

VSIN PRO

NFL BETTING GUIDE

PRO EDITION



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





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

by Brent Musburger

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

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

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

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

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

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

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

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



VSIN MVP

BEST BETS

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

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

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

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

Cam Newton: 2015
Matt Ryan: 2016

Adrian Peterson: 2012

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

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

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

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

MATT BROWN

JARED GOFF (40/1)

Jared Goff was better last year than most people realize.

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

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



ZACHARY COHEN

JALEN HURTS (18/1)

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

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

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

ADAM BURKE

JARED GOFF (40/1)

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

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

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

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

JONATHAN VON TOBEL

TUA TAGOVAILOA (22/1)

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

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

STEVE MAKINEN'S POWER RATINGS

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

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CAROLINA PANTHERS

2023 Record (incl. playoffs): 2-15 SU & 5-11-1 ATS
Head Coach: Dave Canales (1st)

The Panthers are clearly the worst team in the division again, but hiring acclaimed quarterback guru Dave Canales as head coach should really help with the progression of second-year QB Bryce Young, as Canales greatly impacted the careers of both Geno Smith and Baker Mayfield. There was quite a bit of roster turnover for the Panthers this offseason, with both helpful additions and key losses to a team in full-blown rebuild mode.

OFFENSE

Last season, Carolina ranked 29th in EPA/play and 30th in offensive success rate. These numbers indicate the Panthers were neither efficient nor explosive. This season, using the T Shoe Index as our reference point, Carolina is only expected to put up a 16.8 offensive rating – meaning they would only be expected to score ~17 points against a league-average team.

The additions of Diontae Johnson and Xavier Legette will be nice additions to this offense and give Bryce Young two more competent receivers to target, although I don't think either one is necessarily a star. Thankfully, veteran Adam Thielen is back, although he's certainly not a young pup anymore and has a pretty extensive injury history, so his reliability is in question over the course of a 17-game season. Don't expect a ton of consistency out of this bunch, but there is potential for some occasional fireworks.

Other notable additions include second-round pick RB Jonathon Brooks and help on the offensive line with guards Robert Hunt and Damien Lewis.

DEFENSE

The defense was slightly better than the offense last year, ranking 26th in defensive EPA/play and 20th in defensive success rate. These numbers aren't very good, but it's a starting point for a team that made the aforementioned impactful roster additions to this side of the ball. This season, TSI expects the Panthers' D to allow about 24 points per game, which is just a tick worse than league average.

Key additions include Edge K'Lavon Chaisson, Edge Jadeveon Clowney, S Jordan Fuller, LB Josey Jewell, Edge D.J. Wonnum, while some key losses include S Vonn Bell, Edge Brian Burns, S Jeremy Chinn, Edge Yetur Gross-Matos, CB Donte Jackson, LB Frankie Luvu.

OUTLOOK

Again, this team is in rebuild mode so I think their internal assessment is going to be based on progress and evaluating which pieces are long-term Panthers and which spots they need to bring in reinforcements more so than wins and losses. I think they have the potential to be a fun offense to watch and I'm anxious to see what Canales can do with Bryce Young, who's just two years removed from a magical Heisman season at Alabama. Even if the offense improves to where the defense was last year, which is bad-not-awful, this team will at least be a fun, capable team on any given Sunday.

TSI ranks the Panthers' schedule as just 29th in the league and projects them to have 5.9 wins, so with a win total Over/Under of 4.5, I think I would lean Over although I don't know how you'd feel great about betting an Over on a team with this low of a floor. – Tyler Shoemaker

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	at New Orleans	+5.3	The L7 games of CAR-NO rivalry went UNDER the total
9/15	LA CHARGERS	+4	CAROLINA is on 6-1 ATS run versus LA Chargers
9/22	at Las Vegas	+6.2	OVER the total is 5-2 in L7 of CAR-LVR h2h series
9/29	CINCINNATI	+6.7	FAVORITES are on 5-1-1 ATS run in CIN-CAR h2h series
10/6	at Chicago	+7.1	UNDERDOGS are 6-0 ATS in L6 of CAR-CHI series in Chicago
10/13	ATLANTA	+5.1	UNDERDOGS are on 7-1 ATS run in ATL-CAR series
10/20	at Washington	+4.6	UNDERDOGS are 14-2 ATS in CAR-WAS h2h series since '95
10/27	at Denver	+4.1	UNDERDOGS have won L4 ATS in CAR-DEN h2h series
11/3	NEW ORLEANS	+3.6	The L4 games of the NO-CAR rivalry in Carolina went UNDER the total
11/10	vs. NY Giants	+2.7	UNDERDOGS have won L6 ATS in NYG-CAR h2h series
BYE WEEK			
11/24	KANSAS CITY	+10.8	UNDERDOGS are 6-1 ATS in L7 of KC-CAR h2h series
12/1	TAMPA BAY	+4.5	UNDER the total is 8-3 in L11 of TB-CAR rivalry in Carolina
12/8	at Philadelphia	+10.2	ROAD UNDERDOGS have won L3 ATS in CAR-PHI h2h series
12/15	DALLAS	+6.2	FAVORITES are on 6-0 SU & ATS streak in DAL-CAR h2h series
12/22	ARIZONA	+2.6	UNDERDOGS have won L4 ATS in ARI-CAR h2h series
12/29	at Tampa Bay	+6.6	TAMPA BAY is on 5-0 SU & 4-1 ATS surge hosting Carolina
1/5	at Atlanta	+7.3	ATLANTA is on 6-3 ATS run hosting Carolina

SCHEDULE STRENGTH 23.74
(#24 toughest of 32)

FIELD RATINGS 1.3/-0.4
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	13.9	31	24.5	29
YARDS PER POINT	19.1	31	12	32
PLAYS PER GAME	64.5	10		
TIME OF POSSESSION	31:06	7		
3RD DOWN CONV. %	34.1%	27	38.0%	15
TOTAL YARDS PER GAME	265.3	32	293.9	4
YARDS PER PLAY	4.1	32	4.9	6
RUSH ATTEMPTS PER GAME	26.2	19		
RUSH YARDS PER GAME	104.1	20	122.4	23
YARDS PER RUSH ATTEMPT	4	23	4.1	12
PASS ATTEMPTS PER GAME	34.5	13		
COMPLETION %	59.7%	30	64.2%	12
PASSING YARDS PER GAME	161.2	32	171.5	3
YARDS PER PASS ATTEMPT	5.5	32	6.1	7
TURNOVERS	1.2	14	0.6	32

2024 ODDS

SUPER BOWL
250-1

NFC
120-1

NFC SOUTH
11-1

WIN TOTAL PREDICTION
OVER 4.5

NEW ORLEANS SAINTS

2023 Record (incl. playoffs): 9-8 SU & 6-10-1 ATS
Head Coach: Dennis Allen (3rd)

New Orleans parted ways with a few key pieces this year, but otherwise should return the majority of production from 2023 and added a couple impact pieces along the way. Despite going 9-8 last year, I feel like this is a team that most casual fans might perceive as "down". I don't think that's the case and neither does the TSI, which has them solidly in the middle of the pack at 17th in the NFL from a power rating standpoint.

This isn't the Drew Brees era, but this team is capable of putting some Ws on the schedule.

OFFENSE

New Orleans was 14th in EPA/play and 17th in offensive success rate a year ago. The offensive line has been shaky at times, which has obviously hindered the ability to fully maximize downfield weapon Chris Olave, but adding swingman lineman Taliese Fuaga to the mix should help solidify the line, particularly on the interior, so then it's just a matter of whether the tackles can hold up week-to-week for Derek Carr. A task made tougher by the loss of Andrus Peat.

Alvin Kamara is still a good running back who's capable of running and catching out of the backfield, amassing roughly 1,200 yards of total offense last season. I think this offense has a high floor and a high ceiling, the question is whether or not Carr will have time to really get the downfield passing game clicking in 2024 under new OC Klint Kubiak.

DEFENSE

The Saints' defense was outstanding last year, ranking fifth and third in opponent EPA/play and success rate, respectively, and will now add in some potential difference-makers with Willie Gay, Kool-Aid McKinstry and Chase Young. I think this group could be very good in 2024 and will keep the overall floor of the team relatively high, especially in a weak division.

The lone big loss is S Marcus Maye, as second-year DC Joe Woods looks to build off of last year's strong performance.

OUTLOOK

This team is certainly not one of the most talented in the league, but I do think they have enough veteran presence and reliability down-to-down and week-to-week that their floor is definitely a middle-tier team. I would be surprised if this team only won like five games; however, I also don't exactly know how high the ceiling is overall, so I think they're probably in the 7-9 win range, which should be good enough to contend for the division and a playoff spot.

The Over/Under being 7.5 seems about right, as TSI projects around 8.5 wins for the Saints and they also have the second-easiest schedule in the league. The Over is juiced to -120, but I think that's probably worth a look. - Tyler Shoemaker

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	CAROLINA	-5.3	The L7 games of CAR-NO rivalry went UNDER the total
9/15	at Dallas	+6.7	UNDERDOGS are 6-0 ATS in L6 of NO-DAL series at Dallas
9/22	PHILADELPHIA	+3.7	UNDERDOGS are 7-2 ATS in L9 of PHI-NO series at New Orleans
9/29	at Atlanta	+2.4	UNDER the total is 15-8 in NO-ATL series since '12
10/7	at Kansas City	+10.1	ROAD TEAMS are on 3-0-1 ATS run in NOP-KC h2h series
10/13	TAMPA BAY	+0.5	ROAD TEAMS are on 7-1 ATS run in TB-NO h2h series
10/17	DENVER	-4.3	ROAD TEAMS are on 6-1 ATS run in DEN-NO h2h series
10/27	at LA Chargers	+3	The L6 games of NO-LAC h2h series went OVER the total
11/3	at Carolina	-3.6	The L4 games of the NO-CAR rivalry in Carolina went UNDER the total
11/10	ATLANTA	+1.1	UNDER the total is 8-3 in L11 of ATL-NO series at New Orleans
11/17	CLEVELAND	+0.1	UNDERDOGS are a perfect 8-0 ATS in L8 of CLE-NO set

BYE WEEK

12/1	LA RAMS	+1.8	HOME TEAMS are 10-1 ATS in L11 of LAR-NO h2h series
12/8	at NY Giants	-0.3	UNDER the total is 7-1-1 in L9 of NO-NYG series in New York
12/15	WASHINGTON	-3.4	OVER the total is 11-1 in L12 of WAS-NO h2h series
12/23	at Green Bay	+6.9	UNDERDOGS have won L3 ATS in NO-GB h2h series
12/29	LAS VEGAS	-1.7	UNDERDOGS have won L3 ATS in LVR-NO h2h series
1/5	at Tampa Bay	+1.7	NEW ORLEANS has won L6 ATS at Tampa Bay

SCHEDULE STRENGTH 23.14
(#31 toughest of 32)

FIELD RATINGS 1.3/0.5
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	23.6	9	19.2	8
YARDS PER POINT	14.3	8	17	5
PLAYS PER GAME	65.9	4		
TIME OF POSSESSION	31:10	5		
3RD DOWN CONV. %	38.7%	15	34.5%	4
TOTAL YARDS PER GAME	337.2	14	327.2	13
YARDS PER PLAY	5.1	19	5.3	17
RUSH ATTEMPTS PER GAME	28.2	10		
RUSH YARDS PER GAME	102.5	21	119.9	22
YARDS PER RUSH ATTEMPT	3.6	31	4.4	22
PASS ATTEMPTS PER GAME	35.6	9		
COMPLETION %	67.0%	7	59.7%	2
PASSING YARDS PER GAME	234.7	11	207.3	10
YARDS PER PASS ATTEMPT	7	17	6.3	11
TURNOVERS	1.1	6	1.7	4

2024 ODDS

SUPER BOWL
80-1

NFC
40-1

NFC SOUTH
+340

WIN TOTAL PREDICTION
OVER 7.5

TAMPA BAY BUCCANEERS

2023 Record (incl. playoffs): 10-9 SU & 11-8 ATS
Head Coach: Todd Bowles (3rd)

The Buccaneers are four-time defending NFC South champions heading into the 2024 season. After surprising a lot of people in 2023 by winning the division and winning a playoff game with Cleveland cast-off Baker Mayfield leading the way under center, the Bucs have reloaded the clip for 2024 by signing Mayfield and WR Mike Evans to extensions.

OFFENSE

The Bucs were kind of boom or bust in 2023, ranking 12th in EPA/play but just 27th in Offensive Success Rate (if that isn't Baker Mayfield summed up in a stat, I don't know what is). Mayfield threw for over 4,000 yards a year ago and had two 1,000-yard receivers in Evans and Chris Godwin – both of whom return in 2024. How much the passing game will be affected by the loss of OC Dave Canales is a key question.

They didn't have a 1,000 yard rusher, which probably explains the poor success rate stat, so that will need to improve if they want to take another step forward. The additions of OL Ben Bredeson and Graham Barton may help.

DEFENSE

Defensively, Tampa was decent last year in the advanced metrics, ranking 18th and 19th in opponent EPA per play and success rate, respectively, but TSI rated them seventh in the NFL in defensive rating – how many points a team is expected to allow versus the average team – due to their ability to still prevent teams from putting points on the board despite the mediocre down-to-down stats.

The back seven took a hit with the losses of CB Carlton Davis III and LB Devin White, but the pass rush may be upgraded with Edges Chris Braswell and Randy Gregory.

OUTLOOK

A veteran-led team, not dissimilar to New Orleans, Tampa Bay is a high-floor football team whose play on both lines is good, which should allow them to stay in playoff contention in 2024. I personally question whether a three-year extension for Mayfield was the smartest thing in the world for them to do, as he hasn't consistently demonstrated the ability to lead a successful football team, but maybe the change of scenery in Tampa and some maturing on his part will continue to serve him well.

The Bucs face the 12th-most difficult schedule, per TSI, and have a win total Over/Under of 8.5. TSI projects 8.2 wins so this is another stay-away, but if I had to choose I would lean Under 8.5 because I would expect some regression offensively and I'm not sure the defense is going to be as fortunate as it was last year in allowing success down-to-down but ultimately keeping teams out of the endzone. – Tyler Shoemaker

2024 SCHEDULE

DATE	OPPONENT	LINE*	SERIES TREND
9/8	WASHINGTON	-4.7	UNDERDOGS have gone 9-1-2 ATS in L12 of WAS-TB h2h series
9/15	at Detroit	+6.7	FAVORITES are on 5-0-1 ATS surge in TB-DET h2h series
9/22	DENVER	-5.6	ROAD TEAMS are 5-1-2 ATS in L8 of DEN-TB h2h series
9/29	PHILADELPHIA	+2.4	The L4 games in PHI-TB h2h series went UNDER the total
10/3	at Atlanta	+1.5	OVER the total is 7-1 in L8 of TB-ATL series at Atlanta
10/13	at New Orleans	-0.5	ROAD TEAMS are on 7-1 ATS run in TB-NO h2h series
10/21	BALTIMORE	+4.4	ROAD TEAMS are on 6-game ATS winning streak in BAL-TB set
10/27	ATLANTA	-0.2	UNDER the total is on 2-0 run in ATL-TB series in Tampa after 0-5 skid
11/4	at Kansas City	+9.2	UNDERDOGS are on 5-1-1 ATS run in TB-KC h2h series
11/10	SAN FRANCISCO	+4.4	ROAD TEAMS are on 4-2 ATS run in SF-TB h2h series

BYE WEEK

11/24	at NY Giants	-1.2	The L3 games of TB-NYG series in New York went OVER the total
12/1	at Carolina	-4.5	UNDER the total is 8-3 in L11 of TB-CAR rivalry in Carolina
12/8	LAS VEGAS	-3	OVER the total is 8-0-1 in L9 of LVR-TB h2h series
12/15	at LA Chargers	+2.1	OVER the total is 7-1 in L8 of TB-LAC h2h series
12/22	at Dallas	+5.8	The L5 games of TB-DAL series in Dallas went UNDER the total
12/29	CAROLINA	-6.6	TAMPA BAY is on 5-0 SU & 4-1 ATS surge hosting Carolina
1/5	NEW ORLEANS	-1.7	NEW ORLEANS has won L6 ATS at Tampa Bay

SCHEDULE STRENGTH 23.50
(#25 toughest of 32)

FIELD RATINGS 1.6/0.4
(HOME/ROAD)

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	20.5	20	19.1	7
YARDS PER POINT	15.3	17	18	2
PLAYS PER GAME	61.6	25		
TIME OF POSSESSION	29:35	17		
3RD DOWN CONV. %	41.5%	10	40.9%	23
TOTAL YARDS PER GAME	313	23	344.2	23
YARDS PER PLAY	5.1	20	5.4	22
RUSH ATTEMPTS PER GAME	25.8	23		
RUSH YARDS PER GAME	88.8	32	95.3	5
YARDS PER RUSH ATTEMPT	3.4	32	3.8	8
PASS ATTEMPTS PER GAME	33.4	19		
COMPLETION %	64.1%	18	66.1%	22
PASSING YARDS PER GAME	224.2	17	248.9	29
YARDS PER PASS ATTEMPT	7.1	14	6.9	25
TURNOVERS	1.1	6	1.5	12

2024 ODDS

SUPER BOWL

75-1

NFC

35-1

NFC SOUTH

+300

WIN TOTAL PREDICTION
UNDER 8.5

ATLANTA FALCONS

2023 Record (incl. playoffs): 7-10 SU & 5-12 ATS
Head Coach: Raheem Morris (1st)

Atlanta has improved its power rating in each of the last two seasons, and the T Shoe Index is projecting another step forward for the Falcons in 2024. Obviously, there was a lot of drama surrounding the NFL Draft and Atlanta's questionable (dumb?) decision to draft a QB in the first round after committing hundreds of millions of dollars to Kirk Cousins as a free agent.

Nonetheless, the team's ceiling is as high as it's been in several years and, if Cousins is fully recovered from his torn Achilles, this offense could be spectacular with some of the weapons around him.

OFFENSE

Atlanta was just 27th in EPA/play and 20th in success rate largely due to the fact they had virtually no passing game outside of Drake London. Ask any Ohio State fan what kind of impact Rondale Moore can have on a game and they'll probably curl into the fetal position as they recall his masterclass in 2018 when Purdue upset the Buckeyes after Moore asserted himself as the best player on the field. Adding Moore and Darnell Mooney provides two key weapons on the outside for Cousins to throw to, and they bring back TE Kyle Pitts and stud running back Bijan Robinson, who had almost 1,500 total yards of offense last year.

Additionally, coach Raheem Morris and offensive coordinator Zac Robinson both worked under Sean McVay so there's hope they can create some of that McVay magic on the offensive side of the ball in 2024.

The losses are minimal, but include RB Cordarrelle Patterson, QB Desmond Ridder, TE Jonnu Smith.

DEFENSE

The calling card for Atlanta last year was its defense, which ranked 12th in Defensive EPA/play and fifth in Defensive Success Rate, and didn't lose any key pieces off of that defense for 2024, while adding Ruke Orhoro and Bralen Trice to the mix.

An area they need to improve this year is in pass defense, as they ranked just 21st in opponent EPA per Dropback, although they were fifth in Dropback Success Rate, so they were fine down-to-down but gave up explosives that drove up that EPA number.

OUTLOOK

Even if the defense maintains its play from 2023, the Falcons have to be the most likely NFC South winner, as TSI has them rated 0.6 points better than the next closest team (New Orleans) in the division. Again, the offensive success is largely going to hinge on Cousins' health and/or the locker room dynamic between Cousins and Penix in what is undoubtedly an awkward situation to be in.

TSI projects 9.6 wins for Atlanta, which does have the easiest schedule in the league by my numbers. The Over/Under is currently 9.5 with the Over juiced to -135 so there's really no play to be made here, but the numbers very slightly favor the Over if you had to pick it. - Tyler Shoemaker

2024 SCHEDULE

DATE OPPONENT LINE* SERIES TREND

9/8	PITTSBURGH	-2.9	PITTSBURGH is on 4-0 ATS streak versus Atlanta
9/16	at Philadelphia	+3.8	PHILADELPHIA is on 8-2 ATS surge hosting Atlanta
9/22	KANSAS CITY	+4.8	ROAD TEAMS have won L3 ATS in KC-ATL h2h series
9/29	NEW ORLEANS	-2.4	UNDER the total is 15-8 in NO-ATL series since '12
10/3	TAMPA BAY	-1.5	OVER the total is 7-1 in L8 of TB-ATL series at Atlanta
10/13	at Carolina	-5.1	UNDERDOGS are on 7-1 ATS run in ATL-CAR series
10/20	SEATTLE	-3.4	UNDERDOGS are on 11-4-1 ATS run in SEA-ATL h2h series
10/27	at Tampa Bay	+0.2	UNDER the total is on 2-0 run in ATL-TB series in Tampa after 0-5 skid
11/3	DALLAS	+0.2	UNDER the total is 6-1 in L7 of DAL-ATL series in Atlanta
11/10	at New Orleans	-1.1	UNDER the total is 8-3 in L11 of ATL-NO series at New Orleans
11/17	at Denver	-2.3	ATLANTA has won L3 ATS vs. Denver

BYE WEEK

12/1	LA CHARGERS	-2	UNDER the total is 7-1 in L8 of LAC-ATL h2h series
12/8	at Minnesota	-0.7	UNDERDOGS are on 5-1 ATS run in ATL-MIN h2h series
12/16	at Las Vegas	-0.2	UNDERDOGS have swept L3 ATS in ATL-LVR h2h series
12/22	NY GIANTS	-5.4	UNDER the total is 11-1-1 in NYG-ATL series since 2000
12/29	at Washington	-1.8	ROAD TEAMS are on 9-2 ATS surge in L11 of ATL-WAS h2h series
1/5	CAROLINA	-7.3	ATLANTA is on 6-3 ATS run hosting Carolina

SCHEDULE STRENGTH **22.41**
(#32 toughest of 32)

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

2023 STATS AND RANKS

	OFFENSE		DEFENSE	
	STAT	RANK	STAT	RANK
POINTS PER GAME	18.9	26	21.9	18
YARDS PER POINT	17.7	29	14.6	21
PLAYS PER GAME	64.2	13		
TIME OF POSSESSION	29:09	23		
3RD DOWN CONV. %	40.0%	13	33.8%	3
TOTAL YARDS PER GAME	334.3	17	321.1	11
YARDS PER PLAY	5.2	15	5	8
RUSH ATTEMPTS PER GAME	30.7	3		
RUSH YARDS PER GAME	127	9	118.2	20
YARDS PER RUSH ATTEMPT	4.1	17	4	9
PASS ATTEMPTS PER GAME	31.2	25		
COMPLETION %	61.7%	28	61.9%	9
PASSING YARDS PER GAME	207.3	22	202.9	8
YARDS PER PASS ATTEMPT	7.1	13	6.3	10
TURNOVERS	1.6	23	0.9	29

2024 ODDS

SUPER BOWL

25-1

NFC

12-1

NFC SOUTH

-115

WIN TOTAL PREDICTION
OVER 9.5