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NFL BETTING GUIDE

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- REGIONAL TEAM COVERAGE
- VSIN MVP BEST BETS
- TEAM POWER RATINGS





A KC THREE-PEAT IS WHAT IT'S ALL ABOUT!

by Brent Musburger

I'm sick of reading about three-peats. I'm sick of seeing Taylor Swift smooch Travis Kelce on the 50-yard line. And I'm definitely sick of the Kansas City Chiefs owning the AFC West. But damn, they're a helluva organization and I can't pick against them winning the whole enchilada again.

Everybody is tired of hearing that no team has won three Super Bowls in a row. Okay. But who's going to beat Kansas City? San Francisco? Bookmakers give the 49ers the best chance, but that's only because the NFC is easier to win than the AFC. The Chiefs would be favored over the Niners in a New Orleans Super Bowl rematch.

How about Baltimore? Not the worst choice, but Lamar Jackson still hasn't proved he can lead the Ravens from behind in the fourth quarter. Remember, Jackson was last seen slamming his helmet on the bench after throwing an interception and two incompletions on the Ravens' final two drives in their AFC Championship loss.

How about Buffalo? That window may have closed. Josh Allen turns the ball over too often and, besides, he didn't throw for 200 yards or have any completion longer than 15 yards when the Chiefs eliminated the Bills in Buffalo.

How about Cincinnati? Last team to beat the Chiefs in the playoffs. Can Joe Burrow stay healthy? Without him, the Bengals were shut out in the second half of a December loss last season in KC.

Three other AFC teams you might consider: Houston, Miami and New York. I'll stick with Patrick Mahomes, thank you.

And in the Super Bowl, how about Detroit, Philadelphia or Dallas? Thanks, but I'll take Andy Reid.

History says it won't happen, but I say records are made to be broken! The Chiefs will three-peat and write a large check to former Laker Coach Pat Riley who owns the t-shirt and sweatshirt trademark for "three-peat." Oh, Travis, you're wearing lipstick again!



VSIN MVP

BEST BETS

The 2023 AP NFL MVP was Lamar Jackson, a repeat winner, and that seems to be a theme. Dating back to 2007, when Tom Brady won the first of three NFL MVP Awards, the only single-time winners have been Matt Ryan, Cam Newton, and Adrian Peterson.

It is entirely possible that with a young crop of promising quarterbacks, a newcomer will emerge on the scene this season. Not that he's young, per se, but Dak Prescott finished a very distant second to Jackson last year, who previously won the award in 2019. Jalen Hurts had that honor behind Patrick Mahomes in 2022.

When it comes to handicapping the NFL MVP market, there isn't a whole lot left to the imagination based on what I just mentioned. Here are the MVPs dating back to 2007:

Tom Brady: 2007, 2010, 2017
Peyton Manning: 2008, 2009, 2013
Aaron Rodgers: 2011, 2020, 2021
Patrick Mahomes: 2018, 2022

Cam Newton: 2015
Matt Ryan: 2016

Adrian Peterson: 2012

Peterson deserves to stand alone because he is the only non-QB since LaDainian Tomlinson in 2006 to gather enough votes for the honor. Peterson got 30.5 of the 50 votes, while Manning secured 19.5. AP ran for 2,097 yards and had 13 total touchdowns that season.

What we've basically seen is that a QB wins MVP and the top RB/WR wins the Offensive Player of the Year award. While we're focusing on the MVP exclusively here, it is worth pointing out that each of the last five winners of that award has been a RB or WR and the last repeat winner for that award was Peyton Manning in 2013. That process seems to be a little more democratic.

It may be just as simple as taking a QB to win the MVP, but which QB are you taking? Or, are you going to take a real gamble and go with a skill-position player?

That is the question we posed to our VSIN hosts and contributors and these are the answers that they gave.

MATT BROWN

JARED GOFF (40/1)

Jared Goff was better last year than most people realize.

2nd in the NFL in passing yards
4th in the NFL in passing TDs
3rd in the NFL in passing yards per game
5th in the NFL in completion percentage
5th graded passer in the NFL by Pro Football Focus (min 400 dropbacks)

There's very little reason to believe he's in for some sort of big time regression when you consider the Lions stellar offensive line and all the weapons at his disposal. We know Amon-Ra St. Brown is a stud. But let's remember, this will be just Year 2 of Sam LaPorta and Jahmyr Gibbs. This will be Jameson Williams' first full offseason with the team. He plays in a dome for all his home games (with five road games in domes and one in California). And with a defense that might still be a little shaky in pass defense, Detroit will likely have to keep their foot on the gas in most games. It's a big number attached to Goff's name and, with last season's numbers well within reach of being repeatable, we should have a ticket that we can monetize one way or another.



ZACHARY COHEN

JALEN HURTS (18/1)

Last season, Jalen Hurts threw for 3,858 yards with 23 touchdowns and a whopping 15 interceptions. He also rushed for just 605 yards and an average of 3.9 yards per carry. Compared to a 2022 season in which Hurts threw for 3,701 yards with 22 touchdowns and only six picks, while also rushing for 760 yards and 4.6 yards per carry, it's clear he wasn't the same player. Well, Hurts did battle some minor injuries throughout the season, and he often was visibly uncomfortable out there. So, I'm expecting him to bounce back after a full offseason to get healthy.

Hurts is still part of one of the most explosive offenses in football, and Philadelphia should only turn things up a notch in 2024. Kellen Moore is a proven offensive coordinator in this league, so he should do a better job of pressing buttons than Brian Johnson did last year. The Eagles will also have a better running game this season, as Saquon Barkley is now the main man in the backfield. That should open up all sorts of opportunities for this passing game, which also happened to add Parris Campbell after the season. Campbell is a very effective slot receiver, so he should give Hurts a reliable underneath option.

All in all, I just don't think of Hurts as a mistake-prone passer. He has been accurate throughout his career, and his Completion Percentage Over Expected was actually higher in 2023 than it was in 2022. So, look for Hurts to significantly cut down on his interceptions. If he does that and continues to put up big numbers in both the passing and running games, he should be in the mix for MVP. And it doesn't hurt that Philadelphia looks like a team that is capable of winning 12 or 13 games.

ADAM BURKE

JARED GOFF (40/1)

My colleague Matt Brown is a very sharp individual. He mentioned this before the NFL schedule even came out and that May 15 release was the extra push I needed to get involved with this.

Goff plays 14 of his 17 games in a dome this season. One road game (Dec. 22) is almost guaranteed to be played in bad weather at Soldier Field. Otherwise, he'll play at Lambeau Field in early November and Santa Clara on Dec. 30. The stage is set for Goff to be able to have a monster season based on venue and timing. He has a 48/10 TD/INT ratio in domed venues over the last two seasons.

Goff and OC Ben Johnson are running it back for the third year in a row. Over those two seasons, Goff ranks ninth in EPA+CPOE composite (Expected Points Added + Completion Percentage Over Expected) per RBSDM and seventh in adjusted EPA/play. In Year 2 under Johnson, Goff's On-Target% went from 76.2% to 80.3% per Pro-Football Reference and a full season of Jameson Williams and more Jahmyr Gibbs should help in that department.

The Lions have huge potential, a defense that will force Goff and the offense to keep the pedal down, and a tremendously-favorable schedule for their QB.

JONATHAN VON TOBEL

TUA TAGOVAILOA (22/1)

MVP is becoming increasingly less interesting to bet on. The top options are all quarterbacks, and the odds are usually much shorter than they realistically should be. But, every once in a while something slips through the cracks. This year, that would be the odds on Tua Tagovailoa.

The fifth-year signal-caller is the starting quarterback for the best offense in the league. Tagovailoa completed 69.3% of his passes for a league-best 4,624 yards and 29 touchdowns last season. Should he match – or improve – those figures while leading the Dolphins to a division crown and a top seed in the AFC, he will have the inside track to winning this award.

STEVE MAKINEN'S POWER RATINGS

TEAM	POWER RATING
KANSAS CITY	30.0
BALTIMORE	29.0
SAN FRANCISCO	29.0
BUFFALO	27.5
DETROIT	27.5
PHILADELPHIA	27.5
CINCINNATI	26.5
GREEN BAY	26.5
HOUSTON	26.5
DALLAS	26.0
LA RAMS	25.5
NY JETS	25.5
MIAMI	25.0
ATLANTA	24.0
CLEVELAND	24.0
JACKSONVILLE	24.0
LA CHARGERS	23.5
CHICAGO	23.0
INDIANAPOLIS	23.0
PITTSBURGH	23.0
TAMPA BAY	23.0
ARIZONA	22.0
LAS VEGAS	22.0
NEW ORLEANS	22.0
SEATTLE	22.0
MINNESOTA	21.5
NY GIANTS	20.5
TENNESSEE	20.5
WASHINGTON	20.5
DENVER	20.0
NEW ENGLAND	19.5
CAROLINA	18.0

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SEATTLE SEAHAWKS

2023 Record (incl. playoffs): 9-8 SU & 8-7-2 ATS
Head Coach: Mike Macdonald (1st)

The Seahawks have a ton of talent, but they underperformed last year for Pete Carroll. Now he's out the door with the jewel of the coaching carousel, Mike Macdonald, taking over the reins. His ability to revamp the defense will be key. Ryan Grubb, former University of Washington OC, takes command of the offense that needs a resurgent year from QB Geno Smith.

OFFENSE

It was a tale of two years for Smith in 2022 and 2023. After breaking out in the former, he regressed last year, and the Seahawks struggled to be the explosive offense they were expected to be.

The talent is in place with a triumvirate of wide receivers in DK Metcalf, Tyler Lockett, and Jaxon Smith-Njigba, as well as Kenneth Walker at running back. Stability with the offensive line will be the key to affording Smith time to get the ball to those playmakers.

The Seahawks struggled with injuries to second-year tackles Abraham Lucas and Charles Cross last year, stunting their development. For Seattle to be successful, both need to take a step forward, and the additions of Laken Tomlinson and Nick Harris must fortify the offensive front.

With protection, Smith can return to a top-12 NFL quarterback and lead this offense to be one of the more explosive in the NFC. Without it, the Seahawks will be in for a long season.

DEFENSE

After masterminding the Ravens defense last season, new head coach Mike Macdonald will try to sharpen the defensive unit for Seattle. When he got to town, he found the cupboard was quite stocked. Despite ranking bottom five in the NFL in yards allowed, there is quite a bit of talent on this roster.

The secondary is bolstered by the young cornerback duo of Riq Woolen and Devon Witherspoon, both of whom have the chance to be top cornerbacks this season. Add to that young pass rusher Boye Mafe, who led the team in sacks in his second year in the league, and first-round pick Byron Murphy Jr., who led college football in interior pressure rate last season, and you have the pieces to form a good young defense.

Stopping the run will again be the focus. After struggling in 2022 against the ground game, Seattle ranked 31st in yards allowed on the ground in 2023.

OUTLOOK

Seattle has the talent to be a very good football team, and the change in head coach and OC should benefit this young team. With a win total of 7.5 games and an opening slate that includes Denver, New England, and the Giants in the first five weeks, this is one of the easier Overs on the board. – Mike Somich

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	DENVER	-5.2	HOME TEAMS are on 3-0-1 ATS surge in DEN-SEA h2h series
9/15	at New England	-0.4	The L6 games of SEA-NE h2h series went OVER the total
9/22	MIAMI	+0.4	MIAMI is on 4-0 ATS streak at Seattle
9/30	at Detroit	+7.8	SEATTLE is on 5-0 ATS streak vs. Detroit
10/6	NY GIANTS	-4.3	SEATTLE is on 6-1 ATS run vs. NY Giants
10/10	SAN FRANCISCO	+5.6	FAVORITES are 11-2 ATS in L13 of SF-SEA series in Seattle
10/20	at Atlanta	+3.4	UNDERDOGS are on 11-4-1 ATS run in SEA-ATL h2h series
10/27	BUFFALO	+3.3	All 10 games in BUF-SEA series since '95 went OVER the total
11/3	LA RAMS	+1.7	LA RAMS have won L4 ATS at Seattle
BYE WEEK			
11/17	at San Francisco	+8.8	UNDER the total is 8-4 in SEA-SF series at SF since 2012
11/24	ARIZONA	-1.5	The L5 games of ARI-SEA series in Seattle went UNDER the total
12/1	at NY Jets	+5	SEATTLE has won L5 ATS versus NY Jets
12/8	at Arizona	+0.5	UNDERDOGS are 7-1-1 ATS in L9 of SEA-ARI series at Arizona
12/15	GREEN BAY	+2.2	GREEN BAY is on 6-0-1 ATS run versus Seattle
12/22	MINNESOTA	-3	HOME TEAMS are 7-2 ATS in MIN-SEA h2h series since '09
12/26	at Chicago	+2.4	OVER the total is 9-2 in L11 of SEA-CHI h2h series
1/5	at LA Rams	+4.3	UNDER the total is 6-2 in L8 of SEA-LAR series in Los Angeles

SCHEDULE STRENGTH 23.82
(#20 toughest of 32)

FIELD RATINGS 2.2/0.3
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	21.4	17	23.6	25
YARDS PER POINT	15.1	14	15.7	14
PLAYS PER GAME	58.5	32		
TIME OF POSSESSION	26:38	32		
3RD DOWN CONV. %	36.2%	23	46.3%	30
TOTAL YARDS PER GAME	322.9	21	371.4	30
YARDS PER PLAY	5.5	11	5.5	25
RUSH ATTEMPTS PER GAME	22.5	31		
RUSH YARDS PER GAME	92.9	28	138.4	31
YARDS PER RUSH ATTEMPT	4.1	16	4.6	27
PASS ATTEMPTS PER GAME	33.8	17		
COMPLETION %	64.5%	16	66.7%	25
PASSING YARDS PER GAME	230	14	233	21
YARDS PER PASS ATTEMPT	7.2	10	6.8	24
TURNOVERS	1	5	1.1	22

2024 ODDS

SUPER BOWL

65-1

NFC

28-1

NFC WEST

+700

WIN TOTAL PREDICTION
OVER 7.5

LOS ANGELES RAMS

2023 Record (incl. playoffs): 10-8 SU & 11-6-1 ATS
Head Coach: Sean McVay (8th)

One of the surprises of last season, the Rams overachieved and found multiple diamonds in the rough to launch themselves into NFC contention by December. A tough loss in Detroit in the playoffs ended their season but made the future look bright. Some of that optimism was dampened by the retirement of All-Pro and future Hall of Famer Aaron Donald who was easily the best player for the Rams on defense.

OFFENSE

Led by offensive mastermind Sean McVay and veteran quarterback Matthew Stafford, there are very few holes on this side of the ball. The emergence of Puka Nacua, who smashed multiple rookie WR records with a 105-catch, 1,486-yard season, produced a dynamic 1-2 punch when teamed up with Cooper Kupp. The aforementioned Kupp's health will be a key to the Rams' success this year. He played just 12 games in 2023 after putting up massive numbers in 2022. Add in tight end Tyler Higbee, and you've got a passing offense that should be humming in 2024.

As important as Nacua was to the Rams attack, Kyren Williams bursting onto the scene may have been more impactful. The second-year pro averaged over 100 yards per game once he took over the lead back role, propelling the Rams to a 7-2 record over those nine games.

If the Rams run on the correct side of injury variance, this offense is capable of being top five in the NFL.

DEFENSE

The loss of Aaron Donald is the key storyline heading into the season on the defensive side of the ball. Kobie Turner was a nice surprise on the interior of the defensive line last year, but he will now have to replicate the production without Donald drawing double-teams.

The defense as a whole simply lacks talent. While they do have a CB1 in Darious Williams, he does not have much support at other positions. The loss of Raheem Morris at the DC position is another in the long line of question marks for a defense that will need to use smoke and mirrors to keep the opposing offense off the board.

OUTLOOK

Any way you slice it, the Rams will be a fun watch in 2024, relying on the offense to win games. At the current win total of 8.5, with -140 juice to the Over, expectations are high. The first five weeks could be a challenge with Detroit, San Francisco and Green Bay all on the schedule, but after that, they have a fairly manageable run that should allow them to get to nine wins. - Mike Somich

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	at Detroit	+4.6	ROAD TEAMS are on 3-0 ATS surge in LAR-DET h2h series
9/15	at Arizona	-2.7	RAMS have won L9 ATS at Arizona
9/22	SAN FRANCISCO	+2.8	SAN FRANCISCO is on 9-3 ATS surge at LA Rams
9/29	at Chicago	-0.8	HOME TEAMS are on 6-1 ATS run in LAR-CHI h2h series
10/6	GREEN BAY	-0.6	GREEN BAY is 9-1 SU & 10-0 ATS in L10 vs. Rams
BYE WEEK			
10/20	LAS VEGAS	-5.4	LA RAMS are on 6-game ATS winning streak vs. Raiders
10/24	MINNESOTA	-5.8	FAVORITES are on 9-2-1 ATS run in MIN-LAR h2h series
11/3	at Seattle	-1.7	LA RAMS have won L4 ATS at Seattle
11/11	MIAMI	-2.4	UNDERDOGS have won L5 ATS in MIA-LAR h2h series
11/17	at New England	-3.6	FAVORITES are on 4-0 SU & ATS streak in LAR-NE h2h series
11/24	PHILADELPHIA	+0	PHILADELPHIA has won L5 ATS at LA Rams
12/1	at New Orleans	-1.8	HOME TEAMS are 10-1 ATS in L11 of LAR-NO h2h series
12/8	BUFFALO	+0.5	BUFFALO is on 4-0 ATS road run at Rams
12/12	at San Francisco	+5.6	UNDER the total is 8-3 in L11 of LAR-SF series in San Francisco
12/22	at NY Jets	+1.8	ROAD TEAMS have won L3 ATS in LAR-NYJ h2h series
12/29	ARIZONA	-4.3	LA RAMS are on 5-2 ATS surge at Arizona
1/5	SEATTLE	-4.3	UNDER the total is 6-2 in L8 of SEA-LAR series in Los Angeles

SCHEDULE STRENGTH 24.44
(#9 toughest of 32)

FIELD RATINGS 1.5/0
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	23.8	8	22.2	19
YARDS PER POINT	15.1	15	15.2	19
PLAYS PER GAME	64.4	11		
TIME OF POSSESSION	30:27	13		
3RD DOWN CONV. %	42.0%	8	38.6%	18
TOTAL YARDS PER GAME	359.3	7	337.9	20
YARDS PER PLAY	5.6	7	5.3	19
RUSH ATTEMPTS PER GAME	28.1	12		
RUSH YARDS PER GAME	120.3	11	106.8	12
YARDS PER RUSH ATTEMPT	4.3	12	4.2	17
PASS ATTEMPTS PER GAME	34.3	14		
COMPLETION %	61.9%	26	60.8%	7
PASSING YARDS PER GAME	239	10	231.1	20
YARDS PER PASS ATTEMPT	7.4	9	6.5	13
TURNOVERS	1.1	6	0.9	30

2024 ODDS

SUPER BOWL

30-1

NFC

16-1

NFC WEST

+330

WIN TOTAL PREDICTION

OVER 8.5

ARIZONA CARDINALS

2023 Record (incl. playoffs): 4-13 SU & 9-8 ATS
Head Coach: Jonathan Gannon (2nd)

Jonathan Gannon's first season in the desert was not a pretty one, leading the team to a 4-13 record, but it is hard not to call it a success. The Cardinals started the year without quarterback Kyler Murray and had little on the defensive side of the ball while facing a difficult schedule. The team consistently played hard and added talent this offseason setting themselves up well in the near term.

OFFENSE

The 2023 season for the offense was divided into two halves, with and without starter Kyler Murray. Once he returned, the Cardinals went 3-5, with three losses to playoff teams and a fourth to a Seahawks team with a winning record. The emergence of Trey McBride at tight end and Paris Johnson Jr. at left tackle helped bolster an offense that looked fairly bland.

Fast forward to the offseason including the additions of Marvin Harrison Jr. via the draft and Zay Jones via free agency along with James Conner in the backfield and rookie Trey Benson backing him up. Now you have multiple playmakers at Murray's disposal.

This will not be a top-10 offense overnight, but they should be much better than last year's bottom-10 offense. The Cardinals ranked fourth in rushing yards per game last year and now have a legitimate passing attack to go with it.

DEFENSE

And then there is the defense. There is no way to sugarcoat how bad this defense was last year, allowing the second-most points in the NFL. While they were mid-pack in passing yards allowed, the Cardinals were the worst team in football against the run and did little in the offseason to address that glaring hole.

Arizona did add veteran CB Sean Murphy-Bunting in free agency as well as Max Melton in the draft to bolster the secondary. They upgraded their edge rushing in the draft as well with first-round pick Darius Robinson, but there is still an overall lack of talent on this side of the ball to expect Arizona to win any defensive battles.

For this defense to take a step forward, interior adds Justin Jones and Bilal Nichols will have to plug the middle and younger players like Garrett Williams and BJ Ojulari will have to make leaps early in their careers.

OUTLOOK

Arizona has one of the lowest win totals on the board sitting at just 6.5 wins, but it's been aggressively bet out to -150 on the Over. While the defense still stinks, the offense now has enough pieces to win games. I like the Under before the season, but will bet them Over in-season in Week 7. They should start 0-3 with matchups versus Buffalo, the Rams, and Detroit before taking on San Francisco and Green Bay in Week 5 and 6. After that, the schedule gets much easier, and the Cardinals should be able to rack up wins. - Mike Somich

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	at Buffalo	+8.2	BUFFALO is 5-1 ATS versus Arizona since '99
9/15	LA RAMS	+2.7	RAMS have won L9 ATS at Arizona
9/22	DETROIT	+3.8	UNDERDOGS are 8-2 ATS in L10 of DET-ARI h2h series
9/29	WASHINGTON	-3.3	The L4 games of WAS-ARI h2h series went UNDER the total
10/6	at San Francisco	+8.8	The L5 games in ARI-SF rivalry went OVER the total
10/13	at Green Bay	+7.1	The L4 games of ARI-GB h2h series went UNDER the total
10/21	LA CHARGERS	+0.1	UNDER the total is 3-0-1 in L4 of LAC-ARI series at Arizona
10/27	at Miami	+5.7	The L5 games of ARI-MIA h2h series went OVER the total
11/3	CHICAGO	-0.8	OVER the total is 6-1 ATS in L7 of CHI-ARI h2h series
11/10	NY JETS	+1.5	UNDER the total is 5-1 in L6 of NYJ-ARI h2h series
BYE WEEK			
11/24	at Seattle	+1.5	The L5 games of ARI-SEA series in Seattle went UNDER the total
12/1	at Minnesota	+1	MINNESOTA is on a 6-0-1 ATS run versus Arizona
12/8	SEATTLE	-0.5	UNDERDOGS are 7-1-1 ATS in L9 of SEA-ARI series at Arizona
12/15	NEW ENGLAND	-3.9	NEW ENGLAND is 5-0 SU & ATS at Arizona since '93
12/22	at Carolina	-2.6	UNDERDOGS have won L4 ATS in ARI-CAR h2h series
12/29	at LA Rams	+4.3	LA RAMS are on 5-2 ATS surge at Arizona
1/5	SAN FRANCISCO	+6.6	UNDER the total is 5-2 in L7 of SF-ARI series in Arizona

SCHEDULE STRENGTH 24.36
(#11 toughest of 32)

FIELD RATINGS 1.2/0.3
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	19.4	24	26.8	31
YARDS PER POINT	16.7	25	13.3	29
PLAYS PER GAME	62.8	18		
TIME OF POSSESSION	29:17	22		
3RD DOWN CONV. %	39.1%	14	47.3%	32
TOTAL YARDS PER GAME	324.1	19	355.7	25
YARDS PER PLAY	5.2	18	5.7	29
RUSH ATTEMPTS PER GAME	27.7	13		
RUSH YARDS PER GAME	139.1	4	143.2	32
YARDS PER RUSH ATTEMPT	5	2	4.7	29
PASS ATTEMPTS PER GAME	32.6	24		
COMPLETION %	64.0%	20	68.6%	31
PASSING YARDS PER GAME	184.9	26	212.5	13
YARDS PER PASS ATTEMPT	6.2	29	7.1	29
TURNOVERS	1.1	6	1	27

2024 ODDS

SUPER BOWL
100-1

NFC
50-1

NFC WEST
13-1

WIN TOTAL PREDICTION
UNDER 6.5



SAN FRANCISCO 49ERS

2023 Record (incl. playoffs): 14-6 SU & 9-11 ATS
Head Coach: Kyle Shanahan (8th)

After a Super Bowl loss in 2023, it's another season that will be judged on the playoff performance. All the pieces are in place to make another run, but they will have to deal with an improved NFC West. The schedule also features a fair amount of land mines facing four teams; Buffalo, Kansas City, Dallas and Seattle, who all will be coming off their bye week.

OFFENSE

The 49ers are ready to fire on the offensive side of the ball again this season. It's hard to knock Brock Purdy in his third year as the starting quarterback after a wonderful sophomore campaign that saw him as the sub-even money favorite to win the MVP with less than three weeks left in the season. While it looked unlikely at multiple points during the offseason, all the weapons are back in place for a dynamic offense.

Christian McCaffrey, the reigning Offensive Player of the Year, will again be a jack of all trades out of the backfield. His ability to catch the ball and run a full route tree gives the offense a Swiss Army Knife every team would love. He will again be one of, if not the shortest, price to score a touchdown week and week out.

While rumors about either Brandon Aiyuk or Deebo Samuel being on the move in the offseason were prominent, both head into camp in the Red and Gold. They offer a dynamic pair of playmakers for Purdy complimented by tight end George Kittle and 2024 draftee Ricky Pearsall.

The lone offensive question mark is depth on the line. There was a noticeable difference in play when Trent Williams went down last year, and those issues remain unaddressed heading into training camp.

DEFENSE

Last year's 49ers defense was as potent as the offense, ranking top 10 in yards allowed per game and third in scoring defense. Led by a defensive line that bolstered the seventh-most sacks and a pair of veteran linebackers, Fred Warner and Dre Greenlaw, the San Francisco front was able to speed up and frustrate opposing offenses.

The defensive line returns top sack artists Nick Bosa and Javon Hargrave but replaced the left side of the line with free agents Leonard Floyd and Maliek Collins. The depth that also allowed the 49ers to rotate top pass rushers was one of the cap casualties of the offseason. To generate consistent pressure, they will need to run on the proper side of injury luck up front.

Newly minted defensive coordinator Nick Sorensen will have Greenlaw and Warner back at linebacker, and the middle of the field will again be locked down for the 49ers. All eyes will be on Talanoa Hufanga's ACL as he returns from a season-ending injury last year.

OUTLOOK

Over at DraftKings, the 49ers' 11.5 win total is the second-highest in the NFL. While there is some juice to the Under (-125), they are expected to be the class of the NFC. Considering the schedule, increased divisional talent, and lack of depth on both lines, this is one of the easier Under plays on the board. - Mike Somich

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/9	NY JETS	-6.8	ROAD TEAMS are on 7-1 ATS run in L8 of NYJ-SF series
9/15	at Minnesota	-6.1	HOME TEAMS have won L6 ATS in SF-MIN h2h series
9/22	at LA Rams	-2.8	SAN FRANCISCO is on 9-3 ATS surge at LA Rams
9/29	NEW ENGLAND	-12.2	ROAD TEAMS are on 4-0 ATS streak in NE-SF h2h series
10/6	ARIZONA	-8.8	The L5 games in ARI-SF rivalry went OVER the total
10/10	at Seattle	-5.6	FAVORITES are 11-2 ATS in L13 of SF-SEA series in Seattle
10/20	KANSAS CITY	-1.4	KANSAS CITY is on 7-0-1 ATS surge vs. San Francisco
10/27	DALLAS	-6	SAN FRANCISCO is on 3-game SU & ATS winning streak vs. Dallas
BYE WEEK			
11/10	at Tampa Bay	-4.4	ROAD TEAMS are on 4-2 ATS run in SF-TB h2h series
11/17	SEATTLE	-8.8	UNDER the total is 8-4 in SEA-SF series at SF since 2012
11/24	at Green Bay	+0	ROAD TEAMS have won L4 ATS in SF-GB h2h series
12/1	at Buffalo	+1.1	FAVORITES are 5-1 ATS in L6 of SF-BUF h2h series
12/8	CHICAGO	-9.1	ROAD TEAMS & DOGS are on 5-2 ATS runs in CHI-SF h2h set
12/12	LA RAMS	-5.6	UNDER the total is 8-3 in L11 of LAR-SF series in San Francisco
12/22	at Miami	-1.4	The L4 games of SF-MIA h2h series went OVER the total
12/30	DETROIT	-4.5	DETROIT has won L4 ATS versus San Francisco
1/5	at Arizona	-6.6	UNDER the total is 5-2 in L7 of SF-ARI series in Arizona

SCHEDULE STRENGTH 23.76
(#23 toughest of 32)

FIELD RATINGS 2.5/0.4
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE STAT	OFFENSE RANK	DEFENSE STAT	DEFENSE RANK
POINTS PER GAME	28.9	3	17.5	3
YARDS PER POINT	13.8	4	17.3	4
PLAYS PER GAME	60.2	27		
TIME OF POSSESSION	31:06	8		
3RD DOWN CONV. %	47.5%	4	40.9%	24
TOTAL YARDS PER GAME	398.4	2	303.9	8
YARDS PER PLAY	6.6	1	5	7
RUSH ATTEMPTS PER GAME	29.4	8		
RUSH YARDS PER GAME	140.5	3	89.7	3
YARDS PER RUSH ATTEMPT	4.8	4	4.1	14
PASS ATTEMPTS PER GAME	28.9	32		
COMPLETION %	68.4%	3	66.0%	21
PASSING YARDS PER GAME	257.9	4	214.2	14
YARDS PER PASS ATTEMPT	9.3	1	5.9	5
TURNOVERS	1.1	6	1.6	5

2024 ODDS

SUPER BOWL
+600

NFC
+250

NFC WEST
-195

WIN TOTAL PREDICTION
UNDER 11.5



PHILADELPHIA EAGLES

2023 Record (incl. playoffs): 11-7 SU & 7-9-2 ATS
Head Coach: Nick Sirianni (4th)

It says a lot about the current state of the Eagles that an 11-6 season and a wild-card loss in the postseason is disappointing. But this is a team with the talent required to win Super Bowls, and that will be the expectation this season.

In 2023, Philadelphia finished the season in second in Overall Team DVOA. Well, the Eagles slipped to 14th in that regard in 2024. That resulted in Philadelphia shaking up the coaching staff. Brian Johnson, the team's offensive coordinator last year, was replaced with Kellen Moore. Philadelphia also brought in Vic Fangio, one of the most well-respected coaches in football, to fix the defense.

On top of all of that, the Eagles added star running back Saquon Barkley and a talented edge rusher in Bryce Huff. They also drafted two talented corners in the 2024 NFL Draft.

OFFENSE

D'Andre Swift rushed for 1,049 yards with five touchdowns for the Eagles last season, and he also caught 39 passes for 214 yards and a score. Swift was not a problem for Philadelphia. This team was fourth in the league in Rush EPA per play last year. But replacing Swift with Saquon Barkley is undoubtedly going to make this offense more dangerous.

Barkley only rushed for 962 yards and six touchdowns in 14 games last season, but he did so in an anemic offense. Defenses were able to solely focus on slowing him down, which won't be an option with Philadelphia. Barkley also caught 41 passes for 280 yards and four scores last season. All in all, he's as good as any back in the league, and he's going to open up this offense.

The passing game is what needs to be figured out in 2024. Last season, Philadelphia was just ninth in the league in Dropback EPA per play. That's not good enough for a team with Jalen Hurts throwing to A.J. Brown, DeVonta Smith and Dallas Goedert. But Hurts should be healthier. And there shouldn't be as many head-scratching play calls. It really felt like Johnson's decisions stalled a lot of drives.

DEFENSE

Huff was a very impactful pass rusher for the Jets, and he should have a lot of room to work with. Opposing offenses won't be able to pay him too much attention, as Philadelphia also has Jalen Carter, Josh Sweat and Brandon Graham. The Eagles are also taking fliers on Zack Baun and Devin White in the linebacking corps. Both players have talent and could resurrect their careers under the tutelage of Fangio.

All of that should amount to a strong presence up front, whether that means getting after the quarterback or doing a better job of stopping the run. Philadelphia struggled against the run last year.

Fangio's presence should also help out the passing defense quite a bit. The Eagles were just 28th in the league in Dropback EPA per play allowed last year. But this team has talent at corner. The Eagles still have Darius Slay and also added Quinyon Mitchell and Cooper DeJean in the draft. Both rookies should make immediate impacts. And Fangio's defenses are usually good at preventing big plays.

Fangio's defenses can lean a bit more conservative. But considering how good the Eagles are offensively, a conservative defense might be exactly what they need.

OUTLOOK

Fangio has doubters around the league, but he has proven that he can stabilize defenses. If he can do that here, Philadelphia should be a Super Bowl contender. This defense just needs to perform at a league-average level in order to give the offense a shot at winning games. I tend to think that they will. That said, at plus-money odds, Philadelphia's Over is a bet I'm making. - Zachary Cohen

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/6	vs. Green Bay	-0.6	FAVORITES are on 8-4 ATS run in GB-PHI h2h series
9/16	ATLANTA	-3.8	PHILADELPHIA is on 8-2 ATS surge hosting Atlanta
9/22	at New Orleans	-3.7	UNDERDOGS are 7-2 ATS in L9 of PHI-NO series at New Orleans
9/29	at Tampa Bay	-2.4	The L4 games in PHI-TB h2h series went UNDER the total
BYE WEEK			
10/13	CLEVELAND	-4	HOME TEAMS have won L6 ATS in CLE-PHI h2h series
10/20	at NY Giants	-6	UNDERDOGS are 10-5 ATS in PHI-NYG h2h series since '17
10/27	at Cincinnati	+1.9	CINCINNATI is a perfect 8-0 ATS vs. Philadelphia since '94
11/3	JACKSONVILLE	-4.3	PHILADELPHIA has won L4 ATS vs. Jacksonville
11/10	at Dallas	+1	DALLAS is on 6-game SU & ATS win streak hosting Philadelphia
11/14	WASHINGTON	-6.7	WASHINGTON is 10-4-2 ATS in L16 trips to Philadelphia
11/24	at LA Rams	+0	PHILADELPHIA has won L5 ATS at LA Rams
12/1	at Baltimore	+4.2	UNDERDOGS are 5-1 ATS in L6 of PHI-BAL h2h series
12/8	CAROLINA	-10.2	ROAD UNDERDOGS have won L3 ATS in CAR-PHI h2h series
12/15	PITTSBURGH	-5	PHILADELPHIA is on 4-0 SU & ATS streak hosting Pittsburgh
12/22	at Washington	-6	WASHINGTON is on 5-3-1 ATS run hosting Philadelphia
12/29	DALLAS	-1.1	FAVORITES have won L4 SU & ATS of DAL-PHI series at Philadelphia
1/5	NY GIANTS	-6.7	NY GIANTS are on 6-2 ATS run at Philadelphia

SCHEDULE STRENGTH 24.36
(#10 toughest of 32)

FIELD RATINGS -0.1/-0.1
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	25.5	7	25.2	30
YARDS PER POINT	13.9	5	14.1	25
PLAYS PER GAME	65.4	7		
TIME OF POSSESSION	30:24	14		
3RD DOWN CONV. %	48.0%	3	46.4%	31
TOTAL YARDS PER GAME	354.4	8	356.1	26
YARDS PER PLAY	5.4	12	5.5	24
RUSH ATTEMPTS PER GAME	30	6		
RUSH YARDS PER GAME	128.8	8	103.4	10
YARDS PER RUSH ATTEMPT	4.3	11	4.3	20
PASS ATTEMPTS PER GAME	33.1	21		
COMPLETION %	65.5%	13	65.2%	16
PASSING YARDS PER GAME	225.5	16	252.7	31
YARDS PER PASS ATTEMPT	7.2	12	6.6	16
TURNOVERS	1.6	23	1.1	23

2024 ODDS

SUPER BOWL
17-1

NFC
+700

NFC EAST
+105

WIN TOTAL PREDICTION
OVER 10.5

NEW YORK GIANTS

2023 Record (incl. playoffs): 6-11 SU & 8-8-1 ATS
Head Coach: Brian Daboll (3rd)

After going 9-7-1 and winning a playoff game in Brian Daboll's first year at the helm, the Giants went 6-11 last season. A lot of that had to do with what happened at the quarterback position. Daniel Jones earned himself a big contract after throwing for 3,205 yards with 15 touchdowns and only five picks in 2023. But last season, Jones threw for 909 yards with two touchdowns and six picks in six games and then tore his ACL.

If Jones struggles or goes down again, the Giants will be a little more prepared this season. The team brought in the serviceable Drew Lock as a backup. But this team will need more than just serviceable to make it back to the postseason. So, Jones will need to be healthy and ready to build on what he did two years ago. The defense is ready to go, so the offense will make or break the season.

OFFENSE

New York didn't bring in any big free agents to address an offense that was 30th in the NFL in DVOA last year. In fact, the Giants allowed Saquon Barkley to sign with Philadelphia. New York is replacing Barkley with Devin Singletary, who is a solid backfield option. And the good news is that improved offensive line play could make up for the drop in talent at running back, and New York's play in the trenches should be better.

The Giants also did some decent work to upgrade the receiving corps. Sure, Darren Waller is gone, but he barely played. And New York brought in a very talented wideout in Malik Nabers, who they took with the sixth overall pick. Nabers has big play ability and should lead the team in targets.

As previously mentioned, the overall strength of this group will come down to the play of Jones. The 27-year-old was driving his coaching staff nuts before last season's injury. If he can play a little more like he did in 2022, New York will exceed expectations.

DEFENSE

The Giants were just 21st in the league in Defensive DVOA last season, and they were also just 22nd in EPA per play allowed. However, the offense didn't do the defense any favors, forcing the group to play a lot of football. New York also made a noteworthy addition in trading for Panthers star Brian Burns.

Burns will make for an elite pass-rushing duo with Kayvon Thibodeaux, and New York also has Dexter Lawrence wreaking havoc along the line. He was a monster against the run and did a lot of damage as a pass rusher last year. On top of that, Bobby Okereke is a flat-out stud at linebacker, and corner Deonte Banks, a 2023 first-round pick, had some nice flashes last year.

If new defensive coordinator Shane Bowen can prevent this group from getting torched in the passing game, there's something there with this group. A more conservative defense — as opposed to Wink Martindale's blitz-heavy approach — should do wonders.

OUTLOOK

If Daniel Jones is out there in Week 1, I find it hard to believe the Giants won't win at least seven games. The fact that it's available at plus-money odds is just gravy. Looking through New York's schedule, it isn't hard to pick out some winnable games. And the Giants should sneak away with an extra road win or two. On paper, this looks more like an 8-9 team than a 6-11 team. I'm high on the defense, making this an actual play for me. — Zachary Cohen

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	MINNESOTA	-0.6	ROAD TEAMS are on 3-0 ATS surge in MIN-NYG h2h series
9/15	at Washington	+1.1	NY GIANTS are 5-1 SU & 6-0 ATS in L6 trips to Washington
9/22	at Cleveland	+6	FAVORITES are 5-1 ATS in L6 of NYG-CLE h2h series
9/26	DALLAS	+4.5	DALLAS is on 6-1 ATS run at NY Giants
10/6	at Seattle	+4.3	SEATTLE is on 6-1 ATS run vs. NY Giants
10/13	CINCINNATI	+4.2	UNDERDOGS are on 5-0-1 ATS run in CIN-NYG h2h series
10/20	PHILADELPHIA	+6	UNDERDOGS are 10-5 ATS in PHI-NYG h2h series since '17
10/28	at Pittsburgh	+5.1	The L4 games of NYG-PIT h2h series went UNDER the total
11/3	WASHINGTON	-1.1	UNDER the total is 6-0-1 in L7 of WAS-NYG series at New York
11/10	vs. Carolina	-2.7	UNDERDOGS have won L6 ATS in NYG-CAR h2h series
BYE WEEK			
11/24	TAMPA BAY	+1.2	The L3 games of TB-NYG series in New York went OVER the total
11/28	at Dallas	+8.1	L5 games of NYG-DAL series in Dallas went OVER total, avg 60.2 PPG
12/8	NEW ORLEANS	+0.3	UNDER the total is 7-1-1 in L9 of NO-NYG series in New York
12/15	BALTIMORE	+7.2	HOME TEAMS are on 5-0-1 ATS run in BAL-NYG h2h series
12/22	at Atlanta	+5.4	UNDER the total is 11-1-1 in NYG-ATL series since 2000
12/29	INDIANAPOLIS	+0.8	OVER the total is 6-1 in L7 of IND-NYG h2h series
1/5	at Philadelphia	+6.7	NY GIANTS are on 6-2 ATS run at Philadelphia

SCHEDULE STRENGTH **23.82**
(#21 toughest of 32)

FIELD RATINGS **1.3/-0.2**
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	15.6	30	23.9	26
YARDS PER POINT	17.9	30	15.1	20
PLAYS PER GAME	62.2	20		
TIME OF POSSESSION	29:26	21		
3RD DOWN CONV. %	30.2%	30	37.0%	9
TOTAL YARDS PER GAME	280	29	361.7	27
YARDS PER PLAY	4.5	30	5.6	28
RUSH ATTEMPTS PER GAME	26.7	16		
RUSH YARDS PER GAME	110.2	16	132.4	29
YARDS PER RUSH ATTEMPT	4.1	18	4.7	31
PASS ATTEMPTS PER GAME	30.5	26		
COMPLETION %	65.3%	14	63.8%	11
PASSING YARDS PER GAME	169.8	31	229.3	19
YARDS PER PASS ATTEMPT	6.5	27	6.7	19
TURNOVERS	1.1	12	1.8	1

2024 ODDS

SUPER BOWL
100-1

NFC
60-1

NFC EAST
12-1

WIN TOTAL PREDICTION
OVER 6.5

DALLAS COWBOYS

2023 Record (incl. playoffs): 12-6 SU & 10-8 ATS
Head Coach: Mike McCarthy (5th)

The Cowboys were 9-3 heading into December last season, but a lot of people saw right through that. Dallas was beating up on weaker competition, and Dak Prescott looked the part of an MVP candidate against lousy defenses. Dallas then earned a 33-13 win over the Eagles to start the month, but it was downhill from there. The team lost two of its final four regular-season games and got blown out at home by the Packers in the playoffs.

Dallas didn't make any splashy moves in the offseason. The team brought in linebacker Eric Kendricks, who had 79 solo tackles and 3.5 sacks for the Chargers last year. The Cowboys also reunited with running back Ezekiel Elliott. Dallas also kept most of its roster in place, which was the main priority.

The question now is whether the Cowboys can find another gear on either side of the ball. And defensively, they'll need to do so without Dan Quinn, who is off to Washington after guiding Dallas to back-to-back seasons as a top-five scoring defense.

OFFENSE

Last season, the Cowboys were second in the NFL in both EPA per play and Dropback EPA per play. Dak Prescott also threw for 4,516 yards with 36 touchdowns and nine interceptions, and he had the second-highest QBR (72.7) and Passer Rating (105.9) in football.

The offense clicked with Mike McCarthy calling plays, and another year for Prescott to play with the talented pass-catching group of CeeDee Lamb, Brandin Cooks and Jake Ferguson should mean good things.

The problem is that Prescott hasn't played his best football in the biggest games. The team got blown out in meetings with the 49ers and Bills, and those are the types of games in which they need to prove they can show up. Dallas has a tough mid-season schedule, so there will be plenty of those.

Dallas' running game also isn't as effective as it used to be. After finishing fourth in the league in Rush EPA in 2019, the Cowboys have been outside the Top 10 the last four seasons. And losing Tyron Smith won't make things any easier there. Of course, Dallas drafted tackle Tyler Guyton in the first round. But will he hit the ground running?

DEFENSE

The Cowboys finished fifth in the NFL in Defensive DVOA last season, and they did that while dealing with significant injuries. The biggest one was linebacker Leighton Vander Esch going down with a neck injury in Week 5. Vander Esch ultimately decided to walk away from football after that. But Kendricks should do a nice job of stabilizing the linebacking corps, and this is a team with talent in the secondary and the ability to get after the quarterback.

Mike Zimmer, one of the most well-respected coaches in football, should do a good job with this group. It's no secret that this is a passing league, and the Cowboys can be trusted to show up and adequately defend the pass. But Dallas will also defend the run in 2024. Zimmer's teams always do.

OUTLOOK

I don't think Dallas will do any serious damage in the postseason, but I think the Cowboys will get there. And I lean towards Dallas winning at least 11 games in doing so. I know the schedule is rather daunting, but this team has won at least 12 games in each of the past three seasons. So, the fact you can get the Cowboys to win 11 at plus-money odds is hard to pass up. McCarthy is a proven regular-season coach. - Zachary Cohen

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	at Cleveland	+0.4	ROAD TEAMS have won L4 ATS in DAL-CLE h2h series
9/15	NEW ORLEANS	-6.7	UNDERDOGS are 6-0 ATS in L6 of NO-DAL series at Dallas
9/22	BALTIMORE	+0.2	OVER the total is 4-0-1 in L5 of BAL-DAL h2h series
9/26	at NY Giants	-4.5	DALLAS is on 6-1 ATS run at NY Giants
10/6	at Pittsburgh	-0.5	DALLAS has won L3 ATS versus Pittsburgh
10/13	DETROIT	-1.8	ROAD TEAMS are 6-2 ATS in L8 of DET-DAL h2h series
BYE WEEK			
10/27	at San Francisco	+6	SAN FRANCISCO is on 3-game SU & ATS winning streak vs. Dallas
11/3	at Atlanta	-0.2	UNDER the total is 6-1 in L7 of DAL-ATL series in Atlanta
11/10	PHILADELPHIA	-1	DALLAS is on 6-game SU & ATS win streak hosting Philadelphia
11/18	HOUSTON	-3	UNDERDOGS are 3-0-1 ATS in L4 of HOU-DAL h2h series
11/24	at Washington	-4.5	DALLAS is on 5-1 ATS surge versus Washington
11/28	NY GIANTS	-8.1	L5 games of NYG-DAL series in Dallas went OVER total, avg 60.2 PPG
12/9	CINCINNATI	-2.8	DALLAS has won L4 ATS versus Cincinnati
12/15	at Carolina	-6.2	FAVORITES are on 6-0 SU & ATS streak in DAL-CAR h2h series
12/22	TAMPA BAY	-5.8	The L5 games of TB-DAL series in Dallas went UNDER the total
12/29	at Philadelphia	+1.1	FAVORITES have won L4 SU & ATS of DAL-PHI series at Philadelphia
1/5	WASHINGTON	-8.1	OVER the total is 8-1 in L9 of WAS-DAL series in Dallas

SCHEDULE STRENGTH **23.32**
(#30 toughest of 32)

FIELD RATINGS **2.8/-0.1**
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE STAT	OFFENSE RANK	DEFENSE STAT	DEFENSE RANK
POINTS PER GAME	29.9	1	18.5	5
YARDS PER POINT	12.4	1	16.2	11
PLAYS PER GAME	66	3		
TIME OF POSSESSION	31:45	4		
3RD DOWN CONV. %	48.3%	2	37.4%	14
TOTAL YARDS PER GAME	371.6	5	299.7	5
YARDS PER PLAY	5.6	6	5	9
RUSH ATTEMPTS PER GAME	27.5	14		
RUSH YARDS PER GAME	112.9	14	112.4	16
YARDS PER RUSH ATTEMPT	4.1	20	4.2	15
PASS ATTEMPTS PER GAME	36.1	8		
COMPLETION %	69.7%	1	60.5%	4
PASSING YARDS PER GAME	258.6	3	187.4	5
YARDS PER PASS ATTEMPT	7.6	6	6.3	9
TURNOVERS	0.9	2	1.5	12

2024 ODDS

SUPER BOWL
17-1

NFC
+700

NFC EAST
+145

WIN TOTAL PREDICTION
OVER 10.5

WASHINGTON COMMANDERS

2023 Record (incl. playoffs): 4-13 SU & 6-10-1 ATS
Head Coach: Dan Quinn (1st)

The Commanders sold off some pieces last season, but they still have talented young players on their defense. And Dan Quinn should be able to help those players maximize their potential. If he can do that quicker than expected, the Commanders should be a competitive team.

Turning an offense over to a rookie quarterback is always scary, but Jayden Daniels should instantly be one of the most talented players in the league. Sure, there will be a huge learning curve as he enters the NFL, and he won't have receivers streaking wide open down the field like he did in Baton Rouge. But Daniels is a one-of-a-kind playmaker and should make things happen right off the bat.

Overall, this should be a better football team than it was in 2023, even if it does finish at the bottom of the NFC East standings.

OFFENSE

Washington was just 25th in the league in EPA per play last year, and the team was in the bottom half of the NFL in both Dropback EPA per play and Rush EPA per play. With that in mind, the team made the decision to trade Sam Howell, who turned the ball over way too often. The Commanders also used the second pick in the draft on Daniels.

Last season, Daniels threw for 3,812 yards with 40 touchdowns and only four picks for LSU, and he also rushed for 1,134 yards and 10 scores. Daniels throws a gorgeous deep ball, and he's also capable of picking up chunk yardage with his legs. And Daniels will have a decent group of pass catchers to work with, as Terry McLaurin and Jahan Dotson have both showed out with worse quarterbacks. Washington also added Austin Ekeler, who is a superb pass-catching back.

The Commanders just need better offensive line play this year. Daniels' ability to extend plays should help, but Howell never had time to throw. And the last thing Washington wants is Daniels taking a beating and losing confidence.

It's also going to be interesting to see what Kliff Kingsbury does as offensive coordinator. Daniels' ability to throw deep should be utilized, but Kingsbury's offense with the Cardinals featured a lot of short passes and screens. Is he the right fit here?

DEFENSE

Washington was tied with Arizona for the worst EPA per play allowed in 2023. The team was especially miserable against the pass, as nobody in the league had a higher Dropback EPA per play allowed. Unfortunately, it's hard to see that changing very much. Perhaps Washington will make some minor improvements, but the team didn't make big enough moves to address the secondary. Instead, the Commanders will be hoping for a leap from 2023 first-round pick Emmanuel Forbes. They'll also be looking to 2024 second-round pick Mike Sainristil to make an instant impact.

Luckily for the Commanders, Quinn is one of the best defensive coaches in the league. He should do a decent job of scheming things up in a way that prevents Washington from being torched over the top. And the Commanders have some talent along the defensive line.

Washington also added Bobby Wagner in the middle of the defense. PFF gave him a grade of 82.4 last year. He's still playing at a very high level and is a good leader for this young team.

OUTLOOK

Four NFC East teams, four Overs for me. I know that's hard to believe, but just look back to 2022. Philadelphia went 14-3, Dallas went 12-5, New York went 9-7-1 and Washington went 8-8-1. I can see something similar happening here. I'm not personally playing this, but it's certainly the way I'm leaning. I'm high on this division and low on the overall NFC. - Zachary Cohen

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	at Tampa Bay	+4.7	UNDERDOGS have gone 9-1-2 ATS in L12 of WAS-TB h2h series
9/15	NY GIANTS	-1.1	NY GIANTS are 5-1 SU & 6-0 ATS in L6 trips to Washington
9/23	at Cincinnati	+9	UNDERDOGS are 4-1 ATS in L5 of WAS-CIN h2h series
9/29	at Arizona	+3.3	The L4 games of WAS-ARI h2h series went UNDER the total
10/6	CLEVELAND	+1.6	CLEVELAND is 4-2 ATS vs. Washington since '04
10/13	at Baltimore	+11.3	UNDER the total is 5-2 in WAS-BAL series since '97
10/20	CAROLINA	-4.6	UNDERDOGS are 14-2 ATS in CAR-WAS h2h series since '95
10/27	CHICAGO	+0.6	ROAD TEAMS are on 10-2 ATS surge in CHI-WAS h2h series
11/3	at NY Giants	+1.1	UNDER the total is 6-0-1 in L7 of WAS-NYG series at New York
11/10	PITTSBURGH	+0.6	UNDER the total is 6-1 in L7 of PIT-WAS h2h series
11/14	at Philadelphia	+6.7	WASHINGTON is 10-4-2 ATS in L16 trips to Philadelphia
11/24	DALLAS	+4.5	DALLAS is on 5-1 ATS surge versus Washington
12/1	TENNESSEE	-1.4	ROAD UNDERDOGS are on 7-0 ATS streak in TEN-WAS h2h series
BYE WEEK			
12/15	at New Orleans	+3.4	OVER the total is 11-1 in L12 of WAS-NO h2h series
12/22	PHILADELPHIA	+6	WASHINGTON is on 5-3-1 ATS run hosting Philadelphia
12/29	ATLANTA	+1.8	ROAD TEAMS are on 9-2 ATS surge in L11 of ATL-WAS h2h series
1/5	at Dallas	+8.1	OVER the total is 8-1 in L9 of WAS-DAL series in Dallas

SCHEDULE STRENGTH 23.77
(#22 toughest of 32)

FIELD RATINGS 1.3/-0.2
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	19.4	25	30.5	32
YARDS PER POINT	16.2	23	12.8	30
PLAYS PER GAME	62.4	19		
TIME OF POSSESSION	29:32	18		
3RD DOWN CONV. %	35.7%	24	41.6%	28
TOTAL YARDS PER GAME	312.8	24	388.9	32
YARDS PER PLAY	5	23	5.9	31
RUSH ATTEMPTS PER GAME	21.1	32		
RUSH YARDS PER GAME	93.6	27	126.8	27
YARDS PER RUSH ATTEMPT	4.4	7	4.5	26
PASS ATTEMPTS PER GAME	37.4	1		
COMPLETION %	64.0%	19	66.2%	23
PASSING YARDS PER GAME	219.1	18	262.2	32
YARDS PER PASS ATTEMPT	6.6	26	7.5	31
TURNOVERS	1.9	29	1.1	23

2024 ODDS

SUPER BOWL
100-1

NFC
60-1

NFC EAST
+800

WIN TOTAL PREDICTION
OVER 6.5