

MVP RACE

VOTER FATIGUE, CHALK
& DARK HORSES IMPEDE
MVP FAVORITE REPEAT

SEASON WIN TOTALS
SELECTIONS FOR EVERY TEAM

BEST BETS
TEAM AND PLAYER PICKS
FROM VSIN EXPERTS

TEAM PREVIEWS
BREAKDOWNS, TRENDS
AND LINE ESTIMATES
FOR EVERY GAME



2023 NFL BETTING GUIDE

CONTENTS

ALL ODDS COURTESY OF DRAFTKINGS



FEATURES

3
Welcome to the 2023 VSIN Pro Football Betting Guide

4
2023 NFL Season Predictions

5
Coming to You Live from NFL 2023

6
VSIN Expert Season Win Total Best Bets

9
VSIN Expert Futures and Props Best Bets

14
Bookmakers' Take on the Jets

15
MVP Chatter

17
NFL Season Win Total Tiers

23
Analyzing Betting Trends for NFL Teams with New Head Coach

28
Player Perspectives for 2023 Season

30
Coaching Matters in the NFL

31
Using NFL Wins/Losses From 2022 to Predict 2023

33
Steve Makinen's Power Ratings

74
Steve Makinen's 4-Year Effective Stats

VSIN STAFF/CONTRIBUTORS

MANAGING EDITOR: Adam Burke
DATABASE MANAGER: Jason Latus
LAYOUT AND DESIGN: Matt Devine

WRITERS and EDITORS: Josh Allen,
Zachary Cohen, Michael Lombardi,
Steve Makinen, Brent Musburger,
Dave Tuley, Wes Reynolds and
Matt Youmans

**ODDS WITHIN GUIDE
ARE SUBJECT TO CHANGE**

photos by USA Today Sports Images

CONFERENCE AND TEAM INDEX

AFC East Preview	34
Buffalo Bills	35
New York Jets	36
Miami Dolphins	37
New England Patriots	38
AFC North Preview	39
Cincinnati Bengals	40
Baltimore Ravens	41
Pittsburgh Steelers	42
Cleveland Browns	43
AFC South Preview	44
Jacksonville Jaguars	45
Tennessee Titans	46
Indianapolis Colts	47
Houston Texans	48
AFC West Preview	49
Kansas City Chiefs	50
Los Angeles Chargers	51
Denver Broncos	52
Las Vegas Raiders	53
NFC East Preview	54
Philadelphia Eagles	55
Dallas Cowboys	56
New York Giants	57
Washington Commanders	58
NFC North Preview	59
Detroit Lions	60
Green Bay Packers	61
Minnesota Vikings	62
Chicago Bears	63
NFC South Preview	64
New Orleans Saints	65
Atlanta Falcons	66
Carolina Panthers	67
Tampa Bay Buccaneers	68
NFC West Preview	69
San Francisco 49ers	70
Seattle Seahawks	71
Los Angeles Rams	72
Arizona Cardinals	73

COMMON ABBREVIATIONS USED THROUGHOUT THIS GUIDE

ATS - Against the Spread • Avg - Average • CL - Closing Line
DC - Defensive Coordinator • Def - Defense • Dog - Underdog
Eff Strg - Steve Makinen Effective Strength Rating • Fav - Favorite
FT - Final Total • HC - Head Coach • H2h - Head-to-Head • L - Losses
L# - Last number of games • LY - Last Year • MOV - Margin of Victory
O - Over • OC - Offensive Coordinator • Off - Offense • OL - Opening Line
OT - Opening Total • Opp - Opponent • O/U - Over/Under
PA - Points Against • Pct - Percentage • PF - Points For • PPG - Points Per Game
PYPG - Passing Yards per Game • RS - Returning Starters
RYPG - Rushing Yards per Game • SM BR - Steve Makinen Bettors' Rating
SM PR - Steve Makinen Power Rating • SU - Straight Up • TO - Turnovers
TYPG - Total Yards per Game • U - Under • W - Wins • YPP - Yards per Play
YPPT - Yards per Point • YPR - Yards per Rush

Friends new and old,

It is my honor and privilege to welcome you to the 2023 NFL Betting Guide. A lot of talented people put a lot of hard work into the earliest release ever of our pro football preseason publication and we sincerely thank you for your support and your subscription as we look ahead to what is sure to be an exciting season.

Whether you've been with us since the start, have just recently subscribed, or fall somewhere in between, I'd like to introduce you to the cast of superstars that will be providing NFL content for us this season and whose contributions you can read throughout the summer, fall, and right on into the winter, culminating with Super Bowl LVIII right here in Las Vegas on February 11, 2024.

In this year's Guide, you will read:

- Betting systems, trends, and an examination of new head coaches from Steve Makinen
- Thoughts from bookmakers, plus previews of the AFC West and NFC North from Matt Youmans
- AFC South and NFC South previews from Wes Reynolds
- Zach Cohen on the MVP futures market and previews of the NFC West
- The venerable VSiN veteran Dave Tuley on the AFC and NFC East
- Michael Lombardi on handicapping coaches
- Yours truly, Adam Burke, on all 32 season win totals, The Players' Perspective with Mike Pritchard and Shaun King, and previews of the AFC North
- Best bets on futures, props, and season win totals from our writers and our VSiN hosts
- Division, Wild Card, and playoff predictions from VSiN and DraftKings personalities

And, of course, no VSiN NFL Guide would be complete without a story from "Uncle" Brent Musburger, as he handicapped the conference futures market.

There are storylines and betting angles everywhere coming into this season and our team has tackled them in the pages of this year's Guide. From Aaron Rodgers as a Jet to Sean Payton back on the sidelines with the Broncos to the sustainability of last year's upstart teams like the Giants, Jaguars, and Dolphins to the questions surrounding the Bills, 49ers, and Vikings, you'll find the answers to your questions and the notes and nuggets that point you towards making a wager (or not).

This is just the start of what we will provide throughout the NFL season, as we are planning to have the most robust weekly content offering in our company's history.

Cashin' tickets is what it's all about and that's what we plan to do this season. Thank you for coming along for the ride and for your continued support of VSiN.

Adam Burke @SkatingTripods
Editor, VSiN NFL Betting Guide
aburke@vsin.com



2023 NFL SEASON PREDICTIONS

	FEMI ABEFE	GILL ALEXANDER	MATT BROWN	STORMY BUONANTONY	ADAM BURKE	ZACH COHEN	MIKE GOLIC SR.	MIKE GOLIC JR	ANDREW HAWKINS	PAULY HOWARD	SHAUN KING	MICHAEL LOMBARDI	STEVE MAKINEN	MITCH MOSS	TIM MURRAY	BRENT MUSBURGER	WES REYNOLDS	ROSS TUCKER	DAVE TULEY	MATT YOUMANS
AFC EAST	BILLS	BILLS	BILLS	BILLS	DOLPHINS	BILLS	BILLS	BILLS	BILLS	BILLS	DOLPHINS	BILLS	JETS	JETS	BILLS	BILLS	BILLS	DOLPHINS	BILLS	BILLS
AFC NORTH	BENGALS	BENGALS	BENGALS	BENGALS	BENGALS	RAVENS	BENGALS	RAVENS	RAVENS	RAVENS	BENGALS	BROWNS	RAVENS	BENGALS	RAVENS	BENGALS	BENGALS	BENGALS	BENGALS	BENGALS
AFC SOUTH	JAGUARS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	TITANS	TITANS	JAGUARS	JAGUARS	JAGUARS	JAGUARS	TITANS	JAGUARS	TITANS	TITANS
AFC WEST	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS	CHIEFS
AFC WILD CARD	RAVENS	RAVENS	BROWNS	JETS	BILLS	JETS	DOLPHINS	BENGALS	JETS	BENGALS	BILLS	BENGALS	BILLS	BILLS	BENGALS	RAVENS	RAVENS	BILLS	JETS	RAVENS
AFC WILD CARD	JETS	JETS	CHARGERS	RAVENS	RAVENS	BENGALS	RAVENS	CHARGERS	BENGALS	CHARGERS	RAVENS	MIAMI	BENGALS	RAVENS	CHARGERS	JETS	CHARGERS	JETS	CHARGERS	JETS
AFC WILD CARD	DOLPHINS	CHARGERS	RAVENS	BROWNS	BRONCOS	CHARGERS	JETS	JETS	DOLPHINS	JETS	JAGUARS	PATRIOTS	BRONCOS	DOLPHINS	BRONCOS	CHARGERS	JETS	STEELERS	RAVENS	CHARGERS
NFC EAST	COWBOYS	EAGLES	EAGLES	EAGLES	EAGLES	EAGLES	EAGLES	EAGLES	EAGLES	EAGLES	COMMANDERS	COWBOYS	EAGLES	EAGLES	EAGLES	COWBOYS	EAGLES	EAGLES	COWBOYS	EAGLES
NFC NORTH	PACKERS	VIKINGS	VIKINGS	VIKINGS	LIONS	LIONS	LIONS	LIONS	LIONS	LIONS	LIONS	PACKERS	PACKERS	PACKERS	PACKERS	VIKINGS	PACKERS	LIONS	VIKINGS	LIONS
NFC SOUTH	PANTHERS	FALCONS	PANTHERS	PANTHERS	FALCONS	SAINTS	SAINTS	SAINTS	SAINTS	SAINTS	SAINTS	PANTHERS	SAINTS	SAINTS	FALCONS	SAINTS	FALCONS	SAINTS	SAINTS	PANTHERS
NFC WEST	49ERS	49ERS	SEAHAWKS	49ERS	49ERS	49ERS	49ERS	49ERS	49ERS	49ERS	SEAHAWKS	49ERS	49ERS	49ERS	49ERS	SEAHAWKS	SEAHAWKS	SEAHAWKS	49ERS	49ERS
NFC WILD CARD	EAGLES	COWBOYS	COWBOYS	COWBOYS	SEAHAWKS	COWBOYS	COWBOYS	COWBOYS	COWBOYS	COWBOYS	49ERS	EAGLES	COWBOYS	COWBOYS	SEAHAWKS	EAGLES	49ERS	49ERS	EAGLES	COWBOYS
NFC WILD CARD	SEAHAWKS	LIONS	LIONS	SEAHAWKS	COWBOYS	SEAHAWKS	SEAHAWKS	SEAHAWKS	SEAHAWKS	VIKINGS	COWBOYS	SEAHAWKS	LIONS	LIONS	COWBOYS	LIONS	COWBOYS	COWBOYS	LIONS	GIANTS
NFC WILD CARD	LIONS	SEAHAWKS	49ERS	LIONS	GIANTS	VIKINGS	VIKINGS	GIANTS	VIKINGS	PANTHERS	EAGLES	LIONS	RAMS	SEAHAWKS	LIONS	49ERS	LIONS	GIANTS	SEAHAWKS	SEAHAWKS
AFC CHAMPION	BENGALS	BENGALS	BENGALS	BENGALS	BENGALS	BILLS	CHIEFS	CHIEFS	BILLS	BENGALS	BENGALS	BENGALS	CHIEFS	BENGALS	BENGALS	BENGALS	BENGALS	BENGALS	BENGALS	BENGALS
NFC CHAMPION	COWBOYS	EAGLES	EAGLES	49ERS	EAGLES	49ERS	EAGLES	49ERS	49ERS	49ERS	SEAHAWKS	49ERS	COWBOYS	EAGLES	49ERS	SEAHAWKS	EAGLES	EAGLES	COWBOYS	EAGLES
SUPER BOWL CHAMPION	BENGALS	BENGALS	EAGLES	BENGALS	BENGALS	49ERS	EAGLES	CHIEFS	49ERS	BENGALS	BENGALS	BENGALS	CHIEFS	EAGLES	BENGALS	BENGALS	EAGLES	EAGLES	BENGALS	BENGALS



COMING TO YOU LIVE FROM NFL 2023

by Brent Musburger

Let me begin with something I never expected to write. Las Vegas, Nevada is hosting the next Super Bowl. On February 11, 2024, the NFL's biggest game, Super Bowl LVIII, is coming to Allegiant Stadium—just across Interstate 15 from the gambling capital of the world, the Las Vegas Strip.

Finally, after decades of hypocrisy, the NFL is admitting what Jimmy the Greek knew all along—that betting on games helped drive the NFL to Number 1 in fan appeal in the United States.

So who will meet in the Vegas Super Bowl?

DraftKings' odds say it will be a rematch between reigning champ Kansas City and NFC title holder Philadelphia.

History says otherwise. In the 57 previous Super Bowls, only once have the same two teams played in back-to-back Super Bowls.

In 1993 and 1994, the Dallas Cowboys defeated the Buffalo Bills 52-17 and 30-13. In other words, the Chiefs and the Eagles face historical resistance, and you have a chance to cash a lucrative ticket.

Using DraftKings, we begin with AFC championship odds.

- +330 Chiefs
- +500 Bills
- +550 Bengals

The AFC's big three play each other. On November 5th, the Bills are in Cincinnati, and come December, both travel to Kansas City

for showdown games against the Chiefs. Perhaps you want an AFC long shot.

- +1100 Jets, Dolphins, Ravens
- +1200 Jaguars

My only advice would be to avoid the Dolphins, not because they are a bad team but because their schedule looks brutal. Two division games against both the Bills and the Jets, a European meeting with the Chiefs, and road games in Philadelphia and Baltimore. Ouch!

In the NFC, DraftKings makes the Eagles a heavy favorite.

- +250 Eagles
- +425 49ers
- +600 Cowboys

Even if there isn't a Super Bowl rematch in Las Vegas, the Eagles and Chiefs will meet Monday night, November 20th, in Kansas City, a game that will produce one of the highest TV ratings of the regular season. The Eagles also host the 49ers on December 3rd in a rerun of the one-sided NFC title game. Hopefully, the 49ers will have a healthy quarterback this time around. The NFC longshots:

- +1000 Lions
- +1100 Seahawks
- +1300 Saints (somebody has to win the NFC South!)

Good luck! Hope you cash a ticket or two because That's What It's All About!

VSIN EXPERT SEASON WIN TOTAL

BEST BETS

MATT YOUMANS

NEW ENGLAND PATRIOTS OVER 7.5

It's tough to criticize coach Bill Belichick, but he had to be the only person on the planet who thought it was a good idea to put Matt Patricia, the team's former defensive coordinator, in charge of the offense last year. The foolish experiment blew up in Belichick's face. The Patriots' offense produced dismal rankings in most areas and declined from 48 touchdowns in 2021 (with Josh McDaniels as offensive coordinator) to 31 touchdowns in 2022. Belichick lured Bill O'Brien back to New England as OC, a major improvement. O'Brien will rebuild quarterback Mac Jones, who has new targets to work with in JuJu Smith-Schuster and Mike Gesicki. The Patriots' defense ranked sixth in rushing (105.5 ypg) and 11th in scoring (20.4 ppg). Despite most things going wrong last season, New England finished 8-9. With the offense back on track, Belichick will bounce back to at least 9-8 — but eight wins would be enough. Belichick has won at least eight games in 21 of his past 22 seasons.

JACKSONVILLE JAGUARS UNDER 10

On the surface, the Jaguars are the easy pick to be kings of the AFC South landfill, with the Texans and Colts at the bottom of the trash pile. Jacksonville improved from 3-14 in 2021 to 9-8 last year, Doug Pederson's first as coach. It seems like a natural progression for Trevor Lawrence to continue to mature as a winning quarterback under Pederson's guidance. However, the Jaguars needed to finish the season with a five-game winning streak to reach 9-8, with four of the wins coming against the Titans (twice), Texans and Jets — teams with weak quarterbacks. In other words, it was not a legit nine-win team, and now the schedule is more challenging. Jacksonville could be facing major problems with its weaker offensive line, and a defense that allowed 6,006 total yards (24th in the league) does not appear improved. Lawrence will probably play well, but if you dig below the surface, this team is a regression candidate. I recommend betting Under 10 (+105) at the Westgate SuperBook instead of the DraftKings total of 9.5.

TENNESSEE TITANS OVER 7.5

Which team was the AFC's No. 1 seed in 2021? It's easy to forget it was Tennessee, which had a 12-5 record. It's easy to forget that fact because the Titans lost their first playoff game and then spiraled in the opposite direction last season, losing their final seven games to finish 7-10. An injury to veteran quarterback Ryan Tannehill forced Tennessee to use never-ready backups Josh Dobbs and Malik Willis in important games down the stretch. Tannehill is back for his last dance in Nashville, with rookie Will Levis the likely No. 2. The Titans can win with Tannehill operating an offense focused on the rugged running of Derrick Henry, who's still going strong after rushing for 1,538 yards last season. First-round draft pick Peter Skoronski is an outstanding run blocker. Tennessee ranked No. 1 in rush defense (76.9 ypg) yet needs a better secondary, which remains a concern. This is not a sexy team, but the schedule is relatively soft, and Mike Vrabel is a coach who can grind out ugly wins and overachieve.

ZACHARY COHEN

CHICAGO BEARS OVER 7.5

The Bears made a huge move in dealing the first pick to the Carolina Panthers. In doing so, Chicago added D.J. Moore to a group of pass catchers that suddenly looks pretty good. With Moore, Darnell Mooney, Cole Kmet and Chase

Claypool, the Bears now have proven NFL talent surrounding Justin Fields. Fields should make a nice leap in his third season in the pros, especially considering offensive coordinator Luke Getsy really got a feel for how to use him last year. Fields should also benefit from an offensive line that improved by adding Nate Davis in free agency and Darnell Wright through the draft. Chicago also brought in a ton of talent on the defensive side of the ball. The team added one of the top free agents on the market in linebacker Tremaine Edmunds, and T.J. Edwards should also be a great addition to the linebacking corps. Overall, this is going to be a much better football team in 2023 than it was in 2022, and the team plays an extremely reasonable schedule. That should make eight wins very attainable.

ARIZONA CARDINALS UNDER 4.5

It's hard to see a path toward the Cardinals winning five games this season. DraftKings Sportsbook has Arizona as an underdog in every game it will play this year, and that seems right to me. The Cardinals are facing serious uncertainty on the offensive side of the ball, as Kyler Murray is recovering from a torn ACL and the team released DeAndre Hopkins at the start of the summer. It's just hard to see how this team will consistently put up points, and the defense isn't talented enough to keep Arizona in games — even with the Cardinals having brought in former Philadelphia Eagles defensive coordinator Jonathan Gannon as the franchise's new head coach. This feels like it will be a lost season for Arizona, which is probably looking at the top draft pick in the 2024 NFL Draft.

NEW YORK JETS OVER 9.5

The Jets were a quarterback away from being a legitimate player in the AFC last year, and they now go from the worst quarterback play in football to a Hall of Famer in Aaron Rodgers. Rodgers might not be the quarterback he used to be, but he still threw for 3,695 yards with 26 touchdowns and only 12 interceptions last year. And he'll have a much better team around him in New York, where Garrett Wilson is on the verge of being a superstar. The Jets also brought in Allen Lazard, one of Rodgers' favorite weapons from Green Bay. And the team will be running an offense that Rodgers loves, as his former offensive coordinator with the Packers, Nathaniel Hackett, is now the offensive coordinator for the Jets. There really isn't much stopping this team from winning 10 or 11 games. Last year, New York was fifth in the league in defensive DVOA, and that unit should border on elite again in 2023. This team should play a lot of close games this season, but the Jets have a guy under center that knows how to win those games.

MITCH MOSS

About five years ago, VSiN contributor Drew Dinsick was the first person I heard explaining why betting alternate numbers is a wise approach to the regular season win total market. Everybody assumes "Vegas knows what they're doing," that the numbers are so tight teams must land on within one game of their win total. That assumption is far from the truth.

I'll use the Kansas City Chiefs as an example. KC's "normal" win total is set at 11.5 at DraftKings. The Over is currently juiced at -140, and the Under is sitting at +120. Will the Chiefs win close to their win total of 11 or 12? Perhaps. History suggests betting a different number from 11.5 could be your best bet.

Keep in mind that you will often find these alternate win totals offering a very nice plus price. Last year, KC's win total was 10.5. Over the alternate total of 11.5 was +165. Winner. On the flip side, Denver won five games. Under 8.5 wins paid +200.

In 2019, sixteen NFL teams either went over or under their alternate win total. Exactly half the league cashed at plus money.

Eight teams pushed their alt high or low total. So that means 24 teams (75% of the league) did not land on their win total nor were they within one game of it.

In 2020, 25 teams either went over or under their alternate win total. 78%!!! The prices ranged from +160 (Patriots u8 wins - they won 7) to +250 (Seahawks o10.5 wins - they won 12).

23 teams accomplished this in 2021, and my unofficial count is 22 teams in 2022.

The trick is finding the teams that will exceed expectations or do the exact opposite. I have no illusions of hitting them all, but nail a few and I'll be in business.

Not all numbers are out as of this printing, but here are some teams I'm looking to play in 2023:

Baltimore Ravens alt Over
Chicago Bears alt Under
Green Bay Packers alt Over
Los Angeles Rams alt Under
Las Vegas Raiders alt Under
Tampa Bay Buccaneers alt Under
San Francisco 49ers alt Under

STEVE MAKINEN

DENVER BRONCOS OVER 8.5 WINS

I had fairly high hopes for the Broncos a year ago upon the arrival of QB Russell Wilson, as I felt he was the only thing the team was missing in terms of being a division title/playoff contender. Obviously, things didn't go as planned for Denver in his first season with the franchise, as

the offense started very slowly and didn't really show signs of breaking out until December. For me, that is a key, as they scored 24 points or more in four of their last five games after failing to do so in any of the first 12. In other words, the Wilson-Broncos marriage started to work. Now, they move on with a major upgrade at head coach by bringing on Sean Payton. I would expect Wilson and Payton to do fairly well together, seeing as how Payton enjoyed incredible success with diminutive quarterback Drew Brees in New Orleans. Now, in terms of trends I like for this team, consider that since '98, 34 teams have lost 8+ games in "close loss" format, that being one possession or less (8 pts). Their combined average improvement the next season was a hefty 3.56 wins per season with 30 of them improving. Denver fits this bill after a 5-12 season that could have easily been much better.

NY JETS OVER 9.5 WINS

It's no secret that I put a lot of stock into the quarterback position in the NFL. Most bettors do. The amount of bad play and inconsistency the Jets have endured in recent years at the NFL's most important position has been absurd. Last season may have been rock bottom for that storyline as far as the franchise was concerned, as most experts believed that HC Robert Saleh's team had enough everywhere else to be a contender. How much difference will adding one of the league's best-ever players at the position, albeit an aging one, make this season? In my opinion, night and day. Aaron Rodgers may not have been at his best in 2022, but there were other circumstances involved, and he is still just two years removed from his most recent MVP season. In New York, Rodgers will be backed by elite young skill position talent and a defense that allowed over 20 points just twice in its last 14 games to close last season. Nearly 70% of teams that allow fewer than 23 PPG and won seven or fewer games in a season have improved by over 3.5 wins per season. I also conducted a study earlier that showed that veteran QBs that were winners at their last stop and now moving on to new teams generally improve their new teams' winning percentage by about 23% in their first year. Rodgers can and will be the difference in improving on a 7-10 record. I expect this Jets team to be a playoff contender, at the least.

NEW ORLEANS SAINTS OVER 9.5 WINS

I sometimes feel that the oddsmakers in Vegas pave the road for bettors on some of these season win total wagers. After a rough 7-10 season a year ago, the experts have pegged the Saints for 9.5 this year? To me, the reasons are many. For one, the acquisition of QB Derek Carr from Las Vegas immediately patches a hole this franchise has been suffering from since Drew Brees retired. He can put up big numbers with a very talented receiving corps and consequently, win games. Second, the Saints' defense was very good last year, particularly in the last six games, when it allowed just 13 PPG. Third, and perhaps most importantly, the NFC South is an absolute mess right now, with the Bucs certain to drop after losing QB Tom Brady and several other key veterans, the Falcons not ready to be a playoff contender just yet, and the Panthers looking like a better down-the-road option with new Head Coach Frank Reich and rookie QB Bryce Young. To me, there is only one roster with the talent and pedigree to win the division, New Orleans. If you need one more piece of evidence to push you over the edge, consider this season changeover system: All 10 teams since 2000 that had won fewer games than the prior season in three straight seasons have improved their won-lost record by an average of 4.8 wins per season! New Orleans qualifies (13-12-9-7).

TAMPA BAY BUCCANEERS UNDER 6.5 WINS

While Tom Brady was not at his absolute best last season, he still gave the Bucs a reasonable shot to win in any given game. It's a stretch to say the same thing can be said with Baker Mayfield and Kyle Trask battling it out to be Brady's replacement in '23. As tough as it was to watch Tampa Bay's offense struggle to score touchdowns consistently last season, Brady still put up big numbers and was very good between the 20s. I don't see either of this year's options improving the red zone efficiency. If this year does turn out to be as tough as oddsmakers are projecting for the Bucs, it doesn't take away anything from what was a huge experimental success in bringing over the league's all-time best

quarterback. The franchise made the playoffs all three years and won a Super Bowl. However, it appears to be time to pay the piper, and the rest of the NFC South Division will be ecstatic to get a chance to avenge the past three years of Tampa's reign. Teams that win a lot of close games in one year tend to drop off the next, by around three wins per season. Tampa Bay won six games by eight points or fewer. That average drop doesn't include losing the GOAT. The Bucs were 8-9 last year. Even a minimal two-game decline would send this win total UNDER.

DAVE TULEY

MINNESOTA VIKINGS OVER 8.5 WINS

In the "futures" section, I recommended taking the Vikings at +250 to win the NFC North. I'm not sure the Lions can take that next leap now that they'll be favorites a lot more than they're used to and won't be sneaking up on anybody. So, if I like the Vikings to defend their divisional title, I have to like the Over 8.5 (-125) Season Win Total as well as it's certainly going to take at least nine wins to win the NFC North. I don't expect the Vikings to go 13-4 like last year. I know a lot of people are jumping off their bandwagon because they were lucky to win so many one-score games last year. Still, I certainly don't see them losing five more games and finishing below .500. Besides, as much as people are down on the Vikings they're still favored in 11 of their 17 games this season on the advance lines at several books. Now, I certainly know that just because a team is favored doesn't mean it's an automatic "win" when you're going through the schedule, but they should win at least seven of those. Of the other six games in which they're underdogs, four of those are under a field goal so there's no reason they can't split those to get to nine wins if we're being conservative, though we're going to call it 10 wins. I'm not confident enough to recommend the Over 10.5 +250 at DraftKings, but I'll be shopping around for Over 9 and Over 9.5 at plus-money.

MATT BROWN

ARIZONA CARDINALS UNDER 4.5

The worst team in the league has the lowest win total headed into the 2023 season for good reason. Kyler Murray is injured. JJ Watt retired. DeAndre Hopkins was released. And while players will always play hard, there is a real incentive for this team to lose as many games as possible at the what-is-best-for-the-organization level.

To make matters worse, they have one of the 10-12 hardest schedules entering the season as well. This is evidenced by the fact that they are preseason underdogs in every game listed at DraftKings Sportsbook. And to pile on further, of those games, they're greater than a field goal underdog in all but three games.

I also think there is a very real possibility that if Murray's rehab doesn't go 100% as expected, he could just be shut down for the year to protect not only him — but perhaps more importantly that coveted #1 overall pick. If that is the case, good luck winning five games with some combination of Colt McCoy, Jeff Driskel, Clayton Tune, and David Blough. I'm not completely against playing an alternate under on a team that might struggle to win even two games.

PAULY HOWARD

CHICAGO BEARS UNDER 7.5

The worst team in the league last year is going to go all the way up to eight wins? I cannot see that. We have heard the reports from practice that Fields looks like a different quarterback. You still have to question his weapons and passing accuracy. The division still features a playoff team from last year and everyone's darling in Detroit. I feel the Packers are better than the Bears on paper with Jordan Love getting no respect.

VSIN EXPERT FUTURES AND PROPS

BEST BETS

MATT YOUMANS

TENNESSEE TITANS TO WIN AFC SOUTH (+400)

With the division title on the line in Week 18, Joshua Dobbs was the Titans' starting quarterback at Jacksonville. Dobbs was the third-string option because Ryan Tannehill was injured and rookie Malik Willis was ineffective. Derrick Henry carried 30 times for 109 yards, and the Tennessee defense allowed only 222 total yards, including 19 on the ground. A sack of Dobbs led to the Jaguars scoring on a 37-yard fumble return late in the game to win 20-16. The moral of the story is that Jacksonville, which finished 9-8 after a five-game winning streak, is being overrated in the betting market. Tennessee, which lost seven straight to finish 7-10, is being underrated. Don't forget the 2021 season, when the Titans went 12-5 and earned the AFC's top seed while the Jaguars went 3-14. This division looks like a two-horse race, with Jacksonville the odds-on favorite (-150) at DraftKings. The value is with Tannehill and the Titans.

ZACHARY COHEN

BRYCE YOUNG TO WIN

OFFENSIVE ROOKIE OF THE YEAR (+500)

I find it a little surprising that Bijan Robinson is the favorite to win this award. Robinson is obviously going to be fed the ball a ton with the Atlanta Falcons, but I don't see them completely going away from Tyler Allgeier. Last year, Allgeier rushed for 1,019 yards and averaged 4.9 yards per carry. Also, these big awards are generally suited for quarterbacks when there are suitable candidates. Well, Young is definitely going to make a push for this, as he has already run away with the starting job in Carolina. And the Panthers are a team that a lot of people are picking to win the NFC South. There's no way that Carolina will do that without Young coming in and playing well immediately. With a very good head coach calling the shots for him, as well as a decent offensive line up front, I see Young looking the part of a franchise quarterback sooner rather than later. This is a guy that threw for a total of 8,200 yards with 79 touchdowns and only 12 interceptions in two years as Alabama's starter. And he did so against the best competition in college football. He's as pro-ready a signal caller as you can ask for, and I think he has an underrated group of weapons to catch his passes.

JACKSONVILLE JAGUARS TO WIN

SUPER BOWL LVIII (+2500)

The San Francisco 49ers are my pick to win the Super Bowl, and I have them beating the Buffalo Bills in that game. However, a small part of me thinks the Jaguars are ready to make a massive leap in 2023. With that in mind, I'm putting a little something on them to win the Super Bowl. This Jacksonville offense has the potential to be extremely explosive, with Calvin Ridley now catching passes on the outside, and that already raises the ceiling of this group. The question is whether or not the Jaguars can make significant improvements on the defensive side of the ball. For that to happen, Jacksonville will need Travon Walker to improve significantly as a pass rusher. The Jaguars will also need better play from their secondary. But at this price, I think it's worth a stab. This is a well-coached team with a good quarterback and an easy path to the postseason. So, some small breaks along the way could mean a special season.

MITCH MOSS

GREEN BAY PACKERS TO MAKE THE PLAYOFFS (+190)

Player 1: 70.7% completion (1st in the NFL), 8.2 yards per attempt (4th), 48 TD (1st), 5 INT, 79.8 QBR (1st), 121.5 RTG (1st), 1st in EPA/play and 1st in PASS EPA/play

Player 2: 68.9% (3rd), 7.8 ypa (6th), 37 TD (4th), 4 INT, 74.1 QBR (1st), 111.9 RTG (1st), 1st in EPA/play and 1st in PASS EPA/play

Player 3: 64.6% (20th among QBs with a minimum of 200 dropbacks), 6.8 ypa (24th), 26 TDs (7th), 12 INTs, 39.3 QBR (26th), 91.1 RTG (T15th), 24th EPA/play, 22nd in PASS EPA/play.

The numbers make it easy to see a big-time dropoff from the first two players to the third person on the list. But what if I told you all three players were Aaron Rodgers?

Player 1 was his MVP season in 2020. Player 2 was his MVP season in 2021. Player 3 is who Rodgers was in 2022. He went from having the best numbers in the league in back-to-back 13-win seasons for Green Bay to a QB who was below average in several key categories.

The Packers were also hosting the final game of the regular season on Sunday night as 4.5-point favorites against the Detroit Lions. With a win, Rodgers and Green Bay were in the playoffs yet again. They lost, and the rest is history. Rodgers is now the Jets QB, and unproven fourth year QB Jordan Love takes over the position.

In no way am I suggesting Love will come close to his predecessor's numbers in 2020 or 2021. However, I am suggesting he can be in the ballpark of what happened last year.

I don't expect the Vikings to duplicate 2022, and I'm not buying the hype with the Chicago Bears. The NFC is far from loaded. I'll take the plus money with the Pack.

TONY POLLARD TO WIN

OFFENSIVE PLAYER OF THE YEAR (+5000)

As of this post, Ezekiel Elliott is still without a team. I acknowledge that Dallas could potentially re-sign him before the season starts. If so, that changes things. For now, I'll move forward as the Cowboys originally did when they released the former star RB on March 15th.

Elliott only ran for 3.8 yards per attempt last year, and it was clear to everybody who watched that Tony Pollard was the better weapon out of the backfield.

The yards per attempt were inefficient for Zeke, but his overall touches were still very high—especially in the red zone. The Cowboys fed him the rock 35 times when they were inside their opponents 20 yard line. Elliott scored 12 times! He also had 26 carries inside the 10 yard line, which was tied for third overall in the entire league. 11 TDs were scored on those carries by the former Ohio State star. Inside the 5: Zeke had 16 carries (3rd most) and scored nice times (tied for 3rd most). Who is going to get all of those touches?

Pollard thrived when Elliott missed time. The Cowboys had their bye in Week 9, and Elliott missed the two weeks surrounding it. Pollard's numbers looked like this in the two games:

- Week 8 vs. Chicago: 14 carries, 131 yards (9.4 ypa!), 3 TDs
- Week 10 vs. Green Bay: 22 carries, 115 yards, 1 TD and 6 targets

Dallas was rumored to be in love with former Texas RB Bijan Robinson. They didn't draft him. Nor did they draft Jahmyr Gibbs.

They drafted Deuce Vaughn, who I like, out of Kansas State in the sixth round. But he's only 5'6" and 176 pounds. Vaughn is with Malik Davis and Ronald Jones on the current depth chart behind Pollard.

There is a lot to like about the new full-time starting running back on America's Team. Oh yeah, they throw him the ball as well. 55 times in 2022. My bet is that number only goes up.

AMON-RA ST. BROWN TO WIN

OFFENSIVE PLAYER OF THE YEAR (+4000)

The Detroit Lions were the fifth-highest-scoring team in the NFL in 2022. The offense should again be a major strength of the team in 2023, despite some big losses. More on that in a minute.

Defensively they allowed 25.1 ppg. That number was tied with Indianapolis for the fourth-worst mark in the league. Now, it should improve this year, but by how much? The top half of the league might be a stretch. Shootouts with Lions involved this year won't be surprising.

St. Brown was ninth in targets last year with 146. He also missed Week 4 (no other receiver with more targets missed a single game last year) and only had one target in Week 7. He was also tied for ninth in red zone targets (21), sixth in receptions (13), and had six touchdowns (T4th). QB Jared Goff had a major bounce-back season with the help of offensive coordinator Ben Johnson, and the former number one pick in the draft made it clear that St. Brown was his favorite teammate to target. The Lions passing DVOA ranked fifth last year—up from 28th in 2021.

Now for the players who moved on. D'Andre Swift (70 targets), D.J. Chark (52), and T.J. Hockenson (43) will no longer be stealing targets. In fact, Detroit lost the fourth most targets in the offseason—227 to be exact. Second-year wide receiver Jameson Williams will also miss the first six games of the season due to suspension.

Defenses will certainly adjust to Amon-Ra's breakout season from a year ago, but I'm expecting another huge season out of him. Detroit's win total is 9.5 and juiced to the over, and they're favored to win the NFC North.



Tony Pollard

DIVISION FIRST/SECOND ORDER

AFC EAST: 1st Jets/2nd Dolphins +950; Dolphins 1st/Jets 2nd +950
NFC NORTH: 1st Lions/2nd Packers +650; 1st Packers/2nd Lions +900

DIVISION EXACT ORDER

AFC WEST: Chiefs/Chargers/Broncos/Raiders +450; Chiefs/Broncos/Chargers/Raiders +650

DIVISION TOTAL WINS

Kansas City Chiefs Over 4.5 +100

Chiefs record vs. AFC West since Andy Reid took over as coach in 2013:

- 2013: 2-4
- 2014: 3-3
- 2015: 5-1
- 2016: 6-0
- 2017: 5-1
- 2018: 5-1
- 2019: 6-0
- 2020: 4-2
- 2021: 5-1
- 2022: 6-0

Breakdown:

- 42-6 since 2015 (26-4 since Mahomes took over)
- 7-1 Over 4.5 division wins since 2015
- 4-1 Over 4.5 division wins since Mahomes took over

DIVISION PASSING LEADERS

AFC North: Lamar Jackson +1200



Ja'Marr Chase

ADAM BURKE

DETROIT LIONS HIGHEST SCORING TEAM (+1400)

Moves have been made, and new players have come in, but the Lions still face one of the weakest defensive schedules in the NFL this season. Coming off of a season in which they finished fifth in points per game (26.6), the Lions only play three defenses from the top 10 in EPA/play last season. They'll face the Saints (10th) in Week 13, the Broncos (9th) in Week 15, and the Cowboys (2nd) in Week 17. All three of those games are indoors, so that should help offensive coordinator Ben Johnson's unit offset some of the difficulty of the matchup.

The six games within the division feature opponents that finished 16th (Vikings), 27th (Packers), and 32nd (Bears) in EPA/play last season, and Detroit didn't even take full advantage of that, scoring just 35 points in two games against Green Bay. While some of the teams on the docket did well in free agency or the draft, this will also be Detroit's second season with Johnson at the helm, and improvements are certainly not out of the question with a hot, up-and-coming coach.

Despite the suspension for Jameson Williams, this is still a robust group of skill players with Amon-Ra St. Brown, a big target in Marvin Jones Jr., and a highly versatile running back in Jahmyr Gibbs. The offensive line is still solid as well.

Lastly, the Lions are likely to need a lot of points to win games because the defense projects to be quite bad again.

JACKSONVILLE JAGUARS MOST WINS (+1500)

It is not a coincidence that the Jaguars went 6-1 to finish the season and even won a playoff game before losing an evenly-matched game to the Chiefs. Even as a 3-7 team through 10 weeks, Jacksonville was 10th in EPA/play on offense and right around league average defensively. They were better than their record indicated, and we saw a correction in their results after the Week 11 bye.

From Week 12 through the end of the regular season, Jacksonville was 10th in EPA/play on offense and sixth in EPA/play on defense. Trevor Lawrence had a 15/2 TD/INT ratio over his final nine games and cut his INT total by more than half from his rookie season. Doug Pederson is a heck of a head coach, and the Jaguars got to nine wins, despite squandering one of the two games against the Texans and Colts. It is not out of the realm of possibility that the Jags get six wins in their division games alone this season against a Titans team in purgatory and two rebuilding teams with new head coaches.

Based on the early DraftKings lines, the Jaguars have a handful of coin-flip games, with five games in which they are +1. As a team that cut back significantly on turnovers and also has a full offseason to get into the Pederson playbook, a big leap is certainly not out of the question, and the Jags reside in the league's second-worst division, which is a big help.

DAVE TULEY

CINCINNATI BENGALS TO WIN SUPER BOWL (+1100), AFC (+550)

I first gave out the Bengals as my "too soon" pick to win the 2024 Super Bowl right after the 2023 Super Bowl in February. And they still seem to be the best betting value on the board. The Bengals went toe-to-toe with the Chiefs in the AFC Championship Game before losing 23-20 on a last-second field goal after making it to the Super Bowl the year before, so there's no reason to think they won't continue to be right in the mix. QB Joe Burrow should lead an explosive offense (No. 7 in the league last season at 25.7 points per game) and vastly underrated defense (No. 5 at 19.7 points per game). We'd feel even better about these wagers if the Bengals could secure home-field advantage, which could be tough as they have to hold off a solid Baltimore Ravens team in the AFC North. However, I feel the Bengals are still the better team, plus they've had the number of both the Bills and Chiefs in recent years and are fully capable of running the table.



Justin Jefferson

MINNESOTA VIKINGS TO WIN NFC NORTH (+250)

After the Super Bowl, I took a flier on the Vikings to win next year's Super Bowl at 40-1. I loved the trio of QB Kirk Cousins, RB Dalvin Cook and WR Justin Jefferson, along with the supporting cast enough to see them in contention again. They released Cook, and a lot of people are down on their chances for this upcoming season, but I still think it's an overreaction to drop their Over/Under Season Win Total to 8.5 after this team won 13 last season. Yes, I know how they were lucky to win so many one-score games, but I don't think that should be held against them this much. The same goes for the NFC North race. DraftKings has the Vikings at +250 to repeat as division champs, with the Lions the favorite at +130 after going 9-8 last season. Now, believe me, I've happily cashed on the Lions as underdogs many times in the past two years and am as impressed as anyone with how much they're improved under coach Dan Campbell and with Jared Goff re-booting his career. But, and this is a big but, it's hard for a team to take a second big leap after improving so much from year to year. I believe the Vikings still have enough to hold them off to win the NFC North at the generous price of +250.

MATT BROWN

SEATTLE SEAHAWKS TO WIN NFC WEST (+195)

In my humble opinion, this is a head-to-head bet between the Seahawks and the 49ers. I fully expect the Cardinals to be one of the worst teams in the NFL, if not the worst. And the Rams are completely stuck in neutral as their cap situation and lack of draft picks didn't allow for any significant upgrades. Instead, they saw some major departures. And the 49ers don't know who is going to be their quarterback for the majority of the games this season, making them a real regression candidate.

Enter the Seahawks, a team Pro Football Focus recently ranked as the 11th-best roster in the NFL entering the 2023 season. They had a fantastic draft and picked up some key pieces in free agency. One of those key draft picks is WR Jaxon Smith-Njigba. They added arguably the best wideout in the draft to an already good receiver group, giving Geno Smith (PFF's 9th-graded QB in 2022) a dangerous threat at every level. The offensive line will need to play a little better, and the run defense could be a problem at times, but the pass rush and pass defense were upgraded and should be a strength this year.

With the state of the bottom two teams in the division and my predicted 'step back' for the 49ers, the number on the Seahawks seems off and worth a bet down to around +175.

BRYCE YOUNG OVER 3500.5 PASSING YARDS

I try to avoid betting the Over on season statistical totals, especially for rookies, but this one is too juicy to pass up.

We've cleared the first hurdle, which is Young getting named the starter in early June. Secondly, we get the reports that he has had real

chemistry with free agent pickup Adam Thielen, who could act as a security blanket underneath, providing an outlet for high-percentage throws. Moreover, word is that Terrace Marshall has really stepped up (better late than never, eh?) and DJ Chark looks to be fully recovered from his injuries. And we can't forget the Panthers added Hayden Hurst, a big, steady target and favorite of Joe Burrow's the last couple of seasons.

The offensive line should provide enough protection to allow the rookie to take advantage of his under-the-radar good stable of receivers.

If we do the math, provided Young can give us 15 games, we need an average of 233 yards passing per game to get the Over. In today's passing NFL, only four starters that started 15 games last season didn't average at least 233 passing yards per game. If he suits up for 16, that number drops to 219 per game. If he's lucky enough to avoid the injury bug and can go all 17 games, we need a mere 206 passing yards average to get us home. Only Daniel Jones and Justin Fields failed to reach that passing yard average last year amongst regular starters.

PAULY HOWARD

MOST RECEIVING YARDS

GARRETT WILSON (30-1 DRAFTKINGS)

Wilson will be the top target for Rodgers, and he will put up big numbers. I cannot stress enough the gap between Zach Wilson and Aaron Rodgers in quarterback play and the ability to stretch the field. Going Over TD Receptions is also in play this season. Garrett Wilson put up good stats with Zach Wilson and Mike White, and Rodgers enters this year with a chip on his shoulder after Green Bay wanted him to leave.

WES REYNOLDS

ATLANTA FALCONS +240 TO WIN NFC SOUTH

In 2022, the Falcons fielded an above-average offense (13th in Football Outsiders' DVOA) and an elite special teams unit (fifth) but struggled mightily on defense (30th).

Atlanta should be improved on that side of the ball. They had money to spend to improve it after finally getting out of the Matt Ryan and Julio Jones contracts that put them in salary cap hell. They add Jessie Bates III (Cincinnati) at safety and Calais Campbell (Baltimore) on the defensive line. Adding defensive tackle David Onyemata and linebacker Kaden Elliss from the Saints gives the Falcons two more quality front-seven defenders — along with the added benefit of directly weakening the Saints. The Falcons weakened the Saints the most by

grabbing Ryan Nielsen for the defensive coordinator position. Although he is a first-time defensive play caller, Nielsen appears to be an upgrade over 73-year-old Dean Pees.

Offensively, Atlanta should be one of the league's best at running the ball again behind one of the league's best offensive lines, and they add Bijan Robinson to the backfield. The acquisition of Jonnu Smith from Tennessee, where he had his best years with Arthur Smith, allows the Falcons to move 2021 first-rounder Kyle Pitts around more and to be able to get him the ball more frequently.

Also, due to tiebreakers, Atlanta plays the last place schedule in the NFC South.

This is also a play against New Orleans. Dennis Allen has never had a winning season as a head coach, and the 7-10 mark last year was the best of his career. Derek Carr is also now working with the fifth offensive coordinator of his career. Michael Thomas took less money to come back, but is he the same player he was three years ago? Alvin Kamara may also still have a suspension to serve for an incident in Las Vegas during the 2022 Pro Bowl weekend.

FEMI ABEBEFE

MICAH PARSONS TO WIN DEFENSIVE PLAYER OF THE YEAR (+700)

It's not sexy or fun to bet chalk in awards markets, but if there ever was a market to focus on the top of the odds board, it's NFL Defensive Player of the Year. This season, the guy next in line to be crowned as the league's top defender is none other than Dallas Cowboys pass rusher Micah Parsons. Not only does Parsons get a lot of attention playing for America's Team, but his game does the talking as well. Entering year three of his career, Parsons has already finished second on the ballot for this award in each of his first two seasons. The two-time first-team All-Pro edge rusher checks every box for a potential DPOY winner.

Parsons' production has been outstanding in his first two seasons—26.5 career sacks and 33 tackles for loss. In addition to being a dynamic pass rusher, he can also play off-ball linebacker which makes him arguably the most feared defensive weapon in football. The crazy thing is that when you listen to Parsons talk, it sounds like, in his mind, he's just scratching the surface of his full potential. In college, he was primarily used as an off-ball linebacker and was originally drafted to play that position for the Cowboys. It was only out of necessity due to other injuries that they tried him out as a pass rusher. With another year of pass-rushing experience under his belt, Parsons is now better suited to handle a full season of playing on the line of scrimmage, which is probably why he didn't win the award in 2022.

On top of that, Dallas is set up pretty well to have one of the best defenses in the league, with defensive coordinator Dan Quinn back at the helm for a third season. Quinn has mentioned this offseason how he's excited to be back after interviewing on the head coaching circuit and believes his defense has the opportunity to "level up" in 2023. If the Dallas defense is as good as Quinn thinks it will be, my guess is that voters will reward Parsons with DPOY as the face of one of the game's top units.

MATT LAFLEUR TO WIN COACH OF THE YEAR (+2000)

If there's one thing we've learned over the past decade, the NFL Coach of the Year award doesn't really go to the best coach in the league. Instead, the voting bloc gives it to the coach whose team exceeded the median expectations. Does it make sense to hand out the award that way? Probably not, but that's what the voters do, so we should be aware of it.

I say all that to say I'm not the biggest fan of Green Bay Packers head coach Matt LaFleur, but I do like him to win this award because the expectations in Green Bay haven't been this low in quite some time. The last time the Packers had a win total of 7.5 was 2007, which ironically saw the Pack go 13-3 that year.

Speaking of 13 wins, LaFleur won that many games in each of his first three seasons as Packers head coach. However, he was never really considered for Coach of the Year because all the credit went to four-time league MVP quarterback Aaron Rodgers. Unless you've been living under a rock for the past six months, you'd know that the Packers traded Rodgers to the New York Jets, ushering in a new era at Lambeau Field.

With Rodgers in New York, the Packers are now the longest shot to win the NFC North. Is that right? Who's to say? LaFleur and the Packers' hopes are now tied to fourth-year quarterback Jordan Love who is taking over as the starter for the first time in his career. If Love is bad, this bet has zero chance. However, if Love is good, the Packers become incredibly live to win the division.

More importantly, in this case, because Love isn't an established star (like Rodgers), LaFleur is set up really well to get credit for any Packers' success this season. In what is a gettable division, I think LaFleur, Love and the Packers can outperform expectations due to a manageable schedule. There are a number of interesting Coach of the Year candidates this season (Arthur Smith, Frank Reich, Matt Eberflus, Ron Rivera, etc.). However, Green Bay is one of the most glamorous franchises in the league and will get a majority of the attention if they can get to double-digit wins.

BRYCE YOUNG TO WIN OFFENSIVE ROOKIE OF THE YEAR (+500)

I find it very interesting that the first overall draft pick, who played quarterback at the most high-profile college football program and has a Heisman Trophy, is somehow not the favorite to win Offensive Rookie of the Year. Look, Falcons running back Bijan Robinson is legit. This time a year ago, I bet him to win said Heisman Trophy, which ultimately went to next year's likely OROY favorite Caleb Williams.

With that said, let's get to the guy I like this year—Carolina Panthers quarterback Bryce Young. Leading up to the draft, every front office executive, scout and amateur draftnik spoke highly about Young and his abilities as a top-notch signal caller. The only knock on Young is that he's a physical outlier for the position, but that doesn't really concern me in Year One.

On the podcast The GM Shuffle with Michael Lombardi, the former NFL front office executive explained to me the brilliance of Young lies within his innate instincts to maneuver in the pocket when plays break down. Lombardi described Young as a point guard on a basketball court, which makes sense since Young's first love was playing hoops. In addition to having great instincts, Young has a stronger arm than he's given credit for having and has proven to be durable (missed just one game in college) playing in the vaunted Southeastern Conference. Mentally, it sounds like he's pretty advanced for being a young quarterback and has already drawn rave reviews from his new teammates in Carolina.

Alright, I'll stop the Young love fest and get to how he makes the Panthers better, which is ultimately why I believe he wins the award. Most of the time, when a quarterback is selected first overall, they're joining a team that was atrocious a season ago. That's not the case with Young and the Panthers. Carolina traded up from the back of the top 10 to get their QB of the future. This roster is much better than the market thinks despite having to give up wide receiver D.J. Moore to acquire Young.

With a revamped coaching staff led by Frank Reich, I think the Panthers can challenge for a division title in the NFC South. I'll even go a step further. By the end of the season, the consensus opinion is that the Panthers have the best head coach and quarterback in the division. I like Carolina to win the NFC South, but instead of betting that, I'm going to play Young OROY at the bigger price because of the correlation between the two. I don't see a scenario where the Panthers win the division and Young plays poorly. Do I think Robinson will be a stud in Atlanta? Without question. However, in this instance, the tie goes to the quarterback on the better team and at the better price in the market.

BOOKMAKERS' TAKE ON THE JETS

by Matt Youmans

When something is new, it's usually exciting. Most people typically get a thrill from the feel of a new relationship, the look of a new vacation destination, and the smell of a new car, to offer a few examples. Few things excite the betting public more than an old quarterback moving to a new team, and this year's example is Aaron Rodgers joining the New York Jets.

Which team is winning the summer popularity contest on the NFL futures board? "The bettors like the Jets, of course," DraftKings sportsbook director John Avello said. "But I didn't like Aaron Rodgers last year. Is this the new, improved Rodgers? I don't know."

At 18-1 odds to win the Super Bowl, the Jets are the seventh choice on the DraftKings board behind the Chiefs (+600), Eagles (+650), Bills (+900), 49ers (10-1), Bengals (11-1) and Cowboys (14-1).

There are plenty of other ways to bet the Jets — to win the AFC East (+270), to win the conference (11-1), and to go Over the win total (9.5) — for those who are seeing green and getting excited about Rodgers' new team.

South Point sportsbook director Chris Andrews said it has been "no surprise" to see the public jumping on the Jets. However, the first wave of sharp action he took was Under the win total of 10, which he adjusted to 9.5 (Over -140).

"The sharp guys usually bet Under or pass," Andrews said. "I'm taking the Jets seriously. Let's face it, the defense was pretty good last year. I'm not sure the offensive line is all that good, but I think Rodgers can do enough."

Rodgers, who turned 39 in December, did not do enough to get Green Bay to the playoffs last season. He threw 12 interceptions, his highest total since 2008, and the Packers finished 8-9.

"Rodgers was (crappy) last year," Avello said.

So when the crap hit the fan, Rodgers was gone. He emerged from a darkness retreat and announced a desire to play for the Jets, who last reached the playoffs in the 2010 season and have not won a title since Joe Namath's guarantee paid off in Super Bowl III in 1969.

Rodgers' lone Super Bowl win, which came with the Packers in February 2011, is a fading memory. Still, he is one of the league's elite quarterbacks, and his presence will instill confidence in a young Jets team that finished with a six-game losing streak and a 7-10 record. The bright side, as Andrews said, was a defense that ranked fourth in the NFL in scoring.

It's not crazy to think Rodgers can be the final piece to the Jets' puzzle. Tom Brady was exactly what the Buccaneers needed when he moved from New England to Tampa Bay as a free agent in 2020.

At the time, many Las Vegas bookmakers, including John Murray at the Westgate SuperBook, laughed and mocked the public for

enthusiastically betting on the Buccaneers to win the Super Bowl before Brady's first season with a new team.

"We didn't have an appreciation for how good that team was around Brady," Murray said. "We definitely underestimated how bad the NFC South was, but the Buccaneers didn't win the division, and it was an incredible run in the playoffs."

A year after going 7-9 with Jameis Winston at quarterback in 2019, Tampa Bay made the playoffs as a wild-card team, and Brady did win his seventh Super Bowl, going through Rodgers in Green Bay along the way.

"It's not going to be the same with Rodgers in the AFC East because that's a really good division," Murray said. "I don't like the Jets. I never like those teams that are popular with everybody. I also think that Rodgers just looked lousy last year."

While there is some symmetry with Brady and Rodgers, the obvious difference is Brady's postseason track record is unmatched, and Rodgers' playoff performances have been mostly underwhelming in recent years.

The link between Rodgers and Brett Favre, another one-time Super Bowl winner with the Packers, is more relevant. After his relationship with Green Bay management deteriorated in 2008, Favre was traded to the Jets. He spent one year in New York, and the team missed the playoffs with a 9-7 record. Favre finished the season with 22 touchdown passes and 22 interceptions and was released in 2009 before playing his final two years for the Vikings.

Rodgers is not going to be beating up on the Bears anymore. Take a deep dive into the schedule, and it appears the wiseguys have the right idea by initially betting the Jets' win total Under 10.

Based on the opponents' winning percentage of .545 last season (a combined record of 155-129-3), the Jets draw the NFL's sixth-toughest schedule. That's not always the most accurate way to grade strength of schedule, so also consider the number of playoff teams from last season (nine) on this 17-game schedule and some other factors.

In the first six weeks, Rodgers and the Jets will face a firing line of quality quarterbacks — Buffalo's Josh Allen (Week 1), Dallas' Dak Prescott, New England's Mac Jones, Kansas City's Patrick Mahomes, Denver's Russell Wilson and Philadelphia's Jalen Hurts.

The Jets also have two especially challenging short-week scenarios on the schedule. After hosting the Bills and Chargers on Monday nights in Weeks 1 and 9, the Jets hit the road to play the Cowboys and Raiders in Weeks 2 and 10, respectively.

Rodgers is not the best quarterback in his new division — Allen has earned that status — and the top two quarterbacks in the AFC are Mahomes and the Bengals' Joe Burrow.

"It's a big leap the Jets are being asked to make, and the AFC is so much better than the NFC," Murray said. "The Bills are kind of a forgotten team. Going into the playoffs, I think Buffalo was the highest power-rated team in the league. Everyone is talking about the Chiefs, Bengals and Jets. I think it's interesting how under the radar the Bills are now."

The Jets went 2-4 in division games last season, and it requires a leap of faith to predict they will be any better than 3-3 this season. Don't forget the Patriots own a 14-game winning streak against the Jets.

Rodgers appears rejuvenated in New York, where fans and media are celebrating his arrival and dreaming of a postseason paradise. This is the honeymoon phase.

Sharp money says the Jets will need Rodgers at his MVP-level best to win nine or 10 games and reach the playoffs, which seems the best-case scenario. The reality is your Super Bowl futures bet is better off in the hands of Mahomes, Allen or Burrow.

MVP

CHATTER

by Zachary Cohen

Last season, Patrick Mahomes took home the second Most Valuable Player award of his six-year NFL career. Mahomes did it by throwing for 5,250 yards with 41 touchdowns and only 12 interceptions while adding another 358 yards and four touchdowns on the ground. Mahomes' Kansas City Chiefs were the top-seeded team in the AFC, going 14-3 on the year and ultimately earning a 38-35 win over the Philadelphia Eagles in Super Bowl LVII.

Mahomes is once again favored to win this award, and it's hard to argue with his candidacy. However, it's also difficult to ignore voter fatigue. Aaron Rodgers won back-to-back MVPs in 2020 and 2021, but that is something that has only happened six times in NFL history — with Peyton Manning being responsible for two instances.

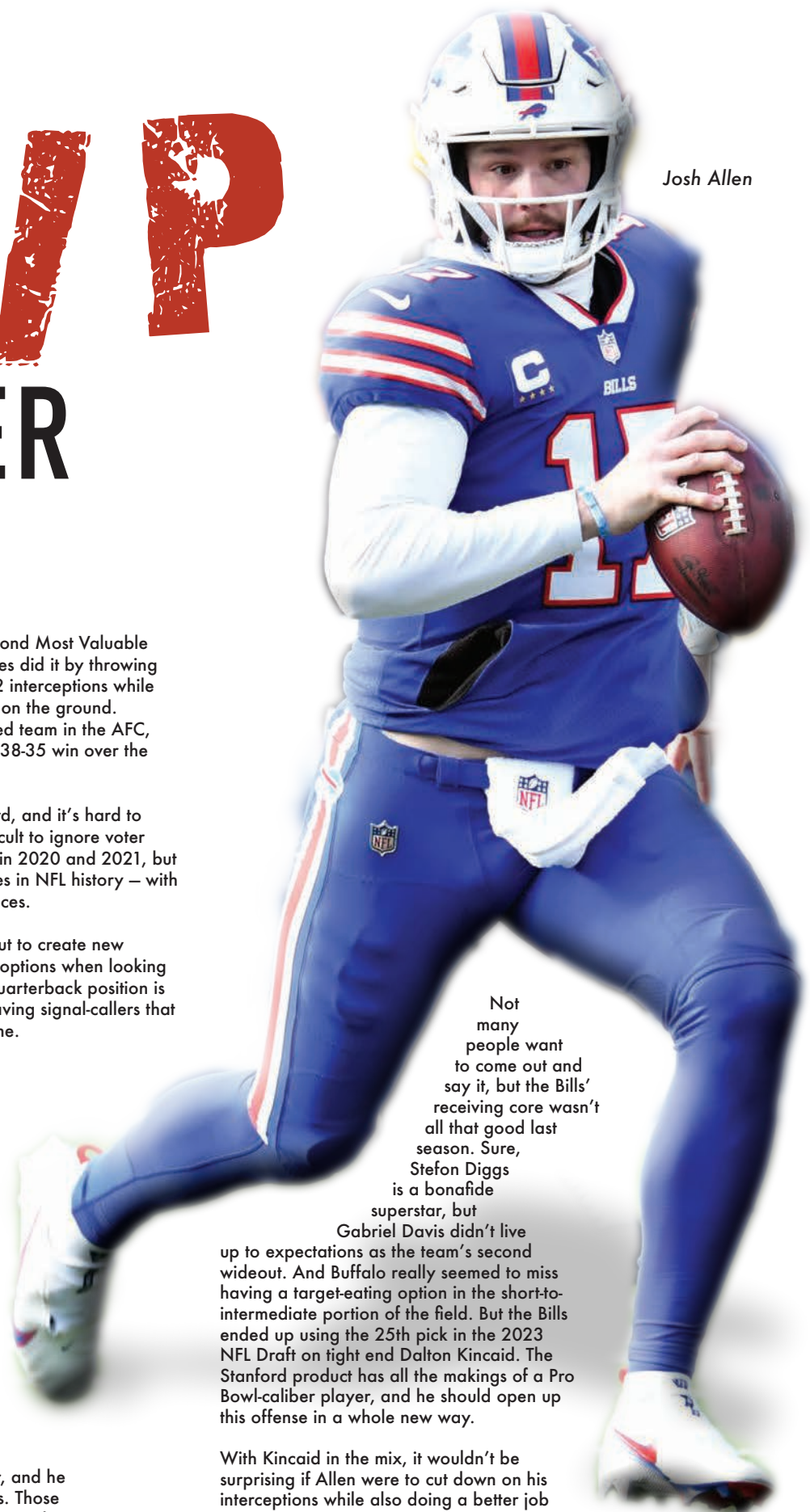
Voters generally want to try and spread things out to create new narratives, and it's not like there's a shortage of options when looking for players that can win. The talent pool at the quarterback position is incredibly rich these days, with multiple teams having signal-callers that are capable of taking home an award like this one.

WHO IS THE BEST OF THE BUNCH WHEN IT COMES TO THE CHALKIER OPTIONS?

Mahomes is listed at +700 to win MVP next season, with Joe Burrow (+750), Josh Allen (+800) and Jalen Hurts (+800) sitting right behind him. We already made a small case for why Mahomes isn't the right pick here, but are any of them worth a play? We can get behind a bet on Allen.

Last year, Allen was the preseason favorite to win MVP. The 27-year-old ultimately failed to get the job done, but he still turned in an MVP-worthy season. Allen threw for 4,283 yards with 35 touchdowns and 14 picks last year, and he also rushed for 762 yards with seven touchdowns. Those numbers were good for third place in MVP voting, and there are reasons to believe that Allen will play a lot better in 2023-24.

Josh Allen



Not many people want to come out and say it, but the Bills' receiving core wasn't all that good last season. Sure, Stefon Diggs is a bonafide superstar, but Gabriel Davis didn't live up to expectations as the team's second wideout. And Buffalo really seemed to miss having a target-eating option in the short-to-intermediate portion of the field. But the Bills ended up using the 25th pick in the 2023 NFL Draft on tight end Dalton Kincaid. The Stanford product has all the makings of a Pro Bowl-caliber player, and he should open up this offense in a whole new way.

With Kincaid in the mix, it wouldn't be surprising if Allen were to cut down on his interceptions while also doing a better job of increasing his passing efficiency. And when you combine that with his ability to run the football, it's hard not to love him as an MVP bet.

IS AARON RODGERS WORTH BETTING IN HIS FIRST SEASON WITH THE JETS?

After 18 seasons with the Green Bay Packers, Rodgers was traded to New York in the offseason. He'll enter the year with a lot of eyeballs looking in his direction, and that's a good thing as long as he can perform at a high level.

Rodgers threw for 3,695 yards with 26 touchdowns and 12 interceptions last season, and he did so with a miserable supporting cast. Rodgers' top wideouts were Allen Lazard and rookie Christian Watson, who entered the league with concerns over how soon he'd be able to produce. Now, he'll be throwing to a legitimate star in Garrett Wilson, and Lazard comes over as the team's second-best wideout. The Jets also have guys like Corey Davis, Mecole Hardman Jr., Denzel Mims and Randall Cobb in the mix. So, there's depth at the wide receiver position, and Rodgers should be able to take advantage of that. New York also has talent in the backfield, which will only make things easier on the passing game.

Rodgers has a lot of familiarity with the system New York is putting in place, as Nathaniel Hackett was essentially handpicked to be the future Hall of Famer's offensive coordinator. The two loved working with one another in Green Bay, and Hackett is going to build everything around Rodgers' strengths. That means there won't be much of a learning curve here. Rodgers should be ready to rock from day one.

If New York wins 10 or 11 games and ends up in the playoff picture, how can Rodgers not be the pick to win this thing? Everybody loves a good story, and this would definitely qualify as one. So, while there are reasons to doubt Rodgers' ability to turn in an MVP-worthy season at this point in his career, just remember that narratives drive voting. And if Rodgers is in the conversation, his name might carry enough weight to push him to a win. At +1400 odds, you might want to bank on that.

IS TREVOR LAWRENCE READY TO MAKE A PUSH?

Last season, we debated whether Justin Herbert was ready to join the league's elite and contend for MVP. This year, Lawrence is the young gun that seems poised to make the leap. The 23-year-old threw for 4,113 yards with 25 touchdowns and only eight picks last season, and he also performed at a high level in the postseason.

Jacksonville now gets Calvin Ridley back from a season-long suspension for sports gambling. In Ridley, Christian Kirk, Zay Jones and Evan Engram, Lawrence has one of the better groups of pass catchers in football. The former Clemson star should benefit from Ridley's presence immediately.

Lawrence will also simply be better with this being his second year in Doug Pederson's offense. Lawrence dealt with all kinds of nonsense in his rookie season, with Urban Meyer being one of the most disastrous one-year coaches in NFL history. Lawrence needed stability, and Pederson brought that, getting the absolute best out of the young signal-caller.

In Lawrence's second year under center, the Jaguars became a playoff team and the quarterback became a Pro Bowler. But Lawrence will be expected to take another sizable step forward in his third pro season, and it's not out of the realm of possibility that he joins the MVP conversation.

At +1400 odds, you can do a lot worse than taking a flier on this play. Lawrence also has the luxury of playing one of the easiest schedules in football. He should easily lead the Jaguars to the top of the AFC South standings, and anything more than that is just gravy.

ARE THERE ANY DARKHORSE PICKS WORTHY OF CONSIDERATION?

Two darts that might be worth throwing are Geno Smith (+3500) and Russell Wilson (+3500).

Smith is coming off a year in which he unexpectedly threw for 4,282 yards with 30 touchdowns and only 11 interceptions. And while a lot of

people expected Seattle to draft his successor in the 2023 NFL Draft, the team went defense with its first selection. Then, the Seahawks got Ohio State Buckeyes wide receiver Jaxon Smith-Njigba later in the draft.

Smith now has one of the most explosive groups of receivers in the league, with Smith-Njigba joining the highly productive duo of DK Metcalf and Tyler Lockett. This offense should be a lot tougher to defend next season, and Smith should be a lot sharper in his second full year as a starter. He also should be rather confident after having signed a three-year, \$105 million deal after the season. Smith is no longer looking over his shoulder. This is his show, and the Seahawks have a lot of faith in him.

Perhaps Smith's ceiling is making the Pro Bowl, as he did in the 2022 season. But at these long odds, it might be worth putting a quarter-unit on this and hoping for a bit more. It's hard to ignore just how bad the NFC might be next season, so a better-than-expected year for Seattle just might put Smith in the mix.

As for Wilson, it's hard to put into words how big of a failure last season was. "Mr. Unlimited" proved to be nothing but limited in his first year with the Broncos, but let's not overlook the fact that Hackett looked completely overwhelmed in his first year as the team's head coach. And Wilson also showed up to Denver in pretty lousy shape.

Wilson now has one of the game's brightest offensive minds calling plays for him, as the Broncos brought in Sean Payton during the offseason. Payton has had success with short, immobile quarterbacks before, so even if Wilson never regains his athleticism, there's still hope he can be effective in this offense. But Wilson has also done a lot of work on his body since the season ended, which should help him regain some of his ability to extend plays.

The Broncos have a ton of talent at the wide receiver position, so it isn't crazy to think that this can become an explosive offense again. The question is whether Denver has a shot at becoming a playoff team in a stacked division — and conference. The team will need to do so in order for Wilson to have a chance of winning. But if he does look like the Wilson of old, Denver should be a much better team. With that said, it isn't the worst idea in the world to bet on this. Payton wouldn't have taken the Broncos job if he didn't believe Wilson could be fixed.

SHOULD ANY NON-QUARTERBACKS BE CONSIDERED?

The short answer is no, not really. The last time a quarterback didn't win MVP was in 2012 when Adrian Peterson — who somehow still isn't officially retired — rushed for 2,097 yards and 12 touchdowns for the Minnesota Vikings. Since then, there have been some special seasons out of plenty of running backs and wide receivers, but that gears more towards the Offensive Player of the Year award.

If Cooper Kupp didn't bring home the MVP after catching 145 passes for 1,947 yards and 16 touchdowns in 2021, it genuinely feels impossible for a skill position player to win this again. However, if there's anybody worth betting, it's Christian McCaffrey at +8000.

In no way is this us touting McCaffrey as a good pick to win the award. But if you are absolutely desperate for a non-quarterback play, this is it. The San Francisco 49ers still have a strong offensive line, and Kyle Shanahan will find all sorts of ways to get McCaffrey touches. The 49ers also have a lot of question marks at the quarterback position, which puts a lot on the shoulders of the two-time Pro Bowl running back.

Last year, in 17 games split between the Carolina Panthers and 49ers, McCaffrey ended up rushing for 1,139 yards with eight touchdowns. He also finished the season with 85 receptions for 741 yards and five scores. McCaffrey was unstoppable once he arrived in the Bay Area, too. So, with a full season of playing in this offense, he could put up astronomical numbers. And he'd deserve a lot of the credit if San Francisco were to be one of the NFC's elite teams again.

NFL SEASON WIN TOTAL TIERS

by Adam Burke

WIN TOTALS I
LOVE



WIN TOTALS I
LIKE



WIN TOTALS I'M
NOT SURE ABOUT...



WIN TOTALS I
WOULDN'T BET
WITH YOUR
MONEY



Last year's season win total tiers article started with an interesting nugget. There have only been two seasons since 2002 in which a team did not go from worst to first in the division. The 2022 season held to that trend, as the Jacksonville Jaguars went from 3-14 in the AFC South to a 9-8 division champ.

While it is hard to see any of last season's basement dwellers pulling off that same feat this season, it is not hard to expect teams to overperform or underperform relative to their season win total expectations. Last season, 24 of the league's 32 teams were +/- 1.5 wins against the season win total line, and 20 of those 24 teams were +/- 2.5 wins based on the preseason line.

Just about every sportsbook offers alternate season win total odds, and those may be something to check into as you are preparing for the year and looking at teams that you like to go over or under their win total odds.

Here is an opinion on all 32 teams and their season win totals, ranging from ones that I love to ones that I wouldn't bet with anybody else's money, not even my worst enemy.

Odds are from DraftKings, but be sure to shop around for the best lines.

NFL WIN TOTALS I LOVE

CHICAGO BEARS UNDER 7.5 (+110)

Maybe the Bears are the team to take advantage of what should be a weaker NFC North Division, but this defense was objectively awful, and over 150 carries from Justin Fields creates a major injury risk. This was the league's worst defense in EPA/play by a large margin. The Bears were dead last in third-down defense and in the bottom-five in red zone defense. Chicago gave up over 27 points per game and lacks depth all over the field. The Bears will play seven road games in 11 weeks prior to their Week 13 bye, so the schedule may not be all that daunting by opponent, but it is a grind for a shallow roster.

DENVER BRONCOS OVER 8.5 (-110)

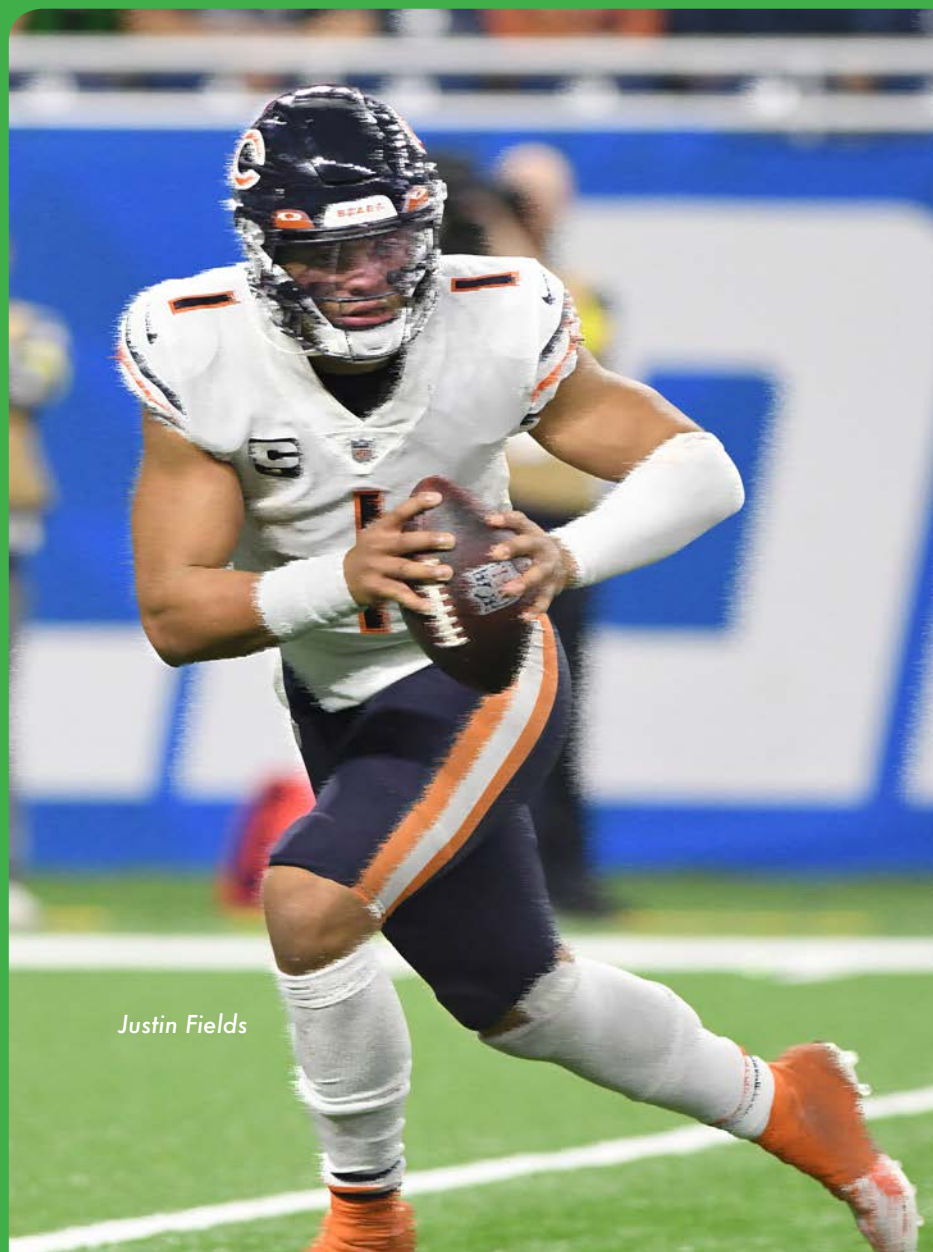
Is Russ going to cook or is Russ cooked? The Wilson conundrum may be the biggest question mark in the entire NFL. It's clear that the Broncos have upgraded with head coach Sean Payton, and this was a team absurdly ravaged by injuries last season. According to Football Outsiders, Denver had the most adjusted games lost due to injury last season with the second-most on offense and the fifth-most on defense. The Broncos still had a top-10 defense by EPA/play. They were 30th in third-down conversion rate over expected, which may simply have come down to Nathaniel Hackett. I'll drink the Kool-Aid and buy in with a deeply-talented roster and a QB with a big track record when not playing for an overwhelmed head coach.

JACKSONVILLE JAGUARS OVER 9.5 (-135)

The class of the AFC South was one of the unluckiest teams in the league during a 3-7 start, but as things stabilized, the Jaguars went 6-1 after the bye week and even won a playoff game for the first time since 2017 with a huge second-half comeback. Their outstanding head coach Doug Pederson helped turn the Jags around with a top 10 ranking in EPA/play on offense and a solid 12th in EPA/play on defense, including the sixth-ranked defense by that metric after the bye week. QB Trevor Lawrence cut his interception total by more than half and finished in the top 10 in MVP voting. Add Calvin Ridley to the mix and another year with the playbooks on both sides of the ball, and this is a legitimate Super Bowl contender.

NEW YORK GIANTS OVER 7.5 (+100)

Imagine the coaching chops that it takes to turn a group led by Daniel Jones into a top-10 offense. That's precisely what Brian Daboll and Mike Kafka did with the Giants, who finished ninth in EPA/play last season. Sure, the full body of work wasn't all that pretty, as the Giants were outscored and outgained on the season, both overall and by yards per play. They won a bunch of close games, and Jones had four fourth-quarter comebacks and five game-winning drives, but a huge coaching upgrade can help, and the front office is also much stronger. This was a league-average pass defense that struggled against the run, but it wouldn't be surprising to see the Giants have better overall stats in Year 2 and 8-9 or 9-8 seem to be the likeliest outcomes.



Justin Fields

NFL WIN TOTALS I LIKE

BUFFALO BILLS OVER 10.5 (-140)

The schedule is tough, and the division has improved, but the Bills are still the class of the AFC East until proven otherwise. This was the second-best offense in EPA/play, and Josh Allen graded as a top-five quarterback in several metrics, including EPA + CPOE composite (completion percentage above expected), Success Rate. I would expect Allen's full-season numbers to be even stronger without the early-season adjustment to losing Brian Daboll. Buffalo was 31st in Football Outsiders' Adjusted Games Lost metric on defense, missing Tre'Davious White, Micah Hyde, and Von Miller for significant portions of the season. Going 10-7 feels like the floor for this team.

DALLAS COWBOYS OVER 9.5 (-155)

The juice is a little stiff on this one, but the Cowboys look poised to be a legitimate contender in the NFC again. Last year's group was second in EPA/play on defense with some huge playmakers on that side of the ball. Dak Prescott was a top-10 quarterback by several advanced metrics, including adjusted EPA/play and overall EPA/play. There aren't any apparent weaknesses on the roster, and Brandin Cooks is a quality possession receiver to add to Prescott's cache of weapons. It's the "-155" that makes me like it and not love it.

GREEN BAY PACKERS UNDER 7.5 (-115)

The Packers have officially passed the torch to Jordan Love, who is a giant unknown heading into his third season in the league. Love has gotten very few reps with 83 pass attempts and only one start to this point. Christian Watson and Romeo Doubs might be bona fide NFL receivers, but the sample size under Aaron Rodgers doesn't seem like a good barometer for what we'll see with Love at the helm. The defense also ranked 27th in EPA/play last season, and a rise in turnovers on offense seems like a safe bet. This is a rebuilding year on the fly for Green Bay. The organization may have a choice between investing more in Love or giving a guy like Drake Maye a chance with a clean slate in 2024.

INDIANAPOLIS COLTS OVER 6.5 (-135)

To say that things went off the rails for the Colts last season is an understatement. Jeff Saturday went from the high school sidelines to the NFL and his team went 1-7 over the final eight games. Things didn't even look all that good under Frank Reich with a 3-5-1 start and Matt Ryan at the helm. This season, the Colts wipe the slate clean with new head coach Shane Steichen and a complete turnover at the QB position by adding Gardner Minshew and Anthony Richardson. This was a middle-of-the-pack defense by EPA/play last season, despite the league's highest red-zone conversion rate against, and the offense looks way more promising with a fresh start in what is still a fairly weak division.

LOS ANGELES CHARGERS UNDER 9.5 (-110)

Justin Herbert does some special things, and new OC Kellen Moore could unlock his full potential. Yet, this is still an injury-prone roster that struggled to create explosive plays on offense and prevent them on defense. Despite gaining over 6,000 yards of offense, the Chargers were outgained by 0.6 yards per play. They gave up over a full yard per reception more than they gained, as Herbert and the offense was held to just 9.9 yards per catch. Keenan Allen and Mike Williams both missing time was a factor, but we have no reason to expect them to stay intact for a full season. Is Brandon Staley the right man for the job? This year's tough schedule will likely answer that question.

MIAMI DOLPHINS OVER 9.5 (+100)

Because of how the season ended, it is easy to forget that the Dolphins were 8-3 over their first 11 games before losing three straight road games to the 49ers, Chargers and Bills. The health of Tua Tagovailoa is a huge part of the equation here after the images of him suffering multiple concussions became seared into the minds of football fans and bettors. By EPA + CPOE composite, Tua was second to some guy named Patrick Mahomes last season and also second in Adjusted EPA/play. The defense struggled, but Jalen Ramsey comes in to pair with standout Xavier Howard and force more turnovers, as Miami went 9-8 with a -7 TO differential last season.

PITTSBURGH STEELERS UNDER 8.5 (+115)

Yes, Mike Tomlin has never had a losing season as the head coach of the Steelers, and for this to cash, that streak would need to end. However, the Steelers needed four straight wins over the Panthers, Raiders, Ravens, and Browns to get there, and up until the Cleveland game, they only had one win by more than eight points. The offense under Matt Canada lacked creativity again, as Pittsburgh was one of six teams with fewer than five yards per play. Those other teams combined for 24 wins, including eight from the Commanders. It was a tale of two halves of the season, and Kenny Pickett did play well down the stretch, plus the Steelers have a pretty easy schedule relatively speaking. However, the bye week comes early (Week 6), and this is a top-heavy roster that had the fewest adjusted games lost last season, even with TJ Watt's injury.

TAMPA BAY BUCCANEERS UNDER 6.5 (-130)

We need a tagline for the teams in the running for Caleb Williams. "Be Crappy for Caleb?" "Capitulate for Caleb?" Whatever it is, that should be the Bucs' mission statement for this season. Playing Baker Mayfield and/or Kyle Trask is a good start. Even with Tom Brady riding off into the sunset, the Bucs went 8-9 last season and got outscored by 35 points. Seven of their eight wins came against teams that missed the playoffs, and their eight wins were by a combined total of 50 points. That was with a decent roster and the GOAT at QB. What will this team look like with a lesser roster and a bad quarterback? There is a tremendous incentive to be as bad as possible, and Tampa Bay should embrace that.

Christian Watson



NFL WIN TOTALS I'M NOT SURE ABOUT

ARIZONA CARDINALS 4.5 (-120/100)

New head coach Jonathan Gannon should be an overall upgrade from Kliff Kingsbury, but the uncertainty with Kyler Murray leaves Colt McCoy, David Blough, Jeff Driskel, and Clayton Tune to fight for snaps. The earliest Murray could return is September, but a more likely target is around the midpoint of the season. In the first eight weeks, the only team with a losing record on the schedule is the Rams, who went 5-12 and missed Matthew Stafford most of the season. There's a real possibility that the Cardinals don't have a win by the midpoint of the season and would have to chase down this entire win total with Murray back from injury.

ATLANTA FALCONS 8.5 (110/-130)

Even with seven wins last season, it feels like it would take a decent leap from the Falcons to get to nine wins. They ranked 29th in EPA/play on defense last season and gave up points on 43.5% of opponents' possessions. If Desmond Ridder can take a huge step forward, the Falcons did have a top-five rushing attack last season and fell slightly on the wrong side of luck in close games, going 4-7 in games decided by six or fewer points. The defensive personnel has improved with Calais Campbell, Jeff Okudah, and Jessie Bates III, so it all comes down to Ridder, and he's a big wild card.

CAROLINA PANTHERS 7.5 (-135/115)

The optimistic take is to say that this team won seven games last season with six starts from Baker Mayfield, six from Sam Darnold, and five from P.J. Walker. The pessimistic take is to say that, while Bryce Young should be better than those three guys, the undersized QB goes to a team where everybody will be learning a new offense, and there are bound to be growing pains. By EPA/play, Carolina was 17th defensively but hung in there all things considered. Finding an extra win doesn't seem that hard on the surface, but first-year QBs don't always hit immediately.

CLEVELAND BROWNS 9.5 (120/-135)

Cleveland's floor is probably that of a 7-10 team, which is what happened last season, as the Browns committed to Jacoby Brissett for 11 weeks and then sent out Deshaun Watson to shake off two years worth of rust. The ceiling is high and so is the floor, but expecting Watson to be a top-10 quarterback ranges from mildly optimistic to insane, depending on who you talk to. This could be a team good enough to threaten the Bengals in the AFC North, but an average Watson could cause Cleveland to struggle to get to 10 wins. We're also assuming the defense is better under Jim Schwartz, but that isn't a given either.

DETROIT LIONS 9.5 (-120/100)

Having the Lions go into a season with high expectations is a foreign concept, but Detroit was one of the hottest teams in the league and one that nobody wanted to play in the postseason. Fortunately for NFC hopefuls, the Lions fell just short, but hotshot offensive coordinator Ben Johnson is back to call plays for an offense that was sixth in EPA/play for the season and second from Week 10-18. The defense has a lot of work to do to catch up to the offense after finishing 31st in EPA/play. This team is fun, but the hype may ultimately be unwarranted.

HOUSTON TEXANS 6.5 (110/-130)

There seems to be a surprising amount of optimism about a team that went 3-13-1 and will roll out a rookie quarterback, a first-year head coach, and a first-time offensive coordinator in 2023. CJ Stroud should be an immediate upgrade from Davis Mills, and DeMeco Ryans may very well be the same over Lovie Smith. OC Bobby Slowik is a branch of the Kyle Shanahan coaching tree and has ample coaching experience on both sides of the ball. The schedule is weak, and the roster doesn't seem that bad, but a four-win upgrade after being outgained by a full yard per play last season seems like a tall order, especially after only finishing -1 in turnover margin.

KANSAS CITY CHIEFS 11.5 (-140/120)

It seems easy to just pencil the Chiefs in for 12 wins. They've won at least that many games every regular season during the Patrick Mahomes era, and they will continue to have an elite offense with an average or better defense as one of the league's premier organizations with one of the game's top head coaches. OC Eric Bieniemy moved on to Washington in an effort to try and show teams looking for a head coach that his success isn't all about being Andy Reid's right-hand man and the core group is another year older, including Travis Kelce, who turns 34 during Week 5. Expecting anything other than dominance may be a fool's errand, but the schedule is tricky, a home game is lost to the first NFL game in Germany, and the AFC West is a strong division.

MINNESOTA VIKINGS 8.5 (-130/110)

After maybe the most fraudulent 13-4 season ever, the betting markets expect massive regression from the Vikings. Minnesota's Expected Win-Loss by point differential (-3) was 8.4-8.6, so this was a .500 team that went 9-0 in games decided by seven points or fewer...until losing 31-24 to the Giants during Wild Card Weekend. The Vikings were outgained by 0.4 yards per play, finished -2 in TO margin, and finished 27th in points per drive against, yet won the NFC North by four games. While the numbers suggest major setbacks, and the offense will look different without Dalvin Cook and Adam Thielen, this is still a solid roster in a marginal division.

NEW ORLEANS SAINTS 9.5 (105/-125)

I tend to agree with the juice being on the side of the Under here, but there are some really encouraging signs for the Saints. They were -11 in turnover margin, which should regress toward the mean this season. Despite that, they were just -15 in point differential and effectively a .500 team by Expected Win-Loss. They also outgained opponents by 0.6 yards per play. The defense was 10th by EPA/play and eighth in points per drive allowed. But, the turnovers, and lack thereof on defense, were too much to overcome. Derek Carr isn't as big of an upgrade as some people think, but he should take better care of the ball in the league's weakest division, so the Saints have a chance to overachieve.

PHILADELPHIA EAGLES 11.5 (-110/-110)

The Eagles are poised to run it back with most of the roster from last year's NFC Championship squad. The 2022 schedule was not particularly taxing, and the Eagles ran out to a 13-1 start before Jalen Hurts got injured and missed a couple of games that went in the loss column. This year's schedule ramps up quite a bit in degree of difficulty, and Hurts, whose ability to be a starter was questioned prior to last season, will be tested a whole lot more. From a personnel standpoint, there is no reason to believe that this team falls back a lot, but the environment in which the Eagles are playing is much stronger.

SEATTLE SEAHAWKS 8.5 (-130/110)

This offense is must-see TV with explosive wide receivers and a resurrected Geno Smith, but the defensive shortcomings are hard to ignore. The Seahawks gave up at least 21 points in 12 of 17 games and went 4-8 in those games. Outscoring the opposition throughout the season is certainly possible with Tyler Lockett, DK Metcalf, and now Jaxon Smith-Njigba, but that was the hope last season and the Seahawks went 3-6 over their final nine games. The schedule is tough, and so is a Week 5 bye on a roster that has limited margin for error in case of injury after largely staying healthy last year and finishing 9-8.

TENNESSEE TITANS 7.5 (110/-130)

The Titans started 7-3 last season before everything fell apart and the team rattled off seven straight losses to end the campaign, including some hideous starts from Malik Willis. Derrick Henry has led the NFL in rush attempts in three of the last four seasons, and he had 219 in eight games in 2021 before getting sidelined with a foot injury. Mike Vrabel is a good head coach. Last year's defense did a complete 180 after being one of the worst in the league the year prior. But even in a weak division, Ryan Tannehill is at best an average QB, and the team still

needs to find out about Willis and to take a look at Will Levis. This team reeks of one with no clear direction and a lot of duct tape to patch holes instead of just buying a new boat.

WASHINGTON COMMANDERS 6.5 (-120/100)

Low-key like this roster. Eric Bieniemy should represent a big upgrade over Scott Turner as the offensive play-caller, but all the magic 8-balls, crystal balls, and fortune tellers in the world couldn't tell you what to expect from Sam Howell. If Jacoby Brissett ends up taking over, the Commanders probably end up in the 7-9 win range, but if they are committed to Howell, the floor is likely lower than that. It would be ironic to see Washington "Drop for Drake" and take another North Carolina Tar Heel, albeit one in the first round instead of the fifth. This was actually a top-five defense by EPA/play and Chase Young is back, so Ron Rivera's squad will be good on that side of the ball again. The offense, however, remains a major mystery.

NFL WIN TOTALS I WOULDN'T BET WITH YOUR MONEY

BALTIMORE RAVENS 9.5 (-150/120)

The Ravens have won at least 10 games in nine of John Harbaugh's 15 seasons at the helm and four of the last five seasons. Lamar Jackson took over in 2018 and went 6-1 as a starter over seven games and led the team to a 10-6 record that season. The only season in which the Ravens failed to get to double digits with Jackson on the roster came in 2021, when the team started 8-3 but lost six straight games, along with Jackson to injury, to finish out the year. Jackson got his bag, but his lingering health concerns make this virtually impossible to bet, especially with -150 juice on the optimistic side.

CINCINNATI BENGALS 11.5 (110/-130)

Every starting quarterback is important to some degree, but for teams with double-digit win totals, the difference between the starter and the backup is massive. That certainly describes the Bengals with Joe Burrow. While the Bengals did a fair job of upgrading the offensive line last season, Burrow was sacked 41 times and has been sacked 92 times in the last two regular seasons, plus 29 more times in the playoffs. With limited margin for error at 12-5 or better, the Under seems like the only option. However, this might be the best team in the NFL.

LAS VEGAS RAIDERS 7.5 (155/-180)

With mixed messages on the Jimmy Garoppolo situation, this is a really tough win total to bet into, though there is heavy juice on the Under with concerns that he won't be ready for the start of the season. Even though Tom Brady is now a part-owner of the Raiders, he swears he's retired for good, so it could be the Brian Hoyer and Aidan O'Connell show for the Silver & Black until Jimmy G is ready to go. This was one of the worst defenses in the NFL last season by EPA/play, and the offense is currently a mystery. The Raiders also play three sets of back-to-back road games, with the second game of each in the Eastern Time Zone.

LOS ANGELES RAMS 6.5 (-110/-110)

The Rams had a complete throwaway season in 2022, as they played with Matthew Stafford and Cooper Kupp for large chunks of the year and got over 200 pass attempts from the trio of Baker Mayfield, John Wolford, and Bryce Perkins. This roster looks nothing like the one that won Super Bowl LVI about 18 months ago, but Sean McVay is still one of the league's preeminent football minds and the 35-year-old Stafford may have something

left in the tank. On the other hand, with ongoing neck and back issues now exacerbated by concussions, plus a questionable commitment from McVay and all-time great Aaron Donald who were both pondering retirement, this season could go any number of ways for the Rams.

NEW ENGLAND PATRIOTS 7.5 (+105/-125)

Last season was messy in Foxboro, as the Patriots failed to answer major questions about Mac Jones, got a lift from Bailey Zappe, and through it all, managed to avoid completely falling apart. In fact, the Patriots actually fell on the wrong side of variance a little bit, going 8-9 despite a +17 point differential. Football genius Bill Belichick still fielded an elite defense that finished third in EPA/play allowed and fourth in yards per play. Modest upgrades dot the roster for 2023, but the most important position on the field is still up in the air.

NEW YORK JETS 9.5 (-130/110)

The Jets finally got their quarterback with the trade for Aaron Rodgers, but he'll turn 40 in December after spending the offseason wondering if he wanted to play football anymore or not. That's not to say he won't buy in with his new team, but the skills looked to be in decline last season, and he was merely average at best, depending on the stat and source you use. He'll have a good offensive line, an elite receiver in Garrett Wilson, and the help of a top-five defense, so the ceiling is high, but that's priced into this number. The Jets also had the fewest adjusted games lost due to injury on defense last season.

SAN FRANCISCO 49ERS 10.5 (-120/100)

Brock Purdy went from Mr. Irrelevant to Mr. Super Relevant last year during San Francisco's stellar 13-4 run, but he was hurt early in the NFC Championship game, and the 49ers' hopes and dreams of playing in the Super Bowl went to the locker room with him. The 49ers were as dominant of a team as any during the regular season, outscoring the opposition by 173 points and outgaining them by 0.9 yards per play. San Francisco had the league's top defense in several metrics, including points per drive, interceptions, and EPA/play by a wide margin. The floor is really high for this team, but with Purdy off a major injury and a performance nobody expected in seven starts (not to mention the Trey Lance questions), the ceiling may not be quite that high.



Brock Purdy

JUMP INTO DRAFTKINGS SPORTSBOOK SURVIVOR & PICK 'EM FOR NFL SEASON



- Survivor and Pick 'Em contests with minimum of **\$1.95M** in guaranteed prizes

- Entry fees from **\$1 to \$5,000** a pool for everyone

NFL Survivor Pools

Micro: \$1 entry, \$25,000 guarantee
Mini: \$10 entry, \$100,000 guarantee
Main Event: \$100 entry, \$1,000,000 guarantee
High Roller: \$1,000 entry, \$100,000 guarantee

NFL Season-Long Pick 'Em Pools

Micro: \$5 entry, \$25,000 guarantee
Mini: \$50 entry, \$100,000 guarantee
Main Event: \$500 entry, \$500,000 guarantee
High Roller: \$5,000 entry, \$100,000 guarantee

All guaranteed prizes will grow if the number of breakeven entries is exceeded

Available in Arizona, Colorado, Iowa, Kansas, Louisiana, Massachusetts, Michigan, Maryland, New Hampshire, New Jersey, New York, Pennsylvania, Tennessee, Virginia, West Virginia, and Wyoming

**PAY TABLE AND RULES AVAILABLE AT
[SPORTSBOOK.DRAFTKINGS.COM/POOLS](https://sportsbook.draftkings.com/pools)**



ANALYZING BETTING TRENDS FOR NFL TEAMS WITH NEW HEAD COACHES

by Steve Makinen

There are always a bunch of new storylines that develop in each NFL offseason, and you can rest assured that the media that covers all of them until saturation. Free agency, the draft, and off-the-field shenanigans are just part of the typical offseason for fans. As bettors, we need to do our best to keep up with all the changes, especially the more influential ones. In that sense, there may not be a more important transition that occurs than the head coaching changes each year. For 2023, we will have several new faces commanding the sidelines for various clubs, although not as many as we've seen in recent years. In fact, there will be five new men put in charge of franchises across the league, three of them rookies, and the other two being veterans that previously served in the same capacity in other locales. With changes like this, there is a good supply of data that we can use to make projections for the upcoming season.

As I begin my annual spring preparations for the upcoming NFL season, I dig deep into the recent data surrounding coaching changes and use it to get a feel for what might happen in 2023 with the current group of new coaches. Without giving away too much early, I can tell you that based on the crunching of different data sets, the early prospects for the teams with first-time head coaches are typically far brighter when compared to the teams that are bringing in new but experienced head coaches.

Here is a look at each of those new head coaches that will be leading franchises in 2023.

ROOKIE HEAD COACHES FOR 2023

JONATHAN GANNON, ARIZONA

Jonathan Gannon takes over the spot vacated when the Cardinals fired Kliff Kingsbury, who had become somewhat of a lightning rod for the franchise as his relationship with quarterback Kyler Murray soured.

Gannon has served as an assistant defensive coach for five different teams dating back to '07, so he is well-familiar with the league's inner workings. His most recent work with the Eagles as Defensive Coordinator is what boosted his stock as a Head Coach. This will be a very interesting change for Arizona in that it is clearly a mindset shift going from the offensive-oriented Kingsbury to the defensive-minded Gannon. The former finished 28-37 SU and 34-32 ATS in his four seasons but was unable to record a playoff win. As the Defensive Coordinator in Philly last year, Gannon helped lead the Eagles to a Super Bowl berth, but to be fair, the talent on that side of the ball at his former stop trumps that in Arizona. Stabilizing the relationship with Murray and improving a defensive unit that ranked 31st in the league with 26.4 PPG allowed will be top priorities.

DEMECO RYANS, HOUSTON

DeMeco Ryans will be the fifth different head coach of the Texans since the start of the 2020 season, and the franchise hopes this hiring will finally be one that can stand the test of time. Houston is just 11-38 over the last three seasons and desperate for a spark to get back to the success that came in the latter years of the Bill O'Brien era. Obviously, the legal troubles of QB Deshaun Watson have debilitated this team in recent seasons, and finding a legit quarterback that can ignite this offense is job #1. They have put their faith in the number two overall pick C.J. Stroud. With the Texans being outscored by 7.7 PPG last year, there is plenty of room for improvement. Can the former defensive coordinator of the 49ers spark a surge? Ryans is easily the least experienced new NFL coach for 2023, having only served at various defensive levels with San Francisco since 2017. In fact, his playing career ended just two years earlier. With so much work to be done here, the fear is that the only thing on the side of Houston with this hire is youthful exuberance.

SHANE STEICHEN, INDIANAPOLIS

You have to credit Indianapolis with taking some big swings the last few years to try and get over the hump, particularly at quarterback where the Colts have tried Philip Rivers, Carson Wentz, and Matt Ryan, with none of them proving to be the missing ingredient to taking the franchise to the next level. Now it's time for a fresh approach, which figures to be spearheaded by the combination of a rookie head coach and a rookie quarterback. There is some decent talent in place, and enough front-office support, to where it could be an ideal situation for a first-time coach like Shane Steichen to come in and succeed. Steichen comes over from Philadelphia, where he helped lead the dynamic Eagles to a Super Bowl as Offensive Coordinator. He gets some due credit for helping Jalen Hurts emerge as an MVP-worthy quarterback. Can he do the same with the number four overall pick Anthony

Richardson? There's a decent offensive line, an elite running back, and a defense that allowed just 20.3 PPG in the first eight under Frank Reich last year. If any of the rookie coaching situations see a quick turnaround, my bet would be on this one.

NEW "RE-TREAD" HEAD COACHES FOR 2023

SEAN PAYTON, DENVER

For a second straight offseason, Denver has made some massive personnel moves. Last year it was the addition of QB Russell Wilson and Head Coach Nathaniel Hackett, a combination that was expected to be the boost the offense needed to make the team championship level. Suffice it to say, that experiment ended miserably, with the Broncos scoring a league-worst 16.9 PPG, and Hackett being fired after just one season and five wins. He has since found work with the Jets as their new Offensive Coordinator. Wilson, on the other hand, is still around, and figures to be for several years as his contract leaves the franchise with no other choice. As the Broncos set out to find a new head coach for '23, I'm not sure they could have found a more ideal candidate than Sean Payton, a coach who has earned a reputation as an offensive guru, and one that helped guide another diminutive quarterback to hall-of-fame numbers and a Super Bowl title. My opinion might not be consensus, however, as there are a lot of folks around the NFL who are skeptical that Payton can turn around Wilson's play. In fact, it has been suggested that this is a make-or-break year for the veteran quarterback, and the team could move on from him by eating money should he continue to struggle. That said, he did have 10 total TDs in the last four games and showed late signs of getting more comfortable. Payton did not coach last year, instead spending his time as an analyst with NBC, but he did go 8-8 or better in 11 of his 15 years with the Saints. This will be an intriguing coaching situation all year long, and it's not hard to see it working well.

FRANK REICH, CAROLINA

In his 4-1/2 years with the Colts, Frank Reich enjoyed a pretty good run, although after his first season coincided with the last year in the career of would-be franchise QB Andrew Luck, he had dealt with an unending quarterback carousel. Now, landing in Carolina, he figures to have his franchise QB now with the number one overall pick, Alabama star Bryce Young. The Panthers have also struggled with inconsistent play at the game's most important position, seemingly ever since moving on from Cam Newton after the 2018 season. When you analyze the prospects of this coaching hire however, one of the more promising factors in the potential for Reich to succeed in Carolina, and perhaps as early as 2023, is the unstable situation of the NFC South Division, where there is really no clear favorite and all four teams have major question marks. Also, unlike a lot of other teams that find themselves in the position of drafting the first player off the board, this team won 7 games a year ago, being outscored by just 1.6 PPG. Reich finds himself in a pretty good spot and should command respect from day one.

ROOKIE HEAD COACH RECENT HISTORY

The important question that bettors need to ask themselves as they get ready to handicap these new head coaches heading into the 2023 season is...How do these coaches tend to fare, both early and overall? Unfortunately, there is no set formula for predicting the success level of rookie head coaches in the NFL. We all recall the Urban Meyer debacle in Jacksonville in 2022. That was as bad as things get, as he was fired after 13 games, and as he didn't complete a full season, he is not on our chart or in the analysis. On the flip side, there have been major success stories, most recently Kevin O'Connell of the Vikings or Brian Daboll of the Giants a year ago, both of whom led their teams to five-win improvements over the prior season.

There are some things that we can look for as potential hints of what to expect. I'll go through some of those things in a little bit. For now though, on the following page is a chart showing all of the rookie

full-season Head Coach results over the last 10 seasons. There have been 43 different coaches that have started their careers over the last decade and lasted at least one full season. For each coach, you'll find their record that season, the next season, and the franchise's record in the season prior to that coach taking over.

A few highlights from this chart:

- For the most part, rookie head coaches have been successful in improving their teams in their first seasons. In fact, over the last 10 years, of the 43 different first-time head coaches that spent a full season with their new teams, 27 have led their teams to improved won-lost marks, six have produced equal records, and only 10 have seen their teams drop. In 2021, two of the rookies' teams improved, one stayed the same, and two saw a decline.
- The average win improvement by rookie head coaches over the last decade has been 1.74 wins per season. The greatest improvement seasons have been seven wins by any team, and that happened for five different coaches, most recently Matt LaFleur of Green Bay in 2019.
- LaFleur has been the most successful rookie coach over the last decade, not only winning 13 games in his rookie season but following that up with that same total the next season and last year as well. That will be the test for O'Connell this year in Minnesota, although his team will face the challenge of overcoming the fact that they were outscored by opponents in the regular season.
- Brian Daboll of the Giants set a new benchmark for the last decade by going 13-4 ATS in 2022-23, beating the old mark of 12-4 set by Matt Nagy of Chicago in '18.
- The worst decline of a team following the hiring of a first-time coach was by Arizona in 2018, as the Cardinals went from 8-8 in 2017 to 3-13 under Steve Wilks. He was let go after that miserable campaign. Three other rookie coaches oversaw four-win drops.
- Zac Taylor of the Bengals had the worst first-year mark of any rookie coach over the last decade, going 2-14 in 2019. However, his career turned around quickly, so much to the point that he was coaching the team in the Super Bowl in his fourth season and in another AFC title game this past year. The Bears' Matt Eberflus came close to matching Taylor's first-year futility this past season, going 3-14. Does his team have a similar turnaround to look forward to in the coming years?
- Of the 34 coaches to stick around for a second season with a team over the last decade, only 13 have built upon their rookie campaign with an improved win total the next season. Doug Pederson and Nick Sirianni, coincidentally both of Philadelphia, are the shining stars of that bunch, leading their Eagles to the Super Bowl in their second seasons. The difference between the two resumes? Pederson won an NFL title, and Sirianni's team came up short. Interestingly, Pederson led a six-game turnaround in Jacksonville this past season in his first go-round there.
- In terms of statistical improvements, Sean McVay's 2017 Rams team made the biggest jump in scoring under any first-year head coach of the last decade, improving by 15.9 PPG. Defensively, Ben McDoo's Giants of 2016 improved their points allowed total by 9.8 PPG under his leadership.
- The worst offensive decline guided by any first-year head coach over the last decade came last year with David Culley at Houston, who dropped by 7.5 PPG. Marc Trestman's 2013 Bears fell the worst defensively, going from 17.3 PPG allowed in 2012 to 29.9 PPG allowed in 2013.

As far as the new head coaches for 2023, here are a few rookie coaching systems to keep an eye on:

- Of the 37 rookie head coaches that inherited teams that finished under .500 the prior season, 27 of them led their teams to better records the next season, and 16 of them finished over .500 in that first year. All three of this current rookie crop of coaches teams (Arizona, Houston, Indianapolis) finished well under .500 in 2022-23, so that would mean that chances are at least two would figure to improve. If the number is three, my guess would be Houston and Indianapolis.
- Of the 11 rookie head coaches over the last 10 seasons that inherited offenses that scored at least 23.5 PPG the prior season, only one saw his team produce a worse record the next season. The others improved by about 2.3 wins per season. None of the three rookie coaches for '23 will be fortunate enough to inherit this situation.

Rookie Coach Chart			Rookie Season Stats						Franchise Prior Season				Next Season	
Coach	Team	Season	SU	ATS	PF	PA	DIFF	WIN+/-	SU	PF	PA	DIFF	Next	Chg-
Marrone, Doug	BUFFALO	2013	6-10	8-8	21.2	24.3	-3.1	0	6-10	21.5	27.2	-5.7	9-7	3
Trestman, Marc	CHICAGO	2013	8-8	4-11-1	27.8	29.9	-2.1	-2	10-6	23.4	17.3	6.1	5-11	-3
Chudzinski, Rob	CLEVELAND	2013	4-12	6-10	19.3	25.4	-6.1	-1	5-11	18.9	23.0	-4.1	—	—
Bradley, Gus	JACKSONVILLE	2013	4-12	5-10-1	15.4	28.1	-12.6	2	2-14	15.9	27.8	-11.8	3-13	-1
Kelly, Chip	PHILADELPHIA	2013	10-6	8-8	27.6	23.9	3.8	6	4-12	17.5	27.8	-10.3	10-6	0
McCoy, Mike	SAN DIEGO	2013	9-7	9-6-1	24.8	21.8	3.0	2	7-9	21.9	21.9	0.0	9-7	0
Pettine, Mike	CLEVELAND	2014	7-9	9-6-1	18.7	21.1	-2.4	3	4-12	19.3	25.4	-6.1	3-13	-4
O'Brien, Bill	HOUSTON	2014	9-7	9-6-1	23.3	19.2	4.1	7	2-14	17.3	26.8	-9.5	9-7	0
Zimmer, Mike	MINNESOTA	2014	7-9	10-6	20.3	21.4	-1.1	2	5-10-1	24.4	30.0	-5.6	11-5	4
Gruden, Jay	WASHINGTON	2014	4-12	4-11-1	18.8	27.4	-8.6	1	3-13	20.9	29.9	-9.0	9-7	5
Quinn, Dan	ATLANTA	2015	8-8	6-10	21.2	21.6	-0.4	2	6-10	23.8	26.1	-2.3	11-5	3
Gase, Adam	MIAMI	2016	10-6	8-6-2	22.7	23.8	-1.1	4	6-10	19.4	24.3	-4.9	6-10	-4
McAdoo, Ben	NY GIANTS	2016	11-5	8-6-2	19.4	17.8	1.6	5	6-10	26.3	27.6	-1.4	3-13	-8
Pederson, Doug	PHILADELPHIA	2016	7-9	8-8	22.9	20.7	2.3	0	7-9	23.6	26.9	-3.3	13-3	6
Koetter, Dirk	TAMPA BAY	2016	9-7	9-7	22.1	23.1	-0.9	3	6-10	21.4	26.1	-4.7	5-11	-4
McDermott, Sean	BUFFALO	2017	9-7	8-6-2	18.9	22.4	-3.6	2	7-9	24.9	23.6	1.3	6-10	-3
Joseph, Vance	DENVER	2017	5-11	4-11-1	18.1	23.9	-5.8	-4	9-7	20.8	18.6	2.3	6-10	1
McVay, Sean	LA RAMS	2017	11-5	9-7	29.9	20.6	9.3	7	4-12	14.0	24.6	-10.6	13-3	2
Shanahan, Kyle	SAN FRANCISCO	2017	6-10	9-7	20.7	23.9	-3.3	4	2-14	19.3	30.0	-10.7	4-12	-2
Wilks, Steve	ARIZONA	2018	3-13	7-9	14.1	26.6	-12.5	-5	8-8	18.4	22.6	-4.1	—	—
Nagy, Matt	CHICAGO	2018	12-4	12-4	26.3	17.7	8.6	7	5-11	16.5	20.0	-3.5	8-8	-4
Patricia, Matt	DETROIT	2018	6-10	9-7	20.3	22.5	-2.3	-3	9-7	25.6	23.5	2.1	3-12-1	-3
Reich, Frank	INDIANAPOLIS	2018	10-6	8-7-1	27.1	21.5	5.6	6	4-12	16.4	25.3	-8.8	7-9	-3
Vrabel, Mike	TENNESSEE	2018	9-7	8-8	19.4	18.9	0.4	0	9-7	20.9	22.3	-1.4	9-7	0
Kingsbury, Kliff	ARIZONA	2019	5-10-1	9-7	22.6	27.6	-5.1	2	3-13	14.1	26.6	-12.5	8-8	3
Taylor, Zac	CINCINNATI	2019	2-14	7-9	17.4	26.3	-8.8	-4	6-10	23.0	28.4	-5.4	4-11-1	2
Kitchens, Freddie	CLEVELAND	2019	6-10	5-10-1	20.9	24.6	-3.6	-1	7-8-1	22.4	24.5	-2.1	—	—
Fangio, Vic	DENVER	2019	7-9	9-7	17.6	19.8	-2.1	1	6-10	20.6	21.8	-1.3	5-11	-2
Lafleur, Matt	GREEN BAY	2019	13-3	10-6	23.5	19.6	3.9	7	6-9-1	23.5	25.0	-1.5	13-3	0
Flores, Brian	MIAMI	2019	5-11	9-7	19.1	30.9	-11.8	-2	7-9	19.9	27.1	-7.1	10-6	5
Rhule, Matt	CAROLINA	2020	5-11	9-7	21.9	25.1	-3.3	0	5-11	21.3	29.4	-8.1	5-12	0
Stefanski, Kevin	CLEVELAND	2020	11-5	6-10	25.5	26.2	-0.7	5	6-10	20.9	24.6	-3.6	8-9	-3
Judge, Joe	NY GIANTS	2020	6-10	9-7	17.5	22.3	-4.8	2	4-12	21.3	28.2	-6.9	4-13	-2
Smith, Arthur	ATLANTA	2021	7-10	7-10	18.4	27	-8.6	3	4-12	24.8	25.9	-1.1	7-10	0
Culley, David	HOUSTON	2021	4-13	8-9	16.5	26.6	-10.1	0	4-12	24	29	-5	—	—
Staley, Brandon	LA CHARGERS	2021	9-8	8-9	27.9	27	0.9	2	7-9	24	26.6	-2.6	10-7	1
Saleh, Robert	NY JETS	2021	4-13	6-11	18.2	29.6	-11.4	2	2-14	15.2	28.6	-13.4	7-10	3
Sirianni, Nick	PHILADELPHIA	2021	9-8	8-8-1	26.1	22.6	3.5	5	4-11-1	20.9	26.1	-5.2	14-3	5
Eberflus, Matt	CHICAGO	2022	3-14	5-12	19.2	27.2	-8	-3	6-11	18.3	23.9	-5.6	?-?	—
Hackett, Nathaniel	DENVER	2022	5-12	7-10	16.9	21.1	-4.2	-2	7-10	19.7	18.9	0.8	—	—
McDaniel, Mike	MIAMI	2022	9-8	8-8	23.4	23.5	-0.1	0	9-8	20.1	21.9	-1.8	?-?	—
O'Connell, Kevin	MINNESOTA	2022	13-4	7-9-1	24.9	25.1	-0.2	5	8-9	25	25.1	-0.1	?-?	—
Daboll, Brian	NY GIANTS	2022	9-7-1	13-4	21.5	21.8	-0.3	5	4-13	15.2	24.5	-9.3	?-?	—
Gannon, Jonathan	ARIZONA	2023	?	?	?	?	?	?	4-13	20	26.4	-6.4	?-?	—
Ryans, DeMeco	HOUSTON	2023	?	?	?	?	?	?	3-13-1	17	24.7	-7.7	?-?	—
Steichen, Shane	INDIANAPOLIS	2023	?	?	?	?	?	?	4-12-1	17	25.1	-8.1	?-?	—

- Obviously, there has been a lot of room to grow when a new head coach takes over a team that scored less than 18 PPG the prior season. There have been immediate results for this lucky group of coaches, as all nine teams that fit this bill over the last decade have improved, by an average of 4.9 wins per season, including Daboll of the Giants last year. For '23, count Ryans of Houston and Steichen of Indianapolis as coaches whose teams have the greatest room for improvement.
- Point differential has also proven to be a good indicator of potential improvement as none of the last 11 rookie coaches to inherit teams that were outscored by 8.0 PPG or more saw their teams get worse in that first season. In fact, 10 of them improved their franchise's win total that first season, by an average of 4.2 wins per. For 2023, we have one candidate— Shane Steichen (Indianapolis).

As far as in-season game-by-game betting opportunities, it should be noted that rookie head coaches have produced a regular season record of 317-382-2 SU and 336-347-18 ATS over the last decade. In other words, they lose more than they win, both on the scoreboard and at the betting window. Here are some other things to consider regarding betting on and against rookie head coaches throughout the NFL season:

- Rookie head coaches have been far more proficient at covering point spreads on the road over the last decade. Here is the breakdown: Home games – 156-182-10 ATS (46.2%). Road/Neutral games – 180-165-8 ATS (52.2%). It seems as if oddsmakers may be tending to shade lines against these rookie coaches on the road, wrongly assuming the pressure and difficulty of the road environments will impact the execution levels.
- Rookie head coaches have won as big favorites, but covering point spreads has been a different story. In fact, as favorites of 7 points or more since 2013, rookie head coaches are 40-9 SU, good for 81.6% outright, but have gone just 18-29-2 ATS, a covering rate of just 38.3%.
- Rookie head coaches have also struggled in the large underdog role, going 31-127 SU (19.6%) & 75-81-2 ATS (48.1%) when catching 7 points or more since 2013.
- Ironically, it's in the games where coaching figures to matter most (+6.5 to -6.5 lines) where rookie head coaches enjoy better point spread success rates. Their record in this line window over the last decade is 246-246-2 SU and 243-237-14 ATS (50.6%).
- In a trend that seems to make sense as far as familiarity is concerned, the more familiar the opponent, the less successful rookie head coaches have been. Take a look at these ATS winning percentages by opponent type since 2013: Divisional games 120-132-7 ATS (47.6%), Conference games 126-129-5 ATS (49.4%), Non-conference games 90-86-6 ATS (51.1%). These are not groundbreaking betting numbers by any means, but they could serve as a foundational concept that the more familiar the opponent, the less successful the rookie coach.
- Rookie head coaches have shown a tendency to start and finish their first season most successfully when it comes to covering point spreads. Since 2013, in games #1-#4 of their first seasons, they've combined to go 84-82-6 ATS, good for 50.6%. In games #5-#12, they've gone 157-178-9 ATS (46.9%). To close the season in games #13-#17, the record has been 94-85-3 ATS (52.5%). Think of these trends when you see the schedules of the six rookie head coaches in 2023 released shortly.
- Among the key challenges new head coaches face is keeping teams grounded after wins and keeping them together after losses. Rookie head coaches have been better at the latter. When coming off of losses, rookie Head Coaches own a record of 199-194-8 ATS (50.6%) since 2013. After wins, they've done measurably worse, 135-150-10 ATS (47.4%).

“RETREAD” HEAD COACH RECENT HISTORY

As we dig into the recent history of the coaches I designate as “retread,” here is a clarification of that designation. These are guys that had head coaching jobs previously at another franchise, any experience included. It doesn't matter the time between jobs either, just that they had prior head coaching responsibility. As I indicated earlier, there are two such coaches for 2023, Frank Reich in Carolina, and Sean Payton in Denver. How do these coaches tend to fare? We'll dig deeper into that shortly,

but overall, you're going to want to acknowledge right away that the records for the Retread Head Coaches over the last decade in their first regular seasons are a paltry 163-241 SU and 176-213-17 ATS (45.2%). This immediately gives us a lot of fade potential for 2023.

On the following page is a chart showing all of the retread results over the last 10 seasons. There have been 25 different coaches that have restarted their careers at new teams over the last decade and lasted at least one season. For each coach, you'll find their record that season, the next season, and the franchise's record in the season prior to that coach taking over.

A few highlights from this chart:

- There isn't a whole lot of predictive improvement/decline expectation from a general perspective, as over the last decade, of the 25 retread head coaches, 12 have helped their teams improve the next season, one maintained their record, and the 12 others managed a decline. However, the 12 that did improve did so by 4.2 wins per season, while those that declined averaged just 2.6 fewer victories.
- The greatest improvement season from any retread head coach over the past decade belonged to Andy Reid in 2013, who helped the Chiefs go from 2-14 to 11-5.
- Gary Kubiak has been the most successful retread coach over the last decade in his first season, although his 12-4 mark for the Broncos in 2015 simply maintained the standard set by the franchise a year earlier.
- The two worst declines of teams following the hiring of retread coaches were by Tennessee in 2014, as the Titans went from 7-9 in 2013 to 12-4 under Ken Whisenhunt, and by Tampa Bay a year ago, as the Bucs were 8-9 under Todd Bowles after going 13-4 the prior season.
- Hue Jackson of the Browns had the worst first-year mark of any retread coach over the last decade, going 1-15 in 2016. He did one worse a year later, guiding Cleveland to a 0-16 finish.
- Of the 19 retread coaches to stick around for a second season with a team over the last decade, only nine have built upon their first campaign with an improved win total the next season. The best two seasons from this group came in each of the last two seasons, with Mike McCarthy leading the Cowboys to a 12-5 record in 2021, and Dan Campbell guiding the Lions to a 9-8 finish, both marking six-win improvements.
- In terms of statistical improvements, Reid's 2013 Chiefs team made the biggest jump in scoring under any retread head coach of the last decade, improving by 13.7 PPG. Defensively, Anthony Lynn's Chargers of 2017 improved their points allowed total by 9.4 PPG under his leadership.
- The worst offensive decline guided by any re-tread head coach over the last decade came last year with Todd Bowles at Tampa Bay, who dropped by 11.7 PPG. Mike McCarthy's 2020 Cowboys fell the worst defensively, going from 20.1 PPG allowed in 2019 to 29.6 PPG allowed in 2020.

As far as the new retread head coaches for 2023, here are a few coaching systems to keep an eye on:

- Of the 19 retread head coaches that inherited teams that finished under .500 the prior season, 12 of them led their teams to better records the next season. The average improvement for this team was 4.2 wins per season. Both Carolina and Denver finished below .500 this past year. A four-win improvement would put both teams over .500 in 2023.
- As indicated earlier in the rookie HC section, there is a lot of room to grow when a new head coach takes over a team that scored less than 18 PPG the prior season. There have also been immediate results for this same group of retread coaches, as seven of the 10 teams that fit this bill over the last decade have improved, by an average of 5.1 wins per season. The coach looking to continue this trend is Payton (Denver).
- There is a potentially troubling sign for retread coaches that have taken over sound defensive teams, as of those whose teams allowed less than 24 PPG the prior year, six of the nine teams saw their win total the next season decline, by an average of 2.8 per season. Both Carolina and Denver fit this bill for '23.

As far as in-season game-by-game betting opportunities, I noted earlier that retread coaches have covered the point spread in just 45.2%

“RE-TREAD” COACH CHART			FIRST SEASON STATS						FRANCHISE PRIOR SEASON				NEXT SEASON	
COACH	TEAM	SEASON	SU	ATS	PF	PA	DIFF	WIN+/-	SU	PF	PA	DIFF	NEXT	CHG-
Arians, Bruce	ARIZONA	2013	10-6	10-5	23.7	20.3	3.4	5	5-11	15.6	22.3	-6.7	11-5	1
Reid, Andy	KANSAS CITY	2013	11-5	9-7	26.9	19.1	7.8	9	2-14	13.2	26.6	-13.4	9-7	-2
Caldwell, Jim	DETROIT	2014	11-5	7-9	20.1	17.6	2.5	4	7-9	24.7	23.5	1.2	7-9	-4
Smith, Lovie	TAMPA BAY	2014	2-14	7-9	17.3	25.6	-8.3	-2	4-12	18.0	24.3	-6.3	6-10	4
Whisenhunt, Ken	TENNESSEE	2014	2-14	3-12	15.9	27.4	-11.5	-5	7-9	22.6	23.8	-1.2	3-13	1
Ryan, Rex	BUFFALO	2015	8-8	8-7	23.7	22.4	1.3	-1	9-7	21.4	18.1	3.3	7-9	-1
Fox, John	CHICAGO	2015	6-10	8-8	20.9	24.8	-3.9	1	5-11	19.9	27.6	-7.7	3-13	-3
Kubiak, Gary	DENVER	2015	12-4	8-7	22.2	18.5	3.7	0	12-4	30.1	22.1	8.0	9-7	-3
Bowles, Todd	NY JETS	2015	10-6	7-6	24.2	19.6	4.6	6	4-12	17.7	25.1	-7.4	5-11	-5
Del Rio, Jack	OAKLAND	2015	7-9	8-8	22.4	24.9	-2.5	4	3-13	15.8	28.3	-12.5	12-4	5
Jackson, Hue	CLEVELAND	2016	1-15	3-12	16.5	28.3	-11.8	-2	3-13	17.4	27.0	-9.6	0-16	-1
Kelly, Chip	SAN FRANCISCO	2016	2-14	4-11	19.3	30.0	-10.7	-3	5-11	14.9	24.2	-9.3	—	—
Lynn, Anthony	LA CHARGERS	2017	9-7	8-6	22.2	17.0	5.2	4	5-11	25.6	26.4	-0.8	12-4	3
Gruden, Jon	LAS VEGAS	2018	4-12	5-10	18.1	29.2	-11.1	-2	6-10	18.8	23.3	-4.5	7-9	3
Shurmur, Pat	NY GIANTS	2018	5-11	8-7	23.1	25.8	-2.7	2	3-13	15.4	24.3	-8.9	4-12	-1
Gase, Adam	NY JETS	2019	7-9	7-9	17.3	22.4	-5.1	3	4-12	20.8	27.6	-6.8	2-14	-5
Arians, Bruce	TAMPA BAY	2019	7-9	6-9	28.6	28.1	0.5	2	5-11	24.8	29.0	-4.2	11-5	4
McCarthy, Mike	DALLAS	2020	6-10	5-11	24.7	29.6	-4.9	-2	8-8	27.1	20.1	7.0	12-5	6
Rivera, Ron	WASHINGTON	2020	7-9	8-6	20.9	20.6	0.3	4	3-13	16.6	27.2	-10.6	7-10	0
Campbell, Dan	DETROIT	2021	3-13	11-6	19.1	27.5	-8.4	-2	5-11	23.6	32.4	-8.8	9-8	6
Smith, Lovie	HOUSTON	2022	3-13	9-8	17.0	24.7	-7.7	-1	4-13	16.5	26.6	-10.1	—	—
Pederson, Doug	JACKSONVILLE	2022	9-8	8-9	23.8	20.6	3.2	6	3-14	14.9	26.9	-12.0	?	?
McDaniels, Josh	LAS VEGAS	2022	6-11	8-9	23.2	24.6	-1.4	-4	10-7	22.0	25.8	-3.8	?	?
Allen, Dennis	NEW ORLEANS	2022	7-10	7-10	19.4	20.3	-0.9	-2	9-8	21.4	19.7	1.7	?	?
Bowles, Todd	TAMPA BAY	2022	8-9	4-12	18.4	21.1	-2.7	-5	13-4	30.1	20.8	9.3	?	?
Reich, Frank	CAROLINA	2023	?	?	?	?	?	?	7-10	20.4	22	-1.6	?-?	—
Payton, Sean	DENVER	2023	?	?	?	?	?	?	5-12	16.9	21.1	-4.2	?-?	—

of their first-season games. Here are some other things to consider regarding betting on and against retread head coaches throughout the NFL season:

- Like the rookie Head Coaches, retread head coaches have been far more proficient at covering point spreads on the road over the last decade. Here is the breakdown: Home games – 79-115 ATS (40.7%). Road/Neutral games – 102-100 ATS (50.5%). This is a very interesting trend that should be watched closely this season with Payton’s games in Denver and Reich’s games in Carolina.
- Retread head coaches have been brutal bets as favorites but respectable in the underdog role in their first seasons with a new franchise. As favorites since 2013, they’ve gone 86-63 SU but just 49-89-11 ATS, for 35.5%! As dogs (or pick ‘em), 80-183 SU and 132-126-5 ATS (51.2%).
- Digging deeper into the two trends described just above, as home favorites, retread coaches have gone just 55-38 SU and 29-59-5 ATS (33%) in their first seasons over the last decade. There should be several opportunities in 2023 to fade Payton or Reich as home chalk.
- The ATS results by game type are almost identical for the Division (46%)/Conference (45.5%)/ Non-conference (45.5%) scenarios for re-tread head coaches in their first seasons with new teams over the last decade.
- Retread head coaches have shown a tendency to start very slow at their new franchises and finish their first seasons more successfully when it comes to covering point spreads. Since 2013, in weeks

#1-#10 of their first seasons, they’ve combined to go 89-133-5 ATS (40.1%), while in weeks #11 & later, they’ve gone 92-82-11 ATS (52.9%). It seems that it takes some time for these coaches to find their footing in their new homes.

- There seems to be a noteworthy trend of momentum that comes with these retread head coaches. Since ‘13, when coming off a win, these coaches have posted a respectable 73-77-10 ATS (48.7%) record in their first seasons. When coming off a loss, the record has been just 94-126-6 ATS (42.7%) in that same time span.
- Retread coaches have been solid in revenge scenarios over the last decade, going 26-22-3 ATS (54.2%) when having lost an earlier season game against an opponent. When having beaten that team the first time around, these coaches have gone just 9-18-1 ATS (33.3%) in the rematch. Pay attention to the early divisional results of Carolina and Denver this season, and take advantage of these findings the second time around.

Hopefully, this gives you a better feel of what to possibly expect from our five new NFL head coaches for 2023. Over the course of the next six weeks, I will be unveiling some of the other key offseason analyses I conduct every year, including post-draft analysis, and transitional systems based upon the teams’ resumes and stats from last season. At the conclusion, I will be wrapping up my NFL prep work by updating my power ratings and running them against the schedule to produce win projections and schedule strengths. It is then that I will be offering my own best bets for the season win totals just released.

PLAYER PERSPECTIVES FOR 2023 SEASON

by Adam Burke

Burning questions are never in short supply when it comes to the start of an NFL season, but there are some especially interesting topics to discuss heading into the 2023 campaign. As writers and analysts, we all have our fair share of takes on the most intriguing storylines that will carry over from the summer into the fall, but what about a player's perspective?

Fortunately, we can get that from our own Mike Pritchard and Shaun King, two guys who have been in NFL locker rooms and in many different situations and scenarios, so they can provide a unique perspective on what to expect.

You'll hear from both guys a lot during the NFL season, as Pritch will bounce around as one of our lead NFL analysts, and Shaun will continue to co-host VSIN Primetime with Tim Murray, but what do they think about some big NFL talking points before training camp gets underway?

To get the "Players' Perspective," I asked about Sean Payton and the Denver Broncos, Aaron Rodgers and the New York Jets, and teams that could surprise or disappoint for this season.

The Broncos traded a 2023 first-round pick (29th overall) and a second-round pick in 2024 to the New Orleans Saints for Sean Payton and a third-round pick just before the Super Bowl.

**ADAM
BURKE**

**VSIN
ANALYST**

How will Sean Payton fix the Denver Broncos and Russell Wilson?

**MIKE
PRITCHARD**

**FORMER NINE-YEAR
NFL WIDE RECEIVER**

Sean is an experienced Super Bowl-winning head coach. I think (I know) he will assert authority. During Payton's first press conference, he obtained the necessary credibility to win over the locker room. Last year, the Broncos did not have a credible head coach, and the results of their season reflected that even though the Broncos have a decent amount of really talented players. Russell Wilson has no choice but to check his ego at the door. If he does this, Payton's play calling will help Wilson play disciplined team football and lead the offense.

**SHAUN
KING**

**FORMER SIX-YEAR
NFL QUARTERBACK**

Sean will bring discipline, accountability, and elite play design to the Broncos. He is a master at creating advantageous situations for his offensive skill players. Denver returns the majority of their defense, so an uptick in production and execution on offense puts the Broncos firmly in the playoff mix.

After going into the darkness, Aaron Rodgers emerged with a desire to keep playing football, but for a different team. For the first time in his career, Rodgers, who was traded from the Packers to the Jets in April right before the NFL Draft, will be behind center wearing a different shade of green.

ADAM BURKE

VSIN
ANALYST

What are your expectations for the New York Jets with Aaron Rodgers coming in and all the pieces already in place?

Which team(s) do you think will be the biggest surprise(s) this season, and which team(s) will be the biggest disappointment(s)?

MIKE PRITCHARD

FORMER NINE-YEAR
NFL WIDE RECEIVER

My expectations for the Jets in the 2023 season are the playoffs and competing for the AFC East division title. The history of this game reminds us that Hall of Fame QBs are hard to find and tricky to keep as they get older. The message became stale in Green Bay for Rodgers and the results on the field were no longer acceptable for the Packers and Rodgers. Rodgers needed a change of scenery and a new message. The Jets and their talented roster are enough to help motivate the Hall of Fame QB. The track record for Hall of Fame QBs in waiting while still playing is spectacular.

Warren Moon: Playoff appearance with the Vikings after HOF career in Houston

Joe Montana: Playoff appearance with the Chiefs after HOF career in San Francisco

Kurt Warner: Super Bowl appearance with the Cardinals after (debatable) HOF career in St. Louis and New York

Philip Rivers: Playoff appearance with the Colts after (debatable) HOF career in San Diego/LA

Brett Favre: Playoff appearance with the Vikings after HOF career in Green Bay

Tom Brady: Super Bowl appearance with Tampa after HOF career in New England

Even though NFL seasons are like snowflakes in that each year is different, there are often more constants than surprises in the NFL.

Potential Biggest Surprise - Atlanta

Atlanta Falcons going from last to first. This last-place team from a year ago won seven games. They are well-coached and have acquired excellent team talent. The only question mark for this team is QB. Can Desmond Ridder just manage a game? If Ridder avoids making critical mistakes, the talent around him will make the necessary plays to score points. The veteran-laden defense will be good enough to complement everything this team needs to do to win 10 games.

Potential Biggest Disappointment - Buffalo

The Buffalo Bills...and this is not about the Madden curse (Josh Allen on the cover). I believe the league has caught up to Josh Allen and the Bills' offense. This offseason has also produced more of the same for the Bills. Their defense is older and no longer dynamic, and their offense still lacks a physical presence. To pile on, the Bills drafted another pass-catching TE. An argument can also be made that the AFC East division will be the toughest division in the NFL in 2023.

SHAUN KING

FORMER SIX-YEAR
NFL QUARTERBACK

I'm not ready to anoint the Jets as playoff contenders. They have some major concerns on the offensive line, and what version of Breece Hall do we get off the injury coming back this soon? Rodgers is definitely an upgrade at QB for this Jets team, but if we are being honest, where is Rodgers in reality in 2023 in the pecking order? Two years ago, I would be ALL-in on NY, but Rodgers honestly looked old in 2022. Time will tell if Aaron has another great year in him.

Teams go from worst to first almost annually in the NFL, while other teams go from the penthouse to the outhouse. It can be a fickle league, but one thing we know for certain is that there are always teams that exceed expectations and those that fall painfully short.

Potential Biggest Surprise - Seattle

Pete Carroll and company have done a tremendous job assembling a legit championship-caliber roster from 1 through 22. I'm picking Seattle to emerge out of the NFC in a conference that isn't very top-heavy. Geno Smith will build upon last year, and adding Jaxon Smith-Njigba and Zach Charbonnet will make the offense more explosive.

Honorable mention would be the Green Bay Packers.

Potential Biggest Disappointment - Buffalo

I'm worried about the Bills. For a team with Super Bowl expectations, their offseason has been uninspiring. I'm hearing reports that Von Miller still isn't healthy and ready to return. Also, what's going on with Stefon Diggs? He skipped mandatory camp, and Sean McDermott said he is very concerned. Things just don't seem quite right in Buffalo to me. Josh Allen also took a step back without Brian Daboll. Can Ken Dorsey get him back to full potential in Year 2?

COACHING MATTERS IN THE NFL

by Michael Lombardi

During the Miami Heat - Boston Celtics series, the TNT crew of Ernie Johnson, Kenny Smith, Shaq and Charles Barkley were breaking down the game and discussing the impact of the coaching. Shaq didn't think coaching matters at all, whereas Barkley was strongly opposed to this rationale. Shaq believes the game centers on the players' talent, and Barkley believes talented players, with great coaching, will prevail. Naturally, I am on the side of Barkley. Not because I have been a fan since the moment I walked into the Auburn gym in 1984 and saw this incredibly explosive athlete dominate, or that my favorite team the 76ers drafted him. I am on Barkley's side because throughout all my years in the league, coaching matters. It matters in the NBA, and it matters tremendously in the NFL.

We tend to focus on the players' movement during the off-season, which is critical. Yet, the right coach in the right place can make a greater impact. This is not to undermine the importance of talent. Rather, it highlights that a pristinely-coordinated offensive or defensive scheme bolsters talent. When the scheme is perfectly suited to the player's skill set, his value rises, his production increases, and his impact is greater.

Look no further than the impact of good coaching and play calling had for the Giants. Last year, the G-Men had its first winning record and playoff season in six years. They improved from 31st to 15th in points scored – the third-biggest improvement in the league last year (behind Jacksonville and Detroit), and they improved from 23rd to 17th in points allowed. The Giants also had the fourth-biggest improvement in scoring differential in the league last year – improving from 29th to 16th. And 2022 was the Giants' highest offensive ranking since 2015. They achieved all of this with essentially the same roster Joe Judge and his staff coached the year before. Shaq is wrong. Coaching matters—a lot.

Every football fan, novice or experienced, thinks they understand great play calling. If the play worked, then it's a great call. If it didn't, most scream, "Why would we call that?" No one knows what the "that" is or how "that" failed. Bad results get filed under dumb playing. Great results get the coach a "Genius" label and a fast track toward the head coaching interview circuit. Great play calling isn't limited to positive results. Avoiding a bad play is as important as a great result. Shifting from a disaster play to a decent one is part of the strategy needed within the system. If you don't believe me, go back to the final thirteen seconds of the Buffalo Bills/Kansas City Chiefs 2021 Championship game. Bills fans would love to have a "do-over" on their defensive play calls. And if we, as bettors, don't understand the coaching matchups each week, we will want a few "do-overs."

When you break down the games for each week, it's important to place each team's offensive coordinator versus their defensive coordinator and research their battles. Their history will give you a good predictor of what could occur.

Let's take a Week One game: the Los Angeles Chargers hosting the Miami Dolphins. The battle between student and teacher. Miami defensive coordinator Vic Fangio is the teacher, Chargers head coach Brandon Staley is the student. Add Chargers offensive coordinator Kellen "Joy Stick" Moore to the equation, and this promises to be a battle between coaches that perfectly understand each other's scheme.

Last season, the Dolphins without Fangio played right into Staley's hand by not being able to run the ball. Remember, the Fins finished 31st in rushing attempts last season, even though their head coach Mike McDaniels is a run game guru. Not trying to run the ball against the Chargers in their split safety look was a huge mistake, one that McDaniels won't make again. Why? Because every day this spring and summer, the Dolphins' offense will be practicing against the Chargers' defensive concepts. And the Chargers' defense will be practicing against the Dolphins' offensive concepts. McDaniels will review his call sheet with Fangio and devise a passing game that will provide more than 10 completions—which is what occurred in their game last season.

Fangio knows and understands Moore. Remember their game in November of 2021 when the 6-1 Cowboys were hosting the 4-4 Broncos? Denver's defense dominated the day, allowing the Cowboys only 14 first downs and 16 fourth-quarter points all scored when the game was essentially over. Fangio knows Moore. He knows how he thinks and how his scheme operates. So when handicapping the game, look at this season, and focus on the past coaching matchups.

Going into the 2023 season, there are six first-time coordinators. Eric Bieniemy has held the title as an offensive coordinator in the past, yet this is the first time he will be calling plays on his own, and that's important to understand. With Chiefs head coach Andy Reid setting up the game plan and attack, Bieniemy worked within those confines, which isn't a knock. It limits us from understanding how he will call games, which makes him a first-time coordinator.

The Cardinals have a first-time head coach in Jonathan Gannon, and two first-time coordinators in Drew Petzing for offense and Nick Rallis for defense. When breaking down the Cardinals coaching matchups, use Gannon's prior history as a coordinator in Philadelphia, which will come in handy when understanding how he will approach the opening game against the Commanders. With far better personnel in Philadelphia, Gannon split the season series against Washington. Gannon relies on his front to supply pressure and stop the run. If he takes the same approach in Arizona, which he will, then Washington will be able to control the game—even though we are uncertain of Bieniemy's play calling. Gannon isn't complex, and unless he has superior talent, the scheme isn't going to create problems. In most games this season, the Cards will not win the coaching match-up.

When handicapping comparing the numbers, the DVOA, the last game has importance. Yet, understanding the coordinator matchup page can give you a slight edge. And when you research the coaches as you research the players, this can shed new light on the game breakdowns.

USING NFL WINS/LOSSES FROM 2022 TO PREDICT 2023

by Steve Makinen

With the NFL schedule release being all the fervor this week, there will be countless dissecting of it in order to find advantages/disadvantages for all 32 teams. Many people will use this 17-game set as a means for predicting how teams will fare in '23. For as much as I love looking ahead to the fall and the big games on the schedule, I feel the degree to which a team improves or declines in any given season is determined by other factors, and I prove it through the data that I study each spring. As I continue to ramp up my offseason NFL work, my next few pieces will dig into a subject I call Changeover Systems. I refer to them as such because they are data angles that take records and/or statistics from one season to provide insight as to which teams might be better or worse in the follow-up season.

These Changeover Systems are often extremely predictive. Three years ago, many of these most optimistic systems pointed to the Buccaneers enjoying a breakout 2020 season. All the Bucs did was go on to win a first-ever Super Bowl title. Last year, the predictions were strong all over, with major improvements for teams like Seattle, Minnesota, and the Giants being cited. Teams that were expected to drop, and did, included those same Buccaneers, Las Vegas, and Arizona. All of those proved prophetic, and as you'll see in a few weeks when I release my 2023 win total wagers and review those from a year ago, I was able to cash in on these predictions, based heavily on the Changeover Systems I will unveil now and in part two next week.

This exercise is sort of a "rite of spring" for me each year, and I go through the list of won/lost and statistical traits that I feel are most important to determine which NFL teams have the best chance of getting better or worse in the coming season and by how much. As I noted earlier, I will do this series in two parts. In this first half, I will analyze the quality and quantity of teams' won-lost records by various means. Next week, I will dig into a number of key statistical angles that typically lead to significant improvement or decline.

Before digging into the data, however, here's a quick explanation as to why I feel these findings prove to be so impactful. I have always felt that the NFL is unlike any other sporting league in that teams can make quick definitive turnarounds from year to year, both positively and negatively. First-to-worst and worst-to-first are not unusual terms, and unlike the NBA or NHL, you can see seasons where more than half of the teams that qualify for the playoffs differ from the prior campaign. As such, it benefits the bettor greatly to know the traits that lead to teams improving or declining quickly. What is the typical resume of a team that improves greatly from one season to the next? Those who can find the answers to these questions can take advantage of not only the futures wagers and season win totals

available prior to a season, but they can also cash in on the point spreads in the early weeks of the season before those setting the odds can catch up.

Read through the findings over the next couple of weeks and make your own assessments of the teams you feel might not be what we saw from them in 2022. Then factor in the coaching changes, free agent transactions each team made, along with their draft results, and head to the betting window. I will share my own personal conclusions, along with my updated 2023 NFL Power Ratings in the next few weeks.

SYSTEMS OF TEAMS THAT HAD AN UNUSUALLY HIGH OR LOW TOTAL OF CLOSE WINS THE PRIOR SEASON

- In 2019, Seattle's 10 "close wins" (8 pts or less) were the most by any team in the NFL over the last 31 seasons. In that span, the 33 teams that managed 8+ close wins combined for an average decline of 2.9 wins per season.

TEAMS AFFECTED IN 2023: MINNESOTA, NY GIANTS

- The last five seasons have shown a trend against teams that win a lot of close games. In that span, there have been 47 teams that won 6+ games by 8 points or less. Of the 37 prior to last season that did, only seven have improved the next season, with the other 30 dropping off by 2.7 wins per year.

TEAMS AFFECTED IN 2023: BALTIMORE, BUFFALO, KANSAS CITY, LA CHARGERS, MIAMI, MINNESOTA, NY GIANTS, PHILADELPHIA, PITTSBURGH, TAMPA BAY

SYSTEMS OF TEAMS THAT HAD AN UNUSUALLY HIGH OR LOW TOTAL OF CLOSE LOSSES THE PRIOR SEASON

- Since '98, 34 teams have lost 8+ games in "close loss" format, that being one possession or less (8 pts). Their combined average improvement the next season was a hefty 3.56 wins per season with 30 of them improving.

TEAMS AFFECTED IN 2023: ATLANTA, DENVER, LAS VEGAS

- Including last season, there have been 102 teams since 2008 that went into the next season after having lost at least six games by one score or less (≤ 8 points). Of these 89 teams prior to 2022, 68 improved their won-lost record the next season, including 34 of them by 4+ wins. The average improvement of the 68 teams was 3.76 wins per season. Of the five teams that qualified for this angle in 2022, four teams improved by 3.75 wins on average over '21.

TEAMS AFFECTED IN 2023: ARIZONA, ATLANTA, CHICAGO, CLEVELAND, DENVER, HOUSTON, INDIANAPOLIS, JACKSONVILLE, LAS VEGAS, NEW ORLEANS, NY JETS, SEATTLE, TENNESSEE

SYSTEMS OF TEAMS THAT HAD AN UNUSUALLY HIGH OR LOW TOTAL OF BLOWOUT WINS THE PRIOR SEASON

- In 2022, Buffalo became the first team since the '98 Broncos to record at least nine double-digit wins in a season and improve its won-lost record the next year. The average win decline of the 30 teams in between that did it was -3.97.

TEAM AFFECTED IN 2023: SAN FRANCISCO

- Over the last 26 seasons, there have been 46 teams that have recorded at least five blowout wins (20+ points) in a season. Of the 45 prior to last season, only six were able to improve their won-lost record the next season. The other 39 combined for an average win decline of -3.39.

TEAM AFFECTED IN 2023: SAN FRANCISCO

- -Ironically, teams that won five or less games, none by double-digit margins, have shown significant improvement in the follow-up campaign. In fact, since 2007, there have been 27 such teams, and 25 of them improved the next season by an average of 3.78 wins per season. The Jets qualified on this last season and won three more games than they did in '21.

TEAMS AFFECTED IN 2023: DENVER, HOUSTON, INDIANAPOLIS

SYSTEMS OF TEAMS THAT HAD AN UNUSUALLY HIGH OR LOW TOTAL OF BLOWOUT LOSSES THE PRIOR SEASON

- There have been 22 teams since '01 that have gone 7-9 or worse and suffered zero blowout losses. These teams are natural candidates for improvement, and 20 of the 22 teams did just that, by an average of 3.0 wins per season, including Seattle, who went from 7-10 in '21 to 9-8 last season.

TEAMS AFFECTED IN 2023: ATLANTA, NEW ORLEANS, NY JETS – IRONICALLY, TWO OF THESE THREE TEAMS ADDED VETERAN QUARTERBACKS THIS OFFSEASON, WHICH I WROTE ABOUT A FEW WEEKS AGO AND SUGGESTED AS BEING ANOTHER POTENTIAL REASON FOR IMPROVEMENT.

- Since '00, there have been 21 double-digit win teams that suffered at least four of their losses by double-digit margins. More than half of those teams dropped dramatically the next season by at least three wins and by an average of 4.8 wins per season.

TEAMS AFFECTED IN 2023: MINNESOTA

SYSTEMS OF TEAMS BASED ON THEIR PLAYOFF RESULTS FROM THE PRIOR SEASON

- Only three of the last 29 teams that lost in the Super Bowl improved their won-lost record in the follow-up season, with an average win decline of 3.36 per season. Those that had 7+ double-digit wins in that prior Super Bowl losing season declined by 4.0 wins on average.

TEAM AFFECTED IN 2023: PHILADELPHIA (ONLY HAD SIX DOUBLE-DIGIT WINS, HOWEVER)

- Alternatively, the last 30 teams that won the Super Bowl were far better off in maintaining success, with only a 1.3 win dropoff per season, boasting an average won-lost record of 10.7-5.3. Only three of those 30 teams finished under .500 the next season, including the Rams last year, who went 5-12.

TEAM AFFECTED IN 2023: KANSAS CITY

- None of the 36 teams in the last 30 years that won 13 games or more and didn't make the Super Bowl improved their won-lost record the follow-up season and only four equaled that prior win total. The average win decline was 3.78 per season!

TEAMS AFFECTED IN 2023: BUFFALO, MINNESOTA, SAN FRANCISCO

SYSTEMS OF TEAMS WHOSE WON-LOST RECORDS ARE TRENDING

- All 10 teams since 2000 that had won fewer games than the prior season in three straight seasons have improved their won-lost record by an average of 4.8 wins per season!

TEAMS AFFECTED IN 2023: NEW ORLEANS – (13-12-9-7)

- Since 2002, only one of the 17 teams that had recorded improved records in three straight seasons continued that trend. The average drop for the declining group was 4.5 wins per season, with an average season win total of 6.4.

TEAM AFFECTED IN 2023: CINCINNATI, LA CHARGERS

- All 14 teams since 2005 that won 7+ games fewer than the prior season rebounded to improve their won-lost record in the follow-up campaign by an average of 4.5 wins per season!

TEAM AFFECTED IN 2023: ARIZONA, LA RAMS

- Only two of the last 32 teams since '06 that won 6+ more games than the prior season improved in the follow-up campaign, with an average season win drop of 3.09.

TEAMS AFFECTED IN 2023: DETROIT, JACKSONVILLE

STEVE MAKINEN'S POWER RATINGS

TEAM	POWER RATING
KANSAS CITY	30.5
PHILADELPHIA	30.0
BUFFALO	29.0
CINCINNATI	29.0
SAN FRANCISCO	28.5
DALLAS	28.0
JACKSONVILLE	27.0
BALTIMORE	26.5
NY JETS	26.5
MIAMI	25.5
DETROIT	25.0
LA CHARGERS	25.0
CLEVELAND	23.5
DENVER	23.5
MINNESOTA	23.5
NY GIANTS	23.5
PITTSBURGH	23.5
SEATTLE	23.5
NEW ENGLAND	23.0
NEW ORLEANS	23.0
GREEN BAY	22.5
ATLANTA	22.0
CHICAGO	22.0
LAS VEGAS	22.0
CAROLINA	21.5
LA RAMS	21.5
TENNESSEE	21.5
INDIANAPOLIS	20.5
WASHINGTON	20.5
TAMPA BAY	20.0
HOUSTON	19.0
ARIZONA	17.5

AFC EAST BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



The Buffalo Bills won the AFC East divisional crown last year with a record of 13-3. They finished 4.5 games ahead of the Miami Dolphins (9-8) with the half-game due to the no-contest in Week 17 when safety Damar Hamlin collapsed on the field and went into cardiac arrest. The margin could have been five games if the Bills had won that game, but it actually wasn't that easy. After Week 11, the Bills and Dolphins were tied for first place at 7-3, with the Jets and Patriots just a game back at 6-4, as all four were in the playoff hunt. The Bills took the lead for good when they blew out the Patriots on Thursday Night Football in Week 13, and the 49ers blew out the Dolphins. The rest of the division played sub-.500 ball down the stretch while the Bills coasted to their third straight division title. DraftKings has the Bills as +120 favorites to win their fourth in a row, but the race is expected to be even tighter this year with the New York Jets bringing in Aaron Rodgers. The Jets are the second choice at +270, with the Dolphins at +300. Even with coach Bill Belichick, the Patriots haven't been the same without Tom Brady and are the longest shot in the division at +800. — Dave Tuley

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
BUFFALO	29	2.6	0.2	24.75	10.5	6.5	10.5
NY JETS	26.5	1.2	-0.4	25.34	9.1	7.9	9.5
MIAMI	25.5	2.3	0	24.8	8.8	8.2	9.5
NEW ENGLAND	23	2.2	0.2	25.21	7.4	9.6	7.5



BUFFALO BILLS

HEAD COACH: SEAN MCDERMOTT (7TH)
OFFENSIVE COORDINATOR: KEN DORSEY
DEFENSIVE COORDINATOR: SEAN MCDERMOTT

BY DAVE TULEY

The Bills have been among the NFL's elite teams the past four years under coach Sean McDermott, winning at least 10 games each season, including when it was just a 16-game schedule. However, they haven't made it back to the Super Bowl in the last 30 years since losing four straight from 1990-1993. DraftKings has Buffalo as the 5-1 second choice (behind the Chiefs) to win the AFC and 9-1 third choice to win the Super Bowl. Their Over/Under Season Win Total is set at 10.5.

OFFENSE

The Bills had the No. 2 offense in the NFL at 394.9 yards per game and No. 3 in scoring at 27.7 points per game. QB Josh Allen was again a one-man wrecking crew as he threw for 4,283 yards and 35 TDs while adding 631 rushing yards and another 8 TDs. He ranked No. 2 in QBR at 71.4. Devin Singletary led the Bills with 819 rushing yards, but he signed with Houston as a free agent in March. James Cook (the No. 3 rusher as Allen was No. 2) is expected to take over the starting role but is also joined by free agent Damien Harris from New England.

Allen's No. 1 target was again WR Stefon Diggs (108 receptions, 1,429 yards, 11 TDs), but also spread the ball around to Gabe Davis (836 yards, 7 TDs) and Isiah McKenzie (423 yards, 4 TDs) as well as TE Dawson Knox (517 yards, 6 TDs). Diggs was a no-show at minicamp practice in June that was later called an excused absence by McDermott. The situation will certainly be monitored closely when regular training camp opens.

DEFENSE

The main focus is always on the high-powered offense, but the Buffalo defense continued to hold up its end of the bargain by allowing just 19.1 points per game (ranked No. 4 in the league) and just 319.4 yards per game (No. 7).

Former Denver LB Von Miller tied for the team lead with eight sacks (along with DE Greg Rousseau) despite playing only 12 before suffering an ACL injury. He's expected to be ready to return by the season opener. Tremaine Edmunds led the Bills with 102 total tackles (just ahead of Matt Milano's 99). Not many people know this, but safety Damar Hamlin finished third on the team with 91 tackles and might have been the leader if not for having his season cut short by his cardiac arrest. Hamlin is also on track to return (and is the clear favorite for Comeback Player of the Year if he does), but Edmunds left for Chicago via free agency.

OUTLOOK

The Bills have fallen short of expectations in the last few years, but that's just in the playoffs. We're not sure if they can get over the hump against the other top contenders in the AFC, most notably the Chiefs, but the Over 10.5 looks like the play again since we only have to concern ourselves with their regular-season performance. McDermott and Allen seem to have the winning formula in that regard.

SEASON WIN TOTAL PLAY
OVER 10.5

STEVE MAKINEN'S
POWER RATING 29.0 (#3 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/11	at NY Jets	-1.9	UNDERDOGS are 8-1 ATS in L9 of BUF-NYJ series at New York
9/17	LAS VEGAS	-10	OVER the total is 10-2-1 in L13 of Raiders-Bills h2h series
9/24	at Washington	-6.7	BUFFALO is on 8-1 ATS run vs. Washington
10/1	MIAMI	-5.7	OVER the total is 11-5-1 in L17 MIA-BUF h2h matchups
10/8	vs. Jacksonville	-2.7	UNDERDOGS have won L5 ATS in JAC-BUF h2h series
10/15	NY GIANTS	-8.7	ROAD TEAMS are 5-0-1 ATS in L6 of NYG-BUF h2h series
10/22	at New England	-4.4	BUFFALO has won L5 ATS at New England
10/26	TAMPA BAY	-11.6	HOME FAVORITES are 6-0 SU & 5-0-1 ATS in TB-BUF series since '00
11/5	at Cincinnati	+2	UNDERDOGS are 8-2 ATS in L10 of BUF-CIN h2h series
11/13	DENVER	-8.8	BUFFALO has won L7 ATS vs. Denver
11/19	NY JETS	-5.1	UNDER the total is 10-5 in NYJ-BUF series at Buffalo since '07
11/26	at Philadelphia	+3.4	UNDERDOGS are 6-2 ATS in L8 of BUF-PHI h2h series
BYE WEEK			
12/10	at Kansas City	+4	ROAD TEAMS are 10-4 ATS in L14 of BUF-KC rivalry
12/17	DALLAS	-3.8	BUFFALO is 4-1-1 ATS in L6 vs. Dallas
12/23	at LA Chargers	-2.5	FAVORITES are 6-2-1 ATS in L9 of BUF-LAC h2h series
12/31	NEW ENGLAND	-8	BUFFALO is 2-0 ATS in L2 hosting New England after 3-15 ATS skid
1/7	at Miami	-1.8	MIAMI is 9-6 ATS hosting Buffalo since '08

SCHEDULE
STRENGTH **24.75**
(#8 toughest of 32)

FIELD
RATINGS **2.6 / 0.2**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	28.4	2	17.9	2
Yards Per Point	14	5	17.9	2
Plays Per Game	64.8	12		
Time of Possession	29:42	17		
3rd Down Conv. %	50.3%	1	37.5%	7
Total Yards Per Game	397.6	2	319.1	6
Yards Per Play	6.1	3	5.1	9
Rush Attempts Per Game	26.9	15		
Rush Yards Per Game	139.5	7	104.6	5
Yards Per Rush Attempt	5.2	2	4.3	14
Pass Attempts Per Game	35.9	8		
Completion %	62.9%	21	63.5%	14
Passing Yards Per Game	258.1	7	214.6	15
Yards Per Pass Attempt	7.5	7	6	5
Turnovers	1.7	31	1.7	4

BUFFALO IS 3-10 ATS (LAST TWO SEASONS) - AGAINST TEAMS WITH 60% OR BETTER WINNING PERCENTAGE



NEW YORK JETS

HEAD COACH: ROBERT SALEH (3RD)
OFFENSIVE COORDINATOR: NATHANIEL HACKETT
DEFENSIVE COORDINATOR: JEFF ULBRICH

BY DAVE TULEY

The Jets had a roller-coaster of a 2022 season. Despite having one of the worst offenses in the NFL, they had one of the best defenses that carried them to a 7-4 record and looked like a playoff team. Then, they lost their last six games to finish 7-10. The consensus was they were a quarterback away from being a legit contender, so they traded for Aaron Rodgers. DraftKings has them as the +270 second-choice (behind the Bills) to win the AFC East, the 11-1 co-fourth choice (with the Dolphins and Ravens) to win the AFC and 18-1 to win the Super Bowl with an Over/Under Season Win Total of 9.5.

OFFENSE

Despite the strong start to last season, the Zach Wilson experiment failed, and the Jets also tried Mike White and Joe Flacco to turn the offense around. Only Flacco had more TDs than INTs, and that was 5-3. The Jets were held without a touchdown in their last three games (15 points total) to finish at 17.4 points per game (ranked No. 29 in the league).

There was talent on the offensive side of the ball, so Rodgers is expected to right the ship. Despite the poor QB play, Garrett Wilson led the team with 83 catches for 1,103 yards to win Offensive Rookie of the Year. Corey Davis also returns, plus the Jets added former Packers Allen Lazard and Randall Cobb to make Rodgers comfortable, as well as Mecole Hardman Jr. from the Chiefs.

RB Breece Hall was contending with Wilson for Offensive Rookie of the Year with 463 rushing yards and an impressive 5.8 yards per carry in just seven games before suffering a season-ending ACL injury in October. If he returns as expected, the Jets will again have a solid 1-2 combo with Michael Carter to take pressure off Rodgers.

DEFENSE

The Jets' defense allowed just 18.6 points per game (ranked No. 2 in the league) and only 311.1 yards (No. 4), so they deserved to have a better record. A lot of the hype went to rookie CB Sauce Gardner as he won Defensive Rookie of the Year, but it was truly a group effort.

Defensive tackle Quinnen Williams led the team with 12 sacks and joined Gardner as first-team All-Pro selections. Linebacker C.J. Mosley led the team with 158 total tackles (99 solo) to make the second team. All three are still under contract, and it's scary to think that the defense could be even better if Rodgers and the offense can keep them off the field more this season.

OUTLOOK

The Jets might have the best defense in the NFL, and the offense should definitely be improved, assuming Aaron Rodgers can hold off Father Time. The problem with finding a way to bet on the Jets is we're still unsure if they can close the gap on the Bills in the AFC East. If they're destined for a wild-card spot, that's a tough road for AFC or Super Bowl futures. The best play is probably on the Jets Over 9.5, though DraftKings has it juiced at -130, so look for a cheaper price. If you believe they can get to 11 wins, the better bet might be to find an Over 10 at plus-money.

SEASON WIN TOTAL PLAY
OVER 9.5

STEVE MAKINEN'S
POWER RATING 26.5 (#8 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/11	BUFFALO	+1.9	UNDERDOGS are 8-1 ATS in L9 of BUF-NYJ series at New York
9/17	at Dallas	+4.8	UNDERDOGS are 4-1-1 ATS in L6 of NYJ-DAL h2h series
9/24	NEW ENGLAND	-4.1	NEW ENGLAND is on 9-2 ATS run vs. NY Jets
10/1	KANSAS CITY	+2.9	HOME TEAMS have won L5 ATS in KC-NYJ h2h series
10/8	at Denver	-0.4	DENVER is on 12-5-1 ATS surge vs. NY Jets
10/15	PHILADELPHIA	+1.8	PHILADELPHIA has won L6 ATS vs. NY Jets
BYE WEEK			
10/29	at NY Giants	-0.8	UNDERDOG is 5-1-2 ATS in L8 of NYJ-NYG rivalry
11/6	LA CHARGERS	-3.1	UNDERDOGS are on 6-2-1 ATS run in LAC-NYJ h2h series
11/12	at Las Vegas	-2.4	RAIDERS are 5-1-1 ATS in L7 hosting NY Jets
11/19	at Buffalo	+5.1	UNDER the total is 10-5 in NYJ-BUF series at Buffalo since '07
11/24	MIAMI	-1.8	UNDER the total is 9-3-1 in L13 of MIA-NYJ series in New York
12/3	ATLANTA	-6.1	The L3 games of ATL-NYJ series went OVER the total
12/10	HOUSTON	-9.4	UNDERDOGS are on 5-0-1 ATS run in HOU-NYJ h2h series
12/17	at Miami	+1.3	MIAMI is 4-1-2 ATS in L7 hosting NY Jets
12/24	WASHINGTON	-7.8	NY JETS have won L4 ATS vs. Washington
12/28	at Cleveland	-0.4	NY JETS are on 7-2 ATS run versus Cleveland
1/7	at New England	-1.3	NEW ENGLAND is 8-0 SU & 6-1-1 ATS in L8 hosting NY Jets

SCHEDULE
STRENGTH **25.34**
(#2 toughest of 32)

FIELD
RATINGS **1.2 / -0.4**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	17.4	29	18.6	4
Yards Per Point	18.3	29	16.7	5
Plays Per Game	63.2	17		
Time of Possession	28:44	29		
3rd Down Conv. %	34.6%	28	38.1%	11
Total Yards Per Game	318.2	25	311.1	4
Yards Per Play	5	26	4.8	2
Rush Attempts Per Game	23.8	27		
Rush Yards Per Game	99.2	25	121.6	16
Yards Per Rush Attempt	4.2	24	4.2	10
Pass Attempts Per Game	36.9	7		
Completion %	56.9%	32	62.4%	9
Passing Yards Per Game	219	15	189.4	3
Yards Per Pass Attempt	6.4	27	5.8	2
Turnovers	1.4	17	0.9	29

NY JETS IS 1-13-1 ATS (LAST 15 GAMES) - AFTER PLAYING BUFFALO



MIAMI DOLPHINS

HEAD COACH: MIKE MCDANIEL (2ND)
OFFENSIVE COORDINATOR: FRANK SMITH
DEFENSIVE COORDINATOR: VIC FANGIO

BY DAVE TULEY

The Dolphins broke from the gate fast last year with wins over the Patriots, Ravens and Bills to take the early lead in the AFC East. However, the win over Buffalo was controversial. The Dolphins received criticism for QB Tua Tagovailoa not being removed from the game after suffering an apparent concussion (the team claimed it was just a back injury). Those issues kept popping up during the season, but the Dolphins were still tied for the AFC East lead at 8-3 before losing five straight down the stretch. They still made the playoffs but were ousted in a 34-31 loss to the Bills (though they covered as 14-point road underdogs). DraftKings has Miami at 3-1 to win the division, the 11-1 co-fourth choice (with the Jets and Ravens) to win the AFC and 22-1 to win the Super Bowl with an Over/Under Season Win Total of 9.5.

OFFENSE

WR Tyreek Hill came over from the Chiefs and had an immediate impact as he elevated the Dolphins' offense from the start of the season. He ended up with 119 catches for 1,710 yards and seven touchdowns, and his presence led to Jaylen Waddle also putting up WR1-type numbers with 75 catches for 1,356 yards and eight TDs. Most of the success came with Tagovailoa, who really stepped up his game in his third season with 3,548 passing yards and 25 TDs with just eight INTs in 13 games. Teddy Bridgewater also played in five games but left via free agency, with former New York Jet Mike White expected to pick up the important backup role in case Tua continues to have concussion issues.

The Dolphins had a complementary ground game with a running-back-by-committee led by Raheem Mostert's 891 yards, with support from Jeff Wilson Jr., Chase Edmonds and others. Edmonds left for Tampa Bay, but Mostert and Wilson (who both played for coach Mike McDaniel in San Francisco) are back, and there have been rumors about the Dolphins being in the hunt to sign former Viking Dalvin Cook.

There's a chance the offense could be more potent than last year when they averaged 23.8 points a game (ranked No. 11 in the league) and 357.1 yards (No. 8) despite falling off down the stretch. Again, Tagovailoa's health probably holds the key.

DEFENSE

The Miami defense didn't fare as well as the offense last season, allowing 24.1 points per game (ranked No. 24 in the league) and 342.6 yards (No. 19). In 2020 and 2021, the Dolphins hid their defensive deficiencies with a lot of takeaways, but those dropped off last year. A contributing factor was the lack of a pass rush as sacks dropped from 49 to 41, with LB Melvin Ingram leading with only six.

Miami should see improvement on the defensive side of the ball with new defensive coordinator Vic Fangio. He failed as a head coach in Denver, but sometimes great coordinators don't make great head coaches, and he should excel back in this role. The Dolphins also traded with the Rams for CB Jalen Ramsey, and his taking the WR1s should help Xavien Howard on the other corner.

OUTLOOK

When healthy, the Dolphins' offense can score with anyone. However, any Miami futures are risky with Tagovailoa's concussion history, even if the defense improves. As we've seen, once a player has concussions, it makes it easier to have more. The chances of Tua playing a complete season are much lower than others, so I can't see risking anything on division, conference or Super Bowl futures. If they make the playoffs, that's when I'd consider them live. The same goes for their Over on the Season Win Total; it would have to be Under 9.5 or pass.

SEASON WIN TOTAL PLAY
UNDER 9.5

STEVE MAKINEN'S
POWER RATING 25.5 (#10 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at LA Chargers	+1.2	UNDER the total is 9-1 in L10 of MIA-LAC series at Chargers
9/17	at New England	-0.7	MIAMI has won L5 ATS vs. New England
9/24	DENVER	-5	UNDERDOGS are on 7-0-1 ATS run in L8 DEN-MIA matchups
10/1	at Buffalo	+5.7	OVER the total is 11-5-1 in L17 MIA-BUF h2h matchups
10/8	NY GIANTS	-4.9	FAVORITES have won L3 ATS in NYG-MIA h2h series
10/15	CAROLINA	-7.1	MIAMI is 5-1-1 ATS all-time versus Carolina
10/22	at Philadelphia	+7.1	UNDERDOGS are on 5-1 ATS run in MIA-PHI h2h series
10/29	NEW ENGLAND	-4.2	MIAMI is on 8-2-1 ATS run hosting New England
11/5	vs. Kansas City	+5.5	MIAMI is 8-4-1 ATS vs. Kansas City since '93
BYE WEEK			
11/19	LAS VEGAS	-6.2	The L8 games of LVR-MIA h2h series went OVER the total
11/24	at NY Jets	+1.8	UNDER the total is 9-3-1 in L13 of MIA-NYJ series in New York
12/3	at Washington	-3	UNDER the total is 6-1 in L7 of MIA-WAS h2h series
12/11	TENNESSEE	-6.4	HOME TEAMS have won L3 ATS in TEN-MIA h2h series
12/17	NY JETS	-1.3	MIAMI is 4-1-2 ATS in L7 hosting NY Jets
12/24	DALLAS	+0	UNDER the total is 6-2 in L8 of DAL-MIA h2h series
12/31	at Baltimore	+3.8	L3 games of MIA-BAL series in Baltimore went OVER the total
1/7	BUFFALO	+1.8	MIAMI is 9-6 ATS hosting Buffalo since '08

SCHEDULE
STRENGTH **24.80**
(#7 toughest of 32)

FIELD
RATINGS **2.3 / 0**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	23.4	11	23.5	24
Yards Per Point	15.6	18	14.4	29
Plays Per Game	59.4	27		
Time of Possession	29:20	24		
3rd Down Conv. %	36.2%	24	41.6%	24
Total Yards Per Game	364.5	6	337.8	18
Yards Per Play	6.1	2	5.3	14
Rush Attempts Per Game	22.9	31		
Rush Yards Per Game	99.2	25	103	4
Yards Per Rush Attempt	4.3	19	4.1	6
Pass Attempts Per Game	34.4	13		
Completion %	63.0%	20	66.7%	27
Passing Yards Per Game	265.4	4	234.8	27
Yards Per Pass Attempt	8.2	1	6.4	12
Turnovers	1.2	8	0.8	30

MIAMI IS 9-1 ATS (LAST 10 GAMES) AT HOME - IN NOVEMBER



NEW ENGLAND PATRIOTS

HEAD COACH: BILL BELICHICK (23RD)
OFFENSIVE COORDINATOR: BILL O'BRIEN
DEFENSIVE COORDINATOR: BILL BELICHICK

BY DAVE TULEY

The Patriots were in playoff contention until Week 18, though they lost five of their last eight games to finish 8-9 and miss the postseason. The defense mostly carried the team as the offense struggled in the post-Tom Brady era. They're still regarded as the worst team in the AFC East as DraftKings has them as the longest shot to win the division at 8-1 as well as 35-1 to win the AFC and 65-1 to win the Super Bowl with an Over/Under Season Win Total of 7.5.

OFFENSE

Mac Jones had a mediocre season with just 2,997 yards and 14 TDs and 11 INTs. There was even a QB controversy as Jones suffered a left leg injury in Week 3 and watched as rookie backup Bailey Zappe played well in relief of Brian Hoyer in a Week 4 OT loss at the Packers and then led the team to Week 5 and 6 wins over the Lions and Browns. But then came the embarrassing 33-14 home loss to the Bears on Monday Night Football in Week 7, and Jones returned the next week to lead a win over the Jets.

The "no offensive coordinator" experiment with Bill Belichick and Matt Patricia splitting the duties was a failure as the Pats averaged 21.4 points per game (ranked No. 16 in the league) and even worse at 314.6 yards per game (No. 26), so Bill O'Brien has been brought back to tutor Jones.

Rhamondre Stevenson led the team with 1,040 rushing yards and should be more of the focus with Damien Harris leaving for Buffalo. Leading receiver Jakobi Meyers is also gone to Las Vegas, but the Patriots have brought in JuJu Smith-Schuster from Kansas City, and they're hoping DeVante Parker and Tyquan Thornton finally play to their potential. At press time, the Patriots were still pursuing free-agent WR DeAndre Hopkins, which would be an immediate upgrade.

DEFENSE

The defense continually picked up the offense in 2022 to keep the Patriots competitive in most games, allowing just 20.4 points per game (ranking No. 11 in the league) and 322 yards per game (No. 9). Those numbers were pretty impressive considering the high-powered offenses in the AFC East (last year's Jets notwithstanding).

Inside linebacker Ja'Whaun Bentley led the team with 125 total tackles while LB Matthew Judon had 15.5 sacks and LB Josh Uche added 11.5 as the Pats had the third-most sacks per game. All three are under contract and back to lead the stop unit. The Pats signed free-agent CB Jonathan Jones and first-round pick Christian Gonzalez is expected to man the other corner.

OUTLOOK

The Patriots obviously have a tough task playing in the same division they used to own with the Bills at the top, the Dolphins having their high-powered offense and the Jets expected to improve with Aaron Rodgers. So, it's probably not worth betting them in the division, conference or Super Bowl futures. However, since they are in such a strong division, DraftKings has their Over/Under Season Win Total set low at 7.5, with the Under favored at -120. Do we really expect a Belichick team to finish that far below .500? The play is on Over 7.5, especially at even money.

SEASON WIN TOTAL PLAY
OVER 7.5

STEVE MAKINEN'S
POWER RATING 23.0 (#19 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	PHILADELPHIA	+4.3	ROAD TEAMS have won L5 non-neutral PHI-NE matchups ATS
9/17	MIAMI	+0.7	MIAMI has won L5 ATS vs. New England
9/24	at NY Jets	+4.1	NEW ENGLAND is on 9-2 ATS run vs. NY Jets
10/1	at Dallas	+7.7	ROAD TEAMS have won L5 ATS in NE-DAL h2h series
10/8	NEW ORLEANS	-2.1	NEW ORLEANS is 6-3 ATS vs. New England since '92
10/15	at Las Vegas	+0.5	FAVORITES are on 7-1 ATS run in Patriots-Raiders h2h series
10/22	BUFFALO	+4.4	BUFFALO has won L5 ATS at New England
10/29	at Miami	+4.2	MIAMI is on 8-2-1 ATS run hosting New England
11/5	WASHINGTON	-5.3	NEW ENGLAND is 3-1-1 ATS in L5 versus Washington
11/12	vs. Indianapolis	-2.7	NEW ENGLAND has won L5 ATS hosting Indianapolis
BYE WEEK			
11/26	at NY Giants	+2.1	UNDERDOGS are 7-2 ATS in L9 of NE-NYG h2h series
12/3	LA CHARGERS	-0.6	NEW ENGLAND has won L7 ATS vs. LA Chargers
12/7	at Pittsburgh	+3.1	The L5 games of NE-PIT rivalry in Pittsburgh went UNDER the total
12/18	KANSAS CITY	+5.4	KANSAS CITY has won L3 visits to New England ATS
12/24	at Denver	+2.5	DENVER is on 6-3 ATS run hosting New England
12/31	at Buffalo	+8	BUFFALO is 2-0 ATS in L2 hosting New England after 3-15 ATS skid
1/7	NY JETS	+1.3	NEW ENGLAND is 8-0 SU & 6-1-1 ATS in L8 hosting NY Jets

SCHEDULE STRENGTH **25.21** (#5 toughest of 32)

FIELD RATINGS **2.2 / 0.2** (HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	21.4	17	20.4	11
Yards Per Point	14.7	10	15.8	13
Plays Per Game	59.2	28		
Time of Possession	29:05	28		
3rd Down Conv. %	34.9%	27	40.3%	21
Total Yards Per Game	314.6	26	322	8
Yards Per Play	5.3	19	5	5
Rush Attempts Per Game	25	22		
Rush Yards Per Game	106.6	24	105.5	6
Yards Per Rush Attempt	4.3	21	4.1	4
Pass Attempts Per Game	31.8	21		
Completion %	66.3%	8	61.1%	5
Passing Yards Per Game	208	20	216.5	16
Yards Per Pass Attempt	7.1	14	6.2	8
Turnovers	1.4	17	1.8	2

NEW ENGLAND IS 2-8 ATS (LAST 10 GAMES) - IN DECEMBER

AFC NORTH BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



The AFC North was one of two divisions in the NFL last season to have three teams with a winning record, and it looks to have a formidable quartet of squads once again. The Cincinnati Bengals (+140) might be the best team in football if Joe Burrow stays healthy, while the Cleveland Browns (+425) and Pittsburgh Steelers (+450) have high ceilings if Deshaun Watson and Kenny Pickett play up to or exceed expectations.

With Lamar Jackson signed, sealed, and delivered, the Baltimore Ravens (+240), who have won at least 10 games in four of the five seasons with Jackson, look poised for another season as a strong playoff contender. There are no easy games within the division, as this is arguably the deepest division in the league for the 2023 season.

Watson is one of the main storylines with a retooled wide receiver group and the rust of a 700-day layoff in the rearview mirror, but the Browns still have to overcome the reigning two-time division champion Bengals, who might have been an ill-advised out-of-bounds push on Patrick Mahomes away from being the reigning two-time AFC champs. They also have to play well enough to unseat a Ravens team that has finished lower than second just once since 2015 and a rival that has won 32 of the 41 head-to-head games over the last 20 years.

Are we looking at more of the same in the AFC North with the Bengals and Ravens atop the mountain or will this season provide some surprises? — Adam Burke

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
CINCINNATI	29	1.8	-0.1	24.09	10.8	6.2	11.5
BALTIMORE	26.5	2.4	0.4	23.1	10.1	6.9	9.5
PITTSBURGH	23.5	2.4	-0.2	23.52	8.5	8.5	8.5
CLEVELAND	23.5	1.8	-0.2	24.11	8.2	8.8	9.5



CINCINNATI BENGALS

HEAD COACH: ZAC TAYLOR (5TH)
OFFENSIVE COORDINATOR: BRIAN CALLAHAN
DEFENSIVE COORDINATOR: LOU ANARUMO

BY ADAM BURKE

The reigning two-time AFC North champion Cincinnati Bengals have one goal this season: to win the Super Bowl. After having a top-10 scoring defense to go with a top-10 scoring offense in 2022, a late push on Patrick Mahomes in the AFC Championship Game may have been the difference between losing in heartbreaking fashion and winning the franchise's first Lombardi Trophy. With a stacked roster, the Bengals are the AFC North favorites, and some think this might be the best team in the NFL.

OFFENSE

Last season marked the first time that the Bengals won consecutive division titles since 1981-82 and a third looks likely with Joe Burrow and a tremendous group of wide receivers. Surprisingly, the Bengals only managed 5.5 yards per play last season, but they were fifth in EPA/play and Dropback EPA, along with finishing third in Dropback Success Rate. Cincinnati's receivers weren't as explosive, averaging 10.8 yards per catch after averaging 12.6 in 2022, but the Bengals did shave 10 sacks off of Burrow's total to lessen the impact of negative plays.

Along with their overall success, the Bengals were at their best when it mattered most, posting the third-best third-down conversion rate at 48.1% behind the Bills and Chiefs and the fifth-best red-zone touchdown percentage at 64.9%.

In a cruel twist of fate, the retooled offensive line suffered major injuries late in the season, including the playoffs. On paper, health is the only thing that could hold Cincinnati back.

DEFENSE

The Bengals went from 42 sacks in 2021 to 30 sacks in 2022, but they still improved in EPA/play, Dropback EPA, and Dropback Success Rate. They did all that with just half of a season from Chidobe Awuzie, who tore his ACL in Week 8. Now they'll have to replace safeties Vonn Bell and Jessie Bates III, who were third and fourth, respectively, in tackles and had eight of the team's 13 interceptions.

The spotlight will be on lightly-used 2022 first-round pick Dax Hill to show the promise and potential that made him the 31st overall pick out of Michigan as he fills some big shoes in the secondary. The Bengals also isolated Rams safety Nick Scott and signed him to a three-year deal. The safety spot is the biggest question on the team, as the front seven returns intact and Awuzie's return should help the corners.

OUTLOOK

Despite a little bit of interest during this year's coaching carousel, offensive coordinator Brian Callahan and defensive coordinator Lou Anarumo are both back, so the Bengals look very similar to last year's team that went 12-4 and was maybe overtime against the Chiefs away from being the AFC champion again. The season win total of 11.5 leaves little margin for error with a difficult schedule, but 11-6 should also win the AFC North, so expect a division crown and a double-digit season in the 'W' column once again. I lean Over with the Bengals win total, who, if healthy, may just win it all.

SEASON WIN TOTAL PLAY
OVER 11.5

STEVE MAKINEN'S
POWER RATING 29.0 (#3 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Cleveland	-4	CINCINNATI is 7-2 ATS in L9 at Cleveland but lost LV
9/17	BALTIMORE	-3.5	BALTIMORE is on 4-1 ATS run at Cincinnati
9/25	LA RAMS	-9.5	UNDER the total is 8-1 in L9 of LAR-CIN h2h series
10/1	at Tennessee	-4.7	CINCINNATI is on 5-1 SU & 6-0 ATS run vs. Tennessee
10/8	at Arizona	-9.7	UNDERDOGS are 4-1 ATS in L5 of CIN-ARI h2h series
10/15	SEATTLE	-7.4	CINCINNATI is on 5-1-2 ATS run vs. Seattle
BYE WEEK			
10/29	at San Francisco	+2.1	ROAD TEAMS have won L4 ATS in CIN-SF h2h series
11/5	BUFFALO	-2	UNDERDOGS are 8-2 ATS in L10 of BUF-CIN h2h series
11/12	HOUSTON	-12.5	HOUSTON is on 5-0 ATS run at Cincinnati
11/16	at Baltimore	-0.4	CINCINNATI is on 7-2 ATS run at Baltimore
11/26	PITTSBURGH	-7.1	CINCINNATI is on 4-1 SU & ATS run vs. Pittsburgh after losing prior 11
12/4	at Jacksonville	-0.3	UNDER the total is 6-3 in L9 of CIN-JAC series at Jacksonville
12/10	INDIANAPOLIS	-10.7	UNDERDOGS have won L3 ATS in IND-CIN h2h series
12/17	MINNESOTA	-7.6	HOME TEAMS have won L7 ATS in MIN-CIN h2h series
12/23	at Pittsburgh	-3.4	FAVORITES are 6-2-1 ATS in L9 of CIN-PIT series in Pittsburgh
12/31	at Kansas City	+4.3	UNDER the total is 7-1 in L8 of CIN-KC series in Kansas City
1/7	CLEVELAND	-7.1	CINCINNATI is 6-2 ATS in L8 hosting Cleveland

SCHEDULE
STRENGTH **24.09**
(#16 toughest of 32)

FIELD
RATINGS **1.8 / -0.1**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	26.1	7	20.1	6
Yards Per Point	13.8	2	16.7	6
Plays Per Game	65.8	7		
Time of Possession	31:51	2		
3rd Down Conv. %	46.1%	3	39.6%	20
Total Yards Per Game	360.5	8	335.7	16
Yards Per Play	5.5	11	5.4	15
Rush Attempts Per Game	24.9	24		
Rush Yards Per Game	95.5	29	106.6	7
Yards Per Rush Attempt	3.8	29	4.2	9
Pass Attempts Per Game	38.1	6		
Completion %	68.5%	2	58.9%	1
Passing Yards Per Game	265	5	229.1	23
Yards Per Pass Attempt	7.4	9	6.6	15
Turnovers	1.1	7	1.5	8

CINCINNATI IS 15-0 ATS (LAST 15 GAMES) ON ROAD - TRAVELING 1,000 MILES OR MORE



BALTIMORE RAVENS

HEAD COACH: JOHN HARBAUGH (16TH)
OFFENSIVE COORDINATOR: TODD MONKEN
DEFENSIVE COORDINATOR: MIKE MACDONALD

BY ADAM BURKE

With the highest-paid player in NFL history back in the fold, the Baltimore Ravens are looking for their fifth playoff appearance in the last six seasons. The five-year, \$265 million contract that Lamar Jackson negotiated for himself solved the quarterback question for the Ravens, but the onus is now on him to answer some questions, specifically about his health. If he can do that, the Ravens can absolutely challenge the Bengals and make it back to the postseason.

OFFENSE

Jackson has only been able to play 12 games each of the last two seasons for the Baltimore offense, and he hasn't been able to replicate his 2019 MVP season or his strong follow-up in 2020. Jackson has a 33/20 TD/INT ratio over the last two seasons, and while he's rushed for 1,531 yards, he only has five rushing touchdowns. He had seven in each of 2019 and 2020 alone.

Optimism is high with the Ravens, though, because new offensive coordinator Todd Monken is back after three impressive seasons with the University of Georgia. They also revamped the wide receiver position with first-round pick Zay Flowers and reliable veterans Odell Beckham Jr. and Nelson Agholor in free agency. After gaining just 5.5 yards per play last season, this offense definitely needed a spark.

A healthy J.K. Dobbins would also provide a spark, as he had 5.7 yards per carry over 92 attempts. The new-look WR corps should also give Mark Andrews a few more open targets. He was third in receiving yards among tight ends on a team-high 113 targets. This was a top-10 offense in EPA/play through 11 weeks prior to Jackson's season-ending injury in Week 12 against the Broncos, so there is a foundation to build on with more talented personnel.

DEFENSE

The Ravens only allowed 5.3 yards per play, but they finished 14th in EPA/play, 22nd in Dropback EPA, and 21st in Dropback Success Rate. They effectively stuffed the run and allowed just 3.9 yards per carry, but there were some coverage breakdowns. The advanced stats weren't as kind to this defense as the more traditional metrics.

Baltimore allowed the seventh-highest completion percentage against, despite finishing in the top 10 in sacks with 48. The Ravens worked in enough good outcomes to cover for some of their pass defense failings, as they were third in red-zone touchdown percentage and fourth in third-down conversion rate against. They'll run it back with a similar group this year minus Calais Campbell and Chuck Clark.

OUTLOOK

Every team in the AFC North is chasing Cincinnati, and every AFC team may very well be chasing the Bengals, but the Ravens are a well-run, well-coached organization with 45 wins in the 61 games started by Jackson. They look to be the division's second-best team solidly, and that should be good enough for a playoff berth in the expanded postseason. Their win total, however, seems fair at 9.5, so a slight lean to the Over, as it depends on Jackson's health.

SEASON WIN TOTAL PLAY
OVER 9.5

STEVE MAKINEN'S
POWER RATING 26.5 (#8 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	HOUSTON	-10.6	All six prior HOU-BAL matchups in Baltimore went UNDER the total
9/17	at Cincinnati	+3.5	BALTIMORE is on 4-1 ATS run at Cincinnati
9/24	INDIANAPOLIS	-8.8	INDIANAPOLIS is 7-1 in L8 at Baltimore
10/1	at Cleveland	-2	BALTIMORE is on 12-3 ATS run at Cleveland but lost LY
10/8	at Pittsburgh	-1.4	UNDERDOGS are 14-1-2 ATS in L5 of BAL-PIT rivalry
10/15	vs. Tennessee	-5.1	UNDER the total is 10-4 in L14 of TEN-BAL h2h series
10/22	DETROIT	-4.4	HOME TEAMS are on 5-1 ATS run in DET-BAL h2h series
10/29	at Arizona	-7.7	ROAD TEAMS have won L5 ATS in BAL-ARI h2h series
11/5	SEATTLE	-5.5	SEATTLE is 3-1-1 ATS in L5 vs. Baltimore but lost LT
11/12	CLEVELAND	-5.2	UNDER the total is 9-3 in L12 of CLE-BAL series in Baltimore
11/16	CINCINNATI	+0.4	CINCINNATI is on 7-2 ATS run at Baltimore
11/26	at LA Chargers	-0.2	ROAD TEAMS are 5-1 ATS in L6 of BAL-LAC series but lost LT
BYE WEEK			
12/10	LA RAMS	-7.6	The L3 games of LAR-BAL series in Baltimore went UNDER the total
12/17	at Jacksonville	+1.7	JACKSONVILLE is on 6-1 ATS run vs. Baltimore
12/25	at San Francisco	+4.1	UNDERDOGS have won L3 ATS in BAL-SF h2h series
12/31	MIAMI	-3.8	L3 games of MIA-BAL series in Baltimore went OVER the total
1/7	PITTSBURGH	-5.2	PITTSBURGH is 5-1 ATS in L6 at Baltimore

SCHEDULE
STRENGTH **23.10**
(#27 toughest of 32)

FIELD
RATINGS **2.4 / 0.4**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	20.6	19	18.5	3
Yards Per Point	16.5	23	17.5	3
Plays Per Game	61.9	19		
Time of Possession	31:09	7		
3rd Down Conv. %	41.7%	11	34.9%	4
Total Yards Per Game	338.8	16	324.3	9
Yards Per Play	5.5	12	5.3	13
Rush Attempts Per Game	30.9	7		
Rush Yards Per Game	160	2	92.1	3
Yards Per Rush Attempt	5.2	3	3.9	3
Pass Attempts Per Game	28.7	28		
Completion %	61.5%	26	66.4%	26
Passing Yards Per Game	178.8	28	232.2	26
Yards Per Pass Attempt	6.6	26	6.7	19
Turnovers	1.2	8	1.5	9

BALTIMORE IS 20-5 UNDER (LAST 25 GAMES) AT HOME - VS AFC SOUTH



PITTSBURGH STEELERS

HEAD COACH: MIKE TOMLIN (16TH)
OFFENSIVE COORDINATOR: MATT CANADA
DEFENSIVE COORDINATOR: TERYL AUSTIN

BY ADAM BURKE

Stop me if you've heard this before, but the Pittsburgh Steelers have never had a losing record under head coach Mike Tomlin. Tomlin, who took over in 2007 and won a Super Bowl in just his second season at the helm, has navigated this roster through a rebuild on the fly and the Steelers look like a threat again in the loaded AFC North. While the floor is high, the ceiling might be low, and the team's playoff hopes may simply rest on the shoulders of quarterback Kenny Pickett.

OFFENSE

The Steelers were 7-5 in Pickett's 12 starts last year. He only threw two interceptions over his final nine starts, though he only threw for 1,633 yards and five touchdown passes. Still, he took care of the ball, and the team finished on a four-game winning streak, with three of those victories in his starts.

While the .500 or better streak remained intact, the Steelers did only amass 4.9 yards per play, were outgained by 0.6 yards per play, and outscored by 38 points with a low-output offense that only scored a touchdown on 51.9% of red-zone trips. Only four teams had fewer yards per play and three of them picked in the top five of the 2023 NFL Draft.

The Steelers had a solid rush attack with Najee Harris and Pickett's contributions, but the passing offense left a lot to be desired, and that is the focus for this season.

DEFENSE

Defensively, the Steelers were a bottom-10 unit by EPA/play, as they struggled mightily against the pass. They gave up 29 touchdown passes, which was tied for the second-most in the league, and 12.2 yards per reception, which ranked 31st. It was a boom-or-bust defense in some respects that tied for the league lead in interceptions with 20, but there was a whole lot of bad sprinkled among the good.

Patrick Peterson and second-round pick Joey Porter Jr. come in to provide some aid to the beleaguered secondary and the pass rush should benefit from more of T.J. Watt, who was limited to 10 games and 5.5 sacks. After the bye week, the Steelers went 7-2 and allowed more than 17 points just once with a +8 turnover margin.

OUTLOOK

On paper, the Steelers are the fourth-best team in the AFC North and their season win total of 8.5 with Over juice does seem to be indicative of the team's reputation. They simply find ways to win, and they've avoided a losing season despite a negative point differential in three of the last four years. The bye week comes very early this season (Week 5), and ongoing questions about Pickett are hard to ignore. I believe the streak stops here and this team stays Under 8.5 wins

SEASON WIN TOTAL PLAY
UNDER 8.5

STEVE MAKINEN'S
POWER RATING 23.5 (#13 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	SAN FRANCISCO	+2.6	HOME/FAVORITES are on 4-1 SU & ATS run in SF-PIT h2h series
9/18	CLEVELAND	-2.2	PITTSBURGH is 8-3-1 ATS in L12 hosting Cleveland
9/24	at Las Vegas	+0.4	RAIDERS have won L4 ATS hosting Pittsburgh
10/1	at Houston	-2.4	FAVORITES have swept L6 games in PIT-HOU h2h series ATS
10/8	BALTIMORE	+1.4	UNDERDOGS are 14-1-2 ATS in L5 of BAL-PIT rivalry
BYE WEEK			
10/22	at LA Rams	+0.4	PITTSBURGH has won L4 ATS versus Rams
10/29	JACKSONVILLE	+0.2	ROAD TEAMS are on 6-0-1 ATS surge in JAC-PIT h2h series
11/2	TENNESSEE	-4.5	PITTSBURGH has won L3 ATS versus Tennessee
11/12	GREEN BAY	-3.5	GREEN BAY is 4-1 ATS in L5 vs. Pittsburgh
11/19	at Cleveland	+1.6	UNDER the total is 7-3 in L10 of PIT-CLE series at Cleveland
11/26	at Cincinnati	+7.1	CINCINNATI is on 4-1 SU & ATS run vs. Pittsburgh after losing prior 11
12/3	ARIZONA	-8.5	PITTSBURGH has won L3 ATS vs. Arizona
12/7	NEW ENGLAND	-3.1	The L5 games of NE-PIT rivalry in Pittsburgh went UNDER the total
12/17	at Indianapolis	-0.4	PITTSBURGH is on 6-1 ATS run vs. Indianapolis
12/23	CINCINNATI	+3.4	FAVORITES are 6-2-1 ATS in L9 of CIN-PIT series in Pittsburgh
12/31	at Seattle	+2.7	SEATTLE has won L3 ATS versus Pittsburgh
1/7	at Baltimore	+5.2	PITTSBURGH is 5-1 ATS in L6 at Baltimore

SCHEDULE STRENGTH **23.52** (#22 toughest of 32)

FIELD RATINGS **2.4 / -0.2** (HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	18.1	26	20.4	10
Yards Per Point	17.8	28	16.2	10
Plays Per Game	65.2	10		
Time of Possession	31:18	5		
3rd Down Conv. %	44.9%	7	39.4%	18
Total Yards Per Game	322.6	23	330.4	13
Yards Per Play	4.9	27	5.5	20
Rush Attempts Per Game	29.4	10		
Rush Yards Per Game	121.9	16	108.1	9
Yards Per Rush Attempt	4.1	25	4.2	8
Pass Attempts Per Game	33.6	16		
Completion %	63.8%	19	61.3%	6
Passing Yards Per Game	200.6	24	222.3	19
Yards Per Pass Attempt	6.4	28	7	26
Turnovers	1.1	4	1.4	14

PITTSBURGH IS 2-12 ATS (LAST 14 GAMES) ON ROAD - AS A FAVORITE OF 10 OR MORE POINTS



CLEVELAND BROWNS

HEAD COACH: KEVIN STEFANSKI (4TH)
OFFENSIVE COORDINATOR: ALEX VAN PELT
DEFENSIVE COORDINATOR: JIM SCHWARTZ

BY ADAM BURKE

The Cleveland Browns almost have a clean slate to work with this season. Deshaun Watson spent five games shaking off the rust, and the beleaguered defense has a new coordinator in Jim Schwartz, who is back where it all began when he was a personnel scout from 1993-95 working under Bill Belichick. With optimism on offense and a more positive outlook on defense, the Browns are in search of a turnaround and a playoff berth.

OFFENSE

Head coach Kevin Stefanski seemed to be under a lot of fire last season, but the truth is that he turned Jacoby Brissett into the leader of an offense that was sixth in EPA/play and ninth in Success Rate through Week 11. The Browns had a top-five passing offense by Dropback EPA and a top-five ground attack by Rush EPA. However, when Watson returned in Week 12, the Browns were 24th in EPA/play and just 12th in Rush EPA, as everything seemed to suffer.

Armed with a new receiving corps that includes third-round pick Cedric Tillman, trade acquisition Elijah Moore, and free agent Marquise Goodwin, Donovan Peoples-Jones and Amari Cooper will see less attention from opposing defenses and Watson will have no shortage of targets. Also, Nick Chubb, who rushed for 1,525 yards, should have a little softer defense to run into as the passing game matures.

Of course, that also assumes that Watson will return to his pre-suspension form or something close to it to utilize all the weapons at his disposal.

DEFENSE

The Browns finished 15th in yards per play allowed on defense, but numerous coverage breakdowns and overall bad play hurt throughout the season. Overall, the Browns finished 25th in EPA/play, as the Jadeveon Clowney soap opera played out and big plays were few and far between outside of Myles Garrett's 16 sacks.

Cleveland only had 20 takeaways and finished 25th in points per drive allowed. Over the last six weeks of the season, the Browns seemed to figure some things out and were third in EPA/play, but that wasn't enough to save Joe Woods's job. Schwartz is a veteran DC with some nice pieces to work with, including a lot of draft capital spent on the secondary, Garrett, and former Chiefs safety Juan Thornhill.

The Browns have also provided some help for Garrett in terms of the pass rush with Za'Darius Smith and Ogbornia Okoronkwo, plus some upgrades at defensive tackle in hopes of stopping the run.

OUTLOOK

All the talent is there for the Browns to have an outstanding season. They still have a quality offensive line and plenty of skill-position talent on both sides of the ball. Watson is the big question. Are the Browns able to get the guy who posted a 68.7% completion rate with an 85/28 TD/INT ratio from 2018-20 or a much lesser version eating up a huge amount of cap space? This looks like a boom-or-bust team, but the schedule is favorable for a playoff push. I lean Over on the win total.

SEASON WIN TOTAL PLAY
OVER 9.5

STEVE MAKINEN'S
POWER RATING 23.5 (#13 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	CINCINNATI	+4	CINCINNATI is 7-2 ATS in L9 at Cleveland but lost LY
9/18	at Pittsburgh	+2.2	PITTSBURGH is 8-3-1 ATS in L12 hosting Cleveland
9/24	TENNESSEE	-3.9	OVER the total is 10-2 in TEN-CLE h2h series since '01
10/1	BALTIMORE	+2	BALTIMORE is on 12-3 ATS run at Cleveland but lost LY
BYE WEEK			
10/15	SAN FRANCISCO	+3.2	The L6 games of SF-CLE h2h series went UNDER the total
10/22	at Indianapolis	-0.4	HOME TEAMS have won L4 ATS in CLE-IND h2h series
10/29	at Seattle	+2.7	FAVORITES are on 5-1-2 ATS run in CLE-SEA h2h series
11/5	ARIZONA	-7.9	OVER the total is 5-1-1 in L7 of ARI-CLE h2h series
11/12	at Baltimore	+5.2	UNDER the total is 9-3 in L12 of CLE-BAL series in Baltimore
11/19	PITTSBURGH	-1.6	UNDER the total is 7-3 in L10 of PIT-CLE series at Cleveland
11/26	at Denver	+2.4	DENVER is on 9-2-2 ATS run vs. Cleveland
12/3	at LA Rams	+0.4	FAVORITES are 6-1 ATS in L7 of CLE-LAR h2h series
12/10	JACKSONVILLE	+0.8	JACKSONVILLE has won L4 ATS versus Cleveland
12/17	CHICAGO	-3.9	HOME TEAMS are 6-1 ATS in L7 of CHI-CLE h2h series
12/24	at Houston	-2.4	HOUSTON is on 9-2 SU & ATS run vs. Cleveland
12/28	NY JETS	+0.4	NY JETS are on 7-2 ATS run versus Cleveland
1/7	at Cincinnati	+7.1	CINCINNATI is 6-2 ATS in L8 hosting Cleveland

SCHEDULE
STRENGTH **24.11**
(#15 toughest of 32)

FIELD
RATINGS **1.8 / -0.2**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	21.2	18	22.4	20
Yards Per Point	16.4	22	14.8	28
Plays Per Game	65.6	8		
Time of Possession	31:33	4		
3rd Down Conv. %	38.1%	19	39.5%	19
Total Yards Per Game	349.1	14	331.2	14
Yards Per Play	5.3	18	5.4	17
Rush Attempts Per Game	31.3	5		
Rush Yards Per Game	146.5	6	135	25
Yards Per Rush Attempt	4.7	11	4.7	25
Pass Attempts Per Game	31.8	21		
Completion %	62.0%	24	60.7%	4
Passing Yards Per Game	202.6	22	196.2	5
Yards Per Pass Attempt	6.9	21	6.4	14
Turnovers	1.2	8	1.2	20

CLEVELAND IS 8-2 ATS (LAST 10 GAMES) - VS. NFC SOUTH

AFC SOUTH BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



In 2022, the Jacksonville Jaguars went from the outhouse to the penthouse. Well, maybe just a loft, but they did go from worst to first in the AFC South going 9-8 and winning a playoff game for the first time since 2017. Now Jacksonville assumes a role to which it is not accustomed as the favorite and must play a first-place schedule as a division winner.

To win the AFC South last year in the final week of the regular season, the Jaguars had to outlast Tennessee, who was down to its third-string quarterback Joshua Dobbs and ended its season on a seven-game losing streak after a 7-3 start. The Titans ended the 2022 season with a league-high 23 players on injured reserve. Ryan Tannehill is back as the starting quarterback, but he is in the final year of his contract in Nashville. Tennessee is still amongst the league's best at running the ball with Derrick Henry and stopping the run.

The other two teams in the AFC South are breaking in first-year head coaches. Shane Steichen takes over in Indianapolis fresh off a Super Bowl appearance as the offensive coordinator for the Philadelphia Eagles. His main priority is to eventually end the revolving door of quarterbacks in Indianapolis with first-round pick Anthony Richardson while also hoping that running back Jonathan Taylor, the 2021 NFL rushing leader, can return with a clean bill of health.

Meanwhile, in Houston, DeMeco Ryans comes in from a very successful stint as defensive coordinator for the San Francisco 49ers. The Texans made a lot of noise on the opening night of this April's NFL Draft taking Ohio State quarterback C.J. Stroud with the second overall pick and then trading back up to the third overall pick to take Alabama linebacker Will Anderson. The Texans are still in the infancy stages of a massive roster rebuild. — Wes Reynolds

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
JACKSONVILLE	27	1.2	-0.5	24.01	10.0	7.0	9.5
TENNESSEE	21.5	2.3	0.3	22.89	7.8	9.2	7.5
INDIANAPOLIS	20.5	2	0	22.59	7.5	9.5	6.5
HOUSTON	19	1.5	-0.3	23.35	6.4	10.6	6.5



JACKSONVILLE JAGUARS

HEAD COACH: DOUG PEDERSON (2ND)
OFFENSIVE COORDINATOR: PRESS TAYLOR
DEFENSIVE COORDINATOR: MIKE CALDWELL

BY WES REYNOLDS

Doug Pederson pulled off the best one-year turnaround in NFL history last season in his first season as Jaguars head coach. Jacksonville started 3-7 and then won six of their last seven games to win the division.

OFFENSE

Quarterback Trevor Lawrence improved in his second year with a 25-8 TD-INT ratio versus a 12-17 ratio in his rookie season. Lawrence brings back his entire receiving corps (Christian Kirk, Zay Jones, Evan Engram, and Calvin Ridley) at over 3,200 combined yards and 20 touchdowns between them, and adds Calvin Ridley, who returns from his one-year gambling suspension, and second-round tight end Brenton Strange (Penn State).

Travis Etienne ran for 1,125 yards and five touchdowns last season, but Jacksonville did lack a power runner in short-yardage situations which is why they drafted Tank Bigsby (Auburn) in the third round. Etienne also must correct his fumble issues (five).

The offensive line is the biggest issue the Jaguars have if they are to repeat as AFC South Champions. No offensive lineman on the Jacksonville roster earned a PFF grade in the 50th percentile or better for their position last season.

DEFENSE

The defensive line is also a question mark. While the down linemen were solid against the run (12th in NFL), they only registered seven sacks between them. Either this group must get more pressure upfront on the passer or the Jaguars edge rushers must make a massive leap, and probably it needs to be a little bit of both considering the Jaguars ranked 27th in sack rate last season (5.5%).

Josh Allen, the 2019 seventh overall pick, only had six sacks last season and last year's No. 1 overall pick Travon Walker only registered 3.5. Walker was not the only disappointing first-round draft pick on Jacksonville's defense last season as linebacker Devin Lloyd often showed a lack of awareness and was benched for two games last season. On the inside of the 3-4 defense is some stability with Foyesade Oluokun leading the NFL in tackles (184) for the second consecutive season, but only 12 were for loss of yardage.

Jacksonville's lack of pass rush led the Jaguars to be 29th on third-down defense, 25th in red zone defense, and 30th in pass defense DVOA. However, the edge rushers were not the only culprits as the secondary struggled. Third-year cornerback Tyson Campbell is the team's only true difference-maker in pass coverage, and the Jaguars did not draft anyone for help in the secondary until the fifth round. This unit can only live off turnovers so much.

OUTLOOK

Jacksonville's offense should continue to put up points and yards with Lawrence's continued development and plenty of talent at the skill positions. However, the offensive line, edge rushers, and secondary do not look to have improved. The Jaguars now have the unfamiliar distinction of being the hunted. Teams will not sleep on this team that probably overachieved in 2022. Furthermore, they now must play a first-place division winner schedule which includes games with Kansas City, Cincinnati, Buffalo, and San Francisco. The Jaguars also had a lot of injury luck in 2022 finishing with just the second-fewest Adjusted Games Lost. The Jaguars are the rightful favorite but probably a tad overvalued at -150.

SEASON WIN TOTAL PLAY
UNDER 10

STEVE MAKINEN'S
POWER RATING 27.0 (#7 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Indianapolis	-4.4	HOME TEAMS are on 8-2-1 ATS run in JAC-IND h2h rivalry
9/17	KANSAS CITY	+2.4	UNDER the total is 5-1 in L6 of KC-JAC h2h series
9/24	HOUSTON	-9.1	HOUSTON is on 8-3 ATS run at Jacksonville
10/1	vs. Atlanta	-4.5	ATLANTA is on 5-1 SU & 6-0 ATS run vs. Jacksonville
10/8	vs. Buffalo	+2.7	UNDERDOGS have won L5 ATS in JAC-BUF h2h series
10/15	INDIANAPOLIS	-7.3	JACKSONVILLE has won L7 ATS hosting Indianapolis
10/19	at New Orleans	-1.3	NEW ORLEANS has won L5 ATS vs. Jacksonville
10/29	at Pittsburgh	-0.2	ROAD TEAMS are on 6-0-1 ATS surge in JAC-PIT h2h series
BYE WEEK			
11/12	SAN FRANCISCO	+0.3	SAN FRANCISCO has won L5 ATS versus Jacksonville
11/19	TENNESSEE	-6	TENNESSEE is 5-1 ATS in L6 at Jacksonville
11/26	at Houston	-6.4	UNDER the total is 5-1 in L6 of JAC-HOU rivalry in Houston
12/4	CINCINNATI	+0.3	UNDER the total is 6-3 in L9 of CIN-JAC series at Jacksonville
12/10	at Cleveland	-0.8	JACKSONVILLE has won L4 ATS versus Cleveland
12/17	BALTIMORE	-1.7	JACKSONVILLE is on 6-1 ATS run vs. Baltimore
12/24	at Tampa Bay	-4.3	FAVORITES have won L5 ATS in JAC-TB series after five L's
12/31	CAROLINA	-7.5	FAVORITES have won L4 ATS in CAR-JAC h2h series
1/7	at Tennessee	-3.1	OVER the total is 9-3 in L12 of JAC-TEN series in Tennessee

SCHEDULE
STRENGTH **24.01**
(#18 toughest of 32)

FIELD
RATINGS **1.2 / -0.5**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	23.8	10	20.6	12
Yards Per Point	15	13	17.2	4
Plays Per Game	63.1	18		
Time of Possession	29:43	16		
3rd Down Conv. %	41.9%	9	43.2%	29
Total Yards Per Game	357.4	10	353.3	24
Yards Per Play	5.7	9	5.4	18
Rush Attempts Per Game	26.4	17		
Rush Yards Per Game	124.5	14	114.8	12
Yards Per Rush Attempt	4.7	9	4.2	7
Pass Attempts Per Game	35.1	10		
Completion %	66.1%	9	64.1%	16
Passing Yards Per Game	232.9	10	238.5	28
Yards Per Pass Attempt	7	18	6.7	22
Turnovers	1.3	14	1.6	5

JACKSONVILLE IS 12-2-1 ATS (LAST 15 GAMES) - VS. INDIANAPOLIS



TENNESSEE TITANS

HEAD COACH: MIKE VRABEL (6TH)
OFFENSIVE COORDINATOR: TIM KELLY
DEFENSIVE COORDINATOR: SHANE BOWEN

BY WES REYNOLDS

It looked like the Titans were going to "three-peat" as AFC South champions as they got off to a 7-3 start. Then, the injuries mounted, and they lost seven games in a row to close the season. They finished with the third-most Adjusted Games Lost (128.6), a Football Outsiders metric that quantifies games missed due to injury by starters and key situational players. Quarterback Ryan Tannehill missed five starts, including the final three games, due to ankle injuries. Tennessee had to start Joshua Dobbs, who was on the Lions' practice squad earlier in the season, on the road in Week 18 to decide the division title.

OFFENSE

The Titans ranked 28th in points (17.5 ppg) and 30th in passing yardage (171.4 ypg). Tannehill does have a little more competition as Will Levis (Kentucky) was drafted in the second round. Todd Downing was shown the door, and Tim Kelly was promoted to offensive coordinator which could ease a little workload for Derrick Henry.

2022 first-round pick Treyton Burks had a disappointing season with just 33 catches and 444 yards and one touchdown in 11 games. This should be a much better season for Burks, but the receiver position is still thin. However, second-year tight end Chig Okonkwo averaged 14.1 yards per catch as a rookie and is the most explosive player the Titans have had at the position in recent memory.

After allowing 49 sacks, the Titans rebooted the offensive line especially at tackle by signing Andre Dillard away from the Eagles and drafting Peter Skoronski (Northwestern) 11th overall.

DEFENSE

The injuries for Tennessee were especially brutal on defense as no team in the league had more Adjusted Games Lost on defense than the 85.6 for the Titans. Injuries were the main culprit for Tennessee allowing a league-worst 274.8 ypg through the air in 2022. The defensive line is one of the NFL's best. Jeffery Simmons signed a four-year, \$94 million extension in the offseason. He anchors a unit that led the league against the run (76.9 ypg).

Harold Landry III also returns after being lost for the season with a torn ACL just before last season began.

Perhaps no unit on this team should improve more than the secondary. Kevin Byard is still one of the best all-around safeties in the league, and Amani Hooker is one of the best safeties in coverage. Sean Murphy-Bunting did miss 13 games over the last two seasons in Tampa Bay but is still an above-average cover corner as he only allowed 4.3 yards per target last season.

OUTLOOK

The Titans certainly have flaws (receiver, still some OL questions, history of injuries in the secondary), but their demise has been exaggerated. Tennessee won nine or more games in each of the four seasons prior to 2022. Mike Vrabel is 20-19 straight up in games as an underdog. He is better when he is doubted a bit. This team is clearly undervalued in the market and due to finishing second in the division, the Titans get a break in the schedule with only six games of the 17 against playoff teams from 2022. At a current price of 4/1, they are a good bet to win the AFC South.

SEASON WIN TOTAL PLAY
OVER 7.5

STEVE MAKINEN'S
POWER RATING 21.5 (#25 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at New Orleans	+3.4	ROAD TEAMS have won L5 ATS in TEN-NO matchups
9/17	LA CHARGERS	+0.8	HOME TEAMS are on 5-0-1 ATS run in LAC-TEN h2h series
9/24	at Cleveland	+3.9	OVER the total is 10-2 in TEN-CLE h2h series since '01
10/1	CINCINNATI	+4.7	CINCINNATI is on 5-1 SU & 6-0 ATS run vs. Tennessee
10/8	at Indianapolis	+0.3	TENNESSEE has won L5 ATS at Indianapolis
10/15	vs. Baltimore	+5.1	UNDER the total is 10-4 in L14 of TEN-BAL h2h series
BYE WEEK			
10/29	ATLANTA	-2.2	The L4 games of ATL-TEN h2h series went UNDER the total
11/2	at Pittsburgh	+4.5	PITTSBURGH has won L3 ATS versus Tennessee
11/12	at Tampa Bay	+0.4	TENNESSEE is on 6-1-1 ATS run versus Tampa Bay
11/19	at Jacksonville	+6	TENNESSEE is 5-1 ATS in L6 at Jacksonville
11/26	CAROLINA	-3.1	All three prior CAR-TEN games in Tennessee went UNDER the total
12/3	INDIANAPOLIS	-2.9	FAVORITES are 5-1 ATS in L6 of IND-TEN series at Tennessee
12/11	at Miami	+6.4	HOME TEAMS have won L3 ATS in TEN-MIA h2h series
12/17	HOUSTON	-4.7	UNDER the total is 6-1 in L7 of HOU-TEN series at Tennessee
12/24	SEATTLE	-0.4	TENNESSEE is on 6-1 ATS run vs. Seattle
12/31	at Houston	-1.7	HOUSTON is on 10-3 ATS run hosting Tennessee since 2010
1/7	JACKSONVILLE	+3.1	OVER the total is 9-3 in L12 of JAC-TEN series in Tennessee

SCHEDULE
STRENGTH **22.89**
(#29 toughest of 32)

FIELD
RATINGS **2.3 / 0.3**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	17.5	28	21.1	14
Yards Per Point	16.9	25	16.7	7
Plays Per Game	58.4	31		
Time of Possession	29:23	23		
3rd Down Conv. %	36.5%	23	34.2%	3
Total Yards Per Game	296.8	30	351.6	23
Yards Per Play	5.1	24	5.4	19
Rush Attempts Per Game	28.6	11		
Rush Yards Per Game	125.4	13	76.9	1
Yards Per Rush Attempt	4.4	16	3.4	1
Pass Attempts Per Game	26.8	30		
Completion %	62.5%	22	65.4%	19
Passing Yards Per Game	171.4	30	274.8	32
Yards Per Pass Attempt	7.1	13	7	25
Turnovers	1.4	17	1.2	20

TENNESSEE IS 12-3 ATS (LAST 15 GAMES) - IN OCTOBER



INDIANAPOLIS COLTS

HEAD COACH: SHANE STEICHEN (1ST)
OFFENSIVE COORDINATOR: JIM BOB COOTER
DEFENSIVE COORDINATOR: GUS BRADLEY

BY WES REYNOLDS

Colts owner Jim Irsay and general manager Chris Ballard truly believed that they were just a few players away from being a serious contender in the AFC, but they quickly realized that perception was way off as head coach Frank Reich was dismissed mid-season and Matt Ryan showed that he just did not have it anymore. Enter Shane Steichen and No. 4 overall pick and rookie quarterback Anthony Richardson.

OFFENSE

Steichen brings Gardner Minshew with him from Philadelphia, and he will likely be the early starter. The potential and athleticism of Richardson are massive, but this is a young player who only completed 54.7% of his passes at Florida, so accuracy is a major concern.

Jonathan Taylor led the NFL in rushing yards and touchdowns in 2021, but he only posted 861 yards and four touchdowns in 11 games due to an ankle injury and an anemic offense. Michael Pittman Jr (99/925/4) is a good receiver but not good enough to be a true No. 1 that can beat double coverages.

Perhaps no group is more responsible for the Colts' recent decline than the offensive line, which was the highest-paid OL unit in the league for 2022. This unit allowed 60 sacks last season, the second-most in the NFL. Center Ryan Kelly is a former Pro Bowler and got pushed around way too often. Bernhard Raimann got baptized by fire at left tackle. Even three-time first-team All-Pro Quenton Nelson declined last season, partially due to injuries.

DEFENSE

Gus Bradley was retained as defensive coordinator as this group was at least solid despite constantly being on the field due to the anemic offense which was largely responsible for the defense ranking 28th in points allowed (25.1 ppg). The defensive line is the best unit on the squad as DeForest Buckner and Grover Stewart are one of the best defensive tackle tandems in the league. Kwity Paye has ten sacks in 27 games over two seasons but must make the leap to reach his full potential.

Nevertheless, the biggest question on this defense is the health of Shaquille Leonard. He made only one start in 2022 due to a lingering nerve issue in his back. "The Maniac" insists he is healthy, and the three-time first-team All-Pro is the man that makes this defense go considering he tallied 538 tackles, 15 sacks, 11 interceptions, and 17 forced fumbles in his first four years before last year's injury-plagued season.

The young secondary has the most question marks on this defense with Stephon Gilmore gone and his replacement Isaiah Rodgers facing a likely suspension for being discovered to have bet on NFL games. Kenny Moore, now in a contract year, was a Pro-Bowler in 2021 as the slot corner but declined last year partially due to an ankle injury.

OUTLOOK

This organization has one playoff win in eight years and has not won the AFC South since 2014. The natives are getting restless for Ballard to put a winner on the field. Steichen worked wonders with Jalen Hurts in Philadelphia, and perhaps he can eventually do the same with Richardson. Minshew is only 8-16 as a starter, but he has the experience to keep the Colts in games early in the season. The schedule is manageable with just five playoff teams from last season on it; however, there are still a lot of questions looming with this team. 6.5 season wins looks to be the right number.

SEASON WIN TOTAL PLAY
OVER 6.5

STEVE MAKINEN'S
POWER RATING 20.5 (#28 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	JACKSONVILLE	+4.4	HOME TEAMS are on 8-2-1 ATS run in JAC-IND h2h rivalry
9/17	at Houston	-0.4	UNDER the total is 7-0 in IND-HOU series at Houston since '17
9/24	at Baltimore	+8.8	INDIANAPOLIS is 7-1 in L8 at Baltimore
10/1	LA RAMS	-1.2	The L6 LAR-IND h2h meetings went OVER the total
10/8	TENNESSEE	-0.3	TENNESSEE has won L5 ATS at Indianapolis
10/15	at Jacksonville	+7.3	JACKSONVILLE has won L7 ATS hosting Indianapolis
10/22	CLEVELAND	+0.4	HOME TEAMS have won L4 ATS in CLE-IND h2h series
10/29	NEW ORLEANS	+0.6	NEW ORLEANS has won L4 ATS vs. Indianapolis
11/5	at Carolina	+2.6	ROAD TEAMS are on 5-1 ATS run in IND-CAR series but lost LT
11/12	vs. New England	+2.7	NEW ENGLAND has won L5 ATS hosting Indianapolis
BYE WEEK			
11/26	TAMPA BAY	-2.5	OVER the total is 6-1 in L7 of TB-IND h2h series
12/3	at Tennessee	+2.9	FAVORITES are 5-1 ATS in L6 of IND-TEN series at Tennessee
12/10	at Cincinnati	+10.7	UNDERDOGS have won L3 ATS in IND-CIN h2h series
12/17	PITTSBURGH	+0.4	PITTSBURGH is on 6-1 ATS run vs. Indianapolis
12/24	at Atlanta	+3.4	INDIANAPOLIS is 6-1 ATS in L7 vs. Atlanta
12/31	LAS VEGAS	-0.9	ROAD TEAMS are on 7-1 ATS run in Colts-Raiders series
1/7	HOUSTON	-3.4	FAVORITES are 5-1 in L6 of HOU-IND series in Indianapolis but lost LY

SCHEDULE
STRENGTH **22.59**
(#30 toughest of 32)

FIELD
RATINGS **2 / 0**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	17	30	25.1	28
Yards Per Point	18.3	30	13.3	31
Plays Per Game	64.9	11		
Time of Possession	29:47	14		
3rd Down Conv. %	32.9%	29	38.0%	10
Total Yards Per Game	311.6	27	334	15
Yards Per Play	4.8	30	5.2	12
Rush Attempts Per Game	25.8	19		
Rush Yards Per Game	109.8	23	124.1	21
Yards Per Rush Attempt	4.3	23	4.1	5
Pass Attempts Per Game	35.5	9		
Completion %	65.9%	12	68.0%	31
Passing Yards Per Game	201.9	23	209.9	11
Yards Per Pass Attempt	6.4	29	6.6	18
Turnovers	2	32	1.2	19

INDIANAPOLIS IS 1-14 ATS (LAST 15 GAMES) - IN THE FIRST GAME OF THE SEASON



HOUSTON TEXANS

HEAD COACH: DEMECO RYANS (1ST)
OFFENSIVE COORDINATOR: BOBBY SLOWIK
DEFENSIVE COORDINATOR: MATT BURKE

BY WES REYNOLDS

Despite winning its final game of 2022 which cost them the No. 1 overall pick, Houston still procured a potential franchise quarterback in C.J. Stroud with the No. 2 overall pick. With Davis Mills in the final year of his contract, Stroud likely sees the field sooner rather than later. DeMeco Ryans brings Bobby Slowik from San Francisco to be his offensive coordinator. Slowik started his NFL coaching career under Mike Shanahan in Washington and served under his son Kyle with the 49ers. More than likely, Slowik will be more run-heavy early on, like his mentors, with a young quarterback and as a first-time play-caller.

OFFENSE

Dameon Pierce had a solid rookie season (939 rushing yards) before an ankle injury ended his season in Week 13. Last year's leading receiver Brandin Cooks was traded to Dallas, so Robert Woods comes in from Tennessee. Nevertheless, the biggest addition to the receiving corps is tight end Dalton Schultz who caught eight touchdowns (including three in the postseason) for Dallas last year.

Left tackle Laremy Tunsil was the No. 1 pass-blocking tackle per PFF last season and is now the highest-paid (3-year, \$75M extension) OL in the league. He and right tackle Tytus Howard are one of the better tackle combos in the NFL. Houston also upgraded at right guard with a trade for Shaq Mason from Tampa Bay. Left guard Kenyon Green struggled mightily as a rookie last year and is coming off knee surgery.

DEFENSE

Ryans' defense in San Francisco was tops in the NFL last year. He and new defensive coordinator Matt Burke believe in an attacking defensive line that gets to the quarterback. The Texans lacked a force on the edge which is why they traded up in the first round to draft Anderson No. 3 overall. Getting more pressure on opposing quarterbacks is all well and good, but the 2022 Texans surrendered the most rushing yards (170.2 ypg) in the NFL last season. The unit will need Sheldon Rankins (UFA-Jets) to make an immediate impact up front paired with Maliek Collins.

The secondary is arguably the best unit on the team led by second-year man and former first-rounder Derek Stingley Jr, who showed flashes but only played nine games due to a hamstring injury. At the other corner, Steven Nelson had a career season last year. Free safety Jalen Pitre led the team in tackles and picked off five passes as a rookie second-round pick. Ryans brought a reinforcement with him from San Francisco as Jimmie Ward takes over the other safety position.

OUTLOOK

The Texans have not exceeded four wins in any of their last three seasons. This is a long rebuild which is why DeMeco Ryans was given a six-year deal. The team should be better this year but will still have a rookie starting quarterback without a true downfield threat in the passing game and a first-time offensive play-caller. The strength of schedule is about mid-pack, and Houston has five of its last eight games at home. More than likely, they will give an honest effort in all 17 games and pick up a couple of late wins due to effort, but there will be growing pains, especially on offense.

SEASON WIN TOTAL PLAY
UNDER 6.5

STEVE MAKINEN'S
POWER RATING 19.0 (#31 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Baltimore	+10.6	All six prior HOU-BAL matchups in Baltimore went UNDER the total
9/17	INDIANAPOLIS	+0.4	UNDER the total is 7-0 in IND-HOU series at Houston since '17
9/24	at Jacksonville	+9.1	HOUSTON is on 8-3 ATS run at Jacksonville
10/1	PITTSBURGH	+2.4	FAVORITES have swept L6 games in PIT-HOU h2h series ATS
10/8	at Atlanta	+5.2	HOME TEAMS have swept all five prior HOU-ATL matchups ATS
10/15	NEW ORLEANS	+2.6	HOME TEAMS are 4-1 ATS in prior NO-HOU matchups but lost LT
BYE WEEK			
10/29	at Carolina	+4.4	CAROLINA has won L4 ATS vs. Houston
11/5	TAMPA BAY	-0.5	HOME TEAMS are 4-1 ATS in L5 of TB-HOU h2h series
11/12	at Cincinnati	+12.5	HOUSTON is on 5-0 ATS run at Cincinnati
11/19	ARIZONA	-3.1	HOME TEAMS are 4-1 ATS in L5 of ARI-HOU h2h set
11/26	JACKSONVILLE	+6.4	UNDER the total is 5-1 in L6 of JAC-HOU rivalry in Houston
12/3	DENVER	+2.3	ROAD TEAMS are on 5-1 ATS run in DEN-HOU h2h series
12/10	at NY Jets	+9.4	UNDERDOGS are on 5-0-1 ATS run in HOU-NYJ h2h series
12/17	at Tennessee	+4.7	UNDER the total is 6-1 in L7 of HOU-TEN series at Tennessee
12/24	CLEVELAND	+2.4	HOUSTON is on 9-2 SU & ATS run vs. Cleveland
12/31	TENNESSEE	+1.7	HOUSTON is on 10-3 ATS run hosting Tennessee since 2010
1/7	at Indianapolis	+3.4	FAVORITES are 5-1 in L6 of HOU-IND series in Indianapolis but lost LY

SCHEDULE
STRENGTH **23.35**
(#25 toughest of 32)

FIELD
RATINGS **1.5 / -0.3**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	17	30	24.7	27
Yards Per Point	16.7	24	15.4	19
Plays Per Game	59.7	24		
Time of Possession	28:38	31		
3rd Down Conv. %	30.3%	31	38.9%	15
Total Yards Per Game	283.5	31	379.5	30
Yards Per Play	4.7	32	5.7	26
Rush Attempts Per Game	23.4	30		
Rush Yards Per Game	86.8	31	170.2	32
Yards Per Rush Attempt	3.7	31	5.1	29
Pass Attempts Per Game	34.1	14		
Completion %	60.8%	28	64.4%	17
Passing Yards Per Game	196.7	25	209.3	10
Yards Per Pass Attempt	6.3	31	6.8	23
Turnovers	1.6	30	1.6	5

HOUSTON IS 8-1-1 ATS (LAST 10 GAMES) ON ROAD - BEFORE PLAYING JACKSONVILLE

AFC WEST BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



Everything starts with Patrick Mahomes in this division. The reality is the rest of the NFL is looking up at the Chiefs and their two-time MVP and two-time Super Bowl champion, but it's the Chargers, Raiders and Broncos who are stuck with the misfortune of dealing with Mahomes twice each season. The results have been ugly for the three guinea pigs. Since becoming the starting quarterback in Kansas City, Mahomes has a 27-3 record versus AFC West opponents — 11-0 against the Broncos, 9-1 against the Raiders and 7-2 against the Chargers.

Prior to the 2022 season, this division was hyped as the toughest in the league, mainly due to the perceived strength of its four quarterbacks. Only Mahomes and the Chargers' Justin Herbert exceeded lofty expectations and reached the playoffs, and only Mahomes won in the postseason. The Raiders' Derek Carr was benched after a Christmas Eve loss at Pittsburgh and eventually released, and Russell Wilson was a colossal bust in his debut with the Broncos. Las Vegas is hitting the reset button with Jimmy Garoppolo. Denver is hoping to salvage Wilson by finally hiring a respected offensive guru in coach Sean Payton.

Los Angeles remains the most serious threat to Kansas City's division dominance, although the Chargers need to shed their reputation as underachievers. The Chiefs, who have won the AFC West seven straight years, are odds-on division favorites (-165) at DraftKings. An injury to Mahomes is about the only thing that could barbecue Kansas City's season. Sharp bettors tend to gravitate to the Chargers stubbornly, the second choice (+340). A bet on the Broncos (+550) is blind faith in Payton bringing back the best version of Wilson. The rebuilding Raiders deserve to be the longest shot (11/1). — Matt Youmans

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
KANSAS CITY	30.5	2.3	0.5	24.36	11.5	5.5	11.5
LA CHARGERS	25	1.3	0	25.25	8.4	8.6	9.5
DENVER	23.5	1.8	-0.3	24.45	8.1	8.9	8.5
LAS VEGAS	22	1.3	0	25.06	7.0	10.0	7.5



KANSAS CITY

CHIEFS

HEAD COACH: ANDY REID (11TH)
OFFENSIVE COORDINATOR: MATT NAGY
DEFENSIVE COORDINATOR: STEVE SPAGNUOLO

BY MATT YOUMANS

Patrick Mahomes became the full-time starting quarterback at the beginning of the 2018 season, and he has helped produce regular-season records of 12-4, 12-4, 14-2, 12-5 and 14-3. Mahomes has won two Super Bowls, lost one and lost two AFC title games. DraftKings listed Kansas City as the +175 favorite to win the AFC West last year when the perception was the other three teams were closing the gap. In the end, the Chiefs won the division by four games. Mahomes and coach Andy Reid are still kings of the hill and deserve to be odds-on division favorites.

OFFENSE

When the Chiefs traded speed-burning wide receiver Tyreek Hill to Miami for five draft picks, many handicappers predicted a decline in the offense. Mahomes said he wanted to prove otherwise. The offense actually improved in 2022 and led the NFL in scoring at 29.2 ppg (up from 28.2 in 2021). Mahomes topped the league in passing yards (5,250) and passing touchdowns (41). The names of the receivers again will change, but expect more of the same from Mahomes and tight end Travis Kelce, who totaled 110 receptions for 1,338 yards and 12 touchdowns. JuJu Smith-Schuster, the No. 2 receiver, is gone to New England and probably will be forgotten due to the big-play trio of Kadarius Toney, Marquez Valdes-Scantling and Skyy Moore. The running back roles are in good hands with Isiah Pacheco, Jerick McKinnon and Clyde Edwards-Helaire. The line should be a strength with guards Joe Thuney and Trey Smith and center Creed Humphrey returning. K.C. made big free-agent moves by signing tackles Jawaan Taylor (Jacksonville) and Donovan Smith (Tampa Bay). The return game suffered a setback when Mecole Hardman left for the Jets, but Toney can fill the role, which he showed with a 65-yard punt return in the Super Bowl.

DEFENSE

Pressuring quarterbacks is the calling card of a K.C. defense that ranked second in the NFL with 55 sacks, led by tackle Chris Jones with 15.5. High-motor end George Karlaftis added six sacks as a rookie and has the potential to hit double digits as he refines his pass-rush skills. The Chiefs ranked 11th in total defense (328.2 ypg) and 16th in scoring (21.7 ppg). Veteran end Frank Clark was released, but the additions of ends Charles Omenihu (San Francisco) and first-round pick Felix Anudike-Uzomah should make the front line even stronger. There is plenty of depth and talent at the linebacker spots and in the secondary to make this defense one of the AFC's best. The tests will come early from opposing QBs Jared Goff (Lions), Trevor Lawrence (Jaguars), Justin Fields (Bears) and Aaron Rodgers (Jets) in the first four weeks.

OUTLOOK

DraftKings has opened Kansas City as the favorite in all 17 games. In a favorable scheduling quirk, three of the league's elite QBs must visit Kansas City, which hosts Philadelphia (Jalen Hurts), Buffalo (Josh Allen) and Cincinnati (Joe Burrow) in November and December. The Chiefs have won the AFC West seven straight years, so it has become routine to conquer the division. Kansas City's quest is to become the first repeat Super Bowl winner since the Patriots in 2003-04. It might be considered square to recommend a bet Over 11.5 wins, yet the Chiefs have topped that number in all five years with Mahomes as the starter so there's no reason to buck the winning trend.

SEASON WIN TOTAL PLAY
OVER 11.5

STEVE MAKINEN'S
POWER RATING 30.5 (#1 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/7	DETROIT	-8.3	The L7 games in DET-KC h2h series went OVER the total
9/17	at Jacksonville	-2.4	UNDER the total is 5-1 in L6 of KC-JAC h2h series
9/24	CHICAGO	-11.4	The L7 games of CHI-KC h2h series went UNDER the total
10/1	at NY Jets	-2.9	HOME TEAMS have won L5 ATS in KC-NYJ h2h series
10/8	at Minnesota	-5	HOME TEAMS are on 5-0-1 ATS run in KC-MIN h2h series
10/12	DENVER	-9.2	DENVER is on 3-game ATS winning streak vs. Kansas City
10/22	LA CHARGERS	-7.4	CHARGERS are 6-2 ATS in L8 visits to Kansas City
10/29	at Denver	-6.1	L3 games of KC-DEN series in Denver went OVER the total
11/5	vs. Miami	-5.5	MIAMI is 8-4-1 ATS vs. Kansas City since '93
	BYE WEEK		
11/20	PHILADELPHIA	-3.3	KANSAS CITY has won L4 ATS vs. Philadelphia
11/26	at Las Vegas	-8.1	OVER the total is 5-1 in L6 of KC-LV series but lost LT
12/3	at Green Bay	-5.6	GREEN BAY has won L3 ATS vs. Kansas City
12/10	BUFFALO	-4	ROAD TEAMS are 10-4 ATS in L14 of BUF-KC rivalry
12/18	at New England	-5.4	KANSAS CITY has won L3 visits to New England ATS
12/25	LAS VEGAS	-10.4	The L3 games of LVR-KC rivalry in Kansas City went OVER the total
12/31	CINCINNATI	-4.3	UNDER the total is 7-1 in L8 of CIN-KC series in Kansas City
1/7	at LA Chargers	-5.1	KANSAS CITY is on 7-2 ATS run when visiting Chargers

SCHEDULE STRENGTH **24.36**
(#12 toughest of 32)

FIELD RATINGS **2.3 / 0.5**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	29.2	1	21.7	16
Yards Per Point	14.2	6	15.1	23
Plays Per Game	64.4	13		
Time of Possession	29:41	18		
3rd Down Conv. %	48.7%	2	38.3%	13
Total Yards Per Game	413.6	1	328.2	11
Yards Per Play	6.4	1	5.1	8
Rush Attempts Per Game	24.5	25		
Rush Yards Per Game	115.9	20	107.2	8
Yards Per Rush Attempt	4.7	8	4.4	15
Pass Attempts Per Game	38.3	5		
Completion %	66.8%	4	65.9%	22
Passing Yards Per Game	297.8	1	220.9	18
Yards Per Pass Attempt	8.1	3	6.1	6
Turnovers	1.4	17	1.2	20

KANSAS CITY IS 9-4-2 ATS (LAST 15 GAMES) - VS. NFC



LOS ANGELES CHARGERS

HEAD COACH: BRANDON STALEY (3RD)
OFFENSIVE COORDINATOR: KELLEN MOORE
DEFENSIVE COORDINATOR: DERRICK ANSLEY

BY MATT YOUMANS

Even when the Chargers seem to get it right, things go wrong. The latest L.A. fiasco was a blown 27-0 lead in a wild-card playoff loss at Jacksonville. The chants to fire coach Brandon Staley and hire Sean Payton quieted in a hurry. Despite the postseason disaster, Staley was retained, with a 19-15 record in his two years, and Payton went to Denver. The Chargers did make changes that should be for the better, and they feature one of the few elite quarterbacks who can go toe to toe with the Chiefs' Patrick Mahomes.

OFFENSE

An attack criticized for being too conservative the past two years is getting an aggressive new coordinator, Kellen Moore, who designed an explosive passing game in Dallas. Justin Herbert is the primary reason for hope. The No. 6 pick in the 2020 draft, Herbert has started 49 games and posted a 25-24 record. He has passed for 14,089 yards with 94 touchdowns and 35 interceptions. Few passers have compiled better numbers in their first three years in the NFL, but his zero playoff wins stick out as a sore thumb. Herbert now has the play-calling coordinator and supporting cast to reach the next level. Veteran receivers Keenan Allen and Mike Williams combined for only eight touchdowns last season when injuries riddled their availability. Joshua Palmer emerged as Herbert's top receiver, and first-round pick Quentin Johnston adds a vertical threat. The team's second-most productive player was running back Austin Ekeler, who totaled 1,637 yards (915 rushing on 204 carries; 722 receiving on 107 catches) and 18 touchdowns. Left tackle Rashawn Slater suffered a season-ending injury in Week 3, and his absence was a crusher. Slater, left guard Zion Johnson and center Corey Linsley anchor one of the league's top lines. The Chargers fielded a middle-of-the-pack scoring offense at 23 points per game yet have the talent to rank in the league's top five.

DEFENSE

Injuries are the X-factor for all teams, and the Chargers usually end up with bad injury luck. Last year, outside linebacker Joey Bosa and cornerback J.C. Jackson each played in only five games. Staley's defensive plan to use Bosa and linebacker Khalil Mack as bookend pass rushers never came together. Mack totaled eight sacks, and Bosa had 2.5. The defense ranked 14th in sacks (40) and 21st in scoring (22.6 ppg). The leaders on the second and third levels of the defense will be inside linebacker Eric Kendricks, second-year corner Asante Samuel Jr. and All-Pro safety Derwin James, who had 115 tackles, four sacks and two interceptions in 14 games. The Chargers ranked 30th in run defense in 2021 and 28th (145.8 ypg) in 2022. Staley has not backed up his reputation as a defensive wizard, but the Chargers' crippling injury situation has been the biggest problem.

OUTLOOK

The talent is obvious on paper, but the Chargers tease bettors almost every year. While the sharps tend to tout this team, the trendy-pick optimism rarely pays off. The Chargers' 10-7 record last year included a 2-4 division mark as they finished four games behind K.C. The Chargers last won the AFC West in 2009, a futile stretch that should end at some point during the Herbert era. If postseason success does not come soon, Staley will find a hot seat. This is a lean Over 9.5 for a team that typically underachieves.

SEASON WIN TOTAL PLAY
OVER 9.5

STEVE MAKINEN'S
POWER RATING 25.0 (#11 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	MIAMI	-1.2	UNDER the total is 9-1 in L10 of MIA-LAC series at Chargers
9/17	at Tennessee	-0.8	HOME TEAMS are on 5-0-1 ATS run in LAC-TEN h2h series
9/24	at Minnesota	+1	MINNESOTA has won 15 ATS versus Chargers
10/1	LAS VEGAS	-3.9	UNDER total is 18-4 in LVR-LAC series at Chargers since '01
BYE WEEK			
10/16	DALLAS	+1.5	ROAD TEAMS are 6-1 ATS in L7 of DAL-LAC h2h series
10/22	at Kansas City	+7.4	CHARGERS are 6-2 ATS in L8 visits to Kansas City
10/29	CHICAGO	-4.9	CHICAGO is 6-2 ATS in L8 vs. Chargers
11/6	at NY Jets	+3.1	UNDERDOGS are on 6-2-1 ATS run in LAC-NYJ h2h series
11/12	DETROIT	-1.8	HOME TEAMS have won L4 ATS in Lions-Chargers series
11/19	at Green Bay	+0.4	CHARGERS have won L2 ATS vs. Green Bay after six straight L's
11/26	BALTIMORE	+0.2	ROAD TEAMS are 5-1 ATS in L6 of BAL-LAC series but lost LT
12/3	at New England	+0.6	NEW ENGLAND has won L7 ATS vs. LA Chargers
12/10	DENVER	-2.7	UNDER the total is 9-1 in L10 of DEN-LAC series at Chargers
12/14	at Las Vegas	-2.1	UNDERDOGS are 12-2 ATS in L14 of LAC-LVR series at Raiders
12/23	BUFFALO	+2.5	FAVORITES are 6-2-1 ATS in L9 of BUF-LAC h2h series
12/31	at Denver	-0.1	UNDERDOGS are 4-0 ATS in L4 of LAC-DEN rivalry in Denver
1/7	KANSAS CITY	+5.1	KANSAS CITY is on 7-2 ATS run when visiting Chargers

SCHEDULE STRENGTH **25.25** (#3 toughest of 32)

FIELD RATINGS **1.3 / 0** (HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	23	13	22.6	21
Yards Per Point	15.6	19	15.3	21
Plays Per Game	67.9	2		
Time of Possession	30:27	9		
3rd Down Conv. %	43.6%	8	39.2%	17
Total Yards Per Game	359.3	9	346.1	20
Yards Per Play	5.3	20	5.9	29
Rush Attempts Per Game	23.8	28		
Rush Yards Per Game	89.6	30	145.8	28
Yards Per Rush Attempt	3.8	30	5.4	32
Pass Attempts Per Game	41.8	2		
Completion %	68.2%	3	61.4%	7
Passing Yards Per Game	269.6	3	200.4	7
Yards Per Pass Attempt	6.7	23	6.7	21
Turnovers	1.1	4	1.4	12

LA CHARGERS IS 19-3 ATS (LAST 22 GAMES) AT HOME - VS. AFC SOUTH



DENVER BRONCOS

HEAD COACH: SEAN PAYTON (1ST)
OFFENSIVE COORDINATOR: JOE LOMBARDI
DEFENSIVE COORDINATOR: VANCE JOSEPH

BY MATT YOUMANS

There is a seven-year itch in Denver to end the losing and finally return to the playoffs. It's easy to explain why the Broncos have been so bad — doomed head-coaching hires and poor quarterback play. After the mess created by former coaches Vance Joseph, Vic Fangio and Nathaniel Hackett, Denver's big-spending new owners have turned to Sean Payton to bring credibility and professionalism to the organization and the offense. Payton's plan is already getting the Broncos, who slipped to 5-12 last season, more respect in the betting market. Is his quarterback in shape for a comeback?

OFFENSE

Rewind to last summer, when the hype about Russell Wilson's arrival created mile-high hopes in Denver. In reality, the veteran quarterback appeared old, out of shape and slow, and the Broncos scored a league-low 16.9 points per game. The franchise traded five draft picks and three players to Seattle in March 2022 for that? And don't forget the \$245 million contract extension. Wilson finished with 16 touchdown passes and was sacked 55 times. Hackett, fired with two games remaining, was worse than Wilson. Payton wants to instill a power-rushing attack to help Wilson, who claims to be in much better physical condition. Right tackle Mike McGlinchey was signed from San Francisco and left tackle Garrett Bolles returns from a broken ankle. Payton signed running back Samaje Perine and will be counting on more production from receivers Jerry Jeudy, Cortland Sutton, Tim Patrick, K.J. Hamler, rookie Marvin Mims and an impressive group of tight ends. The potential is there for this offense to be explosive if Wilson does not implode. Payton will probably fix what was broken.

DEFENSE

Joseph, 11-21 as Broncos coach in 2017-18, is back as defensive coordinator in what should be a positive move. Denver's defense declined from third in scoring (18.9 ppg) in 2021 to 13th (21.1 ppg) last year. The secondary features corner Pat Surtain II and free safety Justin Simmons, two of the league's best in coverage. Zach Allen and D.J. Jones anchor the front, and inside linebacker Josey Jewell is a high-motor run-stopper for a defense with strength in the middle. Denver has had a playoff-quality defense for a few years, and that's still true.

OUTLOOK

If Wilson has something left at age 34, Payton will find it. In 15 years with the Saints, Payton's offenses scored more than 25 points per game 12 times and never averaged fewer than 21 points. Peyton Manning posted a 45-12 regular-season record as a four-year starter for the Broncos, who were 44-70 in the subsequent six years while finishing either third or last in the division six times. Payton has finished below .500 only four times, with 7-9 being his worst record. Denver spent a league-high \$140 million in free agency this offseason to boost Payton's rebuilding plan. A year ago, DraftKings set the Broncos' season win total at 10, making the Under a relatively easy call. Denver won five games, four of them by one score, and lost all three times in games that went to overtime. It's tough to bet against Payton so this is a much more difficult call and a lean Under 8.5, with a forecast for an 8-9 finish.

SEASON WIN TOTAL PLAY
UNDER 8.5

STEVE MAKINEN'S
POWER RATING 23.5 (#13 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	LAS VEGAS	-2.9	UNDERDOGS have won L5 ATS of LV-DEN series in Denver
9/17	WASHINGTON	-5.4	HOME TEAMS have won L4 ATS in WAS-DEN h2h series
9/24	at Miami	+5	UNDERDOGS are on 7-0-1 ATS run in L8 DEN-MIA matchups
10/1	at Chicago	+0.9	UNDER the total is 6-1 in L7 DEN-CHI meetings
10/8	NY JETS	+0.4	DENVER is on 12-5-1 ATS surge vs. NY Jets
10/12	at Kansas City	+9.2	DENVER is on 3-game ATS winning streak vs. Kansas City
10/22	GREEN BAY	-2.9	HOME TEAMS are on 6-1 ATS run in GB-DEN h2h series
10/29	KANSAS CITY	+6.1	L3 games of KC-DEN series in Denver went OVER the total
BYE WEEK			
11/13	at Buffalo	+8.8	BUFFALO has won L7 ATS vs. Denver
11/19	MINNESOTA	-2.1	UNDERDOGS are 6-1-1 ATS in L8 of MIN-DEN series
11/26	CLEVELAND	-2.4	DENVER is on 9-2-2 ATS run vs. Cleveland
12/3	at Houston	-2.3	ROAD TEAMS are on 5-1 ATS run in DEN-HOU h2h series
12/10	at LA Chargers	+2.7	UNDER the total is 9-1 in L10 of DEN-LAC series at Chargers
12/17	at Detroit	+3.8	FAVORITES are on 5-0 ATS streak in DEN-DET h2h set
12/24	NEW ENGLAND	-2.5	DENVER is on 6-3 ATS run hosting New England
12/31	LA CHARGERS	+0.1	UNDERDOGS are 4-0 ATS in L4 of LAC-DEN rivalry in Denver
1/7	at Las Vegas	-0.3	RAIDERS have won L7 ATS hosting Denver

SCHEDULE
STRENGTH **24.45**
(#10 toughest of 32)

FIELD
RATINGS **1.8 / -0.3**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	16.9	32	21.1	14
Yards Per Point	19.3	32	15.2	22
Plays Per Game	63.4	16		
Time of Possession	29:34	20		
3rd Down Conv. %	29.1%	32	34.1%	2
Total Yards Per Game	325.1	21	320	7
Yards Per Play	5.1	23	5	6
Rush Attempts Per Game	26.1	18		
Rush Yards Per Game	113.8	21	109.8	10
Yards Per Rush Attempt	4.4	17	4.3	11
Pass Attempts Per Game	33.6	16		
Completion %	60.4%	29	64.8%	18
Passing Yards Per Game	211.3	19	210.2	12
Yards Per Pass Attempt	7	17	5.9	4
Turnovers	1.4	26	1.4	14

DENVER IS 13-2 ATS (LAST 15 GAMES) - AFTER PLAYING ON A THURSDAY



LAS VEGAS RAIDERS

HEAD COACH: JOSH MCDANIELS (2ND)
OFFENSIVE COORDINATOR: MICK LOMBARDI
DEFENSIVE COORDINATOR: PATRICK GRAHAM

BY MATT YOUMANS

Midway through his first season, coach Josh McDaniels' honeymoon in Vegas was over. The Raiders started 2-7, beating only the Broncos and Texans, and it was around that time when McDaniels decided he would be divorcing quarterback Derek Carr. In steps Jimmy Garoppolo as the franchise continues to add former Patriots. There were rumors that McDaniels initially wanted Tom Brady as his next quarterback. Instead, Brady has signed on as a minority owner. Despite a 6-11 debut, McDaniels is not on a hot seat because owner Mark Davis has a big-picture plan to mirror the New England organization, a rebuild requiring more time and the right quarterback.

OFFENSE

The skill-position pieces are in place for something special to happen under the play-calling guidance of McDaniels and coordinator Mick Lombardi. Davante Adams is as good as it gets, totaling 100 receptions for 1,516 yards and 14 touchdowns in his first season without Aaron Rodgers as his quarterback. Hunter Renfrow and Jakobi Meyers, a free agent from New England, line up next to Adams. Michael Mayer, a second-round pick from Notre Dame, will likely start at tight end. Josh Jacobs returns after leading the NFL with 1,653 rushing yards.

Las Vegas should improve its scoring offense, which ranked 12th at 23.2 ppg. The pieces are in place if Garoppolo can stay healthy and the offensive line performs better than it projects on paper. Aside from left tackle Kolton Miller, the line talent is a question mark. The backup quarterback situation is another concern. Carr is no longer the fall guy if things break down.

DEFENSE

In a division with Patrick Mahomes, Justin Herbert and Russell Wilson as the opposing quarterbacks, it's scary to face so many questions on defense. It obviously helps to have Maxx Crosby, who had 12.5 sacks last season, to chase those QBs. The Raiders ranked near the bottom of the league in all key defensive categories, including interceptions (six, 31st), sacks (27, 30th) and scoring (24.6 ppg, 26th). Las Vegas addressed the line in the draft by picking edge rusher Tyree Wilson in the first round and 300-pound tackle Byron Young in the third. Chandler Jones, who topped the NFL with 107.5 sacks from 2012-21, must do more after getting only 4.5 sacks. The second and third levels of the defense have too many holes, and a weak pass defense might mean the Raiders will need a high-scoring offense to win games.

OUTLOOK

The Raiders are still paying for numerous dumb-and-dumber draft mistakes made by former coach Jon Gruden and former general manager Mike Mayock. The 10-win season of 2021 was a mirage considering the team cashed in on close-game luck by going 4-0 in overtime. Las Vegas does have elite special teamers — dead-eye kicker Daniel Carlson and punter AJ Cole — to help in tight games. Pro Football Focus ranks the Raiders 25th in the league and as the worst team in the division. Las Vegas swept Denver last season, something that's unlikely to happen this season. A Garoppolo injury would be big trouble, and a schedule with no soft spots will make it challenging to win eight games. DraftKings opened the Raiders' win total at 7.5 (Under -150) and sharp money has pushed the price to -180.

SEASON WIN TOTAL PLAY
UNDER 7.5

STEVE MAKINEN'S
POWER RATING **22.0** (#22 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Denver	+2.9	UNDERDOGS have won L5 ATS of LV-DEN series in Denver
9/17	at Buffalo	+10	OVER the total is 10-2-1 in L13 of Raiders-Bills h2h series
9/24	PITTSBURGH	-0.4	RAIDERS have won L4 ATS hosting Pittsburgh
10/1	at LA Chargers	+3.9	UNDER total is 18-4 in LVR-LAC series at Chargers since '01
10/9	GREEN BAY	-0.9	The L6 games of GB-LVR h2h series went OVER the total
10/15	NEW ENGLAND	-0.5	FAVORITES are on 7-1 ATS run in Patriots-Raiders h2h series
10/22	at Chicago	+2.1	CHICAGO is 7-2 ATS vs. Raiders since '93
10/30	at Detroit	+5	HOME TEAMS have won L3 ATS in LVR-DET h2h series
11/5	NY GIANTS	-0.4	UNDERDOGS are on 3-0 ATS streak in Giants-Raiders series
11/12	NY JETS	+2.4	RAIDERS are 5-1-1 ATS in L7 hosting NY Jets
11/19	at Miami	+6.2	The L8 games of LVR-MIA h2h series went OVER the total
11/26	KANSAS CITY	+8.1	OVER the total is 5-1 in L6 of KC-LV series but lost LT
BYE WEEK			
12/10	MINNESOTA	-0.1	OVER the total is 3-0-2 in L5 of MIN-LVR h2h series
12/14	LA CHARGERS	+2.1	UNDERDOGS are 12-2 ATS in L14 of LAC-LVR series at Raiders
12/25	at Kansas City	+10.4	The L3 games of LVR-KC rivalry in Kansas City went OVER the total
12/31	at Indianapolis	+0.9	ROAD TEAMS are on 7-1 ATS run in Colts-Raiders series
1/7	DENVER	+0.3	RAIDERS have won L7 ATS hosting Denver

SCHEDULE
STRENGTH **25.06**
(#6 toughest of 32)

FIELD
RATINGS **1.3 / 0**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	23.2	12	24.6	26
Yards Per Point	15.2	14	14.9	27
Plays Per Game	61.7	21		
Time of Possession	30:10	11		
3rd Down Conv. %	39.9%	16	41.8%	26
Total Yards Per Game	352.5	12	365.6	28
Yards Per Play	5.7	8	5.8	27
Rush Attempts Per Game	25.2	21		
Rush Yards Per Game	121.1	17	122.8	19
Yards Per Rush Attempt	4.8	6	4.5	23
Pass Attempts Per Game	34.5	12		
Completion %	61.3%	27	67.6%	30
Passing Yards Per Game	231.4	11	242.9	29
Yards Per Pass Attempt	7.1	11	7	27
Turnovers	1.2	8	0.8	32

LAS VEGAS IS 18-4-1 UNDER (LAST 23 GAMES) ON ROAD - VS. LA CHARGERS

NFC EAST BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



For a couple of years, the NFC East was derisively called the NFC Least. The division put that label totally in the past with the Philadelphia Eagles (14-3), Dallas Cowboys (12-5) and New York Giants all making the playoffs while the Washington Football Team finally changed their name to the Commanders and finished .500 at 8-8-1, so none of the teams had a losing record.

The Eagles led wire-to-wire as they won their first eight games of the season before losing 32-21 in Week 8 at home vs. the Commanders, again showing the overall strength of the division. The Cowboys stuck around most of the season and stayed alive with a 40-34 win in Week 16 on Christmas Eve, but the Eagles finally clinched the division crown and the NFC's No. 1 seed, first-round bye and home-field advantage with a 22-16 win vs. the Giants in Week 18.

The Eagles and Cowboys are expected to be in a two-horse race in the NFC East as both teams look loaded. DraftKings has the Eagles as the odds-on, -120 favorite, while the Cowboys are offered at +190. There's quite a gap between the Giants at +800 and the Commanders at +1100, as the conventional wisdom is that both teams overachieved last season, while the Eagles and Cowboys are considered legitimate contenders. — Dave Tuley

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
PHILADELPHIA	30	2.2	-0.1	24.38	11.1	5.9	11.5
DALLAS	28	2.5	0.2	24.05	10.4	6.6	9.5
NY GIANTS	23.5	1.4	-0.2	25.22	7.7	9.3	7.5
WASHINGTON	20.5	1.6	-0.2	25.42	6.1	10.9	6.5



PHILADELPHIA EAGLES

HEAD COACH: NICK SIRIANNI (3RD)
OFFENSIVE COORDINATOR: BRIAN JOHNSON
DEFENSIVE COORDINATOR: SEAN DESAI

BY DAVE TULEY

The defending NFC champions are the second choice at +650 in the Super Bowl futures at DraftKings behind the Chiefs at +600. They're also the NFC favorite at +250. After going 13-4 last season to secure the NFC's No. 1 seed and home-field advantage, their Over/Under season win total is set at 11.5.

OFFENSE

The Eagles averaged 29.1 points per game last season (second only to the Chiefs), led by Jalen Hurts, who moved into the upper echelon of NFL quarterbacks and into the MVP race with his dual-threat stats of 3,701 passing yards for 22 TDs and just 6 INTs, plus another 760 rushing yards and 13 more TDs. Hurts ranked fourth in QBR at 66.4.

Philadelphia lost Miles Sanders' team-leading 1,269 rushing yards and 11 TDs (though Hurts led the team in the latter category) as he left for Carolina, but they should still be in great shape with a deep backfield (maybe the deepest in the league) that adds D'Andre Swift from Detroit, Rashaad Penny from Seattle in addition to holdovers Kenneth Gainwell, Byron Scott and maybe even Trey Sermon.

Hurts again has a solid receiving corps with WRs A.J. Brown, DeVonta Smith and Olamide Zaccheaus (from Atlanta) battling Quez Watkins for the No. 3 slot, plus TE Dallas Goedert.

DEFENSE

The Eagles had one of the most-respected defenses in the scoring-happy NFL last season, allowing 19.8 points per game (ranking No. 7). It didn't come through in the 38-35 Super Bowl loss to the Chiefs, but Patrick Mahomes does that to a lot of defenses. Philadelphia might be even stronger this season with the addition of two first-round draft picks from Georgia's defense: DT Jalen Carter (who some regard as the steal of the draft at No. 9) and edge rusher Nolan Smith.

Javon Hargrave is gone, but Carter should fit right in with Fletcher Cox, Josh Sweat and the rest of the defensive line. Hassan Reddick led the Eagles with 16 sacks last season and should benefit from the addition of Smith. The secondary should again be strong (and it makes it easier with such a strong front seven) with CBs Darius Slay and James Bradberry, though the team's weakest link could be their safeties Terrell Edmunds and Reed Blankenship.

OUTLOOK

On paper, the Eagles look every bit like one of the best teams in the NFL, so their short future-book odds seem justified as well as the Over/Under Season Wins of 11.5 after going 14-3 last year. However, there's such a thing as the "Super Bowl loser hangover" (though we saw it more last year from the Super Bowl-winning Rams than the losing Bengals), and the Eagles will certainly get everyone's best effort on every given Sunday. They'll be sizable favorites in their first couple of games, including -6 vs. the Vikings in Week 1, but there are landmines along the way. The Eagles have a brutal stretch starting with a Week 8 home game vs. their biggest NFC East rival, the Cowboys, and then after their bye, they visit the Chiefs, host the Bills and 49ers and then visit the Cowboys.

SEASON WIN TOTAL PLAY
UNDER 11.5

STEVE MAKINEN'S
POWER RATING 30.0 (#2 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at New England	-4.3	ROAD TEAMS have won L5 non-neutral PHI-NE matchups ATS
9/14	MINNESOTA	-9	PHILADELPHIA is 7-2 ATS in L9 hosting Minnesota
9/25	at Tampa Bay	-7.7	HOME TEAMS have won L3 ATS in PHI-TB h2h series
10/1	WASHINGTON	-11.5	WASHINGTON is 9-4 ATS in L15 trips to Philadelphia
10/8	at LA Rams	-6.2	PHILADELPHIA has won L4 ATS at LA Rams
10/15	at NY Jets	-1.8	PHILADELPHIA has won L6 ATS vs. NY Jets
10/22	MIAMI	-7.1	UNDERDOGS are on 5-1 ATS run in MIA-PHI h2h series
10/29	at Washington	-8.2	WASHINGTON is on 5-3 ATS run hosting Philadelphia
11/5	DALLAS	-3.6	HOME TEAMS are on 8-1 ATS surge in DAL-PHI rivalry
BYE WEEK			
11/20	at Kansas City	+3.3	KANSAS CITY has won L4 ATS vs. Philadelphia
11/26	BUFFALO	-3.4	UNDERDOGS are 6-2 ATS in L8 of BUF-PHI h2h series
12/3	SAN FRANCISCO	-3.7	The L5 games of SF-PHI h2h series went UNDER the total
12/10	at Dallas	+0.2	DALLAS is on 5-game SU & ATS win streak hosting Philadelphia
12/17	at Seattle	-3.9	The L6 games of PHI-SEA h2h series went UNDER the total
12/25	NY GIANTS	-8.5	UNDER the total is 11-3 in L14 of NYG-PHI series at Philadelphia
12/31	ARIZONA	-14.8	ARIZONA is on 8-1 ATS surge versus Philadelphia
1/7	at NY Giants	-5.4	OVER the total is 11-3 in PHI-NYG series at New York since '09

SCHEDULE
STRENGTH **24.38**
(#11 toughest of 32)

FIELD
RATINGS **2.2 / -0.1**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	28.1	3	20.2	8
Yards Per Point	13.9	4	14.9	26
Plays Per Game	66.1	5		
Time of Possession	30:33	8		
3rd Down Conv. %	46.0%	4	38.6%	14
Total Yards Per Game	389.1	3	301.5	2
Yards Per Play	5.9	6	4.8	1
Rush Attempts Per Game	32	3		
Rush Yards Per Game	147.6	5	121.6	16
Yards Per Rush Attempt	4.6	13	4.6	24
Pass Attempts Per Game	31.5	23		
Completion %	65.3%	14	63.0%	12
Passing Yards Per Game	241.5	9	179.8	1
Yards Per Pass Attempt	8.1	2	5.5	1
Turnovers	1.1	4	1.6	5

PHILADELPHIA IS 4-11 ATS (LAST 15 GAMES) - VS. AFC WEST



DALLAS COWBOYS

HEAD COACH: MIKE MCCARTHY (4TH)
OFFENSIVE COORDINATOR: BRIAN SCHOTTENHEIMER
DEFENSIVE COORDINATOR: DAN QUINN

BY DAVE TULEY

The Cowboys' 2022-23 season was incredibly impressive on many levels, but in the end, they were overshadowed by the Eagles despite going 12-5 and making the playoffs for the second straight season for the first time since 2006-2007. DraftKings has the Cowboys at +1400 in its Super Bowl futures, more than double the price of the Eagles at +650. However, they're still only +600 to win the NFC behind only the Eagles (+250) and NFC West favorite 49ers (+425) and ahead of the NFC's other divisional faves in the Lions (+1000) and Saints (+1300).

OFFENSE

The Cowboys had one of the most potent offenses in the NFL, averaging 25.9 points per game (ranked No. 4) despite Dak Prescott starting only 12 games. After Dallas lost Game 1 to the defending champion Buccaneers, they upset the Bengals as 7.5-point underdogs behind backup Cooper Rush as Prescott was recovering from a thumb injury. The defense was stepping up, but Rush was more than a game manager as he kept leading to Cowboys to wins before suffering his first career loss as a starter in Week 6 at the Eagles. Prescott resumed the starting role and threw for 2,860 yards and 25 TDs.

Tony Pollard led the Cowboys with 1,007 rushing yards last season, with Ezekiel Elliott adding 837. It was clearly a changing of the guard as Pollard averaged a robust 5.2 yards per carry while the aging Elliott averaged just 3.8. The Cowboys released Elliott on March 15, so Pollard takes over the bell-cow(boy) role. Dallas also added former Buccaneers RB Ronald Jones, so the two-headed attack should continue behind the Cowboys' strong offensive line.

CeeDee Lamb led the Cowboys with 107 catches for 1,359 yards. They expected more from Michael Gallup as he had just 39 receptions in 14 games for just 424 yards and four TDs, though he did grab five for 46 yards and a TD in the playoff win over the Buccaneers. Prescott gets another weapon in slot receiver Brandin Cooks, who comes over from Houston, though Prescott loses his safety valve TE Dalton Schultz, who signed with the Texans. Second-year TE Jake Ferguson is expected to step in after backing up Schultz last year with 19 catches and two TDs.

DEFENSE

While the Dallas offense put up impressive numbers, it was the defense that carried the team during Prescott's absence. While they ranked No. 13 at 333.2 yards allowed per game and No. 6 at 19.7 points per game, where coordinator Dan Quinn's defense really excels is in taking the ball away from their opponents. After leading the NFL with 34 takeaways in 2021, the Cowboys forced 33 last season to become the first team to lead the league in turnovers in back-to-back seasons since Pittsburgh's "Steel Curtain" in 1972-1974.

Micah Parsons led the Cowboys with 14 sacks last season and was second to San Francisco's Joey Bosa for Defensive Player of the Year. He's the early betting favorite this year. The Cowboys were No. 1 in pressure rate in addition to Parsons and ranked third in sacks behind only the Super Bowl teams, the Eagles and Chiefs, with a lot of depth from Demarcus Lawrence, Sam Williams, Dorian Armstrong and Dante Fowler Jr., plus linebacker Leighton Vander Esch.

The Cowboys already had ballhawk CB Trevon Diggs and now add five-time Pro Bowler Stephon Gilmore (who was also the 2019 Player of the Year) in a trade from the Colts for just a fifth-round pick.

OUTLOOK

The Cowboys are expected to challenge the Eagles for the division title in the NFC East, which hasn't had a repeat champion in 18 years. The Cowboys look like a value play at +190 to win the division. That also means we expect them to go Over their Season Win Total of 9.5. That's juiced at -165 at DraftKings, as they obviously expect the Cowboys to get to double digits. If you expect the Cowboys to need to get to 11 wins anyway to contend for the NFC East crown, you might as well go Over 10 at around even money.

SEASON WIN TOTAL PLAY
OVER 10

STEVE MAKINEN'S
POWER RATING 28.0 (#6 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at NY Giants	-3.7	DALLAS is on 5-1 ATS run at NY Giants
9/17	NY JETS	-4.8	UNDERDOGS are 4-1-1 ATS in L6 of NYJ-DAL h2h series
9/24	at Arizona	-9	ARIZONA is on 6-1 ATS run vs. Dallas
10/1	NEW ENGLAND	-7.7	ROAD TEAMS have won L5 ATS in NE-DAL h2h series
10/8	at San Francisco	+2.8	FAVORITES are 5-2-1 ATS in L8 of DAL-SF rivalry
10/16	at LA Chargers	-1.5	ROAD TEAMS are 6-1 ATS in L7 of DAL-LAC h2h series
BYE WEEK			
10/29	LA RAMS	-9.2	DALLAS is 4-1 ATS in L5 hosting LA Rams
11/5	at Philadelphia	+3.6	HOME TEAMS are on 8-1 ATS surge in DAL-PHI rivalry
11/12	NY GIANTS	-6.8	L4 of NYG-DAL series in Dallas went OVER total, avg 58.8 PPG
11/19	at Carolina	-5.1	FAVORITES are on 5-0 ATS streak in DAL-CAR h2h series
11/23	WASHINGTON	-9.8	OVER the total is 7-1 in L8 of WAS-DAL series in Dallas but lost LY
11/30	SEATTLE	-7.1	SEATTLE has won L4 ATS versus Dallas
12/10	PHILADELPHIA	-0.2	DALLAS is on 5-game SU & ATS win streak hosting Philadelphia
12/17	at Buffalo	+3.8	BUFFALO is 4-1-1 ATS in L6 vs. Dallas
12/24	at Miami	+0	UNDER the total is 6-2 in L8 of DAL-MIA h2h series
12/30	DETROIT	-6	OVER the total is 10-3 in L13 of DET-DAL h2h series
1/7	at Washington	-6.5	L3 games of DAL-WAS rivalry in Washington went UNDER the total

SCHEDULE STRENGTH **24.05**
(#17 toughest of 32)

FIELD RATINGS **2.5 / 0.2**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	27.5	4	20.1	5
Yards Per Point	12.9	1	16.4	9
Plays Per Game	65.5	9		
Time of Possession	29:17	25		
3rd Down Conv. %	45.5%	5	37.7%	9
Total Yards Per Game	354.9	11	330.2	12
Yards Per Play	5.4	15	5.1	7
Rush Attempts Per Game	31.2	6		
Rush Yards Per Game	135.2	9	129.3	22
Yards Per Rush Attempt	4.3	18	4.4	17
Pass Attempts Per Game	32.7	19		
Completion %	63.9%	18	62.7%	11
Passing Yards Per Game	219.8	14	200.9	8
Yards Per Pass Attempt	7	16	6.2	9
Turnovers	1.4	17	1.9	1

DALLAS IS 10-0 OVER (LAST 10 GAMES) AT HOME - IN THE SECOND GAME OF THE SEASON VS. OPPONENT



NEW YORK GIANTS

HEAD COACH: BRIAN DABOLL (2ND)
OFFENSIVE COORDINATOR: MIKE KAFKA
DEFENSIVE COORDINATOR: DON MARTINDALE

BY DAVE TULEY

After the Giants went 6-10 in 2020 and 4-13 in 2021 in coach Joe Judge's two seasons, he was fired and general manager Dave Gettleman retired. They were replaced by former Buffalo front office assistant Joe Schoen as GM and former Bills offensive coordinator Brian Daboll as head coach. The Giants beat the Titans and Panthers for their first 2-0 start since 2016 and were right behind the Eagles in NFC East at 6-1 after Week 7. The Giants were mostly doing it mirrors as all were one-score games, and the offense and defense were ranking in the bottom half of the NFL. They cooled off, never winning back-to-back games the rest of the season, but finished 9-7-1 to make the playoffs, and Daboll was named Coach of the Year. DraftKings has the G-men at 25-1 to win the NFC and 65-1 to win the Super Bowl, along with an Over/Under Season Win Total of 7.5.

OFFENSE

The Giants averaged 21.2 points per game (No. 18 in the league) and 333.4 yards (No. 19). As Saquon Barkley goes, so goes the Giants' offense. Barkley carried the team as he played 16 games for the first time since his 2018 rookie season and rushed for 1,307 yards and 11 touchdowns while adding another 338 receiving yards. He scored two TDs in the Giants' 34-31 upset of the Vikings in the wild-card round but was shut down by the Eagles in the 38-7 divisional playoff blowout.

Reduced to mostly a game-manager role, QB Daniel Jones improved in his fourth season, completing a career-high 67.2% of his passes for 3,205 yards and 15 TDs with just five INTs. He also added 708 rushing yards and seven more TDs. To Jones' credit, he did all that with a below-average receiving corps, led by Darius Slayton's 46 catches for 724 yards. The top returning receiver (not counting Barkley) is Isaiah Hodgins, who had 33 receptions for 351 yards and is on top of the depth chart heading to training camp. The Giants are hoping Sterling Shepard, Wan'Dale Robinson and Collin Johnson return from injuries to help pick up the slack, as well as newcomers Paris Campbell and Jamison Crowder. But the biggest upgrade in the passing game should come from former Raiders TE Darren Waller, who provides a solid 1-2 punch at the position with Daniel Bellinger.

DEFENSE

The New York defense was worse than the offense as it allowed 22.8 points per game (No. 22 in the league) and 359.8 yards (No. 25), and it was amazing how the team kept winning. The problem is they didn't do much in the off-season to improve on this side of the ball.

Dexter Lawrence led the Giants with 7.5 sacks and was the defense's only All-Pro selection (left tackle Andrew Thomas was the only one on offense). Rookie linebacker Kayvon Thibodeaux was the only other Giant with as many as four sacks. Safety Julian Love led the team with 124 tackles, which isn't always a good sign if too many of those are far downfield, and he left as a free agent to Seattle to leave another hole in the New York defense. The best defensive pickup is probably middle linebacker Bobby Okereke (151 total tackles with the Colts last season), plus they also added Rams defensive end A'Shawn Robinson, though he needs to recover from a torn meniscus last November that caused him to miss the last seven games.

OUTLOOK

Despite making the playoffs, the Giants still look like a level or two below the Eagles and Cowboys in the division, and they haven't seemed to do enough in the offseason to close the gap. DraftKings has the Giants' Over/Under Season set at 7.5, with the Under shaded to -120 as of mid-June. Considering how lucky the Giants were in one-score games last season, it's logical to expect them to regress after going from four wins in 2021 to nine in 2022.

SEASON WIN TOTAL PLAY
UNDER 7.5

STEVE MAKINEN'S
POWER RATING 23.5 (#13 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	DALLAS	+3.7	DALLAS is on 5-1 ATS run at NY Giants
9/17	at Arizona	-4.1	ARIZONA has won L4 SU & ATS vs. NY Giants
9/21	at San Francisco	+7.7	ROAD TEAMS are on 6-1 ATS run in NYG-SF h2h series
10/2	SEATTLE	-1.5	SEATTLE is on 5-1 ATS run vs. NY Giants
10/8	at Miami	+4.9	FAVORITES have won L3 ATS in NYG-MIA h2h series
10/15	at Buffalo	+8.7	ROAD TEAMS are 5-0-1 ATS in L6 of NYG-BUF h2h series
10/22	WASHINGTON	-4.2	ROAD TEAMS are on 6-1 ATS run in WAS-NYG rivalry
10/29	NY JETS	+0.8	UNDERDOG is 5-1-2 ATS in L8 of NYJ-NYG rivalry
11/5	at Las Vegas	+0.4	UNDERDOGS are on 3-0 ATS streak in Giants-Raiders series
11/12	at Dallas	+6.8	L4 of NYG-DAL series in Dallas went OVER total, avg 58.8 PPG
11/19	at Washington	-1.6	NY GIANTS are 4-1 SU & 5-0 ATS in L5 trips to Washington
11/26	NEW ENGLAND	-2.1	UNDERDOGS are 7-2 ATS in L9 of NE-NYG h2h series
BYE WEEK			
12/11	GREEN BAY	-2.5	NY GIANTS are 5-2-1 ATS in L8 vs. Green Bay
12/17	at New Orleans	+1.9	The L7 games of NYG-NO series in New Orleans went OVER the total
12/25	at Philadelphia	+8.5	UNDER the total is 11-3 in L14 of NYG-PHI series at Philadelphia
12/31	LA RAMS	-3.6	ROAD TEAMS are on 4-0 ATS run in LAR-NYG h2h series
1/7	PHILADELPHIA	+5.4	OVER the total is 11-3 in PHI-NYG series at New York since '09

SCHEDULE
STRENGTH **25.22**
(#4 toughest of 32)

FIELD
RATINGS **1.4 / -0.2**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	21.5	15	21.8	17
Yards Per Point	15.6	17	16.4	8
Plays Per Game	64.1	15		
Time of Possession	30:12	10		
3rd Down Conv. %	36.8%	22	35.1%	5
Total Yards Per Game	333.9	18	358.2	25
Yards Per Play	5.2	22	5.6	24
Rush Attempts Per Game	30.6	8		
Rush Yards Per Game	148.2	4	144.2	27
Yards Per Rush Attempt	4.8	5	5.2	31
Pass Attempts Per Game	30.6	25		
Completion %	66.5%	6	61.4%	8
Passing Yards Per Game	185.7	26	214	14
Yards Per Pass Attempt	6.6	25	6.4	13
Turnovers	0.9	2	1.1	25

NY GIANTS IS 18-11 ATS (LAST THREE SEASONS) - AS AN UNDERDOG OF SEVEN OR FEWER POINTS



WASHINGTON COMMANDERS

HEAD COACH: RON RIVERA (4TH)
OFFENSIVE COORDINATOR: ERIC BIENIEMY
DEFENSIVE COORDINATOR: JACK DEL RIO

BY DAVE TULEY

While the Giants were an overachieving surprise team in 2022, the same could be said of the Commanders in their first season after shedding the lame "Football Team" name. Washington finished 8-8-1 with the tie coming vs. those playoff-bound Giants while also giving the Eagles their first loss of the season in Week 9. They only missed the playoffs due to a three-game losing streak after their Week 14 bye. They're still regarded as the worst team in the NFC East as DraftKings has them 11-1 to win the division as well as 40-1 to win the NFC and 65-1 to win the Super Bowl with an Over/Under Season Win Total of 6.5.

OFFENSE

Carson Wentz started the season as Washington's starting QB and led the Week 1 win over the Jaguars. They lost the next four games, and then he started in the Week 6 Thursday night win over the Bears, but he went on injured reserve with a fractured ring finger. The Commanders went on a 6-1 run, but that was behind Taylor Heinicke, who kept the starting job after Wentz was healthy. Then, Heinicke was benched in Week 16, with Wentz finishing the loss in San Francisco and then starting Week 17 vs. the Browns—a 24-10 loss that eliminated them from the playoff hunt. Rookie Sam Howell started the finale and beat the Cowboys 26-6 and looks like he'll be given the reins to start this season. He gets to work with new offensive coordinator Eric Bieniemy from Kansas City.

Despite Heinicke's winning run, the Commanders still only averaged 18.9 points per game (ranked No. 24 in the league) and 330.3 yards (No. 20). They also had a rotating lineup of running backs with Brian Johnson Jr. (team-leading 797 rushing yards in just 12 games) and Antonio Gibson (546 yards). Terry McLaurin was the top offensive threat with 77 catches for 1,191 yards but just five TDs. WRs Josh Dotson and Curtis Samuel also contributed, with Samuel also coming out of the backfield. They're all back this season, and maybe the continuity will help Howell.

DEFENSE

The defense really carried the Commanders, as it kept it in most games despite the pedestrian offense. They allowed just 20.2 points per game (ranking No. 8 in the league) and 304.6 yards (No. 3). It was a team effort as no defensive starter was voted to the AP All-Pro team—though special teamer Jeremy Reaves did make the first team—and Chase Young returns from his torn ACL suffered in Week 10 of the 2021 season.

In Young's absence, defensive tackle Daron Payne led the Commanders with 11.5 sacks, with another DT Jonathan Allen adding 6.5. Leading tackler Jamin Davis (104 total tackles, 36 solo) returns. LB Cole Holcomb left for Pittsburgh via free agency, but Washington replaced him with Cody Barton from Seattle.

OUTLOOK

DraftKings has the Commanders' Over/Under Season Win Total at 6.5 with a little added juice on the Over at -120. Like the Giants, the Commanders overachieved last season and could be in for a regression, but if the return of Young improves an already steady defense, this team could continue to surprise. It could all come down to how Howell performs. He played great in the season-finale win vs. the Cowboys, though they didn't have anything to play for. Still, the fact this team upset the Eagles at full-strength and tied the Giants shows they could contend for the division title or a wild-card spot.

SEASON WIN TOTAL PLAY
OVER 6.5

STEVE MAKINEN'S
POWER RATING 20.5 (#28 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	ARIZONA	-4.7	FAVORITES are on 4-1 ATS run in ARI-WAS h2h series
9/17	at Denver	+5.4	HOME TEAMS have won L4 ATS in WAS-DEN h2h series
9/24	BUFFALO	+6.7	BUFFALO is on 8-1 ATS run vs. Washington
10/1	at Philadelphia	+11.5	WASHINGTON is 9-4-2 ATS in L15 trips to Philadelphia
10/5	CHICAGO	-0.7	WASHINGTON is on 11-3 ATS run vs. Chicago
10/15	at Atlanta	+3.6	WASHINGTON has won L3 ATS at Atlanta
10/22	at NY Giants	+4.2	ROAD TEAMS are on 6-1 ATS run in WAS-NYG rivalry
10/29	PHILADELPHIA	+8.2	WASHINGTON is on 5-3 ATS run hosting Philadelphia
11/5	at New England	+5.3	NEW ENGLAND is 3-1-1 ATS in L5 versus Washington
11/12	at Seattle	+5.7	The L5 games of WAS-SEA h2h series went UNDER the total
11/19	NY GIANTS	+1.6	NY GIANTS are 4-1 SU & 5-0 ATS in L5 trips to Washington
11/23	at Dallas	+9.8	OVER the total is 7-1 in L8 of WAS-DAL series in Dallas but lost LY
12/3	MIAMI	+3	UNDER the total is 6-1 in L7 of MIA-WAS h2h series
BYE WEEK			
12/17	at LA Rams	+3.4	WASHINGTON is 7-2 ATS in L9 road games versus Rams
12/24	at NY Jets	+7.8	NY JETS have won L4 ATS vs. Washington
12/31	SAN FRANCISCO	+6.4	UNDERDOGS are on 4-1 ATS run in WAS-SF h2h series but lost LY
1/7	DALLAS	+6.5	L3 games of DAL-WAS rivalry in Washington went UNDER the total

SCHEDULE
STRENGTH **25.42**
(#1 toughest of 32)

FIELD
RATINGS **1.6 / -0.2**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	18.9	24	20.2	7
Yards Per Point	17.5	27	15.1	25
Plays Per Game	67.1	4		
Time of Possession	33:05	1		
3rd Down Conv. %	35.2%	25	31.9%	1
Total Yards Per Game	330.3	20	304.6	3
Yards Per Play	4.9	28	5.2	11
Rush Attempts Per Game	31.6	4		
Rush Yards Per Game	126.1	12	113.3	11
Yards Per Rush Attempt	4	28	4.4	16
Pass Attempts Per Game	32.6	20		
Completion %	62.1%	23	59.9%	2
Passing Yards Per Game	204.2	21	191.3	4
Yards Per Pass Attempt	6.8	22	6.3	10
Turnovers	1.4	17	1.1	26

WASHINGTON IS 2-13 ATS (LAST 15 GAMES) - VS. AFC EAST

NFC NORTH BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



It was not a playoff win — something that has eluded Detroit since 1991 — but it was almost as sweet. The Lions ended the Aaron Rodgers era in Green Bay by beating the Packers 20-16 in a prime-time season finale in January. After opening the season 1-6, the Lions caught fire to win eight of their final 10 games and finish with a winning record. Detroit just missed the postseason, but that night at Lambeau Field was significant for many reasons and represented a sign of change in the NFC North — out with the old (Rodgers) and in with a new favorite. There's a new sheriff in town, and his name is Dan Campbell.

DraftKings posted Detroit as the +130 pick to win the division — something that has not happened since 1993 when the division was the NFC Central. The Lions went 5-1 in division play last season as Jared Goff quieted the jokes and developed into a legit franchise quarterback. Still, there's a big difference between being the hunter and turning into the hunted. The Lions finally learned how to win, yet can they handle the favorite's role? Detroit was listed as the favorite in 12 of its 17 games when DraftKings opened lines in early May.

The Vikings were considered frauds by most sharp handicappers for most of last season. Minnesota went 13-4 yet finished with a -3 point differential before losing its playoff opener. DraftKings lists the Vikings as the second choice in the division at +250. Justin Fields and the Bears, who ended the season with a 10-game losing streak, are the third choice (+400). With his diva act, Rodgers had worn out his welcome in Green Bay. Jordan Love leads the Packers (+500) into a new era with lower expectations. — Matt Youmans

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
DETROIT	25	1.6	-0.1	24.01	9.0	8.0	9.5
GREEN BAY	22.5	2.5	0.3	23.01	8.2	8.8	7.5
MINNESOTA	23.5	2.1	0.1	24.36	8.1	8.9	8.5
CHICAGO	22	1.7	-0.2	23.31	7.9	9.1	7.5



DETROIT LIONS

HEAD COACH: DAN CAMPBELL (3RD)
OFFENSIVE COORDINATOR: BEN JOHNSON
DEFENSIVE COORDINATOR: AARON GLENN

BY MATT YOUMANS

Dan Campbell is part coach, part caveman. He has talked about biting kneecaps and kicking in teeth. He's a wildly emotional tough guy who's not too shy to cry on camera. Formerly a punch line, his team is suddenly the favorite to win the NFC North. The Lions have earned respect in the betting market, but it's not always easy to win when it's expected. It's worth remembering that Campbell's record in Detroit was 4-19-1 before his team got hot and went 8-2 down the stretch. Be careful assuming the Lions will simply take the next step up.

OFFENSE

Patrick Mahomes, Joe Burrow, Josh Allen, Justin Herbert and Aaron Rodgers each threw more interceptions than Jared Goff last season. Goff put up elite numbers, passing for 29 touchdowns and seven interceptions. In the final 10 games, when the Lions won eight times, Goff passed for 17 touchdowns with one interception. His offensive line is also elite and led by center Frank Ragnow and tackles Taylor Decker and Penei Sewell. Goff was sacked only 23 times in 17 starts. The bad news for Detroit is wideout Jameson Williams, a former first-round pick, will miss the first six games for a gambling-related suspension. The good news is Goff still has plenty of weapons — wide receivers Amon-Ra St. Brown, Marvin Jones Jr. and Josh Reynolds, rookie tight end Sam LaPorta and running backs David Montgomery and Jahmyr Gibbs. The Lions ranked fifth in scoring offense (26.6 ppg), and coordinator Ben Johnson is back to call the plays.

DEFENSE

Aidan Hutchinson, the No. 2 overall pick in 2022, lived up to the hype while recording 9.5 sacks as a rookie. Detroit is loaded with defensive line and linebacker talent. Middle linebacker Alex Anzalone made a team-high 125 tackles and will be flanked by Jack Campbell, one of the team's first-round picks. The secondary also has playmakers, led by cornerback Cameron Sutton, safety Kerby Joseph and rookie Brian Branch, a second-round pick from Alabama. Detroit ranked last in total defense (392.4 ypg) and 28th in scoring (25.1 ppg), but its numbers improved dramatically in December and January, so expect significant improvement from a unit that made progress and added key personnel in the offseason.

OUTLOOK

The betting public is piling on the bandwagon by betting the Lions Over their win total and to win the division and Super Bowl. A contrarian handicapper would tap the brakes. Not so fast. Yes, everything looks impressive on paper for a team that appears primed to make the playoffs, yet it's still a Detroit team that went 3-13-1 in 2021 and started 1-6 last year. Goff is not quite Mahomes, the quarterback he will face in Kansas City in Week 1, and Campbell is not Andy Reid. DraftKings opened the Lions as favorites in 12 of their 17 games — and favorites of 3.5 points or more in six games. While it's easy to root for Detroit to get over the hump and win the division and a playoff game for the first time since the early 1990s, you need to see it to believe it sometimes with a traditional loser. Ten wins is attainable, and another 9-8 finish is certainly realistic in a weak division. This win total is just a lean Under 9.5, not a bet.

SEASON WIN TOTAL PLAY
UNDER 9.5

STEVE MAKINEN'S
POWER RATING 25.0 (#11 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/7	at Kansas City	+8.3	The L7 games in DET-KC h2h series went OVER the total
9/17	SEATTLE	-3.2	SEATTLE is on 4-0 ATS streak vs. Detroit
9/24	ATLANTA	-5	UNDER the total is 10-3 in ATL-DET h2h series since '98
9/28	at Green Bay	-0.3	DETROIT is 9-3 ATS in L12 vs. Green Bay
10/8	CAROLINA	-5.9	UNDERDOGS are 7-2 ATS in L9 of DET-CAR h2h series
10/15	at Tampa Bay	-2.7	ROAD TEAMS are 7-1 ATS in L8 of DET-TB h2h series
10/22	at Baltimore	+4.4	HOME TEAMS are on 5-1 ATS run in DET-BAL h2h series
10/30	LAS VEGAS	-5	HOME TEAMS have won L3 ATS in LVR-DET h2h series
BYE WEEK			
11/12	at LA Chargers	+1.8	HOME TEAMS have won L4 ATS in Lions-Chargers series
11/19	CHICAGO	-4.4	DETROIT is 9-4 ATS hosting Chicago since 2010
11/23	GREEN BAY	-3.4	DETROIT is 5-1 ATS in L6 hosting Green Bay
12/3	at New Orleans	+0.3	NEW ORLEANS is on 7-2 ATS run vs. Detroit
12/10	at Chicago	-1.6	CHICAGO is 4-2-1 ATS in L7 hosting Detroit
12/17	DENVER	-3.8	FAVORITES are on 5-0 ATS streak in DEN-DET h2h set
12/24	at Minnesota	+0.3	UNDERDOGS are 8-3 ATS in L11 of DET-MIN rivalry in Minnesota
12/30	at Dallas	+6	OVER the total is 10-3 in L13 of DET-DAL h2h series
1/7	MINNESOTA	-2.6	L4 games of MIN-DET rivalry in Detroit went OVER the total

SCHEDULE
STRENGTH **24.01**
(#19 toughest of 32)

FIELD
RATINGS **1.6 / -0.1**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	26.6	5	25.1	28
Yards Per Point	14.3	7	15.6	14
Plays Per Game	64.2	14		
Time of Possession	29:55	12		
3rd Down Conv. %	40.8%	14	45.1%	30
Total Yards Per Game	380	4	392.4	32
Yards Per Play	5.9	5	6.2	32
Rush Attempts Per Game	28.2	13		
Rush Yards Per Game	128.2	11	146.5	29
Yards Per Rush Attempt	4.5	15	5.2	30
Pass Attempts Per Game	34.6	11		
Completion %	65.1%	16	63.0%	13
Passing Yards Per Game	251.8	8	245.8	30
Yards Per Pass Attempt	7.6	6	7.5	31
Turnovers	0.9	1	1.3	17

DETROIT IS 10-0 OVER (LAST 10 GAMES) - IN THE FIRST GAME OF THE SEASON



GREEN BAY PACKERS

HEAD COACH: MATT LAFLEUR (5TH)
OFFENSIVE COORDINATOR: ADAM STENAVICH
DEFENSIVE COORDINATOR: JOE BARRY

BY MATT YOUMANS

Three years ago, Packers general manager Brian Gutekunst started planning for a new era. He traded up to draft Jordan Love, a quarterback from Utah State, in the first round and sent a message to Aaron Rodgers. It's finally time for the Love affair in Green Bay. Of course, it could turn into hate if the offense falters. Gutekunst is gambling, but he had time to set up Love to succeed. Will the Packers be a disaster without Rodgers or develop into a pleasant surprise? While this team is no longer a Super Bowl contender, it will be intriguing to watch.

OFFENSE

Rodgers was not great last season when he threw 12 interceptions, his highest total since 2008. He also failed to get the Packers to the playoffs, ending their three-year run of division titles. Rodgers obviously missed top receiver Davante Adams, who took his talents to Las Vegas last year. Gutekunst and coach Matt LaFleur loaded up by drafting a total of eight wide receivers and tight ends in the past two drafts. Love will lean most on young receivers Christian Watson, Romeo Doubs and Jayden Reed along with tight ends Luke Musgrave and Tucker Kraft. A power running attack led by Aaron Jones and AJ Dillon will be more of a focus, so expect last season's rushing average (124.3 ypg) to increase. An important element will be the health of left tackle David Bakhtiari, who has dealt with knee injuries. If Bakhtiari is available, the line looks solid with Elgton Jenkins and Jon Runyan, among others. The growth curve of Love and his young pass catchers will be the key, but Jones and Dillon could carry the offense a long way.

DEFENSE

Gutekunst has made eight first-round picks as GM, with seven spent on defense. Iowa edge rusher Lukas Van Ness was this year's top pick. In 2021, the Packers grabbed two Georgia stars — linebacker Quay Walker and tackle Devonte Wyatt — in the first round. Green Bay was decent defensively last year, ranking 17th in scoring and yards allowed, and needs to make major improvement at stopping the run. The Kenny Clark-led front seven looks strong, especially if Rashan Gary returns to form after an injury and if Walker, Wyatt and Van Ness step up along with linebacker Kingsley Enagbare. The cornerback position is in good shape with Jaire Alexander and Rasul Douglas, but the safety spots could be soft. Similar to the offense, the defense is young but packed with potential.

OUTLOOK

It's tempting to tout the Packers as a surprise team, partly because the masses expect a major decline after Rodgers' departure. Green Bay went 8-9 with Rodgers, whose diva act became tiring, so why not move on from his big contract and constant whining? One reason to pause is the inexperience of Love, who has played in 10 games, started one and taken 157 career snaps. If Love is a bust, the Packers are in big trouble. The first-half schedule should help Love, with Green Bay facing only one playoff team from last season in the first eight games. The team's running attack, young receivers and surplus of talent on the defensive front seven indicate the Packers could be better than expected. It's not too much of a stretch to say Green Bay can win eight or nine games and be better than the Vikings and Bears.

SEASON WIN TOTAL PLAY
OVER 7.5

STEVE MAKINEN'S
POWER RATING 22.5 (#21 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Chicago	+0.5	GREEN BAY has won L8 ATS vs. Chicago
9/17	at Atlanta	+1.1	HOME FAVORITES are on 4-0 SU & ATS run in GB-ATL series
9/24	NEW ORLEANS	-1.9	OVER the total is 9-2 in NO-GB h2h series since '95
9/28	DETROIT	+0.3	DETROIT is 9-3 ATS in L12 vs. Green Bay
10/9	at Las Vegas	+0.9	The L6 games of GB-LVR h2h series went OVER the total
	BYE WEEK		
10/22	at Denver	+2.9	HOME TEAMS are on 6-1 ATS run in GB-DEN h2h series
10/29	MINNESOTA	-1	GREEN BAY is 12-5 ATS in L17 hosting Minnesota
11/5	LA RAMS	-3.7	GREEN BAY is 8-1 SU & 9-0 ATS in L9 vs. Rams
11/12	at Pittsburgh	+3.5	GREEN BAY is 4-1 ATS in L5 vs. Pittsburgh
11/19	LA CHARGERS	-0.4	CHARGERS have won L2 ATS vs. Green Bay after six straight L's
11/23	at Detroit	+3.4	DETROIT is 5-1 ATS in L6 hosting Green Bay
12/3	KANSAS CITY	+5.6	GREEN BAY has won L3 ATS vs. Kansas City
12/11	at NY Giants	+2.5	NY GIANTS are 5-2-1 ATS in L8 vs. Green Bay
12/17	TAMPA BAY	-5	TAMPA BAY is 6-3-2 ATS in L11 visits to Green Bay
12/24	at Carolina	+0.3	OVER the total is 4-0 in L4 of GB-CAR series in Carolina
12/31	at Minnesota	+2.4	MINNESOTA is 8-4 ATS in L12 hosting Green Bay
1/7	CHICAGO	-2.8	GREEN BAY has won L4 ATS hosting Chicago

SCHEDULE
STRENGTH **23.01**
(#28 toughest of 32)

FIELD
RATINGS **2.5 / 0.3**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	21.8	14	21.8	17
Yards Per Point	15.5	15	15.4	17
Plays Per Game	61.8	20		
Time of Possession	31:13	6		
3rd Down Conv. %	39.5%	17	37.6%	8
Total Yards Per Game	337.9	17	336.5	17
Yards Per Play	5.5	14	5.8	28
Rush Attempts Per Game	26.8	16		
Rush Yards Per Game	124.3	15	139.5	26
Yards Per Rush Attempt	4.6	12	5	28
Pass Attempts Per Game	33.1	18		
Completion %	64.7%	17	65.7%	21
Passing Yards Per Game	213.6	17	197	6
Yards Per Pass Attempt	6.9	19	7	28
Turnovers	1.3	14	1.4	12

GREEN BAY IS 13-2 ATS (LAST 15 GAMES) - AFTER PLAYING CHICAGO



MINNESOTA VIKINGS

HEAD COACH: KEVIN O'CONNELL (2ND)
OFFENSIVE COORDINATOR: WES PHILLIPS
DEFENSIVE COORDINATOR: BRIAN FLORES

BY MATT YOUMANS

Odds makers are calling for regression in Minnesota and calling for it in a big way. The Vikings went 13-4 and won the division by four games, but they never earned the respect of sharp bettors for several reasons. Despite finishing nine games over .500, Minnesota's point differential for the season was -3. The defense ranked in the NFL's bottom five in scoring and yards allowed. The Vikings went 11-0 in one-score games before getting bounced from the playoffs by the Giants. Kevin O'Connell's first season as coach was a magic trick unlikely to be replicated.

OFFENSE

Kirk Cousins has plenty of critics and probably does not rank as a top-10 quarterback in the league, but he limits turnovers and tends to win just enough. Cousins passed for 4,547 yards and 29 touchdowns last year. On the downside, he threw a career-high 14 interceptions. The biggest reason for his success was Justin Jefferson, who led the NFL in receptions (128) and yards (1,809). Jefferson, rookie receiver Jordan Addison, a first-round pick from USC, and tight end T.J. Hockenson will be Cousins' top targets. Fan favorite Adam Thielen, last year's No. 2 receiver with 70 catches, is gone and the Vikings released leading rusher Dalvin Cook. Left tackle Christian Darrisaw and a solid offensive line should help battering ram Alexander Mattison improve a running attack that averaged only 97.7 ypg and ranked 27th. O'Connell's offense ranked eighth in scoring (24.9 ppg), mostly due to Jefferson's explosive playmaking ability.

DEFENSE

After a 31-24 loss to the Giants in the wild-card round, the Vikings were forced to look in the mirror and make changes because the 13-win season was due mostly to the offense. Defensive coordinator Ed Donatell was sent packing and replaced by former Dolphins coach Brian Flores. Veteran corner Patrick Peterson was among a few starters to depart. Flores will rebuild the defense around edge rushers Danielle Hunter and Marcus Davenport and veteran safety Harrison Smith. Minnesota ranked 31st in total defense (388.7 ypg) — ahead of only the Lions — and 28th in scoring (25.1 ppg). Flores has some young talent to work with and should do well, but there's much work to do, and it seems he could have found a better job than this.

OUTLOOK

Close-game luck and a weak schedule had a lot to do with the Vikings' success. Things are about to get tougher. Minnesota will face the AFC (Chiefs, Bengals) and NFC (Eagles, 49ers) finalists as part of a first-place schedule. It should help to face the four teams from the soft NFC South. Still, NFL teams don't win double-digit games with smoke and mirrors in back-to-back years. The Vikings were exposed in some spots last season — a 40-3 home loss to Dallas and a 41-17 loss at Green Bay, for example. What might best sum up their season was a 39-36 overtime win against the Colts, who blew a 33-0 lead. Cousins, Jefferson and a strong offensive line can help Minnesota win its share of high-scoring shootouts, but the regression monster is coming, and no one should be surprised if this team goes 8-9. The Under is not a best bet because oddsmakers got ahead of the adjustment in the win total.

SEASON WIN TOTAL PLAY
UNDER 8.5

STEVE MAKINEN'S
POWER RATING 23.5 (#13 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	TAMPA BAY	-5.6	TAMPA BAY is 7-2 ATS vs. Minnesota since '01
9/14	at Philadelphia	+9	PHILADELPHIA is 7-2 ATS in L9 hosting Minnesota
9/24	LA CHARGERS	-1	MINNESOTA has won L5 ATS versus Chargers
10/1	at Carolina	-0.5	OVER the total is 5-1 in L6 MIN-CAR h2h matchups
10/8	KANSAS CITY	+5	HOME TEAMS are on 5-0-1 ATS run in KC-MIN h2h series
10/15	at Chicago	-0.3	UNDER the total is 8-1 in L9 of MIN-CHI series at Chicago
10/23	SAN FRANCISCO	+2.9	HOME TEAMS have won L5 ATS in SF-MIN h2h series
10/29	at Green Bay	+1	GREEN BAY is 12-5 ATS in L17 hosting Minnesota
11/5	at Atlanta	+0.3	UNDER the total is 6-1 in L7 of MIN-ATL series in Atlanta
11/12	NEW ORLEANS	-2.5	NEW ORLEANS is 7-2 ATS in L9 vs. Minnesota
11/19	at Denver	+2.1	UNDERDOGS are 6-1-1 ATS in L8 of MIN-DEN series
11/27	CHICAGO	-3.4	The L4 games of CHI-MIN series at Minnesota went OVER the total
BYE WEEK			
12/10	at Las Vegas	+0.1	OVER the total is 3-0-2 in L5 of MIN-LVR h2h series
12/17	at Cincinnati	+7.6	HOME TEAMS have won L7 ATS in MIN-CIN h2h series
12/24	DETROIT	-0.3	UNDERDOGS are 8-3 ATS in L11 of DET-MIN rivalry in Minnesota
12/31	GREEN BAY	-2.4	MINNESOTA is 8-4 ATS in L12 hosting Green Bay
1/7	at Detroit	+2.6	L4 games of MIN-DET rivalry in Detroit went OVER the total

SCHEDULE
STRENGTH **24.36**
(#13 toughest of 32)

FIELD
RATINGS **2.1 / 0.1**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	24.9	8	25.1	28
Yards Per Point	14.5	8	15.5	16
Plays Per Game	66.1	6		
Time of Possession	29:14	26		
3rd Down Conv. %	41.2%	12	38.1%	12
Total Yards Per Game	361.5	7	388.7	31
Yards Per Play	5.5	13	5.9	30
Rush Attempts Per Game	23.8	28		
Rush Yards Per Game	97.7	27	123.1	20
Yards Per Rush Attempt	4.1	26	4.5	22
Pass Attempts Per Game	39.5	3		
Completion %	66.7%	5	66.1%	24
Passing Yards Per Game	263.8	6	265.6	31
Yards Per Pass Attempt	7.2	10	7.3	30
Turnovers	1.4	17	1.5	9

MINNESOTA IS 12-2-1 ATS (LAST 15 GAMES) - BEFORE A BYE



CHICAGO BEARS

HEAD COACH: MATT EBERFLUS (2ND)
OFFENSIVE COORDINATOR: LUKE GETSY
DEFENSIVE COORDINATOR: ALAN WILLIAMS

BY MATT YOUMANS

Either you believe in Justin Fields, or you think the Bears are fooling themselves by believing he's a true franchise quarterback. Chicago general manager Ryan Poles shipped the No. 1 overall pick in a trade to pile up draft picks, acquire a No. 1 receiver in DJ Moore and start using a massive amount of salary-cap space to rebuild the roster. This team is on the rise, but that's easy to say for a team at the bottom. The Bears lost their final 10 games to finish 3-14, including 0-6 in the division. Fields has a stronger supporting cast, so it's time to start winning.

OFFENSE

Start with the bad news for the Bears — their offense ranked a distant last in passing yards (130.5 ypg), and Fields was sacked a league-high 55 times. The good news is Chicago led the NFL in rushing (177.3 ypg) by a wide margin with Fields running for 1,143 yards and eight touchdowns. The trade with Carolina that brought in Moore will be a big help to Fields, who has improved receiving options with Moore flanked by Chase Claypool and Darnell Moody and tight ends Cole Kmet and Robert Tonyan. Running back David Montgomery bolted for Detroit as a free agent, but Khalil Herbert, D'Onta Foreman and rookie Roschon Johnson are talented runners. The biggest concern is the offensive line. First-round pick Darnell Wright from Tennessee is slated to start immediately at right tackle. The development of the line and Fields' ability to mature as a passer will be the keys to the car moving more effectively after the Bears ranked 23rd in scoring (19.2 ppg).

DEFENSE

While most debates about the Bears start with Fields, the defense must make the most improvement after ranking last in the NFL in scoring (27.2 ppg) and sacks (20) and 31st in rushing (157.3 ypg). Poles signed end DeMarcus Walker and linebackers Tremaine Edmunds and T.J. Edwards. Veteran safety Eddie Jackson returns to lead a promising secondary that includes safety Jaquan Brisker and corners Kyler Gordon and Jaylon Johnson. The defense has a long way to go, but it's getting there, and Poles needs another year to continue rebuilding.

OUTLOOK

On a Monday night in late October, Fields passed for 179 yards and a touchdown, rushed for 82 yards and a touchdown, and the Bears pounded the Patriots 33-14 as big road underdogs. Chicago rushed for 243 yards against Bill Belichick's defense in one of the most stunning results of the NFL season. That's how good the Bears could be when it all clicked. Of course, it all soured after that as the team lost 10 in a row to finish the season. The schedule is soft enough, starting with games against the Packers and Buccaneers, for Chicago to find hope for a quick turnaround. It also helps that Aaron Rodgers, who owned the Bears with a 22-5 record against them, is gone from Green Bay. Fields is not surrounded by the same type of team Jalen Hurts had in Philadelphia last year, so that comparison of young quarterbacks falls short. The bottom line is it's tough to predict a three-win team to make the leap to eight wins, so look Under 7.5 on the win total.

SEASON WIN TOTAL PLAY
UNDER 7.5

STEVE MAKINEN'S
POWER RATING 22.0 (#22 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	GREEN BAY	-0.5	GREEN BAY has won L8 ATS vs. Chicago
9/17	at Tampa Bay	+0.4	TAMPA BAY is 8-4 ATS hosting Chicago since '96
9/24	at Kansas City	+11.4	The L7 games of CHI-KC h2h series went UNDER the total
10/1	DENVER	-0.9	UNDER the total is 6-1 in L7 DEN-CHI meetings
10/5	at Washington	+0.7	WASHINGTON is on 11-3 ATS run vs. Chicago
10/15	MINNESOTA	+0.3	UNDER the total is 8-1 in L9 of MIN-CHI series at Chicago
10/22	LAS VEGAS	-2.1	CHICAGO is 7-2 ATS vs. Raiders since '93
10/29	at LA Chargers	+4.9	CHICAGO is 6-2 ATS in L8 vs. Chargers
11/5	at New Orleans	+3.4	NEW ORLEANS is on 6-0-1 ATS run hosting Chicago
11/9	CAROLINA	-3	UNDERDOGS are 5-0 ATS in L5 of CAR-CHI series in Chicago
11/19	at Detroit	+4.4	DETROIT is 9-4 ATS hosting Chicago since 2010
11/27	at Minnesota	+3.4	The L4 games of CHI-MIN series at Minnesota went OVER the total
BYE WEEK			
12/10	DETROIT	+1.6	CHICAGO is 4-2-1 ATS in L7 hosting Detroit
12/17	at Cleveland	+3.9	HOME TEAMS are 6-1 ATS in L7 of CHI-CLE h2h series
12/24	ARIZONA	-6.3	ARIZONA has won L3 ATS at Chicago
12/31	ATLANTA	-2.1	CHICAGO is 4-0-1 ATS in L5 hosting Atlanta
1/7	at Green Bay	+2.8	GREEN BAY has won L4 ATS hosting Chicago

SCHEDULE
STRENGTH **23.31**
(#26 toughest of 32)

FIELD
RATINGS **1.7 / -0.2**
(HOME/ROAD)

2023 ODDS



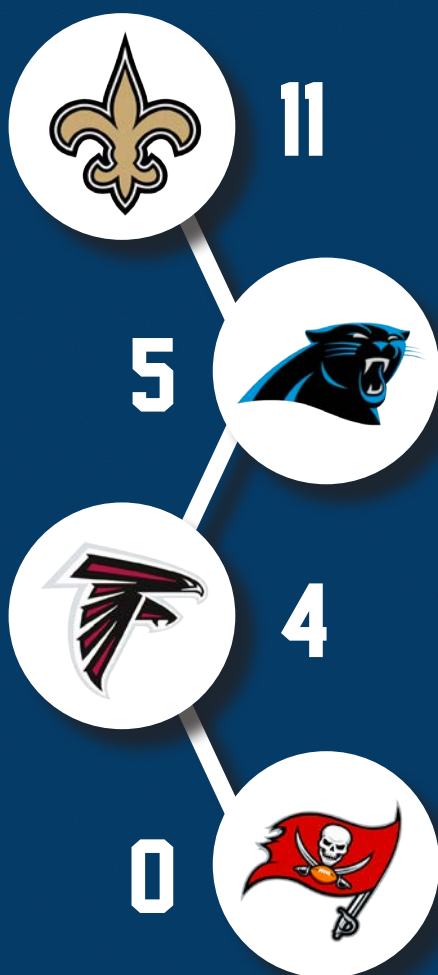
2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	19.2	23	27.2	32
Yards Per Point	16.1	20	13.8	30
Plays Per Game	58.4	30		
Time of Possession	29:30	22		
3rd Down Conv. %	40.9%	13	49.0%	32
Total Yards Per Game	307.8	28	375.9	29
Yards Per Play	5.3	21	6.1	31
Rush Attempts Per Game	32.8	2		
Rush Yards Per Game	177.3	1	157.3	31
Yards Per Rush Attempt	5.4	1	4.9	27
Pass Attempts Per Game	22.2	32		
Completion %	59.2%	30	67.2%	28
Passing Yards Per Game	130.5	32	218.6	17
Yards Per Pass Attempt	6.9	20	7.7	32
Turnovers	1.5	27	1.4	14

CHICAGO IS 1-9 ATS (LAST 10 GAMES) - VS. NFC NORTH

NFC SOUTH BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



The theme of the NFC South is quarterback attrition. All four teams in the division will have a different starting quarterback in 2023. Tom Brady said goodbye to Tampa Bay for the second time, but this retirement looks permanent. Baker Mayfield, the Week 1 starter in Carolina last year, will get the first crack at the job in Tampa, his fourth team in six seasons. Speaking of Carolina, who had three different starters last year, they drafted Bryce Young with the No. 1 overall pick this past spring. In New Orleans, Derek Carr was given up on by Josh McDaniels in Las Vegas, so he comes to the Big Easy to take over as starter for the Saints, the favorites in the division. Atlanta traded up in the 2022 NFL Draft to take Desmond Ridder, who only started the last four games of the season (2-2) but will be the opening Week 1 starter for Arthur Smith, who is opening a season with a different quarterback for the first time in three seasons. This third season makes Smith the most experienced head coach in the division as Todd Bowles and Dennis Allen are only in their second seasons in Tampa Bay and New Orleans respectively. That makes Frank Reich, who was fired midseason last year in Indianapolis, the new kid on the block in Carolina. This is arguably the most wide-open division in the 2023 NFL season. — Wes Reynolds

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
NEW ORLEANS	23	1.8	0.5	21.96	9.0	8.0	9.5
ATLANTA	22	1.5	0	22.08	8.5	8.5	8.5
CAROLINA	21.5	1.2	-0.4	23.52	7.5	9.5	7.5
TAMPA BAY	20	1.8	0.4	23.57	6.8	10.2	6.5



NEW ORLEANS SAINTS

HEAD COACH: DENNIS ALLEN (2ND)
OFFENSIVE COORDINATOR: PETE CARMICHAEL JR.
DEFENSIVE COORDINATOR: JOE WOODS

BY WES REYNOLDS OFFENSE

The Saints have declined from winning 13 games in 2019, to 12 in 2020, then nine in 2021, and finally seven last season mainly due to not being able to find a quarterback to fill Drew Brees' shoes. They believe they have finally found one in Derek Carr, who comes in on a four-year, \$150 million deal. Perhaps Carr has a great season here and is motivated knowing that a team is excited to have him as their quarterback. However, Pete Carmichael Jr. represents Carr's fifth offensive coordinator as a pro. Carr's four previous seasons in Year One of a new offensive coordinator currently stand as his four worst seasons in passer rating, completion rate, yards per attempt and passing yards per game. Carr went 22-40 (35.4%) as a starter in those four seasons compared to 41-39 (51.3%) in all other seasons.

The Saints have beefed up their running game to help Alvin Kamara, who still faces a likely suspension at some point for the incident in Las Vegas at the 2022 Pro Bowl, with Jamaal Williams, who led the NFL with 17 rushing touchdowns last season, and drafting Kendre Miller (TCU) in the third round. Michael Thomas agreed to return at a reduced salary but are his best days behind him having dealt with injuries and disciplinary issues the last three seasons? If so, then Chris Olave and Rashid Shaheed will need to improve even more on their solid rookie seasons.

Up front, the top eight OL from last year return, but left tackle Trevor Penning had multiple foot injuries in his rookie season last year, and this quality veteran group may be showing some signs of age.

DEFENSE

The Saints were fifth in total defense for 2022, but both defensive coordinators - Ryan Nielsen and Kris Richard - left in the offseason. Dennis Allen will still call the plays, but he brings in Joe Woods from Cleveland to be the new DC. The run defense was 24th in 2022, and the Saints are rebuilding their interior with 2023 first-rounder Bryan Breese (Clemson).

Second-rounder Isaiah Foskey (Notre Dame) will replace the inconsistent Marcus Davenport on the opposite side of Cameron Jordan.

New Orleans should still be strong against the pass (2nd - 184.4 ypg; 48 sacks - 5th). Marshon Lattimore is a lockdown corner but missed ten games with an abdominal injury last year. This is a talented group with Lattimore, Paulson Adebo, Alontae Taylor, Marcus Maye, and Tyrann Mathieu, but they need to force more turnovers having only generated 14 takeaways.

OUTLOOK

Carr is by far the most proven quarterback in the NFC South, but Dennis Allen has not proven to be a winner as a head coach having a 15-38 record. The 7-10 record in 2022 was Allen's best career record. Carr makes New Orleans the rightful favorite in the division, but 9.5 wins seems to be a bigger ask with a coach that has never had a winning season and a quarterback yet again working with a new offensive coordinator.

SEASON WIN TOTAL PLAY
UNDER 9.5

STEVE MAKINEN'S
POWER RATING 23.0 (#19 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	TENNESSEE	-3.4	ROAD TEAMS have won L5 ATS in TEN-NO matchups
9/18	at Carolina	-1.2	The L5 games of the NO-CAR rivalry went UNDER the total
9/24	at Green Bay	+1.9	OVER the total is 9-2 in NO-GB h2h series since '95
10/1	TAMPA BAY	-4	ROAD TEAMS are on 5-1 ATS run in TB-NO h2h series
10/8	at New England	+2.1	NEW ORLEANS is 6-3 ATS vs. New England since '92
10/15	at Houston	-2.6	HOME TEAMS are 4-1 ATS in prior NO-HOU matchups but lost LT
10/19	JACKSONVILLE	+1.3	NEW ORLEANS has won L5 ATS vs. Jacksonville
10/29	at Indianapolis	-0.6	NEW ORLEANS has won L4 ATS vs. Indianapolis
11/5	CHICAGO	-3.4	NEW ORLEANS is on 6-0-1 ATS run hosting Chicago
11/12	at Minnesota	+2.5	NEW ORLEANS is 7-2 ATS in L9 vs. Minnesota
BYE WEEK			
11/26	at Atlanta	-0.4	NEW ORLEANS is on 5-0 SU & 4-1 ATS run at Atlanta
12/3	DETROIT	-0.3	NEW ORLEANS is on 7-2 ATS run vs. Detroit
12/10	CAROLINA	-3.3	CAROLINA is 5-1 ATS in L6 trips to New Orleans
12/17	NY GIANTS	-1.9	The L7 games of NYG-NO series in New Orleans went OVER the total
12/21	at LA Rams	+0.2	HOME TEAMS are 9-1 ATS in L10 of LAR-NO h2h series
12/31	at Tampa Bay	-2.1	NEW ORLEANS has won L5 ATS at Tampa Bay
1/7	ATLANTA	-2.4	UNDER the total is 8-2 in L10 of ATL-NO series at New Orleans

SCHEDULE
STRENGTH **21.96**
(#32 toughest of 32)

FIELD
RATINGS **1.8 / 0.5**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	19.4	22	20.3	9
Yards Per Point	17.2	26	15.5	15
Plays Per Game	59.7	24		
Time of Possession	29:31	21		
3rd Down Conv. %	40.2%	15	41.6%	24
Total Yards Per Game	333.8	19	314.8	5
Yards Per Play	5.6	10	5	3
Rush Attempts Per Game	27.4	14		
Rush Yards Per Game	116.6	19	130.5	24
Yards Per Rush Attempt	4.3	22	4.5	20
Pass Attempts Per Game	30.1	26		
Completion %	66.0%	10	60.1%	3
Passing Yards Per Game	217.2	16	184.4	2
Yards Per Pass Attempt	7.8	5	5.8	3
Turnovers	1.5	27	0.8	30

NEW ORLEANS IS 10-0 ATS (LAST 10 GAMES) ON ROAD - IN THE SECOND GAME OF THE SEASON VS. OPPONENT



ATLANTA FALCONS

HEAD COACH: ARTHUR SMITH (3RD)
OFFENSIVE COORDINATOR: DAVE RAGONE
DEFENSIVE COORDINATOR: RYAN NIELSEN

BY WES REYNOLDS OFFENSE

Atlanta is going to run the ball and run it frequently. The Falcons ranked third last season in rushing offense (2,718 yards). Smith ran the ball regularly in Tennessee with Derrick Henry and is doing the same with one of the better stables of backs in the league. Tyler Allgeier ran for over 1,000 yards as a rookie. Cordarrelle Patterson ran for 695 and eight touchdowns, and they added Bijan Robinson (Texas) with the eighth overall pick.

That's good news for quarterback Desmond Ridder, who will make just his fifth start in the season opener. Ridder's spark at the end of the season should be good news for the pass catchers - Kyle Pitts and Drake London - that Atlanta drafted in the first round in 2021 and 2022. Smith also traded for Jonnu Smith, who was a staple in his offense during his time as Tennessee's offensive coordinator and will allow them to line up Pitts on the outside.

The offensive line also returns four starters and will be a force running the ball especially on the right side with former first-round picks guard Chris Lindstrom and tackle Kaleb McGary, who both ranked Top 5 at their positions per PFF. Jake Matthews is also solid at left tackle.

DEFENSE

While the offense was the best in the division last year, the defense was 30th in DVOA. The Falcons needed to get better up front and give Grady Jarrett some support, and they appeared to have done that with the additions of Calais Campbell, David Onyemata, Kaden Elliss, and Bud Dupree.

The Falcons allowed 231.9 passing ypg (25th in NFL), 7.29 yards per pass (29th), and 45.9% on third downs (31st). Enter Jessie Bates III from Cincinnati, who signed a massive deal and can line up anywhere. He allows Richie Grant, who is very good against the run, to line up closer to the line of scrimmage. A.J. Terrell is one of the better cover corners in the league. Atlanta also traded for former first-round corner Jeff Okudah, who started 15 games last year after only starting seven in his first two injury-plagued seasons. This secondary at least looks better on paper.

OUTLOOK

The Falcons have not made the playoffs in five seasons. Smith and general manager Terry Fontenot have worked diligently to get this team out of salary cap hell. The offense was the best in the division last year and should be better this year. They were also fifth in special teams DVOA, and the defense should be better. Atlanta ended up losing the second- and third-place divisional tiebreakers last season, which affords them the benefit of playing a last-place schedule this season. That means they'll be the only team in the division to face Arizona and the only team in the division to face Washington. Those matchups are worth a not insignificant amount of extra win probability compared to the slates to be faced by the Bucs (Philadelphia-San Francisco), Panthers (Dallas-Seattle) and Saints (Giants-Rams). There is also some value on the division price at around +250 to +275.

SEASON WIN TOTAL PLAY
OVER 8.5

STEVE MAKINEN'S
POWER RATING 22.0 (#22 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	CAROLINA	-2	UNDERDOGS are on 6-0 ATS streak in CAR-ATL rivalry
9/17	GREEN BAY	-1.1	HOME FAVORITES are on 4-0 SU & ATS run in GB-ATL series
9/24	at Detroit	+5	UNDER the total is 10-3 in ATL-DET h2h series since '98
10/1	vs. Jacksonville	+4.5	ATLANTA is on 5-1 SU & 6-0 ATS run vs. Jacksonville
10/8	HOUSTON	-5.2	HOME TEAMS have swept all five prior HOU-ATL matchups ATS
10/15	WASHINGTON	-3.6	WASHINGTON has won L3 ATS at Atlanta
10/22	at Tampa Bay	-0.6	OVER the total is 11-3 in L14 of ATL-TB h2h series
10/29	at Tennessee	+2.2	The L4 games of ATL-TEN h2h series went UNDER the total
11/5	MINNESOTA	-0.3	UNDER the total is 6-1 in L7 of MIN-ATL series in Atlanta
11/12	at Arizona	-2.8	ARIZONA has won L3 ATS hosting Atlanta
	BYE WEEK		
11/26	NEW ORLEANS	+0.4	NEW ORLEANS is on 5-0 SU & 4-1 ATS run at Atlanta
12/3	at NY Jets	+6.1	The L3 games of ATL-NYJ series went OVER the total
12/10	TAMPA BAY	-2.7	OVER the total is 6-1 in L7 of TB-ATL series at Atlanta
12/17	at Carolina	+0.3	UNDERDOGS are on 4-0 ATS run in ATL-CAR series in Carolina
12/24	INDIANAPOLIS	-3.4	INDIANAPOLIS is 6-1 ATS in L7 vs. Atlanta
12/31	at Chicago	+2.1	CHICAGO is 4-0-1 ATS in L5 hosting Atlanta
1/7	at New Orleans	+2.4	UNDER the total is 8-2 in L10 of ATL-NO series at New Orleans

SCHEDULE STRENGTH 22.08
(#31 toughest of 32)

FIELD RATINGS 1.5 / 0
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	21.5	15	22.7	23
Yards Per Point	14.8	11	15.9	11
Plays Per Game	59.5	26		
Time of Possession	29:39	19		
3rd Down Conv. %	41.8%	10	45.9%	31
Total Yards Per Game	318.6	24	362.1	27
Yards Per Play	5.4	16	5.7	25
Rush Attempts Per Game	32.9	1		
Rush Yards Per Game	159.9	3	130.2	23
Yards Per Rush Attempt	4.9	4	4.4	18
Pass Attempts Per Game	24.4	31		
Completion %	61.9%	25	66.3%	25
Passing Yards Per Game	158.8	31	231.9	25
Yards Per Pass Attempt	7.1	15	7	29
Turnovers	1.2	8	1	27

ATLANTA IS 12-3 ATS (LAST 15 GAMES) - AS AN UNDERDOG OF 10 OR MORE POINTS



CAROLINA PANTHERS

HEAD COACH: FRANK REICH (1ST)
OFFENSIVE COORDINATOR: THOMAS BROWN
DEFENSIVE COORDINATOR: EJIRO EVERO

BY WES REYNOLDS OFFENSE

Carolina has gotten way too used to having new quarterbacks and new head coaches. This year, they have both with No. 1 overall pick Bryce Young and Frank Reich. Andy Dalton was signed to backup and mentor Young, so he may start early in the season. Miles Sanders, off a Pro Bowl season, was also signed from Philadelphia to replace Christian McCaffrey at running back. Sanders has more of an opportunity to be a three-down back in this offense though with Chuba Hubbard and Rasheem Blackshear backing him up.

As for the receiving corps, this unit has been completely remade with Adam Thielen coming from Minnesota to play the slot. D.J. Chark will be the primary speed guy with Terrace Marshall Jr, tight end Hayden Hurst, and second-rounder Jonathan Mingo expected to contribute immediately.

Most rookie quarterbacks do not get the luxury of having an offensive line that returns all five starters, but Young has that here, especially 2022 first-rounder Ikem Ekwonu having finally solidified the left tackle spot.

DEFENSE

Carolina also switches from a 4-3 defense to a 3-4 under new defensive coordinator Ejiro Evero, who comes in after serving in the same position at Denver last year. The Panthers need to discover another pass rusher opposite Brian Burns who had a career-high 12.5 sacks last year. This will be a make-or-break season for 2020 first-rounder Derrick Brown to show more production.

Inside backer Shaq Thompson restructured his deal and is a leader on defense. Perhaps the 3-4 will bolster some of his lost production as he and rover Jeremy Chinn can line up closer to the line of scrimmage to help stuff the run game.

If Jaycee Horn can stay healthy (having missed half of his games in his first two seasons), this is a good secondary. C.J. Henderson and Donte Jackson also must stay healthy because there are good ball skills with this group. Veterans Vonn Bell and Xavier Woods also come in as free agents.

Outlook

The Panthers have been searching for a quarterback ever since mid-2018 when T.J. Watt drilled Cam Newton's throwing shoulder. Matt Rhule went 11-27 mainly because he could never find the right quarterback. Neither Teddy Bridgewater, Sam Darnold, nor Baker Mayfield worked. Now they will eventually turn to rookie Bryce Young and let Frank Reich, Carolina's first starting quarterback in the franchise's first season back in 1995, work with and develop him. This is the best long-term approach because free agency has not worked. The Panthers will be underdogs in their first six games, but the organization looks to be heading in a better direction. Nevertheless, this is still a rookie quarterback with a new coaching staff and a new defensive scheme. There is high potential for a bad start to the season and a respectable finish.

SEASON WIN TOTAL PLAY
UNDER 7.5

STEVE MAKINEN'S
POWER RATING 21.5 (#25 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Atlanta	+2	UNDERDOGS are on 6-0 ATS streak in CAR-ATL rivalry
9/18	NEW ORLEANS	+1.2	The L5 games of the NO-CAR rivalry went UNDER the total
9/24	at Seattle	+4.9	OVER the total is 7-0 in CAR-SEA series since '15
10/1	MINNESOTA	+0.5	OVER the total is 5-1 in L6 MIN-CAR h2h matchups
10/8	at Detroit	+5.9	UNDERDOGS are 7-2 ATS in L9 of DET-CAR h2h series
10/15	at Miami	+7.1	MIAMI is 5-1-1 ATS all-time versus Carolina
BYE WEEK			
10/29	HOUSTON	-4.4	CAROLINA has won L4 ATS vs. Houston
11/5	INDIANAPOLIS	-2.6	ROAD TEAMS are on 5-1 ATS run in IND-CAR series but lost LT
11/9	at Chicago	+3	UNDERDOGS are 5-0 ATS in L5 of CAR-CHI series in Chicago
11/19	DALLAS	+5.1	FAVORITES are on 5-0 ATS streak in DAL-CAR h2h series
11/26	at Tennessee	+3.1	All three prior CAR-TEN games in Tennessee went UNDER the total
12/3	at Tampa Bay	+0.3	TAMPA BAY has won L4 SU & ATS hosting Carolina
12/10	at New Orleans	+3.3	CAROLINA is 5-1 ATS in L6 trips to New Orleans
12/17	ATLANTA	-0.3	UNDERDOGS are on 4-0 ATS run in ATL-CAR series in Carolina
12/24	GREEN BAY	-0.3	OVER the total is 4-0 in L4 of GB-CAR series in Carolina
12/31	at Jacksonville	+7.5	FAVORITES have won L4 ATS in CAR-JAC h2h series
1/7	TAMPA BAY	-1.9	UNDER the total is 7-3 in L10 of TB-CAR rivalry in Carolina

SCHEDULE STRENGTH 23.52 (#23 toughest of 32)

FIELD RATINGS 1.2 / -0.4 (HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	20.4	20	22	19
Yards Per Point	15	12	15.9	12
Plays Per Game	57.4	32		
Time of Possession	28:26	32		
3rd Down Conv. %	31.7%	30	41.1%	23
Total Yards Per Game	306.2	29	350.2	22
Yards Per Play	5.3	17	5.4	16
Rush Attempts Per Game	28.4	12		
Rush Yards Per Game	130	10	122.6	18
Yards Per Rush Attempt	4.6	14	4.3	12
Pass Attempts Per Game	26.9	29		
Completion %	58.4%	31	66.0%	23
Passing Yards Per Game	176.2	29	227.5	22
Yards Per Pass Attempt	7.1	12	6.7	20
Turnovers	1.2	8	1	27

CAROLINA IS 10-0 OVER (LAST 10 GAMES) - AFTER A BYE



TAMPA BAY BUCCANEERS

HEAD COACH: TODD BOWLES (2ND)

OFFENSIVE COORDINATOR: DAVE CANALES

DEFENSIVE COORDINATOR: KACY RODGERS/LARRY FOOTE

BY WES REYNOLDS OFFENSE

Due to the salary cap constraints that helped them get a Lombardi Trophy three years ago, Tampa Bay had to go the economical route in replacing Tom Brady. Baker Mayfield signed a one-year deal to compete with 2021 second-rounder Kyle Trask for the starting quarterback gig. The offensive staff was overhauled by Todd Bowles. Byron Leftwich was fired as offensive coordinator and Dave Canales comes in from Seattle after serving 13 seasons under Pete Carroll, most recently as QB coach/passing game coordinator.

Mike Evans and Chris Godwin are still one of the league's best receiving duos and tight end Cade Otton could have a breakout campaign. Rachaad White split carries with Leonard Fournette last season but is now the primary feature back for a unit that was the worst in the NFL with 3.4 ypc.

Up front, Tristan Wirfs shifts from right to left tackle to replace Donovan Smith. Ryan Jensen returns as the anchor at center. 2022 second-rounder Luke Goedeke likely takes over at right tackle. However, the two other spots on the OL are up for grabs.

DEFENSE

Although the Bucs have many salary cap issues, they were able to re-sign linebacker Lavonte David and corner Jamel Dean. Shaq Barrett also returns after missing half of last season with a torn Achilles. The defense should still be solid although it is aging.

Vita Vea (6.5 sacks last year) will have to shoulder more of the load up front for a run defense that has slipped from the elite units over the past few years. Calijah Kancey (Pitt) was drafted in the first round this spring to help out Vea. Greg Gaines was signed from the Rams and will be moved from tackle to end in the 3-4 scheme. Logan Hall disappointed last year as a rookie but did bulk up in the offseason.

Devin White is David's running mate at inside backer. More is expected out of 2021 first-rounder Joe Tryon-Shoyinka from a pass rush standpoint.

Carlton Davis, along with Dean, are both high-priced corners, so more takeaways are expected. Antoine Winfield Jr returns to his safety role along with Ryan Neal, who was signed from Seattle.

OUTLOOK

After three consecutive playoff appearances, back-to-back NFC South titles, and a Lombardi Trophy, the Buccaneers are heading into the great unknown as Brady's second retirement seems final. There are remnants of the Super Bowl-winning squad from three years ago, but this team is at a crossroads between retooling and rebuilding. Bowles is clearly on the hot seat, although he was not able to select his own staff having taken over for Bruce Arians with Arians' coaching staff. While Brady's production declined, the team will miss his leadership and will have to rely on either a third-year backup or Baker Mayfield, who is on his fourth team in six years. Tampa also draws a first-place schedule having to face other division winners like Philadelphia, Buffalo, San Francisco, which will be difficult for a team in transition. A bad start could lead to a lot of these veterans thinking about their next move.

SEASON WIN TOTAL PLAY
UNDER 6.5

STEVE MAKINEN'S
POWER RATING 20.0 (#30 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Minnesota	+5.6	TAMPA BAY is 7-2 ATS vs. Minnesota since '01
9/17	CHICAGO	-0.4	TAMPA BAY is 8-4 ATS hosting Chicago since '96
9/25	PHILADELPHIA	+7.7	HOME TEAMS have won L3 ATS in PHI-TB h2h series
10/1	at New Orleans	+4	ROAD TEAMS are on 5-1 ATS run in TB-NO h2h series
BYE WEEK			
10/15	DETROIT	+2.7	ROAD TEAMS are 7-1 ATS in L8 of DET-TB h2h series
10/22	ATLANTA	+0.6	OVER the total is 11-3 in L14 of ATL-TB h2h series
10/26	at Buffalo	+11.6	HOME FAVORITES are 6-0 SU & 5-0-1 ATS in TB-BUF series since '00
11/5	at Houston	+0.5	HOME TEAMS are 4-1 ATS in L5 of TB-HOU h2h series
11/12	TENNESSEE	-0.4	TENNESSEE is on 6-1-1 ATS run versus Tampa Bay
11/19	at San Francisco	+10.6	SAN FRANCISCO is 6-2 ATS in L8 hosting Tampa Bay
11/26	at Indianapolis	+2.5	OVER the total is 6-1 in L7 of TB-IND h2h series
12/3	CAROLINA	-0.3	TAMPA BAY has won L4 SU & ATS hosting Carolina
12/10	at Atlanta	+2.7	OVER the total is 6-1 in L7 of TB-ATL series at Atlanta
12/17	at Green Bay	+5	TAMPA BAY is 6-3-2 ATS in L11 visits to Green Bay
12/24	JACKSONVILLE	+4.3	FAVORITES have won L5 ATS in JAC-TB series after five L's
12/31	NEW ORLEANS	+2.1	NEW ORLEANS has won L5 ATS at Tampa Bay
1/7	at Carolina	+1.9	UNDER the total is 7-3 in L10 of TB-CAR rivalry in Carolina

SCHEDULE
STRENGTH **23.57**
(#21 toughest of 32)

FIELD
RATINGS **1.8 / 0.4**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	18.4	25	21.1	13
Yards Per Point	18.8	31	15.4	18
Plays Per Game	68.2	1		
Time of Possession	29:06	27		
3rd Down Conv. %	37.4%	21	36.9%	6
Total Yards Per Game	346.7	15	324.3	9
Yards Per Play	5.1	25	5.1	10
Rush Attempts Per Game	22.7	32		
Rush Yards Per Game	76.9	32	120.7	15
Yards Per Rush Attempt	3.4	32	4.5	19
Pass Attempts Per Game	44.2	1		
Completion %	66.4%	7	63.9%	15
Passing Yards Per Game	269.8	2	203.6	9
Yards Per Pass Attempt	6.3	30	6.1	7
Turnovers	1.3	14	1.2	20

TAMPA BAY IS 16-9 OVER (LAST 25 GAMES) AT HOME - AGAINST TEAMS WITH 40% OR LESS WINNING

NFC WEST BETTING PREVIEW

OF TIMES SELECTED BY VSIN EXPERTS TO WIN DIVISION



To nobody's surprise, the San Francisco 49ers went 13-4 and finished atop the NFC West standings last year. A strong argument can also be made that the 49ers were an injury away from winning a Super Bowl in 2022. San Francisco lost Brock Purdy in the NFC Championship Game — or at least his ability to throw — and that ended up doing Kyle Shanahan's team in.

While the 49ers were supposed to win the NFC West last year, the way the rest of the division shook out was definitely a bit of a stunner. The Seattle Seahawks, who many people expected would end up with the top pick in the draft, finished second in the division and made the postseason. Meanwhile, the defending Super Bowl champion Los Angeles Rams completely flamed out, going 5-12 in what was an incredibly disappointing season. And the Arizona Cardinals didn't just finish 4-13 during the regular season, but the team also lost Kyler Murray to a torn ACL.

This year, things are expected to go similarly, with the odds predicting these teams to finish in the exact same order. The 49ers are listed at -150 to win the NFC West, with the Seahawks not too far behind at +200. The odds then suggest the Rams and Cardinals will be cellar dwellers in this division. However, Los Angeles could easily be more competitive with Matthew Stafford back in the mix. But Arizona should be a lot worse with a depleted roster and a ton of uncertainty under center. The mere presence of the Cardinals in this division is a boost for anybody looking to bet overs on the regular season win totals for their rivals. — Zachary Cohen

2023 PROJECTED STANDINGS (BASED ON STEVE MAKINEN RATINGS)

Team	2023 SM PR	Home Field Adv.	Road Field Adv.	Schedule Strength (Rank)	PrjW's	PrjL's	DraftKings O/U
SAN FRANCISCO	28.5	2.1	0.4	23.41	10.9	6.1	10.5
SEATTLE	23.5	2.1	0.3	23.85	8.3	8.7	8.5
LA RAMS	21.5	1.8	0.2	24.27	7.2	9.8	6.5
ARIZONA	17.5	1.3	0.3	24.72	5.1	11.9	4.5



SAN FRANCISCO

49ERS

HEAD COACH: KYLE SHANAHAN (7TH)
OFFENSIVE COORDINATOR: KYLE SHANAHAN
DEFENSIVE COORDINATOR: STEVE WILKS

BY ZACHARY COHEN

The San Francisco 49ers suffered a disappointing loss at the hands of the Philadelphia Eagles in the NFC Championship Game last year, but Brock Purdy was physically unable to throw the football in that game — he was dealing with a UCL injury that later needed to be repaired. If the 49ers had a competent signal caller in that game, we might be talking about them a lot differently heading into the season. San Francisco absolutely had the talent to win a Super Bowl in 2022, and there aren't many teams that are better built to win it all in 2023 on paper.

OFFENSE

There's a little uncertainty at the quarterback position for the 49ers, but what else is new there? Whether it's Brock Purdy, Sam Darnold or Trey Lance, this San Francisco team has what it takes to be elite offensively. The 49ers were sixth in the league in offensive DVOA last season, and only five teams in the NFL averaged more points per game than them. The only key player that San Francisco lost offensively is Mike McGlinchey, who signed a five-year, \$87.5 million contract with the Denver Broncos.

As long as the 49ers' offensive line doesn't fall apart with McGlinchey gone, there's nothing stopping this from being a potent offense in 2023. And truth be told, it's hard to have a bad offensive line with Trent Williams anchoring the left side. He was PFF's highest-graded tackle in 2022, marking the third year in a row he earned that distinction.

Christian McCaffrey was a monster after arriving in the Bay Area last year, and he'll only get better with a full offseason to prepare for life in this offense. Realistically, with McCaffrey, Deebo Samuel and George Kittle around, defenses are going to be spread thin trying to find ways to contain such a talented offense.

DEFENSE

Last season, the 49ers had a top-five defense in pass and rush DVOA, and they finished atop the league in overall defensive DVOA. Nick Bosa was an absolute monster for this San Francisco team last year, finishing with 18.5 sacks and a PFF grade of 90.6 (third amongst players at his position). With Bosa up front, Fred Warner manning the middle and a good group of defensive backs, led by corner Charvarius Ward, there's no reason to believe this 49ers defense won't be amongst the best in the league again.

San Francisco also brought in Javon Hargrave in the offseason. He should be a great fit along the defensive line this season. And it'll be interesting to see if their low-cost swing on Clelin Ferrell pays off. He has a lot of talent and could do some damage in a limited role, especially with the talent around him.

No team in the league gave up fewer than the 16.3 points per game the 49ers gave up in 2022. Don't be surprised if San Francisco leads the league in that regard again in 2023. The 49ers have one of the easiest schedules in the league.

OUTLOOK

How can you not love the Over at 10.5 wins? San Francisco opened the year as a favorite to win 16 of the 17 games on its schedule. The 49ers should cruise through its NFC West games while also handling its business against the rest of the league. Don't be nervous about the quarterback situation. We have seen time and time again that San Francisco can win no matter who is under center.

SEASON WIN TOTAL PLAY

OVER 10.5

STEVE MAKINEN'S
POWER RATING **28.5** (#5 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Pittsburgh	-2.6	HOME/FAVORITES are on 4-1 SU & ATS run in SF-PIT h2h series
9/17	at LA Rams	-6	SAN FRANCISCO is on 7-0 ATS streak vs. LA Rams
9/21	NY GIANTS	-7.7	ROAD TEAMS are on 6-1 ATS run in NYG-SF h2h series
10/1	ARIZONA	-12.4	The L3 games in ARI-SF rivalry went OVER the total
10/8	DALLAS	-2.8	FAVORITES are 5-2-1 ATS in L8 of DAL-SF rivalry
10/15	at Cleveland	-3.2	The L6 games of SF-CLE h2h series went UNDER the total
10/23	at Minnesota	-2.9	HOME TEAMS have won L5 ATS in SF-MIN h2h series
10/29	CINCINNATI	-2.1	ROAD TEAMS have won L4 ATS in CIN-SF h2h series
BYE WEEK			
11/12	at Jacksonville	-0.3	SAN FRANCISCO has won L5 ATS versus Jacksonville
11/19	TAMPA BAY	-10.6	SAN FRANCISCO is 6-2 ATS in L8 hosting Tampa Bay
11/23	at Seattle	-3.7	SEATTLE is 12-3 ATS hosting San Francisco since '09
12/3	at Philadelphia	+3.7	The L5 games of SF-PHI h2h series went UNDER the total
12/10	SEATTLE	-6.4	UNDER the total is 7-4 in SEA-SF series at SF since 2012
12/17	at Arizona	-10.5	UNDER the total is 5-1 in L6 of SF-ARI series in Arizona
12/25	BALTIMORE	-4.1	UNDERDOGS have won L3 ATS in BAL-SF h2h series
12/31	at Washington	-6.4	UNDERDOGS are on 4-1 ATS run in WAS-SF h2h series but lost LY
1/7	LA RAMS	-8.5	SAN FRANCISCO is 6-2 ATS in L8 hosting LA Rams

SCHEDULE STRENGTH **23.41**
(#24 toughest of 32)

FIELD RATINGS **2.1 / 0.4**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	26.5	6	16.3	1
Yards Per Point	13.8	3	18.4	1
Plays Per Game	61.6	22		
Time of Possession	31:51	3		
3rd Down Conv. %	45.0%	6	39.0%	16
Total Yards Per Game	365.6	5	300.6	1
Yards Per Play	5.9	4	5	4
Rush Attempts Per Game	29.6	9		
Rush Yards Per Game	138.8	8	77.7	2
Yards Per Rush Attempt	4.7	10	3.4	2
Pass Attempts Per Game	30.1	26		
Completion %	66.0%	10	65.6%	20
Passing Yards Per Game	226.8	13	222.9	20
Yards Per Pass Attempt	7.9	4	6.4	11
Turnovers	1	3	1.8	2

SAN FRANCISCO IS 10-0 ATS (LAST 10 GAMES) AT HOME - IN CONFERENCE GAMES



SEATTLE SEAHAWKS

HEAD COACH: PETE CARROLL (14TH)
OFFENSIVE COORDINATOR: SHANE WALDRON
DEFENSIVE COORDINATOR: CLINT HURTT

BY ZACHARY COHEN

The Seattle Seahawks shocked the world by going 9-8 and making the playoffs last season. Many people left this organization for dead after Seattle traded Russell Wilson to the Denver Broncos. But the Seahawks turned the keys over to Geno Smith, who threw for 4,282 yards with 30 touchdowns and only 11 interceptions. Smith made the Pro Bowl last season, which ultimately allowed the Seahawks to play at a much higher level than expected. Now, Seattle enters the 2023 season with legitimate expectations, and it's definitely hard to doubt this team.

OFFENSE

The Seahawks had a top-10 scoring offense last season, and things should get even better in 2023. Seattle's passing game was rather explosive in Smith's first full year under center. The team then added wide receiver Jaxon Smith-Njigba in the draft. He has all the makings of a superstar, as he's a speedy wideout with a real feel for running routes. When you add him to a group that already possesses DK Metcalf and Tyler Lockett, an argument can be made that Seattle has the best wide receivers in football.

Seattle should also be a force on the ground next season. Kenneth Walker III looks like he has an All-Pro future, as he rushed for 1,050 yards with nine touchdowns as a rookie. And Walker did that with a mediocre offensive line. But that group should be a bit better next season, as the team essentially kept the same group intact. That continuity, combined with the addition of Evan Brown, should help Walker.

The productivity of this offense will essentially come down to whether Smith's 2022 season was a flash in the pan. But I tend to believe the 32-year-old is legit. And he should be even better in 2023, as the Seahawks put a lot of faith in him by giving him a big contract. That should help Smith's confidence quite a bit.

DEFENSE

Seattle's defense was a nightmare last season, but things are looking up after the offseason. The Seahawks brought in quite a bit of talent on that side of the ball, with Bobby Wagner and Devon Witherspoon being the two biggest additions.

Wagner was the top-graded PFF linebacker in 2022, while Witherspoon was the fifth-overall pick in the 2023 NFL Draft. Many viewed Witherspoon as the top corner in the class, so he should be a big boost to a secondary in desperate need of a shutdown option.

It also shouldn't surprise anybody if Devin Bush puts things together in Seattle. He hasn't lived up to expectations since being picked 10th in the 2019 NFL Draft, but the talent is there. Bush is now with an organization with a proven track record of developing players.

OUTLOOK

Backing Seattle to win Over 8.5 games is one of my favorite picks heading into the season, even if you have to lay some juice on this. Pete Carroll has won at least nine games in 10 of his last 11 seasons as the Seahawks head coach. And this year's team looks very strong on paper. When you combine that with a reasonable schedule and one of the better home-field advantages in football, the Seahawks should finish the year over .500.

SEASON WIN TOTAL PLAY
OVER 8.5

STEVE MAKINEN'S
POWER RATING 23.5 (#13 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	LA RAMS	-3.5	LA RAMS are 8-1 ATS in L9 vs. Seattle
9/17	at Detroit	+3.2	SEATTLE is on 4-0 ATS streak vs. Detroit
9/24	CAROLINA	-4.9	OVER the total is 7-0 in CAR-SEA series since '15
10/2	at NY Giants	+1.5	SEATTLE is on 5-1 ATS run vs. NY Giants
	BYE WEEK		
10/15	at Cincinnati	+7.4	CINCINNATI is on 5-1-2 ATS run vs. Seattle
10/22	ARIZONA	-7.4	UNDERDOGS are 13-2-1 ATS in L16 games of ARI-SEA rivalry
10/29	CLEVELAND	-2.7	FAVORITES are on 5-1-2 ATS run in CLE-SEA h2h series
11/5	at Baltimore	+5.5	SEATTLE is 3-1-1 ATS in L5 vs. Baltimore but lost LT
11/12	WASHINGTON	-5.7	The L5 games of WAS-SEA h2h series went UNDER the total
11/19	at LA Rams	-0.9	LA RAMS have won L4 ATS hosting Seattle
11/23	SAN FRANCISCO	+3.7	SEATTLE is 12-3 ATS hosting San Francisco since '09
11/30	at Dallas	+7.1	SEATTLE has won L4 ATS versus Dallas
12/10	at San Francisco	+6.4	UNDER the total is 7-4 in SEA-SF series at SF since 2012
12/17	PHILADELPHIA	+3.9	The L6 games of PHI-SEA h2h series went UNDER the total
12/24	at Tennessee	+0.4	TENNESSEE is on 6-1 ATS run vs. Seattle
12/31	PITTSBURGH	-2.7	SEATTLE has won L3 ATS versus Pittsburgh
1/7	at Arizona	-5.4	SEATTLE is 7-2-1 ATS in L10 at Arizona

SCHEDULE
STRENGTH **23.85**
(#20 toughest of 32)

FIELD
RATINGS **2.1 / 0.3**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	23.9	9	23.6	25
Yards Per Point	14.7	9	15.3	20
Plays Per Game	61.4	23		
Time of Possession	28:40	30		
3rd Down Conv. %	37.8%	20	42.3%	27
Total Yards Per Game	351.5	13	361.7	26
Yards Per Play	5.7	7	5.5	21
Rush Attempts Per Game	25	22		
Rush Yards Per Game	120.1	18	150.2	30
Yards Per Rush Attempt	4.8	7	4.9	26
Pass Attempts Per Game	33.7	15		
Completion %	69.6%	1	62.7%	10
Passing Yards Per Game	231.4	11	211.5	13
Yards Per Pass Attempt	7.5	8	6.6	16
Turnovers	1.4	17	1.5	9

SEATTLE IS 13-2 UNDER (LAST 15 GAMES) - VS. NFC EAST



LOS ANGELES RAMS

HEAD COACH: SEAN MCVAY (7TH)
OFFENSIVE COORDINATOR: MIKE LAFLEUR
DEFENSIVE COORDINATOR: RAHEEM MORRIS

BY ZACHARY COHEN

After winning the Super Bowl in 2022, the Los Angeles Rams went 5-12 and finished in third place in the NFC West last season. Sean McVay's team was completely ravaged by injuries, and the roster probably wasn't playoff-caliber to begin with. Things won't be too different in 2023, but Matthew Stafford will be healthy in Week 1. Having his sturdy presence under center should make Los Angeles a lot more competitive. So, while the Rams likely won't be winning more Super Bowls any time soon, this team could still help bettors win some money.

OFFENSE

Stafford said that he felt "refreshed" heading into the offseason, and that should be huge for the Rams' 2023 outlook. Last year, the veteran dealt with elbow and back issues while also suffering from concussions. It was a completely lost year for the former Pro Bowler, but he's back and ready to show off his cannon this season. And having somebody with his arm strength should open the Rams' offense, which still has Cooper Kupp catching passes on the outside.

The question is whether Los Angeles will get anything from the running game. Everything McVay likes to do is built off the threat of the run, but the Rams' offensive line was in shambles last year. Los Angeles will need to do a better job up front if it is going to take any type of step forward this season. Perhaps rookie Steve Avila will help stabilize the unit. The Rams used the 36th pick in the 2023 NFL Draft on the TCU product.

DEFENSE

Aaron Donald's 90.5 PFF grade suggests the 32-year-old is still playing at an elite level. The problem is that he's the only guy on this defense that's doing so — or even close. Los Angeles was solid against the run last season, which is part of having Donald around to clog up lanes. As long as he's playing, Los Angeles should be a nightmare for opposing running backs. But that's not going to mean much if the Rams don't improve against the pass.

Last year, Los Angeles was just 24th in the league in pass DVOA. And the Rams didn't do much of anything to address their secondary this offseason. In a passing league, that was a questionable decision by the front office. Perhaps Cobie Durant will take a big leap in his second year in the league. But the Rams have a lot invested in him and other players that weren't exactly highly regarded as prospects. If that blind faith doesn't end up paying dividends, this will be a bad team again.

OUTLOOK

Stafford should make this team a lot more palatable to watch, and the group might hang around a little more than last year — the Rams were just 6-10-1 against the spread in 2022. However, it's still hard to see a path to this team winning eight games. The Rams have a middle-of-the-pack strength of schedule. When you combine that with a below-average roster, you're probably looking at Under 7.5 wins.

SEASON WIN TOTAL PLAY
UNDER 7.5

STEVE MAKINEN'S
POWER RATING 21.5 (#25 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Seattle	+3.5	LA RAMS are 8-1 ATS in L9 vs. Seattle
9/17	SAN FRANCISCO	+6	SAN FRANCISCO is on 7-0 ATS streak vs. LA Rams
9/25	at Cincinnati	+9.5	UNDER the total is 8-1 in L9 of LAR-CIN h2h series
10/1	at Indianapolis	+1.2	The L6 LAR-IND h2h meetings went OVER the total
10/8	PHILADELPHIA	+6.2	PHILADELPHIA has won L4 ATS at LA Rams
10/15	ARIZONA	-5.1	LA RAMS are on 11-2 ATS surge versus Arizona
10/22	PITTSBURGH	-0.4	PITTSBURGH has won L4 ATS versus Rams
10/29	at Dallas	+9.2	DALLAS is 4-1 ATS in L5 hosting LA Rams
11/5	at Green Bay	+3.7	GREEN BAY is 8-1 SU & 9-0 ATS in L9 vs. Rams
	BYE WEEK		
11/19	SEATTLE	+0.9	LA RAMS have won L4 ATS hosting Seattle
11/26	at Arizona	-3.3	RAMS have won L8 ATS at Arizona
12/3	CLEVELAND	-0.4	FAVORITES are 6-1 ATS in L7 of CLE-LAR h2h series
12/10	at Baltimore	+7.6	The L3 games of LAR-BAL series in Baltimore went UNDER the total
12/17	WASHINGTON	-3.4	WASHINGTON is 7-2 ATS in L9 road games versus Rams
12/21	NEW ORLEANS	-0.2	HOME TEAMS are 9-1 ATS in L10 of LAR-NO h2h series
12/31	at NY Giants	+3.6	ROAD TEAMS are on 4-0 ATS run in LAR-NYG h2h series
1/7	at San Francisco	+8.5	SAN FRANCISCO is 6-2 ATS in L8 hosting LA Rams

SCHEDULE
STRENGTH **24.27**
(#14 toughest of 32)

FIELD
RATINGS **1.8 / 0.2**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	18.1	27	22.6	21
Yards Per Point	15.5	16	15.1	24
Plays Per Game	58.9	29		
Time of Possession	29:45	15		
3rd Down Conv. %	39.3%	18	40.4%	22
Total Yards Per Game	280.5	32	341.1	19
Yards Per Play	4.8	31	5.5	23
Rush Attempts Per Game	24.2	26		
Rush Yards Per Game	97.7	27	115.1	13
Yards Per Rush Attempt	4	27	4.3	13
Pass Attempts Per Game	31.2	24		
Completion %	65.4%	13	67.5%	29
Passing Yards Per Game	182.8	27	226	21
Yards Per Pass Attempt	6.6	24	6.9	24
Turnovers	1.4	17	1.3	17

LA RAMS IS 9-1 ATS (LAST 10 GAMES) AT HOME - IN DECEMBER



ARIZONA CARDINALS

HEAD COACH: JONATHAN GANNON (1ST)
OFFENSIVE COORDINATOR: DREW PETZING
DEFENSIVE COORDINATOR: NICK RALLIS

BY ZACHARY COHEN

The 2022 season was already looking like a rough one for the Cardinals, and it went from bad to worse when Kyler Murray tore his ACL. Arizona decided to completely clean house, moving on from general manager Steve Keim and head coach Kliff Kingsbury. The Cardinals hired Monti Ossenfort, the former Director of Player Personnel for the Tennessee Titans, to replace Keim, while also bringing in former Philadelphia Eagles defensive coordinator Jonathan Gannon as head coach. The franchise now looks to be going through a serious rebuilding project, which means the 2023 season could get ugly.

OFFENSE

The Cardinals averaged only 20.0 points per game in 2022, and only two teams in football were worse when it came to DVOA on that side of the ball. Fortunately for Arizona, Kingsbury no longer calls the shots for this offense. He was supposed to bring a revolutionary offensive mind to the desert, but the Cardinals constantly had Murray throwing nothing but screens and short passes.

The problem for Arizona is that Murray is still recovering from a torn ACL. And the team is severely lacking in talent around him. The Cardinals released DeAndre Hopkins during the offseason, leaving an unproven receiver group of Marquise Brown, Rondale Moore and Greg Dortch catching passes from Colt McCoy until Murray comes back. This could be the worst passing attack in football.

The running game isn't going to be good either. James Conner is a solid short-yardage back, but he lacks home-run hitting ability. Without that, there's really nothing to keep defenses honest. This team is really going to struggle to score points in 2023, and a marriage with USC quarterback Caleb Williams looks more and more possible the more you look at this depth chart.

DEFENSE

Only the Chicago Bears gave up more points per game than the Cardinals last season. This team also lost JJ Watt, Byron Murphy and Zach Allen in the offseason, and Budda Baker wants out of Arizona. This could be one of the worst defensive teams in the league, unless Gannon can work some magic.

Gannon did oversee some very good defenses in his time as the defensive coordinator of the Philadelphia Eagles. However, those units were loaded with talent. With the Cardinals, Gannon will need to make lemonade with very little access to lemons.

OUTLOOK

When the NFL schedule was released, DraftKings Sportsbook had the Cardinals as underdogs in all 17 of their games. So, it's a little surprising that their win total is even as high as 4.5 heading into the season. This regular season win total has Under written all over it. Arizona might pull a few wins out of nowhere, but it's hard to see how this will be a five-win football team. And you can get +100 odds to take Under 4.5.

SEASON WIN TOTAL PLAY
UNDER 4.5

STEVE MAKINEN'S
POWER RATING 17.5 (#32 OF 32)

2023 SCHEDULE

DATE	OPPONENT	Est. Line	SERIES TRENDS
9/10	at Washington	+4.7	FAVORITES are on 4-1 ATS run in ARI-WAS h2h series
9/17	NY GIANTS	+4.1	ARIZONA has won L4 SU & ATS vs. NY Giants
9/24	DALLAS	+9	ARIZONA is on 6-1 ATS run vs. Dallas
10/1	at San Francisco	+12.4	The L3 games in ARI-SF rivalry went OVER the total
10/8	CINCINNATI	+9.7	UNDERDOGS are 4-1 ATS in L5 of CIN-ARI h2h series
10/15	at LA Rams	+5.1	LA RAMS are on 11-2 ATS surge versus Arizona
10/22	at Seattle	+7.4	UNDERDOGS are 13-2-1 ATS in L16 games of ARI-SEA rivalry
10/29	BALTIMORE	+7.7	ROAD TEAMS have won L5 ATS in BAL-ARI h2h series
11/5	at Cleveland	+7.9	OVER the total is 5-1-1 in L7 of ARI-CLE h2h series
11/12	ATLANTA	+2.8	ARIZONA has won L3 ATS hosting Atlanta
11/19	at Houston	+3.1	HOME TEAMS are 4-1 ATS in L5 of ARI-HOU h2h set
11/26	LA RAMS	+3.3	RAMS have won L8 ATS at Arizona
12/3	at Pittsburgh	+8.5	PITTSBURGH has won L3 ATS vs. Arizona
BYE WEEK			
12/17	SAN FRANCISCO	+10.5	UNDER the total is 5-1 in L6 of SF-ARI series in Arizona
12/24	at Chicago	+6.3	ARIZONA has won L3 ATS at Chicago
12/31	at Philadelphia	+14.8	ARIZONA is on 8-1 ATS surge versus Philadelphia
1/7	SEATTLE	+5.4	SEATTLE is 7-2-1 ATS in L10 at Arizona

SCHEDULE
STRENGTH **24.72**
(#9 toughest of 32)

FIELD
RATINGS **1.3 / 0.3**
(HOME/ROAD)

2023 ODDS



2022 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
Points Per Game	20	21	26.4	31
Yards Per Point	16.2	21	13.2	32
Plays Per Game	67.3	3		
Time of Possession	29:50	13		
3rd Down Conv. %	35.2%	26	42.9%	28
Total Yards Per Game	323.5	22	348.9	21
Yards Per Play	4.8	29	5.5	22
Rush Attempts Per Game	25.5	20		
Rush Yards Per Game	110.2	22	118.6	14
Yards Per Rush Attempt	4.3	20	4.5	21
Pass Attempts Per Game	39.1	4		
Completion %	65.2%	15	69.8%	32
Passing Yards Per Game	213.3	18	230.3	24
Yards Per Pass Attempt	6	32	6.6	17
Turnovers	1.5	27	1.2	20

ARIZONA IS 20-5 ATS (LAST 25 GAMES) - VS NFC EAST

STEVE MAKINEN'S 4-YEAR EFFECTIVE STATS

Everything in the VSin NFL Betting Guide is in there for a reason. One of the areas that draws questions every year is the 4-YEAR EFFECTIVE STATS charts on each team's page. The stats shown on here are what I refer to as my Effective Stats. In other words, they are raw stats weighted against schedule strength and other in-game adjustment I make to my ratings sets. In my opinion, these provide a clearer picture of a team's strength of lack thereof than raw statistics.

As far as how to get the best usage out of these EFFECTIVE STATS, for me, I use them to spot teams that are 1) trending upward or downward 2) showing unusual patterns. You might look for one-year flashes in Effective Offensive Points, or unusually low of high Effective

Yards Per Point totals. These types of things can result from unusual circumstances, like head coach or coordinator changes, bad turnover luck, or seasons impacted by key injuries.

In general, teams that are trending upward offensively or defensively, and have stable coaching situations tend to make for the most optimal picks to do well, and vice versa. One specific example to cite for 2023 that could be of concern is the Effective Offensive PPG stats of the Baltimore Ravens. They have trended downward in each of the last four seasons. Has this offense been 'figured out'? We'll see. That is just one way of how to use these numbers to find hidden value.

ARIZONA													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		19	-4.7	-0.6	3.6		20.2	5.05	16.18		25.8	5.66	13.42
2021		27	5.2	0.21	-4.8		26.6	5.86	14.12		21.4	5.65	15.35
2020		25.5	1.9	0.16	-1.8		26.4	5.79	14.45		24.5	5.63	14.48
2019	Yes	21	-3.9	-0.28	4.7	Yes	21.8	5.83	15.87	Yes	25.7	6.11	15.42
ATLANTA													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		19.5	-2.7	-0.42	2.3		21.6	5.48	14.52		24.3	5.89	15.14
2021	Yes	18	-8.7	-0.33	3.5	Yes	18.8	5.33	16.13	Yes	27.5	5.67	13.29
2020		23	-0.3	-0.55	0.0		24.2	5.73	15.36	Yes	24.3	6.28	16.23
2019		24	0	-0.02	1.9	Yes	22.6	5.87	16.96	Yes	22.9	5.89	15.4
BALTIMORE													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		26.5	3.8	0.18	-4.5		21.3	5.69	15.91	Yes	19.1	5.51	16.95
2021		24.5	0.1	-0.43	-3.2		22.7	5.73	16.72		22.7	6.16	15.96
2020		30.5	9.1	0.7	-7.0		27.3	6	13.29		18.6	5.3	17.1
2019		32.5	14.3	0.8	-9.8	Yes	32.6	6.26	12.68		19.1	5.46	15.76
BUFFALO													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		29.5	8.3	1.03	-5.8	Yes	29	6.35	13.75		18.2	5.32	17.49
2021		30.5	9.2	0.81	-6.4		27.7	5.69	13.47		18.5	4.88	15.1
2020		30.5	8.8	0.59	-4.7		31.2	6.26	12.43		22.7	5.68	15.74
2019		26	2.2	0.1	-1.7		19.3	5.32	17.09		17.7	5.22	17.33

CAROLINA													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		22.5	-1.8	-0.01	1.1	Yes	21.1	5.55	14.58		22.4	5.56	15.57
2021		16.5	-5.2	-0.39	3.9		18.2	4.85	16.52		23.4	5.23	13.01
2020	Yes	22.5	-0.2	0.22	-0.2	Yes	21.8	5.92	16.22	Yes	23.7	5.7	14.96
2019		17	-6.9	-0.55	5.2		20.2	5.43	17.07		27.3	5.98	13.54
CHICAGO													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	17	-6.9	-0.47	1.7	Yes	19.2	5.68	16.24	Yes	26	6.15	14.22
2021		19	-4.7	-0.36	3.5		18.3	5.19	16.94	Yes	23	5.55	13.61
2020		23.5	0.2	-0.22	-1.7	Yes	21.9	5.3	15		21.6	5.52	15.94
2019		22.5	-1.5	-0.45	-0.4		17.2	4.84	17.12	Yes	18.9	5.3	17.26
CINCINNATI													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		30	6.1	0.21	-6.3		27.6	5.75	13.15		21.1	5.53	15.83
2021		27	4.2	0.34	-2.6		26.8	6.16	13.38		22.6	5.81	15.61
2020		18	-5.3	-1.02	7.6		19.8	5.17	16.2		26.5	6.19	14.64
2019	Yes	17	-8.3	-1.05	6.3	Yes	18.3	5.19	17.8	Yes	26.6	6.25	14.74
CLEVELAND													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		23	1.1	0.04	-1.1		22.6	5.59	15.57		23	5.55	14.28
2021		23.5	-0.8	0.59	-2.3		20.5	5.79	16.7		21.3	5.2	14.54
2020	Yes	26	-1	-0.09	-0.4	Yes	26.4	5.85	13.8	Yes	27.4	5.94	13.73
2019	Yes	21	-2.7	0.03	1	Yes	22.2	5.9	15.5	Yes	24.9	5.87	14.38
DALLAS													
SEASON	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		29	7.4	-0.02	-5.6		26.6	5.45	13.11		20.9	5.46	16.07
2021		29.5	9.2	0.33	-6.2		30.8	6.12	13.07	Yes	21.6	5.79	16.41
2020	Yes	20	-6.3	-0.66	7.6		25.5	5.48	14.34	Yes	32	6.14	12.28
2019		28	4.6	0.93	-1.9	Yes	26.5	6.43	15.84		22	5.5	15.29
DENVER													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	21.5	-4.3	0.22	-0.8	Yes	16.7	5.44	19.43	Yes	21	5.22	15.23
2021		22	0.3	0.07	-0.1		18.9	5.61	17.45		18.5	5.55	17.69
2020		18.5	-5.7	-0.37	4.4	Yes	20.1	5.44	16.91		26.8	5.81	13.59
2019	Yes	24.5	0.8	-0.23	-2.6	Yes	18.6	5.3	16.23	Yes	19.6	5.53	16.95
DETROIT													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		25	1.7	-0.29	-0.8	Yes	26.3	6.09	14.56		24.1	6.38	16.15
2021	Yes	16.5	-7.3	-0.56	7.7	Yes	19.6	5.44	16.69	Yes	26.8	6	13.96
2020		17.5	-8	-0.41	4.9		23.3	5.96	15.2	Yes	31.2	6.37	13.31
2019		20.5	-2.5	-0.28	4.6	Yes	22.1	5.7	15.79		26.7	5.98	14.94

GREEN BAY													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		25	-1	-0.4	-2.8	Yes	21	5.61	16.02		21.5	6.01	15.73
2021		29.5	4	0.32	-6.3		26.2	5.95	13.87	Yes	22.2	5.62	14.88
2020		31.5	6.9	0.56	-4.9		30.7	6.35	12.67		22.7	5.79	14.71
2019	Yes	28.5	3.1	-0.42	-3.8	Yes	23.7	5.58	14.46		20.6	6.01	17.4
HOUSTON													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	17	-8.2	-0.95	4.5	Yes	16.9	4.94	16.8		24.6	5.89	15.43
2021	Yes	16.5	-9.5	-1.16	6.7		16.9	4.92	16.56	Yes	26.3	6.09	14.51
2020		19	-5.4	0.26	5.4		23.1	6.73	16.17	Yes	28.5	6.47	14.67
2019		24.5	0.7	-0.14	-3.6	Yes	24.4	6.08	15.22		24.5	6.22	15.81
INDIANAPOLIS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		17	-8.2	-0.31	2.5		17.1	5.1	18.25	Yes	25	5.4	13.29
2021		26	4.6	-0.02	-4.6	Yes	26.5	5.75	13.03		21.9	5.77	15.76
2020		27	3.3	0.15	-2.2		26.3	5.9	14.34		22.8	5.75	14.95
2019		23	-0.5	-0.55	0		22.1	5.32	14.79		22.9	5.87	15.14
JACKSONVILLE													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	25	3.3	0.23	-1.4	Yes	24.2	5.83	14.8	Yes	20.9	5.6	16.88
2021	Yes	13.5	-11.3	-0.48	9.2	Yes	15.6	5.26	19.81	Yes	26.8	5.74	13.04
2020		13	-11.5	-0.85	11.5	Yes	18.1	5.49	18.04		29.9	6.35	13.96
2019		18.5	-5.4	-0.65	5.8	Yes	18.4	5.62	18.65		24.2	6.27	15.45
KANSAS CITY													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		30.5	6.2	1.1	-6.8		29	6.52	14.12		22.3	5.42	14.86
2021		31	7.1	0.04	-8.5		28.3	6.12	14.07		21.2	6.08	17.33
2020		33.5	8.2	0.59	-7.4		28.6	6.41	14.46		22.6	5.82	15.86
2019		33.5	11	0.85	-5.9		31	6.47	12.35	Yes	20.9	5.62	16.92
LA CHARGERS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		25.5	0	-0.67	-1.2		22.7	5.46	15.77		22.5	6.13	15.44
2021	Yes	25.5	1.4	0.38	-4.8	Yes	28.3	6.08	13.89	Yes	26.8	5.7	13.35
2020		22.5	-3.7	-0.18	3.2		23.5	5.54	16.14		27	5.72	12.85
2019		24.5	0	0.56	-1.9		22	6.14	16.81		22	5.58	14.16
LA RAMS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		22	-3.1	-0.61	1.1	Yes	18	5.09	15.72		21.9	5.7	15.46
2021		29	5	0.64	-6.4		26.9	6.14	13.8	Yes	21.9	5.5	15.77
2020		26	5.3	0.78	-1.6	Yes	24.5	5.69	15.17	Yes	19.2	4.91	15.05
2019		27	3.2	0.57	-4.7	Yes	24.3	5.89	15.65		21.1	5.32	15.86

LAS VEGAS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	25	-1.6	0.05	-1.2	Yes	23.8	5.94	14.88	Yes	24.7	5.89	14.72
2021		23	-3.3	0.64	2.9		22.1	5.97	16.53	Yes	25.4	5.33	13.18
2020		22	-1.3	0.18	1.6		28	6.19	13.92		29.1	6.01	13.16
2019		20.5	-5.6	0.1	2.8		21.2	6.13	17.32		26.8	6.03	13.1
MIAMI													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	26.5	2.2	1.01	-4.7	Yes	24.1	6.44	15.3		23.2	5.43	14.4
2021		23	-3	-0.75	-0.9	Yes	19.8	4.87	15.27		22.9	5.62	14.94
2020		24.5	2.7	-0.8	0.1	Yes	25.3	5.43	13.24	Yes	22.4	6.23	16.66
2019	Yes	16.5	-12	-1.08	8.6	Yes	20.7	5.12	14.91	Yes	32.7	6.21	12.22
MINNESOTA													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	23	-1.3	-0.49	-0.5	Yes	24.1	5.67	14.91	Yes	24.9	6.16	15.74
2021		24	0.4	-0.01	-0.7	Yes	24.9	5.88	14.66		24.5	5.9	15.59
2020		21.5	-2.4	0.26	0.2	Yes	25.8	6.43	15.35	Yes	28	6.17	13.96
2019		27.5	5.9	0.43	-3.2		25	5.86	13.72		19.7	5.43	17.15
NEW ENGLAND													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		24.5	1.3	0.3	-1.4	Yes	21.3	5.56	14.85		20	5.26	16.05
2021		28	7.9	0.43	-6.3		26.6	5.78	13.1	Yes	18.7	5.35	16.9
2020		21.5	-0.9	-0.26	1.6		21	5.6	15.74		21.9	5.86	16
2019		28.5	8.9	0.17	-6.2		25	5.18	13.74	Yes	16.1	5.01	17.53
NEW ORLEANS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	23	-1.7	0.56	0		19.3	5.79	17.25	Yes	20.5	5.23	15.43
2021		24.5	1.1	-0.27	-0.5		21.1	5.07	14.34		20	5.35	16.03
2020		30	7.8	0.53	-6.5		28.1	5.78	13.13		20.8	5.25	14.9
2019		31	7.9	0.49	-9.1		26.8	6.08	13.85		20.2	5.59	16.59
NY GIANTS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	22.5	-0.5	-0.41	-0.1	Yes	21.1	5.46	15.86	Yes	21.4	5.87	16.72
2021		16	-8.2	-0.51	4.8		15.2	4.89	19.13		23.4	5.4	14.94
2020	Yes	19.5	-4.4	-0.28	4.5	Yes	18.3	5.25	16.44	Yes	22.7	5.53	15.3
2019		18	-7.4	-0.38	5.3		21.5	5.55	15.61		29	5.93	13.11
NY JETS													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		22.5	-0.2	0.35	-2.2		17.7	5.32	18.24		17.6	4.97	17.43
2021	Yes	15.5	-10.7	-0.68	7.9	Yes	19.3	5.35	16.02	Yes	30	6.02	13.12
2020		16	-11.3	-0.73	9.3		16.5	5.05	17.31		27.9	5.79	13.6
2019	Yes	20	-4.8	-0.38	3.5	Yes	17.8	4.81	15.26	Yes	23.4	5.18	13.85

PHILADELPHIA													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		30.5	8.7	0.81	-8.3		27.8	6.02	13.75		21.2	5.21	14.45
2021	Yes	25.5	2	0.35	-2.8	Yes	25.2	5.77	14.06	Yes	23.2	5.42	14.37
2020		19.5	-4.6	-0.34	2.0		22.1	5.38	15.26		26.8	5.72	13.49
2019		24	-0.6	-0.64	-0.2		22.5	5.29	15.5		23.1	5.93	14.82
PITTSBURGH													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		24	-2.2	-0.52	-0.4		18.7	5.16	17.38	Yes	20.4	5.67	16.12
2021		21.5	-2.6	-0.72	1.9	Yes	20.2	5.02	15.7		22.9	5.74	15.69
2020		26	3.9	-0.16	-3.1		25.8	5.2	13.18		22.4	5.36	14.18
2019		22.5	-1.5	-0.18	-0.2		17.7	4.85	15.49		19.4	5.03	15.85
SAN FRANCISCO													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		31	7.3	0.66	-6.7		25.4	5.98	14.07		17.1	5.33	17.95
2021		28	3.5	0.94	-5.2	Yes	24.7	6.3	15.19	Yes	21.2	5.36	14.67
2020		26.5	2.5	0.85	-1.0		25.2	5.98	14.9		24.6	5.12	12.58
2019		32.5	11.1	1.3	-7.5	Yes	28.8	6.15	13.08		17.8	4.85	15.4
SEATTLE													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		22	-1.3	0.17	2		23.8	5.94	14.67	Yes	24.1	5.78	15.13
2021		24.5	2.2	0.6	-0.4	Yes	23.4	6.09	13.89		21.3	5.5	17.73
2020		28.5	3.8	0.29	-4.5		29.2	5.99	12.4		25.2	5.7	15.1
2019		26.5	1.6	0.1	-2.6		24.3	6.16	15.6		22.7	6.07	16.27
TAMPA BAY													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022	Yes	23	-2.8	-0.17	-1.1		18.6	5.19	18.68	Yes	21.1	5.36	15.33
2021		30	8.2	0.66	-5.8		30.3	6.11	13.25		22	5.45	15.21
2020		31.5	9.1	0.83	-5.6		30.9	6.17	12.55		22.2	5.34	14.76
2019	Yes	24	1.1	0.78	0.5	Yes	27.1	6.14	14.72	Yes	26.4	5.35	13
TENNESSEE													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		22.5	-2.7	-0.26	1.7		17.4	5.36	17.05		20.8	5.62	16.89
2021		25.5	3.3	-0.33	-1.0	Yes	24.8	5.33	13.73	Yes	21.5	5.66	15.46
2020		26	1.8	0.06	-3.5		28.7	6.17	13.31	Yes	26.7	6.11	15.01
2019		29	5	0.68	-1	Yes	24.5	6.37	14.44		19.5	5.69	18.74
WASHINGTON													
Season	NEW HC?	SM PR	EFF STRG	EFFYPP+/-	SM BR	NEW OC?	EFFOFFPPG	EFFOFFYPP	EFFOFFYPPT	NEW DC?	EFFDEFPPG	EFFDEFYPP	EFFDEFYPPT
2022		22	-1.5	-0.25	-0.4		18.4	5.16	18.01		19.4	5.41	15.63
2021		20	-4.2	-0.39	2.9		20.3	5.46	16.22		24.6	5.84	14.38
2020	Yes	23	-0.5	-0.21	3.6	Yes	21.2	5.06	14.99	Yes	22	5.28	14.48
2019		14	-10.6	-0.71	7.3	Yes	16.9	5.26	16.29		27.5	5.97	13.99