

2026 FANTASY FOOTBALL & **NFL** PREVIEW

All 32 franchises: what we project for 2026, what actually happened in 2025, and where our numbers disagree with the market.

V3: ONEWEEKSEASON EDITION



- **RANKINGS & ADP**

Our top 250 on Underdog and DraftKings, with the +/- showing exactly where we're off the market. Compiled and updated by @MagicSportsGuy (BBM top-20 finisher) & @SC_FFB (top-1% advance rate across 450+ BBM teams).

- **ADVANCED ANALYTICS**

Pass Rate Over Expectation (PROE) & PROE+, Defensive Pressure Rate Over Expected, EPA, formation splits, target distribution, Adjusted Run Blocking Yards (ARBY), and our proprietary xFP model: leaders and the +/- between actual and expected points.

- **THE BETTOR'S PREP**

Win totals, implied points, awards markets, 2025 ATS and over/under trends, every coordinator and staff change, the free agent signings and departures that reshaped each roster, camp notes, and offensive line grades built on Offensive Pressure Rate Over Expected: the full team dossier for pricing a season before the market does. Preparation, never picks.

- **2026 PROJECTIONS**

Built from the game down: team volume and efficiency first, then every player's share of it, layered with ARBY, xFP and our coverage data. Engineered by @PattonAnalytics, reviewed and adjusted player-by-player by Sam & Kevin.

- **HILLOW'S BEST BALL TAKES**

In-depth team-by-team Best Ball analysis from one of the industry's sharpest minds, Mark Garcia (@HilowFF), current lead DFS Analyst & Game Theory expert at @OneWeekSeason.

- **PLAYOFF SCHEDULES & FANTASY SOS**

Weeks 15-17 for all 32 teams with implied team and game totals, and the window notes: who's home all three weeks, who's in a dome, who's chasing. Plus our four-tier strength of schedule model built for fantasy: pass and rush graded separately



2026 FANTASY FOOTBALL & NFL PREVIEW

V3: ONEWEEKSEASON EDITION



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PROJECTIONS, PROPRIETARY MODELS AND METRICS

statrankings.com

NFL DATA SOURCES

nflfastR and FTN Data. ADP via Underdog Fantasy and DraftKings.

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Odds, lines and ADP were accurate at time of publication and are subject to change. Nothing in this guide constitutes betting or financial advice. Must be 21+ to wager where legal. If you or someone you know has a gambling problem, call 1-800-GAMBLER.

Projections as of publication; updated continuously at statrankings.com. +/- compares statrankings positional rank to Underdog ADP; positive means the market drafts the player later than we rank him.

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Jump to a team

AFC EAST

	Buffalo Bills	→
	Miami Dolphins	→
	New England Patriots	→
	New York Jets	→

AFC SOUTH

	Houston Texans	→
	Indianapolis Colts	→
	Jacksonville Jaguars	→
	Tennessee Titans	→

NFC EAST

	Dallas Cowboys	→
	New York Giants	→
	Philadelphia Eagles	→
	Washington Commanders	→

NFC SOUTH

	Tampa Bay Buccaneers	→
	Carolina Panthers	→
	Atlanta Falcons	→
	New Orleans Saints	→

AFC NORTH

	Baltimore Ravens	→
	Cincinnati Bengals	→
	Cleveland Browns	→
	Pittsburgh Steelers	→

AFC WEST

	Denver Broncos	→
	Kansas City Chiefs	→
	Las Vegas Raiders	→
	Los Angeles Chargers	→

NFC NORTH

	Chicago Bears	→
	Detroit Lions	→
	Green Bay Packers	→
	Minnesota Vikings	→

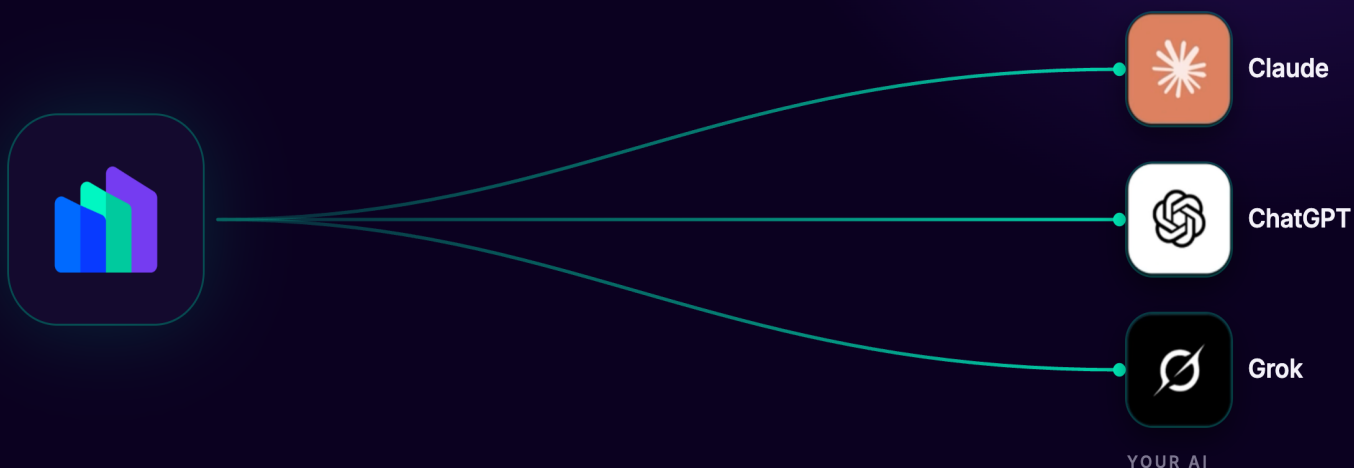
NFC WEST

	Arizona Cardinals	→
	Los Angeles Rams	→
	San Francisco 49ers	→
	Seattle Seahawks	→

COMING THIS NFL SEASON

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Claude • statrankings+ connected

Who led in first read target share over the last 5 games?

statrankings+

Sorted on the Last 5 column. Four pass catchers are above 40% first read target share.

#	PLAYER	LAST 5	2025
1	J. Smith-Njigba SEA · WR	44.3%	43.3%
2	P. Nacua LAR · WR	41.0%	36.5%
3	M. Wilson ARI · WR	40.2%	25.8%
4	A. St. Brown DET · WR	40.0%	38.1%
5	W. Robinson NYG · WR	39.7%	34.6%
6	T. McBride ARI · TE	39.2%	34.6%
7	C. Olave NO · WR	38.5%	34.8%
8	A. Brown PHI · WR	38.1%	36.6%

statrankings+ • first read target share, 2025 season

ChatGPT • statrankings+ connected

What team has gone over the total the most in 2025?

statrankings+

Dallas cleared the total in 13 of 17 games, the highest over rate in the league.

#	TEAM	OVER REC	OVER %
1	Dallas Cowboys DAL · +8.00	13-4-0	76.5%

statrankings+ • 2025 season, closing totals · showing 1 of 32

Grok • statrankings+ connected

Who has the best run blocking offensive line?

statrankings+

By adjusted run blocking yards per carry, Chicago leads the league.

#	TEAM	ARBY/CAR	ARBY RK
1	Chicago Bears CHI · OL	3.25	1
2	Los Angeles Rams LAR · OL	3.12	2
3	Buffalo Bills BUF · OL	2.98	3
4	Dallas Cowboys DAL · OL	2.96	4

statrankings+ • Offensive ARBY, 2025 season



BETTING

Market-implied scoring, win totals, 2025 trends and season-long player props.

Survivor's Grid	Full-season survivor pool planner, all 32 teams
Implied points per game	Full-season implied scoring average, ranked
Projected win totals	All 32 teams by market win total
2025 against the spread	Cover records and rates
2025 over / under	Over records and rates
Best Ball Playoff Matrix	Weeks 15 to 17, ranked by implied points
Player prop market	Yardage and touchdown markets
Awards markets	MVP, OPOY, DPOY, rookies and more

2026 NFL Survivor's Grid

Every team, all 18 weeks: opponents and current look-ahead spreads, straight from the market. Lines move; the live grid updates daily.

75%+ win odds

60-74%

50-59%

Under 50%

BYE

International

FAV = weeks favored

TEAM	FAV	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
	12	 -3.5	 -11.0	 -1.0	 -12.0	 -6.0	 -11.0	 -6.5	 +1.0	 -5.5	 -2.5	 -5.5	 -1.5	BYE	 -7.5	 -3.5	 -15.0	 -2.5	 -7.5
	12	 -2.5	 -11.0	 -2.5	 -1.0	 -4.5	 -15.5	 -11.0	 -4.0	 -6.5	 -15.0	BYE	 -7.0	 -4.5	 -0.5	 -6.5	 PK	 -5.0	 -4.0
	11	 -5.5	 -6.5	 PK	 +1.0	 PK	 -8.0	 -3.5	 -3.5	 -8.0	BYE	 -6.0	 +0.5	 -12.0	 -8.0	 -1.0	 -3.5	 +2.5	 -4.0
	9	 +3.5	 -6.5	 PK	 +2.5	 -12.5	 -13.5	 PK	 -10.0	 -4.0	 +0.5	BYE	 +2.5	 -1.5	 -6.5	 +2.0	 -9.5	 -3.5	 -14.0
	9	 -3.5	 -13.0	 -4.5	 -2.0	 -2.5	 +0.5	 -2.5	 -5.0	 -15.5	 -9.0	BYE	 +1.5	 -4.5	 -9.0	 +1.0	 PK	 -5.0	 +4.0
	9	 +2.5	 -14.0	 -15.5	 -4.0	 +2.5	 -8.0	 -4.5	BYE	 -12.5	 +0.5	 -6.5	 -1.5	 -4.5	 -9.0	 +0.5	 +2.0	 -2.5	 -12.5
	8	 +1.5	 -4.0	 -1.5	 -2.5	 +4.5	 -8.5	BYE	 -1.0	 -3.0	 -9.5	 -14.5	 -2.5	 +1.5	 -0.5	 -4.5	 PK	 -10.5	 -13.5
	8	 -7.0	 +4.0	 -11.5	 -2.5	 -10.5	BYE	 -2.5	 -5.0	 -8.0	 -0.5	 -4.5	 -2.5	 -2.5	 -9.0	 -1.0	 -6.5	 +1.5	 +1.5
	8	 -11.5	 -13.0	 +1.5	 +2.0	 -4.5	 +1.5	BYE	 +4.0	 -4.5	 +2.5	 -14.0	 -2.5	 -3.0	 -9.0	 -2.5	 -10.5	 -2.5	 -0.5
	7	 -3.5	 +3.5	 +1.0	 -1.0	 -6.5	BYE	 +6.5	 -7.5	 -1.0	 -3.0	 -0.5	 -6.5	 -6.0	 +1.5	 -1.0	 -1.0	 +2.5	 -10.0
	7	 -2.5	 -8.5	 -10.0	 -8.5	BYE	 -1.5	 +2.5	 PK	 -13.5	 -4.5	 -15.5	 +2.5	 +4.5	 -1.5	 -2.0	 -2.0	 +2.5	 -12.5
	6	 -2.5	 -6.0	 +1.0	 +1.5	 -4.5	 +1.5	 +3.5	 -14.5	 -3.0	 -0.5	 -9.0	 -0.5	 +4.5	BYE	 +6.5	 -2.5	 -6.5	 -2.0
	6	 -1.5	 -7.5	 -6.5	 PK	 -2.0	 -1.5	 +2.5	 -6.0	 +4.0	 -4.5	BYE	 +7.0	 -3.5	 +0.5	 -12.0	 +2.0	 -2.0	 -1.5
	6	 +1.5	 -3.5	 -2.5	 -1.5	 -4.5	 +2.0	 -6.5	BYE	 +4.5	 -7.5	 -6.5	 +1.5	 -0.5	 -2.0	 -2.0	 +3.5	 +2.0	 -8.5
	6	 -7.0	 +2.5	 PK	 +1.0	 PK	 -2.0	BYE	 -6.5	 +5.5	 -4.5	 -2.0	 -8.5	 +2.0	 -4.0	 +2.0	 +2.5	 -6.0	 -2.5
	6	 +1.5	 +4.5	 +2.5	 -9.5	 -1.5	BYE	 -4.0	 +5.0	 +3.0	 +4.5	 +6.5	 -4.0	 -3.5	 +6.5	 +1.0	 -3.5	 -5.0	 +0.5
	5	 -2.5	 -4.5	 PK	 -11.0	 +2.0	 -2.5	 PK	 +5.0	 -4.0	BYE	 +7.5	 +2.5	 -2.0	 -8.0	 +4.5	 -2.0	 -1.5	 -0.5
	5	 +2.5	 -2.5	 +2.5	 +4.0	 +4.5	 +0.5	 -10.5	 PK	 -2.5	BYE	 -10.5	 -0.5	 -12.0					

Implied points per game

Full-season implied scoring average by team, ranked highest to lowest.

RK	TEAM	PTS/G	RK	TEAM	PTS/G
1	 Los Angeles Rams	26.7	17	 Washington Commanders	23.3
2	 Buffalo Bills	26.1	18	 Tampa Bay Buccaneers	23.3
3	 Detroit Lions	26.1	19	 Houston Texans	22.9
4	 Baltimore Ravens	26	20	 Minnesota Vikings	22.5
5	 Cincinnati Bengals	26	21	 Denver Broncos	22.4
6	 Dallas Cowboys	25.7	22	 New York Giants	22.1
7	 San Francisco 49ers	25.1	23	 Pittsburgh Steelers	21.6
8	 Green Bay Packers	24.9	24	 New Orleans Saints	21.6
9	 Seattle Seahawks	24.8	25	 Atlanta Falcons	21.2
10	 Chicago Bears	24.5	26	 Tennessee Titans	20.7
11	 Kansas City Chiefs	24.1	27	 Carolina Panthers	20.7
12	 Philadelphia Eagles	23.9	28	 Las Vegas Raiders	19.2
13	 New England Patriots	23.8	29	 Miami Dolphins	19.1
14	 Los Angeles Chargers	23.8	30	 Cleveland Browns	18.9
15	 Indianapolis Colts	23.4	31	 New York Jets	18.7
16	 Jacksonville Jaguars	23.3	32	 Arizona Cardinals	18.5

Projected Win Totals

All 32 teams ranked by market win total (O/U), with 2025 finishing record for context.

RK	TEAM	2025	O/U	RK	TEAM	2025	O/U
T-1	 Baltimore Ravens	8-9	11.5	T-17	 Pittsburgh Steelers	10-7	8.5
T-1	 Los Angeles Rams	12-5	11.5	T-17	 Jacksonville Jaguars	13-4	8.5
T-3	 Buffalo Bills	12-5	10.5	T-17	 Minnesota Vikings	9-8	8.5
T-3	 New England Patriots	14-3	10.5	T-17	 Tampa Bay Buccaneers	8-9	8.5
T-3	 Cincinnati Bengals	6-11	10.5	T-21	 Indianapolis Colts	8-9	7.5
T-3	 Kansas City Chiefs	6-11	10.5	T-21	 New York Giants	4-13	7.5
T-3	 Philadelphia Eagles	11-6	10.5	T-21	 Washington Commanders	5-12	7.5
T-3	 Detroit Lions	9-8	10.5	T-21	 Carolina Panthers	8-9	7.5
T-3	 Seattle Seahawks	14-3	10.5	T-21	 New Orleans Saints	6-11	7.5
T-10	 Houston Texans	12-5	9.5	T-26	 Tennessee Titans	3-14	6.5
T-10	 Denver Broncos	14-3	9.5	T-26	 Atlanta Falcons	8-9	6.5
T-10	 Los Angeles Chargers	11-6	9.5	T-28	 New York Jets	3-14	5.5
T-10	 Dallas Cowboys	7-9	9.5	T-28	 Cleveland Browns	5-12	5.5
T-10	 Chicago Bears	11-6	9.5	T-28	 Las Vegas Raiders	3-14	5.5
T-10	 Green Bay Packers	9-7	9.5	#31	 Miami Dolphins	7-10	4.5
T-10	 San Francisco 49ers	12-5	9.5	#32	 Arizona Cardinals	3-14	3.5

2025 Against the Spread

All 32 teams ranked by cover rate last season.

RK	TEAM	RECORD	RK	TEAM	RECORD
1	 Seattle Seahawks	15-5	17	 Buffalo Bills	9-10
2	 New England Patriots	14-7	17	 Denver Broncos	9-10
2	 Jacksonville Jaguars	12-6	19	 Miami Dolphins	8-9
4	 Chicago Bears	12-7	19	 Cincinnati Bengals	8-9
4	 San Francisco 49ers	12-7	19	 Cleveland Browns	8-9
6	 Carolina Panthers	11-7	19	 Detroit Lions	8-9
7	 Los Angeles Rams	12-8	23	 New York Jets	7-10
8	 Indianapolis Colts	9-7-1	23	 Tennessee Titans	7-10
9	 Philadelphia Eagles	10-8	23	 Las Vegas Raiders	7-10
10	 New York Giants	9-8	23	 Dallas Cowboys	7-10
10	 New Orleans Saints	9-8	23	 Washington Commanders	7-10
12	 Houston Texans	10-9	28	 Baltimore Ravens	6-11
13	 Pittsburgh Steelers	9-9	28	 Kansas City Chiefs	6-11
13	 Los Angeles Chargers	9-9	28	 Green Bay Packers	6-11-1
13	 Minnesota Vikings	8-8-1	28	 Arizona Cardinals	6-11
13	 Atlanta Falcons	8-8-1	32	 Tampa Bay Buccaneers	5-12

2025 Over / Under

All 32 teams ranked by over rate last season.

RK	TEAM	RECORD	RK	TEAM	RECORD
1	 Dallas Cowboys	13-4	16	 Pittsburgh Steelers	9-8-1
2	 New York Jets	11-6	16	 Indianapolis Colts	9-8
2	 Baltimore Ravens	11-6	19	 Buffalo Bills	10-9
2	 Tennessee Titans	11-6	20	 Chicago Bears	9-9-1
2	 New York Giants	11-6	20	 Atlanta Falcons	8-8-1
6	 Washington Commanders	10-6-1	22	 Cleveland Browns	8-9
7	 San Francisco 49ers	11-7-1	22	 Las Vegas Raiders	8-9
8	 Miami Dolphins	9-6-2	22	 Minnesota Vikings	8-9
8	 Los Angeles Rams	12-8	22	 Tampa Bay Buccaneers	8-9
10	 Detroit Lions	10-7	26	 Carolina Panthers	8-10
10	 Arizona Cardinals	10-7	27	 Denver Broncos	8-11
12	 New England Patriots	12-9	28	 Houston Texans	7-11-1
13	 Jacksonville Jaguars	10-8	28	 Los Angeles Chargers	7-11
13	 Green Bay Packers	10-8	28	 Philadelphia Eagles	7-11
15	 Seattle Seahawks	11-9	31	 New Orleans Saints	5-12
16	 Cincinnati Bengals	9-8	32	 Kansas City Chiefs	4-13

Player Prop Market — Yards

Season-long yardage markets, ranked by the longest line available. Odds shown for the book posting that number.

Passing Yards

RK	PLAYER	TM	POS	LINE	OVER	UNDER	
1	Jared Goff		QB	4099.5	O +100	U -120	
2	Dak Prescott		QB	4050.5	O -114	U -114	
3	Joe Burrow		QB	3999.5	O -110	U -110	
4	Matthew Stafford		QB	3999.5	O -110	U -110	
5	Drake Maye		QB	3850.5	O -114	U -114	
6	Brock Purdy		QB	3799.5	O -110	U -110	
7	Trevor Lawrence		QB	3774.5	O -105	U -115	
8	Sam Darnold		QB	3700.5	O -114	U -114	
9	Justin Herbert		QB	3650.5	O -114	U -114	
10	Tyler Shough		QB	3649.5	O -110	U -110	
11	Caleb Williams		QB	3624.5	O -115	U -105	
12	Josh Allen		QB	3600.5	O -114	U -114	
13	Baker Mayfield		QB	3599.5	O +100	U -120	
14	C.J. Stroud		QB	3599.5	O -110	U -110	
15	Jordan Love		QB	3549.5	O -110	U -110	
16	Bo Nix		QB	3499.5	O -110	U -110	
17	Cameron Ward			3299.5	O -110	U -110	
18	Cam Ward		QB	3250.5	O -114	U -114	
19	Jalen Hurts		QB	3249.5	O -110	U -110	
20	Jayden Daniels		QB	3249.5	O -110	U -110	

Rushing Yards

RK	PLAYER	TM	POS	LINE	OVER	UNDER	
1	Derrick Henry		RB	1249.5	O -110	U -110	
2	James Cook		RB	1249.5	O -110	U -110	
3	Jonathan Taylor		RB	1249.5	O -110	U -110	
4	Jahmyr Gibbs		RB	1199.5	O -110	U -110	
5	Bijan Robinson		RB	1174.5	O -110	U -110	
6	Saquon Barkley		RB	1099.5	O -110	U -110	
7	De'Von Achane		RB	999.5	O -110	U -110	
8	Kyren Williams		RB	999.5	O -110	U -110	
9	Ashton Jeanty		RB	975.5	O -114	U -114	
10	Christian McCaffrey		RB	974.5	O +100	U -120	
11	Javonte Williams		RB	950.5	O -114	U -114	
12	Omarion Hampton		RB	949.5	O -110	U -110	
13	Kenneth Walker III		RB	925.5	O -114	U -114	
14	Breece Hall		RB	900.5	O -114	U -114	
15	Jeremiyah Love			899.5	O -110	U -110	
16	Quinshon Judkins		RB	899.5	O -105	U -115	
17	Chase Brown		RB	825.5	O -114	U -114	
18	David Montgomery		RB	825.5	O -114	U -114	
19	Cameron Skattebo			824.5	O -110	U -110	
20	Chuba Hubbard		RB	824.5	O -105	U -115	

Longest line across DraftKings and FanDuel. Lines accurate at time of publication and subject to change.

Player Prop Market — Receiving & TDs

Season-long receiving yardage and touchdown markets, ranked by the longest line available.

Receiving Yards

RK	PLAYER	TM	POS	LINE	OVER	UNDER	
1	Puka Nacua		WR	1375.5	O -114	U -114	
2	Jaxon Smith-Njigba		WR	1350.5	O -114	U -114	
3	Ja'Marr Chase		WR	1325.5	O -114	U -114	
4	Amon-Ra St. Brown		WR	1249.5	O -110	U -110	
5	CeeDee Lamb		WR	1200.5	O -114	U -114	
6	Justin Jefferson		WR	1150.5	O -114	U -114	
7	Drake London		WR	1149.5	O -110	U -110	
8	A.J. Brown		WR	1124.5	O -110	U -110	
9	Nico Collins		WR	1074.5	O -110	U -110	
10	Chris Olave		WR	1050.5	O -114	U -114	
11	George Pickens		WR	1050.5	O -114	U -114	
12	DeVonta Smith		WR	1049.5	O -110	U -110	
13	Garrett Wilson		WR	999.5	O -110	U -110	
14	Trey McBride		TE	999.5	O -110	U -110	
15	Zay Flowers		WR	975.5	O -114	U -114	
16	Terry McLaurin		WR	949.5	O -110	U -110	
17	Tetairoa McMillan		WR	949.5	O -110	U -110	
18	Brock Bowers		TE	925.5	O -114	U -114	
19	Jaylen Waddle		WR	925.5	O -114	U -114	
20	Emeka Egbuka		WR	924.5	O -110	U -110	

Touchdowns

RK	PLAYER	TM	POS	LINE	OVER	UNDER	
1	Joe Burrow		QB	32.5	O -115	U -105	
2	Matthew Stafford		QB	30.5	O -105	U -115	
3	Jared Goff		QB	29.5	O -115	U -105	
4	Brock Purdy		QB	27.5	O -110	U -110	
5	Dak Prescott		QB	27.5	O +100	U -120	
6	Drake Maye		QB	26.5	O -105	U -115	
7	Baker Mayfield		QB	25.5	O +110	U -130	
8	Derrick Henry		RB	12.5	O -105	U -120	
9	Jahmyr Gibbs		RB	12.5	O +100	U -125	
10	Jonathan Taylor		RB	11.5	O +105	U -130	
11	Josh Allen		QB	11.5	O +100	U -125	
12	James Cook		RB	10.5	O -105	U -120	
13	Ja'Marr Chase		WR	10.5	O +110	U -135	
14	Javonte Williams		RB	9.5	O -105	U -120	
15	Kyren Williams		RB	9.5	O -125	U +100	
16	Amon-Ra St. Brown		WR	9.5	O -115	U -110	
17	Davante Adams		WR	9.5	O +105	U -130	
18	Jaxon Smith-Njigba		WR	8.5	O +110	U -135	
19	Tee Higgins		WR	8.5	O +105	U -130	
20	A.J. Brown		WR	7.5	O +115	U -145	

Longest line across DraftKings and FanDuel. Touchdown board combines passing, rushing and receiving markets.

Awards Markets

Opening futures prices for the 2026 season awards, best available across books. Shortest price listed first.

MOST VALUABLE PLAYER				OFFENSIVE PLAYER OF THE YEAR			
1	Josh Allen	BUF	+550	1	Jahmyr Gibbs	DET	+650
2	Lamar Jackson	BAL	+800	2	Bijan Robinson	ATL	+850
3	Drake Maye	NE	+850	3	Ja'Marr Chase	CIN	+950
4	Joe Burrow	CIN	+850	4	Puka Nacua	LAR	+1100
5	Matthew Stafford	LAR	+900	5	Christian McCaffrey	SF	+1200
6	Justin Herbert	LAC	+1000	6	Justin Jefferson	MIN	+1400
7	Patrick Mahomes	KC	+1000	7	Jaxon Smith-Njigba	SEA	+1500
8	Caleb Williams	CHI	+1300	8	Saquon Barkley	PHI	+1600
9	Dak Prescott	DAL	+1300	9	CeeDee Lamb	DAL	+1800
10	Trevor Lawrence	JAX	+1600	10	James Cook	BUF	+1800

DEFENSIVE PLAYER OF THE YEAR				OFFENSIVE ROOKIE OF THE YEAR			
1	Myles Garrett	LAR	+400	1	Jeremiyah Love		+400
2	Will Anderson Jr.	HOU	+750	2	Fernando Mendoza		+425
3	Aidan Hutchinson	DET	+1000	3	Carnell Tate		+550
4	Nik Bonitto	DEN	+1400	4	Jordyn Tyson		+600
5	Maxx Crosby	LV	+2200	5	Jadarian Price		+750
6	Jalen Carter	PHI	+2500	6	Makai Lemon		+1000
7	Danielle Hunter	HOU	+2500	7	Carson Beck		+2500
8	Nick Bosa	SF	+2700	8	Kenyon Sadiq		+2500
9	T.J. Watt	PIT	+3000	9	Antonio Williams		+2800
10	Trey Hendrickson	BAL	+3000	10	KC Concepcion		+2800

*Source:  &  , best available

DEFENSIVE ROOKIE OF THE YEAR

1	David Bailey	+500
2	Rueben Bain Jr.	+500
3	Arvell Reese	+750
4	Sonny Styles	+750
5	Caleb Downs	+850
6	Mansoor Delane	+900
7	Akheem Mesidor	+1300
8	CJ Allen	+1500
9	Jacob Rodriguez	+1600
10	Dillon Thieneman	+2000

COMEBACK PLAYER OF THE YEAR

1	Patrick Mahomes	KC	+185
2	Jayden Daniels	WAS	+430
3	Kyler Murray	ARI	+550
4	Micah Parsons	GB	+1000
5	Aaron Donald	LAR	+1100
6	Daniel Jones	IND	+1500
7	Malik Nabers	NYG	+1600
8	George Kittle	SF	+2000
9	Fred Warner	SF	+2500
10	Nick Bosa	SF	+2500

COACH OF THE YEAR

1	John Harbaugh	NYG	+600
2	Jesse Minter	BAL	+900
3	Robert Saleh	TEN	+1000
4	Kellen Moore	NO	+1200
5	Joe Brady	BUF	+1400
6	Todd Monken	CLE	+1400
7	Mike McCarthy	PIT	+1600
8	Brian Schottenheimer	DAL	+1800
9	Kevin Stefanski	ATL	+1900
10	Aaron Glenn	NYJ	+2000

*Source:  &  , best available



SECTION 02 / 03

FANTASY FOOTBALL

Rankings, Underdog ADP, positional strength of schedule and 2025 Expected Fantasy Points.

Fantasy SoS — pass	Passing-game matchups, all 32 ranked
Fantasy SoS — rush	Rushing-game matchups, all 32 ranked
2025 Expected Fantasy Points	xFP leaderboards, full season and final 5 weeks
Production vs. Usage	who beat their opportunity, who fell short
Underdog rankings & ADP	Top 250 overall · half-PPR · 1QB
DraftKings Best Ball Rankings & ADP	Top 250 with DK ADP and value delta
Offensive line rankings	SR OL aggregate with 2025 run-block ARBY

Fantasy strength of schedule — pass

Full-season pass-defense SoS rank by team. Lower rank = tougher schedule to throw against.

RK	TEAM	SOS	RK	TEAM	SOS
1	 Arizona Cardinals	#1	17	 Houston Texans	#17
2	 New Orleans Saints	#2	18	 Los Angeles Rams	#18
3	 Las Vegas Raiders	#3	19	 Minnesota Vikings	#19
4	 Dallas Cowboys	#4	20	 Cincinnati Bengals	#20
5	 Washington Commanders	#5	21	 Chicago Bears	#21
6	 Miami Dolphins	#6	22	 Pittsburgh Steelers	#22
7	 Cleveland Browns	#7	23	 Carolina Panthers	#23
8	 New York Giants	#8	24	 San Francisco 49ers	#24
9	 Atlanta Falcons	#9	25	 Buffalo Bills	#25
10	 New York Jets	#10	26	 Los Angeles Chargers	#26
11	 Tennessee Titans	#11	27	 New England Patriots	#27
12	 Indianapolis Colts	#12	28	 Seattle Seahawks	#28
13	 Denver Broncos	#13	29	 Philadelphia Eagles	#29
14	 Detroit Lions	#14	30	 Tampa Bay Buccaneers	#30
15	 Jacksonville Jaguars	#15	31	 Green Bay Packers	#31
16	 Kansas City Chiefs	#16	32	 Baltimore Ravens	#32

Fantasy strength of schedule — rush

Full-season run-defense SoS rank by team. Lower rank = tougher schedule to run against.

RK	TEAM	SOS	RK	TEAM	SOS
1	 Buffalo Bills	#1	17	 New York Giants	#17
2	 Detroit Lions	#2	18	 Chicago Bears	#18
3	 Seattle Seahawks	#3	19	 Jacksonville Jaguars	#19
4	 Baltimore Ravens	#4	20	 Carolina Panthers	#20
5	 Minnesota Vikings	#5	21	 Cincinnati Bengals	#21
6	 Green Bay Packers	#6	22	 Indianapolis Colts	#22
7	 Philadelphia Eagles	#7	23	 Pittsburgh Steelers	#23
8	 Tampa Bay Buccaneers	#8	24	 Los Angeles Chargers	#24
9	 Washington Commanders	#9	25	 Atlanta Falcons	#25
10	 New England Patriots	#10	26	 Denver Broncos	#26
11	 Los Angeles Rams	#11	27	 Tennessee Titans	#27
12	 San Francisco 49ers	#12	28	 New York Jets	#28
13	 Houston Texans	#13	29	 New Orleans Saints	#29
14	 Kansas City Chiefs	#14	30	 Cleveland Browns	#30
15	 Dallas Cowboys	#15	31	 Arizona Cardinals	#31
16	 Miami Dolphins	#16	32	 Las Vegas Raiders	#32

Playoff Schedule Grid

Ranked by implied playoff points; Combined Totals is the shootout meter.

TEAM	IMPLIED POINTS	COMBINED TOTALS	BYE	15	16	17
Buffalo Bills	79.0	144.3	7	vs CHI	@ DEN	@ MIA
Los Angeles Rams	79.0	151.2	11	vs DAL	@ SEA	@ TB
Cincinnati Bengals	78.5	148.4	6	@ CAR	@ IND	vs BAL
Dallas Cowboys	77.0	149.4	14	@ LAR	vs JAX	vs NYG
Baltimore Ravens	76.3	143.2	13	vs PIT	vs CLE	@ CIN
Detroit Lions	75.0	145.2	6	@ MIN	vs NYG	@ CHI
Los Angeles Chargers	74.3	139.2	7	vs SF	@ MIA	@ KC
Chicago Bears	74.0	149.8	10	@ BUF	vs GB	vs DET
Green Bay Packers	73.5	137.9	11	vs MIA	@ CHI	vs HOU
Indianapolis Colts	73.5	139.8	13	@ TEN	vs CIN	@ CLE
Jacksonville Jaguars	70.8	140.6	7	@ HOU	@ DAL	vs WAS
Kansas City Chiefs	70.5	140.6	5	vs NE	vs SF	vs LAC
Tampa Bay Buccaneers	70.0	141.0	10	vs NO	@ ATL	vs LAR
Seattle Seahawks	69.5	138.0	11	@ PHI	vs LAR	@ CAR
Washington Commanders	69.5	138.3	7	vs ATL	@ MIN	@ JAX
Minnesota Vikings	69.0	136.3	6	vs DET	vs WAS	@ NYJ
New England Patriots	68.0	132.5	11	@ KC	@ NYJ	vs DEN
San Francisco 49ers	68.0	138.4	8	@ LAC	@ KC	vs PHI
New Orleans Saints	67.5	133.0	8	@ TB	vs ARI	@ ATL
New York Giants	67.5	136.9	8	vs CLE	@ DET	@ DAL
Atlanta Falcons	66.5	135.5	11	@ WAS	vs TB	vs NO
Philadelphia Eagles	66.5	133.3	10	vs SEA	vs HOU	@ SF
Pittsburgh Steelers	66.0	132.8	9	@ BAL	vs CAR	@ TEN
Denver Broncos	65.5	135.3	10	@ LV	vs BUF	@ NE
Tennessee Titans	64.0	131.3	9	vs IND	@ LV	vs PIT
Houston Texans	62.8	133.1	8	vs JAX	@ PHI	@ GB
Las Vegas Raiders	62.5	125.7	13	vs DEN	vs TEN	@ ARI
Arizona Cardinals	60.0	122.5	14	@ NYJ	@ NO	vs LV
Carolina Panthers	60.0	131.3	5	vs CIN	@ PIT	vs SEA
New York Jets	57.5	123.2	13	vs ARI	vs NE	vs MIN
Cleveland Browns	56.3	128.7	11	@ NYG	@ BAL	vs IND
Miami Dolphins	56.3	131.9	6	@ GB	vs LAC	vs BUF

☐ Home game ☒ Away game

PLAYOFF WINDOW NOTES · WEEKS 15-17

3 HOME GAMES KC NYJ	HOME ALL 3 WEEKS DAL LV	COLD SITES ALL 3 BAL CHI CLE GB KC NE NYJ	ALL-DIVISION SLATE BAL vs PIT CLE at CIN	LARGEST IMPLIED EDGE BUF +13.7 BAL LAC GB
LARGEST IMPLIED DEFICIT MIA -19.3 CLE CAR	HIGHEST COMBINED TOTALS LAR CHI DAL CIN	LOWEST COMBINED TOTALS ARI NYJ LV	WEEK 14 BYE ARI DAL	

2025 Expected Fantasy Points

xFP measures the fantasy value of a player's opportunity: every target and carry, weighted by field position, depth and down. FP minus xFP (+/-) shows who outproduced their usage and who got left behind by it.

Half-PPR · Underdog scoring · Flex positions (RB / WR / TE)

Top 20 · xFP (Full Season)

RK	PLAYER	TM	POS	GP	FP	XFPP	+/-
1	C. McCaffrey		RB	19	456.4	466.1	-9.7
2	P. Nacua		WR	19	452.6	351.1	+101.5
3	B. Robinson		RB	17	370.8	337.4	+33.4
4	J. Smith-Njigba		WR	20	408.8	330.3	+78.5
5	J. Chase		WR	16	313.6	313.6	0.0
6	J. Taylor		RB	17	362.3	311.2	+51.1
7	K. Williams		RB	20	320.6	306.8	+13.8
8	J. Gibbs		RB	17	366.6	304.3	+62.3
9	A. St. Brown		WR	17	324.0	304.0	+20.0
10	T. McBride		TE	17	315.9	295.1	+20.8
11	C. Brown		RB	17	280.3	291.5	-11.2
12	J. Cook		RB	19	323.4	290.2	+33.2
13	S. Barkley		RB	17	248.4	284.6	-36.2
14	A. Jeanty		RB	17	245.1	275.2	-30.1
15	C. Olave		WR	16	268.0	274.1	-6.1
16	D. Achane		RB	16	322.1	271.4	+50.7
17	D. Adams		WR	17	258.4	263.8	-5.4
18	T. Etienne		RB	18	276.5	263.3	+13.2
19	Javonte Williams		RB	16	242.8	258.5	-15.7
20	D. Henry		RB	17	279.5	256.9	+22.6

Top 20 · xFP (Final 5 Weeks)

RK	PLAYER	TM	POS	GP	FP	XFPP	+/-
1	A. St. Brown		WR	5	105.7	113.3	-7.6
2	B. Robinson		RB	5	115.9	110.2	+5.7
3	C. McCaffrey		RB	5	114.2	105.2	+9.0
4	P. Nacua		WR	5	119.3	104.1	+15.2
5	J. Gibbs		RB	5	96.3	99.4	-3.1
6	S. Barkley		RB	5	79.5	92.3	-12.8
7	C. Loveland		TE	5	85.8	92.2	-6.4
8	R. Rice		WR	5	82.8	92.0	-9.2
9	T. McBride		TE	5	92.0	89.8	+2.2
10	W. Robinson		WR	5	84.9	89.3	-4.4
11	C. Skattebo		RB	5	86.8	88.2	-1.4
12	J. Taylor		RB	5	64.7	87.6	-22.9
13	M. Wilson		WR	5	107.6	87.3	+20.3
14	C. Brown		RB	5	114.9	87.0	+27.9
15	J. Chase		WR	5	101.9	87.0	+14.9
16	C. Olave		WR	5	103.9	86.6	+17.3
17	P. Washington		WR	5	97.4	81.9	+15.5
18	D. Henry		RB	5	102.2	79.8	+22.4
19	A. Jeanty		RB	5	67.5	77.0	-9.5
20	J. Smith-Njigba		WR	5	79.5	75.4	+4.1

QBs excluded; flex positions only. Final 5 weeks include late-season rest games. xFP totals shown for games played (GP).

Production vs. Usage

FP minus xFP shows where scoring diverged from opportunity. Underperformers earned elite usage without the points to match, and usage is the sticky part. Overperformers ran hot against their opportunity, and their 2026 price assumes it repeats. Points regress, opportunity sticks.

Half-PPR · Underdog scoring · Flex positions (RB / WR / TE) · Minimum 150 season xFP

Underperformed Usage							Outperformed Usage								
RK	PLAYER	TM	POS	GP	FP	XFP	+/-	RK	PLAYER	TM	POS	GP	FP	XFP	+/-
1	J. Jeudy		WR	17	120.7	185.9	-65.2	1	P. Nacua		WR	19	452.6	351.1	+101.5
2	J. Jefferson		WR	17	201.5	250.4	-48.9	2	J. Smith-Njigba		WR	20	408.8	330.3	+78.5
3	W. Marks		RB	18	165.9	209.1	-43.2	3	J. Gibbs		RB	17	366.6	304.3	+62.3
4	E. Ayomanor		WR	16	116.5	157.2	-40.7	4	D. Goedert		TE	16	204.5	153.2	+51.3
5	S. Barkley		RB	17	248.4	284.6	-36.2	5	J. Taylor		RB	17	362.3	311.2	+51.1
6	Q. Judkins		RB	14	169.8	203.8	-34.0	6	D. Achane		RB	16	322.1	271.4	+50.7
7	E. Egbuka		WR	17	195.7	229.5	-33.8	7	G. Pickens		WR	17	291.9	247.7	+44.2
8	K. Allen		WR	18	188.2	220.9	-32.7	8	S. Diggs		WR	21	241.3	201.5	+39.8
9	A. Jeanty		RB	17	245.1	275.2	-30.1	9	Z. Flowers		WR	17	243.3	208.1	+35.2
10	R. Odunze		WR	14	158.9	184.7	-25.8	10	Jameson Williams		WR	17	219.1	184.9	+34.2
11	J. Meyers		WR	17	178.0	201.6	-23.6	11	B. Robinson		RB	17	370.8	337.4	+33.4
12	R. Shaheed		WR	21	157.6	180.7	-23.1	12	J. Cook		RB	19	323.4	290.2	+33.2
13	K. Monangai		RB	19	163.8	186.4	-22.6	13	K. Walker III		RB	20	266.6	234.8	+31.8
14	B. Thomas Jr.		WR	15	148.9	170.4	-21.5	14	T. Higgins		WR	15	211.6	183.2	+28.4
15	T. Franklin		WR	17	177.1	197.3	-20.2	15	R. Stevenson		RB	18	231.1	206.2	+24.9
16	W. Robinson		WR	16	217.9	237.0	-19.1	16	B. Bowers		TE	12	176.2	151.8	+24.4
17	J. Downs		WR	16	135.7	153.4	-17.7	17	D. Henry		RB	17	279.5	256.9	+22.6
18	R. White		RB	17	143.0	159.0	-16.0	18	H. Henry		TE	21	205.0	183.0	+22.0
19	Javonte Williams		RB	16	242.8	258.5	-15.7	19	A. Pierce		WR	15	183.3	161.8	+21.5
20	T. Pollard		RB	17	185.8	200.3	-14.5	20	T. McBride		TE	17	315.9	295.1	+20.8

Minimum 150 season xFP to qualify. QBs excluded; flex positions only. No tight end met the usage floor with a significant negative gap.

2026 Underdog Rankings

Top 248 overall · Half-PPR · 1QB · Underdog ADP

QB RB WR TE

1	Jahmyr Gibbs		RB1	6	1	—
2	Bijan Robinson		RB2	11	2	—
3	Puka Nacua		WR1	11	4	+1
4	Ja’Marr Chase		WR2	6	3	-1
5	Christian McCaffrey		RB3	8	6	+1
6	Jaxon Smith-Njigba		WR3	11	5	-1
7	Jonathan Taylor		RB4	13	8	+1
8	Amon-Ra St. Brown		WR4	6	7	-1
9	James Cook		RB5	7	10	+1
10	CeeDee Lamb		WR5	14	9	-1
11	Justin Jefferson		WR6	6	11	—
12	Kenneth Walker III		RB6	5	15	+3
13	Saquon Barkley		RB7	10	13	—
14	Derrick Henry		RB8	13	12	-2
15	Chase Brown		RB9	6	18	+3
16	Ashton Jeanty		RB10	13	14	-2
17	A.J. Brown		WR7	11	21	+4
18	Malik Nabers		WR8	8	16	-2
19	De’Von Achane		RB11	6	17	-2
20	Omarion Hampton		RB12	7	19	-1
21	Drake London		WR9	11	20	-1
22	Nico Collins		WR10	8	22	—
23	Brock Bowers		TE1	13	23	—
24	Chris Olave		WR11	8	24	—
25	George Pickens		WR12	14	25	—
26	Trey McBride		TE2	14	28	+2
27	Rashee Rice		WR13	5	26	-1
28	DeVonta Smith		WR14	10	27	-1

29	Zay Flowers		WR15	13	31	+2
30	Ladd McConkey		WR16	7	33	+3
31	Kyren Williams		RB13	11	37	+6
32	Travis Etienne		RB14	8	40	+8
33	Breece Hall		RB15	13	32	-1
34	Josh Jacobs		RB16	11	30	-4
35	Tee Higgins		WR17	6	35	—
36	Josh Allen		QB1	7	42	+6
37	Javonte Williams		RB17	14	44	+7
38	D'Andre Swift		RB18	10	34	-4
39	Jeremiyah Love		RB19	14	29	-10
40	Garrett Wilson		WR18	13	39	-1
41	Emeka Egbuka		WR19	10	36	-5
42	Jaylen Waddle		WR20	10	45	+3
43	Quinshon Judkins		RB20	11	38	-5
44	D.J. Moore		WR21	7	53	+9
45	Colston Loveland		TE3	10	43	-2
46	Terry McLaurin		WR22	7	48	+2
47	Parker Washington		WR23	7	55	+8
48	Davante Adams		WR24	11	58	+10
49	Lamar Jackson		QB2	13	56	+7
50	Luther Burden III		WR25	10	47	-3
51	Tetairoa McMillan		WR26	5	41	-10
52	Jameson Williams		WR27	6	51	-1
53	David Montgomery		RB21	8	52	-1
54	Bhayshul Tuten		RB22	7	49	-5
55	Bucky Irving		RB23	10	54	-1
56	Cameron Skattebo		RB24	8	46	-10

57	Christian Watson		WR28	11	57	—
58	Mike Evans		WR29	8	50	-8
59	Jadarian Price		RB25	11	61	+2
60	Rome Odunze		WR30	10	59	-1
61	Rhamondre Stevenson		RB26	11	60	-1
62	Tyler Warren		TE4	13	63	+1
63	Drake Maye		QB3	11	66	+3
64	Jayden Daniels		QB4	7	68	+4
65	Joe Burrow		QB5	6	67	+2
66	Jaylen Warren		RB27	9	70	+4
67	Caleb Williams		QB6	10	72	+5
68	Justin Herbert		QB7	7	83	+15
69	TreVeyon Henderson		RB28	11	69	—
70	Rico Dowdle		RB29	9	91	+21
71	Jalen Hurts		QB8	10	62	-9
72	Marvin Harrison Jr.		WR31	14	65	-7
73	D.K. Metcalf		WR32	9	84	+11
74	Carnell Tate		WR33	9	73	-1
75	Josh Downs		WR34	13	81	+6
76	Dak Prescott		QB9	14	79	+3
77	Tony Pollard		RB30	9	77	—
78	Sam LaPorta		TE5	6	78	—
79	Jonathon Brooks		RB31	5	75	-4
80	Tucker Kraft		TE6	11	76	-4
81	Chris Godwin		WR35	10	85	+4
82	Jayden Reed		WR36	11	71	-11
83	Makai Lemon		WR37	10	74	-9
84	Brian Thomas Jr.		WR38	7	64	-20

85	Trevor Lawrence		QB10	7	86	+1
86	Jordan Addison		WR39	6	89	+3
87	Blake Corum		RB32	11	87	—
88	Stefon Diggs		WR40	7	92	+4
89	Jordan Mason		RB33	6	98	+9
90	Kenneth Gainwell		RB34	10	0	—
91	Courtland Sutton		WR41	10	82	−9
92	Kyle Pitts		TE7	11	102	+10
93	RJ Harvey		RB35	10	88	−5
94	Brock Purdy		QB11	8	103	+9
95	Michael Pittman Jr.		WR42	9	100	+5
96	Michael Wilson		WR43	14	90	−6
97	Jaxson Dart		QB12	8	104	+7
98	J.K. Dobbins		RB36	10	95	−3
99	Jacory Croskey-Merritt		RB37	7	99	—
100	Bo Nix		QB13	10	106	+6
101	Dalton Kincaid		TE8	7	121	+20
102	Alec Pierce		WR44	13	94	−8
103	Wan'Dale Robinson		WR45	9	115	+12
104	Jared Goff		QB14	6	112	+8
105	Kyler Murray		QB15	6	116	+11
106	Harold Fannin Jr.		TE9	11	105	−1
107	Kyle Monangai		RB38	10	108	+1
108	Jordan Love		QB16	11	117	+9
109	KC Concepcion		WR46	11	111	+2
110	Quentin Johnston		WR47	7	109	−1
111	Rachaad White		RB39	7	118	+7
112	Patrick Mahomes		QB17	5	96	−16

113	Chuba Hubbard		RB40	5	97	-16
114	Matthew Stafford		QB18	11	110	-4
115	Matthew Golden		WR48	11	101	-14
116	Jordyn Tyson		WR49	8	93	-23
117	Jakobi Meyers		WR50	7	120	+3
118	Xavier Worthy		WR51	5	107	-11
119	Deebo Samuel		WR52	8	127	+8
120	Tyler Shough		QB19	8	125	+5
121	Chris Rodriguez		RB41	7	124	+3
122	De’Zhaun Stribling		WR53	8	114	-8
123	George Kittle		TE10	8	113	-10
124	Baker Mayfield		QB20	10	122	-2
125	Mark Andrews		TE11	13	132	+7
126	Travis Kelce		TE12	5	123	-3
127	Malik Willis		QB21	6	133	+6
128	Romeo Doubs		WR54	11	119	-9
129	Isaiah Likely		TE13	8	126	-3
130	Jalen Coker		WR55	5	129	-1
131	Khalil Shakir		WR56	7	131	—
132	Rashid Shaheed		WR57	11	135	+3
133	Keaton Mitchell		RB42	7	130	-3
134	Tyler Allgeier		RB43	14	140	+6
135	Dallas Goedert		TE14	10	134	-1
136	Juwan Johnson		TE15	8	142	+6
137	Jake Ferguson		TE16	14	136	-1
138	Brenton Strange		TE17	7	149	+11
139	Mike Washington Jr.		RB44	13	139	—
140	Sam Darnold		QB22	11	141	+1

141	Chigoziem Okonkwo		TE18	7	146	+5
142	C.J. Stroud		QB23	8	145	+3
143	Aaron Jones		RB45	6	128	-15
144	Woody Marks		RB46	8	137	-7
145	Cameron Ward		QB24	9	156	+11
146	Daniel Jones		QB25	13	144	-2
147	Denzel Boston		WR58	11	138	-9
148	Jalen Nailor		WR59	13	147	-1
149	Ryan Flourney		WR60	14	169	+20
150	Tyjae Spears		RB47	9	157	+7
151	MarShawn Lloyd		RB48	11	150	-1
152	Tre Tucker		WR61	13	152	—
153	Bryce Young		QB26	5	166	+13
154	Pat Bryant		WR62	10	173	+19
155	Tank Bigsby		RB49	10	151	-4
156	Tre Harris		WR63	7	162	+6
157	Ja’Kobi Lane		WR64	13	154	-3
158	Jaydon Blue		RB50	14	177	+19
159	Adonai Mitchell		WR65	13	171	+12
160	Terrance Ferguson		TE19	11	160	—
161	Dontayvion Wicks		WR66	10	161	—
162	Jonah Coleman		RB51	10	143	-19
163	Dalton Schultz		TE20	8	163	—
164	Tyrone Tracy Jr.		RB52	8	148	-16
165	Keenan Allen		WR67	13	159	-6
166	Jauan Jennings		WR68	6	170	+4
167	T.J. Hockenson		TE21	6	168	+1
168	Aaron Rodgers		QB27	9	182	+14

169	Jalen McMillan		WR69	10	158	-11
170	Zach Charbonnet		RB53	11	164	-6
171	Travis Hunter		WR70	7	155	-16
172	Greg Dulcich		TE22	6	188	+16
173	Dylan Sampson		RB54	11	172	-1
174	Ray Davis		RB55	7	187	+13
175	Hunter Henry		TE23	11	153	-22
176	Malik Washington		WR71	6	174	-2
177	AJ Barner		TE24	11	175	-2
178	Omar Cooper Jr.		WR72	13	167	-11
179	Ted Hurst III		WR73	10	203	+24
180	Brian Robinson Jr.		RB56	11	184	+4
181	Najee Harris		RB57	8	207	+26
182	Devaughn Vele		WR74	8	189	+7
183	Caleb Douglas		WR75	6	178	-5
184	Fernando Mendoza		QB28	13	185	+1
185	Alvin Kamara		RB58	8	179	-6
186	Kayshon Boutte		WR76	8	201	+15
187	Kimani Vidal		RB59	7	211	+24
188	Zachariah Branch		WR77	11	192	+4
189	Jacoby Brissett		QB29	14	200	+11
190	Pat Freiermuth		TE25	9	199	+9
191	Geno Smith		QB30	13	190	-1
192	Braelon Allen		RB60	13	186	-6
193	David Njoku		TE26	7	210	+17
194	Cade Otton		TE27	10	193	-1
195	Gunnar Helm		TE28	9	196	+1
196	Isaac TeSlaa		WR78	6	198	+2

197	Malachi Fields		WR79	8	194	−3
198	Emmett Johnson		RB61	5	191	−7
199	Justice Hill		RB62	13	223	+24
200	Kenyon Sadiq		TE29	13	180	−20
201	Germie Bernard		WR80	9	206	+5
202	Kaelon Black		RB63	8	195	−7
203	George Holani		RB64	11	222	+19
204	Isiah Pacheco		RB65	6	183	−21
205	Colby Parkinson		TE30	11	218	+13
206	Tank Dell		WR81	8	176	−30
207	Jerry Jeudy		WR82	11	202	−5
208	Jordan James		RB66	8	224	+16
209	Michael Mayer		TE31	13	230	+21
210	Keon Coleman		WR83	7	215	+5
211	Tua Tagovailoa		QB31	11	217	+6
212	Cooper Kupp		WR84	11	216	+4
213	Elijah Sarratt		WR85	13	235	+22
214	Nicholas Singleton		RB67	9	212	−2
215	Oronde Gadsden II		TE32	7	181	−34
216	Kaytron Allen		RB68	7	219	+3
217	Samaje Perine		RB69	6	227	+10
218	Calvin Ridley		WR86	9	204	−14
219	Evan Engram		TE33	10	221	+2
220	Eli Stowers		TE34	10	237	+17
221	Chris Bell		WR87	6	208	−13
222	Jaylin Noel		WR88	8	197	−25
223	Jaylen Wright		RB70	6	250	+27
224	Tyquan Thornton		WR89	5	232	+8

225	James Conner		RB71	14	242	+17
226	Darnell Mooney		WR90	8	238	+12
227	Mike Gesicki		TE35	6	226	−1
228	Antonio Williams		WR91	7	229	+1
229	Sean Tucker		RB72	10	205	−24
230	Troy Franklin		WR92	10	239	+9
231	DeMario Douglas		WR93	11	0	—
232	Deshaun Watson		QB32	11	233	+1
233	Michael Penix Jr.		QB33	11	231	−2
234	Shedeur Sanders		QB34	11	220	−14
235	Bryce Lance		WR94	8	246	+11
236	Elijah Arroyo		TE36	11	253	+17
237	Andrei Iosivas		WR95	6	248	+11
238	Kirk Cousins		QB35	13	244	+6
239	Rashod Bateman		WR96	13	214	−25
240	Chris Brazzell II		WR97	5	389	+149
241	Kyle Williams		WR98	11	0	—
242	Kevin Coleman Jr.		WR99	6	321	+79
243	Ty Johnson		RB73	7	305	+62
244	Skyler Bell		WR100	7	275	+31
245	Emanuel Wilson		RB74	11	298	+53
246	DJ Giddens		RB75	13	279	+33
247	Christian Kirk		WR101	8	266	+19
248	Theo Johnson		TE37	8	273	+25

2026 DraftKings Best Ball Rankings

Top 248 overall · Best Ball · PPR + Bonuses · DraftKings ADP

 QB  RB  WR  TE

1	Jahmyr Gibbs		RB1	6	1	—
2	Bijan Robinson		RB2	11	2	—
3	Puka Nacua		WR1	11	4	+1
4	Ja’Marr Chase		WR2	6	3	-1
5	Christian McCaffrey		RB3	8	7	+2
6	Jaxon Smith-Njigba		WR3	11	5	-1
7	Jonathan Taylor		RB4	13	8	+1
8	Amon-Ra St. Brown		WR4	6	6	-2
9	James Cook		RB5	7	9	—
10	CeeDee Lamb		WR5	14	10	—
11	Justin Jefferson		WR6	6	11	—
12	Kenneth Walker III		RB6	5	15	+3
13	Saquon Barkley		RB7	10	13	—
14	Derrick Henry		RB8	13	22	+8
15	Chase Brown		RB9	6	14	-1
16	Ashton Jeanty		RB10	13	20	+4
17	A.J. Brown		WR7	11	16	-1
18	Brock Bowers		TE1	13	12	-6
19	Malik Nabers		WR8	8	29	+10
20	De’Von Achane		RB11	6	19	-1
21	Omarion Hampton		RB12	7	21	—
22	Drake London		WR9	11	23	+1
23	Nico Collins		WR10	8	24	+1
24	Chris Olave		WR11	8	26	+2
25	George Pickens		WR12	14	25	—
26	Trey McBride		TE2	14	17	-9
27	Rashee Rice		WR13	5	27	—
28	Josh Allen		QB1	7	18	-10

NFL Offensive Line Rankings

All 32 units ranked by the statrankings SR OL aggregate. O-Pressure %, POE and ARBY show each line's 2025 season ranks.

RK	TEAM	O-PRESS	POE	ARBY	RK	TEAM	O-PRESS	POE	ARBY
1	 DEN	8th	10th	7th	17	 PIT	1st	3rd	12th
2	 PHI	14th	8th	30th	18	 NO	12th	18th	25th
3	 CHI	25th	15th	1st	19	 KC	20th	22nd	17th
4	 LAR	2nd	1st	2nd	20	 NYG	27th	24th	24th
5	 TB	15th	17th	20th	21	 JAX	7th	5th	23rd
6	 BUF	4th	4th	3rd	22	 NYJ	23rd	28th	11th
7	 IND	5th	9th	13th	23	 BAL	29th	30th	6th
8	 CAR	21st	26th	5th	24	 ARI	18th	16th	28th
9	 LAC	31st	32nd	27th	25	 WAS	28th	21st	15th
10	 DET	16th	23rd	19th	26	 LV	26th	19th	32nd
11	 SF	3rd	2nd	21st	27	 CIN	17th	25th	10th
12	 MIN	30th	29th	9th	28	 GB	9th	6th	18th
13	 ATL	10th	14th	14th	29	 MIA	11th	27th	8th
14	 SEA	6th	7th	22nd	30	 HOU	13th	20th	29th
15	 NE	24th	12th	26th	31	 TEN	19th	13th	16th
16	 DAL	22nd	11th	4th	32	 CLE	32nd	31st	31st

WHAT IS ARBY?

ARBY (Adjusted Run Blocking Yards) isolates how much of a team's rushing success comes from the offensive line, separating line-created yardage from what the running back generates on his own — surfacing true outliers: elite lines, creative schemes, and backs who maximize good blocking. Example: despite Philadelphia's line finishing 30th in Offensive ARBY in 2025, the Eagles ranked 15th in RB yards/carry, thanks to Saquon Barkley's ability to elude and break tackles.

29	DeVonta Smith		WR14	10	30	+1
30	Zay Flowers		WR15	13	34	+4
31	Colston Loveland		TE3	10	28	-3
32	Ladd McConkey		WR16	7	36	+4
33	Kyren Williams		RB13	11	31	-2
34	Travis Etienne		RB14	8	42	+8
35	Breece Hall		RB15	13	47	+12
36	Tyler Warren		TE4	13	37	+1
37	Josh Jacobs		RB16	11	49	+12
38	Tee Higgins		WR17	6	35	-3
39	Javonte Williams		RB17	14	32	-7
40	Lamar Jackson		QB2	13	33	-7
41	D'Andre Swift		RB18	10	48	+7
42	Jeremiyah Love		RB19	14	40	-2
43	Drake Maye		QB3	11	44	+1
44	Garrett Wilson		WR18	13	43	-1
45	Joe Burrow		QB4	6	38	-7
46	Emeka Egbuka		WR19	10	39	-7
47	Jaylen Waddle		WR20	10	45	-2
48	Quinshon Judkins		RB20	11	57	+9
49	Tucker Kraft		TE5	11	53	+4
50	D.J. Moore		WR21	7	41	-9
51	Terry McLaurin		WR22	7	54	+3
52	Parker Washington		WR23	7	69	+17
53	Davante Adams		WR24	11	52	-1
54	Luther Burden III		WR25	10	59	+5
55	Tetairoa McMillan		WR26	5	50	-5
56	Jameson Williams		WR27	6	56	—

57	David Montgomery		RB21	8	51	-6
58	Kyle Pitts		TE6	11	65	+7
59	Bhayshul Tuten		RB22	7	58	-1
60	Dak Prescott		QB5	14	60	—
61	Bucky Irving		RB23	10	64	+3
62	Sam LaPorta		TE7	6	62	—
63	Cameron Skattebo		RB24	8	46	-17
64	Christian Watson		WR28	11	61	-3
65	Mike Evans		WR29	8	70	+5
66	Caleb Williams		QB6	10	55	-11
67	Jadarian Price		RB25	11	68	+1
68	Rome Odunze		WR30	10	67	-1
69	Rhamondre Stevenson		RB26	11	75	+6
70	Kenneth Gainwell		RB27	10	104	+34
71	Jayden Daniels		QB7	7	63	-8
72	Jaylen Warren		RB28	9	82	+10
73	Justin Herbert		QB8	7	79	+6
74	TreVeyon Henderson		RB29	11	71	-3
75	Trevor Lawrence		QB9	7	74	-1
76	Jalen Hurts		QB10	10	66	-10
77	Marvin Harrison Jr.		WR31	14	77	—
78	George Kittle		TE8	8	76	-2
79	D.K. Metcalf		WR32	9	90	+11
80	Harold Fannin Jr.		TE9	11	72	-8
81	Carnell Tate		WR33	9	81	—
82	Josh Downs		WR34	13	101	+19
83	Matthew Stafford		QB11	11	73	-10
84	Tony Pollard		RB30	9	88	+4

85	Isaiah Likely		TE10	8	80	-5
86	Dallas Goedert		TE11	10	87	+1
87	Jonathon Brooks		RB31	5	78	-9
88	Chris Godwin		WR35	10	89	+1
89	Brian Thomas Jr.		WR36	7	83	-6
90	Rico Dowdle		RB32	9	97	+7
91	Blake Corum		RB33	11	94	+3
92	Patrick Mahomes		QB12	5	85	-7
93	Jared Goff		QB13	6	92	-1
94	Stefon Diggs		WR37	7	93	-1
95	Jordan Mason		RB34	6	102	+7
96	Courtland Sutton		WR38	10	86	-10
97	RJ Harvey		RB35	10	91	-6
98	Brock Purdy		QB14	8	105	+7
99	Michael Pittman Jr.		WR39	9	108	+9
100	Michael Wilson		WR40	14	84	-16
101	Jaxson Dart		QB15	8	100	-1
102	J.K. Dobbins		RB36	10	107	+5
103	Jacory Croskey-Merritt		RB37	7	109	+6
104	Bo Nix		QB16	10	98	-6
105	Dalton Kincaid		TE12	7	96	-9
106	Alec Pierce		WR41	13	112	+6
107	De’Zhaun Stribling		WR42	8	103	-4
108	Travis Kelce		TE13	5	95	-13
109	Wan’Dale Robinson		WR43	9	110	+1
110	Jayden Reed		WR44	11	106	-4
111	Kyler Murray		QB17	6	114	+3
112	Jordan Addison		WR45	6	113	+1

113	Kyle Monangai		RB38	10	119	+6
114	Jordan Love		QB18	11	118	+4
115	KC Concepcion		WR46	11	115	—
116	Quentin Johnston		WR47	7	99	-17
117	Rachaad White		RB39	7	128	+11
118	Jake Ferguson		TE14	14	111	-7
119	Chuba Hubbard		RB40	5	116	-3
120	Makai Lemon		WR48	10	120	—
121	Matthew Golden		WR49	11	117	-4
122	Deebo Samuel		WR50	8	125	+3
123	Tyler Shough		QB19	8	124	+1
124	Chris Rodriguez		RB41	7	133	+9
125	Baker Mayfield		QB20	10	122	-3
126	Mark Andrews		TE15	13	121	-5
127	Malik Willis		QB21	6	129	+2
128	Romeo Doubs		WR51	11	127	-1
129	Jakobi Meyers		WR52	7	131	+2
130	Jalen Coker		WR53	5	140	+10
131	Khalil Shakir		WR54	7	142	+11
132	Rashid Shaheed		WR55	11	144	+12
133	Keaton Mitchell		RB42	7	137	+4
134	Tyler Allgeier		RB43	14	138	+4
135	Juwan Johnson		TE16	8	123	-12
136	Jordyn Tyson		WR56	8	126	-10
137	Xavier Worthy		WR57	5	136	-1
138	Brenton Strange		TE17	7	132	-6
139	Mike Washington Jr.		RB44	13	134	-5
140	Sam Darnold		QB22	11	135	-5

141	Chigoziem Okonkwo		TE18	7	141	—
142	C.J. Stroud		QB23	8	147	+5
143	Aaron Jones		RB45	6	130	-13
144	Woody Marks		RB46	8	139	-5
145	Cameron Ward		QB24	9	153	+8
146	Daniel Jones		QB25	13	143	-3
147	Denzel Boston		WR58	11	149	+2
148	Jalen Nailor		WR59	13	154	+6
149	Tyjae Spears		RB47	9	156	+7
150	MarShawn Lloyd		RB48	11	152	+2
151	Tre Tucker		WR60	13	159	+8
152	Bryce Young		QB26	5	157	+5
153	Tank Bigsby		RB49	10	158	+5
154	Zach Charbonnet		RB50	11	148	-6
155	Ja’Kobi Lane		WR61	13	169	+14
156	Terrance Ferguson		TE19	11	160	+4
157	Dontayvion Wicks		WR62	10	165	+8
158	Hunter Henry		TE20	11	145	-13
159	Jonah Coleman		RB51	10	146	-13
160	Dalton Schultz		TE21	8	155	-5
161	Tyrone Tracy Jr.		RB52	8	150	-11
162	Ryan Flourney		WR63	14	177	+15
163	Keenan Allen		WR64	13	161	-2
164	Malik Washington		WR65	6	151	-13
165	Jauan Jennings		WR66	6	179	+14
166	T.J. Hockenson		TE22	6	164	-2
167	Aaron Rodgers		QB27	9	172	+5
168	Adonai Mitchell		WR67	13	180	+12

169	Jalen McMillan		WR68	10	166	-3
170	Greg Dulcich		TE23	6	170	—
171	Dylan Sampson		RB53	11	168	-3
172	Ray Davis		RB54	7	188	+16
173	AJ Barner		TE24	11	185	+12
174	Jaydon Blue		RB55	14	184	+10
175	Omar Cooper Jr.		WR69	13	193	+18
176	Pat Bryant		WR70	10	191	+15
177	Ted Hurst III		WR71	10	226	+49
178	Jacoby Brissett		QB28	14	167	-11
179	Tre Harris		WR72	7	187	+8
180	Brian Robinson Jr.		RB56	11	178	-2
181	Najee Harris		RB57	8	219	+38
182	Devaughn Vele		WR73	8	210	+28
183	Caleb Douglas		WR74	6	190	+7
184	Fernando Mendoza		QB29	13	175	-9
185	Alvin Kamara		RB58	8	173	-12
186	Kayshon Boutte		WR75	8	198	+12
187	Kimani Vidal		RB59	7	200	+13
188	Travis Hunter		WR76	7	186	-2
189	Zachariah Branch		WR77	11	208	+19
190	Pat Freiermuth		TE25	9	204	+14
191	Geno Smith		QB30	13	182	-9
192	Braelon Allen		RB60	13	174	-18
193	David Njoku		TE26	7	212	+19
194	Cade Otton		TE27	10	201	+7
195	Isiah Pacheco		RB61	6	171	-24
196	Oronde Gadsden II		TE28	7	162	-34

197	Gunnar Helm		TE29	9	195	−2
198	Isaac TeSlaa		WR78	6	194	−4
199	Malachi Fields		WR79	8	206	+7
200	Emmett Johnson		RB62	5	189	−11
201	Justice Hill		RB63	13	209	+8
202	Kenyon Sadiq		TE30	13	176	−26
203	Germie Bernard		WR80	9	231	+28
204	Kaelon Black		RB64	8	192	−12
205	George Holani		RB65	11	215	+10
206	Colby Parkinson		TE31	11	205	−1
207	Tank Dell		WR81	8	183	−24
208	Jerry Jeudy		WR82	11	196	−12
209	Jordan James		RB66	8	241	+32
210	Michael Mayer		TE32	13	265	+55
211	Keon Coleman		WR83	7	225	+14
212	Tua Tagovailoa		QB31	11	202	−10
213	Cooper Kupp		WR84	11	211	−2
214	Elijah Sarratt		WR85	13	279	+65
215	Nicholas Singleton		RB67	9	197	−18
216	Kaytron Allen		RB68	7	216	—
217	Samaje Perine		RB69	6	237	+20
218	Calvin Ridley		WR86	9	207	−11
219	Evan Engram		TE33	10	230	+11
220	Eli Stowers		TE34	10	240	+20
221	Chris Bell		WR87	6	224	+3
222	Jaylin Noel		WR88	8	214	−8
223	Jaylen Wright		RB70	6	236	+13
224	James Conner		RB71	14	227	+3



225	Mike Gesicki		TE35	6	244	+19
226	Antonio Williams		WR89	7	218	-8
227	Troy Franklin		WR90	10	249	+22
228	DeMario Douglas		WR91	11	NaN	—
229	Deshaun Watson		QB32	11	222	-7
230	Michael Penix Jr.		QB33	11	228	-2
231	Shedeur Sanders		QB34	11	221	-10
232	Bryce Lance		WR92	8	262	+30
233	Andrei Iosivas		WR93	6	259	+26
234	Kirk Cousins		QB35	13	213	-21
235	Rashod Bateman		WR94	13	233	-2
236	Sean Tucker		RB72	10	203	-33
237	Chris Brazzell II		WR95	5	240	+3
238	Kyle Williams		WR96	11	NaN	—
239	Kevin Coleman Jr.		WR97	6	NaN	—
240	Ty Johnson		RB73	7	245	+5
241	Emanuel Wilson		RB74	11	232	-9
242	Christian Kirk		WR98	8	263	+21
243	Theo Johnson		TE36	8	271	+28
244	Darnell Mooney		WR99	8	254	+10
245	Tyquan Thornton		WR100	5	251	+6
246	DJ Giddens		RB75	13	272	+26
247	Skyler Bell		WR101	7	269	+22
248	Elijah Arroyo		TE37	11	255	+7



SECTION 03 / 03

32 TEAM PREVIEWS

Eight divisions. Every franchise, front to back.

AFC East · North · South · West	16 teams
NFC East · North · South · West	16 teams



DIVISION 01 / 08

AFC EAST

Four teams · win totals, projections and full breakdowns follow.

	Buffalo Bills	12-5 · 2025
	Miami Dolphins	7-10 · 2025
	New England Patriots	14-3 · 2025
	New York Jets	3-14 · 2025

AFC EAST



Buffalo Bills

2025 Record: 12-5 | 6th seed (wildcard)

2026 Bills Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

26.1 #2

FF PLAYOFF PTS

79.0 T-1

HC

Joe Brady NEW '26

OC

Pete Carmichael Jr. NEW '26

DC

Jim Leonhard NEW '26

COACHING/COORDINATOR NOTES

HC Brady (NEW '26): Promoted from OC after the McDermott firing and keeps calling the plays, so expect more of the same offense.

OC Carmichael (NEW '26): Sean Payton tree lifer, spent the last two Denver years mentoring Bo Nix. Structure guy behind Brady, not the caller.

DC Leonhard (NEW '26): First-time play-caller off Denver's staff.

2025 STATS & TENDENCIES

11 PERS (3WR)

#13 (62.3%)

12 PERS (2TE)

#25 (11.6%)

21 PERS

#10

PLAYS/GAME

#8 (63.94)

PROE+ (PASS RATE OVER EXP × PACE)

#26

EPA PER PLAY

#3 (0.136)

FP PER TOUCH ALLOWED

#6 (0.95)

OFF PRESSURE RATE OVER EXP

#4 (-6.6)

DEF PRESSURE RATE OVER EXP

#8 (2.9)

2025 TARGET DISTRIBUTION

WR

#23

56.4%

RB

#12

18.4%

TE

#11

25.3%

Total targets: 479

LINE PLAY · 2025

Offensive Line — SR OL #6 (2026 aggregate) 2025 run-block ARBY #3

Run blocking (O-line)

ARBY/carry #3 (2.98) · RB yds/carry #2 (5.01)

Run defense (D-line)

ARBY/carry allowed #15 (2.64) · RB yds/carry allowed #30 (5.00)

2026 DRAFT PICKS

R2	#35	EDGE	T.J. Parker	Clemson
R2	#62	CB	Davison Igbinosun	Ohio State
R4	#102	OT	Jude Bowry	Boston College
R4	#125	WR	Skyler Bell	UConn
R4	#126	LB	Kaleb Elarms-Orr	TCU
R5	#167	S	Jalon Kilgore	South Carolina
R5	#181	DT	Zane Durant	Penn State
R7	#220	CB	Toriano Pride Jr.	Missouri
R7	#239	P	Tommy Doman	Florida
R7	#241	G	Ar’Maj Reed-Adams	Texas A&M

KEY ROSTER MOVES

ADDITIONS

WR DJ Moore	trade, CHI, a 2nd out for Moore plus a 5th
EDGE Bradley Chubb	3yr/\$43.5M
S C.J. Gardner-Johnson	1yr/\$6M

LOSSES

G David Edwards	NO, 4yr/\$61M
QB Mitch Trubisky	TEN
CB Taron Johnson	traded, LV
WRs Brandin Cooks, Gabe Davis, Curtis Samuel	all out

RETIRED

CB Darius Slay

NOTES

DJ Moore is the big splash, but his Yards per Route Run has declined three straight years (2.5 in 2023, 1.6 in 2024, 1.3 in 2025). Shakir stays locked in the slot, with Josh Palmer, Keon Coleman, and rookie Skyler Bell competing for snaps and targets along with TE Dalton Kincaid (55% slot rate).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #11

PASS MATCHUP
#25 of 32

RUSH MATCHUP
#1 of 32

W1	@	 Houston Texans
W2		 Detroit Lions 
W3		 Los Angeles Chargers
W4		 New England Patriots
W5	@	 Los Angeles Rams 
W6	@	 Las Vegas Raiders
W7		Bye week
W8		 Baltimore Ravens
W9	@	 Minnesota Vikings 
W10	@	 New York Jets
W11		 Miami Dolphins
W12		 Kansas City Chiefs 
W13	@	 New England Patriots
W14	@	 Green Bay Packers 
FANTASY PLAYOFFS		
W15		 Chicago Bears
W16	@	 Denver Broncos
W17	@	 Miami Dolphins
W18		 New York Jets

SCHEDULE SUMMARY	HOME8	AWAY9	INT0	PRIME5
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2025 TRENDS ↗

AGAINST THE SPREAD

9-10 #17

47.40% cover rate

OVER / UNDER

10-9 #19

52.60% over rate

IMPLIED WIN TOTAL

10.5

T-3

DK o -120/u +100 · MGM u +120

PLAYER PROP MARKETS



PASSING YARDS

Josh Allen	3600.5	#12	O -114	U -114	
Josh Allen	3599.5	#12	O -115	U -105	



RUSHING TDS

Josh Allen	11.5	T-3	O +100	U -125	
James Cook	10.5	#5	O -105	U -120	



PASSING TDS

Josh Allen	24.5	T-9	O -110	U -110	
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RECEIVING YARDS

DJ Moore	824.5	T-26	O -115	U -105	
Khalil Shakir	649.5	T-53	O -110	U -110	
Dalton Kincaid	549.5	#70	O -110	U -110	



RUSHING YARDS

James Cook	1249.5	T-1	O -110	U -110	
James Cook	1200.5	T-1	O -114	U -114	
Josh Allen	500.5	#39	O -114	U -114	
Josh Allen	499.5	#39	O -110	U -110	



RECEIVING TDS

DJ Moore	6.5	T-11	O +115	U -145	
Dalton Kincaid	3.5	T-48	O -165	U +140	



Buffalo Bills

by @HilowFF

The Bills have finished third or higher in points per game in five of the previous six seasons, finishing sixth in the other. With continuity at offensive play caller, a top-tier offensive line, and inarguably the top quarterback in the league, expect more of the same in Buffalo in 2026.

Josh Allen is the unquestioned QB1, currently off the board two full rounds ahead of Lamar Jackson (QB2) in best ball drafts. The problem isn't that we expect Allen to flounder in the box scores, it's that there are other players currently drafted in the third round that can provide much stronger boosts to expected value (EV). I will likely be even the field on Allen for the coming season. James Cook gets the pleasure of running behind a top offensive line, on a team projected to be in the top five in scoring, and has the highest rushing yards prop in the league (1249.5, DK; tied with Derrick Henry and Jonathan Taylor). His spike week potential is off the charts. I will be slightly overweight Cook as it's difficult to fully fade first round selections, which is what would be required to push exposure to Cook higher.

That is where my exuberance for primary fantasy options from this offense ends. Allen has not attempted more than 483 passes in the previous two seasons. Dalton Kincaid peaked at a 55 percent snap rate and was in a route at a middling 52.97 percent clip in 2025, for an offense that

finished in the top 10 in 21-personnel usage. He has been targeted more than seven times in a game only four times during his three-year professional career, with none of those instances occurring in 2025. D.J. Moore's ADP has slipped some since best ball contests opened (WR22 at open and WR27 currently), but that doesn't give me reason to click his name in drafts, at present. It's a similar story for Khalil Shakir (WR54 in ADP) and Joshua Palmer. The opportunity for increased spike week potential is lacking considering Allen targeted his wide receivers at the 10th lowest rate in the league a season ago, making it less likely that one or two players could see a tangible increase in weekly volume should an injury occur.

Finally, my favorite click on this offense, all things considered, is Ray Davis. Davis would presumably enter the lead rusher role should something happen to Cook, an opportunity that brings immense value in best ball drafts. Davis has played more than 55 percent of his team's offensive snaps twice in his career (once due to a missed game from Cook in Week 6 of 2024 and once because Cook was rested), both times going over 150 combined rushing and receiving yards while scoring once. Davis will likely be one of my highest exposure stances in best ball this season.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+			ADP	+/-
	PROJ	RANK			
James Cook III	RB6	RB5		RB6	+1
Josh Allen	QB1	QB1		QB1	--
DJ Moore	WR29	WR21		WR28	+7
Khalil Shakir	WR49	WR56		WR58	+2
Dalton Kincaid	TE14	TE8		TE10	+2

AFC EAST



Miami Dolphins

2025 Record: 7-10

2026 Dolphins Depth Chart ↗

WIN TOTAL O/U

4.5 #31

IMPLIED PTS/G

19.1 #29

FF PLAYOFF PTS

56.3 T-31

HC

Jeff Hafley NEW '26

OC

Bobby Slowik NEW '26

DC

Sean Duggan NEW '26

COACHING/COORDINATOR NOTES

HC Hafley (NEW '26): Packers DC imported to run a full rebuild, and he calls the defense himself. The staff is Green Bay top to bottom, GM included.

OC Slowik (NEW '26): Shanahan tree, promoted from the 2025 staff after being the OC in HOU (23-24). Zero assumptions he adapts McDaniel's unique offense to a new QB. His 2023 HOU offense was 15th in EPA per play & 15th-ranked neutral pass rate.

DC Duggan (NEW '26): Holds the title, but this is Hafley's defense.

2025 STATS & TENDENCIES

11 PERS (3WR)

#30 (39.5%)

12 PERS (2TE)

#28 (10.2%)

21 PERS

#2

PLAYS/GAME

#32 (55.59)

PROE+ (PASS RATE OVER EXP × PACE)

#32

EPA PER PLAY

#22 (-0.017)

FP PER TOUCH ALLOWED

#9 (0.91)

OFF PRESSURE RATE OVER EXP

#27 (2.4)

DEF PRESSURE RATE OVER EXP

#25 (-3.7)

2025 TARGET DISTRIBUTION

WR

#25

53.1%

RB

#3

24.7%

TE

#22

22.1%

Total targets: 461

LINE PLAY · 2025

Offensive Line — SR OL #29 (2026 aggregate) 2025 run-block ARBY #8

Run blocking (O-line)

ARBY/carry #8 (2.79) · RB yds/carry #4 (4.86)

Run defense (D-line)

ARBY/carry allowed #23 (2.77) · RB yds/carry allowed #29 (4.85)

2026 DRAFT PICKS

R1	#12	OT	Kadyn Proctor	Alabama
R1	#27	CB	Chris Johnson	San Diego State
R2	#43	LB	Jacob Rodriguez	Texas Tech
R3	#75	WR	Caleb Douglas	Texas Tech
R3	#87	TE	Will Kacmarek	Ohio State
R3	#94	WR	Chris Bell	Louisville
R4	#130	EDGE	Trey Moore	Texas
R4	#138	LB	Kyle Louis	Pittsburgh
R5	#158	S	Michael Taaffe	Texas
R5	#177	WR	Kevin Coleman Jr.	Missouri
R5	#180	TE	Seydou Traore	Mississippi State
R6	#200	G	DJ Campbell	Texas
R7	#238	EDGE	Max Llewellyn	Iowa

KEY ROSTER MOVES

ADDITIONS			LOSSES		
QB Malik Willis		3yr/\$67.5M, \$45M gtd	QB Tua Tagovailoa		cut, ATL
WR Jalen Tolbert		FA	WR Jaylen Waddle		trade, DEN
WR Tutu Atwell		FA	WR Tyreek Hill		released
EXTENDED			HC Mike McDaniel		fired
RB De’Von Achane		4yr/\$68M			

NOTES

A 4.5 win total (#31) and 19.1 implied points per game (#29) mean the run-first plan will get tested weekly. Achane’s extension confirms the plan, but Slowik’s 31st-ranked RB target share in Houston is something to note, though Joe Mixon isn’t Achane. The WRs room is thin (being kind); Greg Dulcich should be a value at ADP with a lot of garbage time production (GTP) incoming.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #31

PASS MATCHUP

#6 of 32

RUSH MATCHUP

#16 of 32

W1	@		Las Vegas Raiders
W2	@		San Francisco 49ers
W3			Kansas City Chiefs
W4	@		Minnesota Vikings
W5			Cincinnati Bengals
W6			Bye week
W7	@		New York Jets
W8			New England Patriots
W9			Detroit Lions
W10	@		Indianapolis Colts
W11	@		Buffalo Bills
W12			New York Jets
W13	@		Denver Broncos
W14			Chicago Bears

FANTASY PLAYOFFS

W15	@		Green Bay Packers
W16			Los Angeles Chargers
W17			Buffalo Bills

W18	@		New England Patriots
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SCHEDULE SUMMARY

HOME	8	AWAY	9	INT	0	PRIME	0
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2025 TRENDS ↗

AGAINST THE SPREAD

8-9 #19

47.10% cover rate

OVER / UNDER

9-6-2 #8

60.00% over rate

IMPLIED WIN TOTAL

4.5

#31

DK o +122/u -146 · MGM o +110

PLAYER PROP MARKETS



PASSING YARDS

Malik Willis	2949.5	#25	O -110	U -110	
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PASSING TDS

Malik Willis	14.5	#24	O -105	U -115	
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RUSHING YARDS

De'Von Achane	999.5	T-7	O -110	U -110	
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De'Von Achane	975.5	T-7	O -114	U -114	
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RUSHING TDS

De'Von Achane	5.5	T-19	O +130	U -155	
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SACKS

Bradley Chubb	8.3	T-13	O -120	U -105	
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Miami Dolphins

by @HilowFF

Projected to be in the bottom five in scoring and with the lowest Vegas implied win total in the league (4.5, tied with the Cardinals), the Dolphins appear to be a walking dumpster fire in 2026. No team experienced more turnover than the Dolphins this offseason, moves that include a new head coach (Mike McDaniel to Jeff Hafley), a new offensive play caller (Bobby Slowik), new quarterback (Malik Willis), and the departure of Tyreek Hill, Jaylen Waddle, and Tua Tagovailoa. Those familiar with my work the previous three years know my thoughts on Slowik. The short of it is that while the structure of his offense contains solid, forward-thinking concepts, his situational tendencies and inability to adapt to the flow of the game are significant hindrances to consistent production.

Both Malik Willis and De’Von Achane appear highly likely to finish the season near where they are being drafted in

cumulative fantasy points scored (QB21 and RB11, respectively), but I question their spike week potential while playing for an offense projected to score just 19.1 points per game (29th). In other words, their respective values in best ball take a massive hit. I will be significantly underweight both players.

The top five pass catchers entering the season are expected to be free agents Jalen Tolbert and Tutu Atwell and holdovers Chris Bell, Malik Washington, and tight end Greg Dulcich, none of whom inspire confidence. Backing that claim up is a passing touchdown prop set at just 14.5 for Willis. This offense is as close to a full fade for me as they come in cumulative formats. Take some where it makes sense in playoff formats on rosters that target their playoff matchups.

UNDERDOG RANKINGS & ADP					.5 PPR
PLAYER	statrankings+		ADP	+/-	
	PROJ	RANK			
De'Von Achane	RB5	RB11	RB11	--	
Malik Willis	QB23	QB21	QB21	--	
Greg Dulcich	TE27	TE22	TE26	+4	
Malik Washington	WR77	WR71	WR74	+3	



AFC EAST

New England Patriots

2025 Record: 14-3 | 2nd seed (div winner)

2026 Patriots Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

23.8 #13

FF PLAYOFF PTS

68.0 T-17

HC

Mike Vrabel

OC

Josh McDaniels

DC

Zak Kuhr NEW '26

COACHING/COORDINATOR NOTES

HC Vrabel: Year two off a Super Bowl LX loss, and one of the more interesting off-seasons I can recall (no further comment).

OC McDaniels: Same system/OC in place.

DC Kuhr (NEW '26): First-year coordinator inheriting a Super Bowl defense. Scheme carryover expected.

2025 STATS & TENDENCIES

11 PERS (3WR)

#24 (50.3%)

12 PERS (2TE)

#20 (19.5%)

21 PERS

#4

PLAYS/GAME

#18 (61.35)

PROE+ (PASS RATE OVER EXP x PACE)

#15

EPA PER PLAY

#1 (0.158)

FP PER TOUCH ALLOWED

#27 (0.77)

OFF PRESSURE RATE OVER EXP

#12 (-1.8)

DEF PRESSURE RATE OVER EXP

#28 (-5.8)

2025 TARGET DISTRIBUTION

WR

#20

58.8%

RB

#17

17.3%

TE

#16

23.9%

Total targets: 481

LINE PLAY · 2025

Offensive Line — SR OL #15 (2026 aggregate) 2025 run-block ARBY #26

Run blocking (O-line)

ARBY/carry #26 (2.46) · RB yds/carry #10 (4.63)

Run defense (D-line)

ARBY/carry allowed #20 (2.75) · RB yds/carry allowed #5 (3.87)

2026 DRAFT PICKS

R1	#28	OT	Caleb Lomu	Utah
R2	#55	EDGE	Gabe Jacas	Illinois
R3	#95	TE	Eli Raridon	Notre Dame
R5	#171	DB	Karon Prunty	Wake Forest
R6	#196	OT	Dametrious Crownover	Texas A&M
R6	#212	LB	Namdi Obiazor	TCU
R7	#234	QB	Behren Morton	Texas Tech
R7	#245	RB	Jam Miller	Alabama
R7	#247	EDGE	Quintayvious Hutchins	Boston College

KEY ROSTER MOVES

ADDITIONS

WR A.J. Brown	trade, PHI, a 2028 1st + 2027 5th
WR Romeo Doubs	4yr/\$70M
OL Alijah Vera-Tucker	3yr/\$42M
S Kevin Byard	1yr/\$9M

LOSSES

WR Stefon Diggs	released, unsigned
RB Antonio Gibson	released
DL Khyiris Tonga	KC
TE Austin Hooper	ATL

NOTES

AJB's YPRR fell from 3.3 in 2024 to 2.3 in 2025, but he also goes from Jalen Hurts off his worst season (19th in accuracy rate) to Drake Maye (1st in accuracy rate, 72%).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #12

PASS MATCHUP
#27 of 32

RUSH MATCHUP
#10 of 32

W1	@	 Seattle Seahawks	
W2		 Pittsburgh Steelers	
W3	@	 Jacksonville Jaguars	
W4	@	 Buffalo Bills	
W5		 Las Vegas Raiders	
W6		 New York Jets	
W7	@	 Chicago Bears	
W8	@	 Miami Dolphins	
W9		 Green Bay Packers	
W10	@	 Detroit Lions	
W11		Bye week	
W12	@	 Los Angeles Chargers	
W13		 Buffalo Bills	
W14		 Minnesota Vikings	

FANTASY PLAYOFFS

W15	@	 Kansas City Chiefs	
W16	@	 New York Jets	
W17		 Denver Broncos	

W18	 Miami Dolphins	
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SCHEDULE SUMMARY	HOME	8	AWAY	8	INT	1	PRIME	5
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2025 TRENDS ↗

2025 TRENDS

AGAINST THE SPREAD

14-7 #2

66.70% cover rate

OVER / UNDER

12-9 #12

57.10% over rate

IMPLIED WIN TOTAL

10.5

T-3

DK o +115/u -140 · MGM u -145

PLAYER PROP MARKETS



PASSING YARDS

Drake Maye	3850.5	#5	O -114	U -114	
Drake Maye	3799.5	#5	O -120	U +100	



PASSING TDS

Drake Maye	26.5	#6	O -105	U -115	
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RUSHING YARDS

TreVeyon Henderson	700.5	#27	O -114	U -114	
TreVeyon Henderson	699.5	#27	O -110	U -110	
Rhamondre Stevenson	624.5	#34	O -110	U -110	
Rhamondre Stevenson	600.5	#34	O -114	U -114	
Drake Maye	424.5	#41	O -110	U -110	
Drake Maye	400.5	#41	O -114	U -114	



RUSHING TDS

TreVeyon Henderson	6.5	T-16	O +125	U -150	
Rhamondre Stevenson	5.5	T-19	O -145	U +120	
Drake Maye	3.5	T-26	O +100	U -125	



RECEIVING YARDS

Romeo Doubs	649.5	T-53	O -110	U -110	
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RECEIVING TDS

Romeo Doubs	4.5	#35	O -145	U +115	
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SACKS

Harold Landry III	8.3	T-13	O -120	U -105	
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New England Patriots

by @HilowFF

The Patriots maintain coaching continuity through one of the more wild offseasons in recent memory, something that seems to cling to the Patriots like butter to toast. The Mike Vrabel saga notwithstanding, quarterback Drake Maye enters his third professional season, and second consecutive season, with Vrabel at head coach and Josh McDaniels as his offensive coordinator and play caller. That's good news for Maye after the youngster finished the 2025 season ranked second at the position in fantasy points per game (21.1) while leading the league's third most potent offense in points per play and most potent offense in EPA per play (0.16). The biggest note here regards McDaniels. More specifically, what McDaniels' offense demands of its quarterback. He relies heavily on read concepts and options, constantly looking to generate mismatches through his formations, alignments, play designs, and structure, all things that theoretically lead to increased upside for Maye and company with another year under his tutelage. Current Vegas lines and game totals have the Patriots implied for a modest-for-them 23.8 points per game, a mark that would fall a full five points per game lower than what they managed a season ago. In other words, projections for this offense might still be too low.

Furthering the bull case for this offense heading into the new season is the acquisition of alpha wide receiver A.J. Brown, who replaces the beleaguered Stefon Diggs as the primary option through the air. Brown managed to record at least 1,000 yards and seven touchdowns in each of his four seasons in Philadelphia, with the changes in offensive identity during that time seemingly working to hold his production back. His 32.96 percent dominator rating ranked sixth in the league in 2025, while his 2.26 YPRR kept him in the top 16 at the position. The change of scenery provides the runway for a return to elite form for Brown, making him a high-upside pick at the end of the first round.

The backfield duo of Rhamondre Stevenson and TreVeyon Henderson ran to great effect in 2025, each back averaging 4.64 yards per carry or more (Stevenson; Henderson: 5.06). Furthermore,

McDaniels ran 21-personnel at the fourth highest rate in the league and the team added longtime Buffalo great, fullback Reggie Gilliam this offseason. I expect them to once again gash teams on the ground. I also expect the end-of-season discrepancy in fantasy scoring between the two primary backs to be much lower than ADP suggests, making me more interested in clicking Stevenson's name, at current cost. That said, Henderson would benefit greatly from having a greater share of the backfield, something I want to keep in mind when balancing exposure.

Things get interesting from an analytical perspective after those three. Romeo Doubs joins the Patriots after seeing sparse slot usage in Green Bay (13-18 percent the previous three seasons), nearly-slot-only DeMario Douglas hardly played on the perimeter, and fellow holdovers Mack Hollins and Kayshon Boutte played almost exclusively on the outside. I would expect Doubs to be utilized as a natural "big slot" receiver based on his twitch and contested catch abilities, but that could bring growing pains in what amounts to a completely new role for him. That could also suppress his snap rate considering the heavy personnel usage from McDaniels. That leaves Hollins in a potential higher snap rate perimeter role, albeit one that also comes with lower route participation, while Boutte and Douglas are likely relegated to sparse situational roles. This is all reading the tea leaves and speculation, but that is how I currently see this situation shaping up. A WR51 ADP for Doubs feels right, although I find myself clicking his name at an increased rate due to his red zone acumen, something that gives him additional weekly upside in this offense.

Tight end Hunter Henry has no real competition for snaps and routes following the departure of Austin Hooper, but he has much stiffer competition for targets, particularly in the red zone. Henry should have no problems finishing in the top 12 at the position, but any decline in red zone utilization could harm his spike week potential. I'm still undecided where I want his exposure to end, currently keeping him near even weight.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
A.J. Brown	WR14	WR7	WR11	+4
TreVeyon Henderson	RB23	RB28	RB28	--
Drake Maye	QB4	QB3	QB4	+1
Rhamondre Stevenson	RB25	RB26	RB26	--
Romeo Doubs	WR44	WR54	WR54	--
Hunter Henry	TE17	TE23	TE19	-4

AFC EAST



New York Jets

2025 Record: 3-14

2026 Jets Depth Chart ↗

WIN TOTAL O/U

5.5 T-28

IMPLIED PTS/G

18.7 #31

FF PLAYOFF PTS

57.5 #30

HC

Aaron Glenn

OC

Frank Reich NEW '26

DC

Brian Duker NEW '26

COACHING/COORDINATOR NOTES

HC Glenn: Year two, and he likely calls the defense with Duker (NEW '26) holding the DC title, never a play-caller.

OC Reich (NEW '26): Late hire after Glenn fired Engstrand.

2025 STATS & TENDENCIES

11 PERS (3WR)

#3 (67.6%)

12 PERS (2TE)

#23 (17.2%)

21 PERS

#11

PLAYS/GAME

#21 (59.59)

PROE+ (PASS RATE OVER EXP × PACE)

#26

EPA PER PLAY

#29 (-0.127)

FP PER TOUCH ALLOWED

#4 (0.97)

OFF PRESSURE RATE OVER EXP

#28 (2.7)

DEF PRESSURE RATE OVER EXP

#29 (-6.1)

2025 TARGET DISTRIBUTION

WR

#21

57.5%

RB

#15

17.8%

TE

#13

24.6%

Total targets: 471

LINE PLAY · 2025

Offensive Line — SR OL #22 (2026 aggregate) 2025 run-block ARBY #11

Run blocking (O-line)

ARBY/carry #11 (2.74) · RB yds/carry #12 (4.44)

Run defense (D-line)

ARBY/carry allowed #26 (2.81) · RB yds/carry allowed #21 (4.35)

2026 DRAFT PICKS

R1	#2	EDGE	David Bailey	Texas Tech
R1	#16	TE	Kenyon Sadiq	Oregon
R1	#30	WR	Omar Cooper Jr.	Indiana
R2	#50	CB	D'Angelo Ponds	Indiana
R4	#103	DL	Darrell Jackson Jr.	Florida State
R4	#110	QB	Cade Klubnik	Clemson
R6	#188	G	Anez Cooper	Miami
R7	#228	S	VJ Payne	Kansas State

KEY ROSTER MOVES

ADDITIONS

QB Geno Smith	trade, LV
S Minkah Fitzpatrick	trade, MIA + 3yr/\$40M
DT T'Vondre Sweat	swap for Jermaine Johnson
LB Demario Davis	2yr/\$22M
RB Breece Hall	re-signed, 3yr/\$45.75M

LOSSES

QB Justin Fields	trade, KC
EDGE Jermaine Johnson	trade, TEN
G John Simpson	BAL
G Alijah Vera-Tucker	NE
K Nick Folk	ATL

NOTES

Garrett Wilson (avoided PUP after the knee) led the league in first-read target share before his 2025 injury, and he's joined by rookie first-rounders Omar Cooper Jr. and TE Kenyon Sadiq. Sadiq is a 5-star receiving profile that is also going to compete for “WR targets” and he could easily function as the WR2 by end of season.

Mason Taylor (42nd overall in 2025) was second in slot snaps among all Jets pass catchers last season. He profiles well and as a more traditional TE (with NFL experience) so I don’t see his role as diminished as current ADP indicates.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #5

PASS MATCHUP
#10 of 32

RUSH MATCHUP
#28 of 32

W1	@		Tennessee Titans
W2			Green Bay Packers
W3	@		Detroit Lions
W4	@		Chicago Bears
W5			Cleveland Browns
W6	@		New England Patriots
W7			Miami Dolphins
W8			Las Vegas Raiders
W9	@		Kansas City Chiefs
W10			Buffalo Bills
W11	@		Los Angeles Chargers
W12	@		Miami Dolphins
W13			Bye week
W14			Denver Broncos

FANTASY PLAYOFFS

W15	@		Arizona Cardinals
W16			New England Patriots
W17			Minnesota Vikings

W18	@		Buffalo Bills
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SCHEDULE SUMMARY

HOME	8	AWAY	9	INT	0	PRIME	0
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2025 TRENDS ↗

2025 TRENDS

AGAINST THE SPREAD

7-10 #23

41.20% cover rate

OVER / UNDER

11-6 #2

64.70% over rate

IMPLIED WIN TOTAL

5.5

T-28

DK o -120/u +100 · MGM u -110

PLAYER PROP MARKETS

 RUSHING YARDS

Breece Hall	900.5	#14	O -114	U -114	
Breece Hall	899.5	#14	O -110	U -110	

 RECEIVING YARDS

Garrett Wilson	999.5	T-13	O -110	U -110	
Garrett Wilson	975.5	T-13	O -114	U -114	

 RUSHING TDS

Breece Hall	5.5	T-19	O +130	U -155	
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 RECEIVING TDS

Garrett Wilson	4.5	T-35	O -120	U -105	
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SACKS

Will McDonald IV	7.3	T-19	O -120	U -105	
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New York Jets

by @HilowFF

The move from former offensive coordinator Tanner Engstrand to Frank Reich results in one of the bigger scheme changes this offseason, although it might not matter if the offensive line fails to make a massive leap in play. For their part, the franchise made steps in the right direction on that front with the addition of Dylan Parham, but the team returns four starters up front for a unit that ranked 30th in pressure rate allowed. The defense-first identity should continue forward after the team retained head coach Aaron Glenn, a notion backed up by current implied scoring totals that rank 31st in the league (18.7 implied points per game; averaged 17.6 points per game in 2025).

Geno Smith makes his not-so-triumphant return to the green and white as nothing more than a bridge quarterback for a franchise in the midst of a complete teardown. The

Jets enter the 2026 season with nine new projected starters on the defensive side of the ball and two new shiny, first-round skill position players in Kenyon Sadiq and Omar Cooper Jr. Reich's offenses have notoriously been based in 11-personnel with west coast principles, something that combines with Geno's tendency to target the short-to-intermediate areas of the field, with a low aDOT and high completion rate. This offense will likely look to string together drives, with explosives harder to come by. That puts a fantasy damper on all parties, most notably Garrett Wilson and Breece Hall. Adonai Mitchell theoretically brings solid weekly upside at cost considering the expectation of elevated rates of 11-personnel and his deep role, but Smith completed just 14-of-43 pass attempts on passes more than 20 yards downfield a season ago. Put it all together and there is nobody on this offense I am going out of my way to target at cost.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Breece Hall	RB11	RB15	RB16	+1
Garrett Wilson	WR13	WR18	WR21	+3
Omar Cooper Jr.	WR70	WR72	WR69	-3
Kenyon Sadiq	TE15	TE29	TE24	-5
Adonai Mitchell	WR65	WR65	WR72	+7
Geno Smith	QB26	QB30	QB29	-1



DIVISION 02 / 08

AFC NORTH

Four teams · win totals, projections and full breakdowns follow.

	Baltimore Ravens	8-9 · 2025
	Cincinnati Bengals	6-11 · 2025
	Cleveland Browns	5-12 · 2025
	Pittsburgh Steelers	10-7 · 2025

AFC NORTH



Baltimore Ravens

2025 Record: 8-9

2026 Ravens Depth Chart ↗

WIN TOTAL O/U

11.5 T-1

IMPLIED PTS/G

26.0 #4

FF PLAYOFF PTS

76.3 #5

HC

Jesse Minter NEW '26

OC

Declan Doyle NEW '26

DC

Anthony Weaver NEW '26

COACHING/COORDINATOR NOTES

HC Minter (NEW '26): Harbaugh fired. Minter comes from the Chargers DC job and runs the defense with Weaver (NEW '26) holding the DC title.

OC Doyle (NEW '26): First-time play-caller off the Payton tree. A 30 year-old rookie caller inheriting Lamar & the King, I assume a similar style built around the duo.

2025 STATS & TENDENCIES

11 PERS (3WR)

#32 (30.2%)

12 PERS (2TE)

#3 (34.9%)

21 PERS

#3

PLAYS/GAME

#29 (57.29)

PROE+ (PASS RATE OVER EXP × PACE)

#29

EPA PER PLAY

#12 (0.034)

FP PER TOUCH ALLOWED

#8 (0.92)

OFF PRESSURE RATE OVER EXP

#30 (4.7)

DEF PRESSURE RATE OVER EXP

#15 (-1.0)

2025 TARGET DISTRIBUTION

WR

#27

51.8%

RB

#14

17.9%

TE

#4

30.2%

Total targets: 407

LINE PLAY · 2025

Offensive Line — SR OL #23 (2026 aggregate) 2025 run-block ARBY #6

Run blocking (O-line)

ARBY/carry #6 (2.84) · RB yds/carry #1 (5.26)

Run defense (D-line)

ARBY/carry allowed #13 (2.61) · RB yds/carry allowed #12 (4.17)

2026 DRAFT PICKS

R1	#14	IOL	Olaivavega Ioane	Penn State
R2	#45	EDGE	Zion Young	Missouri
R3	#80	WR	Ja’Kobi Lane	USC
R4	#115	WR	Elijah Sarratt	Indiana
R5	#133	TE	Matthew Hibner	SMU
R5	#162	CB	Chandler Rivers	Duke
R5	#173	TE	Josh Cuevas	Alabama
R5	#174	RB	Adam Randall	Clemson
R6	#211	P	Ryan Eckley	Michigan State
R7	#250	DT	Rayshaun Benny	Michigan
R7	#253	G	Evan Beerntsen	Northwestern

KEY ROSTER MOVES

ADDITIONS

EDGE Trey Hendrickson	4yr/\$112M, \$60M fully gtd
G John Simpson	3yr/\$30M
DL Calais Campbell	

LOSSES

C Tyler Linderbaum
TE Isaiah Likely
FB Patrick Ricard
G Daniel Faalele

NOTES

Zay Flowers’ Yards per Route Run increased in each of his first 3 seasons, hitting 2.7 YPRR in 2025 (4th among qualified WRs).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #6

PASS MATCHUP

#32 of 32

RUSH MATCHUP

#4 of 32

W1	@	 Indianapolis Colts
W2		 New Orleans Saints
W3	@	 Dallas Cowboys  RIO DE JANEIRO
W4		 Tennessee Titans
W5	@	 Atlanta Falcons 
W6	@	 Cleveland Browns
W7		 Cincinnati Bengals
W8	@	 Buffalo Bills
W9		 Jacksonville Jaguars 
W10		 Los Angeles Chargers 
W11	@	 Carolina Panthers
W12	@	 Houston Texans
W13		Bye week
W14		 Tampa Bay Buccaneers

FANTASY PLAYOFFS

W15	@	 Pittsburgh Steelers
W16		 Cleveland Browns
W17	@	 Cincinnati Bengals 
W18		 Pittsburgh Steelers

SCHEDULE SUMMARY

HOME	8	AWAY	8	INT	1	PRIME	4
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2025 TRENDS ↗

AGAINST THE SPREAD

6-11 #28

35.30% cover rate

OVER / UNDER

11-6 #2

64.70% over rate

IMPLIED WIN TOTAL

11.5

T-1

DK o +115/u -140 · MGM o +115

PLAYER PROP MARKETS

🏈 PASSING YARDS

Lamar Jackson	3249.5	T-19	O -110	U -110	🏈
Lamar Jackson	3200.5	T-19	O -114	U -114	🏈

🏈 PASSING TDS

Lamar Jackson	24.5	T-9	O -115	U -105	🏈
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🏈 RUSHING YARDS

Derrick Henry	1249.5	T-1	O -110	U -110	🏈
Derrick Henry	1225.5	T-1	O -114	U -114	🏈
Lamar Jackson	575.5	#36	O -114	U -114	🏈
Lamar Jackson	574.5	#36	O -110	U -110	🏈

🏈 RUSHING TDS

Derrick Henry	12.5	T-1	O -105	U -120	🏈
Lamar Jackson	3.5	T-26	O -115	U -110	🏈

🏈 RECEIVING YARDS

Zay Flowers	975.5	#15	O -114	U -114	🏈
Zay Flowers	974.5	#15	O -110	U -110	🏈
Mark Andrews	524.5	T-71	O -110	U -110	🏈
Mark Andrews	500.5	T-71	O -114	U -114	🏈

🏈 RECEIVING TDS

Mark Andrews	6.5	T-11	O +100	U -125	🏈
Zay Flowers	5.5	T-22	O +100	U -130	🏈

🏈 SACKS

Trey Hendrickson	12.3	T-4	O -105	U -120	🏈
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First-time offensive coordinator Declan Doyle was brought up under Sean Payton and Ben Johnson, previously serving as the OC for the Bears. This will be his first crack at calling offensive plays. The Ravens saw 13 players depart via free agency and chose not to re-sign another six. Of the departures, the most notable for how we've grown accustomed to seeing this team play were fullback Patrick Ricard, tight end Charlie Kolar, and All Pro center Tyler Linderbaum, three bodies that allowed this team to operate near the top of the league in heavy personnel alignments in recent seasons. The team enters the 2026 season with three new projected starters along the offensive line, with recent signee Ethan Pocic likely charged with making up for the departure of Linderbaum. Finally, the team failed to add any meaningful impact offensive skill position players, waiting until the third round to address the need after refusing to add anyone in free agency.

To say the Ravens have an extremely wide range of outcomes, both on the field and in the box scores, is likely a significant understatement. I wouldn't be shocked to see this team finish near the top of the league in scoring, as they are currently projected (26.0 implied points per game, fourth), but I also wouldn't be shocked if the Ravens fell completely flat in their first season with a new head coach in 18 years. That's a situation that makes me nervous considering the team currently has three players in the top five rounds of best ball drafts. Derrick Henry enters his age-33 season with 2,662 professional carries on his frame. I understand that he just keeps churning out solid-to-elite seasons, but there is more working against him this year than any other season during his career. I will be underweight.

Lamar Jackson won the MVP in 2019 and 2023 and, by my count, was robbed of going back-to-back in 2024 for what would have been his third (41 passing touchdowns, four more on the ground, and set the all-time rushing record at the quarterback position). That said, this will be the first season of his career without Ricard, the move from Kolar to Durham Smythe is tangible, and we have no real insight to what the offense is going to look like with a new OC. Working in their favor are non-division games against the AFC South and NFC South, so it could be business as usual in Baltimore, but we're paying for median-plus outcomes with the top three players on the offense, on a team that could start the season slow.

Zay Flowers has now put up back-to-back 1,000-yard seasons but has still been capped at a meager five touchdowns during his three-year professional career. Give me literally any other wide receiver currently being drafted in his range over him (DeVonta Smith, Chris Olave, Tee Higgins, Emeka Egbuka, Ladd McConkey) in cumulative scoring formats. Rashod Bateman has managed to eclipse a modest 32 receptions in just two of five professional seasons, while none of Devontez Walker, Ja'Kobi Lane, or Elijah Sarratt do anything to move the needle. Mark Andrews enters his age-31 season after averaging only 37.1 offensive snaps per game in 2025, by far the lowest mark of his career. Do we see that tick back up following the departures of Isaiah Likely and Kolar, or is his body simply not capable of being on the field for 85 percent or more of the offensive snaps each week? More (heavy) uncertainties here. That said, if there is any player on this offense I stand to be overweight on, it is likely Andrews, considering his modest price tag and red zone acumen.

 UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Derrick Henry	RB7	RB8	RB7	-1
Zay Flowers	WR9	WR15	WR17	+2
Lamar Jackson	QB2	QB2	QB2	--
Mark Andrews	TE10	TE11	TE13	+2



AFC NORTH

Cincinnati Bengals

2025 Record: 6-11

2026 Bengals Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

26.0 #4

FF PLAYOFF PTS

78.5 #3

HC Zac Taylor	OC Dan Pitcher	DC AI Golden
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COACHING/COORDINATOR NOTES

HC Taylor: Year eight, full continuity with OC Pitcher and DC Golden so the offense is a known quantity: Burrow, tempo, and the league’s No. 1 neutral pass rate.

DC Golden: Retained despite a defense that was T-1st in Fantasy Points per Touch Allowed.

2025 STATS & TENDENCIES

11 PERS (3WR) #9 (64.6%)	12 PERS (2TE) #8 (29.3%)	21 PERS #23
PLAYS/GAME #15 (62.47)	PROE+ (PASS RATE OVER EXP × PACE) #6	EPA PER PLAY #19 (-0.008)
FP PER TOUCH ALLOWED #1 (1.01)	OFF PRESSURE RATE OVER EXP #25 (1.9)	DEF PRESSURE RATE OVER EXP #27 (-4.2)

2025 TARGET DISTRIBUTION

WR #14 60.5%	RB #13 18.3%	TE #23 21.3%
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Total targets: 607

LINE PLAY · 2025

Offensive Line — SR OL #27 (2026 aggregate) 2025 run-block ARBY #10

Run blocking (O-line) ARBY/carry #10 (2.78) · RB yds/carry #17 (4.34)

Run defense (D-line) ARBY/carry allowed #32 (3.27) · RB yds/carry allowed #31 (5.21)

2026 DRAFT PICKS

R2	#41	EDGE	Cashius Howell	Texas A&M
R3	#72	CB	Tacario Davis	Washington
R4	#128	IOL	Connor Lew	Auburn
R4	#140	WR	Colbie Young	Georgia
R6	#189	G	Brian Parker II	Duke
R7	#221	TE	Jack Endries	Texas
R7	#226	DT	Landon Robinson	Navy

KEY ROSTER MOVES

ADDITIONS

DT Dexter Lawrence

EDGE Boye Mafe

DT Jonathan Allen

S Bryan Cook

TE Erick All Jr. back after missing all of 2025

LOSSES

EDGE Trey Hendrickson

EDGE Joseph Ossai NYJ

TE Noah Fant

NOTES

The formula hasn't changed, the league's most generous defense per touch plus the highest neutral pass rate is fantasy gold.

Rookie Colbie Young joins Andrei Iosivas and Mike Gesicki (79.7% slot rate, 1st among qualified TEs) as the primary pass catchers behind Ja'Marr Chase and Tee.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #3

PASS MATCHUP
#20 of 32

RUSH MATCHUP
#21 of 32

W1			Tampa Bay Buccaneers
W2	@		Houston Texans
W3	@		Pittsburgh Steelers
W4			Jacksonville Jaguars
W5	@		Miami Dolphins
W6			Bye week
W7	@		Baltimore Ravens
W8			Tennessee Titans
W9	@		Atlanta Falcons  MADRID
W10			Pittsburgh Steelers 
W11	@		Washington Commanders 
W12			New Orleans Saints
W13	@		Cleveland Browns
W14			Kansas City Chiefs

FANTASY PLAYOFFS

W15	@		Carolina Panthers
W16	@		Indianapolis Colts
W17			Baltimore Ravens 

W18			Cleveland Browns
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SCHEDULE SUMMARY	HOME8	AWAY8	INT1	PRIME3
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2025 TRENDS ↗

AGAINST THE SPREAD

8-9 #19

47.10% cover rate

OVER / UNDER

9-8 #16

52.90% over rate

IMPLIED WIN TOTAL

10.5

T-3

DK o +115/u -140 · MGM u +115

PLAYER PROP MARKETS

PASSING YARDS

Joe Burrow3999.5T-3O -110U -110

PASSING TDS

Joe Burrow32.5#1O -115U -105

RUSHING YARDS

Chase Brown825.5T-17O -114U -114

Chase Brown824.5T-17O -110U -110

RUSHING TDS

Chase Brown5.5T-19O -125U +100

RECEIVING YARDS

Ja'Marr Chase1325.5#3O -114U -114

Ja'Marr Chase1324.5#3O -110U -110

Tee Higgins875.5#23O -114U -114

Tee Higgins874.5#23O -110U -110

RECEIVING TDS

Ja'Marr Chase10.5#1O +110U -135

Tee Higgins8.5T-4O +105U -130



Cincinnati Bengals

by @HilowFF

Head coach Zac Taylor returns for his eighth season in Cincinnati, a team that also, for some reason, retained defensive coordinator Al Golden after his defense allowed 28.9 points per game in 2025 (30th). On top of that, the franchise allowed Trey Hendrickson to walk in free agency, a player that was unquestionably hiding further flaws in the defense. But this is all good news for us in fantasy as this team is both highly predictable and explosive. The Bengals currently project as the fourth best scoring offense in 2026 (26.0 implied points per game, tied with the Ravens) after putting up 24.4 points per game in 2025 and 27.8 points per game in 2024.

Joe Burrow is one of the top two or three pure passers in the NFL at present but is coming off a third injury-shortened season in his first six years in the league. His 68.5 percent career completion rate currently stands as an all-time record, he has thrown for 34 or more touchdowns in all three healthy seasons, and he averages over two touchdown passes per game in 77 career starts. Oh yea, and then there's the bit about his supporting cast, with arguably the league's top wide receiver in Ja'Marr Chase, the top WR2 in Tee Higgins, and a capable, do-it-all back in

Chase Brown. All four deserve every bit of their inflated cost in best ball drafts. Andre Iosivas continues to appear to control the inside track to the starting WR3 role, although that is a role that has not proven to harbor fantasy upside in recent seasons.

Things get a little more interesting at tight end. Mike Gesicki has operated as the preferred pass catching option at the position for the previous two seasons, but his inability to block has held his snap rate in check. Drew Sample is the polar opposite of Gesicki in that he's a near-zero in the passing game but is an adept blocker. The most complete tight end on the roster just might be (actually, it's unquestioned) youngster Erick All, who missed the second half of his rookie season and the entirety of 2025 following a torn ACL. We don't know what direction the team will go at the position, but All could become one of the fleeting, near-every-down tight ends in the league if things fall just right - and he's undrafted in most best ball drafts.

Samaje Perine saw his role diminish as the 2025 season moved along but would seemingly be in the best position to benefit should an injury occur to Brown. He's a fine late-round cuff in best ball drafts.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Ja'Marr Chase	WR2	WR2	WR3	+1
Chase Brown	RB12	RB9	RB12	+3
Tee Higgins	WR18	WR17	WR19	+2
Joe Burrow	QB8	QB5	QB5	--

AFC NORTH



Cleveland Browns

2025 Record: 5-12

2026 Browns Depth Chart ↗

WIN TOTAL O/U

5.5 T-28

IMPLIED PTS/G

18.9 #30

FF PLAYOFF PTS

56.3 T-31

HC

Todd Monken NEW '26

OC

Travis Switzer NEW '26

DC

Mike Rutenberg NEW '26

COACHING/COORDINATOR NOTES

OC Switzer — Ex-Ravens run-game coord. Monken expected to call plays.

DC Rutenberg — First-time DC, assistant in Jacksonville and NYJ from 2021-24 under Saleh.

2025 STATS & TENDENCIES

11 PERS (3WR)

#27 (43.9%)

12 PERS (2TE)

#1 (41.2%)

21 PERS

#24

PLAYS/GAME

#19 (60.76)

PROE+ (PASS RATE OVER EXP × PACE)

#14

EPA PER PLAY

#31 (-0.190)

FP PER TOUCH ALLOWED

#20 (0.80)

OFF PRESSURE RATE OVER EXP

#31 (5.2)

DEF PRESSURE RATE OVER EXP

#2 (5.3)

2025 TARGET DISTRIBUTION

WR

#32

44.5%

RB

#5

23.0%

TE

#2

32.4%

Total targets: 521

LINE PLAY · 2025

Offensive Line — SR OL #32 (2026 aggregate) 2025 run-block ARBY #31

Run blocking (O-line)

ARBY/carry #31 (2.27) · RB yds/carry #32 (3.42)

Run defense (D-line)

ARBY/carry allowed #9 (2.43) · RB yds/carry allowed #15 (4.24)

2026 DRAFT PICKS

R1	#9	OT	Spencer Fano	Utah
R1	#24	WR	KC Concepcion	Texas A&M
R2	#39	WR	Denzel Boston	Washington
R2	#58	S	Emmanuel McNeil-Warren	Toledo
R3	#86	OT	Austin Barber	Florida
R5	#146	IOL	Parker Brailsford	Alabama
R5	#149	LB	Justin Jefferson	Alabama
R5	#170	TE	Joe Royer	Cincinnati
R6	#182	QB	Taylen Green	Arkansas
R7	#248	TE	Carsen Ryan	BYU

KEY ROSTER MOVES

ADDITIONS

EDGE Jared Verse

OT Tytus Howard

G Zion Johnson

LOSSES

EDGE Myles Garrett

G Wyatt Teller HOU

C Ethan Pocic

TE David Njoku LAC

LB Devin Bush CHI

G Joel Bitonio retired

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #4

PASS MATCHUP

#7 of 32

RUSH MATCHUP

#30 of 32

W1	@		Jacksonville Jaguars
W2	@		Tampa Bay Buccaneers
W3			Carolina Panthers
W4		 	Pittsburgh Steelers
W5	@		New York Jets
W6			Baltimore Ravens
W7	@		Tennessee Titans
W8	@		Pittsburgh Steelers
W9	@		New Orleans Saints
W10			Houston Texans
W11			Bye week
W12			Las Vegas Raiders
W13			Cincinnati Bengals
W14			Atlanta Falcons

FANTASY PLAYOFFS

W15	@		New York Giants
W16	@		Baltimore Ravens
W17			Indianapolis Colts

W18	@		Cincinnati Bengals
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SCHEDULE SUMMARY

HOME	8	AWAY	9	INT	0	PRIME	1
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2025 TRENDS ↗

AGAINST THE SPREAD

8-9 #19

47.10% cover rate

OVER / UNDER

8-9 #22

47.10% over rate

IMPLIED WIN TOTAL

5.5

T-28

DK o -130/u +110 · MGM o -120

PLAYER PROP MARKETS



RUSHING YARDS

Quinshon
Judkins

899.5

T-15

O -105

U -115



Quinshon
Judkins

875.5

T-15

O -114

U -114



RECEIVING YARDS

Harold Fannin
Jr.

699.5

T-44

O -110

U -110



Jerry Jeudy

624.5

T-60

O -110

U -110





Cleveland Browns

by @HilowFF

The Browns finished the 2025 season ranked 31st in points per game (16.4) and 30th in yards per game (262.1) while in the midst of a complete rebuild. They enter 2026 with four new projected starters along an offensive line that once struck fear into the league, the youngest skill position group in the league, a new coaching staff, and a quarterback battle that would strike fear into Mother Teresa. What could go wrong?

Second year quarterback Shedeur Sanders has reportedly “closed the gap” in the quarterback battle between himself and Deshaun Watson. Either way, the “winner” is being thrown to the wolves. Watson theoretically carries the higher upside based on his early-career exploits. He has been either injured or atrocious, sometimes both, for the better part of the previous four years, but he did put up three consecutive solid seasons for the Texans the last time we saw him fully healthy. I have no clue if that version is still in there, but if I’m taking a shot on “upside” late in drafts, it’ll be on him.

Jerry Jeudy had a season to forget in 2025 but that came on the heels of his first 1,000-yard season the year prior.

He still has only one professional season with more than a modest four touchdowns (six). He’s a fine-I-guess late-round dart throw. Rookies KC Concepcion and Denzel Boston joined the ranks in the first and second rounds, respectively. Boston put together quite the collegiate tape and I like his game better to translate to the NFL level early in his career, making me more interested to click his name at a later ADP. Harold Fannin Jr had a rookie season for the ages as the primary intermediate option in the offense. He’ll need to improve upon his lowly 66.6 percent route participation (just 71.2 percent in the second half of the season) if he is to return value at an elevated ADP.

Quinshon Judkins experienced the dreaded dislocated ankle and broken fibula during his rookie season, an injury that typically takes running backs more than a year to return to true form. I get it, we’ve seen the workout videos, but I am not overly enthused to be clicking his name at current ADP, particularly when you consider the state of this team. There is no reason for him to be drafted before guys like Bhayshul Tuten, Jadarian Price, and Jaylen Warren.

UNDERDOG RANKINGS & ADP					.5 PPR
PLAYER	statrankings+		ADP	+/-	
	PROJ	RANK			
Quinshon Judkins	RB16	RB20	RB19	-1	
Harold Fannin Jr.	TE7	TE9	TE8	-1	
KC Concepcion	WR52	WR46	WR51	+5	
Denzel Boston	WR68	WR58	WR60	+2	
Dylan Sampson	RB46	RB54	RB53	-1	
Jerry Jeudy	WR59	WR82	WR83	+1	

AFC NORTH



Pittsburgh Steelers

2025 Record: 10-7 | 4th seed (div winner)

2026 Steelers Depth Chart ↗

WIN TOTAL O/U

8.5 T-17

IMPLIED PTS/G

21.6 #23

FF PLAYOFF PTS

66.0 #23

HC

Mike McCarthy NEW '26

OC

Brian Angelichio NEW '26

DC

Patrick Graham NEW '26

COACHING/COORDINATOR NOTES

OC Angelichio (NEW '26): McCarthy's pick after missing on Tolzien, pried out of Minnesota where O'Connell reportedly tried to keep him. Career TE coach whose last OC job was Ithaca College two decades ago, and that's fine, because McCarthy calls the plays. The two go back to Green Bay. Title on the door, McCarthy on the sheet.

DC Graham (NEW '26): The proven half of the staff. Three prior DC stops (Miami, Giants, Raiders), and his 2023 Vegas defense jumped from 26th to 9th in scoring. Inherits a strong unit and is the reason the defense shouldn't crater in transition.

2025 STATS & TENDENCIES

11 PERS (3WR)

#31 (38.8%)

12 PERS (2TE)

#14 (24.9%)

21 PERS

#20

PLAYS/GAME

#28 (58.18)

PROE+ (PASS RATE OVER EXP × PACE)

#11

EPA PER PLAY

#16 (0.025)

FP PER TOUCH ALLOWED

#31 (0.71)

OFF PRESSURE RATE OVER EXP

#3 (-7.1)

DEF PRESSURE RATE OVER EXP

#14 (0.1)

2025 TARGET DISTRIBUTION

WR

#30

44.8%

RB

#2

25.4%

TE

#5

29.8%

Total targets: 520

LINE PLAY · 2025

Offensive Line — SR OL #17 (2026 aggregate) 2025 run-block ARBY #12

Run blocking (O-line)

ARBY/carry #12 (2.72) · RB yds/carry #14 (4.43)

Run defense (D-line)

ARBY/carry allowed #17 (2.66) · RB yds/carry allowed #17 (4.31)

2026 DRAFT PICKS

R1	#21	OT	Max Iheanachor	Arizona State
R2	#47	WR	Germie Bernard	Alabama
R3	#76	QB	Drew Allar	Penn State
R3	#85	CB	Daylen Everette	Georgia
R3	#96	IOL	Gennings Dunker	Iowa
R4	#121	WR	Kaden Wetjen	Iowa
R5	#169	TE	Riley Nowakowski	Indiana
R6	#210	DT	Gabriel Rubio	Notre Dame
R7	#224	S	Robert Spears-Jennings	Oklahoma
R7	#230	RB	Eli Heidenreich	Navy

KEY ROSTER MOVES

ADDITIONS

WR Michael Pittman Jr.

RB Rico Dowdle

CB Jamel Dean

S Jaquan Brisker

LOSSES

RB Kenneth Gainwell

TB

S Kyle Dugger

CIN

WR Calvin Austin

NYG

WR Marquez Valdes-Scantling

DAL

WR Adam Thielen

retired

NOTES

After running 11 personnel at the league's second-lowest rate (38.8%, #31), expect a correction toward 3-WR sets. Pittman and rookie Germie Bernard were added, Freiermuth will stay on the field in 11. Rodgers avoided contact at all costs last year, playing with the league's fastest time to throw. They want to lean on the defense, so our model projects just 30 pass attempts per game. The backfield rush usage is a near-even (54/46) split between Dowdle and Warren in our model, but Rodgers' trust in Warren on passing downs gives him a significant edge in our receiving projection.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #17

PASS MATCHUP

#22 of 32

RUSH MATCHUP

#23 of 32

W1			Atlanta Falcons
W2	@		New England Patriots
W3			Cincinnati Bengals
W4	@		Cleveland Browns 
W5			Indianapolis Colts
W6	@		Tampa Bay Buccaneers
W7	@		New Orleans Saints 
W8			Cleveland Browns
W9			Bye week
W10	@		Cincinnati Bengals 
W11	@		Philadelphia Eagles
W12			Denver Broncos
W13			Houston Texans 
W14	@		Jacksonville Jaguars 

FANTASY PLAYOFFS

W15			Baltimore Ravens
W16			Carolina Panthers
W17	@		Tennessee Titans
W18	@		Baltimore Ravens

SCHEDULE SUMMARY

HOME	8	AWAY	8	INT	1	PRIME	4
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2025 TRENDS ↗

AGAINST THE SPREAD

9-9 #13

50.00% cover rate

OVER / UNDER

9-8-1 #16

52.90% over rate

IMPLIED WIN TOTAL

8.5

T-17 DK o +100/u -120 · MGM o +115

PLAYER PROP MARKETS

PASSING YARDS

Aaron Rodgers	3149.5	#23	O -105	U -115	
Aaron Rodgers	3050.5	#23	O -114	U -114	

PASSING TDS

Aaron Rodgers	21.5	T-18	O -120	U +100	
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RUSHING YARDS

Rico Dowdle	749.5	T-25	O -110	U -110	
Jaylen Warren	650.5	#31	O -114	U -114	
Jaylen Warren	599.5	#31	O -110	U -110	

RECEIVING YARDS

DK Metcalf	824.5	T-26	O -110	U -110	
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RECEIVING TDS

DK Metcalf	5.5	T-22	O -105	U -120	
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SACKS

T.J. Watt	11.3	T-7	O +120	U -150	
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Pittsburgh Steelers

by @HilowFF

The longest-tenured coach in the NFL walked away this offseason, paving the way for Mike McCarthy to reenter the head coaching ranks. He will also call offensive plays in Pittsburgh, marking a significant change from Arthur Smith (good riddance). McCarthy's west-coast-based offense utilizes tempo and varying formations to spread opposition in the horizontal plane. His run game is based on outside zone concepts, with vertical elements layered in behind.

Aaron Rodgers held a lowly 9.68 percent deep throw rate, accompanied by a middling 65.7 percent completion rate and modest 6.2 average depth of throw, in 2025. Now entering his age-43 season, there is no reason to think Rodgers will suddenly start slinging the football around the yard again. Considering the expected offensive structure and state of their quarterback position, offseason addition Michael Pittman looks like the perfect fit on paper. Pittman's twitch, burst, and football smarts should quickly make him a favorite of Rodgers, although the per-target upside is entirely lacking. Fire him up in PPR formats while there are serious concerns in Half-PPR.

Most interesting to me when dissecting this team is the natural fit of running back Jaylen Warren in a McCarthy scheme. Warren finished behind only De'Von Achane in explosive run rate and led the league in yards per carry on outside zone runs in 2025. I get the narrative that Rico Dowdle has both familiarity with McCarthy and experience running behind outside zone concepts, but my money will be fully placed on Warren in best ball. Warren also gets the "checkdown merchant" bonus in PPR formats.

I remain unconvinced of DK Metcalf's fit with Rodgers. Metcalf is a bully on the field, no question, but he possesses very little nuance to his game. We saw it on the field for most of last season - the two just could not link up consistently. On the other hand, tight end Pat Freiermuth appears to have a solid setup entering the new season and can be drafted at cost. Second round rookie Germie Bernard is likely to challenge for the starting slot receiver role from the jump, although it likely comes with very little upside as the fourth, or worse, option in this offense.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Jaylen Warren	RB28	RB27	RB29	+2
DK Metcalf	WR38	WR32	WR40	+8
Rico Dowdle	RB29	RB29	RB34	+5
Michael Pittman Jr.	WR43	WR42	WR47	+5
Aaron Rodgers	QB29	QB27	QB27	--
Germie Bernard	WR71	WR80	WR86	+6
Pat Freiermuth	TE22	TE25	TE29	+4



DIVISION 03 / 08

AFC SOUTH

Four teams · win totals, projections and full breakdowns follow.

	Houston Texans	12-5 · 2025
	Indianapolis Colts	8-9 · 2025
	Jacksonville Jaguars	13-4 · 2025
	Tennessee Titans	3-14 · 2025

AFC SOUTH



Houston Texans

2025 Record: 12-5 | 5th seed (wildcard)

2026 Texans Depth Chart ↗

WIN TOTAL O/U

9.5 T-10

IMPLIED PTS/G

22.9 #19

FF PLAYOFF PTS

62.8 #26

HC

DeMeco Ryans

OC

Nick Caley

DC

Matt Burke

COACHING/COORDINATOR NOTES

HC Ryans: Continuity at the top. OC Caley retained, DC Burke continues.

2025 STATS & TENDENCIES

11 PERS (3WR)

#5 (66.5%)

12 PERS (2TE)

#31 (7.9%)

21 PERS

#13

PLAYS/GAME

#6 (64.18)

PROE+ (PASS RATE OVER EXP × PACE)

#7

EPA PER PLAY

#21 (-0.013)

FP PER TOUCH ALLOWED

#17 (0.82)

OFF PRESSURE RATE OVER EXP

#20 (0.8)

DEF PRESSURE RATE OVER EXP

#17 (-1.7)

2025 TARGET DISTRIBUTION

WR

#10

62.6%

RB

#26

13.9%

TE

#18

23.5%

Total targets: 553

LINE PLAY · 2025

Offensive Line — SR OL #30 (2026 aggregate) 2025 run-block ARBY #29

Run blocking (O-line)

ARBY/carry #29 (2.34) · RB yds/carry #27 (3.87)

Run defense (D-line)

ARBY/carry allowed #2 (2.29) · RB yds/carry allowed #2 (3.74)

2026 DRAFT PICKS

R1	#26	IOL	Keylan Rutledge	Georgia Tech
R2	#36	DL	Kayden McDonald	Ohio State
R2	#59	TE	Marlin Klein	Michigan
R4	#106	IOL	Febechi Nwaiwu	Oklahoma
R4	#123	LB	Wade Woodaz	Clemson
R5	#141	S	Kamari Ramsey	USC
R6	#204	WR	Lewis Bond	Boston College
R7	#243	LB	Aiden Fisher	Indiana

KEY ROSTER MOVES

ADDITIONS

RB David Montgomery	trade, DET
RT Braden Smith	
G Wyatt Teller	
C/G Keylan Rutledge	R1
G Ed Ingram	re-signed

LOSSES

RB Nick Chubb	
RB Joe Mixon	
WR Christian Kirk	SF
OT Tytus Howard	trade, CLE

NOTES

CJ Stroud posted a 107.0 rating clean vs. 67.4 under pressure with the 5th-highest off-target throw rate so the focus of the offseason was the offensive line.

Montgomery is the RB1: gone are Chubb and the ghost of Joe Mixon. Nico Collins led the team in TPRR (0.27) but after him it gets dicey. It should be Jayden Higgins and Jaylin Noel, but it should have been those two last season, and they ended with 57% and 33% route participation rates, respectively.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #19

PASS MATCHUP

#17 of 32

RUSH MATCHUP

#13 of 32

W1			Buffalo Bills
W2			Cincinnati Bengals
W3	@		Indianapolis Colts
W4			Dallas Cowboys
W5	@		Tennessee Titans
W6	@		Jacksonville Jaguars  LONDON
W7			New York Giants
W8			Bye week
W9	@		Los Angeles Chargers
W10	@		Cleveland Browns
W11		 	Indianapolis Colts
W12			Baltimore Ravens
W13	@	 	Pittsburgh Steelers
W14	@		Washington Commanders

FANTASY PLAYOFFS

W15



Jacksonville Jaguars

W16

@



Philadelphia Eagles

W17

@



Green Bay Packers

W18		Tennessee Titans
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SCHEDULE SUMMARY	HOME	8	AWAY	8	INT	1	PRIME	4
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2025 TRENDS ↗

AGAINST THE SPREAD

10-9 #12

52.60% cover rate

OVER / UNDER

7-11-1 #28

38.90% over rate

IMPLIED WIN TOTAL

9.5

T-10

DK o -125/u +105 · MGM o -140

PLAYER PROP MARKETS

 PASSING YARDS

C.J. Stroud	3599.5	T-13	O -110	U -110	
C.J. Stroud	3550.5	T-13	O -114	U -114	

 PASSING TDS

C.J. Stroud	22.5	T-16	O -115	U -105	
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 RUSHING YARDS

David Montgomery	825.5	T-17	O -114	U -114	
David Montgomery	824.5	T-17	O -120	U +100	

 RUSHING TDS

David Montgomery	7.5	T-11	O -115	U -110	
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 RECEIVING YARDS

Nico Collins	1074.5	#9	O -110	U -110	
Nico Collins	1050.5	#9	O -114	U -114	
Jayden Higgins	* 574.5	T-64	O -110	U -110	

*Out for the season

 RECEIVING TDS

Nico Collins	6.5	T-11	O -105	U -120	
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SACKS

Danielle Hunter	12.8	#3	O +110	U -135	
Will Anderson Jr.	12.3	T-4	O +110	U -135	



One of the biggest hurdles to sustained offensive success for the Texans in recent history has been a putrid offensive line (that and some dude named Bobby Slowik), something the team went out of their way to address this offseason (finally). After blocking to just 2.34 adjusted run blocking yards (ARBY) in 2025, Houston added guard Wyatt Teller and tackle Braden Smith in free agency before drafting center Keylan Rutledge in the first round. I was not a believer in C.J. Stroud coming out of college and I was hastily made to look like a fool with his rookie season. And then 2024 happened, and then 2025. I bring that up because Stroud's kryptonite has been pressure throughout his career. He has been downright atrocious when placed under pressure, culminating in his up-and-down 2025 season during which he completed just 50.4 percent of his passes for 5.90 yards per attempt and a five-to-five touchdown-to-interception ratio when pressured. Bringing us back to the offensive line. Can Teller and Smith return to their All-Pro form, with Smith also charged with moving from his more natural guard position to tackle? Can Rutledge hold up on the interior? Can this unit gel early in the season with so many new faces? There is a lot of uncertainty here, widening the range of outcomes for this offense.

David Montgomery has not been charged with a lead back's workload since his time in Chicago. What I think is more important regarding this backfield is who I view Woody Marks and Jawhar Jordan to be, which are not backs that can command a massive portion of the backfield opportunities. I completely expect Marks to be the primary change of pace option and likely get more receiving work. I also completely

expect Montgomery to be the primary-plus back in this backfield, and if improvements are made along the offensive line, that could be a really nice setup considering his modest price tag. I will be overweight.

Nico Collins is, without question, a top 10 receiver in the league when healthy. What he is able to do to opposing defenses with his size, speed, route running ability, and hands is a thing to behold. Adding to his upside is an offensive coordinator in Nick Caley that has proven to be skilled at designing an offense around the talent on the field. The emergence of Jayden Higgins and presence of Jaylin Noel and, eventually, Tank Dell, give Caley additional pieces on his chess board. Considering current cost and the wide range of outcomes of this offense, Higgins vaults up my list of players to target in Houston. There is clear runway for him to improve upon a modest 52.8 percent route participation rate from his rookie season, during which he commanded a solid 20 percent targets per route run rate. Tight end Dalton Schultz is about as boring as they come for fantasy purposes, equally as unlikely to completely ruin your season as he is to become a league-winner. He also could see his role slightly diminished through the addition of Foster Moreau.

INJURY UPDATE · AUG 26

The season-ending injury to Jayden Higgins prompted the team to trade for Kayshon Boutte, who should start opposite Collins in 2-WR sets. Xavier Hutchinson also should see increased opportunities in Higgins' absence but has yet to fully capitalize on increased emphasis during his short career. Finally, Schultz suddenly finds himself thrust into a primary pass catching role and should return significant value at current ADP. If taking swings on secondary wide receivers, Boutte offers the clearest path to upside in a best ball setting.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Nico Collins	WR12	WR10	WR12	+2
David Montgomery	RB22	RB21	RB24	+3
C.J. Stroud	QB22	QB23	QB24	+1
Woody Marks	RB45	RB46	RB44	-2
Dalton Schultz	TE21	TE20	TE21	+1
Tank Dell	WR80	WR81	WR75	-6



AFC SOUTH

Indianapolis Colts

2025 Record: 8-9

2026 Colts Depth Chart ↗

WIN TOTAL O/U

7.5 T-21

IMPLIED PTS/G

23.4 #15

FF PLAYOFF PTS

73.5 T-9

HC

Shane Steichen

OC

Jim Bob Cooter

DC

Lou Anarumo

COACHING/COORDINATOR NOTES

HC Steichen: Continuity, with OC Jim Bob Cooter and DC Anarumo both back.

2025 STATS & TENDENCIES

11 PERS (3WR)

#12 (62.7%)

12 PERS (2TE)

#13 (26.2%)

21 PERS

#26

PLAYS/GAME

#20 (60)

PROE+ (PASS RATE OVER EXP × PACE)

#24

EPA PER PLAY

#9 (0.072)

FP PER TOUCH ALLOWED

#26 (0.78)

OFF PRESSURE RATE OVER EXP

#9 (-3.3)

DEF PRESSURE RATE OVER EXP

#23 (-2.7)

2025 TARGET DISTRIBUTION

WR

#19

59.1%

RB

#24

14.6%

TE

#8

26.3%

Total targets: 528

LINE PLAY · 2025

Offensive Line — SR OL #7 (2026 aggregate) 2025 run-block ARBY #13

Run blocking (O-line)

ARBY/carry #13 (2.68) · RB yds/carry #7 (4.73)

Run defense (D-line)

ARBY/carry allowed #18 (2.67) · RB yds/carry allowed #9 (4.02)

2026 DRAFT PICKS

R2	#53	LB	CJ Allen	Georgia
R3	#78	S	A.J. Haulcy	LSU
R4	#113	IOL	Jalen Farmer	Kentucky
R4	#135	LB	Bryce Boettcher	Oregon
R5	#156	EDGE	George Gumbs Jr.	Florida
R6	#214	EDGE	Caden Curry	Ohio State
R7	#237	RB	Seth McGowan	Kentucky
R7	#254	WR	Deion Burks	Oklahoma

KEY ROSTER MOVES

ADDITIONS

WR Nick Westbrook-Ikhine

CB Cam Taylor-Britt

EDGE Arden Key

LOSSES

WR Michael Pittman Jr.

RT Braden Smith HOU

LB Zaire Franklin

EDGE Kwity Paye LV

CB Kenny Moore II

NOTES

Daniel Jones was great to start last season in this scheme before the Achilles (11th in FP per dropback), and his health and mobility are a major factor in IND's season again. Their biggest target earner (Pittman) is gone and Alec Pierce is still not practicing. That sets up Tyler Warren and Josh Downs for increased usage with Westbrook-Ikhine likely running wind sprints on the outside.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #13

PASS MATCHUP
#12 of 32

RUSH MATCHUP
#22 of 32

W1		 Baltimore Ravens
W2	@	 Kansas City Chiefs 
W3		 Houston Texans
W4	@	 Washington Commanders  LONDON
W5	@	 Pittsburgh Steelers
W6		 Tennessee Titans
W7	@	 Minnesota Vikings
W8	@	 Jacksonville Jaguars
W9		 Dallas Cowboys
W10		 Miami Dolphins
W11	@	 Houston Texans 
W12		 New York Giants
W13		Bye week
W14	@	 Philadelphia Eagles
FANTASY PLAYOFFS		
W15	@	 Tennessee Titans
W16		 Cincinnati Bengals
W17	@	 Cleveland Browns
W18		 Jacksonville Jaguars

SCHEDULE SUMMARY	HOME8	AWAY8	INT1	PRIME2
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2025 TRENDS ↗

AGAINST THE SPREAD

9-7-1 #8

56.30% cover rate

OVER / UNDER

9-8 #16

52.90% over rate

IMPLIED WIN TOTAL

7.5

T-21

DK o -140/u +115 · MGM u +105

PLAYER PROP MARKETS

RUSHING YARDS

Jonathan Taylor	1249.5	T-1	O -110	U -110	
Jonathan Taylor	1225.5	T-1	O -114	U -114	



RUSHING TDS

Jonathan Taylor	11.5	T-3	O +105	U -130	
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RECEIVING YARDS

Josh Downs	824.5	T-26	O -110	U -110	
Tyler Warren	750.5	T-38	O -114	U -114	
Tyler Warren	724.5	T-38	O -110	U -110	



RECEIVING TDS

Tyler Warren	5.5	T-22	O +110	U -135	
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SACKS

Laiatu Latu	6.8	T-23	O -125	U +100	
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The Colts went through a ton of offseason personnel changes, most notable of which were the departures of wide receiver Michael Pittman, tackle Braden Smith, LB Zaire Franklin, and edge Kwity Paye. Quarterback Daniel Jones is coming off the dreaded torn Achilles after inking a two-year, \$88 million extension with the team earlier in 2025. I prefer clicking his name in playoff formats as opposed to cumulative formats, but he can qualify as a fine QB3 in 20-round drafts. Last season was a tale of two seasons for the Colts, who stood at a remarkable 7-1 record at the midway point of the season before dropping eight of their final nine games. That serves to show the immensely wide range of outcomes for this team in the coming season, largely dependent on how often they find themselves playing with a lead. They are currently implied to score 23.4 points per game (15th) after erupting for the fourth most points per play a season ago.

Fourth-year wide receiver Josh Downs is one of the most polarizing selections currently on the board. There are two schools of thought: (1) Downs steps into an increased role following the departure of Pittman, where his per-target upside leads to solid weekly ceiling, or (2) Downs continues to operate as a near slot-only receiver, one that doesn't see the field in heavy personnel alignments. Let's take a moment to unpack the situation. Downs was in a route at a modest 62.8 percent clip in 2025, down from 72.8 percent the year prior. The team ran from 11-personnel

at a 62.7 rate, aligning with Downs' route participation, and were near the top of the league in 21-personnel usage at 26.2 percent. It then becomes clear that the slight dip in role was primarily due to the presence of then-rookie tight end Tyler Warren, whom I expect to continue to take a step forward in the offense entering his second season. Furthermore, the team replaced Pittman with another prototypical X-type receiver in Nick Westbrook-Ikhine, likely allowing the team to operate in a similar structure to what we saw last year. That said, I will likely strive for near-even-weight exposure for the case that Downs' perimeter role does grow, something that has been hinted at by head coach Shane Steichen this offseason. I just don't see that as the likeliest scenario, regardless of the July coachspeak.

That also makes me higher than consensus on Jonathan Taylor, the primary cog of the offense, and Alec Pierce, considering we don't expect Westbrook-Ikhine to command targets at a meaningful rate. Taylor is tied with James Cook and Derrick Henry for the highest rushing yard prop while also checking in with a gaudy 11.5 rushing touchdown line. He makes sense anywhere in the back half of the first round after Christian McCaffrey. Pierce led the league in yards per reception (21.34) and ranked in the top 18 in yards per route run a season ago, and there is now room to improve upon modest marks in targets per route run (19 percent) and target share (17.4 percent) with Pittman no longer in town.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings ⁺		ADP	+/-
	PROJ	RANK		
Jonathan Taylor	RB4	RB4	RB5	+1
Tyler Warren	TE5	TE4	TE4	--
Alec Pierce	WR47	WR44	WR46	+2
Josh Downs	WR39	WR34	WR38	+4
Daniel Jones	QB21	QB25	QB23	-2



AFC SOUTH

Jacksonville Jaguars

2025 Record: 13-4 | 3rd seed (div winner)

2026 Jaguars Depth Chart ↗

WIN TOTAL O/U

8.5 T-17

IMPLIED PTS/G

23.3 #16

FF PLAYOFF PTS

70.8 #11

HC

Liam Coen

OC

Grant Udinski

DC

Anthony Campanile

COACHING/COORDINATOR NOTES

HC Coen: Year two, full staff continuity with OC Udinski and DC Campanile.

2025 STATS & TENDENCIES

11 PERS (3WR)

#7 (65.9%)

12 PERS (2TE)

#21 (18.8%)

21 PERS

#17

PLAYS/GAME

#4 (64.41)

PROE+ (PASS RATE OVER EXP × PACE)

#10

EPA PER PLAY

#14 (0.031)

FP PER TOUCH ALLOWED

#16 (0.83)

OFF PRESSURE RATE OVER EXP

#5 (-5.1)

DEF PRESSURE RATE OVER EXP

#16 (-1.1)

2025 TARGET DISTRIBUTION

WR

#3

66.5%

RB

#25

14.3%

TE

#29

19.2%

Total targets: 547

LINE PLAY · 2025

Offensive Line — SR OL #21 (2026 aggregate) 2025 run-block ARBY #23

Run blocking (O-line)

ARBY/carry #23 (2.50) · RB yds/carry #22 (4.17)

Run defense (D-line)

ARBY/carry allowed #8 (2.42) · RB yds/carry allowed #4 (3.87)

2026 DRAFT PICKS

R2	#56	TE	Nate Boerkircher	Texas A&M
R3	#81	DL	Albert Regis	Texas A&M
R3	#88	IOL	Emmanuel Pregon	Oregon
R3	#100	S	Jalen Huskey	Maryland
R4	#119	EDGE	Wesley Williams	Duke
R5	#164	TE	Tanner Koziol	Houston
R6	#191	WR	Josh Cameron	Baylor
R6	#203	WR	CJ Williams	Stanford
R7	#233	EDGE	Zach Durfee	Washington
R7	#240	LB	Parker Hughes	Middle Tennessee

KEY ROSTER MOVES

ADDITIONS

RB Chris Rodriguez Jr.

LOSSES

RB Travis Etienne

LB Devin Lloyd

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #18

PASS MATCHUP

#15 of 32

RUSH MATCHUP

#19 of 32

W1		 Cleveland Browns
W2	@	 Denver Broncos
W3		 New England Patriots
W4	@	 Cincinnati Bengals
W5		 Philadelphia Eagles  LONDON
W6		 Houston Texans  LONDON
W7		Bye week
W8		 Indianapolis Colts
W9	@	 Baltimore Ravens 
W10	@	 Tennessee Titans
W11	@	 New York Giants
W12		 Tennessee Titans
W13	@	 Chicago Bears
W14		 Pittsburgh Steelers 

FANTASY PLAYOFFS

W15

@

 Houston Texans

W16

@

 Dallas Cowboys 

W17

 Washington Commanders

W18	@	 Indianapolis Colts
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SCHEDULE SUMMARY

HOME	6	AWAY	9	INT	2 T-1st	PRIME	3
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2025 TRENDS

AGAINST THE SPREAD

12-6 #2

66.70% cover rate

OVER / UNDER

10-8 #13

55.60% over rate

IMPLIED WIN TOTAL

8.5

T-17

DK o -125/u +105 · MGM o +120

PLAYER PROP MARKETS



PASSING YARDS

Trevor Lawrence	3774.5	#7	O -105	U -115	
Trevor Lawrence	3750.5	#7	O -114	U -114	



PASSING TDS

Trevor Lawrence	25.5	T-7	O -110	U -110	
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RUSHING YARDS

Bhayshul Tuten	699.5	#28	O -110	U -110	
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RECEIVING YARDS

Parker Washington	749.5	#40	O -120	U +100	
Brian Thomas Jr.	724.5	T-41	O -115	U -105	
Jakobi Meyers	699.5	T-44	O -110	U -110	



RECEIVING TDS

Brian Thomas Jr.	4.5	T-35	O +100	U -125	
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SACKS

Josh Hines-Allen	9.8	#11	O -105	U -120	
Travon Walker	6.8	T-23	O -110	U -115	

Only the Patriots improved their year-over-year scoring more than the Jaguars last season, with Jacksonville finishing the 2025 season ranked sixth in points per game (27.7) after managing only 18.8 the year prior. Much of that improvement should be attributed to head coach Liam Coen, someone whom I would describe as a master of personnel alignment manipulation. His intricate use of pre-snap motion, play action, and misdirection contributed heavily to quarterback Trevor Lawrence’s breakout season. Lawrence finished the 2025 season ranked fifth in fantasy points per dropback (FP/DB, 0.56), 12th in passing EPA per play (EPA/play), and fifth in passing touchdowns (26) and there is clear reason to be bullish as he enters his second season with Coen.

Bhayshul Tuten enters the new season as the presumed lead back but currently has an ADP that screams uncertainty from the field. Let’s break it down. Tuten drew praise from Coen for his ability to find the end zone and the coach also talked up his talent. The team allowed Travis Etienne to walk in free agency and replaced his spot on the roster with former sixth-round back Chris Rodriguez. Rodriguez has familiarity with Coen from their time together at Kentucky, but has made just seven starts in 35 appearances while being targeted only seven times in three professional seasons. So, where is the upside in this backfield? Give me all of the Tuten in the fifth round, and I would take him over Bucky Irving, Quinshon Judkins, TreVeyon Henderson, and Cam Skattebo.

The primary pass catchers are all lumped together and riddled with uncertainty. Here is how I see things. Parker Washington’s

breakout in the second half of the 2025 season was not smoke and mirrors. Instead, I see him as one of the better ascending wide receivers in the league, particularly considering how he was utilized in the offense at the tail end of last year. His ability to generate separation in close and over the middle of the field is likely going to keep him as a favorite target of Lawrence, particularly with how valuable the in-breaking routes are in Coen’s offense. He worked his way up to a 75.6 percent route participation rate from Week 9 on, leading the team in receiving with 640 yards and four touchdowns in that span, all while holding elite underlying metrics. His 2.64 yards per route run from Week 9 on would have ranked behind only Puka Nacua, Jaxon Smith-Njigba, Dalton Kincaid, and Amon-Ra St. Brown if held for the entirety of the season. Elite stuff. I’m chasing his ADP up until he reaches the fourth round, gladly clicking his name over Jordan Tyson, teammate Brian Thomas Jr, Rome Odunze, Carnell Tate, and D.J. Moore.

That should also tell you how I view BTJ. One interesting nugget here is how his role in the offense changed once he returned from injury in Week 13, taking on a much more downfield-oriented route structure. That makes him more appealing in Half-PPR formats, although I still prefer others in his range in a vacuum. Jakobi Meyers is a fine-I-guess, cost-considered click but I much prefer hammering quarterback and tight end in that round eight to round 10 range. It’s a similar story for tight end Brenton Strange - a fine-I-guess pick at cost that appears unlikely to truly help you win anything at a TE18 valuation.

 UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Bhayshul Tuten	RB21	RB22	RB23	+1
Brian Thomas Jr.	WR36	WR38	WR33	-5
Parker Washington	WR32	WR23	WR29	+6
Trevor Lawrence	QB12	QB10	QB10	--
Jakobi Meyers	WR37	WR50	WR55	+5
Chris Rodriguez Jr.	RB55	RB41	RB41	--
Travis Hunter	WR79	WR70	WR64	-6
Brenton Strange	TE18	TE17	TE18	+1

AFC SOUTH



Tennessee Titans

2025 Record: 3-14

2026 Titans Depth Chart ↗

WIN TOTAL O/U

6.5 T-26

IMPLIED PTS/G

20.7 #26

FF PLAYOFF PTS

64.0 #25

HC

Robert Saleh NEW '26

OC

Brian Daboll NEW '26

DC

Gus Bradley NEW '26

COACHING/COORDINATOR NOTES

HC Saleh (NEW '26): Saleh runs the defense himself with Bradley (NEW '26) holding the DC title.

OC Daboll (NEW '26): Handpicked by Saleh for the Cam Ward project on the strength of the Josh Allen development work.

2025 STATS & TENDENCIES

11 PERS (3WR)

#1 (70.1%)

12 PERS (2TE)

#24 (16.5%)

21 PERS

#19

PLAYS/GAME

#26 (59)

PROE+ (PASS RATE OVER EXP × PACE)

#15

EPA PER PLAY

#30 (-0.160)

FP PER TOUCH ALLOWED

#10 (0.90)

OFF PRESSURE RATE OVER EXP

#13 (-1.7)

DEF PRESSURE RATE OVER EXP

#18 (-1.9)

2025 TARGET DISTRIBUTION

WR

#24

56.0%

RB

#16

17.6%

TE

#7

26.5%

Total targets: 529

LINE PLAY · 2025

Offensive Line — SR OL #31 (2026 aggregate) 2025 run-block ARBY #16

Run blocking (O-line)

ARBY/carry #16 (2.64) · RB yds/carry #16 (4.34)

Run defense (D-line)

ARBY/carry allowed #4 (2.36) · RB yds/carry allowed #20 (4.33)

2026 DRAFT PICKS

R1	#4	WR	Carnell Tate	Ohio State
R1	#31	EDGE	Keldric Faulk	Auburn
R2	#60	EDGE	Anthony Hill Jr.	Texas
R5	#142	IOL	Fernando Carmona	Arkansas
R5	#165	RB	Nicholas Singleton	Penn State
R6	#184	DL	Jackie Marshall	Baylor
R6	#194	C	Pat Coogan	Indiana
R7	#225	TE	Jaren Kanak	Oklahoma

KEY ROSTER MOVES

ADDITIONS

WR Carnell Tate	4th overall
WR Wan'Dale Robinson	
QB Mitchell Trubisky	
EDGE Jermaine Johnson II	
G Cordell Volson	
DL John Franklin-Myers	

LOSSES

DT T'Vondre Sweat	NYJ
CB L'Jarius Sneed	KC
CB Kaiir Elam	KC
TE Chig Okonkwo	WAS
WR Van Jefferson	WAS

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #14

PASS MATCHUP
#11 of 32

RUSH MATCHUP
#27 of 32

W1		 New York Jets
W2		 Philadelphia Eagles
W3	@	 New York Giants
W4	@	 Baltimore Ravens
W5		 Houston Texans
W6	@	 Indianapolis Colts
W7		 Cleveland Browns
W8	@	 Cincinnati Bengals
W9		Bye week
W10		 Jacksonville Jaguars
W11	@	 Dallas Cowboys
W12	@	 Jacksonville Jaguars
W13		 Washington Commanders
W14	@	 Detroit Lions

FANTASY PLAYOFFS

W15		 Indianapolis Colts
W16	@	 Las Vegas Raiders
W17		 Pittsburgh Steelers

W18	@	 Houston Texans
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SCHEDULE SUMMARY

HOME	8	AWAY	9	INT	0	PRIME	0
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2025 TRENDS ↗

AGAINST THE SPREAD

7-10 #23

41.20% cover rate

OVER / UNDER

11-6 #2

64.70% over rate

IMPLIED WIN TOTAL

6.5

T-26 DK o -105/u -115 · MGM u -115

PLAYER PROP MARKETS

PASSING YARDS

Cam Ward3250.5#18O -114U -114



RUSHING YARDS

Tony Pollard800.5T-21O -114U -114



Tony Pollard799.5T-21O -110U -110



RUSHING TDS

Tony Pollard5.5T-19O +100U -125



RECEIVING YARDS

Wan'Dale Robinson674.5T-48O -110U -110



Calvin Ridley624.5T-60O -110U -110



RECEIVING TDS

Calvin Ridley3.5T-48O +110U -135





No team had a busier offseason than the Titans, who find themselves firmly in year three of a complete rebuild. Out is Brian Callahan and in come defensive-minded head coach Robert Saleh and former Giants head and Bills offensive coordinator coach Brian Daboll. The move in offensive play caller might be one of the more stark this offseason. Callahan kept the training wheels on quarterback Cam Ward, whereas Daboll is likely to be much more aggressive in his demeanor. The team also invested heavily in Ward's supporting cast, signing slot receiver Wan'Dale Robinson, center Austin Schlottman, and guard Cordell Volson while drafting Carnell Tate in the first round. The Titans are still implied for only 20.7 points per game (26th), but I much prefer taking shots on the potential of Ward late in drafts over players like Sam Darnold, Bryce Young, and Aaron Rodgers.

Daboll's offense can best be described as an Erhardt-Perkins system, which looks to layer in deep passing behind varied rushing concepts, with an emphasis on stressing the second-level linebackers through quick passing. Slot receivers have thrived in this system at multiple stops, making the signing of Robinson notable. I have Robinson well ahead of consensus in PPR formats. Tate was drafted to be the future of this offense in conjunction with Ward. He should occupy the X-type receiver role but has the tools to be moved around the

formation to generate mismatches. He should have no problem handling press-man coverage at the NFL level, although we don't have much of a sample to go off of from his collegiate career. If attacking the Tennessee playoff schedule, I want to be pairing Ward with one, or both, of Tate and Robinson, and Tate makes for a fine one-off selection at cost.

The Titans drafted running back Nicholas Singleton in the fifth round but this still appears to be Tony Pollard's backfield, with an ADP seemingly to be held back by the uncertainty surrounding his role. I prefer Jaylen Warren at a similar ADP, but Pollard is my primary fallback in that range on teams that need a second back near the six-seven turn. Tyjae Spears is not on my fantasy radar as I would expect him to split work with Singleton in the event of a Pollard injury.

The ghost of Calvin Ridley should handle the primary Z role but I wouldn't be surprised if he finishes third on the team, or worse, in route participation. I want no part of him this season. Gunnar Helm gets additional competition from recent additions Daniel Bellinger and Kylen Granson, but there is room for him to improve upon a modest 37.5 percent route participation rate from his rookie season. He's fine, I guess. I'm not going out of my way to be overweight.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Carnell Tate	WR31	WR33	WR36	+3
Tony Pollard	RB24	RB30	RB31	+1
Wan'Dale Robinson	WR46	WR45	WR53	+8
Cam Ward	QB27	QB24	QB25	+1
Cameron Ward	QB27	QB24	QB25	+1
Tyjae Spears	RB43	RB47	RB51	+4
Gunnar Helm	TE25	TE28	TE28	--
Calvin Ridley	WR57	WR86	WR85	-1



DIVISION 04 / 08

AFC WEST

Four teams · win totals, projections and full breakdowns follow.

	Denver Broncos	14-3 · 2025
	Kansas City Chiefs	6-11 · 2025
	Las Vegas Raiders	3-14 · 2025
	Los Angeles Chargers	11-6 · 2025

AFC WEST



Denver Broncos

2025 Record: 14-3 | 1st seed (div winner)

2026 Broncos Depth Chart ↗

WIN TOTAL O/U

9.5 T-10

IMPLIED PTS/G

22.4 #21

FF PLAYOFF PTS

65.5 #24

HC

Sean Payton

OC

Davis Webb NEW '26

DC

Vance Joseph

COACHING/COORDINATOR NOTES

HC Payton: Continues but hands the call sheet to a new OC for the first time in Denver.

OC Webb (NEW '26): Promoted from pass game coordinator/QB coach, first-time play-caller, though the offense stays Payton's system.

DC Joseph: Continues behind a defense that carried the team.

2025 STATS & TENDENCIES

11 PERS (3WR)

#11 (63.8%)

12 PERS (2TE)

#29 (10.1%)

21 PERS

#12

PLAYS/GAME

#3 (64.59)

PROE+ (PASS RATE OVER EXP × PACE)

#2

EPA PER PLAY

#10 (0.050)

FP PER TOUCH ALLOWED

#20 (0.80)

OFF PRESSURE RATE OVER EXP

#10 (-2.5)

DEF PRESSURE RATE OVER EXP

#6 (3.8)

2025 TARGET DISTRIBUTION

WR

#15

60.3%

RB

#8

20.1%

TE

#28

19.6%

Total targets: 582

LINE PLAY · 2025

Offensive Line — SR OL #1 (2026 aggregate) 2025 run-block ARBY #7

Run blocking (O-line)

ARBY/carry #7 (2.81) · RB yds/carry #13 (4.43)

Run defense (D-line)

ARBY/carry allowed #3 (2.31) · RB yds/carry allowed #3 (3.86)

2026 DRAFT PICKS

R3	#66	DT	Tyler Onyedim	Texas A&M
R4	#108	RB	Jonah Coleman	Washington
R4	#111	IOL	Kage Casey	Boise State
R5	#152	TE	Justin Joly	NC State
R7	#246	S	Miles Scott	Illinois
R7	#256	TE	Dallen Bentley	Utah
R7	#257	LB	Red Murdock	Buffalo

KEY ROSTER MOVES

ADDITIONS

WR Jaylen Waddle

LOSSES

LB Dre Greenlaw	SF
DL John Franklin-Myers	TEN
S P.J. Locke	DAL
S Justin Simmons	retired

NOTES

Bo Nix (our QB12) fractured his ankle winning the Divisional game, missed the championship, had two procedures, and opened camp leading first-team drills with no limitations.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #10

PASS MATCHUP

#13 of 32

RUSH MATCHUP

#26 of 32

W1	@	 Kansas City Chiefs 
W2		 Jacksonville Jaguars
W3		 Los Angeles Rams
W4	@	 San Francisco 49ers
W5	@	 Los Angeles Chargers
W6		 Seattle Seahawks 
W7	@	 Arizona Cardinals
W8		 Kansas City Chiefs
W9	@	 Carolina Panthers
W10		Bye week
W11		 Las Vegas Raiders
W12	@	 Pittsburgh Steelers
W13		 Miami Dolphins
W14	@	 New York Jets

FANTASY PLAYOFFS

W15	@	 Las Vegas Raiders
W16		 Buffalo Bills
W17	@	 New England Patriots

W18	 Los Angeles Chargers
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SCHEDULE SUMMARY	HOME8	AWAY9	INT0	PRIME2
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2025 TRENDS ↗

2025 TRENDS

AGAINST THE SPREAD

9-10 #17

47.40% cover rate

OVER / UNDER

8-11 #27

42.10% over rate

IMPLIED WIN TOTAL

9.5 T-10 DK o -110/u -110 · MGM u +105

PLAYER PROP MARKETS

 PASSING YARDS

Bo Nix	3499.5	#16	O -110	U -110	
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 PASSING TDS

Bo Nix	24.5	T-9	O -105	U -115	
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 RUSHING YARDS

J.K. Dobbins	675.5	#29	O -114	U -114	
J.K. Dobbins	674.5	#29	O -110	U -110	

 RECEIVING YARDS

Jaylen Waddle	925.5	T-18	O -114	U -114	
Jaylen Waddle	874.5	T-18	O -120	U +100	
Courtland Sutton	775.5	T-34	O -114	U -114	
Courtland Sutton	774.5	T-34	O -110	U -110	

 RECEIVING TDS

Courtland Sutton	6.5	T-11	O -125	U +100	
Jaylen Waddle	5.5	T-22	O -105	U -120	

SACKS

Nik Bonitto	11.8	#6	O +110	U -135	
Zach Allen	8.3	T-13	O +110	U -135	



Denver Broncos

by @HilowFF

Sean Payton enters his fourth season in Denver and third with Bo Nix under center. The Broncos finished near the middle of the pack in scoring in each of the previous two seasons (23.2 points per game in 2025 and 24.0 in 2024) and are now implied for just 22.4 points per game in 2026 (21st), a far cry from the offensive successes Payton had in his heyday in New Orleans. Working in their favor this season is a top tier offensive line that returns all five starters. They also added a player that could function as a true “joker” in Payton’s offense with the acquisition of Jaylen Waddle. Reports from Denver beat writers suggest that Waddle will be moved all around the formation, which makes sense considering Courtland Sutton maintains an established role in the offense. Both receivers are appealing at current cost considering they should be charged with the bulk of the aerial production.

Troy Franklin appears to have a stranglehold on the WR3 role and carries solid contingent value. He is capable of playing anywhere on the field and would be the next man up should something happen to either Waddle or Sutton. Pat Bryant, Marvin Mims, and Lil’Jordan Humphrey are all likeliest to play gadget/schemed roles and are not deserving of draft picks. Evan Engram is far past his prime

as he enters the final year of his contract, accounting for a ridiculous 4.7 percent of the team’s 2026 salary cap (woof). That isn’t enough to call him a usable fantasy asset as he is likely to cede significant snaps to Payton-favorite Adam Trautman.

Which brings us to a backfield riddled with uncertainty. From what I can glean from beat reports this offseason, the team appears excited about J.K. Dobbins still, with the most recent reports indicating that they are hoping he can rekindle the form he showed during the first 10 weeks of the 2025 season. That would leave him as the “lead” back to begin the season, with RJ Harvey in a clearly delineated “change of pace plus” role that includes more passing down usage and rookie Jonah Coleman a distant backup. That can obviously change between now and when games matter, but Coleman should not be regarded as anything more than a handcuff at present. Dobbins’ lengthy injury history makes both Harvey and Coleman interesting clicks considering the strength of the offensive line, but I won’t currently prioritize either over backs in more valuable situations (the pure handcuffs to first round backs like Gibbs, Robinson, McCaffrey, Taylor, Jeanty, Cook, and Barkley).



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Jaylen Waddle	WR28	WR20	WR23	+3
Courtland Sutton	WR30	WR41	WR39	-2
RJ Harvey	RB39	RB35	RB33	-2
J.K. Dobbins	RB33	RB36	RB35	-1
Bo Nix	QB13	QB13	QB14	+1

AFC WEST



Kansas City Chiefs

2025 Record: 6-11

2026 Chiefs Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

24.1 #11

FF PLAYOFF PTS

70.5 #12

HC

Andy Reid

OC

Eric Bieniemy NEW '26

DC

Steve Spagnuolo

COACHING/COORDINATOR NOTES

OC Bieniemy (NEW '26): Second stint after running the offense from 2018-22, replacing Nagy (now NYG). Currently away from the team following the shooting of his wife, with no timetable. Terrible situation.

DC Spagnuolo: Retained.

2025 STATS & TENDENCIES

11 PERS (3WR)

#21 (56.5%)

12 PERS (2TE)

#10 (28.2%)

21 PERS

#14

PLAYS/GAME

#14 (62.59)

PROE+ (PASS RATE OVER EXP × PACE)

#5

EPA PER PLAY

#11 (0.035)

FP PER TOUCH ALLOWED

#25 (0.79)

OFF PRESSURE RATE OVER EXP

#21 (1.0)

DEF PRESSURE RATE OVER EXP

#3 (4.8)

2025 TARGET DISTRIBUTION

WR

#22

56.9%

RB

#21

16.2%

TE

#6

26.8%

Total targets: 548

LINE PLAY · 2025

Offensive Line — SR OL #19 (2026 aggregate) 2025 run-block ARBY #17

Run blocking (O-line)

ARBY/carry #17 (2.63) · RB yds/carry #30 (3.71)

Run defense (D-line)

ARBY/carry allowed #11 (2.57) · RB yds/carry allowed #8 (4.02)

2026 DRAFT PICKS

R1	#6	CB	Mansoor Delane	LSU
R1	#29	DL	Peter Woods	Clemson
R2	#40	EDGE	R Mason Thomas	Oklahoma
R5	#109	CB	Jadon Canady	Oregon
R5	#161	RB	Emmett Johnson	Nebraska
R5	#176	WR	Cyrus Allen	Cincinnati
R7	#249	QB	Garrett Nussmeier	LSU

KEY ROSTER MOVES

ADDITIONS

RB Kenneth Walker III	reigning SB MVP
QB Justin Fields	NYJ
CB L'Jarius Sneed	
CB Kaiir Elam	

LOSSES

CB Trent McDuffie	LAR
RB Isiah Pacheco	DET
WR Hollywood Brown	PHI
WR JuJu Smith-Schuster	NYG
QB Gardner Minshew	ARZ

NOTES

Mahomes is fully cleared seven months off the ACL: in a brace, leading first-team 11-on-11s with no rep limits, and a stated mission to play Week 1.

Kenneth Walker, one of the most explosive backs in the league (8.1% breakaway rush rate, 2nd), should excel in a system that kept Kareem Hunt fantasy-viable (0.66 FP per rush attempt, 21st) despite a 1.2% breakaway rate (48th).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #9

PASS MATCHUP
#16 of 32

RUSH MATCHUP
#14 of 32

W1		 Denver Broncos	
W2		 Indianapolis Colts	
W3	@	 Miami Dolphins	
W4	@	 Las Vegas Raiders	
W5		Bye week	
W6		 Los Angeles Chargers	
W7	@	 Seattle Seahawks	
W8	@	 Denver Broncos	
W9		 New York Jets	
W10	@	 Atlanta Falcons	
W11		 Arizona Cardinals	
W12	@	 Buffalo Bills	
W13	@	 Los Angeles Rams	
W14	@	 Cincinnati Bengals	

FANTASY PLAYOFFS

W15		 New England Patriots	
W16		 San Francisco 49ers	
W17	@	 Los Angeles Chargers	

W18		 Las Vegas Raiders	
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SCHEDULE SUMMARY

HOME	8	AWAY	9	INT	0	PRIME	6 T-1st
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2025 TRENDS

AGAINST THE SPREAD

6-11 **#28**

35.30% cover rate

OVER / UNDER

4-13 **#32**

23.50% over rate

IMPLIED WIN TOTAL

10.5

T-3

DK o +115/u -140 · MGM o +115

PLAYER PROP MARKETS

 RECEIVING YARDS

Travis Kelce	675.5	#47	O -114	U -114	
Travis Kelce	674.5	#47	O -110	U -110	
Xavier Worthy	649.5	T-53	O -110	U -110	

 RECEIVING TDS

Travis Kelce	4.5	T-35	O -115	U -115	
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HILOW'S BEST BALL TAKE

Kansas City Chiefs

by @HilowFF

Eric Bieniemy returns to Kansas City as the offensive coordinator after stints with the Commanders, UCLA Bruins, and Bears. It was foolish to leave the Chiefs in the first place. Bieniemy has a tight relationship with Patrick Mahomes after the two combined to lead an offense that never finished below sixth in points per game during their five years together. Head coach Andy Ried has already confirmed he will continue to call offensive plays, but that was the case during Bieniemy's previous stint as well. Mahomes has reportedly been fully medically cleared to participate in training camp as he works his way back from a torn ACL. The Chiefs are currently implied for 24.1 points per game (11th) and have non-division games against the NFC West and AFC East.

After over a decade of neglect at running back, the Chiefs went out and made something happen at the position through the acquisition of Kenneth Walker. Here is the list of leading rushers in Kansas City following the departure of Jamaal Charles: Kareem Hunt, Hunt, Isaiah Pacheco, Pacheco, Darrel Williams, Clyde Edwards-Helaire (hey, they tried), Damien Williams, Hunt, Hunt, Spencer Ware, Charcandrick West. Only Hunt in 2017 pierced 1,000 yards. There is no reason to expect Walker to be anything else than a borderline workhorse back considering the depth behind him consists of Emari Demercado, Brashard Smith, and Emmett Johnson. Every bit deserving of a second round ADP.

Rashee Rice served his jail time and rehabbed his knee and is reportedly healthy entering camp (pause to appreciate the ludicrous nature of that sentence). He should continue to serve as the primary cog of the offense through the air in what amounts to a short-area, schemed-usage-boosted, PPR-smash, red-zone-heavy role, particularly considering his primary competition for those types of targets is a 37-year-old tight end. Second round in PPR and third round in Half-PPR makes sense for his profile. Travis Kelce returns for his 14th professional season having earned Pro Bowl honors for the previous 11. It has now been four years since he eclipsed 1,000 yards or five touchdowns. I prefer fellow veterans George Kittle and Mark Andrews in a vacuum and would rather wait a round or two for Dallas Goedert or Chig Okonkwo.

Xavier Worthy caught 59 passes and scored six touchdowns in his rookie season before a Week 1 shoulder injury derailed his sophomore campaign. I like him to finish second on the team in receiving over Kelce in his third season, making him a fine selection at cost. Tyquan Thornton appears to have the starting Z receiver role locked down as the primary deep threat in the offense, but Mahomes has been downright awful on deep throws in recent seasons. Even so, there is no reason why Thornton should be a 17th round selection in best ball drafts. I will be significantly overweight.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Kenneth Walker III	RB10	RB6	RB10	+4
Rashee Rice	WR7	WR13	WR15	+2
Patrick Mahomes II	QB16	QB17	QB11	-6
Xavier Worthy	WR51	WR51	WR49	-2
Travis Kelce	TE13	TE12	TE11	-1

AFC WEST



Las Vegas Raiders

2025 Record: 3 - 14

2026 Raiders Depth Chart ↗

WIN TOTAL O/U

5.5 T-28

IMPLIED PTS/G

19.2 #28

FF PLAYOFF PTS

62.5 #27

HC

Klint Kubiak NEW '26

OC

Andrew Janocko NEW '26

DC

Rob Leonard NEW '26

COACHING/COORDINATOR NOTES

HC Kubiak (NEW '26): First-year HC off the Seahawks' championship offense, with OC Janocko (NEW '26) and DC Leonard (NEW '26).

2025 STATS & TENDENCIES

11 PERS (3WR)

#18 (57.6%)

12 PERS (2TE)

#4 (33.5%)

21 PERS

#29

PLAYS/GAME

#31 (55.82)

PROE+ (PASS RATE OVER EXP × PACE)

#7 2025 0.60

EPA PER PLAY

#32 (-0.215)

FP PER TOUCH ALLOWED

#19 (0.81)

OFF PRESSURE RATE OVER EXP

#19 (0.4)

DEF PRESSURE RATE OVER EXP

#26 (-4.0)

2025 TARGET DISTRIBUTION

WR

#28

49.1%

RB

#10

19.3%

TE

#3

31.6%

Total targets: 493

LINE PLAY · 2025

Offensive Line — SR OL #26 (2026 aggregate) 2025 run-block ARBY #32

Run blocking (O-line)

ARBY/carry #32 (2.10) · RB yds/carry #31 (3.65)

Run defense (D-line)

ARBY/carry allowed #6 (2.38) · RB yds/carry allowed #10 (4.06)

2026 DRAFT PICKS

R1	#1	QB	Fernando Mendoza	Indiana
R2	#38	S	Treydan Stukes	Arizona
R3	#67	EDGE	Keyron Crawford	Auburn
R3	#91	IOL	Trey Zuhn III	Texas A&M
R4	#101	CB	Jermod McCoy	Tennessee
R4	#122	RB	Mike Washington Jr.	Arkansas
R5	#150	S	Dalton Johnson	Arizona
R5	#175	CB	Hezekiah Masses	California
R6	#195	WR	Malik Benson	Oregon
R7	#229	DT	Brandon Cleveland	NC State

KEY ROSTER MOVES

ADDITIONS

QB Kirk Cousins	
C Tyler Linderbaum	
WR Jalen Nailor	
CB Taron Johnson	BUF
EDGE Kwity Paye	
LB Quay Walker	

LOSSES

QB Geno Smith	trade, NYJ
QB Kenny Pickett	CAR
LB Jamal Adams	MIN

NOTES

Kubiak, called a "football robot from heaven," is the alpha regardless of who is under center (Cousins is slated to start the season). Linderbaum anchoring the line is a massive upgrade. Rookie Mike Washington Jr. looks like a legit RB2 behind Jeanty.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #16

PASS MATCHUP

#3 of 32

RUSH MATCHUP

#32 of 32

W1		 Miami Dolphins
W2	@	 Los Angeles Chargers
W3	@	 New Orleans Saints
W4		 Kansas City Chiefs
W5	@	 New England Patriots
W6		 Buffalo Bills
W7		 Los Angeles Rams
W8	@	 New York Jets
W9	@	 San Francisco 49ers
W10		 Seattle Seahawks
W11	@	 Denver Broncos
W12	@	 Cleveland Browns
W13		Bye week
W14		 Los Angeles Chargers

FANTASY PLAYOFFS

W15		 Denver Broncos
W16		 Tennessee Titans
W17	@	 Arizona Cardinals

W18	@	 Kansas City Chiefs
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SCHEDULE SUMMARY	HOME8	AWAY9	INT0	PRIME0
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2025 TRENDS ↗

2025 TRENDS

AGAINST THE SPREAD

7-10 #23

41.20% cover rate

OVER / UNDER

8-9 #22

47.10% over rate

IMPLIED WIN TOTAL

5.5

T-28 DK o -146/u +120 · MGM u +130

PLAYER PROP MARKETS

 RUSHING YARDS

Ashton Jeanty	975.5	#9	O -114	U -114	
Ashton Jeanty	974.5	#9	O -110	U -110	

 RUSHING TDS

Ashton Jeanty	7.5	T-11	O -105	U -120	
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 RECEIVING YARDS

Brock Bowers	925.5	T-18	O -114	U -114	
Brock Bowers	899.5	T-18	O -110	U -110	
Tre Tucker	574.5	T-64	O -110	U -110	

 RECEIVING TDS

Brock Bowers	7.5	T-6	O +130	U -165	
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Klint Kubiak’s arrival in Las Vegas marks one of the bigger offensive upgrades in the league. The team is still implied for only 19.2 points per game (28th) but that still signals a significant improvement from the 14.2 points per game they managed a season ago (dead last). The team should also get a significant improvement in quarterback play after selecting Fernando Mendoza with the No. 1 overall pick and signing Kirk Cousins this offseason. The powers that be seem to want Mendoza to learn behind Cousins to start the season and I put his range between Week 6 and Week 14 (following their Week 13 bye) before we see Mendoza on the field, likely dependent on the state of the offense and team during the time Cousins is under center.

The player that should see the biggest statistical boost through the arrival of Kubiak is second-year running back Ashton Jeanty. Kubiak’s west coast offense oozes Kyle Shanahan, with heavy pre-snap motion, play action, and an outside zone run scheme designed to get the ball to play makers in space. The tail end of the first round makes sense for Jeanty.

The fact that the Raiders did very little this offseason to address their pass catcher ranks bodes well for continued growth for tight end Brock Bowers. His 84 percent route participation ranked third at the position in 2025 but led to only 34.1 routes per game, meaning there is room for further upside in his third season should that number increase. Even so, I currently find myself underweight

considering a second round ADP, positional scarcity be damned. There are just too many elite wide receivers and running backs in that range and you can make up for Bowers at a “onesie” position through upside volume in cumulative scoring formats. In other words, give me something like eighth round Sam LaPorta plus ninth round Kyle Pitts plus 12th round Dallas Goedert in a vacuum. For playoff formats, you’re now contending with the expectation of a rookie quarterback for the playoff rounds. Not many people think of a 20th round tight end as carrying much contingent upside, but Michael Mayer is one of my favorite last-round clicks on the board. He would immediately find himself as a primary target through the air should something happen to Bowers at any point this season. How many 20th round selections have a path to double-digit targets within their weekly range of outcomes (before you gawk at that claim, he had a 10-target game in relief of Bowers last season)?

People appear to be excited about Tre Tucker and recent addition Jalen Nailor considering their respective ADP. I pose a different perspective. What if Jack Bech is actually good at football? Bech is the receiver that profiles most closely to what truly excels in a “McShanahan” offense, with in-breaking routes king. The fact that the pass catching hierarchy is wide open behind Bowers gives multiple “outs” to upside and, like Mayer, the contingent value is off the charts. Bech is another last-round favorite of mine.

 UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Ashton Jeanty	RB9	RB10	RB9	-1
Brock Bowers	TE1	TE1	TE1	--
Jalen Nailor	WR58	WR59	WR61	+2
Tre Tucker	WR56	WR61	WR62	+1
Fernando Mendoza	QB30	QB28	QB28	--
Mike Washington Jr.	RB56	RB44	RB45	+1



AFC WEST

Los Angeles Chargers

2025 Record: 11-6 | 7th seed (wildcard)

2026 Chargers Depth Chart ↗

WIN TOTAL O/U

9.5 T-10

IMPLIED PTS/G

23.8 #13

FF PLAYOFF PTS

74.3 #7

HC

Jim Harbaugh

OC

Mike McDaniel NEW '26

DC

Chris O'Leary NEW '26

COACHING/COORDINATOR NOTES

OC McDaniel (NEW '26): His Miami offenses were built on heavy 21 personnel, RB target share, and league-leading motion rates. His schemes have maximized offensive line play, and he now inherits a talented group getting healthy.

DC O'Leary (NEW '26): Harbaugh brings him back to LA after he built Western Michigan into a top defensive unit.

2025 STATS & TENDENCIES

11 PERS (3WR)

#19 (57.3%)

12 PERS (2TE)

#32 (5.7%)

21 PERS

#6

PLAYS/GAME

#5 (64.35)

PROE+ (PASS RATE OVER EXP x PACE)

#23

EPA PER PLAY

#25 (-0.023)

FP PER TOUCH ALLOWED

#20 (0.80)

OFF PRESSURE RATE OVER EXP

#32 (6.4)

DEF PRESSURE RATE OVER EXP

#7 (3.0)

2025 TARGET DISTRIBUTION

WR

#1

68.7%

RB

#30

13.0%

TE

#30

18.3%

Total targets: 540

LINE PLAY · 2025

Offensive Line — SR OL #9 (2026 aggregate) 2025 run-block ARBY #27

Run blocking (O-line)

ARBY/carry #27 (2.45) · RB yds/carry #23 (4.07)

Run defense (D-line)

ARBY/carry allowed #12 (2.58) · RB yds/carry allowed #16 (4.30)

2026 DRAFT PICKS

R1	#22	EDGE	Akheem Mesidor	Miami
R2	#63	IOL	Jake Slaughter	Florida
R4	#105	WR	Brenen Thompson	Mississippi State
R4	#117	OT	Travis Burke	Memphis
R4	#131	S	Genesis Smith	Arizona
R5	#145	DL	Nick Barrett	South Carolina
R6	#202	G	Logan Taylor	Boston College
R6	#206	G	Alex Harkey	Oregon

KEY ROSTER MOVES

ADDITIONS

C Tyler Biadasz	from WSH
G Cole Strange	
Re-signed: EDGE Khalil Mack	
Extended: S Derwin James Jr.	

LOSSES

EDGE Odafe Oweh	WSH
G Zion Johnson	CLE

NOTES

With the line getting healthy up front (Slater back from the torn patellar, Alt returning) and Herbert in his prime, we're bullish like everyone else on this offense, and especially high on a Ladd McConkey bounce-back with Keenan Allen, last year's target share leader, gone.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #23

PASS MATCHUP
#26 of 32

RUSH MATCHUP
#24 of 32

W1		 Arizona Cardinals
W2		 Las Vegas Raiders
W3	@	 Buffalo Bills
W4	@	 Seattle Seahawks
W5		 Denver Broncos
W6	@	 Kansas City Chiefs
W7		Bye week
W8	@	 Los Angeles Rams
W9		 Houston Texans
W10	@	 Baltimore Ravens 
W11		 New York Jets
W12		 New England Patriots 
W13	@	 Tampa Bay Buccaneers
W14	@	 Las Vegas Raiders

FANTASY PLAYOFFS

W15		 San Francisco 49ers 
W16	@	 Miami Dolphins
W17		 Kansas City Chiefs

W18	@	 Denver Broncos
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SCHEDULE SUMMARY	HOME8	AWAY9	INT0	PRIME3
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2025 TRENDS ↗

AGAINST THE SPREAD

9-9 #13

50.00% cover rate

OVER / UNDER

7-11 #28

38.90% over rate

IMPLIED WIN TOTAL

9.5

T-10 DK o -140/u +115 · MGM u +115

PLAYER PROP MARKETS

PASSING YARDS

Justin Herbert	3650.5	#9	O -114	U -114	
Justin Herbert	3599.5	#9	O -120	U +100	

PASSING TDS

Justin Herbert	24.5	T-9	O -125	U +105	
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RUSHING YARDS

Omarion Hampton	949.5	#12	O -110	U -110	
Omarion Hampton	925.5	#12	O -114	U -114	

RUSHING TDS

Omarion Hampton	7.5	T-11	O -135	U +110	
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RECEIVING YARDS

Ladd McConkey	900.5	T-21	O -114	U -114	
Ladd McConkey	849.5	T-21	O -110	U -110	
Quentin Johnston	649.5	T-53	O -110	U -110	

RECEIVING TDS

Ladd McConkey	5.5	T-22	O -125	U +100	
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SACKS

Tuli Tuipulotu	10.3	T-9	O -110	U -115	
Khalil Mack	7.3	T-19	O +105	U -130	



Los Angeles Chargers

by @HilowFF

In what has become somewhat of a theme for the AFC West this offseason, the Chargers get a massive boost with the addition of offensive coordinator Mike McDaniel. Forget what the media was saying on his way out of Miami, this man is one of the sharpest offensive minds in the league today. McDaniel managed to average the most yards per game in 2023 with Tua Tagovailo's noodle arm under center. Look no further than the team's offseason acquisitions to gauge our expectations for personnel tendencies. The Dolphins added one of the league's top fullbacks in Alec Ingold, one of the league's top blocking tight ends in Charlie Kolar, and then signed tight end David Njoku to pair with 2025 breakout Oronde Gadsden. Expect the Chargers to challenge for the league lead in heavy personnel utilization.

Which then begs the question, which wide receivers are likeliest to remain on the field in two-receiver sets? Ladd McConkey is a near lock to remain on the field in heavy sets, which is a massive boost to his fantasy upside. The receiver to join him on the field in heavy sets is a much more nuanced discussion. Quentin Johnston is a physical deep threat, albeit one that is a near-zero in blocking ability. Tre' Harris was one of the best young blockers in the league during his rookie season. Based on the

intangibles that McDaniel values at the position, I would venture a guess that Harris is going to see more offensive snaps than the field currently expects, likely sharing in the WR2 duties behind McConkey. That would be another massive boost to McConkey's fantasy upside if he's seeing a handful of snaps each game where his target competition on the play are two tight ends and Harris. McConkey is one of my favorite clicks in the third round.

Currently implied for 23.8 points per game (13th), the Chargers have a legitimate path to enter the top five in scoring in 2026. Along with that, quarterback Justin Herbert has a legitimate path to lead the league in passing. He is currently tied with Patrick Mahomes for fourth best MVP odds at +1000 but is currently off the board as the QB9 in the seventh round. He will carry one of my highest exposures at the position in 2026. Omarion Hampton has crept up into the early second round, which is likely where he should be drafted. I prefer Ashton Jeanty, James Cook, Kenneth Walker, and Chase Brown in that range in a vacuum, but I will strive to be even weight. I prefer to target the offense as a whole if I select Hampton in the second, stacking him up with McConkey in the next round and Herbert in the seventh to place a bet on the offense truly erupting.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Omarion Hampton	RB15	RB12	RB13	+1
Ladd McConkey	WR20	WR16	WR18	+2
Quentin Johnston	WR42	WR47	WR50	+3
Justin Herbert	QB7	QB7	QB9	+2
Oronde Gadsden II	TE28	TE15	TE18	+3



DIVISION 05 / 08

NFC EAST

Four teams · win totals, projections and full breakdowns follow.

	Dallas Cowboys	7-9 · 2025
	New York Giants	4-13 · 2025
	Philadelphia Eagles	11-6 · 2025
	Washington Commanders	5-12 · 2025

NFC EAST



Dallas Cowboys

2025 Record: 7-9

2026 Cowboys Depth Chart ↗

WIN TOTAL O/U

9.5 T-10

IMPLIED PTS/G

25.7 #6

FF PLAYOFF PTS

77.0 #4

HC
Brian Schottenheimer

OC
Klayton Adams

DC
Christian Parker NEW '26

COACHING/COORDINATOR NOTES

HC Schottenheimer: Year two, OC Adams continues, and the offense that finished 5th in scoring returns intact.

DC Parker (NEW '26): 34-year-old first-time coordinator off the Eagles' Super Bowl staff.

2025 STATS & TENDENCIES

11 PERS (3WR)

#4 (67.4%)

12 PERS (2TE)

#22 (17.4%)

21 PERS

#8

PLAYS/GAME

#1 (65.76)

PROE+ (PASS RATE OVER EXP × PACE)

#4

EPA PER PLAY

#5 (0.097)

FP PER TOUCH ALLOWED

#1 (1.01)

OFF PRESSURE RATE OVER EXP

#11 (-1.9)

DEF PRESSURE RATE OVER EXP

#13 (0.6)

2025 TARGET DISTRIBUTION

WR

#4

63.8%

RB

#29

13.5%

TE

#19

22.7%

Total targets: 607

LINE PLAY · 2025

Offensive Line — SR OL #16 (2026 aggregate) 2025 run-block ARBY #4

Run blocking (O-line)

ARBY/carry #4 (2.96) · RB yds/carry #9 (4.65)

Run defense (D-line)

ARBY/carry allowed #22 (2.77) · RB yds/carry allowed #26 (4.72)

2026 DRAFT PICKS

R1	#11	S	Caleb Downs	Ohio State
R1	#23	EDGE	Malachi Lawrence	UCF
R3	#92	EDGE	Jaishawn Barham	Michigan
R4	#112	OT	Drew Shelton	Penn State
R4	#114	CB	Devin Moore	Florida
R4	#137	DL	LT Overton	Alabama
R7	#218	WR	Anthony Smith	East Carolina

KEY ROSTER MOVES

ADDITIONS

EDGE Rashan Gary trade, GB

LOSSES

DT Osa Odighizuwa trade, SF

DT Solomon Thomas trade, TEN

LB Logan Wilson released, retired

WR Jalen Tolbert MIA

NOTES

4th pass strength of schedule, 6th most projected points; business as usual for a Dak-led offense with two alphas at WR.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #30

PASS MATCHUP
#4 of 32

RUSH MATCHUP
#15 of 32

W1	@	 New York Giants 
W2		 Washington Commanders
W3		 Baltimore Ravens  RIO DE JANEIRO
W4	@	 Houston Texans
W5		 Tampa Bay Buccaneers 
W6	@	 Green Bay Packers 
W7	@	 Philadelphia Eagles 
W8		 Arizona Cardinals
W9	@	 Indianapolis Colts
W10		 San Francisco 49ers
W11		 Tennessee Titans
W12		 Philadelphia Eagles
W13	@	 Seattle Seahawks 
W14		Bye week

FANTASY PLAYOFFS

W15	@	 Los Angeles Rams
W16		 Jacksonville Jaguars 
W17		 New York Giants

W18	@	 Washington Commanders
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SCHEDULE SUMMARY	HOME8	AWAY8	INT1	PRIME6 T-1st
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2025 TRENDS ↗

AGAINST THE SPREAD

7-10 #23

41.20% cover rate

OVER / UNDER

13-4 #1

76.50% over rate

IMPLIED WIN TOTAL

9.5

T-10 DK o +115/u -140 · MGM u -125

PLAYER PROP MARKETS

★ PASSING YARDS

Dak Prescott	4050.5	#2	O -114	U -114	
Dak Prescott	3999.5	#2	O -110	U -110	

★ PASSING TDS

Dak Prescott	27.5	T-4	O +100	U -120	
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★ RUSHING YARDS

Javonte Williams	950.5	#11	O -114	U -114	
Javonte Williams	949.5	#11	O -110	U -110	

★ RUSHING TDS

Javonte Williams	9.5	T-6	O -105	U -120	
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★ RECEIVING YARDS

CeeDee Lamb	1200.5	#5	O -114	U -114	
CeeDee Lamb	1199.5	#5	O -110	U -110	
George Pickens	1050.5	T-10	O -114	U -114	
George Pickens	999.5	T-10	O -110	U -110	
Jake Ferguson	524.5	T-71	O -110	U -110	

★ RECEIVING TDS

CeeDee Lamb	7.5	T-6	O -110	U -115	
George Pickens	6.5	T-11	O -130	U +105	
Jake Ferguson	4.5	T-35	O -145	U +115	



Dallas Cowboys

by @HilowFF

Brian Schottenheimer returns for this second season as the head coach in Dallas after being with the team as the offensive coordinator (2023-2024) and coaching analyst (2022) previously. His offense finished the 2025 season ranked fifth in scoring (27.7 points per game) while averaging the second most yards per game (391.9). Almost all of their resources were pumped into the defensive side of the ball after surrendering the third most yards per game (377.0), most points per game (30.1), and worst EPA/play a season ago. Those moves include a new defensive coordinator in Christian Parker and six new projected starters on that side of the ball. In other words, we were targeting games involving these Cowboys and the Bengals throughout the 2025 season because both teams were similar in the sense that they had an elite offense and atrocious defense. While the Bengals maintained status quo (or potentially got worse) on the defensive side of the ball, the Cowboys look to be improving. Consider it a slight boost to running back Javonte Williams and an ever-so-

slight knock to the upside of Dak Prescott, CeeDee Lamb, and George Pickens.

Look, Lamb is a surefire first round pick, don't get me wrong. Pickens still makes a ton of sense at the two-three turn. But I will be slightly underweight considering the improving nature of the defense. Prescott has attempted between 590 and 600 passes, thrown for at least 4,449 yards, and finished with 30 or more touchdown passes in each of his previous three fully healthy seasons. He has also missed 24 games in the previous six seasons. He is a fine selection in the seventh round but I prefer Justin Herbert and Trevor Lawrence in a vacuum.

Tight end Jake Ferguson quietly morphed into a short-area merchant with the emergence of George Pickens in 2025, finishing the season with a lowly 4.7 aDOT with a disgusting 9.4 percent air yards share. That also included a modest 69.4 percent route participation. I have not found myself clicking his name often in the 11th round.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
CeeDee Lamb	WR5	WR5	WR7	+2
George Pickens	WR15	WR12	WR14	+2
Javonte Williams	RB13	RB17	RB21	+4
Dak Prescott	QB11	QB9	QB8	-1
Jake Ferguson	TE12	TE16	TE15	-1
Ryan Flornoy	WR71	WR76	WR61	-15

NFC EAST



New York Giants

2025 Record: 4-13

2026 Giants Depth Chart ↗

WIN TOTAL O/U

7.5 T-21

IMPLIED PTS/G

22.1 #22

FF PLAYOFF PTS

67.5 T-19

HC

John Harbaugh NEW '26

OC

Matt Nagy NEW '26

DC

Dennard Wilson NEW '26

COACHING/COORDINATOR NOTES

HC Harbaugh (NEW '26): Brings in Ricard, Likely, and Faalele from BAL. Hired Nagy (NEW '26) to run the offense: west-coast, heavy motion and RPOs, high screen rates, more under-center than Dart has ever played. Dart's own words: "a lot of things that I haven't done before."

DC Wilson (NEW '26).

2025 STATS & TENDENCIES

11 PERS (3WR)

#14 (60.9%)

12 PERS (2TE)

#5 (32.6%)

21 PERS

#27

PLAYS/GAME

#7 (64)

PROE+ (PASS RATE OVER EXP × PACE)

#15

EPA PER PLAY

#17 (0.012)

FP PER TOUCH ALLOWED

#3 (1.00)

OFF PRESSURE RATE OVER EXP

#24 (1.7)

DEF PRESSURE RATE OVER EXP

#11 (0.9)

2025 TARGET DISTRIBUTION

WR

#17

60.0%

RB

#9

19.7%

TE

#26

20.3%

Total targets: 502

LINE PLAY · 2025

Offensive Line — SR OL #20 (2026 aggregate) 2025 run-block ARBY #24

Run blocking (O-line)

ARBY/carry #24 (2.49) · RB yds/carry #25 (3.97)

Run defense (D-line)

ARBY/carry allowed #27 (2.83) · RB yds/carry allowed #32 (5.49)

2026 DRAFT PICKS

R1	#5	EDGE	Arvell Reese	Ohio State
R1	#10	OT	Francis Mauigoa	Miami
R2	#37	CB	Colton Hood	Tennessee
R3	#74	WR	Malachi Fields	Notre Dame
R6	#186	DL	Bobby Jamison-Travis	Auburn
R6	#192	OT	J.C. Davis	Illinois
R6	#193	LB	Jack Kelly	BYU

KEY ROSTER MOVES

ADDITIONS

TE Isaiah Likely	
FB Patrick Ricard	
G Daniel Faalele	
WR Odell Beckham Jr.	return
WR Darnell Mooney	
S Ar'Darius Washington	

LOSSES

DT Dexter Lawrence	trade, CIN (No. 10 pick)
WR Wan'Dale Robinson	TEN
TE Daniel Bellinger	TEN
K Graham Gano	
QB Russell Wilson	retired

NOTES

Nabers avoided PUP but had a second procedure since the ACL. Many are scared away by this. We say the probability you win a large-field best ball tourney (even your home league) is low, so why draft scared. If Nabers busts, oh well, see you in '27. If he hits at this ADP and is healthy for the fantasy playoffs, you are set up for glory.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #25

PASS MATCHUP

#8 of 32

RUSH MATCHUP

#17 of 32

W1		 Dallas Cowboys 
W2	@	 Los Angeles Rams 
W3		 Tennessee Titans
W4		 Arizona Cardinals
W5	@	 Washington Commanders
W6		 New Orleans Saints
W7	@	 Houston Texans
W8		Bye week
W9	@	 Philadelphia Eagles
W10		Washington Commanders 
W11		 Jacksonville Jaguars
W12	@	 Indianapolis Colts
W13		 San Francisco 49ers
W14	@	 Seattle Seahawks
FANTASY PLAYOFFS		
W15		 Cleveland Browns
W16	@	 Detroit Lions 
W17	@	 Dallas Cowboys
W18		 Philadelphia Eagles

SCHEDULE SUMMARY	HOME9	AWAY8	INT0	PRIME4
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2025 TRENDS ↗

AGAINST THE SPREAD

9-8 #10

52.90% cover rate

OVER / UNDER

11-6 #2

64.70% over rate

IMPLIED WIN TOTAL

7.5

T-21

DK o -110/u -110 · MGM o -110

PLAYER PROP MARKETS

PASSING YARDS

Jaxson Dart	3150.5	#22	O -110	U -110	
Jaxson Dart	3050.5	#22	O -114	U -114	

PASSING TDS

Jaxson Dart	19.5	#22	O -115	U -105	
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RUSHING YARDS

Jaxson Dart	449.5	#40	O -110	U -110	
Jaxson Dart	425.5	#40	O -114	U -114	

RUSHING TDS

Jaxson Dart	5.5	T-19	O -145	U +115	
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SACKS

Brian Burns	11.3	T-7	O +120	U -150	
Abdul Carter	5.8	T-25	O -110	U -115	
Dexter Lawrence	4.3	T-29	O -125	U +100	



I'm just going to come right out and say it - I am well below consensus on the New York Football Giants in 2026. Currently implied for 22.1 points per game (22nd), Nagy's offenses have not averaged more than 19.3 points per game since 2018 in his first season with the Bears. Even in Kansas City, with Andy Reid calling plays, the offense never averaged more than 23.1 points per game, a marked decline compared to when the team had Eric Bieniemy at offensive coordinator. Nagy's west coast-inspired offense utilizes heavy rates of shotgun, pre-snap motion, and RPOs, likely layering in the triple option considering the mobility of quarterback Jaxson Dart. Also expect a high percentage of screens. Most recently, Nagy's offense ran the fifth most screens in 2021. What that means is that this offense will largely try and march the field with possession, stringing together drives to both control the clock and maintain offensive efficiency. The problem with that setup is threefold: (1) the offensive line has been inconsistent, at best, (2) wide receiver Malik Nabers is coming off a torn ACL and running back Cam Skattebo is coming off a blown out ankle, and (3) the rest of the skill position supporting cast is either unproven or ineffective. I expect this team to start extremely slow as both Nabers and Skattebo work their way back into form.

Head coach John Harbaugh did his best "Half Baked, who is coming with me" impersonation this offseason by poaching fullback Patrick Ricard, tight end Isaiah Likely, and guard Daniel Faalele from the Ravens. Expect the team to significantly improve upon a 27th-ranked 21-personnel utilization from a season ago. Considering that I don't expect Nabers to be fully up to speed until the second month of the season, the fact that he was not placed on PUP to begin camp, notwithstanding, Likely appears to stand to benefit the most early in the season. I expect him to be the primary screen option in the interim, bolstering his PPR upside for as long as Nabers takes to return to form. That's something to keep in mind for formats like Weekly Winners on Underdog. Darnell Mooney is reportedly working as a "big slot" weapon through the early portion of the offseason program, likely indicating the team intends to continue with the inconsistent Darius Slayton as the primary Z option. Gun to head, give me Mooney over Slayton as a late-round dart (pun intended) throw.

I much prefer Brock Purdy, Matthew Stafford, Bo Nix, Jared Goff, and Jordan Love around Dart's ADP, while Skattebo might be nearing a full fade in favor of the wide receivers in that fourth round range (plus Colston Loveland).

UNDERDOG RANKINGS & ADP					.5 PPR
PLAYER	statrankings+		 ADP	+/-	
	PROJ	RANK			
Malik Nabers	WR10	WR8	WR9	+1	
Cam Skattebo	RB35	RB24	RB22	-2	
Jaxson Dart	QB9	QB12	QB13	+1	
Isaiah Likely	TE20	TE13	TE12	-1	
Tyrone Tracy Jr.	RB51	RB41	RB44	+3	
Darnell Mooney	WR92	WR90	WR94	+4	



NFC EAST

Philadelphia Eagles

2025 Record: 11-6 | 3rd seed (div winner)

2026 Eagles Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

23.9 #12

FF PLAYOFF PTS

66.5 T-21

HC Nick Sirianni	OC Sean Mannion NEW '26	DC Vic Fangio
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COACHING/COORDINATOR NOTES

HC Sirianni: Continues. DC Fangio continues.

OC Mannion (NEW '26): First-time play-caller out of the Green Bay QB room.

2025 STATS & TENDENCIES

11 PERS (3WR) #15 (60.0%)	12 PERS (2TE) #12 (26.6%)	21 PERS #25
PLAYS/GAME #24 (59.47)	PROE+ (PASS RATE OVER EXP × PACE) #19	EPA PER PLAY #15 (0.026)
FP PER TOUCH ALLOWED #14 (0.85)	OFF PRESSURE RATE OVER EXP #8 (-3.5)	DEF PRESSURE RATE OVER EXP #9 (2.5)

2025 TARGET DISTRIBUTION

WR #9 62.7%	RB #23 14.9%	TE #21 22.4%
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Total targets: 464

LINE PLAY · 2025

Offensive Line — SR OL #2 (2026 aggregate) 2025 run-block ARBY #30

Run blocking (O-line) ARBY/carry #30 (2.33) · RB yds/carry #15 (4.38)

Run defense (D-line) ARBY/carry allowed #24 (2.79) · RB yds/carry allowed #13 (4.20)

2026 DRAFT PICKS

R1	#20	WR	Makai Lemon	USC
R2	#54	TE	Eli Stowers	Vanderbilt
R3	#68	OT	Markel Bell	Miami
R5	#178	QB	Cole Payton	North Dakota State
R6	#207	G	Micah Morris	Georgia
R7	#244	S	Cole Wisniewski	Texas Tech
R7	#251	DT	Uar Bernard	Nigeria
R7	#252	EDGE	Keyshawn James-Newby	New Mexico

KEY ROSTER MOVES

ADDITIONS

WR Makai Lemon	trade-up to 20
WR Dontayvion Wicks	trade, GB
WR Hollywood Brown	
TE Eli Stowers	R2
EDGE Jonathan Greenard	trade, MIN
CB Tariq Woolen	
QB Andy Dalton	trade, CAR
DT Jalen Carter	extended
DT Jordan Davis	extended

LOSSES

WR A.J. Brown	trade, NE
EDGE Jaelan Phillips	CAR
WR Jahan Dotson	ATL
LB Nakobe Dean	LV
QB Sam Howell	DAL

NOTES

Despite the Eagles’ offensive line struggling with injuries and finishing 30th in Offensive ARBY in 2025, Philadelphia finished 15th in RB Yards/Carry, thanks to Saquon Barkley’s unique ability to elude and break tackles. With the OL healthy and ranked at the top of nearly every rankings board, we think Saquon is an ADP value.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #8

PASS MATCHUP

#29 of 32

RUSH MATCHUP

#7 of 32

W1 Washington Commanders

W2 @ Tennessee Titans

W3 @ Chicago Bears

W4 Los Angeles Rams

W5 @ Jacksonville Jaguars LONDON

W6 Carolina Panthers

W7 Dallas Cowboys

W8 @ Washington Commanders

W9 New York Giants

W10 Bye week

W11 Pittsburgh Steelers

W12 @ Dallas Cowboys

W13 @ Arizona Cardinals

W14 Indianapolis Colts

FANTASY PLAYOFFS

W15 Seattle Seahawks

W16 Houston Texans

W17 @ San Francisco 49ers

W18 @ New York Giants

SCHEDULE SUMMARY

HOME

9

AWAY

7

INT

1

PRIME

5

2025 TRENDS ↗

AGAINST THE SPREAD

10-8 #9

55.60% cover rate

OVER / UNDER

7-11 #28

38.90% over rate

IMPLIED WIN TOTAL

10.5

T-3 DK o +115/u -140 · MGM o +120

PLAYER PROP MARKETS

PASSING YARDS

Jalen Hurts	3249.5	T-19	O -110	U -110	
Jalen Hurts	3150.5	T-19	O -114	U -114	

PASSING TDS

Jalen Hurts	22.5	T-16	O -110	U -110	
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RUSHING YARDS

Saquon Barkley	1099.5	#6	O -110	U -110	
Saquon Barkley	1050.5	#6	O -114	U -114	
Jalen Hurts	400.5	#42	O -114	U -114	
Jalen Hurts	399.5	#42	O -110	U -110	

RUSHING TDS

Jalen Hurts	8.5	T-8	O -120	U -105	
Saquon Barkley	7.5	T-11	O +100	U -125	

RECEIVING YARDS

A.J. Brown	1124.5	#8	O -110	U -110	
A.J. Brown	1100.5	#8	O -114	U -114	
DeVonta Smith	1049.5	#12	O -110	U -110	
Dallas Goedert	574.5	T-64	O -110	U -110	

RECEIVING TDS

A.J. Brown	7.5	T-6	O +115	U -145	
DeVonta Smith	5.5	T-22	O -115	U -110	
Dallas Goedert	4.5	T-35	O -130	U +105	

SACKS

David Bailey	5.8	T-25	O +100	U -125	
Jalen Carter	4.8	#28	O -120	U -105	



Philadelphia Eagles

by @HilowFF

To say this is a make-or-break season for both head coach Nick Sirianni and quarterback Jalen Hurts is likely a gross understatement. Hurts has a no-trade clause built into his contract but the franchise has an out built in to protect themselves, which would come after the 2027 season. The Eagles experienced the second largest year-over-year dip in scoring in 2025 (Commanders were first), falling from 29.0 points per game in 2024 to 22.1 points per game last season. Former NFL quarterback Sean Mannion, who had his coaching come-up as an offensive assistant under Matt LaFleur in Green Bay, gets his first crack at calling offensive plays in 2026. We should expect much of the same Shanahan-esque principles, most notably a wide zone run scheme, increased under center rates, heavy motion and play action utilization, and plentiful bunch formations.

The change at coordinator is going to affect all skill position players, but none see as big a shakeup as running back Saquon Barkley. Barkley has averaged 4.72 yards per carry on 156 attempts behind outside zone concepts while with the Eagles. He erupted for an 8.3 percent explosive run rate on such runs in 2024 before faltering in the static offensive environment in 2025. That said, he calls himself a patient runner and must adjust to a more one-cut-and-go style in the new system. For his part, Barkley reportedly reached out to former Rams star Todd Gurley this offseason to pick his brain on the nuances of outside zone. I have no doubt he'll be able to master the new system in short order, with the changes likely to harness his explosive abilities. I want to be overweight Barkley at the one-two turn, particularly considering the Eagles boast a top tier

offensive line that significantly underperformed expectations through mounting injuries a season ago.

Hurts will be making his own transition to heavier rates of under center play. He was tasked with a measly 45 under-center dropbacks a season ago but averaged a solid 8.26 yards per attempt and 1.42 fantasy points per dropback (beyond elite, but propped up by the fact that most of those snaps were tush-push plays) from that alignment. We could also see more designed runs and an increase to the 40 scrambles he notched in 2025, making him a solid bounceback candidate in fantasy. I want to be overweight at his reasonable ADP.

DeVonta Smith is a do-it-all receiver in the offense, capable of moving around the formation, while rookie Makai Lemon profiles as a slot receiver at the NFL level. Newcomer Dontayvion Wicks is also capable of moving around the formation, making this passing offense likely to be much more fluid than we've seen in previous seasons. Wicks is an extremely talented receiver that has shown flashes in the past but has also been victimized by mental lapses and drops. The upside is tantalizing in a more robust role than what he saw with the Packers. Personnel manipulation and formation mismatches will likely be the name of the game, which makes all three receivers interesting targets at their respective ADPs. Tight end Dallas Goedert returns to the Eagles on a one-year deal. Taken in conjunction with the selection of Eli Stowers in the second round, this appears to be Goedert's final season in Philadelphia. That said, he should maintain primary tight end duties for an offensive structure that made stars out of George Kittle and Tucker Kraft, to name a couple. I will be well overweight Goedert at current cost.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Saquon Barkley	RB8	RB7	RB8	+1
DeVonta Smith	WR17	WR14	WR16	+2
Jalen Hurts	QB3	QB8	QB3	-5
Makai Lemon	WR41	WR37	WR37	--
Dallas Goedert	TE8	TE14	TE14	--
Tank Bigsby	-	RB55	RB53	-2
Dontayvion Wicks	WR85	WR66	WR67	+1



NFC EAST

Washington Commanders

2025 Record: 5-12

2026 Commanders Depth Chart ↗

WIN TOTAL O/U

7.5 T-21

IMPLIED PTS/G

23.3 #16

FF PLAYOFF PTS

69.5 T-14

HC

Dan Quinn

OC

David Blough NEW '26

DC

Daronte Jones NEW '26

COACHING/COORDINATOR NOTES

HC Quinn: Year three. New OC Blough (NEW '26), first crack at running an NFL offense; expect zone runs, more under-center, and varied formations and movement at WR.

DC Jones (NEW '26): Behind seven new projected defensive starters. The stated offseason goal was “younger and faster,” and it all went to defense.

2025 STATS & TENDENCIES

11 PERS (3WR)

#20 (57.0%)

12 PERS (2TE)

#16 (22.2%)

21 PERS

#22

PLAYS/GAME

#27 (58.41)

PROE+ (PASS RATE OVER EXP × PACE)

#19

EPA PER PLAY

#18 (0.005)

FP PER TOUCH ALLOWED

#10 (0.90)

OFF PRESSURE RATE OVER EXP

#21 (1.0)

DEF PRESSURE RATE OVER EXP

#21 (-2.5)

2025 TARGET DISTRIBUTION

WR

#7

63.1%

RB

#31

12.8%

TE

#15

24.1%

Total targets: 431

LINE PLAY · 2025

Offensive Line — SR OL #25 (2026 aggregate) 2025 run-block ARBY #15

Run blocking (O-line)

ARBY/carry #15 (2.66) · RB yds/carry #11 (4.56)

Run defense (D-line)

ARBY/carry allowed #30 (2.94) · RB yds/carry allowed #25 (4.67)

2026 DRAFT PICKS

R1	#7	LB	Sonny Styles	Ohio State
R3	#71	WR	Antonio Williams	Clemson
R5	#147	EDGE	Joshua Josephs	Tennessee
R6	#187	RB	Kaytron Allen	Penn State
R6	#209	C	Matt Gulbin	Michigan State
R7	#223	QB	Athan Kaliakmanis	Rutgers

KEY ROSTER MOVES

ADDITIONS

TE Chig Okonkwo	
EDGE Odafe Oweh	
EDGE Charles Omenihu	
LB Leo Chenal	
WR Antonio Williams	R3
RB Rachaad White	
RB Jerome Ford	
S Nick Cross	

LOSSES

WR Deebo Samuel	unsigned
TE Zach Ertz	
C Tyler Biadasz	LAC
LB Bobby Wagner	

NOTES

Daniels is fully healthy for year three after the elbow cost him the final four games, and he’s our QB5. McLaurin is healthy too after an injury-wrecked 2025 (10 games, career lows, only three games alongside Daniels).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #27

PASS MATCHUP
#5 of 32

RUSH MATCHUP
#9 of 32

W1	@	 Philadelphia Eagles
W2	@	 Dallas Cowboys
W3		 Seattle Seahawks
W4		 Indianapolis Colts  LONDON
W5		 New York Giants
W6	@	 San Francisco 49ers 
W7		Bye week
W8		 Philadelphia Eagles 
W9		 Los Angeles Rams
W10	@	 New York Giants 
W11		 Cincinnati Bengals 
W12	@	 Arizona Cardinals
W13	@	 Tennessee Titans
W14		 Houston Texans
FANTASY PLAYOFFS		
W15		 Atlanta Falcons
W16	@	 Minnesota Vikings
W17	@	 Jacksonville Jaguars
W18		 Dallas Cowboys

SCHEDULE SUMMARY	HOME8	AWAY8	INT1	PRIME4
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2025 TRENDS ↗

AGAINST THE SPREAD

7-10 #23

41.20% cover rate

OVER / UNDER

10-6-1 #6

62.50% over rate

IMPLIED WIN TOTAL

7.5

T-21

DK o -125/u +105 · MGM o -130

PLAYER PROP MARKETS

W PASSING YARDS

Jayden Daniels	3249.5	T-19	O -110	U -110	
Jayden Daniels	3200.5	T-19	O -114	U -114	

W RECEIVING YARDS

Terry McLaurin	949.5	T-16	O -110	U -110	
Terry McLaurin	900.5	T-16	O -114	U -114	

W PASSING TDS

Jayden Daniels	21.5	T-18	O -105	U -115	
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W RECEIVING TDS

Terry McLaurin	5.5	T-22	O +100	U -125	
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W RUSHING YARDS

Jacory Croskey-Merritt	574.5	#37	O -110	U -110	
Jayden Daniels	549.5	#38	O -110	U -110	



Washington Commanders

by @HilowFF

The Commanders made sweeping changes up and down their roster this offseason, notably entering the new season with seven new projected starters on defense and new coordinators. Offensive coordinator David Blough gets his first crack at running an NFL offense. Expect his scheme to take concepts from Ben Johnson, Kevin O'Connell, and Kliff Kingsbury, likely mixing zone rushing concepts with increased under-center play, varied formations, and a passing game designed to stress multiple areas of the field.

The players most likely to directly benefit from the change in scheme are quarterback Jayden Daniels and wide receiver Terry McLaurin, the latter of whom could take a significant step forward from his recent production. It isn't often I advocate for a soon-to-be 31-year-old receiver experiencing a career resurgence, but that appears to be well within the cards considering the makeup of this team. McLaurin makes a ton of sense in the fourth round of best ball drafts. Similarly, Daniels is a high-upside pick in the sixth round.

There is no way of knowing if the team will add a veteran free agent wide receiver before games matter. There is also no way of knowing what the hell Brandon Aiyuk is doing. He's either playing a disgusting hand of poker as if he has

aces and completely wiping the league or he's deranged, there doesn't appear to be any in between. As things currently stand, the player likeliest to finish the season second in receptions is newcomer tight end Chig Okonkwo, a player I want to be well above the field in exposure. The remaining wide receivers on the roster consist of Treyton Burks, 2026 third-round selection Antonio Williams, Luke McCaffrey, Dyami Brown, and Jaylin Lane, none of whom is overly exciting for our purposes. I suppose Burks could take a step forward in his development, making him the preferred late-round dart throw. I'll also continue drafting Stefon Diggs for the chance he lands in a spot as good as the one he would have in Washington. There has been significant buzz recently that the Commanders are interested in his services.

The backfield is a veritable disaster of unmeasurable uncertainty, although I give Rachaad White the inside track to the most meaningful role and production this season. Jacory Croskey-Merritt looks every bit of a "just a guy" to my eye and I'm not drafting the former seventh-rounder as anything more. Rookie sixth-rounder Kaytron Allen could eventually become a thing in this offense, but it would likely take an injury or two for him to get that opportunity. There are better late-round cuffs on the board.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Terry McLaurin	WR26	WR22	WR25	+3
Jayden Daniels	QB5	QB4	QB6	+2
Rachaad White	RB36	RB39	RB40	+1
Jacory Croskey-Merritt	RB42	RB37	RB38	+1
Chig Okonkwo	TE23	TE18	TE17	-1
Antonio Williams	WR66	WR91	WR91	--



DIVISION 06 / 08

NFC NORTH

Four teams · win totals, projections and full breakdowns follow.

	Chicago Bears	11-6 · 2025
	Detroit Lions	9-8 · 2025
	Green Bay Packers	9-7 · 2025
	Minnesota Vikings	9-8 · 2025

NFC NORTH



Chicago Bears

2025 Record: 11-6 | 2nd seed (div winner)

2026 Bears Depth Chart ↗

WIN TOTAL O/U

9.5 T-10

IMPLIED PTS/G

24.5 #10

FF PLAYOFF PTS

74.0 #8

HC

Ben Johnson

OC

Press Taylor NEW '26

DC

Dennis Allen

COACHING/COORDINATOR NOTES

HC Johnson: Year two off an 11-6 NFC North title and a Divisional round trip (8th in EPA per play).

OC Taylor (NEW '26): Ben Johnson's top offensive assistant, and Johnson runs the offense. Spent 2025 as the Bears' pass-game coordinator; before that he was Pederson's OC in Jacksonville.

DC Allen: Year two, they will likely struggle.

2025 STATS & TENDENCIES

11 PERS (3WR)

#23 (52.1%)

12 PERS (2TE)

#7 (32.0%)

21 PERS

#30

PLAYS/GAME

#2 (64.82)

PROE+ (PASS RATE OVER EXP × PACE)

#7

EPA PER PLAY

#8 (0.079)

FP PER TOUCH ALLOWED

#14 (0.85)

OFF PRESSURE RATE OVER EXP

#15 (-1.5)

DEF PRESSURE RATE OVER EXP

#20 (-2.4)

2025 TARGET DISTRIBUTION

WR

#18

59.4%

RB

#22

14.9%

TE

#10

25.7%

Total targets: 530

LINE PLAY · 2025

Offensive Line — SR OL #3 (2026 aggregate) 2025 run-block ARBY #1

Run blocking (O-line)

ARBY/carry #1 (3.25) · RB yds/carry #6 (4.81)

Run defense (D-line)

ARBY/carry allowed #31 (3.20) · RB yds/carry allowed #28 (4.85)

2026 DRAFT PICKS

R1	#25	S	Dillon Thieneman	Oregon
R2	#57	IOL	Logan Jones	Iowa
R3	#69	TE	Sam Roush	Stanford
R3	#89	WR	Zavion Thomas	LSU
R4	#124	CB	Malik Muhammad	Texas
R4	#166	LB	Keyshaun Elliott	Arizona State
R6	#213	DL	Jordan van den Berg	Georgia Tech

KEY ROSTER MOVES

ADDITIONS

S Coby Bryant	
S Dillon Thieneman	R1
C Garrett Bradbury	trade, NE
LB Devin Bush	
TE Sam Roush	R3

LOSSES

WR DJ Moore	trade, BUF
LB Tremaine Edmunds	NYG
S Kevin Byard	NE
S Jaquan Brisker	PIT
S C.J. Gardner-Johnson	BUF
C Drew Dalman	retired

NOTES

Odunze, Burden, and Loveland all cleared 100 targets in our projections. Loveland was a beast to close his rookie year: over the last five games (Weeks 14-18) he posted a 29.0% first-read target share (4th) and 2.31 YPRR (5th).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #21

PASS MATCHUP
#21 of 32

RUSH MATCHUP
#18 of 32

W1	@	 Carolina Panthers
W2		 Minnesota Vikings
W3		 Philadelphia Eagles 
W4		 New York Jets
W5	@	 Green Bay Packers
W6	@	 Atlanta Falcons
W7		 New England Patriots 
W8	@	 Seattle Seahawks 
W9		 Tampa Bay Buccaneers 
W10		Bye week
W11		 New Orleans Saints
W12	@	 Detroit Lions
W13		 Jacksonville Jaguars
W14	@	 Miami Dolphins

FANTASY PLAYOFFS

W15	@	 Buffalo Bills
W16		 Green Bay Packers
W17		 Detroit Lions

W18	@	 Minnesota Vikings
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SCHEDULE SUMMARY	HOME9	AWAY8	INT0	PRIME4
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2025 TRENDS ↗

AGAINST THE SPREAD

12-7 #4

63.20% cover rate

OVER / UNDER

9-9-1 #20

50.00% over rate

IMPLIED WIN TOTAL

9.5

T-10

DK o +100/u -120 · MGM o +105

PLAYER PROP MARKETS

 PASSING YARDS

Caleb Williams	3624.5	#11	O -115	U -105	
Caleb Williams	3575.5	#11	O -114	U -114	

 PASSING TDS

Caleb Williams	24.5	T-9	O +100	U -120	
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 RUSHING YARDS

D'Andre Swift	800.5	T-21	O -114	U -114	
D'Andre Swift	799.5	T-21	O -110	U -110	
Kyle Monangai	649.5	T-32	O -110	U -110	

 RUSHING TDS

D'Andre Swift	6.5	T-16	O -135	U +110	
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 RECEIVING YARDS

Luther Burden III	850.5	#24	O -114	U -114	
Colston Loveland	824.5	T-26	O -110	U -110	
Luther Burden III	824.5	#24	O -115	U -105	
Rome Odunze	800.5	T-31	O -114	U -114	
Rome Odunze	799.5	T-31	O -110	U -110	
Colston Loveland	775.5	T-26	O -114	U -114	

 RECEIVING TDS

Colston Loveland	5.5	T-22	O -120	U -105	
Rome Odunze	5.5	T-22	O -135	U +110	

SACKS

Montez Sweat	8.3	T-13	O +110	U -135	
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Chicago Bears

by @HilowFF

The Bears improved their year-over-year scoring by 7.5 points in 2025, finishing with 25.7 points per game in their first season with Ben Johnson at the helm. Moreover, they have one of the more exciting (and young) skill position cadres in the league with Caleb Williams, Rome Odunze, Luther Burden, Colston Loveland, D'Andre Swift, and Kyle Monangai. They are implied for 24.5 points per game in 2026 (10th) but have a rather brutal schedule while playing in one of the most competitive divisions in the league, setting the stage for potential shootouts throughout the season. There are legitimate reasons to be excited about this bunch.

If speaking to median outcome, Williams appears likely to finish the 2026 season somewhere around where he is being drafted. The Bears went into a control-the-pace-and-tempo stance after their Week 5 bye a season ago, with a schedule and defense that allowed them to do so. But we're not really worried about median outcomes in best ball, and this offense, and, by extension, Williams, has as much upside as any other team. And Williams has the tools to continue to grow in his second season under Johnson's tutelage. It is for these reasons why I am so intrigued with the Bears. Williams made strides in his ability to play within structure in the second half of the 2025 season, but there is more work to be done if he is to truly ascend in the quarterback ranks. But what happens if the Bears are dealt a mud sandwich on the defensive injury front, similar to what we saw two years ago when Johnson was with the Lions? What happens if this team gets upset by the Panthers in Week 1 before dropping games to the Vikings and Eagles early in the season? What happens if their season is thrown into "oh

shit mode" early on? That is what we're targeting here, particularly with Williams.

The top trio (in no particular order) of Odunze, Burden, and Loveland is as talented as just about any other top trio in the league. I'm not going to pretend to know what will happen amongst the three or how they will shake out in scoring with so many variables at play. Suffice to say, all three are deserving of their elevated ADPs. On that note, Burden appears to be growing into the "Amon-Ra St. Brown role" in the offense, capable over the middle of the field on in-breaking routes. Odunze appears to be growing into the "Jameson Williams role" that includes downfield work and schemed mismatches. Loveland is a talented youngster that should continue to excel in a tight-end-friendly offense. All three can, and should, succeed. The WR3 role is of little consequence as the fourth or fifth option through the air, if you also consider the backs, although it appears as if Kalif Raymond was brought over to serve in that role. Raymond has familiarity with Johnson from his time in Detroit, but there aren't many more positives to say regarding his fantasy expectations.

I expect Swift to once again serve as the primary back for the Bears, making him slightly undervalued as compared to his weekly range of outcomes. Even then, I slightly prefer Bhayshul Tuten and Jadarian Price in that range of ADP, in a vacuum. Treat Monangai as you would any other RB2 on a top expected offense, meaning he is likely being over-drafted relative to his weekly range of outcomes. I prefer Blake Corum and Jonathan Brooks in his ADP range.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Luther Burden III	WR25	WR25	WR24	-1
Colston Loveland	TE3	TE3	TE3	--
D'Andre Swift	RB19	RB18	RB17	-1
Rome Odunze	WR22	WR30	WR32	+2
Caleb Williams	QB10	QB6	QB7	+1
Kyle Monangai	RB32	RB38	RB39	+1

NFC NORTH



Detroit Lions

2025 Record: 9-8

2026 Lions Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

26.1 #2

FF PLAYOFF PTS

75.0 #6

HC

Dan Campbell

OC

Drew Petzing NEW '26

DC

Kelvin Sheppard

COACHING/COORDINATOR NOTES

OC Petzing (NEW '26): Ex-Cardinals OC, the second straight outside play-caller hire of the Campbell era.

DC Sheppard: Continues.

2025 STATS & TENDENCIES

11 PERS (3WR)

#17 (58.4%)

12 PERS (2TE)

#15 (23.0%)

21 PERS

#18

PLAYS/GAME

#16 (62.29)

PROE+ (PASS RATE OVER EXP × PACE)

#11

EPA PER PLAY

#7 (0.081)

FP PER TOUCH ALLOWED

#20 (0.80)

OFF PRESSURE RATE OVER EXP

#23 (1.2)

DEF PRESSURE RATE OVER EXP

#22 (-2.6)

2025 TARGET DISTRIBUTION

WR

#13

60.9%

RB

#6

22.4%

TE

#31

16.7%

Total targets: 550

LINE PLAY · 2025

Offensive Line — SR OL #10 (2026 aggregate) 2025 run-block ARBY #19

Run blocking (O-line)

ARBY/carry #19 (2.59) · RB yds/carry #5 (4.83)

Run defense (D-line)

ARBY/carry allowed #29 (2.87) · RB yds/carry allowed #19 (4.32)

2026 DRAFT PICKS

R1	#17	OT	Blake Miller	Clemson
R2	#44	EDGE	Derrick Moore	Michigan
R4	#118	LB	Jimmy Rolder	Michigan
R5	#157	CB	Keith Abney II	Arizona State
R5	#168	WR	Kendrick Law	Kentucky
R6	#205	DT	Skyler Gill-Howard	Texas Tech
R7	#222	EDGE	Tyre West	Tennessee

KEY ROSTER MOVES

ADDITIONS

RB Isiah Pacheco

LOSSES

RB David Montgomery trade, HOU

LT Taylor Decker

DL D.J. Reader NYG

LB Alex Anzalone TB

WR Kalif Raymond CHI

OT Dan Skipper retired

NOTES

Montgomery’s exit ends “the split”; Gibbs is our 1.01.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #1

PASS MATCHUP

#14 of 32

RUSH MATCHUP

#2 of 32

W1		 New Orleans Saints
W2	@	 Buffalo Bills 
W3		 New York Jets
W4	@	 Carolina Panthers 
W5	@	 Arizona Cardinals
W6		Bye week
W7		 Green Bay Packers
W8		 Minnesota Vikings
W9	@	 Miami Dolphins
W10		 New England Patriots  MUNICH
W11		 Tampa Bay Buccaneers
W12		 Chicago Bears
W13	@	 Atlanta Falcons
W14		 Tennessee Titans

FANTASY PLAYOFFS

W15	@	 Minnesota Vikings 
W16		 New York Giants 
W17	@	 Chicago Bears

W18	@	 Green Bay Packers
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SCHEDULE SUMMARY	HOME8	AWAY8	INT1	PRIME4
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2025 TRENDS ↗

AGAINST THE SPREAD

8-9 #19

47.10% cover rate

OVER / UNDER

10-7 #10

58.80% over rate

IMPLIED WIN TOTAL

10.5

T-3 DK o -110/u -112 · MGM o -130

PLAYER PROP MARKETS

PASSING YARDS

Jared Goff	4099.5	#1	O +100	U -120	
Jared Goff	4050.5	#1	O -114	U -114	

PASSING TDS

Jared Goff	29.5	#3	O -115	U -105	
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RUSHING YARDS

Jahmyr Gibbs	1199.5	#4	O -110	U -110	
Jahmyr Gibbs	1125.5	#4	O -114	U -114	

RUSHING TDS

Jahmyr Gibbs	12.5	T-1	O +100	U -125	
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RECEIVING YARDS

Amon-Ra St. Brown	1249.5	#4	O -110	U -110	
Amon-Ra St. Brown	1225.5	#4	O -114	U -114	
Jameson Williams	900.5	T-21	O -114	U -114	
Jameson Williams	899.5	T-21	O -110	U -110	
Sam LaPorta	650.5	T-51	O -114	U -114	
Sam LaPorta	624.5	T-51	O -110	U -110	
Jahmyr Gibbs	449.5	#77	O -110	U -110	

RECEIVING TDS

Amon-Ra St. Brown	9.5	T-2	O -115	U -110	
Jameson Williams	5.5	T-22	O -105	U -120	
Jahmyr Gibbs	4.5	T-35	O +160	U -185	
Sam LaPorta	4.5	T-35	O -130	U +105	

SACKS

Aidan Hutchinson	13.3	#2	O -105	U -120	
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Detroit Lions

by @HilowFF

Ah yes, our dear friend Drew Petzing. For those that were familiar with my work the previous three seasons, you know where I stand on Petzing. For those that are not, allow me a moment. Petzing’s offenses are a case of duality. His run scheme, design, and execution rival that of any top run game in the league. But man, his passing structure and situational tendencies are not pretty - about as vanilla, boring, and uninspiring as they come. But there are some interesting conclusions to draw even in the face of that exploration. First off, the Lions drew one of the easiest strengths of schedule in the league this season, particularly on the ground. Secondly, he has one of the most dynamic backs in the league in Jahmyr Gibbs. And lastly, he has two wide receivers in Amon-Ra St. Brown and Jameson Williams and a tight end in Sam LaPorta that are capable of winning the one-on-one battles Johnson is sure to develop. That’s the basic game plan through the air for Petzing - generate one-on-one situations around the field for his players to go win, very similar to that of Zac Taylor in Cincinnati. That stands in stark contrast to an offensive coordinator like Ben Johnson who is looking to generate space for his players to receive the ball, with room to exploit. What I’m getting at is this: it might not matter that Petzing’s aerial offense is boring and vanilla based on numerous variables. This could be a situation where the Lions go out and handle business, put up a bunch of points,

and then everyone is talking about how amazing Petzing is this time next year. But we know. We few know.

I want to be at least even weight on all of Jared Goff, Gibbs, St. Brown, Williams, and LaPorta, with LaPorta being the player I want to be most overweight on. LaPorta has had legitimate man-zone splits throughout his career, absolutely destroying man while taking a backseat against zone. Now what happens when the entire premise of Petzing’s offense is designed to generate man-on-man situations, with those likely coming against slower linebackers or smaller safeties? I have LaPorta well ahead of consensus.

Isaac TeSlaa should maintain the WR3 role but is likely to be subject to extremely low volume considering the state of the team and their schedule. I also don’t view his contingent value as extremely high as an injury to one of the top players likely just filters additional volume to the remaining elite players, making him a poor best ball pick. Finally, Isiah Pacheco likely wouldn’t be a name we were overly excited about had the Lions drawn a more difficult schedule, but I have to think they’ll be looking to manage Gibbs’ workload in the second half of games they are completely controlling. He’s a fine at-cost option that also carries significant contingent value.

UNDERDOG RANKINGS & ADP				.5 PPR	
PLAYER	statrankings+				
	PROJ	RANK		ADP	+/-
Jahmyr Gibbs	RB1	RB1	RB2		+1
Amon-Ra St. Brown	WR4	WR4	WR6		+2
Jameson Williams	WR24	WR27	WR27		--
Sam LaPorta	TE9	TE5	TE6		+1
Jared Goff	QB18	QB14	QB16		+2
Isiah Pacheco	RB41	RB65	RB56		-9

NFC NORTH

Green Bay Packers

2025 Record: 9-7

2026 Packers Depth Chart ↗

WIN TOTAL O/U

9.5

T-10

IMPLIED PTS/G

24.9

#8

FF PLAYOFF PTS

73.5

T-9

HC

Matt LaFleur

OC

Adam Stenavich

DC

Jonathan Gannon NEW '26

COACHING/COORDINATOR NOTES

HC LaFleur: Continues, OC Stenavich continues, offense stable.

DC Gannon (NEW '26): The ex-Cardinals HC takes over the defense, with Hargrave and Zaire Franklin imported to the front seven.

2025 STATS & TENDENCIES

11 PERS (3WR)

#22

(55.6%)

12 PERS (2TE)

#6

(32.5%)

21 PERS

#16

PLAYS/GAME

#25

(59.29)

PROE+ (PASS RATE OVER EXP × PACE)

#30

EPA PER PLAY

#4

(0.115)

FP PER TOUCH ALLOWED

#28

(0.75)

OFF PRESSURE RATE OVER EXP

#6

(-4.8)

DEF PRESSURE RATE OVER EXP

#18

(-1.9)

2025 TARGET DISTRIBUTION

WR

#11

61.7%

RB

#19

17.0%

TE

#24

21.3%

Total targets: 460

LINE PLAY · 2025

Offensive Line — SR OL #28 (2026 aggregate) 2025 run-block ARBY #18

Run blocking (O-line)ARBY/carry #18 (2.62) · RB yds/carry #24 (3.98)

Run defense (D-line)ARBY/carry allowed #16 (2.64) · RB yds/carry allowed #11 (4.16)

2026 DRAFT PICKS

R2	#52	CB	Brandon Cisse	South Carolina
R3	#77	DL	Chris McClellan	Missouri
R4	#120	EDGE	Dani Dennis-Sutton	Penn State
R5	#153	IOL	Jager Burton	Kentucky
R6	#201	CB	Domani Jackson	Alabama
R6	#216	PK	Trey Smack	Florida

KEY ROSTER MOVES

ADDITIONS

DL Javon Hargrave	
LB Zaire Franklin	swap for Wooden, IND
CB Benjamin St-Juste	
WR Christian Watson	extended
DT Devonte Wyatt	extended

LOSSES

WR Romeo Doubs	NE
WR Dontayvion Wicks	trade, PHI
EDGE Rashan Gary	trade, DAL
OL Elgton Jenkins	CLE
LB Quay Walker	LV
QB Malik Willis	MIA

NOTES

Christian Watson is emerging as an alpha, and the extension plus the Doubs/Wicks exits set him up for a breakout season if he can stay on the field. Per the CoverageIQ+ tool, on 212 routes against man coverage in 2025 he ranked 3rd among all WRs in FP per Route Run (0.62) with a league-best 31.4% explosive play rate.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #24

PASS MATCHUP
#31 of 32

RUSH MATCHUP
#6 of 32

W1	@	 Minnesota Vikings
W2	@	 New York Jets
W3		 Atlanta Falcons 
W4	@	 Tampa Bay Buccaneers
W5		 Chicago Bears
W6		 Dallas Cowboys 
W7	@	 Detroit Lions
W8		 Carolina Panthers 
W9	@	 New England Patriots
W10		 Minnesota Vikings
W11		Bye week
W12	@	 Los Angeles Rams
W13	@	 New Orleans Saints
W14		 Buffalo Bills 

FANTASY PLAYOFFS

W15		 Miami Dolphins
W16	@	 Chicago Bears
W17		 Houston Texans 

W18	 Detroit Lions
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SCHEDULE SUMMARY	HOME9	AWAY8	INT0	PRIME5
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2025 TRENDS ↗

AGAINST THE SPREAD

6-11-1 #28
35.30% cover rate

OVER / UNDER

10-8 #13
55.60% over rate

IMPLIED WIN TOTAL

9.5 T-10 DK o -130/u +110 · MGM u +105

PLAYER PROP MARKETS

PASSING YARDS

Jordan Love	3549.5	#15	O -110	U -110	
Jordan Love	3525.5	#15	O -114	U -114	

PASSING TDS

Jordan Love	24.5	T-9	O -105	U -115	
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RECEIVING YARDS

Christian Watson	799.5	#33	O -105	U -115	
Christian Watson	750.5	#33	O -114	U -114	
Jayden Reed	649.5	T-53	O -110	U -110	
Matthew Golden	649.5	T-53	O -115	U -105	
Tucker Kraft	649.5	T-53	O -110	U -110	

RECEIVING TDS

Christian Watson	6.5	T-11	O +115	U -145	
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SACKS

Rashan Gary	7.3	T-19	O +110	U -135	
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Green Bay Packers

by @HilowFF

The first thing to unpack when talking about the fantasy expectations from the Packers is what we expect to see from their wide receiver corps. We've grown so accustomed to the maddening rotation of talent in and out of the lineup during games in recent seasons, but we're left with a situation where the departures of Romeo Doubs and Dontayvion Wicks theoretically condenses things a bit. That is the assumption, anyway. The 6'4, 222-pound Savion Williams could throw a wrench in those plans. Another talking point is the status of Jayden Reed, who has been a near slot-only player for the Packers during his career. Does that change with two perimeter threats now out of town, similar to Josh Downs' situation in Indianapolis? And then there's the health of tight end Tucker Kraft, who suffered a torn ACL in November. There are more uncertainties here than the general fantasy community is being fully honest about.

That said, Christian Watson has been one of the most efficient receivers in the league when healthy, notching a borderline elite 2.67 yards per route run, while also coming off a major injury, in 2025. My expectation is that Reed maintains a near slot-only role based on his skillset, which opens the door for second-year receiver Matthew Golden to ascend into a more prominent role. Having the speed of Watson and Golden to pair with the twitch and YAC abilities of Reed and Kraft is a fun setup for fantasy purposes. Another, less talked about, potential is for the Green Bay offense to increase their tempo if they are not subbing packages as often, which could have a significant impact to the upside of their primary players. These reasons

lead me to want an overweight stance on Watson, Golden, Reed, and Kraft in playoff formats, with Kraft and Reed tougher clicks in cumulative scoring. Williams is largely undrafted but offers solid contingent value.

Quarterback Jordan Love enters his fourth season as the starter in Green Bay coming off consecutive seasons in which he missed two games. He is a fine at-cost selection in best ball drafts. Josh Jacobs, the offseason escapades notwithstanding, enters his age-29 season on the heels of four consecutive 270-touch-plus seasons, and that's while missing four games in 2023 and two in 2025. His 30 touchdowns in the previous two seasons, ranking fifth in that span behind Jahmyr Gibbs (38), Derrick Henry (34), Jonathan Taylor (32), and James Cook (32). I want to anchor on a quick tangent, for those that have read this far. Rushing is up throughout the league, which is a direct result of the changing defensive dynamics towards increased rates of two-high personnel alignments and Cover-2, Cover-4/Quarters, and Cover-6 coverage tendencies. That increase in rushing is accompanied by fewer explosive plays, influencing scoring and play volume, which, in turn, leads to a greater percentage of a fantasy player's contributions coming through touchdowns, on average (blanket statement alert). This helps to highlight the benefit of a player like Jacobs, particularly considering carries the lowest ADP, by a lot, of the backs to lead the league in total touchdowns the previous two seasons. Sure, there is an outside possibility that he will face league discipline this year, but I would not call that the likeliest scenario.

UNDERDOG RANKINGS & ADP					.5 PPR
PLAYER	statrankings+		 ADP	+/-	
	PROJ	RANK			
Josh Jacobs	RB14	RB16	RB15	-1	
Christian Watson	WR21	WR28	WR30	+2	
Tucker Kraft	TE4	TE6	TE5	-1	
Jayden Reed	WR34	WR36	WR35	-1	
Matthew Golden	WR50	WR48	WR48	--	
Jordan Love	QB17	QB16	QB18	+2	

NFC NORTH



Minnesota Vikings

2025 Record: 9-8

2026 Vikings Depth Chart ↗

WIN TOTAL O/U

8.5 T-17

IMPLIED PTS/G

22.5 #20

FF PLAYOFF PTS

69.0 #16

HC

Kevin O'Connell

OC

Wes Phillips

DC

Brian Flores

COACHING/COORDINATOR NOTES

HC O'Connell: Continues, with OC Phillips and DC Flores.

2025 STATS & TENDENCIES

11 PERS (3WR)

#10 (64.5%)

12 PERS (2TE)

#19 (19.9%)

21 PERS

#9

PLAYS/GAME

#30 (56.06)

PROE+ (PASS RATE OVER EXP × PACE)

#19

EPA PER PLAY

#28 (-0.115)

FP PER TOUCH ALLOWED

#32 (0.65)

OFF PRESSURE RATE OVER EXP

#29 (2.8)

DEF PRESSURE RATE OVER EXP

#1 (5.6)

2025 TARGET DISTRIBUTION

WR

#8

62.8%

RB

#18

17.1%

TE

#27

20.1%

Total targets: 468

LINE PLAY · 2025

Offensive Line — SR OL #12 (2026 aggregate) 2025 run-block ARBY #9

Run blocking (O-line)

ARBY/carry #9 (2.78) · RB yds/carry #20 (4.30)

Run defense (D-line)

ARBY/carry allowed #7 (2.39) · RB yds/carry allowed #6 (3.91)

2026 DRAFT PICKS

R1	#18	DL	Caleb Banks	Florida
R2	#51	LB	Jake Golday	Cincinnati
R3	#82	DL	Domonique Orange	Iowa State
R3	#97	OT	Caleb Tiernan	Northwestern
R3	#98	S	Jakobe Thomas	Miami
R5	#159	HB	Max Bredeson	Michigan
R5	#163	CB	Charles Demmings	Stephen F. Austin
R6	#198	RB	DemonD Clairborne	Wake Forest
R7	#235	C	Gavin Gerhardt	Cincinnati

KEY ROSTER MOVES

ADDITIONS

QB Kyler Murray

WR Jauan Jennings

LB Jamal Adams

CB James Pierre

LOSSES

EDGE Jonathan Greenardtrade, PHI

DL Javon HargraveGB

DL Jonathan AllenCIN

WR Jalen NailorLV

C Ryan Kellyretired

FB C.J. Hamretired

NOTES

Our model leans Mason on the ground (54% of the carries and the goal-line work) with Jones living on passing downs.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #15

PASS MATCHUP

#19 of 32

RUSH MATCHUP

#5 of 32

W1		 Green Bay Packers
W2	@	 Chicago Bears
W3	@	 Tampa Bay Buccaneers
W4		 Miami Dolphins
W5	@	 New Orleans Saints
W6		Bye week
W7		 Indianapolis Colts
W8	@	 Detroit Lions
W9		 Buffalo Bills 
W10	@	 Green Bay Packers
W11	@	 San Francisco 49ers   MEXICO CITY
W12		 Atlanta Falcons
W13		 Carolina Panthers
W14	@	 New England Patriots 

FANTASY PLAYOFFS

W15

 Detroit Lions 

W16

 Washington Commanders

W17

@  New York Jets

W18	 Chicago Bears
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SCHEDULE SUMMARY	HOME9	AWAY7	INT1	PRIME4
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2025 TRENDS ↗

AGAINST THE SPREAD

8-8-1 #13

50.00% cover rate

OVER / UNDER

8-9 #22

47.10% over rate

IMPLIED WIN TOTAL

8.5

T-17

DK o -110/u -110 · MGM u -110

PLAYER PROP MARKETS



RUSHING YARDS

Jordan Mason	649.5	T-32	O -110	U -110	
Aaron Jones	599.5	#35	O -110	U -110	



RECEIVING YARDS

Justin Jefferson	1150.5	#6	O -114	U -114	
Justin Jefferson	1149.5	#6	O -110	U -110	
Jordan Addison	674.5	T-48	O -110	U -110	



RECEIVING TDS

Justin Jefferson	6.5	T-11	O -135	U +110	
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Minnesota Vikings

by @HilowFF

The Vikings are projected to finish last in the vaunted NFC North but still carry a solid projected win total of 8.5 games. They are implied for 22.5 points per game (20th), which reflects the significant struggles they had offensively a season ago, during which they averaged just over 56 plays per game while also ranking 19th in PROE+ (pass rate over expectation x pace). A complete inability to sustain drives helps to explain that deviation, something they addressed this offseason through the addition of quarterback [Kyler Murray](#). Long regarded as a quarterback whisperer, it will be up to head coach Kevin O'Connell to extract some semblance of consistency from a position that is reportedly still an open competition (yea, okay - this is Kyler's team now). We won't even get into the war room battle between former general manager Kwesi Adofo-Mensah and O'Connell that led to the selection of [J.J. McCarthy](#) (and also led to the former's sacking this offseason). Suffice to say, McCarthy did not possess the processing speed or decision making to successfully captain O'Connell's offense, which was evident throughout his tumultuous rookie season.

I have enough to say about Kyler, too much to add to this write-up lest we go over the page I am allowed per team. We'll keep it short. The changing dynamics of the defensive meta in the NFL has worked to eliminate what Kyler does well and force him directly into key weaknesses. He seems an extremely poor fit in a KOC offense that demands consistency over the middle of the field, a plus ability to read an opposing defense for expected coverages and alignments, and the ability to deliver the football on time and on target. The west-coast-based offense aims to generate space via layered route structures, pre-snap motion and misdirection, and timing, oftentimes requiring the quarterback to anticipate the break and deliver the football before the receiver presents. It is also a highly structured offense. Kyler is a school yard quarterback that excels out of structure (similar to Caleb Williams, except we actually

saw growth within structure from him last season). Furthermore, Kyler will likely be asked to operate under center at a rate greater than anything he has experienced during his career. Within that is one element of Kyler's game that I think can actually translate within KOC's system, which is his ability to deliver the football on a bootleg. O'Connell notoriously implements such looks on key downs and in the red zone, simplifying the read for his quarterback out of the pocket.

[Justin Jefferson](#) is the type of receiver that can overcome a lot, with his "down year" in 2025 still resulting in 84 receptions for 1,048 yards and two touchdowns. Even so, I have Jefferson slightly below consensus and prefer the running backs available at the end of the first round. [Jordan Addison](#) has a yardage prop set way down at 674.5 yards, with bookmakers clearly doubting his ability to excel with Kyler in a downfield role. That said, a WR42 valuation is a bit offensive. I have no issue with him in the eighth round. [Jauan Jennings](#) was brought in this offseason to serve as the team's WR3 and is capable of playing all over the formation, giving O'Connell further flexibility. His 13th round ADP is more than palatable. I am of the opinion that tight end [T.J. Hockenson](#) is completely broken. All I can think of when his name comes up is his complete lack of explosiveness. He saw more than six targets on just one occasion last season and had multiple instances where he looked stuck in the mud at the top of routes, to the point where linebackers were able to just square him up as he danced back and forth without going anywhere. His offseason workout videos this year are also not pretty.

The backfield is likely to remain a timeshare between [Jordan Mason](#) and veteran [Aaron Jones](#), although I see Mason as the likely leader of the duo. I will be overweight Mason and will not draft a single share of Jones.

UNDERDOG RANKINGS & ADP					.5 PPR
PLAYER	statrankings+			ADP	+/-
	PROJ	RANK			
Justin Jefferson	WR6	WR6		WR8	+2
Jordan Addison	WR40	WR39		WR42	+3
Kyler Murray	QB20	QB15		QB17	+2
Jordan Mason	RB40	RB33		RB37	+4
Aaron Jones Sr.	RB38	RB45		RB42	-3
Jauan Jennings	WR64	WR68		WR71	+3
T.J. Hockenson	TE19	TE21		TE22	+1



DIVISION 07 / 08

NFC SOUTH

Four teams · win totals, projections and full breakdowns follow.

	Tampa Bay Buccaneers	8-9 · 2025
	Carolina Panthers	8-9 · 2025
	Atlanta Falcons	8-9 · 2025
	New Orleans Saints	6-11 · 2025



NFC SOUTH

Tampa Bay Buccaneers

2025 Record: 8-9

2026 Buccaneers Depth Chart ↗

WIN TOTAL O/U

8.5 T-17

IMPLIED PTS/G

23.3 #16

FF PLAYOFF PTS

70.0 #13

HC

Todd Bowles

OC

Zac Robinson NEW '26

DC

Todd Bowles

COACHING/COORDINATOR NOTES

HC Bowles: Continues, still calls his own defense. OC Robinson (NEW '26) arrives from Atlanta.

2025 STATS & TENDENCIES

11 PERS (3WR)

#2 (68.4%)

12 PERS (2TE)

#17 (20.8%)

21 PERS

#15

PLAYS/GAME

#13 (63.18)

PROE+ (PASS RATE OVER EXP × PACE)

#31

EPA PER PLAY

#20 (-0.009)

FP PER TOUCH ALLOWED

#4 (0.97)

OFF PRESSURE RATE OVER EXP

#17 (-0.7)

DEF PRESSURE RATE OVER EXP

#4 (4.4)

2025 TARGET DISTRIBUTION

WR

#2

67.2%

RB

#20

16.9%

TE

#32

16.0%

Total targets: 539

LINE PLAY · 2025

Offensive Line — SR OL #5 (2026 aggregate) 2025 run-block ARBY #20

Run blocking (O-line)

ARBY/carry #20 (2.58) · RB yds/carry #28 (3.73)

Run defense (D-line)

ARBY/carry allowed #1 (2.20) · RB yds/carry allowed #18 (4.31)

2026 DRAFT PICKS

R1	#15	EDGE	Rueben Bain Jr.	Miami
R2	#46	LB	Josiah Trotter	Missouri
R3	#84	WR	Ted Hurst	Georgia State
R4	#116	CB	Keionte Scott	Miami
R5	#155	DL	DeMonte Kapehart	Clemson
R5	#160	G	Billy Schrauth	Notre Dame
R6	#185	TE	Bauer Sharp	LSU

KEY ROSTER MOVES

ADDITIONS

QB Jake Browning

RB Kenneth Gainwell

LB Alex Anzalone

LOSSES

WR Mike EvansSF

RB Rachaad WhiteWAS

CB Jamel DeanPIT

EDGE Haason Reddick

LB Lavonte Davidretired

LB Anthony Walkerretired

NOTES

DT Vita Vea requested a trade Monday as extension talks stalled.

Bucky Irving (RB22) opened camp a full go off the shoulder surgery, not eased in, after an injury-wrecked 3.4 YPC sophomore year. Gainwell led Pittsburgh with 73 catches last season and will inherit the passing-down role that fed Rachaad White targets.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #20

PASS MATCHUP

#30 of 32

RUSH MATCHUP

#8 of 32

W1 @ Cincinnati Bengals

W2 Cleveland Browns

W3 Minnesota Vikings

W4 Green Bay Packers

W5 @ Dallas Cowboys

W6 Pittsburgh Steelers

W7 @ Carolina Panthers

W8 Atlanta Falcons

W9 @ Chicago Bears

W10 Bye week

W11 @ Detroit Lions

W12 Carolina Panthers

W13 Los Angeles Chargers

W14 @ Baltimore Ravens

FANTASY PLAYOFFS

W15 New Orleans Saints

W16 @ Atlanta Falcons

W17 Los Angeles Rams

W18 @ New Orleans Saints

SCHEDULE SUMMARY

HOME

9

AWAY

8

INT

0

PRIME

3

2025 TRENDS ↗

AGAINST THE SPREAD

5-12 #32

29.40% cover rate

OVER / UNDER

8-9 #22

47.10% over rate

IMPLIED WIN TOTAL

8.5

T-17

DK o +105/u -125 · MGM u -130

PLAYER PROP MARKETS



PASSING YARDS

Baker Mayfield	3599.5	T-13	O +100	U -120	
Baker Mayfield	3500.5	T-13	O -114	U -114	



RECEIVING YARDS

Emeka Egbuka	924.5	#20	O -110	U -110	
Emeka Egbuka	900.5	#20	O -114	U -114	



PASSING TDS

Baker Mayfield	25.5	T-7	O +110	U -130	
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RECEIVING TDS

Emeka Egbuka	6.5	T-11	O -105	U -120	
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Tampa Bay Buccaneers

by @HilowFF

Baker Mayfield enters his fourth season with the Buccaneers and will be playing under his fourth offensive coordinator after the team fired Josh Grizzard. The first two worked out pretty well but both Dave Canales and Liam Coen picked up head coaching gigs after one season in the position. Grizzard, not so much. The team slipped to 22.4 points per game a season ago, down from 29.0 in 2024. Enter Zac Robinson, who most recently led an Atlanta offense responsible for the eruptions of Bijan Robinson, Drake London, and Kyle Pitts. Robinson hails from the Sean McVay coaching tree and incorporates wide zone and outside zone rushing concepts with heavy play action, pre-snap motion, and leveraged-based mismatches. It's a system tailor made to benefit players capable of exploiting space, which for the Buccaneers are Emeka Egbuka and Chris Godwin.

Recent reports indicate that Egbuka will be charged with the primary Z receiver role with Godwin in his standard slot, or Y, role. Robinson recently talked up third-round selection Ted Hurst as a player that can give them prototypical X snaps, a notion that aligns with Robinson's propensity to have a more rigid offensive system and play the players that fit within that system. That would seemingly leave

Jalen McMillan scrapping for snaps considering his value is more in line with a Z-type receiver, the position that Egbuka is set to play. I like McMillan's game a lot but I have my doubts about his ability to get on the field, if Egbuka is in fact going to play primarily Z. That entire discussion is predicated on the idea that Hurst can deliver as promised in his rookie season.

Tight end Cade Otton is not a target-earner, instead really only beneficial to our rosters when the team experiences significant injuries amongst its pass catching ranks. I won't have much outside of Tampa Bay stacks.

Kenneth Gainwell was added to the backfield following the departure of Rachaad White. I view that as a clear signal that the team does not want to increase the role of lead back Bucky Irving after the 5' 10, 195-pound back missed seven games in 2025 with a shoulder injury. Working in both backs' favor is an offensive line projected to be one of the top units in the league. On the same note, we saw what injuries did to this unit a season ago. They will need to remain healthy for this team to reach its full potential. Both backs are fine picks at ADP, just don't expect Irving to suddenly see 250 carries.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Emeka Egbuka	WR23	WR19	WR20	+1
Bucky Irving	RB20	RB23	RB25	+2
Chris Godwin Jr.	WR48	WR35	WR41	+6
Kenneth Gainwell	RB30	RB34	RB1	-33
Baker Mayfield	QB15	QB20	QB19	-1
Jalen McMillan	WR53	WR69	WR65	-4
Cade Otton	TE29	TE27	TE27	--

NFC SOUTH



Carolina Panthers

2025 Record: 8-9 | 4th seed (div winner)

2026 Panthers Depth Chart ↗

WIN TOTAL O/U

7.5 T-21

IMPLIED PTS/G

20.7 #26

FF PLAYOFF PTS

60.0 T-28

HC

Dave Canales

OC

Brad Idzik

DC

Ejiro Evero

COACHING/COORDINATOR NOTES

HC Canales: Full continuity with OC Idzik and DC Evero, the only staff in the division that didn't change.

2025 STATS & TENDENCIES

11 PERS (3WR)

#8 (65.6%)

12 PERS (2TE)

#18 (20.7%)

21 PERS

#21

PLAYS/GAME

#23 (59.53)

PROE+ (PASS RATE OVER EXP × PACE)

#26

EPA PER PLAY

#26 (-0.039)

FP PER TOUCH ALLOWED

#13 (0.88)

OFF PRESSURE RATE OVER EXP

#26 (2.3)

DEF PRESSURE RATE OVER EXP

#32 (-10.7)

2025 TARGET DISTRIBUTION

WR

#16

60.2%

RB

#11

19.2%

TE

#25

20.6%

Total targets: 480

LINE PLAY · 2025

Offensive Line — SR OL #8 (2026 aggregate) 2025 run-block ARBY #5

Run blocking (O-line)

ARBY/carry #5 (2.86) · RB yds/carry #18 (4.32)

Run defense (D-line)

ARBY/carry allowed #21 (2.76) · RB yds/carry allowed #24 (4.59)

2026 DRAFT PICKS

R1	#19	OT	Monroe Freeling	Georgia
R2	#49	DL	Lee Hunter	Texas Tech
R3	#83	WR	Chris Brazzell II	Tennessee
R4	#129	CB	Will Lee III	Texas A&M
R5	#144	IOL	Sam Hecht	Kansas State
R5	#151	S	Zakee Wheatley	Penn State
R7	#227	LB	Jackson Kuwatch	Miami (OH)

KEY ROSTER MOVES

ADDITIONS

QB Kenny Pickett

EDGE Jaelan Phillips

LB Devin Lloyd

OT Rasheed Walker

RB AJ Dillon

LOSSES

RB Rico DowdlePIT

QB Andy Daltontrade, PHI

G Austin CorbettBUF

OT Yosh Nijmanretired

NOTES

Both tackles (Moton, Ekwonu) are expected to miss the opener, not a good start to the season. Rico Dowdle is gone, Brooks fully cleared after missing all of 2025. TE was an open three-way until Mitchell Evans got carted at the first padded practice (ankle, not believed serious).

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #29

PASS MATCHUP
#23 of 32

RUSH MATCHUP
#20 of 32

W1		 Chicago Bears
W2	@	 Atlanta Falcons
W3	@	 Cleveland Browns
W4		 Detroit Lions 
W5		Bye week
W6	@	 Philadelphia Eagles
W7		 Tampa Bay Buccaneers
W8	@	 Green Bay Packers 
W9		 Denver Broncos
W10	@	 New Orleans Saints
W11		 Baltimore Ravens
W12	@	 Tampa Bay Buccaneers 
W13	@	 Minnesota Vikings
W14		 New Orleans Saints

FANTASY PLAYOFFS

W15		 Cincinnati Bengals
W16	@	 Pittsburgh Steelers
W17		 Seattle Seahawks

W18		 Atlanta Falcons
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SCHEDULE SUMMARY	HOME9	AWAY8	INT0	PRIME3
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2025 TRENDS ↗

AGAINST THE SPREAD

11-7 #6

61.10% cover rate

OVER / UNDER

8-10 #26

44.40% over rate

IMPLIED WIN TOTAL

7.5

T-21

DK o +110/u -130 · MGM o +110

PLAYER PROP MARKETS

PASSING YARDS

Bryce Young	3074.5	#24	O -110	U -110	
Bryce Young	3000.5	#24	O -114	U -114	

PASSING TDS

Bryce Young	20.5	T-20	O -110	U -110	
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RUSHING YARDS

Chuba Hubbard	824.5	T-19	O -105	U -115	
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RECEIVING YARDS

Tetairoa McMillan	949.5	T-16	O -110	U -110	
Tetairoa McMillan	925.5	T-16	O -114	U -114	
Jalen Coker	599.5	#63	O -110	U -110	

RECEIVING TDS

Tetairoa McMillan	6.5	T-11	O -110	U -115	
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SACKS

Derrick Brown	4.3	T-29	O -110	U -115	
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Carolina Panthers

by @HilowFF

The Panthers are implied for only 20.7 points per game (26th) after averaging 20.4 points per game in 2024 and 19.0 points per game in 2025. On that note, Canales' Buccaneers offense averaged only 21.2 points per game in 2023. Canales is fully established in fake-sharp territory. His offensive system is almost entirely built behind the run and what the team is able to accomplish on the ground, which is a fairly antiquated system in today's game. While I am not the biggest fan of Bryce Young, I'm of the opinion that Canales is the bigger issue. So, sure, decline Young's fifth-year option. Sure, talk up Tetairoa McMillan as being a guy to move around the formation. I don't buy any of it. I would rather have any other wide receiver drafted in the fourth, fifth, or sixth round over McMillan, through no fault of his own. We're trying to win best ball tournaments here and I don't see McMillan being a piece you can't win without.

One thing we know for certain about Canales is that the dude loves his run game. I didn't intend for this write-up to be anti-everything-Panthers, but miss me with the "Chubba Hubbard is the man" talk. This is a former fourth-round pick with a career 4.1 average yards per carry mark. Enter Jonathan Brooks. Brooks is an explosive and decisive runner with second round pedigree, only missing the whole "gotta stay healthy" schtick. His ADP has been steadily climbing this offseason, but he isn't yet priced where he should be for his upside in this offense. He just needs to stay healthy! I'll continue hunting his name at cost until he flops ADP with Hubbard. If I'm not drafting McMillan, I sure as hell am not drafting Xavier Leggette, Jalen Coker, Tommy Tremble, Ja'Tavion Sanders, or Mitchell Evans. Short. Sweet. Not much left to say about the Panthers.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Tetairoa McMillan	WR19	WR26	WR22	-4
Chuba Hubbard	RB31	RB40	RB36	-4
Jonathon Brooks	RB37	RB31	RB30	-1
Jalen Coker	WR55	WR55	WR57	+2
Bryce Young	QB25	QB26	QB26	--

NFC SOUTH



Atlanta Falcons

2025 Record: 8-9

2026 Falcons Depth Chart ↗

WIN TOTAL O/U

6.5 T-26

IMPLIED PTS/G

21.2 #25

FF PLAYOFF PTS

66.5 T-21

HC

Kevin Stefanski NEW '26

OC

Tommy Rees NEW '26

DC

Jeff Ulbrich

COACHING/COORDINATOR NOTES

HC Stefanski (NEW '26): Hired after the Morris firing (Morris is now SF's DC). OC Rees (NEW '26) calls the plays, unlike Stefanski's Cleveland setup. DC Ulbrich continues. New GM Cunningham, Matt Ryan president of football.

2025 STATS & TENDENCIES

11 PERS (3WR)

#26 (45.5%)

12 PERS (2TE)

#2 (37.4%)

21 PERS

#7

PLAYS/GAME

#17 (61.76)

PROE+ (PASS RATE OVER EXP × PACE)

#13

EPA PER PLAY

#24 (-0.021)

FP PER TOUCH ALLOWED

#17 (0.82)

OFF PRESSURE RATE OVER EXP

#13 (-1.7)

DEF PRESSURE RATE OVER EXP

#11 (0.9)

2025 TARGET DISTRIBUTION

WR

#26

52.5%

RB

#4

23.0%

TE

#14

24.5%

Total targets: 518

LINE PLAY · 2025

Offensive Line — SR OL #13 (2026 aggregate) 2025 run-block ARBY #14

Run blocking (O-line)

ARBY/carry #14 (2.67) · RB yds/carry #8 (4.67)

Run defense (D-line)

ARBY/carry allowed #28 (2.85) · RB yds/carry allowed #23 (4.51)

2026 DRAFT PICKS

R2	#48	CB	Avieon Terrell	Clemson
R3	#79	WR	Zachariah Branch	Georgia
R4	#134	LB	Kendal Daniels	Oklahoma
R6	#208	DT	Anterio Thompson	Washington
R6	#215	LB	Harold Perkins Jr.	LSU
R7	#231	OT	Ethan Onianwa	Ohio State

KEY ROSTER MOVES

ADDITIONS

QB Tua Tagovailoa
RB Brian Robinson Jr.
WR Jahan Dotson
OT Jawaan Taylor
TE Austin Hooper
return

LOSSES

QB Kirk Cousins	LV
RB Tyler Allgeier	ARZ
CB Dee Alford	BUF
OC Zac Robinson	TB
RT Kaleb McGary	retired

NOTES

Tua sat day one with back tightness (not considered serious, back “sooner rather than later” per Stefanski), Penix still isn’t cleared for team drills, Siemian was released with an NFI, and the Falcons are expected to sign Cooper Rush just to have a healthy veteran arm.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #22

PASS MATCHUP
#9 of 32

RUSH MATCHUP
#25 of 32

W1	@		Pittsburgh Steelers
W2			Carolina Panthers
W3	@		Green Bay Packers 
W4	@		New Orleans Saints 
W5			Baltimore Ravens 
W6			Chicago Bears
W7			San Francisco 49ers
W8	@		Tampa Bay Buccaneers
W9			Cincinnati Bengals 
W10			Kansas City Chiefs
W11			Bye week
W12	@		Minnesota Vikings
W13			Detroit Lions
W14	@		Cleveland Browns

FANTASY PLAYOFFS

W15	@		Washington Commanders
W16			Tampa Bay Buccaneers
W17			New Orleans Saints

W18	@		Carolina Panthers
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SCHEDULE SUMMARY

HOME	8	AWAY	8	INT	1	PRIME	3
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2025 TRENDS ↗

AGAINST THE SPREAD

8-8-1 #13

50.00% cover rate

OVER / UNDER

8-8-1 #20

50.00% over rate

IMPLIED WIN TOTAL

6.5

T-26 DK o -136/u +105 · MGM u +115

PLAYER PROP MARKETS

RUSHING YARDS

Bijan Robinson	1174.5	#5	O -110	U -110	
Bijan Robinson	1150.5	#5	O -114	U -114	

RUSHING TDS

Bijan Robinson	8.5	T-8	O -125	U +100	
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RECEIVING YARDS

Drake London	1149.5	#7	O -110	U -110	
Drake London	1100.5	#7	O -114	U -114	
Kyle Pitts	774.5	T-36	O -110	U -110	
Kyle Pitts	725.5	T-36	O -114	U -114	
Bijan Robinson	574.5	T-64	O -110	U -110	

RECEIVING TDS

Drake London	7.5	T-6	O +110	U -135	
Kyle Pitts	4.5	T-35	O -120	U -105	
Bijan Robinson	3.5	T-48	O +100	U -125	



Atlanta Falcons

by @HilowFF

Kevin Stefanski leaves one organization with a quarterback problem and joins another, this time with [Tua Tagovailoa](#) and [Michael Penix](#). Penix is coming off a partially torn ACL but is reportedly healthy and set to participate in camp. The two are expected to battle for the starting job into the preseason, with my money on the veteran poise of Tagovailoa eventually winning out. Stefanski went 45-56 in his five seasons as the head coach of the Browns before being hired by the Falcons. This time, though, it'll be his offensive coordinator calling plays after Stefanski retained that honor for most of his time in Cleveland. Stefanski brings with him former Browns offensive coordinator Tommy Rees. Expect elevated 12- and 13-personnel utilization, with a run game based on familiar outside zone concepts. He utilizes pre-snap motion and play action from under center to disguise and diagnose in an attempt to make easier reads for his quarterback. The biggest knock on his system is the route structure, which typically leaves too much to his players as opposed to placing them in the best position to succeed. More on that in a minute.

[Bijan Robinson](#) gets continuity in the sense that the design of the run game should mirror what he has experienced for most of his professional career. Furthermore, recent reports out of Atlanta indicate that Robinson could be

utilized even heavier through the air, which is something considering he was targeted 103 times in 2025. With the new coaching staff and departure of longtime backup [Tyler Allgeier](#) comes uncertainty surrounding the expected snap rate and touch totals for Robinson, but that should only serve to distend his upside even further. [Brian Robinson](#) steps into the primary backup role but shouldn't be viewed as anything more than a handcuff behind Robinson. I have [Jahmyr Gibbs](#) ranked over [Bijan](#), but it's close. Snap click at the 1.02.

The expectation of elevated rates of heavy personnel alignments is more beneficial to both [Drake London](#) and [Kyle Pitts](#) than most people are likely to realize. Heavy formations means more skill position players on the field that are less likely to command targets at elevated rates, increasing the likelihood that London and Pitts see elevated target totals. I am grabbing both at ADP as much as I can. That same exploration simultaneously lowers the weekly upside of secondary contributors like [Jahan Dotson](#) and [Olamide Zaccheaus](#). I am not drafting either. Expect blocking specialist [Charlie Woerner](#) and well-rounded tight end [Austin Hooper](#) to see the field at solid rates, although neither is overly enticing in best ball.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Bijan Robinson	RB2	RB2	RB3	+1
Drake London	WR8	WR9	WR10	+1
Kyle Pitts Sr.	TE6	TE7	TE7	--
Brian Robinson Jr.	RB49	RB56	RB57	+1



NFC SOUTH

New Orleans Saints

2025 Record: 6-11

2026 Saints Depth Chart ↗

WIN TOTAL O/U

7.5 T-21

IMPLIED PTS/G

21.6 #23

FF PLAYOFF PTS

67.5 T-19

HC

Kellen Moore

OC

Doug Nussmeier

DC

Brandon Staley

COACHING/COORDINATOR NOTES

HC Moore: Year two off a torrid first-year pace. OC Nussmeier and DC Staley continue.

2025 STATS & TENDENCIES

11 PERS (3WR) #5 (66.5%)	12 PERS (2TE) #27 (11.0%)	21 PERS #28
PLAYS/GAME #11 (63.35)	PROE+ (PASS RATE OVER EXP × PACE) #1	EPA PER PLAY #27 (-0.088)
FP PER TOUCH ALLOWED #29 (0.72)	OFF PRESSURE RATE OVER EXP #18 (0.2)	DEF PRESSURE RATE OVER EXP #24 (-3.5)

2025 TARGET DISTRIBUTION

WR #12 61.1%	RB #27 13.7%	TE #12 25.2%
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Total targets: 563

LINE PLAY · 2025

Offensive Line — SR OL #18 (2026 aggregate) 2025 run-block ARBY #25

Run blocking (O-line) ARBY/carry #25 (2.49) · RB yds/carry #29 (3.72)

Run defense (D-line) ARBY/carry allowed #10 (2.45) · RB yds/carry allowed #7 (4.01)

2026 DRAFT PICKS

R1	#8	WR	Jordyn Tyson	Arizona State
R2	#42	DL	Christen Miller	Georgia
R3	#73	TE	Oscar Delp	Georgia
R4	#132	IOL	Jeremiah Wright	Auburn
R4	#136	WR	Bryce Lance	North Dakota State
R5	#172	CB	Lorenzo Styles Jr.	Ohio State
R6	#190	WR	Barion Brown	LSU
R7	#219	CB	TJ Hall	Iowa

KEY ROSTER MOVES

ADDITIONS

RB Travis Etienne

G David Edwards

TE Noah Fant

LB Kaden Elliss

EDGE Tyree Wilsontrade, LV

LOSSES

LB Demario DavisNYJ

CB Alontae TaylorTEN

TE Foster MoreauHOU

NOTES

Tyson should start immediately opposite Olave (our WR12), and the rookie projects at WR38 out of the gate. Etienne is our RB17 as the new lead back, with Kamara returning on a restructured contract and likely taking some passing-down work. The goal-line work will be the thing that makes or breaks ETN's fantasy value.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #2

PASS MATCHUP

#2 of 32

RUSH MATCHUP

#29 of 32

W1	@		Detroit Lions
W2	@		Baltimore Ravens
W3			Las Vegas Raiders
W4		 	Atlanta Falcons
W5			Minnesota Vikings
W6	@		New York Giants
W7		 	Pittsburgh Steelers
W8			Bye week
W9			Cleveland Browns
W10			Carolina Panthers
W11	@		Chicago Bears
W12	@		Cincinnati Bengals
W13			Green Bay Packers
W14	@		Carolina Panthers

FANTASY PLAYOFFS

W15	@		Tampa Bay Buccaneers
W16			Arizona Cardinals
W17	@		Atlanta Falcons

W18  Tampa Bay Buccaneers

SCHEDULE SUMMARY

HOME	8	AWAY	8	INT	1	PRIME	1
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2025 TRENDS ↗

AGAINST THE SPREAD

9-8 #10

52.90% cover rate

OVER / UNDER

5-12 #31

29.40% over rate

IMPLIED WIN TOTAL

7.5

T-21 DK o -120/u +100 · MGM o -125

PLAYER PROP MARKETS

PASSING YARDS

Tyler Shough	3649.5	#10	O -110	U -110	
Tyler Shough	3600.5	#10	O -114	U -114	

PASSING TDS

Tyler Shough	20.5	T-20	O -120	U +100	
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RUSHING YARDS

Travis Etienne	800.5	T-36	O -114	U -114	
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RECEIVING YARDS

Chris Olave	1050.5	T-10	O -114	U -114	
Chris Olave	1024.5	T-10	O -110	U -110	
Juwan Johnson	574.5	T-64	O -105	U -115	

RECEIVING TDS

Chris Olave	5.5	T-22	O -120	U -105	
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SACKS

Chase Young	7.8	#18	O -115	U -110	
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The Saints had a no-nonsense offseason that included the re-signing of wide receiver Chris Olave and running back Alvin Kamara, the signing of running back Travis Etienne, and the selection of wide receiver Jordyn Tyson in the first round. Quarterback Tyler Shough proved to be the answer under center after entering his rookie season in a battle with Spencer Rattler (that he eventually lost, but took over during the season). Head coach Kellen Moore continued his torrid pacing in his first shot at head coaching duties, leading the league in PROE+ while averaging 63.2 plays per game (10th). Expect more of the same in the new year.

New Orleans currently ranks just 23rd in implied scoring at 21.6 points per game and while Shough finished his rookie year on a solid run, his weekly range of outcomes was a bit misleading. Shough averaged just over three rush attempts per game across nine starts, with a 10-to-six touchdown-to-interception ratio and an average of 246 pass yards per game. Those are fine when considering his modest cost, but he did not have a single game in which he accounted for more than two touchdowns. That screams weekly floor in a format that rewards spike potential, backed up by his passing touchdown prop line set at just 20.5. Consider Shough a fine QB2/QB3 to pair with others that carry more weekly upside (read differently, those that have paths to games with more touchdowns).

Olave has eclipsed 1,000 yards receiving in all three healthy seasons during his four-year career, finally

breaking out in 2025 with nine touchdowns. While the touchdown total was great, Olave accounted for a completely unsustainable 47.4 percent of the team's receiving touchdowns, marking the potential for regression after the team added so many weapons this offseason. There is clearly the opportunity for the team to simply pass for more scores in 2026, but I am slightly below consensus on Olave and would prefer Rashee Rice, Emeka Egbuka, and Ladd McConkey in a vacuum.

Jordyn Tyson joins the team as one of the more pro-ready receivers in the 2026 class, capable of running a complete route tree while having that dog mentality that I look for in young prospects. He was taught by former NFL Super Bowl MVP Hines Ward at Arizona State, developing a tenacious work ethic that drew rave reviews coming out of college. I expect him to immediately make an impact at the NFL level. His ADP has become a bit prohibitive at the beginning of the sixth round, but the talent is there.

Etienne was signed to a lucrative deal to be the lead back; argue with a wall. The restructured, team-friendly deal signed by Alvin Kamara hints at a more complementary role as a fan favorite in New Orleans. He'll also get the benefit of running behind an offensive line projected to be a top 10 unit. He's a fine selection at cost. Tight end Juwan Johnson is a fine-I-guess selection that appears unlikely to fully erupt given the added target competition.

 UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Chris Olave	WR11	WR11	WR13	+2
Travis Etienne Jr.	RB18	RB14	RB20	+6
Jordyn Tyson	WR72	WR49	WR45	-4
Tyler Shough	QB19	QB19	QB20	+1
Juwan Johnson	TE16	TE15	TE16	+1
Alvin Kamara	RB51	RB58	RB55	-3



DIVISION 08 / 08

NFC WEST

Four teams · win totals, projections and full breakdowns follow.

	Arizona Cardinals	3-14 · 2025
	Los Angeles Rams	12-5 · 2025
	San Francisco 49ers	12-5 · 2025
	Seattle Seahawks	14-3 · 2025

NFC WEST



Arizona Cardinals

2025 Record: 3-14

2026 Cardinals Depth Chart ↗

WIN TOTAL O/U

3.5 #32

IMPLIED PTS/G

18.5 #32

FF PLAYOFF PTS

60.0 T-28

HC

Mike LaFleur NEW '26

OC

Nathaniel Hackett NEW '26

DC

Nick Rallis

COACHING/COORDINATOR NOTES

HC LaFleur (NEW '26): Another McShanahan-tree caller: outside zone, elevated play-action, motion. OC Hackett (NEW '26). DC Rallis continues.

2025 STATS & TENDENCIES

11 PERS (3WR)

#25 (46.3%)

12 PERS (2TE)

#8 (29.3%)

21 PERS

#31

PLAYS/GAME

#12 (63.29)

PROE+ (PASS RATE OVER EXP × PACE)

#15

EPA PER PLAY

#23 (-0.019)

FP PER TOUCH ALLOWED

#6 (0.95)

OFF PRESSURE RATE OVER EXP

#15 (-1.5)

DEF PRESSURE RATE OVER EXP

#30 (-7.0)

2025 TARGET DISTRIBUTION

WR

#31

44.6%

RB

#7

20.1%

TE

#1

35.3%

Total targets: 617

LINE PLAY · 2025

Offensive Line — SR OL #24 (2026 aggregate) 2025 run-block ARBY #28

Run blocking (O-line)

ARBY/carry #28 (2.36) · RB yds/carry #21 (4.20)

Run defense (D-line)

ARBY/carry allowed #19 (2.72) · RB yds/carry allowed #27 (4.81)

2026 DRAFT PICKS

R1	#3	RB	Jeremiyah Love	Notre Dame
R2	#34	IOL	Chase Bisontis	Texas A&M
R3	#65	QB	Carson Beck	Miami
R4	#104	DL	Kaleb Proctor	SE Louisiana
R5	#143	WR	Reggie Virgil	Texas Tech
R6	#183	LB	Karson Sharar	Iowa
R7	#217	OT	Jayden Williams	Ole Miss

KEY ROSTER MOVES

ADDITIONS

QB Gardner Minshew

RB Tyler Allgeier

G Isaac Seumalo

WR Kendrick Bourne

LOSSES

QB Kyler Murray

DL Calais Campbell

S Jalen Thompson

DL Dalvin Tomlinson

MIN

BAL

DAL

LAC

NOTES

Trey McBride comes off a record season with a new OC and more talent on offense with the addition of Jeremiyah Love as the 3rd overall pick. The volume and pass rate from last year were insane, and likely not repeatable, but with only 4 projected wins there should be a lot of GTP again, where McBride ate last season.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #32

PASS MATCHUP

#1 of 32

RUSH MATCHUP

#31 of 32

W1	@	 Los Angeles Chargers
W2		 Seattle Seahawks
W3	@	 San Francisco 49ers
W4	@	 New York Giants
W5		 Detroit Lions
W6	@	 Los Angeles Rams
W7		 Denver Broncos
W8	@	 Dallas Cowboys
W9	@	 Seattle Seahawks
W10		 Los Angeles Rams
W11	@	 Kansas City Chiefs
W12		 Washington Commanders
W13		 Philadelphia Eagles
W14		Bye week

FANTASY PLAYOFFS

W15		 New York Jets
W16	@	 New Orleans Saints
W17		 Las Vegas Raiders

W18	 San Francisco 49ers
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SCHEDULE SUMMARY

HOME	9	AWAY	8	INT	0	PRIME	0
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2025 TRENDS ↗

AGAINST THE SPREAD

6-11 #28

35.30% cover rate

OVER / UNDER

10-7 #10

58.80% over rate

IMPLIED WIN TOTAL

3.5 #32 DK o -130/u +110 · MGM o -145

PLAYER PROP MARKETS

RECEIVING YARDS

Trey McBride	999.5	T-13	O -110	U -110	
Trey McBride	950.5	T-13	O -114	U -114	
Marvin Harrison Jr.	825.5	#25	O -114	U -114	
Marvin Harrison Jr.	824.5	#25	O -110	U -110	
Michael Wilson	724.5	T-41	O +100	U -120	

RECEIVING TDS

Trey McBride	6.5	T-11	O +100	U -125	
Marvin Harrison Jr.	5.5	T-22	O +125	U -150	

SACKS

Josh Sweat	8.8	#12	O -120	U -105	
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Arizona actually surprised me this offseason with the signing of Mike LaFleur to be their next head coach, marking yet another disciple of the McShanahan coaching tree to find their way into the play calling ranks. I'm so used to this franchise disappointing me having grown up in Arizona. You know the drill by this point - more outside zone principles, elevated rates of play action and pre-snap motion, and dynamic route structures designed to generate space for their primary play makers. Jacoby Brissett signed an updated one-year contract as I was writing this up, making it likely he begins the season as the starter under center. Third-round rookie Carson Beck is likely to be competing with veteran backup Gardner Minshew for primary backup duties, but I would expect the youngster to get a chance at some point this season. That said, McShanahan offenses are not easy to master, so it will likely take some time.

Reports out of Arizona indicate Michael Wilson is likely to transition back to a Z-type role after being forced into a more traditional X role due to injuries during 2025, which is the role that Tyreek Hill played under Mike McDaniel and Puka Nacua plays under Sean McVay in similar offenses. Wilson has already shown to be excited at the development in camp interviews. That development is going to subject Marvin Harrison Jr to press-man coverage, a matchup he is more than familiar with after seeing 52 targets against press-man a season ago (second only to Ja'Marr Chase in 2025). Harrison Jr has the tools to beat press-mean consistently but will need to clean up the mental lapses like drops and "taking plays off." Speaking of which, the first damn clip I saw this year from Cardinals camp was an MHJ drop. I prefer Parker Washington in a vacuum at a

similar ADP, but MHJ is a fine selection at cost. I'm not sure the field knows what to do with Wilson, who has seen his ADP decline slightly on Underdog and Drafters.

Either way, the top pass catcher on this offense is likely to remain tight end Trey McBride, who is one of the top interior matchup nightmares in the league. McBride finally put it all together in 2025, erupting for 126 receptions for 1,239 yards and 11 touchdowns. He gains a substantial boost with Brissett under center, who had one of the top tight end target rates in the league last year. The fact that we might see a quarterback change prior to the playoff weeks makes me below consensus on McBride in playoff formats, but fire him up in cumulative formats.

Jeremiyah Love is a No. 3 overall draft pick. Offensive coordinator Nathaniel Hackett can shove his "rookie backs will be eased in" where the sun don't shine. The dude is going to be the lead back and is likely to become a workhorse later in the season. I prefer him in playoff formats for the likelihood that he doesn't immediately operate as a true workhorse in the backfield. Also, we've seen workhorse backs on bottom-feeder teams fail as recently as last season (Ashton Jeanty) and the Cardinals are currently implied for the lowest points per game total in the league (18.5). Again, bump him in playoff formats, move him down in cumulative formats.

We are not interested in the WR3 in this offense, making the battle between Kendrick Bourne and Devin Duvernay largely irrelevant.

UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Jeremiyah Love	RB27	RB19	RB14	-5
Trey McBride	TE2	TE2	TE2	--
Marvin Harrison Jr.	WR35	WR31	WR34	+3
Michael Wilson	WR45	WR43	WR43	--
Tyler Allgeier	RB54	RB43	RB46	+3
Jacoby Brissett	QB28	QB29	QB30	+1

NFC WEST



Los Angeles Rams

2025 Record: 12-5 | 5th seed (wildcard)

2026 Rams Depth Chart ↗

WIN TOTAL O/U

11.5 T-1

IMPLIED PTS/G

26.7 #1

FF PLAYOFF PTS

79.0 T-1

HC

Sean McVay

OC

Nathan Scheelhaase NEW '26

DC

Chris Shula

COACHING/COORDINATOR NOTES

HC McVay: Continues. OC Scheelhaase (NEW '26) promoted, Ragone co-OC. DC Shula continues, now with the reigning DPOY.

2025 STATS & TENDENCIES

11 PERS (3WR)

#16 (59.7%)

12 PERS (2TE)

#30 (8.9%)

21 PERS

#31

PLAYS/GAME

#10 (63.65)

PROE+ (PASS RATE OVER EXP x PACE)

#2

EPA PER PLAY

#2 (0.145)

FP PER TOUCH ALLOWED

#20 (0.80)

OFF PRESSURE RATE OVER EXP

#1 (-8.6)

DEF PRESSURE RATE OVER EXP

#10 (1.9)

2025 TARGET DISTRIBUTION

WR

#6

63.2%

RB

#32

11.0%

TE

#9

25.8%

Total targets: 581

LINE PLAY · 2025

Offensive Line — SR OL #4 (2026 aggregate) 2025 run-block ARBY #2

Run blocking (O-line)

ARBY/carry #2 (3.12) · RB yds/carry #3 (4.95)

Run defense (D-line)

ARBY/carry allowed #14 (2.62) · RB yds/carry allowed #14 (4.24)

2026 DRAFT PICKS

R1	#13	QB	Ty Simpson	Alabama
R2	#61	TE	Max Klare	Ohio State
R3	#93	IOL	Keagen Trost	Missouri
R6	#197	WR	CJ Daniels	Miami
R7	#232	DT	Tim Keenan III	Alabama

KEY ROSTER MOVES

ADDITIONS

EDGE Myles Garrett	trade, CLE
CB Trent McDuffie	trade, KC
CB Jaylen Watson	

LOSSES

EDGE Jared Verse	trade, CLE
WR Tutu Atwell	MIA
CB Cobie Durant	DAL
OT Rob Havenstein	retired
CB Darius Williams	retired

NOTES

Super Bowl LXI is at SoFi, and they’re going all in with Myles Garrett & Trent McDuffie bolstering the defense that kept them out of the big game last season.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #28

PASS MATCHUP

#18 of 32

RUSH MATCHUP

#11 of 32

W1  San Francisco 49ers  MELBOURNE

W2  New York Giants 

W3 @  Denver Broncos

W4 @  Philadelphia Eagles

W5  Buffalo Bills 

W6  Arizona Cardinals

W7 @  Las Vegas Raiders

W8  Los Angeles Chargers

W9 @  Washington Commanders

W10 @  Arizona Cardinals

W11 Bye week

W12  Green Bay Packers

W13  Kansas City Chiefs 

W14 @  San Francisco 49ers

FANTASY PLAYOFFS

W15  Dallas Cowboys

W16 @  Seattle Seahawks

W17 @  Tampa Bay Buccaneers

W18  Seattle Seahawks

SCHEDULE SUMMARY	HOME8	AWAY8	INT1	PRIME3
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2025 TRENDS ↗

AGAINST THE SPREAD

12-8 #7

60.00% cover rate

OVER / UNDER

12-8 #8

60.00% over rate

IMPLIED WIN TOTAL

11.5

T-1 DK o -125/u +105 · MGM u +115

PLAYER PROP MARKETS

🏈 PASSING YARDS

Matthew Stafford	3999.5	T-3	O -110	U -110	🏈
Matthew Stafford	3925.5	T-3	O -114	U -114	🏈

🏈 PASSING TDS

Matthew Stafford	30.5	#2	O -105	U -115	🏈
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🏈 RUSHING YARDS

Kyren Williams	999.5	T-7	O -110	U -110	🏈
Kyren Williams	925.5	T-7	O -114	U -114	🏈
Blake Corum	674.5	#30	O -110	U -110	🏈

🏈 RUSHING TDS

Kyren Williams	9.5	T-6	O -125	U +100	🏈
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🏈 RECEIVING YARDS

Puka Nacua	1375.5	#1	O -114	U -114	🏈
Puka Nacua	1324.5	#1	O -110	U -110	🏈
Davante Adams	800.5	T-31	O -114	U -114	🏈
Davante Adams	774.5	T-31	O -110	U -110	🏈

🏈 RECEIVING TDS

Davante Adams	9.5	T-2	O +105	U -130	🏈
Puka Nacua	7.5	T-6	O -145	U +115	🏈

🏈 SACKS

Myles Garrett	15.8	#1	O -120	U -105	🏈
Jared Verse	7.3	T-19	O +110	U -135	🏈



Los Angeles Rams

by @HilowFF

Sean McVay’s Rams offense is currently implied for the highest points per game mark in the league at 26.7 after leading the league in scoring in 2025 at 30.0 points per game. Quarterback Matthew Stafford is coming off an MVP season and signed a one-year contract extension that ties him to the team through the 2027 season. The team added defensive standouts Myles Garrett and Trent McDuffie this offseason and Aaron Donald is currently working out to see if he’s physically capable of making a return to the league after retiring two seasons ago. It’s an absolute embarrassment of riches in Los Angeles.

Puka Nacua ran into some offseason issues when accusations of biting surfaced that forced the young wide receiver to check himself into a “private holistic rehab facility” in Malibu, but he is present and expected to participate in camp as he enters the final year of his rookie deal. Nacua topped his then-historic rookie season in 2025, erupting for 129 catches for 1,715 yards and 10 touchdowns, adding an additional score on the ground. He deserves every bit of his 1.04 ADP. Fellow wide receiver Davante Adams received 27 end zone targets a season ago, a full 50 percent more than the next player (Trey McBride

and George Pickens with 18). And while he isn’t likely to see quite as money end zone looks considering McVay’s red zone play calling tendencies appeared to shift as Stafford chased the MVP title, there is an expectation the he will continue to lead the team in end zone looks as one of the premier twitch receivers in the history of the league. Fire him up in the fifth all day.

The big speculation from the Rams this offseason is the potential for Blake Corum to take on an increased role in the backfield. And yet, incumbent starter Kyren Williams still has a rushing yardage prop line set at 999.5 and a touchdowns prop set at 9.5. Both backs are fine at current ADP.

One of McVay’s aces in his sleeve a season ago was an increased reliance on 12- and 13-personnel to generate mismatches over the middle of the field. And while none of Colby Parkinson, Tyler Higbee, Terrance Ferguson, or Davis Allen are going to project well this season, there is reason to be optimistic about Ferguson as he enters his second season. He’s nothing more than a late-round dart throw, but there are worse clicks on the board.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Puka Nacua	WR1	WR1	WR4	+3
Kyren Williams	RB17	RB13	RB18	+5
Davante Adams	WR16	WR24	WR31	+7
Blake Corum	RB34	RB32	RB32	--
Matthew Stafford	QB14	QB18	QB15	-3



NFC WEST

San Francisco 49ers

2025 Record: 12-5 | 6th seed (wildcard)

2026 49ers Depth Chart ↗

WIN TOTAL O/U

9.5 T-10

IMPLIED PTS/G

25.1 #7

FF PLAYOFF PTS

68.0 T-17

HC

Kyle Shanahan

OC

Klay Kubiak

DC

Raheem Morris NEW '26

COACHING/COORDINATOR NOTES

HC Shanahan: Limited indefinitely after the July 14 crash (broken ribs, hand, nose, severe concussion, nearly lost the eye). Foerster leads a committee with new DC Morris (NEW '26), OC Klay Kubiak, and Boyer splitting duties. Shanahan attends practice in the background, no timeline.

2025 STATS & TENDENCIES

11 PERS (3WR)

#28 (43.0%)

12 PERS (2TE)

#26 (11.3%)

21 PERS

#1

PLAYS/GAME

#8 (63.94)

PROE+ (PASS RATE OVER EXP × PACE)

#19

EPA PER PLAY

#6 (0.088)

FP PER TOUCH ALLOWED

#12 (0.89)

OFF PRESSURE RATE OVER EXP

#2 (-8.4)

DEF PRESSURE RATE OVER EXP

#31 (-9.3)

2025 TARGET DISTRIBUTION

WR

#29

45.5%

RB

#1

30.8%

TE

#17

23.7%

Total targets: 549

LINE PLAY · 2025

Offensive Line — SR OL #11 (2026 aggregate) 2025 run-block ARBY #21

Run blocking (O-line)

ARBY/carry #21 (2.56) · RB yds/carry #26 (3.95)

Run defense (D-line)

ARBY/carry allowed #25 (2.81) · RB yds/carry allowed #22 (4.49)

2026 DRAFT PICKS

R2	#33	WR	De’Zhaun Stribling	Ole Miss
R3	#70	EDGE	Romello Height	Texas Tech
R3	#90	RB	Kaelon Black	Indiana
R4	#107	DL	Gracen Halton	Oklahoma
R4	#127	OT	Carver Willis	Washington
R4	#139	CB	Ephesians Prysock	Washington
R5	#154	LB	Jaden Dugger	Louisiana
R5	#179	OT	Enrique Cruz Jr.	Kansas

KEY ROSTER MOVES

ADDITIONS

WR Mike Evans	
WR Christian Kirk	
DT Osa Odighizuwa	trade, DAL
LB Dre Greenlaw	return
CB Nate Hobbs	

LOSSES

WR Jauan Jennings	MIN
WR Kendrick Bourne	ARZ
RB Brian Robinson Jr.	ATL
S Jason Pinnock	NYG
EDGE Bryce Huff	retired

NOTES

Here we go again. Ricky Pearsall missed Wednesday with knee swelling related to last year’s PCL; the team says there’s “concern” about the nature of it and they’re exploring all options, and Kirk is out with a calf strain. Pearsall was our ascending target after a nine-game 2025; that projection is now on watch.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #7

PASS MATCHUP
#24 of 32

RUSH MATCHUP
#12 of 32

W1	@	 Los Angeles Rams	 MELBOURNE
W2		 Miami Dolphins	
W3		 Arizona Cardinals	
W4		 Denver Broncos	
W5	@	 Seattle Seahawks	
W6		Washington Commanders	
W7	@	 Atlanta Falcons	
W8		Bye week	
W9		 Las Vegas Raiders	
W10	@	 Dallas Cowboys	
W11		 Minnesota Vikings	  MEXICO CITY
W12		 Seattle Seahawks	
W13	@	 New York Giants	
W14		 Los Angeles Rams	

FANTASY PLAYOFFS

W15	@	 Los Angeles Chargers	
W16	@	 Kansas City Chiefs	
W17		 Philadelphia Eagles	

W18	@	 Arizona Cardinals	
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SCHEDULE SUMMARY	HOME	8	AWAY	7	INT	2 T-1st	PRIME	4
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2025 TRENDS ↗

AGAINST THE SPREAD

12-7 #4

63.20% cover rate

OVER / UNDER

11-7-1 #7

61.10% over rate

IMPLIED WIN TOTAL

9.5

T-10

DK o -146/u +120 · MGM o -155

PLAYER PROP MARKETS

PASSING YARDS

Brock Purdy	3799.5	#6	O -110	U -110	
Brock Purdy	3775.5	#6	O -114	U -114	

PASSING TDS

Brock Purdy	27.5	T-4	O -110	U -110	
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RUSHING YARDS

Christian McCaffrey	974.5	#10	O +100	U -120	
Christian McCaffrey	925.5	#10	O -114	U -114	

RUSHING TDS

Christian McCaffrey	8.5	T-8	O -115	U -110	
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RECEIVING YARDS

Mike Evans	824.5	T-26	O -105	U -115	
Mike Evans	800.5	#55	O -114	U -114	
George Kittle	724.5	T-41	O -110	U -110	
George Kittle	700.5	T-41	O -114	U -114	
Ricky Pearsall *	674.5	T-48	O -110	U -110	
Christian McCaffrey	574.5	T-64	O -110	U -110	
Christian McCaffrey	550.5	T-64	O -114	U -114	

*Out for the season

RECEIVING TDS

Mike Evans	6.5	T-11	O -105	U -120	
George Kittle	5.5	T-22	O -130	U +105	
Christian McCaffrey	4.5	T-35	O +115	U -145	

SACKS

Nick Bosa	10.3	T-9	O +105	U -130	
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Kyle Shanahan is one of the top offensive minds in the league at present. No ifs, ands, or buts about it. He has the top multipurpose running back in the game, an elite all-around tight end (albeit one coming off a significant injury), just went out and got a true alpha wide receiver to play the X (albeit one on the tail end of his career), has an ascending quarterback that is as smart as any other in the league, a solid ascending wide receiver to play Z, and went out and got a veteran presence to play the slot. I'd say things are looking pretty good in camp Shanahan in 2026. The 49ers are implied for 25.1 points per game (seventh) after averaging 24.5 points per game a season ago while dealing with mounting offensive injuries.

I hear the arguments: Christian McCaffrey has x-number of injuries and is y-years-old. Sure. He's also the top fantasy performer of the last decade and has a path to 350+ touches. As I've said before, we are playing these contests to win, not flaunt our advancement rate or min-cash ROI in cumulative formats. Take the damn swings on upside and smash CMC any time after Puka Nacua.

George Kittle is the best all-around tight end in the game currently. He's coming off a significant injury which dents his value in cumulative formats, but he is a top option at

cost in playoff formats that can mask what could be a slow start. Mike Evans has not been targeted on fewer than 28 percent of his routes since 2023 and just had his historic streak of 1,000-yard seasons snapped due to injury. He's getting up there in age but has proven to still be more than capable of handling business as a starting X receiver. It just so happens that the most valuable pass catcher role in a McShanahan offense is the X. Wheels up.

Brock Purdy is one of my favorite clicks at cost at the quarterback position in all formats. He is more in the Justin Herbert/Trevor Lawrence tier than where he is currently being drafted. I'm also taking swings on all of Ricky Pearsall, Christian Kirk, and rookie De'Zhaun Stribling at current valuation. I want pieces of this offense on as many rosters as possible this season. Period.

INJURY UPDATE · AUG 26

The 49ers signed free agent wide receiver Deebo Samuel, who has been serving as a "wide-back" in camp. I expect him to share Z snaps with Stribling while also seeing manufactured touches out of the backfield. The season-ending injury to Ricky Pearsall opens a clean path for Stribling, who continues to turn heads both on the practice field and during the preseason. Kirk also appears headed towards significant missed time to start the season, potentially even PUP, reducing the competition for playing time significantly. Stribling continues to surge up draft boards amidst the recent information, but he is one I am comfortable chasing, within reason.



UNDERDOG RANKINGS & ADP

.5 PPR

PLAYER	statrankings+		ADP	+/-
	PROJ	RANK		
Christian McCaffrey	RB3	RB3	RB4	+1
Mike Evans	WR27	WR29	WR26	-3
Brock Purdy	QB6	QB11	QB12	+1
George Kittle	TE11	TE10	TE9	-1



NFC WEST

Seattle Seahawks

2025 Record: 14-3 | 1st seed (div winner)

2026 Seahawks Depth Chart ↗

WIN TOTAL O/U

10.5 T-3

IMPLIED PTS/G

24.8 #9

FF PLAYOFF PTS

69.5 T-14

HC

Mike Macdonald

OC

Brian Fleury NEW '26

DC

Aden Durde

COACHING/COORDINATOR NOTES

HC Macdonald: Defending champs (beat NE 29-13, Walker was SB MVP). OC Fleury (NEW '26) replaces Kubiak (now LV's HC) and keeps most of what worked; four-for-four new play-callers in the NFC West. DC Durde continues.

2025 STATS & TENDENCIES

11 PERS (3WR)

#29 (41.3%)

12 PERS (2TE)

#11 (28.0%)

21 PERS

#5

PLAYS/GAME

#21 (59.59)

PROE+ (PASS RATE OVER EXP × PACE)

#24

EPA PER PLAY

#13 (0.033)

FP PER TOUCH ALLOWED

#29 (0.72)

OFF PRESSURE RATE OVER EXP

#7 (-4.7)

DEF PRESSURE RATE OVER EXP

#5 (4.2)

2025 TARGET DISTRIBUTION

WR

#5

63.7%

RB

#28

13.6%

TE

#20

22.6%

Total targets: 455

LINE PLAY · 2025

Offensive Line — SR OL #14 (2026 aggregate) 2025 run-block ARBY #22

Run blocking (O-line)

ARBY/carry #22 (2.55) · RB yds/carry #19 (4.30)

Run defense (D-line)

ARBY/carry allowed #5 (2.37) · RB yds/carry allowed #1 (3.54)

2026 DRAFT PICKS

R1	#32	RB	Jadarian Price	Notre Dame
R2	#64	S	Bud Clark	TCU
R3	#99	CB	Julian Neal	Arkansas
R5	#148	IOL	Beau Stephens	Iowa
R6	#199	WR	Emmanuel Henderson Jr.	Kansas
R7	#236	CB	Andre Fuller	Toledo
R7	#242	DT	Deven Eastern	Minnesota
R7	#255	CB	Michael Dansby	Arizona

KEY ROSTER MOVES

ADDITIONS

RB Emanuel Wilson

EDGE Dante Fowler

TE Harrison Bryant

LOSSES

RB Kenneth Walker III

EDGE Boye Mafe

CB Tariq Woolen

CB Coby Bryant

KC

CIN

PHI

CHI

NOTES

The backfield is the big story. The champs let Super Bowl MVP Kenneth Walker walk, and Zach Charbonnet opens camp on PUP but could be ready for the Week 1 SB rematch vs. New England. This would be unusually fast for an ACL tear, so treat that timeline as the best-case scenario. Either way, the report makes first-round rookie Jadarian Price's current ADP feel less attractive.

SCHEDULE & STRENGTH OF SCHEDULE

FANTASY STRENGTH OF SCHEDULE

Opp-strength #26

PASS MATCHUP

#28 of 32

RUSH MATCHUP

#3 of 32

W1		 New England Patriots	
W2	@	 Arizona Cardinals	
W3	@	 Washington Commanders	
W4		 Los Angeles Chargers	
W5		 San Francisco 49ers	
W6	@	 Denver Broncos	
W7		 Kansas City Chiefs	
W8		 Chicago Bears	
W9		 Arizona Cardinals	
W10	@	 Las Vegas Raiders	
W11		Bye week	
W12	@	 San Francisco 49ers	
W13		 Dallas Cowboys	
W14		 New York Giants	

FANTASY PLAYOFFS

W15	@	 Philadelphia Eagles
W16		 Los Angeles Rams
W17	@	 Carolina Panthers

W18	@	 Los Angeles Rams
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SCHEDULE SUMMARY	HOME9	AWAY8	INT0	PRIME5
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2025 TRENDS ↗

AGAINST THE SPREAD

15-5 #1

75.00% cover rate

OVER / UNDER

11-9 #15

55.00% over rate

IMPLIED WIN TOTAL

10.5

T-3 DK o -115/u -105 · MGM o -125

PLAYER PROP MARKETS

🏈 PASSING YARDS

Sam Darnold	3700.5	#8	O -114	U -114	🛡️
Sam Darnold	3699.5	#8	O -110	U -110	🏈

🏈 PASSING TDS

Sam Darnold	23.5	#15	O -110	U -110	🏈
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🏈 RUSHING YARDS

Kenneth Walker III	925.5	#13	O -114	U -114	🛡️
Kenneth Walker III	924.5	#13	O -115	U -105	🏈

🏈 RUSHING TDS

Kenneth Walker III	7.5	T-11	O -105	U -120	🏈
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🏈 RECEIVING YARDS

Jaxon Smith-Njigba	1350.5	#2	O -114	U -114	🛡️
Jaxon Smith-Njigba	1324.5	#2	O -110	U -110	🏈
Rashid Shaheed	499.5	#74	O -110	U -110	🏈
Rashid Shaheed	475.5	#74	O -114	U -114	🛡️

🏈 RECEIVING TDS

Jaxon Smith-Njigba	8.5	T-4	O +110	U -135	🏈
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HILOW'S BEST BALL TAKE

Seattle Seahawks

by @HilowFF

The departure of former offensive coordinator Klint Kubiak opened the door for Brian Fleury to get his first crack at play calling duties after coming up the coaching ranks under Kyle Shanahan in San Francisco. Fleury had an interesting tenure with the 49ers, serving in various positions on both sides of the ball. That makes four for four on play callers in the NFC West to hail from the McShanahan coaching tree (including the two originators themselves) and it should be a familiar structure to what we saw last season with Kubiak calling plays. That said, I have slight hesitations about the offense's ability to remain predictable considering Fleury spent all of one season with a significant offensive coaching role under Shanahan. The dude served as everything from defensive quality control to offensive quality control to tight ends coach to run game coordinator. But that last role at least gives us a more comfortable feeling when projecting his offense, in that we should be confident that the run game will be close to what we saw last year.

That's good news for rookie Jadarian Price, who was selected with the last pick of the first round for the defending Super Bowl Champions. Kenneth Walker signed a lucrative contract with the Chiefs and coaching favorite Zach Charbonnet tore his ACL in the Divisional Round of the playoffs. He was placed on the physically unable to perform list and is likely to miss the first four weeks of the regular season, at minimum. There might be no looking back for Price upon Charbonnet's return, the former of whom is likely to be competing with George Holani and Emanuel Wilson for the starting role. That, my friends, is no competition. It's wheels up for me with Price at a way-too-low No. 62 overall ADP.

My primary concerns with the change at offensive coordinator rests with Jaxon Smith-Njigba and a No. 5

overall ADP. The dude had a season for the ages while commanding a target at a ridiculous 32.6 percent frequency, with an elite 3.74 yards per route run mark and 33 percent targets per route run rate. His 0.75 fantasy points per route run trailed only Puka Nacua. Elite, elite stuff. But, like I said, I have some reservations. Fleury no doubt saw what worked under Kubiak and will attempt to emulate it, but the situational tendencies were so good and are so hard to duplicate and the scheme last year was such a perfect fit. He will require another season of the exact perfect runout to return value at 1.05 overall. Most notably, I expect we might see a significant dip in 12-personnel utilization, a setup that JSN absolutely feasted in a season ago.

That dip is likely to come via an increase in 21-personnel utilization based on Fleury's background, a claim backed up by the fact this team currently holds two fullbacks on the roster (that's fun). Expect Rashid Shaheed to take a step forward after a full offseason with the franchise, a notion that gains credence after he signed a three-year, \$51 million contract this offseason. I see him supplanting Cooper Kupp as the WR2 in the offense, with Kupp's participation likely tied strictly to the team's utilization of 11-personnel, which should be well below league average. That makes Shaheed an interesting target at cost and makes Kupp someone I am not clicking at all. Sam Darnold is a much better real-world quarterback than he is a fantasy asset, and I'm not even sure which way that should be interpreted. I don't know if I've clicked his name once all offseason. AJ Barner grew into a near every-down tight end for the Seahawks last season and there is no reason for that to change. That said, he was in a route at a middling 65.5 percent clip and averaged only 20 routes per game. No me gusta.



PLAYER	statrankings+		 ADP	+/-
	PROJ	RANK		
Jaxon Smith-Njigba	–	WR3	WR3	--
Jadarian Price	–	RB26	RB26	--
Rashid Shaheed	–	WR59	WR54	-5
Sam Darnold	–	QB23	QB25	+2
Zach Charbonnet	–	RB43	RB50	+7
AJ Barner	–	TE23	TE26	+3