit against one of the easiest schedules of opposing offenses in the NFL. The Dolphins finished 8-9 and missed the Playoffs for the first time under HC Mike McDaniel.

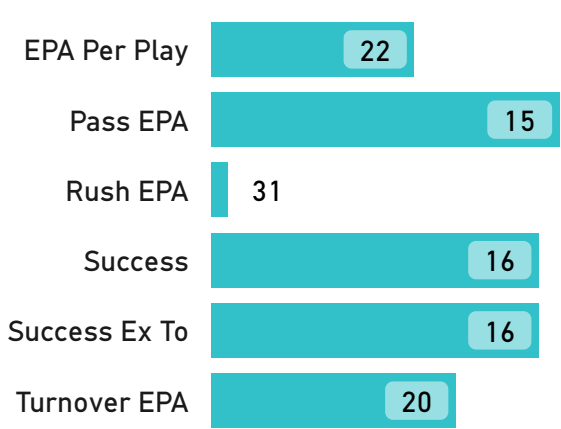
Luck Factor Obviously with the 6.5 games that Tua missed due to injury, the impact was really felt by Miami. They also had four different players start at RT during the season due to injury and lost ED Jaelan Philips for virtually the entire season. Not to mention OLB Bradley Chubb missing the entire season from a prior year ACL tear. Based on just premium positions, the Dolphins suffered the 2nd worst injury luck by adjusted games lost. Otherwise, the Dolphins did get some really good fortune from fumbles and their strength of schedule. They put the ball on the ground 26 times on offense, 2nd most in the league, but recovered over 65% of those fumbles, the 7th highest rate in the league. In addition, they faced the single easiest schedule in the NFL, based on opponent wins. Their opponents, in aggregate, went under their preseason win totals by 22.5 games, the most in the league. They only faced five Playoff teams all season and got to face some of the bigger disappointments in the league like the Jets 2x, the Browns, Jags and 49ers

Schedule Analysis Based on my team ratings, the Dolphins are expected to face the 10th easiest schedule in the NFL. They also have the 2nd highest net rest advantage in the league. Besides a brutal stretch of games against Baltimore, Buffalo and Washington, the rest of the schedule is filled with bottom level teams. That stretch is mitigated a bit by the fact that Miami will not play a single road game on an opponents’ home field for six weeks. They play the Ravens and Bills at home starting in week 9 then face the Commanders in Spain followed by a bye week and another home game in week 13 against the Saints. I have the Dolphins favored in six games this season but four of those will occur in the first seven weeks alone. If Miami is going to compete for a Playoff spot, they will have to pick up a bunch of wins in the first half of the season.

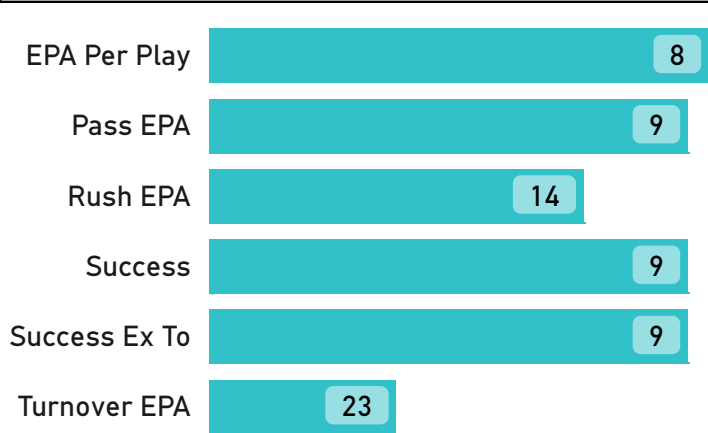
Offseason Miami continues to face a tough roster situation with Tua, Tyreek Hill and Jaylen Waddle on giant contracts. That led to the trades of TE Jonnu Smith and CB Jalen Ramsey to the Steelers for a 3rd round pick and S Minkah Fitzpatrick. On the surface, I understand not wanting to pay big money to Smith and saving a few dollars to get Minkah over Ramsey but for 2025 this could end up being a disaster for Miami. Although Ramsey is not the same elite CB he once was in the league, he still has graded out as a top 20 level CB. This leaves a gigantic hole in the Miami secondary. The starting trio of CBs for Miami consists of Cam Smith, Storm Duck and Kader Kohou. Kohou was steady in the slot last year but goodness that set of outside CBs is the worst in the NFL right now. And while bringing back Minkah seems like a good idea, he is standing much more on his reputation than his recent play. He was graded by PFF as their 36th best Safety in coverage last year and generated just three pass breakups all year. The Dolphins also lost Safety Jevon Holland to the Giants so it’s essentially just a wash for Miami. The Dolphins could really get a boost if one or both of Philips/Chubb gets back to old form and gives Miami a nice set of pass rushers with 2nd year man Chop Robinson. On offense, not only did Miami lose Smith at TE but they replaced him with Darren Waller who they coaxed out of retirement. After breaking out in 2019 and 2020 with the Raiders, Waller has been an average at best TE. Jonnu was elite after the catch but Waller finished with <4.6 in each of his final three seasons, all bottom level seasons. But by far the biggest question mark for Miami on offense is what to do at LT now that veteran Terron Armstead has retired. Even while battling injuries the last few years, Armstead continued his elite play and this past season was graded by PFF as their #3 LT. He has allowed just four total sacks in the last two seasons. Right now 2nd year man Patrick Paul is slated to start at LT. This could be a disaster as Paul was terrible last year as a rookie. He finished 71st out of 85 qualified Tackles in PFF grading.

2025 Outlook I really don’t like how this Dolphins team and roster is trending. They have so much tied into Tua and those WRs that depth really has taken a big hit with this team. A single injury to Tyreek or especially Tua and the Dolphins could be competing for one of the worst records in the NFL. They have proven to not be able to even compete without Tua in the lineup the last three seasons. If you told me Tua was able to play all or a majority of the season, I think a 7-8 win floor is likely but that is far from a certainty. My baseline ratings that does not assume any injuries is in line with the 7.5 win total right now. But I do not see much upside at all with this team and the bottom can absolutely fall out with the fragility of this roster.

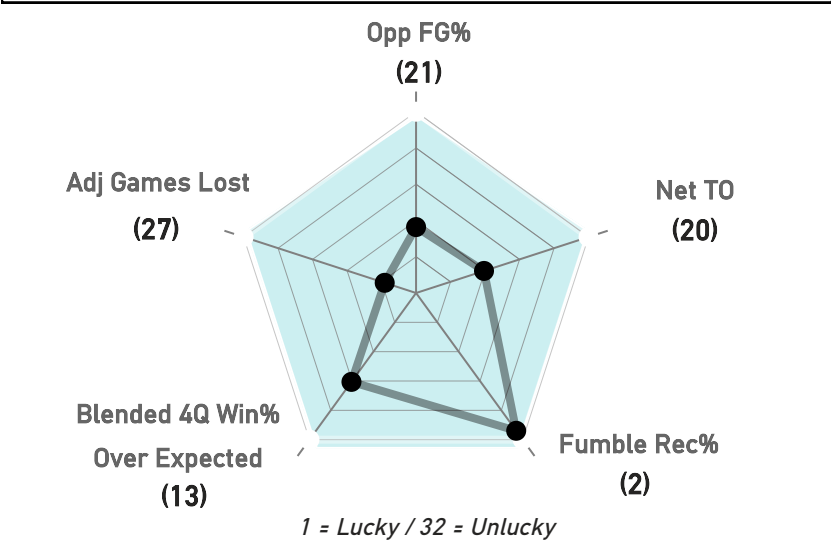
OFFENSE ADVANCED RANKS



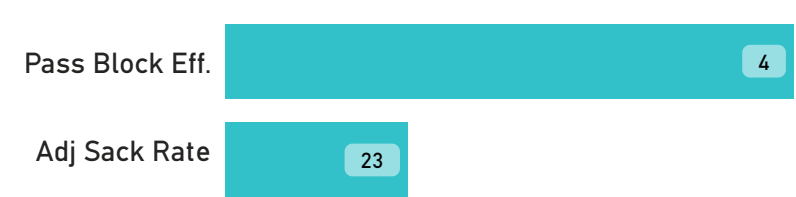
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE 2025 SCHEDULE

WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 20-17	1	@	+1.5
2	v	L 10-31	2	v	-2.5
3	@	L 3-24	3	@	+8.5
4	v	L 12-31	4	v	-5.5
5	@	W 15-10	5	@	-1.5
7	@	L 10-16	6	v	+2.5
8	v	L 27-28	7	@	-1.5
9	@	L 27-30	8	@	+1.5
10	@	W 23-15	9	v	+5.5
11	v	W 34-19	10	v	+5.5
12	v	W 34-15	11	v	+4.5
13	@	L 17-30	13	v	-6
14	v	W 32-26	14	@	-1.5
15	@	L 12-20	15	@	+2.5
16	v	W 29-17	16	v	+1.5
17	@	W 20-3	17	v	+1.5
18	@	L 20-32	18	@	+2.5

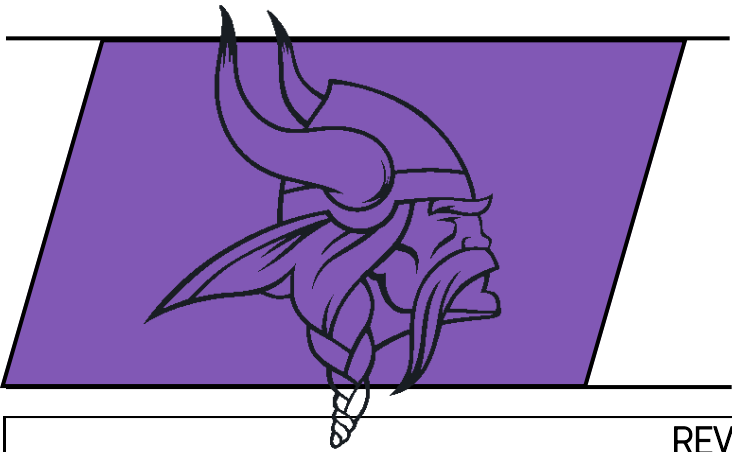
SOS 32/32 SOS* 23/32
1 = Hardest Schedule SOS* based on TA's power rankings

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Jaylen Waddle	
RWR	Tyreek Hill	
SWR	Malik Washington	
LT	Patrick Paul	Terron Armstead
LG	James Daniels	Robert Jones
C	Aaron Brewer	
RG	Jonah Savaiinaea	
RT	Austin Jackson	
TE	Darren Waller	Jonnu Smith
QB	Tua Tagovailoa	
RB	De’von Achane	
FB	Alec Ingold	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LDE	Kenneth Grant	Calais Campbell
NT	Benito Jones	
RDE	Zach Sieler	
LOLB	Jaelan Phillips	
ROLB	Bradley Chubb	
LCB	Storm Duck	Kendall Fuller
SS	Ifeatu Melifonwu	Jordan Poyer
FS	Minkah Fitzpatrick	Jevon Holland
RCB	Cam Smith	Jalen Ramsey
NB	Kader Kohou	
LILB	Jordyn Brooks	
RILB	Tyrel Dodson	



MINNESOTA VIKINGS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC NORTH	(14-3)	(8.5)
GENERAL MANAGER	HEAD COACH	
KWESI ADOFO-MENSAH	KEVIN O'CONNELL	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
WES PHILLIPS	BRIAN FLORES	

REVIEW & ANALYSIS

2024 Season in Review What an incredible 2024 season for the Minnesota Vikings. If you read my 2024 NFL Preview, you know how high I was on Minnesota and had a long shot KOC coach of the year ticket. What the Vikings accomplished last year, going 14-3, was beyond my wildest expectations. Minnesota went over their closing win total by 7 wins, the highest mark in the NFL since 2004. The coaching chops of both KOC and DC Brian Flores married with one of the most talented rosters in the NFL, helped carry Sam Darnold to respectability and the Vikings to the Playoffs. Justin Jefferson was awesome at WR and Flores led the Vikings to the 2nd ranked EPA defense in the NFL. Unfortunately, after a dream season, things came crashing down in a 31-9 blowout loss to the Rams in the Wildcard Round. Darnold ranked top 10 in EPA over the first 17 weeks of the season but turned back into a pumpkin in their final two games. 2nd year QB JJ McCarthy takes over as the franchise QB for Darnold who left for Seattle in free agency

Luck Factor Even though the Vikings won 14 games, they ranked just 9th in the NFL in point differential. They were also 9-1 in one score games, leading Minnesota to posting the 2nd highest win % over expected based on blended 4th quarter win probabilities (+11.8%). Their underlying metrics were much more indicative of a 12-win team. There have been 14 other teams with a 90%+ close game win percentage since 2000 and in aggregate those teams won just 51% of their close games the next season. Among a sample of 18 other teams with an 85%+ close game win percentage, who also outperformed their 4th quarter win probabilities by at least 10%, only six of those teams went over their win total the following season. If you analyze the teams that cleared the win total out of this subset, it's all teams with Hall of Fame level QBs. To be fair to the Vikings, almost all of those close wins were earned. They held >50% blended 4th quarter win share in all but one of those games (23% v ARI) and >80% blended 4th quarter win probability in five of those wins. Minnesota really benefitted from opponent miscues. They led the league in overall turnovers forced (33) and EPA gained from turnovers. In addition, Vikings opponents drew the most false start penalties and also committed the most defensive holding penalties in the NFL. They were #1 in the NFL with 39 automatic first downs gained due to penalty. Justin Jefferson was likely a big factor in generating those defensive penalties

Schedule Analysis After playing a league average level schedule last season, Minnesota is expected to face one of my five toughest schedules this season. They face the 2nd most top 10 opponents based on my ratings (8th) and the 2nd fewest (3) bottom 10 teams on their schedule. The early part of the Minnesota schedule is unique in that they play four games in the first five weeks in a standalone tv spot, including the opening MNF game in Chicago. In wee 4, the Vikings partake in a rare back to back overseas road trip. They face the Steelers in Dublin then hop on a short flight to London for a week 5 game against the Browns. It's probably too small of a sample to make any conclusions but common sense does say already having your body acclimated to the time zone is a decent advantage. Following a week 6 bye week to catch their breath, they face a gauntlet of opponents that includes Philly, LA Chargers, Detroit, Baltimore, Chicago and Green Bay.. That's five of six opponents favored to make the Playoffs. Their first 12 games consist of just one cupcake (Cleveland), six potential Playoff teams, two overseas games and three night games. That is one hell of a welcome to the NFL for McCarthy.

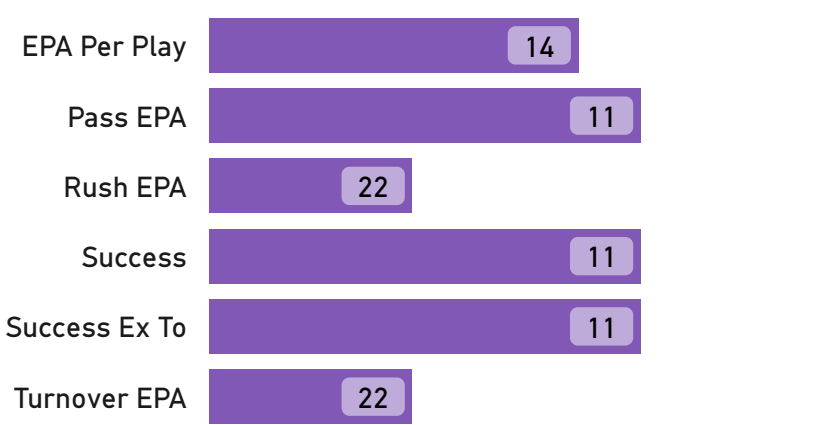
Offseason The biggest move of the offseason was allowing Darnold to walk in free agency. Nobody knows for sure how this will go for McCarthy but we do know KOC has proven to be able to take all different types and talent level at QB and generate successful offense. McCarthy is the only QB that KOC has worked with in Minnesota with the combination of athleticism and above average arm talent. While Darnold was excellent at generating explosive plays down the field, but his inconsistencies really started to show late in the season. He took nine sacks in their loss to the Rams after struggling in the season finale vs the Lions. Otherwise on offense, Minnesota added RB Jordan Mason to complement Aaron Jones. Very quietly, the Vikings run offense was atrocious when it mattered last year. Their -0.42 EPA per rush in the red zone ranked dead last in the NFL as Jones ranked last among RBs in rush yards over expected, success rate and EPA inside the red zone. He was also just 3/20 in success rate in goal to go situations. Mason wasn't much better in the red zone (23% success rate) but at least his style of running is more conducive to short yardage situations. They did try and improve the interior of the OL by using their top pick on OSU Guard Donovan Jackson as well as signing C Ryan Kelly and Guard Will Fries away from the Colts in FA. All three have the ability to play really well but they also have big question marks. Who knows how quickly Jackson contributes as a rookie and Kelly has battled multiple injuries the last two seasons, missing 10 games. Fries played really well in his five starts last year before missing the rest of the season with right leg fracture. In his first three seasons, however, Fries graded out poorly. Not to mention, All-Pro LT Christian Darrisaw is trying to come back from an ACL tear and the team is not sure if he will be able to start week 1. Veteran swing OL Justin Skule was also signed from the Bucs and provides a stop gap if needed. While the OL could be much improved, there is also a chance that it will take time until they can gel. Defensively, the Vikings were awesome last year but decided to improve even further with the acquisitions of DL Javon Hargrave and Jonathan Allen. They should improve the pass rush, however, both are on the downward trajectory of their careers. The Vikings are light in the CB room with both Stefon Gilmore and Shaq Griffin no longer on the roster. Instead, Minnesota looks like they will rely on Isaiah Rodgers and Jeff Okudah in those starting spots. Rodgers was fine in a reserved role with Philly last year, but Okudah has been awful throughout his career. The good news is Flores is as good as it gets at hiding deficient secondary talent.

2025 Outlook Just like last season, there is a ton to like from this Vikings team. Between great coaching and a loaded roster, Minnesota certainly can advance deep into the Playoffs depending on McCarthy's upside. I am much more lukewarm versus a season ago since expectations are much higher right now and the schedule should be really difficult. That early stretch will test McCarthy and having an unstable OL situation right off the bat, with Darrisaw likely not in the lineup, can derail things early. My baseline for this team is just over 8 wins but the right tail outcome is a potential Super Bowl contender.

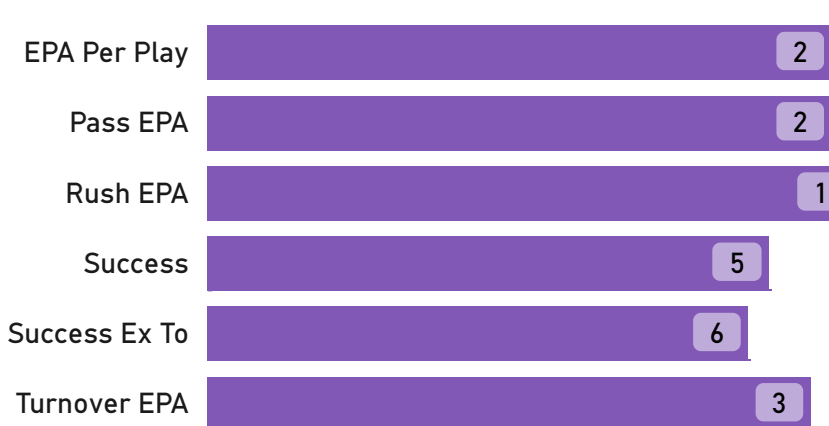
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Justin Jefferson	
RWR	Jordan Addison	
SWR	Jalen Nailor	
LT	Christian Darrisaw	
LG	Donovan Jackson	
C	Ryan Kelly	Garrett Bradbury
RG	Will Fries	Ed Ingram
RT	Brian O'neill	
TE	T.J. Hockenson	
QB	J.J. Mccarthy	Sam Darnold
RB	Aaron Jones Sr.	Aaron Jones
FB	C.J. Ham	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Jonathan Allen	
NT	Harrison Phillips	
RDE	Javon Hargrave	
LOLB	Jonathan Greenard	
ROLB	Andrew Van Ginkel	
LCB	Isaiah Rodgers	
SS	Joshua Metellus	
FS	Harrison Smith	Camryn Bynum
RCB	Jeff Okudah	Stephon Gilmore
NB	Byron Murphy Jr.	
LILB	Blake Cashman	
RILB	Ivan Pace Jr.	

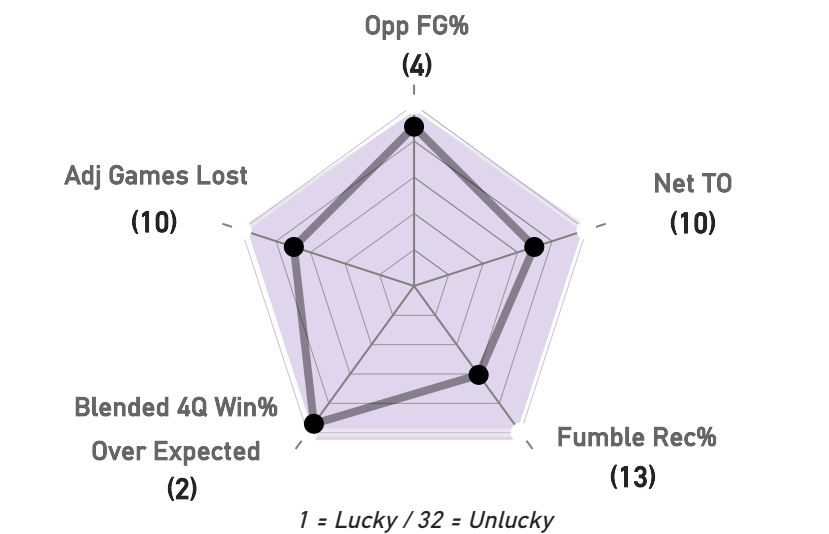
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE		
WK	OPP	SCORE		WK	OPP	SPREAD
1	@ NY	W 28-6		1	@ CHI	+1.5
2	v SF	W 23-17		2	v ATL	-4.5
3	v WAS	W 34-7		3	v PIT	-1.5
4	@ CIN	W 31-29		4	@ PIT	-1.5
5	v JET	W 23-17		5	@ CLE	-7
7	v BUF	L 29-31		7	v IND	+3
8	@ DEN	L 20-30		8	@ LAC	+3
9	v HOU	W 21-13		9	@ BUF	+4.5
10	@ IND	W 12-7		10	v WAS	+3.5
11	@ TEN	W 23-13		11	v CHI	-2.5
12	@ CHI	W 30-27		12	@ CIN	+3.5
13	v ARI	W 23-22		13	@ WASH	+1.5
14	v BAL	W 42-21		14	v DEN	+1.5
15	v CHI	W 30-12		15	@ DAL	-1.5
16	@ WASH	W 27-24		16	@ NY	-2.5
17	v CIN	W 27-25		17	v BUF	+2.5
18	@ BUF	L 9-31		18	v CIN	+1.5
SOS		25/32		SOS*		4/32
1 = Hardest Schedule				SOS* based on TA's power rankings		



NEW ENGLAND PATRIOTS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC EAST	(4-13)	(8.5)
GENERAL MANAGER		HEAD COACH
ELIOT WOLF		MIKE VRABEL
OFFENSIVE COORDINATOR		DEFENSIVE COORDINATOR
JOSH MCDANIELS		TERRELL WILLIAMS

REVIEW & ANALYSIS

2024 Season in Review Year one of the Jerod Mayo experience, after Bill Belichick left the team, was a disaster. He led New England to a 4-13 record and was fired after just one season. Both sides of the ball struggled, finishing bottom five in EPA. At least rookie QB Drake Maye showed flashes of a potential franchise QB for the Patriots. Even though his EPA per drop back ranked just 24th, he ranked 17th in success rate and 11th in completion percentage over expected. He had to navigate a terrible OL and virtually no real weapons, scrambling at the 2nd highest rate in the league (11%). One area of concern is that Maye took a sack on over 15% of his drop backs on 3rd and 4th downs, the 2nd highest rate in the league among qualified QBs. When kept clean, he was just 27th in PFF grade and tied with the 11th highest turnover worthy play rate. Among 54 qualified rookie QBs in the last 15 years, Maye ranked 25th in EPA, sandwiched between Josh Allen and Lamar Jackson. Even though there are things to clean up, considering his environment, the future looks to be bright for Maye

Luck Factor The Patriots were really bad in 2024 and as you'd expect, they performed poorly in many luck metrics. They finished just 3-6 in one score games and based on blended 4th quarter win probabilities, played more like a six-win team. There were only 13 times last season a team held >70% blended 4th quarter win probability and lost the game. NE accounted for two of those occasions, both home losses to Seattle and Indy. NE finished 28th in net EPA from turnovers as well. The Patriots offense put the ball on the ground 28 times, most in the league. At least they recovered those fumbles at a league average rate, which is opposite of their defense. The Patriots defense forced 18 fumbles but only recovered two! That 11% recovery rate was far and away the lowest among any defense in the last decade and the lowest since the 2013 Jets. When opposing offenses reached the 20-yard line, the defense forced just two turnovers and did not sack the QB a single time. The Patriots also dealt with significant injuries, especially along the OL. They led the NFL with the most adjusted games lost on the OL. Guys like Cole Strange (15 games missed), David Andrews (13) and Sidney Sow (7) missed significant time.

Schedule Analysis New England faced the 3rd easiest schedule in the league last year and this year, I have them facing the 2nd easiest set of opponents. They do have to wait until week 15 to get to their bye week, however. Fortunately, they only have to deal with one short week of rest all season, a week 11 TNF game against the Jets. NE has a shot to start hot as they only face one team (BUF) in the first nine weeks of the season currently favored to make the Playoffs. They only face five teams inside the top 16 of my ratings all year, tied for 2nd lowest in the NFL. New England does have to deal with three straight road games from weeks 5-7, culminating in a trip to Tennessee. Also, they hold a sneaky advantage playing the Dolphins at home in Gillette Stadium in week 18, a potentially bad weather spot for Miami.

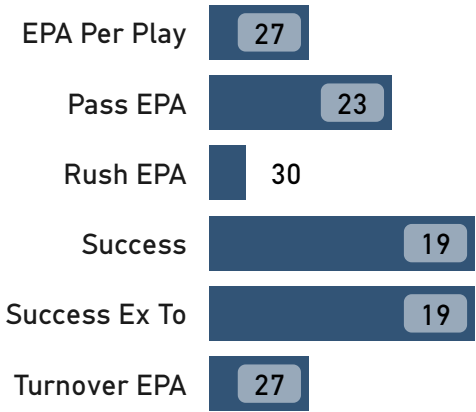
Offseason The Patriots likely hit a homerun with the hiring of HC Mike Vrabel, who while sometimes too conservative with play calling, is a great motivator and floor raiser. He has consistently exceeded expectations, ranking 10th among active HCs in ATS win % as an underdog in his career (57%) and #2 in straight up win % vs market expectations. In terms of the roster, not many teams were as active as the Patriots this offseason. NE likely added as many as eight new starters. They spent resources to try and improve their OL by using their top pick on T Will Campbell and signing FA C Garrett Bradbury along with RT Morgan Moses. Campbell is an excellent prospect, but he has very short arms which could force him to play Guard. Moses has been solid for his entire 11-year career, but he did post the worst PFF blocking grade of his career in 2024. The Pats may be forced to start Campbell at LT and let him sink or swim but there is plenty of risk for the 2025 season in that case. Bradbury has started nearly 90 games in his career with Minnesota, which is fabulous, but he's not good. He has consistently been a much better run blocker than pass blocker and has generated a PFF pass block grade above 57 just once in his entire career. His 38 pressures last year was the most of any C in the NFL last season. The Patriots have really struggled to add playmakers for many years now and decided to trade for soon to be 32-year-old WR Stefon Diggs, who is coming off a torn ACL. It will be a question of how soon he can play but likely at best he is just a security blanket for Maye and not a player who can ever stretch the field. Defensively, the Pats spent big on DT Milton Williams, OLB Harold Landry and CB Carlton Davis. They outbid the Panthers at the last minute for Williams who had a breakout 2024 season for the Eagles. However, he's never really been a full-time player and last year's 91.1 PFF pass rush grade was the first time he topped 62.0 in his career. He is only 26 years old and he certainly has room to continue to grow. Davis had a decent bounce back season with the Lions last year but is nearing 30 and has not played more than 13 games in a season since 2020. Adding these veterans on paper will help improve the 30th ranked defense but as we know, free agency is almost always fools gold. It is likely 1-2 of these guys really disappoints.

2025 Outlook I fully understand the optimism surrounding the Patriots due to excitement over Maye, the hiring of Vrabel, the easy schedule and all of the FA spending, but this has clearly been baked into their 8.5-9 win total. This is a four-win increase from the pre season win total a season ago and a 4.5-5 win increase from their actual 4-13 record last year. Going back to 2001, I could only find 13 other teams with a win total that was at least 4.5 games greater than their actual number of wins the prior season. None of those 13 teams also had a pre-season win total that was more than two games greater than their prior season pre-season win total like New England has right now. The Patriots would be the first team with such an inflated win total to this degree in both categories. Even further, there are only eight other examples of a +4 increase in win total vs prior year wins and a +1 or greater win total vs prior year win total. Those are probably the best examples of a big leap in expectations from prior season in the last 25 years. Only one of those eight went over their win total and on average these teams went under by 1.8 games. None of these teams made the Playoffs vs an expected 29% probability. This is an unprecedented leap in expectations. While I like what I saw from Maye, I can't just assume he will be a 16 level starter just yet. Only one of his 11 starts generated a 70th percentile or higher EPA performance (vs Rams) last season. Only one of his starts resulted in a top 30th percentile game. He still has a lot to prove and opposing DCs get a full off season to prepare for him. Especially considering all of the question marks along the OL as well as just a continued lack of explosiveness at WR, the expectations are too high for this Patriots team imo. Even with an easy schedule, I have the Patriots going under their win total and missing the Playoffs.

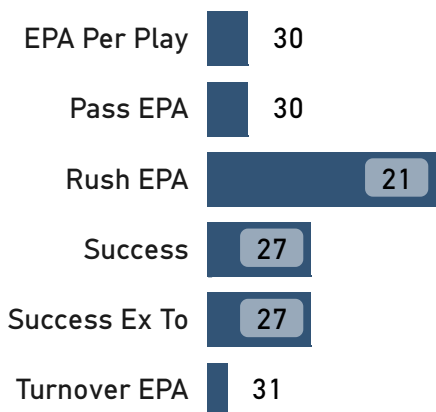
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Stefon Diggs	
RWR	Mack Hollins	
SWR	Demario Douglas	
LT	Will Campbell	
LG	Cole Strange	
C	Garrett Bradbury	
RG	Mike Onwenu	
RT	Morgan Moses	
TE	Hunter Henry	
QB	Drake Maye	
RB	Rhamondre Stevenson	
FB	Brock Lampe	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
NT	Christian Barmore	
LOLB	Harold Landry III	
ROLB	Anfernee Jennings	
LCB	Carlton Davis III	Jonathan Jones
SS	Kyle Dugger	
FS	Jabrill Peppers	
RCB	Christian Gonzalez	
NB	Marcus Jones	
LILB	Christian Elliss	
RILB	Robert Spillane	
DE	Keion White	
DT	Milton Williams	Daniel Ekuale

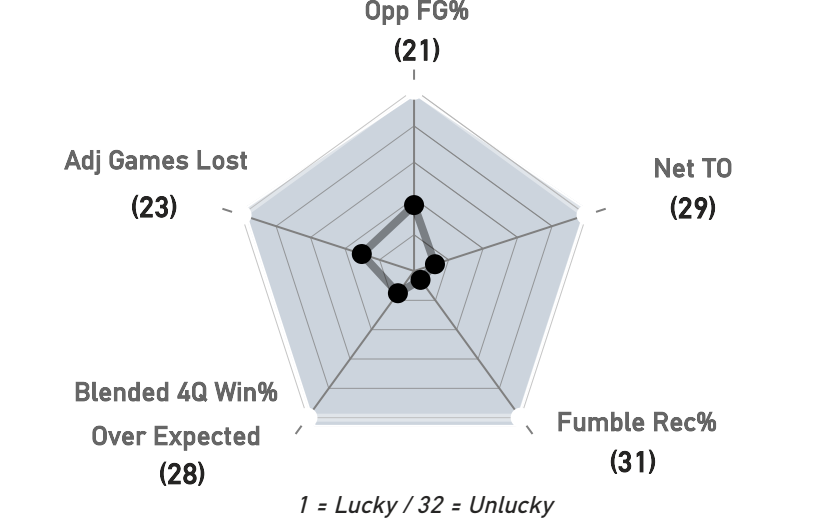
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



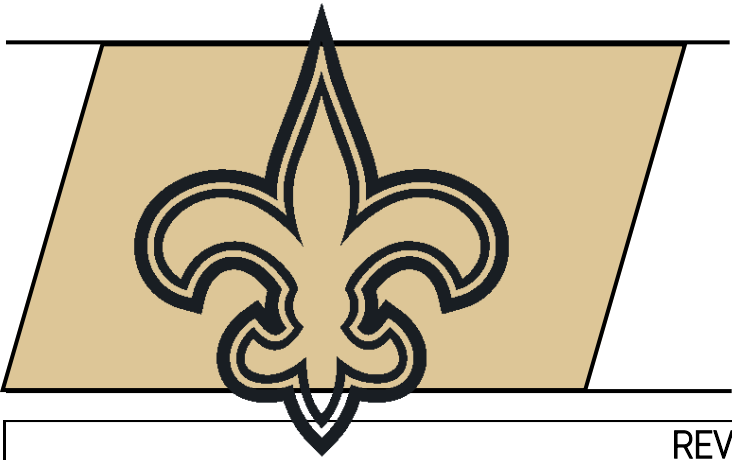
LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE		
WK	OPP	SCORE		WK	OPP	SPREAD
1	@	W 16-10		1	v	-3
2	v	L 20-23		2	@	+2.5
3	@	L 3-24		3	v	-1.5
4	@	L 13-30		4	v	-3.5
5	v	L 10-15		5	@	+8.5
6	v	L 21-41		6	@	-3
7	@	L 16-32		7	@	-1.5
8	v	W 25-22		8	v	-5.5
9	@	L 17-20		9	v	-3
10	@	W 19-3		10	@	+4.5
11	v	L 22-28		11	v	-5.5
12	@	L 15-34		12	@	+4.5
13	v	L 24-25		13	v	-3
15	@	L 17-30		15	v	+4.5
16	@	L 21-24		16	@	+8.5
17	v	L 7-40		17	@	-1.5
18	v	W 23-16		18	v	-2.5
SOS		26/32		SOS*		31/32
1 = Hardest Schedule				SOS* based on TA's power rankings		



NEW ORLEANS SAINTS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC SOUTH	(5-12)	(6.5)
GENERAL MANAGER	HEAD COACH	
MICKEY LOOMIS	KELLEN MOORE	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
DOUG NUSSMEIER	BRANDON STALEY	

REVIEW & ANALYSIS

2024 Season in Review No team has personified mediocrity in the NFL more in the last few years than the New Orleans Saints. After a 5-12 finish in 2024, the Saints have now gone four straight years without a Playoff appearance in the post Drew Brees era. GM Mickey Loomis has invented kicking the can down the road when it comes to the salary cap and while it has typically kept the Saints from completely bottoming out, they just don't have the depth to compete for a Playoff spot anymore. Last year started so promising under new OC Klint Kubiak as Derek Carr led the Saints to a 2-0 start after destroying Carolina and Dallas while scoring 91 combined points. Unfortunately, reality hit the Saints as their WRs kept getting hurt and eventually Carr missing the final four games due to an elbow injury. Rookie Spencer Rattler and career backup Jake Haener started seven games with a -0.272 EPA/Drop back and an awful 36% success rate combined. New Orleans did not score more than 19 points in a game in the final six weeks of the season. HC Dennis Allen finally was let go after a 2-7 start. Stuningly, the Saints actually had a positive point differential in the 1H of games (+26) but horribly negative (-86) in the 2nd half and OT. Some poor 4th quarters along with injuries sunk the 2024 season

Luck Factor Few teams had a worse luck profile in 2024 than the Saints. As mentioned earlier, the offense was decimated by injuries to Carr, WR Chris Olave among others and ranked 32nd in adjusted games lost. Even prior to the season starting, the team was delivered a blow when their elite RT Ryan Ramczyk originally went on the PUP list with a knee injury then ultimately retired prior to the season starting. Then in season, they saw four different players get over 110 snaps at LG and three players with over 290 snaps at Center as they battled all year with injury issues. The Saints ranked between 30-32nd in AGL at QB, OL and WR on offense. They also lost some tight games and based on both blended 4th quarter win probabilities and Pythagorean wins, the Saints played more like a six win team. A lot of that is due to the injuries late in the year, but they went 2-6 in one score games. They lost in Carolina by one after controlling that game and holding a 74% blended 4th quarter win share. They also lost the finale at Tampa as 14 point underdogs, after leading for much of the first three quarters. Speaking of that Tampa finale, just to show how decimated the Saints were at the end of the season, there were seven different offensive starters and five defensive starters from week 1 who missed that finale. From week 10 on, four WRs on the Saints saw 91 targets in that span. Not a single target went to a WR who played a snap in the first two games of the season. This was just a completely different team in the final two months of the season.

Schedule Analysis New Orleans is expected to face one of the easiest schedules in the league in 2025. This is multiple years in a row where they were expected to face a cup cake schedule before the season and considering their division the last few years, it is no surprise. I have them facing just one team (BUF) inside the top 8 of my ratings and just four inside the top half of the league. In the final eight weeks of the season, the Saints sport the easiest strength of schedule in the league and the only team that the Saints are scheduled to face who is currently favored to make the Playoffs are the Tampa Bay Bucs. In addition, they have the advantage of playing two cold weather teams outdoors (BUF and CHI) in late September and mid-October. Only a week 17 game in Nashville has the potential for cold weather all season for the Saints. In terms of the schedule itself, they don't play a single game that takes place outside of a Sunday all season long. They have zero short rest weeks to deal with, however, they do face three different teams coming off of their bye week (LAR, MIA, CAR). From a pure "net rest" situation, they technically rank 31st at -14 days but this stat is meaningless without context. The only reason they are at such a disadvantage is because they face those three teams coming off of a bye week. As mentioned earlier, the Saints face zero short weeks all season so there is likely no impact at all.

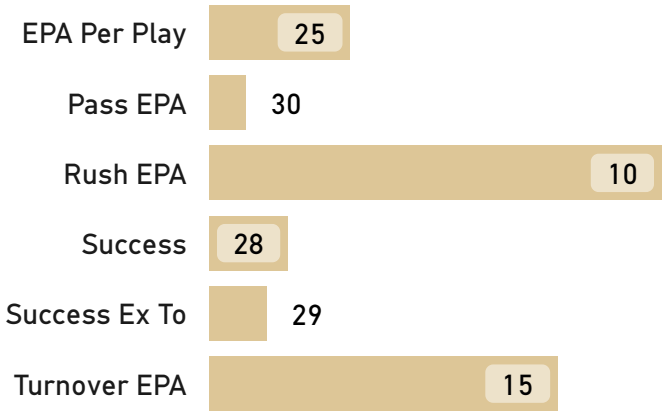
Offseason The Saints tabbed former Cowboys, Chargers and Eagles OC Kellen Moore as their new HC to lead the franchise in 2025. I am not sure how good of a leader he is or what intangibles he brings to the table but I think he is a fine choice for where the Saints are right now. There is no way anyone can be worse than Allen with in game decision making. No HC wanted to punt more or kick more FGs incorrectly more than Allen. But Moore will have to run the offense with 2nd round rookie Tyler Shough or incumbent backup Spencer Rattler under center. Carr announced his retirement in the offseason and the keys will be handed to one of the young guys for a first crack at the job. Shough is the definition of a seasoned rookie as he is going to turn 26 years old in September and has played in 42 career college games. I have no idea if Shough will be any good but he does step into an offense with a set of nice weapons at WR with Olave, Rashid Shaheed, newly acquired Brandin Cooks and RB Alvin Kamara. The OL is just looking to get healthier this season and they drafted LT Kelvin Banks out of Texas in the first round. Just getting Trevor Penning away from the starting Tackle position is additive to this offense. Penning has been a complete bust and is a hot head to boot. He ranked 76th out of 85 Tackles by PFF in pass block grade in 2024 and his 54 pressures were the most among RTs. This after grading out as the 60th ranked Tackle in pass blocking in 2023. He was also penalized for the most yardage in the NFL among OL. The defense should be steady and essentially stayed the same with Safety Justin Reid as the only real addition. With a lack of cap space, New Orleans was likely just happy running it back with the defensive roster. New DC Brandon Staley is hoping to resurrect his success as DC of the Rams a few years back.

2025 Outlook The Saints win total is just a notch ahead of the Giants in the NFC at just over 5 wins. My baseline numbers are right in line at 5.4. I do think there is more upside with the Saints win total than the market is expecting. Right now, against this schedule and with solid, proven weapons on offense and a decent enough defense, just below average QB play should get the Saints to 7ish wins. Further, only based on EPA from a season ago, the Saints are set to face the easiest set of defenses in the NFL. Outside of a road game in Buffalo, there are winnable games up and down that schedule. I don't think its difficult for this team to clear this win total even if Shough is not a great QB. We saw last year, Rattler was terrible but came within a whisker of beating both the Commanders and Bucs late in the season. What if Shough plays like the 25th ranked QB this season? I think that is enough to clear this win total. This is clearly not a Playoff caliber roster but there are certainly enough pieces to be frisky this season.

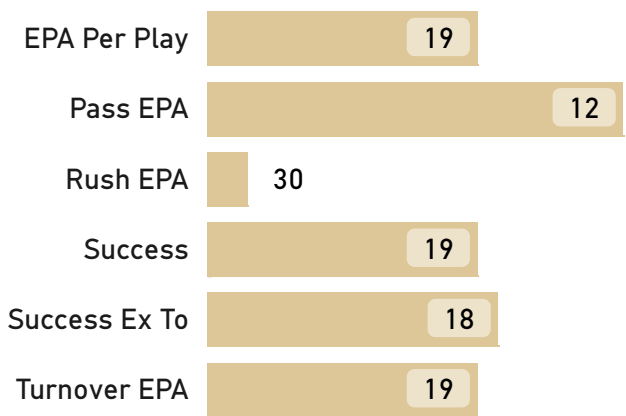
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Chris Olave	
RWR	Brandin Cooks	Marquez Valdes-Scantling
SWR	Rashid Shaheed	
LT	Kelvin Banks Jr.	
LG	Trevor Penning	Lucas Patrick
C	Erik McCoy	
RG	Cesar Ruiz	
RT	Taliese Fuaga	
QB	Tyler Shough	Derek Carr
RB	Alvin Kamara	
LTE	Juwan Johnson	
RTE	Foster Moreau	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Chase Young	
NT	Davon Godchaux	
RDE	Carl Granderson	
WLB	Pete Werner	
MLB	Demario Davis	
LCB	Kool-Aid McKinstry	Paulson Adebo
SS	Justin Reid	
FS	Tyrann Mathieu	
RCB	Isaac Yiadom	
NB	Alontae Taylor	
DT	Bryan Bresee	

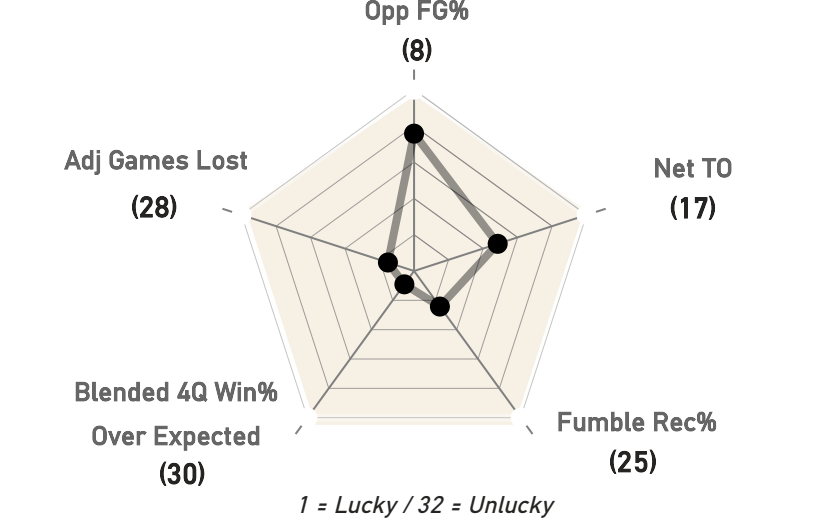
OFFENSE ADVANCED RANKS



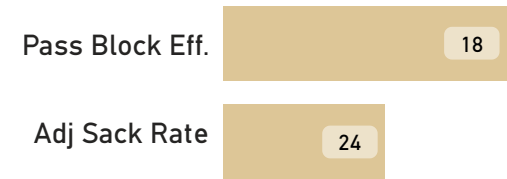
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE		
WK	OPP	SCORE		WK	OPP	SPREAD
1	v	W 47-10		1	v	+5.5
2	@	W 44-19		2	v	+7
3	v	L 12-15		3	@	+6.5
4	@	L 24-26		4	@	+12.5
5	@	L 13-26		5	v	+1.5
6	v	L 27-51		6	v	+3
7	v	L 10-33		7	@	+7.5
8	@	L 8-26		8	v	+5.5
9	@	L 22-23		9	@	+9.5
10	v	W 20-17		10	@	+4.5
11	v	W 35-14		12	v	+2.5
13	v	L 14-21		13	@	+6
14	@	W 14-11		14	@	+9.5
15	v	L 19-20		15	v	+1.5
16	@	L 0-34		16	v	-1.5
17	v	L 10-25		17	@	+3.5
18	@	L 19-27		18	@	+4.5
SOS		13/32		SOS*		30/32
1 = Hardest Schedule				SOS* based on TA's power rankings		



NEW YORK GIANTS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC EAST	(3-14)	(5.5)
GENERAL MANAGER	HEAD COACH	
JOE SCHOEN	BRIAN DABOLL	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
MIKE KAFKA	SHANE BOWEN	

REVIEW & ANALYSIS

2024 Season in Review Prior to last season, the Giants were receiving some hype as a potential surprise team in the NFC. I never bought into that hype and in my preview last season, wrote about how they would go under their season win total. And sure enough, the Giants were a train wreck in 2024. In the last offseason, the Giants decided let RB Saquon Barkley walk in FA to the rival Eagles a year after overpaying QB Daniel Jones. Where the Giants were as a franchise last year, I don't blame them for letting an RB get paid elsewhere but banking on Jones was a major mistake. Jones was coming off an ACL tear in 2023, started the season but struggled badly (34th in EPA). He was benched and released midseason, leading to a rotation at QB with Drew Lock and Tommy DeVito. It's a shame because they drafted a superstar at WR with Malik Nabers exploding onto the scene as a rookie (109-1204-7 TD). For another offseason, the Giants neglected their most pressing needs along the OL and tried to put together a starting unit out of duct tape. And once again, that was a bottom five unit by PFF pass block grades. The defense on paper looked like they had an elite pass rush after acquiring Brian Burns but they finished just league average in pressure rate and dead last in EPA allowed on deep throws (20+ air yards). This all led to a 3-14 record but somehow HC Brian Daboll and GM Joe Schoen were able to keep their jobs

Luck Factor Last season the Giants went just 1-8 in one score games. It was the first time that they finished under .500 in close games under Daboll. Truth be told they deserved that poor record in tight games as they only lost one game when they held a >50% blended 4th quarter win share. But usually when you see a team with this poor of an overall record, they have really tough injury and/or fumble luck to go along with it. But the bad news for Giants fans is that they were right at league average when it comes to fumble recovery rate and they were above average in adjusted games lost rank. The defense also faced one of the easier schedules of opposing QBs while the offense went up against the 7th easiest schedule of opposing defenses. The Giants did struggle with turnovers, as they finished 29th in net EPA from turnovers overall. The Giants tied the Titans by allowing seven non offensive TDs last season- five from offensive turnovers and two on special teams

Schedule Analysis After facing the 6th toughest schedule last season by opponent wins, the Giants are set to face my toughest strength of opponents in the NFL in 2025. Only games against CHI, NO, NE and LV are teams outside of my top 16 that the Giants face all season. It is a very front-loaded brutal schedule and does not ease up until week 13. To start with back-to-back road games at WAS and DAL then have to face KC and LAC at home in weeks 3 and 4 is just horrible. Incredibly, in the first 12 weeks of the season, the Giants only face two teams- CHI and NO, who rank outside of my top 14. I have no idea how Daboll survives the first half of the season and he should be a gigantic favorite to be the first HC fired in 2025. The Giants also don't see their bye week until week 14. They likely won't be able to wait that long to make a move.

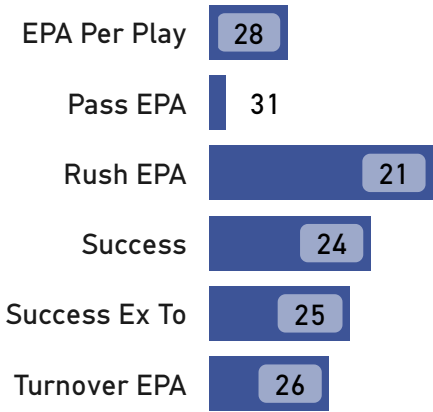
Offseason The Giants completely re-worked their QB room with the additions of Russ Wilson, Jameis Winston and they traded back into round one to take Jaxon Dart. Not much to say about this but it's a bit of a cluster F. Russ is pretty much shot and outside of the moon ball, he doesn't offer much in the way of upside. Can he hold things down enough to not get blown out every week? Sure, but outside of a desperate attempt to save the HC and GM's jobs, I am not sure what purpose he serves. Jameis is just fine and was cheap so taking a flier on a more competent backup than Devito or Lock is fine. Dart is clearly the wild card. I was not in love with his profile coming out of that mickey mouse style of offense of Lane Kiffin and Ole Miss. But he does have tools and has enough athleticism to potentially play well early if he gets the chance. I would not necessarily bet on him to be successful, especially early and against this schedule. His OL is going to be atrocious once again as the Giants neglected to upgrade any of the positions along the OL. The next GM will be fixing the OL once and for all. Defensively, the Giants have a chance to field a ferocious pass rush with the addition of #1 pick Abdul Carter. He adds to a pass rush with Dexter Lawrence, Kayvon Thibodeaux and Brian Burns. But the Giants pass rush was top 10 last year as it is and it still didn't matter. I am not sure how much more impactful he can be if the rest of the roster is so overmatched. I do think their secondary is going to be a lot better with the additions of CB Paulson Abedo and S Jevon Holland. Holland had a down year but has shown plenty of high level flashes while Abedo is a very serviceable young CB. 2nd year slot CB Dru Philips was excellent last season and looks to build on his rookie season.

2025 Outlook I don't see any way that the Giants and Daboll survive this gauntlet of opponents. I doubt we see Dart until after the first month of the season, at least, and by that time the season is already likely over. Even if he shows some promise, he likely has to face the Eagles defense potentially twice, the Denver secondary as well as strong DCs like Brian Flores and Robert Saleh. There just isn't much of a path for upside as a rookie for Dart. I have the Giants ending the season with the worst record in the NFL and Daboll fired by week 8.

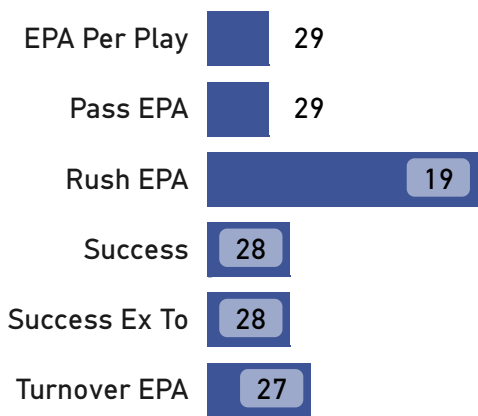
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Malik Nabers	
RWR	Darius Slayton	
SWR	Wan'dale Robinson	
LT	Andrew Thomas	
LG	Jon Runyan	
C	John Michael Schmitz Jr.	
RG	Greg Van Roten	
RT	Jermaine Eluemunor	
TE	Theo Johnson	
QB	Russell Wilson	Drew Lock
RB	Tyrone Tracy Jr.	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
NT	Dexter Lawrence II	
LOLB	Brian Burns	
ROLB	Abdul Carter	
LCB	Paulson Adebo	
SS	Tyler Nubin	
FS	Jevon Holland	Jason Pinnock
RCB	Deonte Banks	
NB	Dru Phillips	
LILB	Bobby Okereke	
RILB	Micah Mcfadden	
DE	Rakeem Nunez-Roches	
DT	Roy Robertson-Harris	

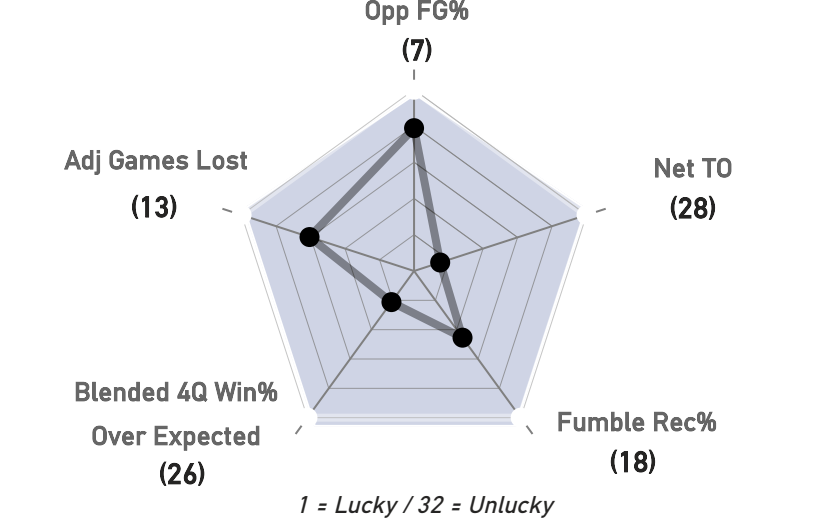
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	L 6-28	1	@	+7
2	@	L 18-21	2	@	+4.5
3	@	W 21-15	3	v	+6.5
4	v	L 15-20	4	v	+3.5
5	@	W 29-20	5	@	-1.5
6	v	L 7-17	6	v	+7
7	v	L 3-28	7	@	+7.5
8	@	L 18-26	8	@	+10.5
9	v	L 22-27	9	v	+3.5
10	@	L 17-20	10	@	+5.5
12	v	L 7-30	11	v	+4.5
13	@	L 20-27	12	@	+8.5
14	v	L 11-14	13	@	+3
15	v	L 14-35	15	v	+4.5
16	@	L 7-34	16	v	+2.5
17	v	W 45-33	17	@	+2.5
18	@	L 13-20	18	v	+1.5
SOS		2/32	SOS*		1/32
1 = Hardest Schedule			SOS* based on TA's power rankings		



NEW YORK JETS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC EAST	(5-12)	(5.5)
GENERAL MANAGER	HEAD COACH	
DARREN MOUGEY	AARON GLENN	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
TANNER ENGSTRAND	STEVE WILKS	

REVIEW & ANALYSIS

2024 Season in Review The New York Jets had high expectations in 2024, with the return of QB Aaron Rodgers, but ultimately became one of the most disappointing seasons in franchise history with a 5-12 record. The Jets win total closed at 10 before the season and based on their odds had over a 60% chance of making the Playoffs. Despite the return of Rodgers from his Achilles injury, the Jets started slow and after just five games, HC Robert Saleh was fired. The offense could never click with Rodgers and even after trading for his buddy WR Davante Adams, that was not enough to turn things around. Rodgers finished as the league’s 19th best QB by EPA and 24th in success rate. That is essentially what he was in his final season with the Packers as well. OC Nathaniel Hacket was terrible yet again, and Rodgers’ 7.3 ADOT ranked bottom seven in the league. After Saleh was let go, the once reliable defense regressed badly. In the first five games under Saleh, the Jets defense ranked 6th in EPA and success rate allowed. However, once Saleh was fired, the Jets defense ranked 30th in EPA the rest of the way

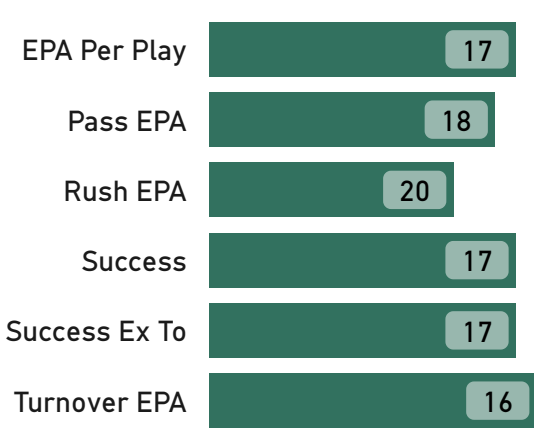
Luck Factor The Jets finished 5-12 but were a much better team than that record indicated. They were terrible in close games, going 3-7. They were really close to being a .500 level team and in fact outgained 59% of their opponents on a yards per play basis. They ranked 14th best in the league in net yards per play but poor special teams really derailed the season. Based on 4th quarter win probabilities, they would have been expected to finish right at .500 in those one score games and should have won 7 games overall. They lost five of those seven close games after holding >50% blended 4th quarter win share, the most in the NFL. The Jets issues with their FG kicker was a major problem all year and directly cost them some of these close games. Three different Jets kickers combined to go just 4/8 on FGs in the 4th quarter of games and their -11 EPA on 4th quarter kicks ranked last in the NFL. Meanwhile, Jets opposing FG kickers went 13/15 in the 4th quarter and on a net basis, the Jets lost over 17 expected points on 4th quarter FGs. The one area where the Jets excelled in high leverage spots was sacking the QB on defense. They led the NFL by a mile with 19 sacks on the opposing QB in the red zone. The next highest was just 10 sacks. That helped lead the Jets to the lowest yards allowed on a per play basis in the red zone. That did not necessarily coincide with how the defense played prior to getting into the red zone

Schedule Analysis Last season, the Jets faced one of the 10 easiest schedules in the NFL by opponent wins and 5th easiest by opposing QB EPA. By strength of opponent, I have the Jets facing right around a league average schedule this season. They only play two primetime games, at Miami in week 4 on MNF and at NE in week 11 on TNF. The Jets will be at a slight disadvantage there as rookie head coaches tend to struggle in their first TNF game, although it’s more pronounced early in the season. Road underdogs with a new HC playing on TNF for the first time, are just 38.6% ATS and have won 18% of their games vs pregame expectations of 30% since 2000. Their bye week is at the midpoint of the season in week 9 but will be facing the Browns in week 10 who is also off their bye week, negating their rest advantage. I only have the Jets currently favored in two games this season, week 7 at home vs Carolina and week 10 vs the Browns.

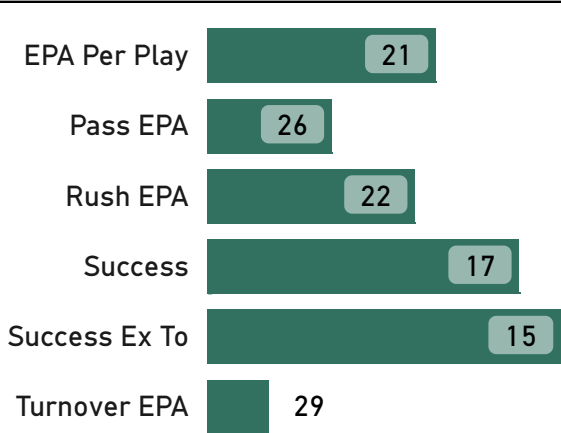
Offseason Letting Aaron Rodgers walk in favor of Justin Fields is clearly the biggest move of the Jets offseason. They also hired former Lions DC Aaron Glenn as HC and let WR Davante Adams leave for the Rams. I am intrigued by the addition of OC Tanner Engstrand, a 43 year old passing game coordinator from the Lions. How much of the Ben Johnson system and philosophy he brings with him to NY will be interesting to monitor. Fields doesn’t necessarily fit that style of precision passing offense but he and Glenn watched him first hand multiple times wreck the Lions defense on the ground. I would imagine the Jets will lean heavily on Fields and Breece Hall in the run game, but it’s a question as to how long they can sustain a run heavy offense if they are consistently trailing. The OL is in good shape and PFF graded that unit a year ago as a top half of the NFL group. They bring everyone back except they are replacing RT Morgan Moses with first round pick Armond Membou from Minnesota. Membou is a nice prospect but he just turned 21 years old and recent history has not been kind to top 10 Tackles in their rookie seasons. But I do think this OL will be solid. They did not do a good job adding weapons and after losing Adams, veteran Josh Reynolds was their only WR addition. Maybe rookie TE Mason Taylor can bring a new element to this offense that has been lacking in recent seasons. Fields has historically loved throwing to TEs as Cole Kmet had his best production with him under center. The defense should look pretty similar from recent seasons as they only real loss was #2 CB DJ Reed. The Jets did not add much to that room as veteran Brandon Stephens likely is in line for that role. It’s a big step down at that 2nd outside CB spot.

2025 Outlook The Jets are just blah this year. With Fields as your QB, you already know that your ceiling is limited. I am not sure how many more opportunities he needs before teams realize who he is. He’s an electric runner who is slow in his progressions and is essentially a one read QB. The Steelers have been desperate for a franchise QB since Big Ben retired and even after they started 4-2 under Fields, they still decided to make the move to Russell Wilson. The Jets have one real weapon outside in WR Garrett Wilson and not much else. They will lean on that run game but unless the defense goes back to a top 10 unit, it is going to be difficult so sustain, forcing Fields to try and score to come back. My baseline ratings have the Jets winning just under six games as they continue to search for their identity.

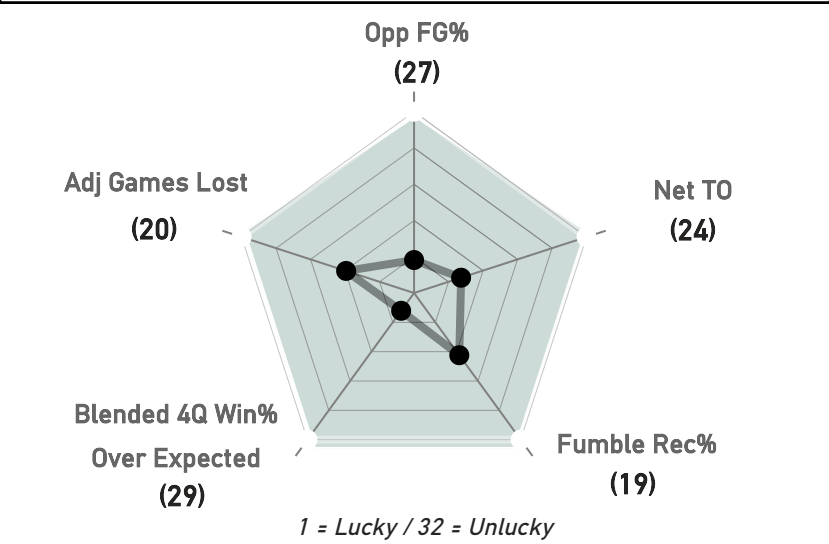
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE 2025 SCHEDULE

WK	OPP	SCORE	WK	OPP	SPREAD
1	@	L 19-32	1	v	+3
2	@	W 24-17	2	v	+8.5
3	v	W 24-3	3	@	+7.5
4	v	L 9-10	4	@	+5.5
5	@	L 17-23	5	v	+1.5
6	v	L 20-23	6	v	+6.5
7	@	L 15-37	7	v	-1.5
8	@	L 22-25	8	@	+7.5
9	v	W 21-13	10	v	-2.5
10	@	L 6-31	11	@	+5.5
11	v	L 27-28	12	@	+11.5
13	v	L 21-26	13	v	+1.5
14	@	L 26-32	14	v	+1.5
15	@	W 32-25	15	@	+4.5
16	v	L 9-19	16	@	+1.5
17	@	L 14-40	17	v	+1.5
18	v	W 32-20	18	@	+9.5

SOS 20/32 SOS* 18/32
1 = Hardest Schedule SOS* based on TA's power rankings

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Garrett Wilson	
RWR	Josh Reynolds	
SWR	Allen Lazard	Davante Adams
LT	Olu Fashanu	Tyron Smith
LG	John Simpson	
C	Joe Tippmann	
RG	Alijah Vera-Tucker	
RT	Armand Membou	Morgan Moses
TE	Mason Taylor	Tyler Conklin
QB	Justin Fields	Aaron Rodgers
RB	Breece Hall	
FB	Andrew Beck	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LDE	Will McDonald IV	
RDE	Jermaine Johnson	
WLB	Quincy Williams	
MLB	Jamien Sherwood	
LCB	Sauce Gardner	
SS	Tony Adams	Chuck Clark
FS	Andre Cisco	
RCB	Brandon Stephens	D.J. Reed
NB	Michael Carter II	
LDT	Derrick Nnadi	Javon Kinlaw
RDT	Quinnen Williams	



PHILADELPHIA EAGLES

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC EAST	(14-3)	(11.5)
GENERAL MANAGER	HEAD COACH	
HOWIE ROSEMAN	NICK SIRIANNI	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
KELLEN MOORE	VIC FANGIO	

REVIEW & ANALYSIS

2024 Season in Review What a season for the 2024 Philadelphia Eagles. I picked them to beat the Chiefs in the Super Bowl in my preview last season, and they did just that. I thought the Saquon Barkley acquisition would pay off and he was better than anyone could expect. He ran for 2,005 yards, 13 TDs and his 2,857 from scrimmage set an NFL record. After a slower than usual 2-2 start, which coincided with WR AJ Brown among other offensive players getting hurt, Philly ripped off 12 straight wins and 16 of 17, to end the season as the champs. GM Howie Roseman hit a grand slam in drafting of two potential elite CBs in Quinyon Mitchell and Cooper Dejean, which fortified the secondary and let his pass rush get to the QB. The Eagles pass defense ranked 2nd best in the NFL by EPA and their 5.1 ypa allowed ranked #1 in the league. They beat the upstart Commanders twice with a healthy Jalen Hurts and impressively went into Baltimore and beat up the Ravens en route to a 14-3 regular season. This is a team that played from ahead all year and ran just 68 plays all season when trailing in the 4th quarter, a league low. They were a deserved Championship team

Luck Factor Like most any team that had a really successful Super Bowl season, you are going to get a lot of breaks. It's no surprise that they performed well in close games, finishing 8-2. They also ranked top 10 in fumble recovery rate, net 3rd down vs expectations, EPA from turnovers and opponents made FGs at the 6th lowest rate in the league. In addition, outside of a couple missed games early in the season from Eagles WRs, they ranked as the 2nd healthiest team in the NFL. Saquon did not miss a game and starting OL missed six total games all year. Trying to replicate that will be difficult, especially considering Barkley touched the ball an incredible 482 times last year! That ranks 10th most all time and the most since Demarco Murray's 497 in 2014. When you consider that the average Super Bowl winning team in the last 25 years has won 7% over their games over expected based on blended 4th quarter win probabilities, the Eagles' +6.2% is right in line. In fact, those teams have come back to exceed expectations at an almost identical rate (+7.4%) the next year as well

Schedule Analysis Last season, the Eagles faced the 6th easiest schedule by opponent wins but their defense faced the highest percentage of snaps against top 10 EPA QBs (42%). It makes their top five pass defense even more impressive. This season could be rough road back to the Playoffs. I have the Eagles facing the 3rd toughest schedule and the single toughest schedule of opposing QBs. I have Philly going up against a top 10 QB, nine times in 2025. Besides facing the Giants twice, the Raiders are the only other opponent Philly faces all year ranked 20th or worse in my ratings. They play 11 games against the 13 other teams with the highest probability to win the Super Bowl, based on current betting odds. This schedule looks eerily familiar with the 2022 Rams who were coming off a Super Bowl win, were slated to face my 3rd toughest schedule and were playing nine teams inside the top 10 in title odds. In terms of rest, after week six, they do get 32 days to play just three games as they have extra rest after a TNF game in Minnesota in week 7 and a bye week in week 9.

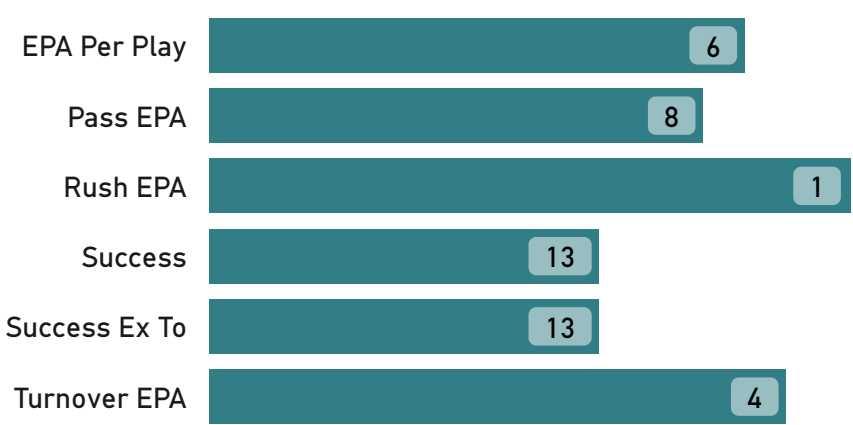
Offseason Kevin Patullo, who was the passing game coordinator for the last four seasons, takes over for Kellen Moore as OC. Predicting how new coordinators perform their first time on the job is always impossible. I do find it interesting that Patullo was passed up for the job when Nick Sirianni left two seasons ago for Brian Johnson, who ended up being a disaster in 2023. He was then passed up again last season to bring in Moore. How the offense gels, or doesn't, under another first time OC will be an interesting sub plot. Outside of RG Mekhi Becton leaving in free agency, the offense stays completely intact from a personnel standpoint. The Eagles will rely on FA pickups Matt Pryor and Kenyon Green along with backup Tyler Steen to fill in at Guard. The defense is where we saw the most changes. Gone are DT Milton Williams and ED Josh Sweat, who combined for 121 pressures and 19 total sacks. Both are going to be impactful losses but the Eagles are extremely deep along the front four and will rely on young guys like DT Moro Ojomo and Jalyx Hunt to step up into starter roles. On the surface Ojomo's 1 sack in two seasons is uninspiring but he did have 39 pressures on 342 pass rush snaps (11.4% pressure rate) last season. The fact that he was able to create those pressures at a high rate is very encouraging and only converting one of those into a sack looks to be an anomaly. Hunt produced 19 pressures on 194 pass rush snaps and four sacks. He generated nine pressures and two sacks in the Eagles Playoff run which sets the stage for a potential breakout 2025. Philly also added a really nice cheap value signings in ED Josh Uche and Azeez Ojulari to add depth as well. As we saw with Zack Baun last off season, the Eagles are good at finding diamonds in the rough at the bottom end of FA. The Philly secondary was elite last season but did lose veteran CB Avonte Maddox, Isaiah Rodgers and Safety CJ Gardner-Johnson in free agency. In comes veteran CB Adoree Jackson but otherwise they will have to rely on young backups like Eli Ricks and Kelee Ringo to step up. The defense may not be a top 2-3 unit like last season, but it's still a very good group.

2025 Outlook My baseline number of wins for the Eagles is right at the current market number at 11.5. I think the Eagles are too talented not to have another good season and make the Playoffs again, but I am concerned about some injury regression hitting Barkley and the OL after a very healthy and high usage 2024 season. Also, their schedule is really brutal and there is not much let up throughout. I really appreciate Hurts' talents but what is interesting is how soon everyone forgets how badly Hurts had been struggling in the Playoffs prior to the NFC title game. Some of that may have been injury related but he threw for just 259 total yards and took nine sacks in their first two Playoff games before stepping up in a big way in the NFC Championship and the Super Bowl. His passing prop was under 200 yards in both the Divisional round and the NFC title game. With an easy schedule last year, the Eagles played from ahead all year and rarely did they need Hurts to throw them to a win. If Barkley gets hurt, or if the tougher schedule leads to tighter games, can Hurts be the guy the win them games? The NFC continues to be a revolving door of new Super Bowl participants, and I believe that occurs again this year.

OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	A.J. Brown	
RWR	Jahan Dotson	
SWR	Devonta Smith	
LT	Jordan Mailata	
LG	Landon Dickerson	
C	Cam Jurgens	
RG	Tyler Steen	Mekhi Becton
RT	Lane Johnson	
TE	Dallas Goedert	
QB	Jalen Hurts	
RB	Saquon Barkley	
FB	Ben Vansumeren	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
NT	Jordan Davis	
LOLB	Nolan Smith Jr.	
WLB	Zack Baun	
MLB	Nakobe Dean	
ROLB	Jalyx Hunt	Josh Sweat
LCB	Kelee Ringo	Darius Slay Jr.
SS	Sydney Brown	C.J. Gardner-Johnson
FS	Reed Blankenship	
RCB	Quinyon Mitchell	
NB	Cooper Dejean	
DE	Moro Ojomo	Milton Williams
DT	Jalen Carter	

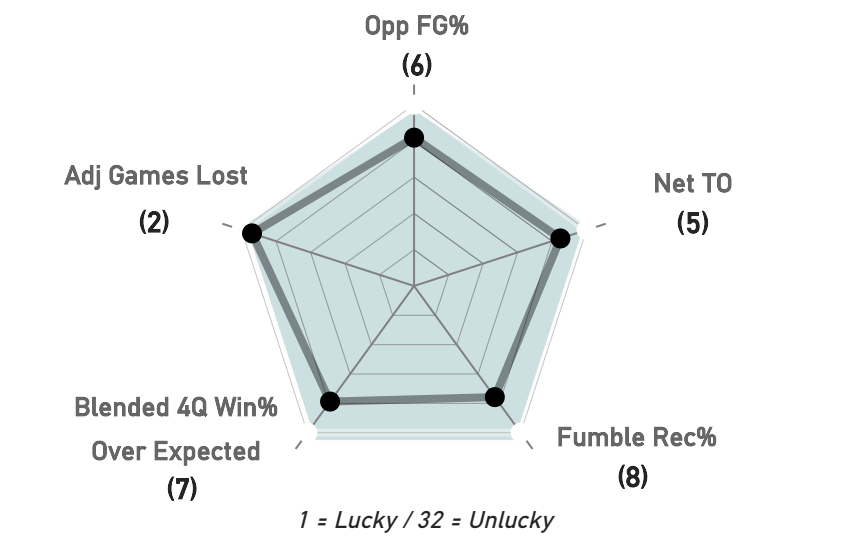
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 34-29	1	v	-7
2	v	L 21-22	2	@	+1.5
3	@	W 15-12	3	v	-4.5
4	@	L 16-33	4	@	-2.5
6	v	W 20-16	5	v	-4.5
7	@	W 28-3	6	@	-7
8	@	W 37-17	7	@	-3
9	v	W 28-23	8	v	-10.5
10	@	W 34-6	10	@	-1.5
11	v	W 26-18	11	v	-3.5
12	@	W 37-20	12	@	-4.5
13	@	W 24-19	13	v	-7
14	v	W 22-16	14	@	-2.5
15	v	W 27-13	15	v	-10.5
16	@	L 33-36	16	@	-1.5
17	v	W 41-7	17	@	+1.5
18	v	W 20-13	18	v	-4.5
SOS		30/32	SOS*		3/32

1 = Hardest Schedule

SOS* based on TA's power rankings



PITTSBURGH STEELERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
AFC NORTH	(10-7)	(8.5)
GENERAL MANAGER	HEAD COACH	
OMAR KHAN	MIKE TOMLIN	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
ARTHUR SMITH	TERYL AUSTIN	

REVIEW & ANALYSIS

2024 Season in Review The Steelers finished 2024 with a 10-7 record and Mike Tomlin finishes above .500. What else is new? Pittsburgh got off to a 4-2 start with Justin Fields at QB but even after a 32-13 win at Las Vegas, the Steelers made the switch to Russell Wilson anyways. The Steelers were sitting with a fraudulent 10-3 record with Wilson before losing to the Browns in week 12, the beginning of a 2-6 end of the season stretch. The season culminated with a blowout loss at Baltimore in the Wildcard round. As great as Tomlin is as a motivator and his ability to raise the level of his talent is unmatched, he has not won a Playoff game since 2016. They have lost four straight Playoff games by double digits, all in the Wildcard round. The problem for Pittsburgh continues to be their inability to find a long term, reliable QB. Both Fields and Wilson are gone in 2025 as the team decided to move forward with Rodgers.

Luck Factor Stop me if you've heard this before, but the 2024 Steelers were very fortunate to win as many games as they did last season. Based on 4th quarter win probabilities, the Steelers overperformed expectations at the 10th highest rate in the league. The Steelers finished 6-4 in one score games and that makes it an incredible 12 straight seasons in a row where the Steelers finished .500 or better in close games. What's more incredible is that the Steelers have won 67% of their one score games since Big Ben retired. The beat goes on. The defense once again was a top 10 unit but it was really fueled by key turnovers forced. Turnovers and special teams were a big edge in tight games for Pittsburgh. Chris Boswell made the 4th highest rate of kicks in the league and Steeler opposing FG kickers made the 9th lowest rate of kicks. Pittsburgh's defense forced the 3rd most turnovers in the league and ranked #1 in EPA gained from those turnovers. Their offense lost EPA at one of the five lowest rates in the league as well and the team finished #2 in net EPA from turnovers. In the 4th quarter of close games, the Steelers defense forced the 2nd highest rate of turnovers and sacked the QB at the 3rd highest rate. Pittsburgh also forced a high rate of overall turnovers on early downs and was the big reason why they had the single widest gap between early down EPA allowed (12th) and success rate (29th). They also had the widest gap between early down success and late down success rate allowed (8th)

Schedule Analysis The Steelers finished last season with a slightly above league average strength of schedule and it's looking like that again in 2025. Things don't heat up until week 7 when they face the Bengals and in the first six weeks of the season, the Steelers have the 2nd easiest schedule of opponents. From week 7 on, Pittsburgh faces the 2nd toughest set of opponents. In week 6, the Steelers have an enormous rest advantage over the Browns as they are at home and coming off a bye week while the Browns will be coming off a trip to London against Minnesota. This is the only time I can find in my 25 year database where a team is playing on the road after an overseas game without a bye and playing an opponent off a bye week.

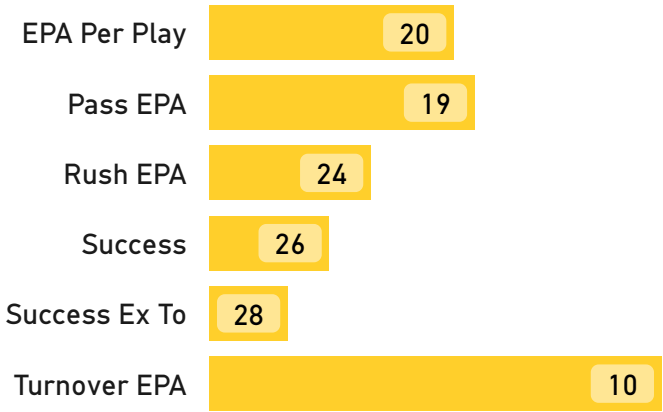
Offseason Obviously, adding Aaron Rodgers to this older roster is an interesting all in from Tomlin and the Steelers. Rodgers is still decent enough to get a good roster to the Playoffs, but he is certainly not the same player from his MVP days. He finished 15th in PFF grading with a league average on target throw % last season. His complete lack of mobility is a killer in high leverage spots and he can't use his legs much at all anymore to scare a defense. He took the 7th highest percentage of sacks on 3rd and 4th downs last season for example. He gets to throw to WR DK Metcalf who essentially was swapped in for George Pickens. Offensively, they also added TE Jonnu Smith, which gives Rodgers an excellent after the catch TE. Unfortunately, the Steelers have absolutely nothing else at WR as we are currently looking at Calvin Austin, the completely dusted veteran Robert Woods and Roman Wilson, who showed absolutely nothing last year, competing for that #2 spot. Instead, look for a heavy dose of the patented Art Smith two TE formations with Smith and Pat Freiermuth. The Falcons led the NFL with nearly 42% of their plays on offense in 2023 showing 12 personnel (1 RB, 2 TE). Then there is the attitude and entitlement that Rodgers brings to a locker room. If he couldn't make it work with Garrett Wilson and his old buddy Davante Adams, it is hard to see him excel in this offense with a lack of separators outside. The Steelers defense is very old but they are loaded with talent. They used their top pick on Oregon DT Derrick Harmon, who hopes to fall in line with the parade of great defenders the Steelers have drafted over the years. I also liked their 4th round pick, ED Jack Sawyer, from Ohio State and it feels like every defender the Steelers have ever drafted from OSU has been a success for them. He adds nice depth and potentially a future successor at the edge. The secondary struggled last season and they addressed the issue by signing 34 year old CB Darius Slay and trading S Minkah Fitzpatrick for soon to be 31 year old CB Jalen Ramsey. I think Ramsey is still a really solid CB, although he is no longer the top dog at his position as in years past. The defense leans so heavily on TJ Watt to get pressure and make big plays that the Steelers better hope he settles his contract issues prior to the season starting.

2025 Outlook My baseline numbers have Pittsburgh winning exactly eight games this season, which technically would mean going under their current win total. But who am I to try and fade the Tomlin voodoo. There is certainly a world where Rodgers is propped up by the defense and he just needs to make enough plays to win, but at some point the magic has to end for this defense. Watt's pressure numbers dropped significantly last season and the defense is relying on a lot of guys in their 30s right now. This is definitely a last dance and to me, Tomlin wants one final crack at a deep Playoff run before he and many of the veterans are likely out the door next season.

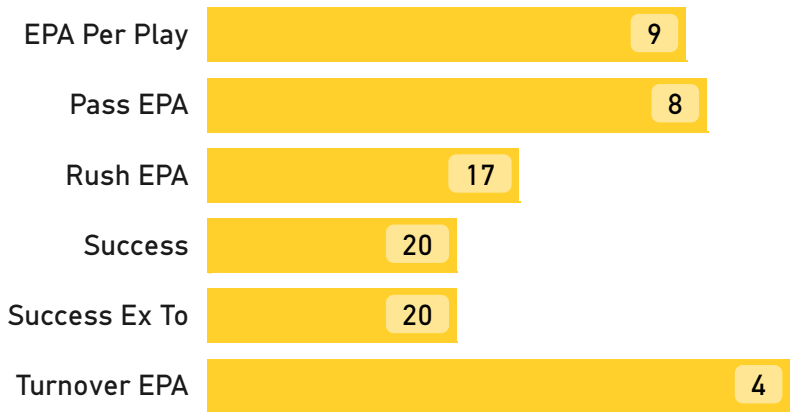
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Dk Metcalf	George Pickens
RWR	Robert Woods	Van Jefferson
SWR	Calvin Austin III	
LT	Broderick Jones	Dan Moore Jr.
LG	Isaac Seumalo	
C	Zach Frazier	
RG	Mason McCormick	
RT	Troy Fautanu	
TE	Pat Freiermuth	
QB	Aaron Rodgers	Russell Wilson
RB	Jaylen Warren	
FB	Dj Thomas-Jones	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
NT	Keeanu Benton	
LOLB	T.J. Watt	
ROLB	Alex Highsmith	
LCB	Darius Slay	
SS	Deshon Elliott	
FS	Juan Thornhill	Minkah Fitzpatrick
RCB	Joey Porter Jr.	Donte Jackson
NB	Jalen Ramsey	
LILB	Patrick Queen	
RILB	Payton Wilson	Elandon Roberts
DE	Derrick Harmon	Larry Ogunjobi
DT	Cameron Heyward	

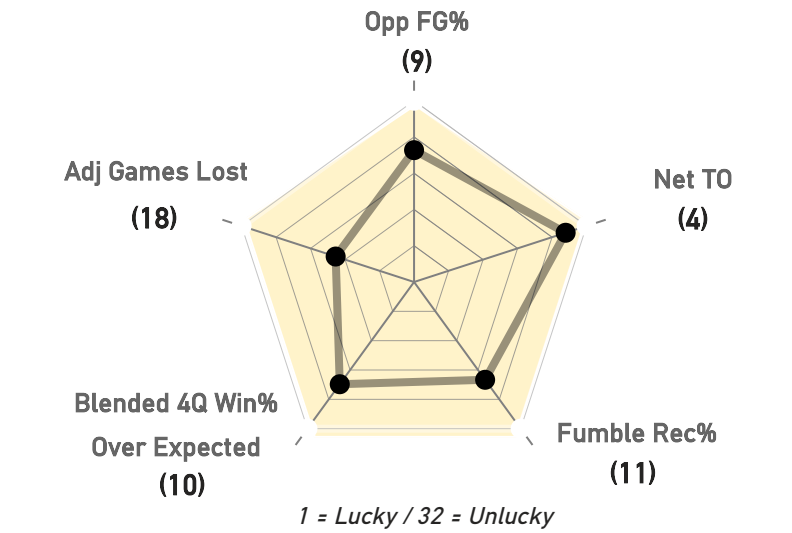
OFFENSE ADVANCED RANKS



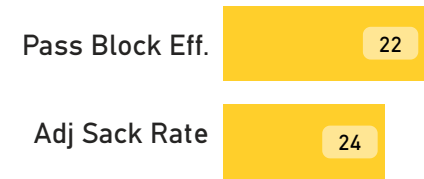
DEFENSE ADVANCED RANKS



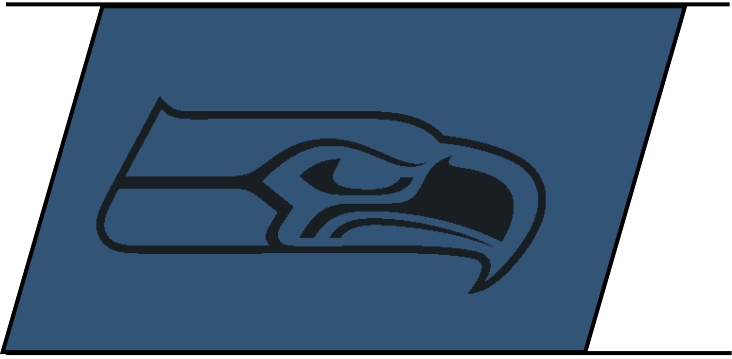
LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE		
WK	OPP	SCORE		WK	OPP	SPREAD
1	@		W 18-10	1	@	-3
2	@		W 13-6	2	v	-1.5
3	v		W 20-10	3	@	+1.5
4	@		L 24-27	4	v	+1.5
5	v		L 17-20	6	v	-6.5
6	@		W 32-13	7	@	+4.5
7	v		W 37-15	8	v	+1.5
8	v		W 26-18	9	v	-3.5
10	@		W 28-27	10	@	+4.5
11	v		W 18-16	11	v	+1.5
12	@		L 19-24	12	@	+2.5
13	@		W 44-38	13	v	+4.5
14	v		W 27-14	14	@	+8.5
15	@		L 13-27	15	v	-2.5
16	@		L 17-34	16	@	+6
17	v		L 10-29	17	@	-2.5
18	v		L 17-19	18	v	+4.5
SOS		15/32		SOS*		13/32
1 = Hardest Schedule				SOS* based on TA's power rankings		



SEATTLE SEAHAWKS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC WEST	(10-7)	(7.5)
GENERAL MANAGER	HEAD COACH	
JOHN SCHNEIDER	MIKE MACDONALD	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
KLINT KUBIAK	ADEN DURDE	

REVIEW & ANALYSIS

2024 Season in Review The Seattle Seahawks' 2024 season marked a period of transition as new head coach Mike Macdonald took over for long time coach Pete Carroll. The team finished with a 10–7 record, but missed the playoffs for the 2nd straight year. It was a tale of three seasons, as Seattle started hot with a 3-0 record before losing five of their next six games in the middle of the season and ended up winning six of their final eight games. Geno Smith led a slightly below average offense, but their extremely poor red zone offense (3rd worst EPA, T1 with 6 INTs) pushed down much of their overall efficiency. The defense shined under Macdonald, finishing 10th in EPA, which was impressive considering they faced the 2nd toughest set of opposing offenses last season. On an apples-to-apples basis, the Seahawks generated the highest percentage of elite EPA performances (80th+ EPA percentile). Surprisingly, Seattle only won three of nine home games, losing four of them by more than one score (2-7 ATS). What used to be the most difficult place to play on the road in the NFL has been a house of horrors for Seattle. Since Russ Wilson left the team prior to the 2021 season, Seattle has gone just 13-20-1 ATS at home (39%), 4th worst mark in the league, and won 47% of games against an average pre game win expectancy of 55%. As home favorites in this span, Seattle is just 6-12-1 ATS and have won 53% of games versus a win expectancy of 68%.

Luck Factor Seattle finished 10-7 but their underlying metrics paint them as a team that greatly overachieved. Based on blended 4th quarter win probabilities, they played more like an eight-win team. Seattle went just 2-7 against Playoff teams and the two wins came in Bo Nix’ debut and in the finale against the Rams backups. They finished 6-2 in one score games but won two games with a blended 4th quarter win probability of less than 35%. Along with Indy, the Seahawks were the only other team with two close wins at less than a 35%. Amazingly, a year after displaying monster early/late down splits on defense where they ranked 16th vs the pass on early downs but 32nd on late downs, the script was flipped in 2024 and Seattle’s defense ranked 27th in EPA on early downs but 2nd best on late downs. They went from the 7th lowest turnover rate on early downs to the 5th highest on high leverage late downs. They also saw their sack rate increase into the top 10 on late downs as well. It’s no surprise that a Macdonald led defense would scheme up success on late downs, but the hope is they can improve on early downs in 2025, which typically is more predictive of the quality of defense. For a 2nd straight season, the Seattle OL was decimated by injury and suffered a bottom five worst injury luck by adjusted games lost. 11 different OL played at least 45 snaps, including two Centers with over 400 snaps, three RG with at least 160 snaps and three RT with over 240 snaps.

Schedule Analysis Last season, Seattle faced essentially a league average strength of opponent but this season it’s expected to be a bit easier than that. I only have Seattle favored in four games this season but 10 games with the spread within 3 points in either direction. Six of their road games are in the eastern time zone and five of them are currently slated for 1pm est on Sunday. Fwiw, Seattle is 27-35 ATS (43.5%) in 1pm EST games since 2000 and 14-26 ATS (40%, -2.8 ATS margin) in those games without Russ at QB.

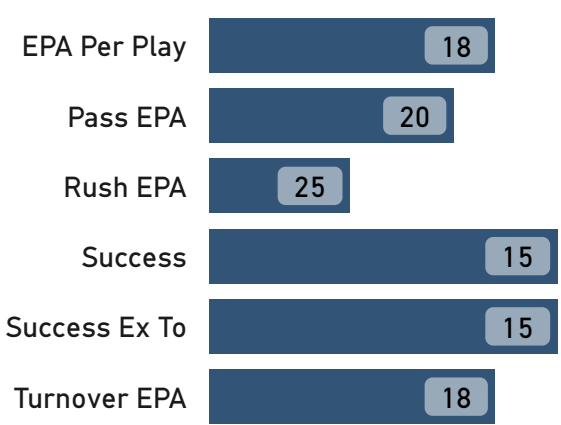
Offseason The biggest change this offseason was trading Geno Smith to the Raiders and signing Sam Darnold away from the Vikings in free agency. Maybe Geno had worn out his stay and fully understand not wanting to give him a longer term deal at age 35. As someone who has been a Darnold truther for a number of years and heavily backed Minnesota last season, I understand the allure. But as I noted in my preview last year, and as we saw play out for much of the season, Darnold can excel with great coaching, elite skill position players and an OL that can give him time to look for chunk yardage down the field, but eventually the walls come crashing down. Like he did in his final two games with the Vikings, he takes too many sacks and will force the ball into tight spots that get him trouble. Geno has his warts, and he forced way too many balls in the red zone last season, but he is very accurate and was credited with a league-leading 81.8% on-target throw rate. They also drafted Jalen Milroe from Alabama in the 3rd round as an intriguing, extremely athletic QB, who has enough tools for real upside. They will be coached this season by new OC Klint Kubiak, who takes over for one and done Ryan Grubb. Kubiak had the Saints offense cruising on offense in the first few weeks before the entire offense was decimated by injury. He uses a lot of motion and is an interesting coordinator to watch early in the season. Darnold loses out on throwing to the likes of WR DK Metcalf and Tyler Lockett and will instead have JSN plus newly acquired WRs Cooper Kupp and Marquez Valdes-Scantling. JSN is excellent and while Kupp has clearly lost a step or two and when healthy can be a solid complementary WR, both spend most of their time and do their best work in the slot. JSN ranked 3rd in the NFL with 84% of snaps from the slot. They'll need someone to gain separation from outside. The problem is that the OL is likely to be really bad in front of Darnold. They lose starting C Connor Williams who abruptly retired during last season. Olu Oluwatimi is now the full time starter and he has been a below average player in his two seasons. They did add LG Grey Zabel in the first round from North Dakota State but a rookie Guard is likely not to move the needle too much on offense. Darnold had the 4th most time to throw last season, a luxury Geno never saw in Seattle (18th last year) and one that Darnold will need to deal with immediately. Not much to say on the defense, as most every starter is back, and they added pass rushed Demarcus Lawrence to the mix. Rookie 2nd round Safety Nick Emmanwori is one of the most athletic Safeties to ever enter the draft and has a chance to make an impact.

2025 Outlook I really like Macdonald and thought Seattle could surprise a season ago. They did win 10 games and clear both their win total and some alternatives but not enough to get into the Playoffs. I just hated the downgrade from Geno to Darnold and especially considering the OL was barely touched and his weapons got worse with zero true outside WR capable of separating. Darnold was the point guard last season in Minnesota behind a solid OL and with Seattle he will be relied upon to create good offense. That is when he forces too many throws, holds onto the ball too long and turns into Pumpkin Darnold. I think the defense will be excellent and a potential top 10 unit. In a tough division, I think Seattle is the clear #4 team and more like a seven win team.

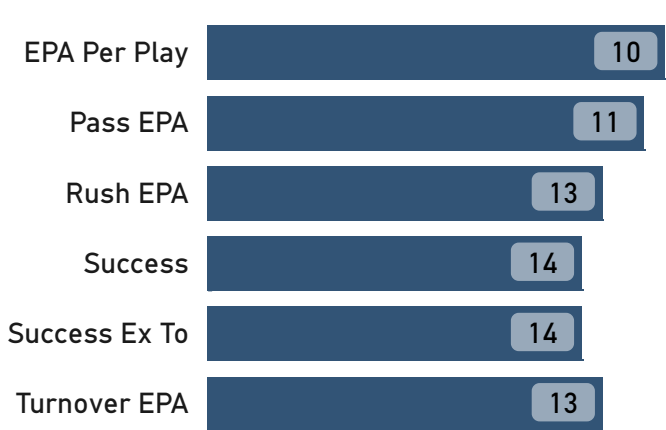
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Jaxon Smith-Njigba	Dk Metcalf
RWR	Marquez Valdes-Scantling	Tyler Lockett
SWR	Cooper Kupp	
LT	Charles Cross	
LG	Grey Zabel	Laken Tomlinson
C	Olu Oluwatimi	Connor Williams
RG	Christian Haynes	
RT	Abraham Lucas	
TE	Noah Fant	
QB	Sam Darnold	Geno Smith
RB	Kenneth Walker III	
FB	Robbie Ouzts	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
NT	Byron Murphy II	
LOLB	Demarcus Lawrence	
WLB	Tyrice Knight	Jerome Baker
MLB	Ernest Jones IV	
ROLB	Uchenna Nwosu	
LCB	Josh Jobe	
SS	Julian Love	
FS	Coby Bryant	
RCB	Riq Woolen	
NB	Devon Witherspoon	
DE	Leonard Williams	
DT	Jarran Reed	

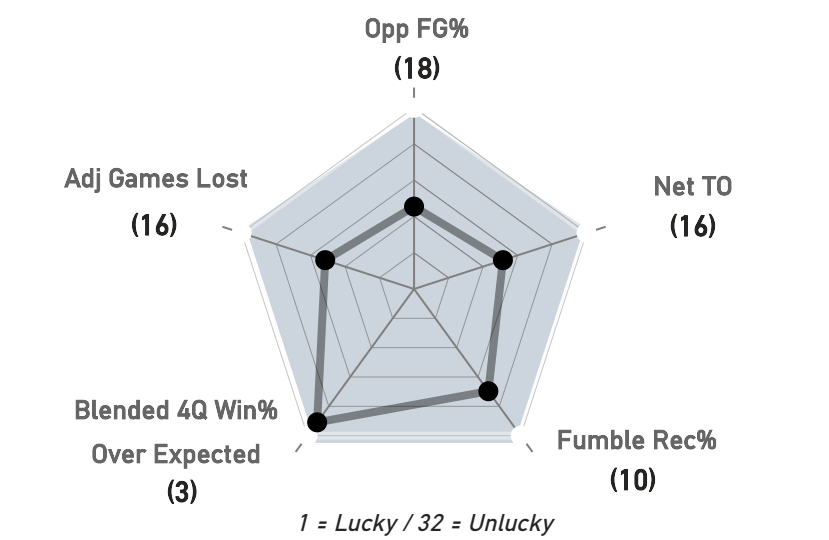
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v	W 26-20	1	v	+1.5
2	@	W 23-20	2	@	+1.5
3	v	W 24-3	3	v	-6.5
4	@	L 29-42	4	@	+2.5
5	v	L 20-29	5	v	+1.5
6	v	L 24-36	6	@	+1.5
7	@	W 34-14	7	v	-1.5
8	v	L 10-31	9	@	+5.5
9	v	L 20-26	10	v	-1.5
11	@	W 20-17	11	@	+4.5
12	v	W 16-6	12	@	-1.5
13	@	W 26-21	13	v	-1.5
14	@	W 30-18	14	@	+1.5
15	v	L 13-30	15	v	-3.5
16	v	L 24-27	16	v	+1.5
17	@	W 6-3	17	@	-1.5
18	@	W 30-25	18	@	+4.5
SOS		18/32	SOS*		21/32

1 = Hardest Schedule SOS* based on TA's power rankings



SAN FRANCISCO 49ERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC WEST	(6-11)	(10.5)
GENERAL MANAGER	HEAD COACH	
JOHN LYNCH	KYLE SHANAHAN	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
KLAY KUBIAK	ROBERT SALEH	

REVIEW & ANALYSIS

2024 Season in Review After reaching the NFC Championship in 2022 and Super Bowl in 2023, all the stars seemed to be aligned for the 49ers to be the Super Bowl favorite in 2024. However, a barrage of injuries to many of the Niners star players, starting with RB Christian McCaffery just days prior to their opening night game against the Jets, led to a disappointing 6-11 season. SF entered the season as maybe the most talented team in the NFL but that depth was tested all season and wasn't good enough to overcome the toughest schedule in the league. Even with all of these issues, the offense still finished 10th in EPA but the defense struggled badly, ranking 26th in EPA. QB Brock Purdy played well, ranking 9th in EPA + CPOE. and in just games with Purdy as the starter, the Niners finished 6-9. However, the SF offense was 8th best in EPA and the team but had a +4 point differential in the 15 games he started. This was a good team that just suffered too man late collapses. The 49ers were a respectable 9th in point differential in the 1H of games (+47) but dead last (-94) in the 2nd half of games. Every other team in the top 10 in 1H point differential made the Playoffs.

Luck Factor The 49ers finished 2024 with a win percentage of just 35% (6-11) but based on their blended 4th quarter win probabilities, they would have been expected to win 2.8 more games (52% win percentage). That 16.8% underperformance ranked last in the NFL and the 28th worst figure (bottom 3rd percentile) out of 830 teams since 1999. Of the 35 other teams who underperformed by at least 15% since 1999, 58% of those teams went over their win total the next season. The 49ers have a double-digit win total this season. No other team in my database have underperformed to this degree with a win total this high the next season. It's a tiny sample so take with a grain of salt but five of these teams were expected to be a .500 team or better and win between 8-9 games. All five went over their win total, by an average of 2.7 wins, and all five made the Playoffs even though only one was actually favored to make it (2017 Panthers). Not only did the 49ers underperform the most in the league but their 2-6 close game record ranked 6th worst and they suffered the worst injury luck by adjusted games lost (AGL). Niners opponents produced two of the six least probable wins of the season in the NFL (based on 4th Quarter win probabilities), when LAR in week 3 and ARI in week 5 won those games. Poor special teams, especially on field goals, really impacted these close losses. SF ranked bottom five in the league in DVOA in FGs, kickoffs, kick returns and punts. The 49ers kickers made 76.7% of their kicks, 6th lowest percentage in the NFL. Starting K Jake Moody made only 70% of his kicks. Niner opponents made 94% of their kicks, 2nd highest in the league. In the 4th quarter or OT when the margin was within one score, 49ers kickers went just 2/6 from FGs while opponents went a perfect 9/9. I am not sure I have ever seen this, but the 49ers ranked worse than league average in AGL within all eight position groups. Not having RB Christian McCaffery for the start of the season and then after coming back for four games, missing the rest of the season, was a clear problem for this team all year. They also lost WR Brandon Aiyuk for 10 games, Ricky Pearsall for the first six games of the season and LT Trent Williams for seven games as well. Defensively, LB Dre Greenlaw missed the first 14 games, as he returned from the achilles tear in the Super Bowl, DT Javon Hargrave could only play three games all season and starting S Talanoa Hufanga only played seven games. LB Fred Warner played all 17 games, and played well, but he disclosed late in the season that he was playing on a broken ankle from week 4 on. Even ED Nick Bosa missed three games and played through a painful hip injury in the 2nd half of the season.

Schedule Analysis The 49ers are expected to face the easiest schedule in the NFL this season based on my ratings. This after going up against the single toughest schedule in the league by opponent wins. In addition, 71% of their opponents last season went over their win total, highest in the league. When all but five of your opponents exceed preseason expectations, it's tough sledding. I can't find another time where a team went from the most difficult schedule to a projected easiest schedule since 1999. They have the easiest schedule by my ratings and it's by a healthy amount. The average opponent team rating (my ratings) that they'll face this season is 21. They face the least number of opponents within the current top 10 of Super Bowl odds (2) in the league and the most bottom 10 teams (9). Baker Mayfield (5th) is the only QB they face all season who finished inside the top 12 last season in EPA per drop back. The one negative is that they don't have their bye week until week 14. But they hold major rest advantages prior to this anyway. They have a rest advantage in four games and a disadvantage in just two this season. In weeks 6-8, the 49ers hold a rest advantage over their opponent in all three games. No other team in the league has more than two straight games with a rest advantage.

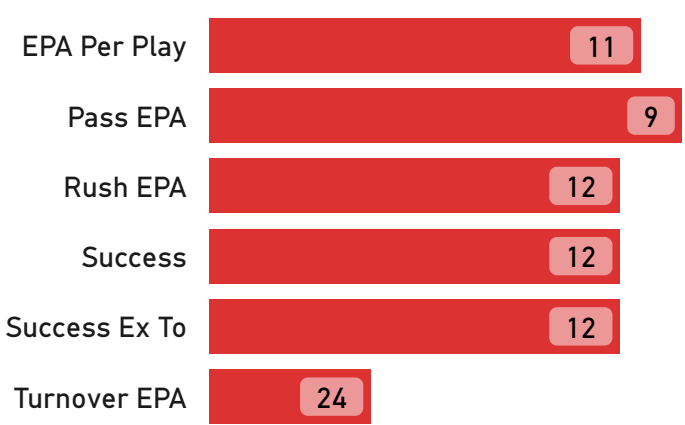
Offseason The big coaching move in the offseason that should pay dividends is bringing back Robert Saleh to run the defense again. The Niners ranked top eight in EPA allowed in each of his final two seasons as DC in 2019 and 2020 and showed a passion on the field that was lost the last two years. We even saw a drastic difference in the Jets defense once Saleh was fired a season ago after five games. In terms of the roster, they extended Purdy and with tons of money tied into a few star players, there has to be some concessions. Because of this, the Niners lost good players like WR Deebo Samuel, DE Leonard Floyd, CB Chavarius Ward, LB Dre Greenlaw, DT Javon Hargrave, G Aaron Banks and S Talanoa Hufanga either in free agency or trade. They did try and find cheaper alternatives at many of those spots in FA like WR Demarcus Robinson, DE Bryce Huff and CB Tre Brown to supplement high draft picks like ED Mykel Williams, DL Alfred Williams, DT CJ West and LB Nick Martin. As discussed earlier, the FG situation was atrocious last season and picking up Greg Joseph as competition with Moody can only help. Obviously, also banking on both McCaffery and Aiyuk to return healthy are like quasi free agent additions. Based on some internet sleuthing, consensus among sports medicine docs seems to be that the PCL injury for McCaffery is not a cause for concern and he should be at 100% to start the season. Whether some or all of these older star veterans can hold up for a full season is a big question mark.

2025 Outlook I have the 49ers winning 10-11 games, based on my baseline ratings, and the schedule plus hope for a return to league average health is a big driver. But let's face it, this team is still very talented and has a top 5 offensive + defensive coaching staff in the league. I like a few teams in this division so it should be a battle at the top. The roster is top heavy so injury risk and a lack of depth can derail the season maybe, more than most teams. But even if some of these star players do miss a few games, the schedule is so easy, that there is enough talent to still enter those games with a high win probability. I think the offense can still be a top 5-10 unit in the league but the defense will need the younger guys to step up. I do expect some higher scoring games involving SF, especially early in the season as the defense tries to gel.

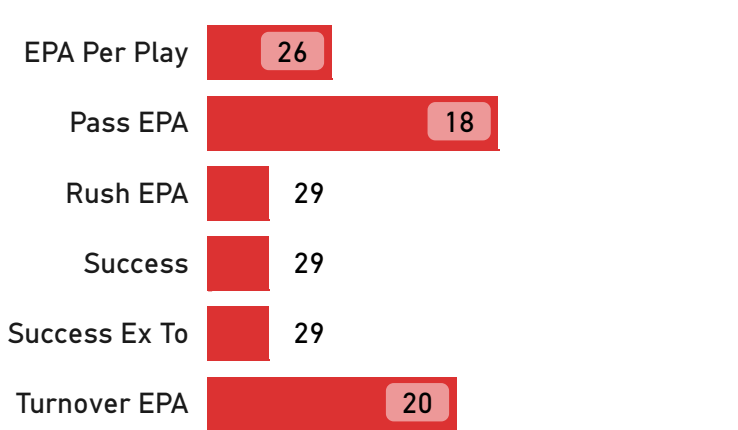
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Brandon Aiyuk	
RWR	Ricky Pearsall	Deebo Samuel Sr.
SWR	Jauan Jennings	
LT	Trent Williams	
LG	Ben Bartch	Aaron Banks
C	Jake Brendel	
RG	Dominick Puni	
RT	Colton McKivitz	
TE	George Kittle	
QB	Brock Purdy	
RB	Christian McCaffrey	
FB	Kyle Juszczyk	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Nick Bosa	
RDE	Mykel Williams	Leonard Floyd
WLB	Dee Winters	
MLB	Fred Warner	
LCB	Renardo Green	Charvarius Ward
SS	Ji'ayir Brown	Talanoa Hufanga
FS	Malik Mustapha	
RCB	Deommodore Lenoir	
NB	Tre Brown	
LDT	Jordan Elliott	Maliek Collins
RDT	Alfred Collins	

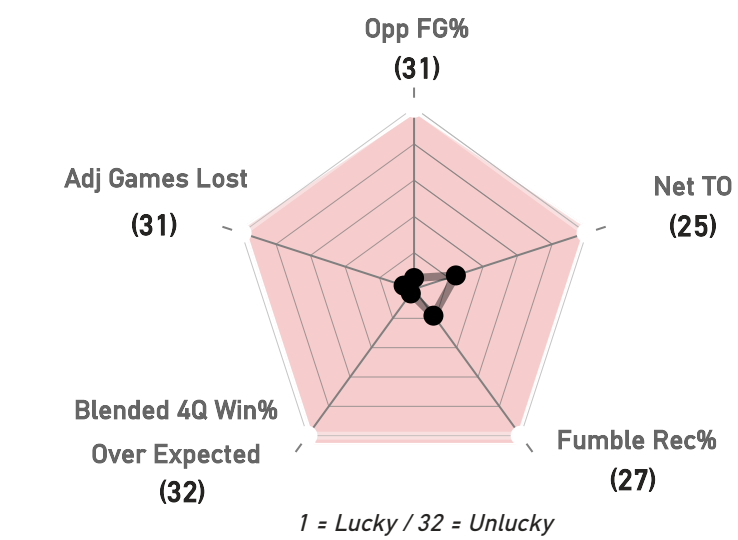
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



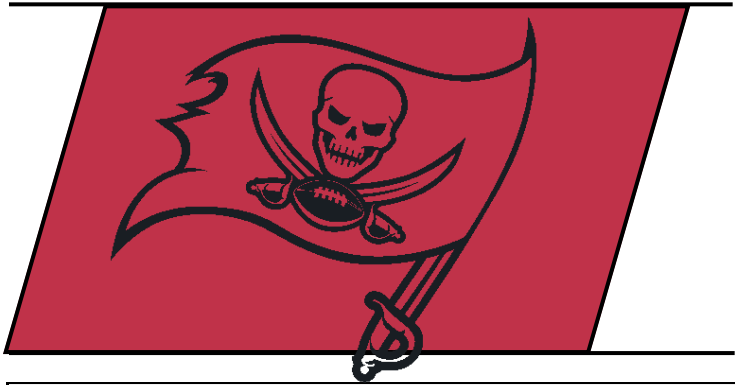
OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v JETS	W 32-19	1	@	-1.5
2	@	L 17-23	2	@	-7
3	@	L 24-27	3	v	-3.5
4	v	W 30-13	4	v	-5.5
5	v	L 23-24	5	@	+1.5
6	@	W 36-24	6	@	+1.5
7	v	L 18-28	7	v	-6.5
8	v	W 30-24	8	@	-1.5
10	@	W 23-20	9	@	-3.5
11	v	L 17-20	10	v	-1.5
12	@	L 10-38	11	@	-1.5
13	@	L 10-35	12	v	-7
14	v	W 38-13	13	@	-6
15	v	L 6-12	15	v	-7.5
16	@	L 17-29	16	@	-3
17	v	L 34-40	17	v	-3.5
18	@	L 24-47	18	v	-4.5

SOS 1/32 SOS* 32/32

1 = Hardest Schedule SOS* based on TA's power rankings



TAMPA BAY BUCCANEERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC SOUTH	(10-7)	(9.5)
GENERAL MANAGER	HEAD COACH	
JASON LICHT	TODD BOWLES	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
JOSH GRIZZARD	LARRY FOOTE	

REVIEW & ANALYSIS

2024 Season in Review One season after surprising the league with a resurgent Baker Mayfield, winning nine games and making the Playoffs, the Bucs exceeded expectations once again in 2024. They finished 10-7, winning the NFC South and hosting a Wildcard game against Washington. Unfortunately, Jayden Daniels and the Commanders led a last second drive, culminating in a game winning FG over Tampa. It was a disappointing end to an otherwise valiant season for the Bucs who dealt with major injuries to the WR position and still were able to finish top five in the NFL in EPA offense and points scored. Baker was outstanding again and was a top five QB by most every metric. It was even more impressive considering he performed so well with a new OC in Liam Cohen, who took over for the departed Dave Canales. He will have to do the same again this coming season with Cohen leaving for the Jaguars head coaching position. The Bucs offense exceeded market expectations at the highest point margin per game in regard to exceeding their weekly team total (+5.9 ppg) and went over in 65% of their games. The defense struggled, especially against the pass, and was just not good enough to get this team to advance deep into the Playoffs once again.

Luck Factor The Bucs finished 3-5 in the regular season in one score games and obviously lost by three to Washington in the Wildcard round. It's somewhat surprising they struggled in close games considering the Bucs ranked #1 in the league in FG % makes, their opponents made the 2nd lowest FG rate in the league (75%), they ranked #1 in net 3rd downs versus expected and recovered fumbles at the 7th highest rate in the league. Kicker Chase McLaughlin has been a revelation, making at least 93% of his kicks in back to back seasons after bouncing around the league for the four seasons prior. He missed only one kick in the 4th quarter and in OT of games while their opponents made just five of nine attempts. This marks back to back seasons where opposing Bucs FG kickers missed their kicks at a top five rate. Tampa ranked #1 by a mile in 3rd down conversions vs expected on offense and #1 in overall 3rd and 4th down success rate. This also was a 2nd straight season of excellent late down offense. However, compared to the 2023 season when they were the worst rush offense in the NFL on early downs, Tampa was top 10 both passing and running on 1st and 2nd downs. Rookie RB Bucky Irving and the improved OL (#2 in adjusted offensive line yards created) was a huge reason for that run game resurgence. Both he and Rachaad White ranked top 10 in the NFL in success rate among RBs. Irving also finished #1 among RBs in success rate in the red zone, at 58%, after White was just 38% in 2023

Schedule Analysis Tampa faced a near league average schedule in 2024 but did have the good fortune of facing the 5th highest rate of snaps vs backup QBs. They got to face Spencer Rattler twice, including his career debut, Cooper Rush, Aidan O'Connell, Desmond Ridder and Tommy Devito. The Bucs ranked 26th in EPA per drop back vs just starting QBs. In 2025, the Bucs are slated to face one of the 10 easiest schedules in the league. Getting six games against that division alone skews the overall strength of opponent but it's a clear advantage. The first 12 weeks has some daunting opponents like Philly, SF, Detroit and Buffalo but things clear up late and they have a cupcake final five games against opponents who all rank in the bottom half of my team ratings. There is one difficult spot that stands out and it's the dreaded MNF road game followed by a short week Sunday road game. They play a MNF game at Detroit in week 7 followed by another road game in New Orleans. That can easily be a sleepy spot considering the potential for overlooking a bad Saints team.

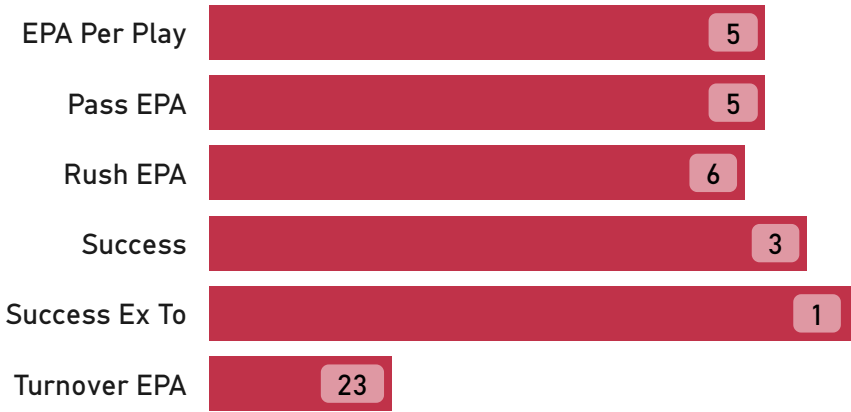
Offseason 35 year Josh Grizzard, the Bucs pass game coordinator a season ago, takes over for Cohen as the new Bucs OC. Baker Mayfield has played and excelled under a number of different coordinators and what we saw under Cohen was Baker utilizing and excelling in the screen game. He ranked 4th in percent of drop backs (15%) that turned into a screen pass and ranked 1st in yards and EPA. That was a significant jump from just 9% of his drop backs in 2023. It helped mitigate the pass rush and utilized their playmakers like Bucky Irving. Will Grizzard continue scheming these screens or is there another dimension he can unlock to continue to help Baker ascend? In terms of the roster, both sides of the ball are going to look very similar to a season ago. They welcome back WR Chris Godwin after badly injuring his ankle mid season and also added WR Emeka Egbuka from Ohio State in the first round of the draft. Egbuka is a solid, possession WR but not necessarily a game breaker. LT Tristan Wirfs will miss the beginning of the season due to a knee injury, so how the Bucs can plug that hole temporarily will be a big question. Wirfs is one of the best Tackles in the NFL and the anchor of this line. For now, Charlie Heck is listed as the next man up. Heck has bee atrocious in his NFL career and has allowed 26 pressures on just 228 pass block snaps the last two seasons. Defensively, LB KJ Britt is the only player who saw more than 50% of snaps last season, leave in the off season. They did add OLB Haason Reddick as a flier to see if he can get back to his strong pass rush form of a few years ago. I would have liked to have seen the Bucs use their first round pick on a pass rusher or DB instead of adding to an already loaded WR room.

2025 Outlook I thought Baker and the Bucs would negatively regress going into last season and they proved me wrong. They proved that they have strong weapons and a good OL to generate great offense but not having Wirfs early is a major stumbling block. I still hate that the Bucs didn't improve that weak defense at all from a season ago and the likelihood is low that they will get to face such a high percentage of backups QBs again this season. That defense is much more likely to get exposed in 2025. Todd Bowles, while a strong defensive coach, is not the most inspiring decision maker on the field. My baseline ratings has Tampa right at nine wins and I am a tad below expectations.

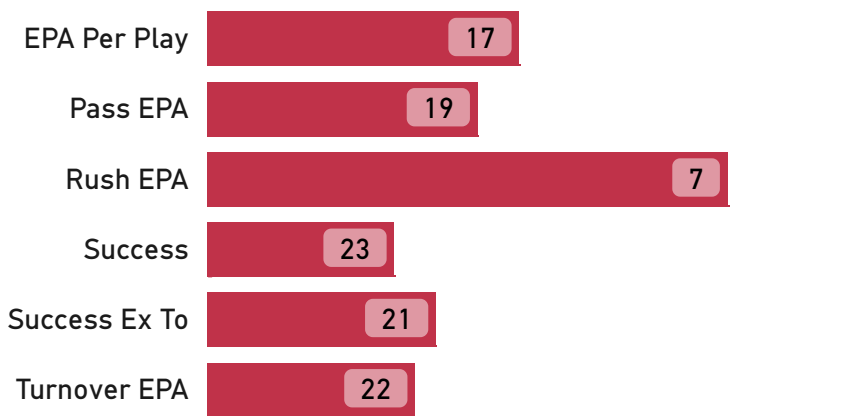
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Mike Evans	
RWR	Chris Godwin	
SWR	Emeka Egbuka	
LT	Tristan Wirfs	
LG	Ben Bredeson	
C	Graham Barton	
RG	Cody Mauch	
RT	Luke Goedeke	
TE	Cade Otton	
QB	Baker Mayfield	
RB	Bucky Irving	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Logan Hall	
NT	Vita Vea	
RDE	Calijah Kancey	
LOLB	Haason Reddick	Joe Tryon-Shoyinka
ROLB	Yaya Diaby	
LCB	Zyon Mccollum	
SS	Tykee Smith	Jordan Whitehead
FS	Antoine Winfield Jr.	
RCB	Jamel Dean	
NB	Christian Izien	
LILB	Lavonte David	
RILB	Sirvocea Dennis	

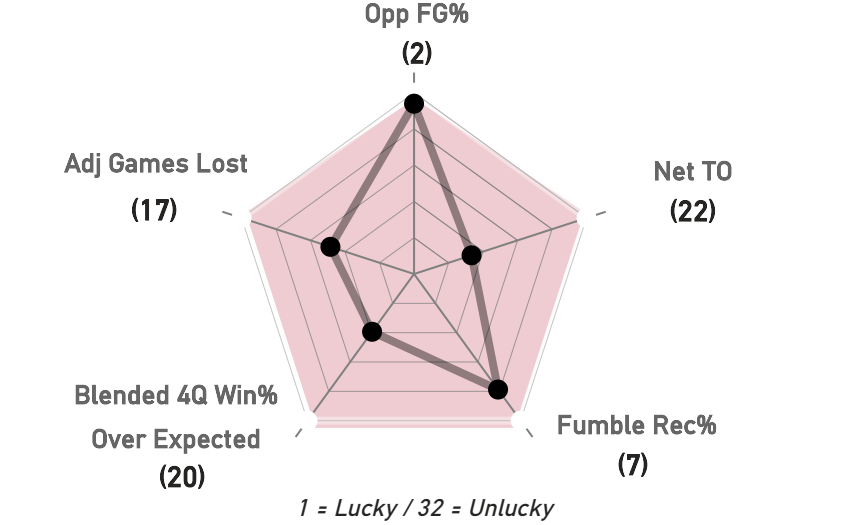
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE			2025 SCHEDULE		
WK	OPP	SCORE	WK	OPP	SPREAD
1	v W	W 37-20	1	@	-2.5
2	@	W 20-16	2	@	+1.5
3	v	L 7-26	3	v	-7.5
4	v	W 33-16	4	v	+2.5
5	@	L 30-36	5	@	-1.5
6	@	W 51-27	6	v	-1.5
7	v	L 31-41	7	@	+3.5
8	v	L 26-31	8	@	-5.5
9	@	L 24-30	10	v	-4.5
10	v	L 20-23	11	@	+5.5
12	@	W 30-7	12	@	+2.5
13	@	W 26-23	13	v	-3.5
14	v	W 28-13	14	v	-9.5
15	@	W 40-17	15	v	-5.5
16	@	L 24-26	16	@	-3.5
17	v	W 48-14	17	@	-1.5
18	v	W 27-19	18	v	-7

SOS 15/32 SOS* 24/32
1 = Hardest Schedule SOS* based on TA's power rankings



TENNESSEE TITANS

DIVISION2024 RECVEGAS WIN TOTAL '25

AFC SOUTH(3-14)(5.5)

GENERAL MANAGER
MIKE BORGONZI

HEAD COACH
BRIAN CALLAHAN

OFFENSIVE COORDINATOR
NICK HOLZ

DEFENSIVE COORDINATOR
DENNARD WILSON

REVIEW & ANALYSIS

2024 Season in Review The Bad News Bears have nothing on the 2024 Tennessee Titans. It's really difficult to describe the complete blooper real that was the Titans season unless you watched it live. Based on underlying metrics, the Titans were competitive, but they continually shot themselves in the foot with mistakes. The Titans finished 3-14 but outgained 10/17 of their opponents last year on a yards per play basis and finished 23rd in net success rate. The fact that their point differential ended up so poorly (-149) is a testament to just how off the rails their season went. QB Will Levis was an utter mess, finishing dead last among qualified QBs in EPA (-0.173), success rate (38%) and sack rate (4%). The only positive that came from Levis' play was that it allowed the Titans to pick first and draft QB Cam Ward. You could argue that the special teams were as bad as Levis. They ranked last in special teams DVOA including finishing 32nd specifically on kickoffs, punts and punt returns. The punt unit's DVOA rating was the 5th worst single season in the 40+ year DVOA database. The defense was at least competent, finishing 12th in success rate (*13th excluding garbage time), 10th in success rate outside of the red zone, 6th in yards per play allowed and forced the 6th highest rate of punts but the offense and special teams were so atrocious that it didn't matter.

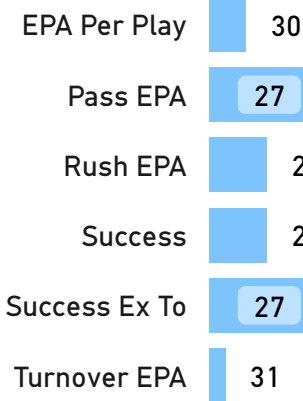
Luck Factor The Titans' underlying metrics were of a team much better than 3-14. They finished 2-6 in one score games and based on blended 4th quarter win probabilities, underperformed their win total by 1.5 games. Levis just flat out handed the other team points and led all QBs giving up five TDs to opposing defenses- four pick 6s and a fumble TD. Overall, the Titans offense led the NFL with 33 turnovers. In addition, the punt unit allowed a Khalif Raymond 90-yard punt return TD and a blocked punt TD. The Titans tied the Giants by allowing seven non offensive TDs last season. The Titans also consistently shot themselves in the foot with crucial penalties, committing the 6th most penalties in the league on defense last season. They led the NFL with 12 automatic first downs allowed on 3rd and long (6+ yards to go) to the opposing offense, eight of them on 3rd and 10+ to go. This helped create a wide gap between solid early down defense (9th best in success rate allowed) and late down woes (22nd in success rate allowed, 28th in EPA)

Schedule Analysis Last year, the Titans were fortunate to face the 3rd highest percentage of snaps against backup QB snaps like Willis, Huntley, Flacco and Mac Jones twice. The 2025 schedule looks to be soft in general. This year they are expected to face a top 5 easiest schedule of opponents and face a league high nine teams in the bottom 10 of my ratings. In addition, based only on EPA results from a season ago, the Titans play the easiest schedule of opposing offenses in the league. The cadence of the Titans schedule is most interesting. Ward has a tough debut in Denver, against a top five pass defense plus dealing with heat and altitude so early in the season. Since 2000, Denver has won 79% of games vs a pre-game win expectancy of 63% at home in the first two weeks of a season. Opponents have also gone under their team total in 62% of those games. They also play three straight road games from weeks 4-6, including back to back games out west (at Arizona, at Las Vegas). However, in week 7 they get to face the Patriots in the final game of a three-game road stretch themselves. In addition, the schedule makers decided to reward the Titans by keeping them home from weeks 9-13. That is three straight home games as well as their bye week in that stretch. The Titans will not have to leave Nashville from October 27th until the first week of December.

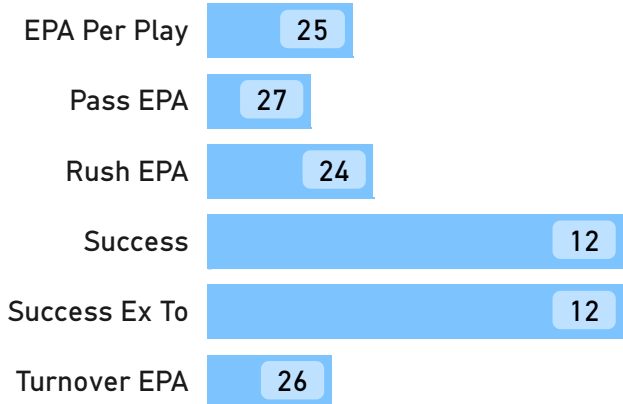
Offseason Drafting Ward #1 was the biggest move of the offseason for the Titans and their hope is he brings instant relevancy like CJ Stroud and Jayden Daniels. I don't think anyone had Ward graded in the same class as those two guys, but he was the clear #1 this draft. By all accounts he is a very hard worker and studies the game, helping to contribute to his meteoric rise from barely recruited out of HS to Incarnate Ward, Washington St and then Miami. Nick Holz is the new OC as he came over from the Jags as their passing game coordinator last season. There were only 18 players who switched teams in free agency this spring who also played at least 90% of their team's snaps last season and the Titans alone signed four of those players- LB Cody Barton, G Kevin Zeitler, LT Dan Moore and S Xavier Woods. All four fill needs and are good solid veterans. Zeitler and Moore especially are upgrades on an OL that is young and improving. Zeitler was a top five graded Guard by PFF last season and at age 35 is as reliable as it gets. Moore at LT allows them to move last year's first round pick JC Latham to RT to constitute the best OL Tennessee has had in years. Leroy Watson and Nicholas Petit-Frere, the Titans top two RTs last season, graded worst and 4th worst in the league by PFF grade. The Titans swapped out Nick Westbrook-Ikihne for veterans Van Jefferson and Tyler Lockett at WR to pair with Calvin Ridley. Lockett has lost a step but he adds excellent veteran leadership and a potential security blanket for Ward. They'll likely need one of their 4th round WR picks, Elic Ayomanor or Chimere Deke, to potentially step up. Chig Okonkwo has intriguing upside and has flashed explosive abilities at TE. He ranked 4th among TEs in missed tackles forced per reception. On defense, only OLB Harold Landry is gone from the starting lineup. His sack numbers always look good, but his impact is vastly overrated. The Titans did add Barton, Woods and DT Dre'mont Jones, three solid veterans. The defense, with a stacked DL of Jeffrey Simmons, T'vondre Sweat, Jones and OLB Arden Key gives Tennessee nice building blocks. It's rare for me to discuss a special teams coaching hire but after what this team put on the field last year, it can only be additive that they hired John Fassel to try and straighten out that mess. He has long been a respected coach and comes from the Cowboys who finished top 10 in ST DVOA in all five of his seasons.

2025 Outlook The Titans finished 2-15 ATS (13%) last year, the worst mark in my 25 year database. 16 other teams finished with a 25% or worse ATS mark in a season since 2002. 9/16 teams finished 60% or better ATS and 73.3% of those teams exceeded their win totals the next season, increasing their wins by an average of 3.5 games. Generally, the distribution of performance vs a win total for top five QB draft picks like Ward carry a much wider distribution of outcomes than other teams in that same win total range. When these QBs hit, the payoff to the upside is pretty massive because of the unknown of a rookie QB. Since 2000, there have been 142 teams lined in the 3.5-6.5 win total range like the Titans. 20 of the 142 came on teams with a top five drafted QB in his rookie season who started at least seven games that season. Six of those 20 teams (30%) with top five rookie QBs went over their win total by at least 3.5 games. Only 20% of teams without a top five rookie starting QB went over by that much within that win total range. My baseline for the Titans is in line with the market around 6 wins but I am willing to bank on good upside with this team with positive turnover regression and much improved QB play.

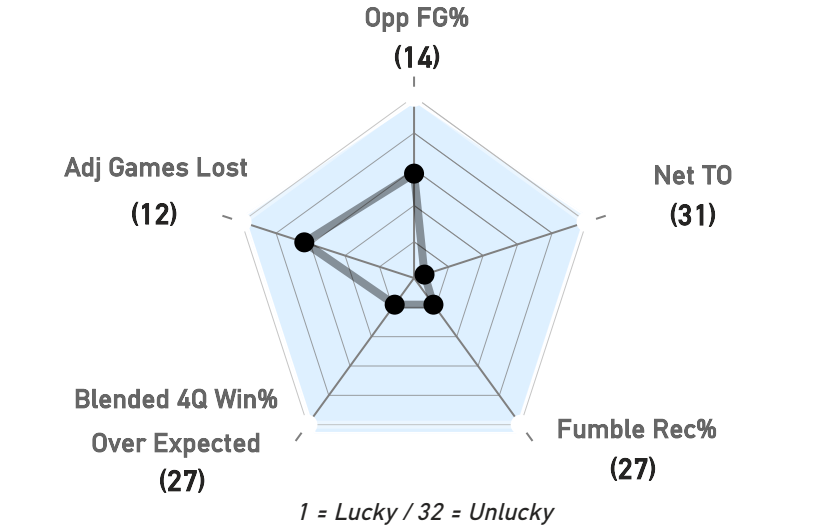
OFFENSE ADVANCED RANKS



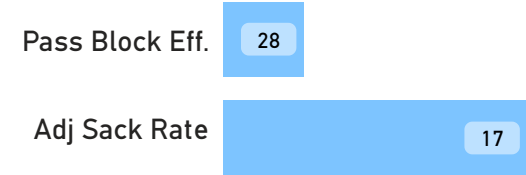
DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE

WK	OPP	SCORE
1	@	L 17-24
2	v	L 17-24
3	v	L 14-30
4	@	W 31-12
6	v	L 17-20
7	@	L 10-34
8	@	L 14-52
9	v	W 20-17
10	@	L 17-27
11	v	L 13-23
12	@	W 32-27
13	@	L 19-42
14	v	L 6-10
15	v	L 27-37
16	@	L 30-38
17	@	L 13-20
18	v	L 14-23

SOS9/32

2025 SCHEDULE

WK	OPP	SPREAD
1	@	+7.5
2	v	+5.5
3	v	-1.5
4	@	+6
5	@	+5.5
6	@	+3
7	v	+1.5
8	@	+3.5
9	v	+4.5
11	v	+3
12	v	+1.5
13	v	+1.5
14	@	+1.5
15	@	+7.5
16	v	+7
17	v	-3.5
18	@	+4.5

SOS*28/32

1 = Hardest Schedule

SOS* based on TA's power rankings

OFFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
LWR	Van Jefferson	
RWR	Calvin Ridley	
SWR	Tyler Lockett	Tyler Boyd
LT	Dan Moore Jr.	
LG	Peter Skoronski	
C	Lloyd Cushenberry III	
RG	Kevin Zeitler	Dillon Radunz
RT	Jc Latham	
TE	Chig Okonkwo	
QB	Cameron Ward	
RB	Tony Pollard	

DEFENSE DEPTH CHART

POS	STARTER	PLAYERS LOST
NT	T'vondre Sweat	
LOLB	Dre'mont Jones	Harold Landry Iii
ROLB	Arden Key	
LCB	L'jarius Sneed	
SS	Amani Hooker	
FS	Xavier Woods	Quandre Diggs
RCB	Jarvis Brownlee Jr.	
NB	Roger McCreary	
LILB	Cody Barton	Luke Gifford
RILB	Otis Reese IV	Kenneth Murray Jr.
DE	Sebastian Joseph-Day	
DT	Jeffery Simmons	



WASHINGTON COMMANDERS

DIVISION	2024 REC	VEGAS WIN TOTAL '25
NFC EAST	(12-5)	(9.5)
GENERAL MANAGER	HEAD COACH	
ADAM PETERS	DAN QUINN	
OFFENSIVE COORDINATOR	DEFENSIVE COORDINATOR	
KLIFF KINGSBURY	JOE WHITT	

REVIEW & ANALYSIS

2024 Season in Review There are no number of superlatives I can lay on Jayden Daniels’ rookie campaign that would do him justice. He was as impressive of a rookie QB that I’ve ever seen and his ability to seemingly always know what the defense was going to do and be able to make the correct play so often was astonishing for a rookie. Washington finished the regular season 12-5 and beat Tampa and Detroit on the road in the Playoffs before falling to the eventual champs in Philadelphia. Those road wins in the Playoffs was even more impressive considering the Commanders were just 1-4 against Playoff teams in the regular season and the only win was at home against backup QB Kenny Pickett. The offense was so good in general but especially converting a historical level of 4th downs, that a mediocre defense like Washington was able to get away with it. The offense finished top five in EPA both on the ground and thru the air and ranked 4th in the league in points per drive. Amazing results for a rookie QB

Luck Factor There is no doubt that the Commanders had a magical 2024 season, but they were also buoyed by a tremendous amount of good fortune. They faced a cupcake schedule, finishing with the 2nd easiest schedule last year by opponent win percentage. However, it is much worse than those surface numbers because they ended up facing a league-high 65% of snaps against either backup QBs or QBs who finished 30th or worse in EPA. To understand how comical that figure is, they were the only defense to face an aggregate set of QBs with a negative EPA. Against the nine QBs who were not backups or 30th+ in EPA, they gave up a 55% success rate and a +0.312 EPA/drop back. In addition, the Commanders were a relatively healthy bunch, finishing with the 5th best injury luck by adjusted games lost. They finished 8-4 in one score games and they overperformed their 4th quarter win probabilities by a full game. Who can forget their hailmary win against Chicago? They also beat the Eagles by three on a last minute TD drive and did so after Jalen Hurts was knocked out in the first quarter. They also survived a two-point conversion on the final play to beat the Saints and needed a Marcus Mariota TD with three seconds left to beat Dallas in week 18. The Commanders, thanks to brilliant play from Daniels, were elite on 4th downs (#1 in EPA) and in the red zone (#2 in EPA/Play). They were 20/23 (87%) on 4th downs! It was by far the highest single-season conversion rate (min 15+ atts) in NFL history. And many of these were not 1 yard QB sneak conversions, they went 7/8 on 4th down opportunities needing 3+ yards

Schedule Analysis The easy schedule Washington faced in 2024 will likely be flipped in 2025, as I have the Commanders facing the 9th toughest strength of opponents, the 8th toughest set of opposing QBs and the #1 toughest set of opposing defenses based on last year’s EPA results. They also faced the 25th ranked set of opposing EPA defenses last year. In six games against top 12 EPA defenses, Washington went 2-4 SU and generated a negative EPA offense in four of those games. With Daniels’ success comes more tv time and the Commanders will be playing seven spotlight games this season. The league didn’t do Washington any favors as they have to face a league-high four different teams coming off of their bye and the Commanders own bye is negated in week 12. The first seven weeks of the season is manageable with only one top 12 opponent (GB) on the schedule but the final 11 games include four games against teams in the top five of Super Bowl odds. They may catch a break in week 18 when they face the Eagles, a team notorious for always sitting starters in meaningless week 18 games.

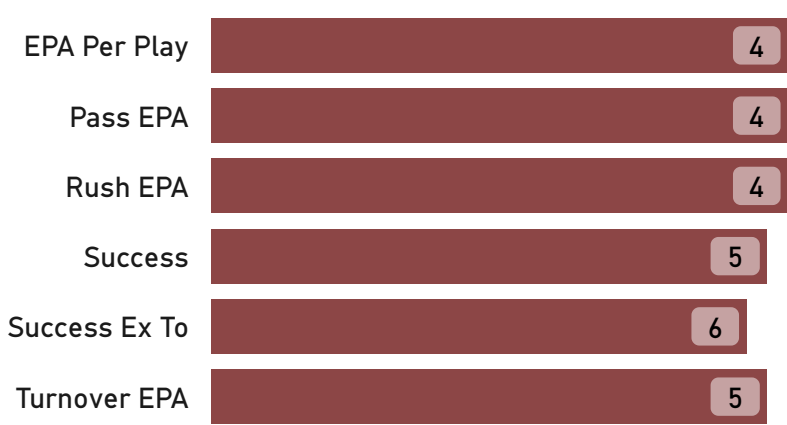
Offseason The Commanders essentially stole from the Texans playbook last offseason and traded for WR Deebo Samuel, just like Houston did with Stefon Diggs. They also, ironically, traded draft picks to the Texans to acquire veteran LT Laremy Tunsil. With the Deebo trade, WRs Dyami Brown and Olamide Zaccheaus both left in free agency. I think Deebo, while not totally washed, is well on his way. It’s not surprising that a WR who relies on physicality and has taken as much of a beating in his career, would be slowing down as he nearly 30 years old. He had per game career lows in scrimmage yards (53.7), yards per route (1.6), receiving success rate (40%), receiving yards per game (44.7) and yards per carry (3.2). What would scare me as a Commanders fan is that Deebo’s super power has always been his elite after the catch ability but his yac has gone down in four straight seasons and last season was the first time in his career he generated less than 10 yac on screens. Proponents of the trade point to Kliff Kingsbury’s high screen usage but Zaccheaus actually generated more yac per reception than Deebo last year. Maybe Samuel’s bout with pneumonia was the biggest negative driver but even before he got sick, he only created seven total yards of yac on three screen receptions. Of course, injuries will also be a big concern all season with him. In addition, as of this preview, WR Terry McLaurin is not happy with his contract so that could linger throughout camp. Tunsil is a big improvement along the OL but the guy led the NFL by a mile in penalties a season ago and did not seem to be the same level of LT from his past. Defensively, Washington likely got worse from a talent perspective. Their pass rush was just league average from a pressure standpoint last year but also blitzed at the 6th highest rate in the league to help generate that rush. They lose their top pass rusher DE Dante Fowler (12.9% pressure rate, 11 sacks) and DT Jonathan Allen. They added DT Javon Kinlaw, who has been a complete bust in his young career and ED Deatrich Wise, who has seen his pressure numbers plummet each of the last two seasons. They will rely on 2nd year DT Jer’Zhan Newton to step up after a solid rookie season. The secondary is hoping for CB Marshon Lattimore to return to form after dealing with a mid-season injury and added solid veteran CB Jonathan Jones from NE. Will Harris will replace Jeremy Chinn at Safety, which is likely a downgrade, considering Chinn was the top graded tackler and run defender in the Washington secondary.

2025 Outlook I learned my lesson last year, just assuming linear ascension from Stroud and an immediate leap for the Texans as a Super Bowl contender. It’s rarely ever that easy. Daniels produced the 5th best rookie season by EPA in the last 15 years. Among the other top 10 QBs in EPA, only four generated the same or better EPA in year two. Three of the top four (Dak, Russ, Watson) saw their EPA drop significantly in year two (0.13 EPA per drop back less on average). I think Daniels is special and maybe the best of the bunch, but I also can’t ignore the complete outlier results on 4th downs and in the red zone, which can volatile from year to year. It’s also important to recognize a likely major shift in opponent strength of defenses Daniels will face this year as well as the likelihood that the Commanders’ defense won’t see such poor opposing QB play again to mask their deficiencies. I think Daniels is too good to assume they will fall significantly, but if Washington misses the Playoffs, it won’t stun me.

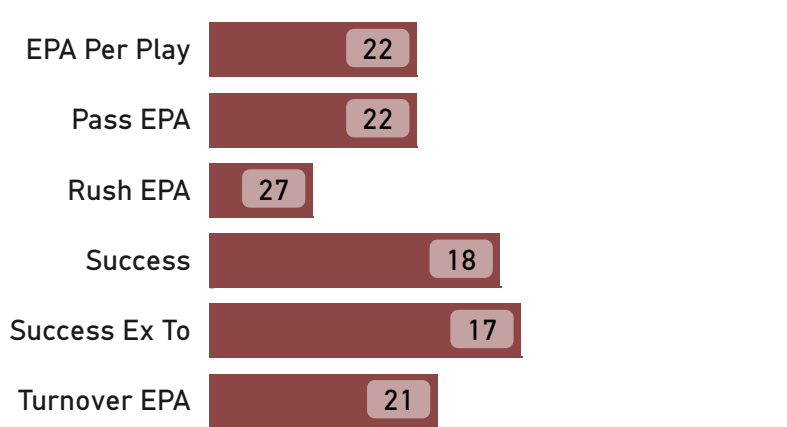
OFFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LWR	Terry McLaurin	
RWR	Noah Brown	
SWR	Deebo Samuel	Olamide Zaccheaus
LT	Laremy Tunsil	
LG	Brandon Coleman	
C	Tyler Biadasz	
RG	Sam Cosmi	
RT	Andrew Wylie	
TE	Zach Ertz	
QB	Jayden Daniels	
RB	Brian Robinson Jr.	

DEFENSE DEPTH CHART		
POS	STARTER	PLAYERS LOST
LDE	Dorance Armstrong	
RDE	Deatrich Wise	
WLB	Frankie Luvu	
MLB	Bobby Wagner	
LCB	Jonathan Jones	Benjamin St-Juste
SS	Will Harris	Jeremy Chinn
FS	Quan Martin	
RCB	Marshon Lattimore	
NB	Mike Sainristil	
LDT	Daron Payne	
RDT	Javon Kinlaw	Jonathan Allen

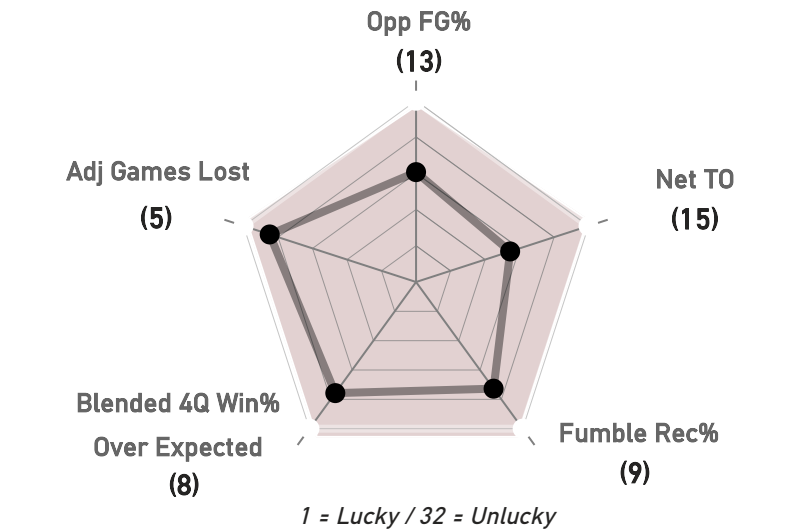
OFFENSE ADVANCED RANKS



DEFENSE ADVANCED RANKS



LUCK FACTOR RANKS



OL/DL RANKS



2024 SCHEDULE				2025 SCHEDULE		
WK	OPP	SCORE		WK	OPP	SPREAD
1	@	L 20-37		1	v	-7
2	v	W 21-18		2	@	+1.5
3	@	W 38-33		3	v	-7.5
4	@	W 42-14		4	@	-3.5
5	v	W 34-13		5	@	+1.5
6	@	L 23-30		6	v	-4.5
7	v	W 40-7		7	@	-2.5
8	v	W 18-15		8	@	+3.5
9	@	W 27-22		9	v	-5.5
10	v	L 27-28		10	v	-1.5
11	@	L 18-26		11	@	-4.5
12	v	L 26-34		13	v	-2.5
13	v	W 42-19		14	@	-1.5
15	@	W 20-19		15	@	-4.5
16	v	W 36-33		16	v	+1.5
17	v	W 30-24		17	v	-5.5
18	@	W 23-19		18	@	+4.5
SOS		31/32		SOS*		9/32
1 = Hardest Schedule				SOS* based on TA's power rankings		

