

NFC West:

San Francisco 49ers: (-160)

Seattle Seahawks: (+195)

Los Angeles Rams: (+1000)

Arizona Cardinals: (+2500)

San Francisco 49ers (1st).

2021 Record: 13-4

(-160 To Win Division)

(+425 To Win Conference)

(+1000 To Win Super Bowl)

Over/Under Win Total: 10.5 (-145/+125) OVER

To Make Playoffs: Yes (-425)

Most Wins in the NFL: (+800) Yes

San Francisco 49ers Super Bowl: (+1000) Yes

Key Additions:

Defensive Tackle Javon Hargrave

5th Toughest Strength of Schedule based off win/loss 2022.

The 49ers bring back one of the most talented teams throughout the NFL in 2023 and once again will be lead by the NFL's leading Defense and run game. The biggest question mark for the 9ers is once again who will start at Quarterback between Trey Lance and Brock Purdy but Head Coach Kyle Shannahan has proven that any Quarterback can thrive under his system. This is a team that brings back star Running Back Christian McCaffrey w/ a nice change of pace back in Elijah Mitchell right behind. This is a team that is currently 4th in overall Super Bowl odds and if in fact they had a star Quarterback, I believe they would be heavy favorites. This is the most talented team throughout the NFL. However, this team did lose their Right Tackle and will need to sure up the Offensive Line as the season progresses. The Defense should be good enough to keep this team in any game, but because of that the 49ers are not my Super Bowl favorite in 2023, like they were in 2022.

The run game:

The 49ers have one of the top run games in all of football where 2022 addition Christian McCaffrey has the opportunity to flourish. But like I said above, this Offensive Line will need to generate chemistry and improve as the season goes on. This is also very important regarding McCaffrey and Mitchell due to the fact that the 49ers will need to run the football to keep the opposing Defensive Line at bay. I believe McCaffrey will once again be another viable option in terms of props, etc. But I do believe this is a year we will see more change-of-pace with Elijah Mitchell in order to prolong the career of McCaffrey.

However, one thing to keep in mind with Christian McCaffrey is that with Brock Purdy he averaged significantly less in terms of targets and receptions. Averaging 3.5 receptions on 4.5 targets with Purdy and 6.5 targets and 5.5 receptions with Garoppolo. It will be interesting to see how Purdy and McCaffrey progress as the season goes on, but due to the fact that Purdy can extend plays with his legs, he's not always looking for that check-down to the RB.

Defense:

The San Francisco 49ers have potentially the top ranked Defensive Line coming into the 2023 season and the entire defense very well may follow. Lead by Nick Bosa, Arik Armstead, Fred Warner, Charvarious Ward and new addition Javon Hargrave, this 49ers team will once again have a top 3 Defense heading into the 2023 season. Once again this 49ers team is thin at secondary with the exit of Emmanuel Mosley and Jimmy Ward. However, the 9ers Defensive Line is generally good enough to make their secondary look better than what it is and I expect the same in 2023.

Coaching:

Head Coach Kyle Shanahan is one of the better offensive minds in football and have worked with Quarterbacks like Robert Griffin III in the past before his injury where they made the playoffs and RGIII had 20 Touchdowns to 5 interceptions and nearly 1000 yards rushing. Yes, the 49ers have a tough schedule in 2023, but with players like George Kittle, Deebo Samuel and Trent Williams on offense to help Purdy or Lance along the way, I believe the 49ers have a great chance to win 11+ games in the 2023 season. The 49ers are now in one of the easiest divisions in football facing both the Arizona Cardinals and LA Rams twice, while also facing a Seahawks team twice that is somewhat of a fence squad heading into the season. The 49ers also face teams like the Commanders, Browns and Giants, while the rest of their games should remain competitive. With that being said, I believe the 49ers finish the season with a record of 13-4, 1st in the NFC West.

Seattle Seahawks (2nd)

2021 Record: 9-8

(To Win Division +195)

(To Win Conference +1100)

(To Win Super Bowl +3000)

Over/Under Win Total: 8.5 Wins (-160/+140) UNDER

To Make Playoffs: No (+100)

Key Additions:

Linebacker Bobby Wagner, Linebacker Devin Busch, Defensive Lineman Dre'Mont Jones, Safety Julian Love.

12th Toughest Strength of Schedule based off win/loss in 2022.

The Seattle Seahawks remain one of the top wildcards for the 2023 NFL season with much of the potential success riding on the shoulders of Geno Smith. In the offseason Smith received a 3-year 105 million dollar contract and now has weapons on both sides of the ball to make a potential run at the division and playoffs.

With that being said, this is a Seahakws team that still ranks 30th on Pro Football Focus in terms of Offensive Line. Much of the teams Offensive Line Success rides with players like Charles Cross and Abraham Lucas who are in their second years locking down the tackle positions. However, when in a division with both the Cardinals and Rams, this Seahawks team should be able to set themselves up for success down the stretch. With that being said, I don't believe this Seahawks team will make the playoffs in 2023. With the Offensive Line troubles stated above and a schedule that faces teams like the Lions, Bengals, Browns, Ravens, 49ers (x2), Cowboys, Eagles, Titans and Steelers, I think the Seahawks schedule is tougher than the 12th position and expect many of those teams to improve. I have the Hawks finishing 8-9 on the season and missing the playoffs.

Los Angeles Rams (3rd)
2022 Record: 5-12

(+1000 To Win Division)
(+4500 To win Conference)
(+6500 To Win Super Bowl)
Over/Under Win Total: 6.5 (-105/-115) UNDER
To Make Playoffs: No (-370)

Key Additions:

Rams are entering the re-build and really didn't bring in any key free agents for the 2023 season.

9th Toughest Strength of Schedule based off win/loss in 2022.

The LA Rams enter the 2023 season entering new territory with the re-build. The team will still have Quarterback Matthew Stafford and potentially Cooper Kupp, but this is a far different team than 2021. The Rams have lost much of their championship roster and didn't look to bring in any new talent for the upcoming season. It wouldn't shock me at all to see Matthew Stafford retire after the year and to see Cooper Kupp miss a handful of games to protect his 2022 injury. Without Cooper Kupp this is a team that is very limited in terms of weapons and if Stafford goes down with an injury, this season could become worse than imagined. I have the LA Rams finishing with the same record as 2022, a 5-12 record.

Arizona Cardinals (4th)
2021 Record: 4-13

(+2500 To Win Division)
(+10000 To Win Conference)
(+20000 To Win Super Bowl)
Over/Under Win Total: 4.5 Wins (+100/-120) UNDER
To Make Playoffs: No (-2000)
Fewest Wins: Yes (+200)

Key Additions:
Linebacker Kyzir White

11th Toughest Strength of Schedule based off win/loss in 2022.

If you read my guide in 2022 you know this was the team I had finishing dead last in the NFL and once again in 2023 I have the same. The Arizona Cardinals are flat terrible. Although Kyler is set for a Week 1 return, I don't believe he will. Regardless, I do not look at Kyler as a good Quarterback in the NFL and he has very limited weapons outside of Hollywood Brown to work with. The Cardinals have a very average run game and when you play from behind the majority of games, it's tough to establish. Because of that opposing teams defensive lines can attack and get after Kyler, making things far more difficult. This Cardinals team also let D Hop walk in the off-season, making even less weapons for this Cardinals Offense. In addition, this is a Cardinals squad that will be facing both the Seahawks and 49ers twice, while also facing the Cowboys, Bengals, Ravens, Browns, Steelers and Eagles. At best I see this Cardinals team coming out of that with a 2-7 record. I have the Cardinals finishing once again with a 4-13 record. This team is terrible.

NFC South:

New Orleans Saints: (+120)

Atlanta Falcons: (+215)

Carolina Panthers: (+400)

TB Buccaneers: (+800)

Atlanta Falcons (1st)

2021 Record: 7-10

(To Win Division: +215)

(To Win Conference: +2800)

(To Win Super Bowl: +6000)

Over/Under Win Total: 8.5 Wins (-120/+100) OVER

To Make Playoffs: Yes (+105)

Offensive Rookie of the Year: Bijan Robinson (+250)

Key Additions:

Running Back Bijan Robinson, Safety Jessie Bates III, Tight End Jonnu Smith, Defensive Lineman David Onyenata, Defensive Lineman Calais Campbell, Cornerback Mike Hughs, Linebacker Kaden Elliss.

Easiest Strength of Schedule based off win/loss in 2022.

I've been very impressed with this Atlanta Falcons team throughout the offseason. They've attacked free agency in terms of their Defense and as for their Offense, they are poised for a breakout season as long as Desmond Ridder can do his job and progress.

This offseason the Falcons drafted Running Back Bijan Robinson when could be a serious threat lead by the #7 ranked Offensive Line by Pro Football Focus. Robinson is currently (+250) to win Offensive Rookie of the Year for the 2023 season and I personally see that as a great bet as long as Robinson can stay healthy throughout the season. This is a Falcons team that leaned on the run heavy in the 2022 season and now should have weapons like Kyle Pitts and Drake London who can take the next step forward and help this Offense to improve. With the addition of Jonnu Smith as well, it makes me believe this Falcons team will be running more two Tight End sets that they can either run or pass out of. Having Tight Ends like Pitts and Smith also adds an element of speed that will be tough to cover while also being a dynamic look. Again, much of this sits on the shoulders of 2nd year Quarterback Desmond Ridder, but I believe he can take a step forward with the weapons and line to protect him. I have the Falcons finishing 10-7 this season, 1st in the NFC South.

New Orleans Saints (2nd)
2022 Record: 7-10

(To Win Division +120)
(To Win Conference +1300)
(To Win Super Bowl +4000)
Over/Under Win Total: 9.5 Wins (+105/-120) OVER
To Make Playoffs: Yes (-180)

Key Additions:

Quarterback Derrick Carr, Defensive Lineman David Onyemata, Running Back Jamaal Williams, Defensive Lineman Nathan Shepherd, Tight End Foster Moreau.

31st Strength of Schedule based off win/loss in 2022.

The New Orleans Saints head into the 2022-23 season looking to make a splash. This team now has Derrick Carr leading the Quarterback position and with weapons like Michael Thomas, Chris Olave, Alvin Kamara and Jamaal Williams, there is surely reason for optimism. The biggest question mark however being the teams Offensive Line. Currently the Saints have the 24th ranked Offensive Line by Pro Football Focus and this is actually 5 spots higher than last year. As we know, Derrick Carr makes most of his mistakes when pressured and that's why I have the Saints finishing second in their division, but still squeezing out a playoff spot.

As for the Defense, once again this Saints team will be lead by players like Cameron Jordan, Marson Lattimore, Bradley Roby, Tyrann Mathieu and Demario Davis. Bringing back a very solid core that should enable the Saints to compete in every game. I have the Saints going 10-7 this season, tied for first in the division but losing the tie breaker to the Falcons. This schedule simply appears too easy facing the Titans, Panthers, Packers, Bucs, Patriots, Texans, Colts, Bears and Rams. All teams with a win total of 8.5 wins or lower. I have the Saints also finishing 10-7, but losing the tiebreaker to the Atlanta Falcons.

Tampa Bay Buccaneers (3rd)
2022 Record: 8-9

(To Win Division +800)
(To Win Conference +4500)
(To Win Super Bowl +8000)
Over/Under Win Total: 6.5 Wins (+120/-140) OVER
To Make Playoffs: No (-450) NO

22nd Toughest Strength of Schedule based on win/loss in 2022.

Key Additions:

Defensive Lineman Greg Gaines, Quarterback Baker Mayfield.

In reality this Tampa Bay Buccaneers squad didn't make many ground breaking moves and may be more geared towards a re-build now that Tom Brady has left. However, this is still a team that has a very solid core with players like Mike Evans, Chris Godwin, Tristan Wirfs, Ryan Jensen and Luke Goedeke on Offense. At the very least this Offensive Line should give Mayfield or Trask the ability to have some time and find their weapons. In the 2022 season the Bucs saw a handful of injuries and if they stay healthy it wouldn't surprise me to see them go over this win total.

This is also a Tampa Bay Buccaneers team that brings back one of the better defenses in all of football and this alone should enable the Buccaneers to stay in games. Mix this in with the fact that the Bucs have one of the easier schedules in all of football and is within a division that should be very competitive throughout the year. Because of this I have the Buccaneers finishing 7-10 on the season, 3rd in the NFC South.

Carolina Panthers (4th)
2022 Record: 7-10

(To Win Division: +400)
(To Win Conference: +4000)
(To Win Super Bowl: +7000)
Over/Under Win total: 7.5 Wins (-120/+100) UNDER
To Make Playoffs: (+210)

Key Additions:

Wideout Adam Thielen, Safety Vonn Bell, Tight End Hayden Hurst, Defensive Lineman Shy Tuttle, Running Back Myles Sanders.

27th Toughest Strength of Schedule based on win/loss in 2022.

Despite having the 27th toughest schedule throughout the NFL and a solid Defense to go with it, this Panthers team is tough for me to get on board with in 2023. For one, I think Quarterback Bryce Young needs some time to develop and needs weapons to go with it. Currently in terms of weapons Bryce Young is throwing/handing off to: DJ Chark, Adam Thielen, Terrence Marshall, Hayden Hurst and Myles Sanders. Not bad, but would look way better back in 2018, not so much for 2023. Because of this I believe too much of the pressure will be on the shoulders of Young, as well as the Defense. Because of this I'll be going under the 7.5 win total and have the Panthers finishing 6-11, last in the NFC South.

NFC North:

Detroit Lions: (+140)

Minnesota Vikings: (+250)

Green Bay Packers: (+400)

Chicago Bears: (+400)

Detroit Lions (1st)

2022 Record: 9-8

(To Win Division +140)

(To Win Conference +1000)

(To Win Super Bowl +2200)

Over/Under Win Total: 9.5 Wins (-120/+100) OVER

To Make Playoffs: Yes (-165)

Amon-Ra St. Brown Offensive Player of the Year: (+2500)

2020 Stats: 92 Receptions, 974 yards and 2 touchdowns.

2021 OPOY Cooper Kupp: 145 Receptions, 1947 yards and 12 touchdowns.

2021 Stats: 108 Receptions, 1616 yards and 10 touchdowns.

2022 OPOY Justin Jefferson: 128 Receptions, 1809 yards and 9 touchdowns.

2022 Amon-Ra St. Brown: 106 Receptions, 1,161 yards and 6 touchdowns.

- Only 23, has increased his production in each season and has new weapons added to the Lions Offense that should help him to see more single coverages and receive advantageous matchups.

Dan Campbell Coach of the Year: Yes (+850)

Key Additions:

Cornerback Chauncey Gardner Johnson Jr., Cornerback Emmanuel Mosley, Cornerback Cameron Sutton, Running Back David Montgomery, Wideout Marvin Jones.

20th Toughest Strength of Schedule based on win/loss in 2022.

The Detroit Lions are potentially the most interesting team heading into the 2023 season. This is a Lions team that went 8-2 to finish the 2022 season, just missing out on the playoffs and are now looking to keep that momentum heading into 2023. Lucky for them the Lions have a far diminished NFC North after the departure of Hall of Fame Veteran Aaron Rodgers. Furthermore, this is a Detroit Lions team that has attacked their weaknesses during the offseason and will only grow in terms of Offense with many of their young players getting another year of experience under their belt.

Head Coach Dan Campbell is someone who knows how to motivate this team as well as the city and because of this I believe the Lions will feed off of that energy. The Lions have potential breakout players in Amon-Ra St. Brown and one of the top Offensive Lines throughout the NFL. As long as Goff is protected and the Lions can run the ball, I think they make the right decisions this season and ultimately get over the hump. I have the Lions finishing 10-7 this season, 1st in the NFC North.

Chicago Bears (2nd)
2022 Record: 3-14

(To Win Division +400)
(To Win Conference +3000)
(To Win Super Bowl +5000)
Over/Under Win Total: 7.5 Wins (-130/+110) OVER
Justin Fields Most Valuable Player (+2000)
Justin Fields Offensive Player of the Year (+2000)
To Make Playoffs: Yes (+160)
Most Improved Team: Yes (+250)
Matt Eberflus Coach of the Year: (+1100)

I think this bet has solid value. After finishing with a 3-14 record in 2022 this team has a chance to be the most improved squad throughout the NFL and if in fact that occurs, I believe Eberflus has a great chance to win coach of the year. This team is also much improved, in a weaker division than usual and is even listed at a respectable (+160) to get into the playoffs. If the Bears make the playoffs which I think could happen, I believe Eberflus is coach of the year.

Key Additions:

Wideout DJ Moore, Linebacker T.J. Edwards, Defensive Lineman DeMarcus Walker, Right Guard Nate Davis.

18th Toughest Strength of Schedule based on win/loss in 2022.

Personally I'm far higher on this Bears team than most. This is a Bears team that now has DJ Moore, Chase Claypool and Darnell Mooney at Wideout while upgrading Running Back Khalil Herbert to the starter with the departure of David Montgomery. Furthermore, I believe Herbert will bring a boost to this Offense due to his dynamic ability and talents in terms of catching out of the backfield. In addition, I believe Quarterback Justin Fields can take another step forward with new weapons around him. In 2022 he completed 60% of his passes on 17 touchdowns to 11 interceptions. But it was evident his greatest weapon was with his legs as he rushed for 1,143 yards and 8 touchdowns. Now with weapons that can actually stretch the field, it could make him that much more dynamic. I believe Fields to be in line for both MVP and OPOY. I say this due to his dynamic ability in terms of throwing and rushing the football. Think back to Lamar Jackson in 2019. If in fact fields can throw for 25+ touchdowns, keep the interceptions down and have another solid rushing year... I think he's very much in contention for either award.

As for the Bears Defense, they did make some key acquisitions with both T.J. Edwards and DeMarcus Walker. This should go well with Lineback Tremain Edmunds. All in all I believe this Beat team to take a nice step forward finishing the season 9-8, with a shot of making the playoffs.

Minnesota Vikings (3rd)
2022 Record: 13-4

(To Win Division +250)
(To Win Conference +1500)
(To Win Super Bowl +3500)
Over/Under Win Total: 8.5 Wins (-140/+110) UNDER
To Make The Playoffs: No (-120)
Justin Jefferson Most Receiving Yards (+550)

Key Additions:

Defensive Lineman Marcus Davenport, Defensive Lineman Dean Lowry, Cornerback Byron Murphy, Tight End Josh Oliver.

18th Toughest Strength of Schedule based on win/loss in 2022.

This is a season in which I expect the Minnesota Vikings to regress and underperform. Which is tough for me to say because I do enjoy Head Coach Kevin O'Connell. But with that being said I don't believe this Vikings Offense took a step forward and is once again centered completely around Justin Jefferson. As for the running game, the Vikings will be without Dalvin Cook who they let go for Alexander Mattison to now take the #1 role, but Adam Thielen also left in the offseason. Because of this I believe there are many changes to the Offense and this is still a team that has the 15th ranked Offensive Line according to Pro Football Focus.

As for the Defense, they did make some key acquisitions with Davenport, Lowry and Byron Murphy, but I still question if that's going to be enough. This is a season in which I expect both the Lions and Bears to take a step forward, and because of this I think the Vikings regress. I have the Vikings finishing the season 8-9, under their projected win total.

Green Bay Packers (4th)
2022 Record: 8-9

(To Win Division +400)
(To Win Conference +3000)
(To Win Super Bowl +6500)
Over/Under Win Total: 7.5 Wins (-115/-105) UNDER
To Make Playoffs: No (-210)

24th Easiest Schedule based on NFL 2022 results.

The 2023 Green Bay Packers team is near identical to the 2022 Packers team only they will be without Aaron Rodgers who is now on the New York Jets. I believe this Packers team will be very centered around the run with both Aaron Jones and AJ Dillon but all in all the team will come down to the play of Jordan Love the new Quarterback for the Packers. This Packers team has a nice young receiving core with both Christian Watson who appears to be an emerging star along with Romeo Doubs. Because of this I believe Love can have a decent season, but not enough to make a playoff push or to have a winning record.

As for the Defense, I do believe they're good enough to keep this team involved in games but I wonder how many points this Offense can score. Because of this, the Defense could be put in unfavorable positions and the opposing teams should get more possessions in the 2023 season. This is also a division in which I see the Packers going 2-4, setting them up for a tough stretch even with the 24th strength of schedule throughout the league. I have the Green Bay Packers finishing 7-10, last in the NFC North.

NFC East:

Philadelphia Eagles: (-135)

Dallas Cowboys: (+190)

NY Giants: (+900)

Washington Commanders: (+1600)

Philadelphia Eagles (1st)

2022 Record: 14-3

(To Win Division -135)

(To Win Conference +250)

(To Win Super Bowl +650)

Over/Under Win Total: 11.5 Wins (-105/-115) OVER

To Make Playoffs: Yes (-425)

Eagles Exact Wins: 12 (+450)

Jalen Hurts MVP (+1100)

Key Additions:

Defensive Lineman Jalen Carter.

Toughest Strength of Schedule based off win/loss in 2022.

Many believe the key to this Eagles Offense is their weapons with AJ Brown, DeVonta Smith, Dallas Goedert and of course Jalen Hurts. The team also brought in D'Andre Swift as the new Running Back but the key once again is the Eagles offensive and defensive lines. The Eagles once again have the #1 rated offensive line in terms of Pro Football Focus and should control the line of scrimmage on both sides of the ball in 2023. Swift is a dynamic ball carrier who is very quick in and out of cuts, also in terms of receiving out of the backfield. I expect this Offense to once again flourish throughout the 2023 season and Jalen Hurts to again push for the MVP. An award he may have won if he did not get injured in the 2022 season.

As for the Defense, this is a team that welcomes back Brandon Graham, Fletcher Cox, Josh Sweat, Nakobe Dean, Hassan Reddick, Darius Slay, James Bradberry, Avocet Maddox and Terrell Edmonds. While also adding in Jalen Carter. Once again an incredible defensive lineup that will keep the Eagles in every game. It's tough not to like the Eagles to go over their 11.5 win total, even though they do have an incredibly tough stretch in their 2023 schedule. I have the Eagles finishing 1st in the NFC East with a 12-5 record.

Dallas Cowboys (2nd)
2022 Record: 12-5

(To Win Division +190)
(To Win Conference +600)
(To Win Super Bowl +1400)
Over/Under 9.5 Wins (-165/+140) OVER
To Make Playoffs: Yes (-275)
Offensive Player of the Year: Tony Pollard (+3500)

Key Additions:
Wideout Brandin Cooks, Cornerback Stephon Gilmore.

3rd Toughest Schedule in the NFL based on win/loss in 2022.

For one, this is still the Dallas Cowboys. What I mean by that is the fact this is still one of the best regular season teams year in, year out. Because of this you see a 9.5 win total and have to think over. Furthermore, the addition of Brandin Cooks I believe helps to open up the Offense a bit. But also with the leaving of Ezekiel Elliott, I also believe this means more opportunity for Tony Pollard in a number of ways. Pollard has been one of the leagues top producers when getting the ball and now I believe his touches will go up exponentially. This means both in the run game and in the pass game. With the emergence of Pollard I also believe players like Lamb, Gallup and Cooks will see better looks on top of that. This Cowboys team also has a Defense that has the ability to keep them in any game.

This is still a Dallas Cowboys team who has players like Micah Parsons, Trevon Diggs, Demarcus Lawrence, Leighton Vander Esch and Stephon Gilmore. Meaning they should have the ability to rush the Quarterback, get turnovers and compete with any Offense. This makes for a very tough Dallas Cowboys team once again in 2023 and with a top heavy division I believe they can benefit. I have the Cowboys finishing 11-5 in 2023, 2nd place in the NFC East.

New York Giants (3rd)
2022 Record: 9-7

(To Win Division +900)
(To Win Conference +2500)
(To Win Super Bowl +6500)
Over/Under 7.5 Wins (+100/-120) OVER

Key Additions:
Tight End Darren Waller, Defensive Lineman Rakeem Nunez-Roches.

3rd Toughest Schedule in the NFL based on win/loss in 2022.

To me, the 2022 season was somewhat of a fluke. The Giants re-signed Quarterback Daniel Jones to a new contract and I'm unsure if that was the correct decision. This is a still a team that has limited weapons outside of Saquan Barkley and Darren Waller, far less than the rest of the division. In addition, this is a team that has an average Offensive Line to go with it, so because of that Jones should be on the run quite a bit once again. I think Jones regresses and because of that so does this Offense.

As for the Giants Defense they have a solid front four and should have Kayvan Thibodeaux take the next step. He was great as a rookie in terms of rushing the Quarterback and should be even better in 2023. However, this is a team that will be facing both the Eagles and Cowboys twice, two teams the could easily sweep the Giants. The Giants also face teams like the 49ers, Dolphins, Bills, Jets and Saints. So have a fairly difficult schedule mixed in with toss up games as well. I see Giants going 2-4 within the division and in the remaining 11 games going 6-5 for a record of 8-9. Third in the NFC East.

Washington Commanders (4th)
2022 Record: 8-8

(To Win Division +1600)
(To Win Conference +4000)
(To Win Super Bowl +6500)
Over/Under 6.5 Wins (+100/-120) UNDER
To Make Playoffs (+300)

Key Additions:

Offensive Lineman Andrew Wylie, Cornerback Cameron Dantzler.

8th Toughest Schedule in the NFL based on win/loss in 2022.

Currently this is a Commanders team that is tough to expect a lot from. With a win total set a 6.5 wins the books definitely feel the same, but in terms of offensive weapons the Commanders are actually fairly solid. On the outside they have Terry McLaurin who could potentially battle for most receiving yards but again that all comes down to Quarterback play. But then in addition to Terry, they also have Jahan Dotson, Curtis Samuel and Brian Robinson who emerged as a solid Running Back as the season progressed.

As for the Defense this is still a team with one of the better defensive lines. These players include Montez Sweat, Daron Payne, Jonathan Allen and Chase Young who should be back to full health. Outside of the Defensive Line however, I expect this Defense to struggle. I say this because this is a Commanders team that will be facing the Eagles and Cowboys (x2), but also face the Bills, Seahawks, Dolphins and 49ers. All teams that made the playoffs last year. With that being said however, I do believe this to be a scrappy team and I think they'll be able to surprise some people in some games. I'm still going under 6.5 games here simply because if Sam Howell does not produce at Quarterback they will put in Jacoby Brissett and play for the tank. In the 2024 Draft Caleb Williams is currently the prized possession but there's also Quarterbacks like Drake Maye up at the top that the Commanders could take. Because of this I'm going under 6.5 wins in the 2023 season.

AFC West:

Kansas City Chiefs (-165)

Los Angeles Chargers (+340)

Denver Broncos (+550)

Las Vegas Raiders (+1200)

Kansas City Chiefs (1st).

2022 Record: 14-3

(To Win Division -165)

(To Win Conference +330)

(To Win Super Bowl +600)

Over/Under 11.5 Wins (-140/+125) OVER

To Make The Playoffs: Yes (-450)

Key Additions:

Right Tackle Jawaan Taylor, EDGE Charles Omenihu.

16th Toughest Strength of Schedule and toughest based off 2022 spreads

If Patrick Mahomes is the Quarterback I will never not take the Chiefs to win their division again. In Mahomes 2022 MVP season he threw for 5,250 yards, 41 touchdowns and 12 interceptions and absolutely incredible season. As we know, much of teams play, especially in the 4th quarter comes down to Quarterback. Furthermore, in recent memory I have never seen anyone as good or talented as Patrick Mahomes. Sure, you think back to Tom Brady and of course he's at the top of Mount Rushmore. But when you evaluate Mahomes top to bottom, I have never witnessed a more talented player in terms of arm strength, accuracy, the ability to extend plays, everything. To me, the only way I see the Chiefs losing this division is injury to a core player and that's something you can't predict. This is once again a Chiefs team that has the 3rd ranked Offensive Line by Pro Football Focus, meaning Mahomes should have time and Pacheco should be able to run. The Wideouts will be Ladarius Toney, Marquez Valdes-Scantling, Sky Moore and of course Travis Kelce. With that being said, I believe Toney leads the way for the Wideouts and has breakout season with Mahomes at the helm.

When it comes to the Kansas City Chiefs the Defense is generally the #1 question. However, this Chiefs Defense has been very solid over the past couple years. Lead by players like Chris Jones and L'Jarius Sneed, I expect them to do much of the same. Furthermore, when you have a team lead by Patrick Mahomes more often than not you are playing while up in the game. This forces different situations for the opposing Offense and allows the Chiefs Defense to play in predictable scenarios. All in all, I expect this Chiefs team to be much of the same especially with their schedule. I have the Chiefs finishing 12-5 and first in the AFC West.

Los Angeles Chargers (2nd)

2022 Record: 10-7

(To Win Division +340)

(To Win Conference +1300)

(To Win Super Bowl +2500)

Over/Under 9.5 Wins (-120/+100) OVER

To Make Playoffs: Yes (-120)

Justin Herbert Most Touchdowns (+1100)

I still think this is a very good bet. We saw some TD regression from Justin Herbert in 2022 but this is also due to the fact that both Keenan Allen and Mike Williams missed numerous games throughout the season. Furthermore, Justin Herbert STILL threw for 4,739 yards on 68.2% passing. The Chargers now have both Allen and Williams healthy, while also drafting Wideout Quentin Johnson with the 21st overall pick. Justin Herbert was also top 3 in pass attempts per game. Justin Herbert has as good of a chance to throw the most touchdowns as anyone and you're getting good value with (+1100).

Key Additions:

Linebacker Eric Kendricks.

12th Toughest Strength of Schedule based on win/loss in 2022.

This is a LA Chargers team that is still incredibly talented both offensively and defensively. The Offense is loaded with weapons including Keenan Allen, Mike Williams, Rookie Quentin Johnston, Running Back Austin Ekeler and even Tight End Gerald Everett for Justin Herbert to throw to. In addition, this team currently has the 9th ranked Offensive Line by Pro Football Focus so offensively they check the majority of the boxes. Personally I'm surprised their win total has gone down even with the subpar 2022 season. With that being said, I believe much of that was due to injuries throughout the roster and we should see a healthier Chargers team lead by new Offensive Coordinator Kellen Moore.

As for the Defense, they are just as talented. This is a team that still struggled against the run in 2022 so that needs to be sured up. But other than that, they are very secure in a number of positions. The Chargers have Joey Bosa and Khalil Mack at the OLB/EDGE position while also having a top Cornerback in Asante Samuel Jr. and a top Safety like Derwin James. I once again expect this team to be very competitive. I am understanding that the Chargers have the 12th toughest schedule in 2023, but I believe this to be a tough team and a very tough Offense to keep up with. I have the Chargers finishing 11-6, 2nd in the AFC West.

Denver Broncos (3rd)
2022 Record: 5-12

(To Win Division +550)
(To Win Conference +2500)
(To Win Super Bowl +4000)
Over/Under 8.5 Wins (-110/-110) OVER
To Make The Playoffs: No (-215)

Key Additions:
Head Coach Sean Payton, EDGE Frank Clark, Right Tackle Mike McGlinchey, Left Guard Ben Powers.

12th Toughest Strength of Schedule

This is a Denver Broncos team that had an incredible disappointing season in 2022. Not only were they terrible, they also had to give away their pick due to the Russell Wilson addition. With that being said, there were some injuries and Offensive Line issues that plagued the Broncos throughout the season. For one, the Offensive Line was in shambles giving up 63 sacks throughout the entire season, the most in the NFL. As you can see the Broncos made an attempt to sure up that Offensive Line in the offseason and now rank 11th by Pro Football Focus. Another area of injury was star Running Back Javonte Williams. Williams is a talented runner both inside and outside the tackle who can also catch the football. He will be a big beneficiary in 2023. Lastly, with the new Offensive Line I believe this could give Wilson more time to find weapons like Cortland Sutton and Jerry Jeudy. I'm optimistic this Broncos team can have a solid rebound despite the tough schedule.

In 2022 the Denver Broncos had one of the best defenses throughout the NFL and I don't believe anything changes in 2023. This is a Broncos team who has one of the best pass defenses in football lead by Pat Surtain II, Kareem Jackson and Justin Simmons. The Broncos were also very stout against the run and if the Offense can contribute and put them in favorable positions, I believe the Broncos can do better than expected. The Broncos start the season against the Raiders, Commanders, Dolphins and Bears meaning they could potentially start the season off 3-1. If in fact that occurs, they still have home games against the Packers, Vikings, Browns, and Patriots. While also having a game against the Texans on the road. Furthermore, I believe all those games are winnable for the Broncos and because of that I have the Broncos finishing 10-7, 3rd in the AFC West and missing out on the playoffs due to a tie-breaker.

Las Vegas Raiders (4th)
2022 Record: 6-11

(To Win Division +1200)
(To Win Conference +4000)
(To Win Super Bowl +6500)
Over/Under 7.5 Wins (+160/-190) UNDER
To Make Playoffs: No (-450)
Worst Record in the NFL: Yes (+1200)

The Las Vegas Raiders have a grueling first 4 games going against the Broncos, Bills, Steelers and Chargers. Three of the four on the road as well. Meaning this team could EASILY start 0-4 and in typical Raider fashion they could fall apart. This means the Raiders would still have to face the Chiefs (x2), Chargers again, Broncos again and teams like the Dolphins, Lions, Jets and Vikings. Those are 10 games I see the Raiders losing and they still have toss up games with teams like the Packers, Patriots, Bears, Giants and Colts. This is going to be a tough season for Raider nation.

Key Additions:
Quarterback Jimmy Garoppolo, Safety Marcus Epps

10th Toughest Strength of Schedule

I have a feeling this season is going to be an absolute wreck for the Las Vegas Raiders. Sure the Raiders have solid weapons with Davonte Adams, Jakobi Meyers and Hunter Renfrow. But we're already hearing about a potential Josh Jacobs holdout and this Offensive Line is 19th in the NFL, 10 positions worse than 2022. The Raiders also have one of the worst defenses throughout the NFL which could put this Offense in a position to try and keep up. Which they can't do and this also means Quarterback Jimmy Garoppolo could be put in a position to make more mistakes. Jimmy G. has a history of untimely interceptions and I see this continuing in the 2023 season.

As for the Defense they are dreadful as usual. You take a look at this Defense and sure you see nice edge rushers like Maxx Crosby and Chandler Jones, but outside of that they're weak in the middle, secondary and linebacker. Being in a division with the Chiefs, Chargers and Broncos also won't make things easy. Because of this I have the Raiders finishing 4-13 on the season, 4th in the AFC West and tied for the worst record in the NFL.

AFC East:

Buffalo Bills (+120)

New York Jets (+270)

Miami Dolphins (+300)

NE Patriots (+800)

Buffalo Bills (1st)

2022 Record: 13-4

(To Win Division +120)

(To Win Conference +500)

(To Win Super Bowl +900)

Over/Under 10.5 Wins (-150/+130) OVER

To Make Playoffs: Yes (-240)

Key Additions:

EDGE Leonard Floyd, Right Guard Connor McGovern.

7th Toughest Strength of Schedule

For the Buffalo Bills it's tough to see them not replicating what they've done in years past. This is a team that has had at least 11 wins in 3 straight seasons and with the supporting cast that returns with Josh Allen, Stefon Diggs, Gabe Davis and new Running Back James Cook, I'd be surprised if they don't find similar success. Furthermore, the biggest question mark with this Offense currently being the Offensive Line. The Bills Offensive Line currently ranks 22nd in terms of Pro Football Focus so this team may be a fade when facing top Defensive Line's. But, with that being said Josh Allen is also a Quarterback who can extend plays and create with his legs. So he's able to hide this Offensive Line a bit. In addition, this Bills team also brings back one of the top Defenses.

The Buffalo Bills Defense is good all over. Lead by their secondary that has Tr'Davious White, Kaiir Elam and their top safety's with Jordan Poyer and Micah Hyde. In addition, this is a team that will get back Edge Rusher Von Miller while also having players like Ed Oliver, Daquan Jones and Greg Rousseau. The linebacking core is also solid with Matt Milano and really the only difference is a potential tougher division with the addition of Aaron Rodgers. Even with Rodgers, I don't see much drop-off from the Bills, I have them finishing the season 11-6, 1st in the AFC East.

New York Jets (2nd)
2022 Record: 7-10

(To Win Division +270)
(To Win Conference +1100)
(To Win Super Bowl +1800)
Over/Under 9.5 Wins (-130/+110) OVER
To Make Playoffs: Yes (+120)

Key Additions:

Quarterback Aaron Rodgers, Wideout Allen, Safety Chuck Clark.

6th Toughest Strength of Schedule

In no way am I on the New York Jets Conference Championship or Super Bowl bandwagon but I do think they have improved. The Jets have a very solid receiving core lead by Garrett Wilson, Allen Lazard and Corey Davis. However, one of the biggest additions since injury could be Breece Hall. Hall was off to an incredible rookie campaign before going down with a season ending injury and now the big question is if he can return to form. This is a Jets team that currently has the 22nd ranked Offensive Line in football so if the Jets cannot run the football it will surely read trouble. This Jets team has a very tough early schedule with the Bills, Cowboys, Patriots, Chiefs, Broncos, Eagles and Chargers. Because of this how they start could decide there season. With a brand new Quarterback in Aaron Rodgers it makes me question if they can gel that quickly. Mix that in with the Offensive Line and Rodgers not being able to move like he used to, it makes me believe the Jets may have more work to do and personally I'll be looking more to the 2024 season with this team.

As for the Jets Defense, this is a team bringing back 9 of their 11 starters including players like Edge Rusher Carl Lawson, Cornerback Sauce Gardner, Defensive Tackle Quinton Williams, Linebacker CJ Mosley and also added Safety Chuck Clark to boost the Safety position. This Jets Defense was one of the best in football in 2022 but I still think questions remain in terms of Aaron Rodgers and the new look Offense. To me, this is not the LA Rams situation. The Rams had Aaron Donald maybe the best defender all-time, Jalen Ramsey, Leonard Floyd, essentially an absolutely stacked team. Last year with the Packers I felt like that was a good team too and many times I saw Aaron underperform. This season could go very similar to the Packers 2022 season where they start slow and figure it out at the end. If they get in essentially depends on the rest of the league. With that being said I have the Jets finishing 10-7, 3rd in the AFC East and just squeezing in the playoffs.

Miami Dolphins (3rd)
2022 Record: 9-8

(To Win Division +300)
(To Win Conference +1100)
(To Win Super Bowl +2500)
Over/Under 9.5 Wins (+100/-120) OVER
To Make Playoffs: No (-110)

Key Additions:

Cornerback Jalen Ramsey, Quarterback Mike White, Linebacker David Long Jr.

2nd Toughest Strength of Schedule based on win/loss in 2022.

The Miami Dolphins on paper have one of the more grueling schedules for the 2023 season. With that, the biggest question that comes to mind is Tua and if he can stay healthy throughout the entire season. Furthermore, this is also why I believe the addition of Quarterback Mike White to be big, due to the fact that he can potentially keep them alive and competitive if Tua does in fact go down. In reality the Dolphins have one of the better Offenses throughout the NFL and have been also rumored to go after Running Back Dalvin Cook. Mix that in with Tyreek Hill and Jaylen Waddle, this could be an incredibly dangerous team. With that being said, it again all comes down to Tua. This Offensive Line is rank is currently 20th on Pro Football Focus and with one wrong hit it could once again mean the Dolphins season.

When looking at this Dolphins Defense I believe they are solid once again, but lesser to the Bills and the Jets who are within their own division. Both the NYJ and Patriots rank higher than the Dolphins in terms of sacks per game while the Bills were slightly behind, but also had Von Miller miss the majority of their season. With that being said, this Dolphins team proved that they can win in shootouts winning three games in which they scored at least 30 points and the opposing team had at least 27. With that being said that's generally not the way you want to win and with the Dolphins having the 2nd toughest schedule in all of football, I think much comes down to the last game against the Bills and the need of a win for that Bills team. With it being Week 18 the Bills could have a playoff spot secured and in turn not need to play the starters. If that's the case, I like the Dolphins to go 10-7. If the Bills need the game, I expect the Dolphins to go 9-8. Regardless I don't believe the Dolphins to be a bet on team with the health of Tua. With that being said I expect the Dolphins to go 10-7, 3rd in the AFC East.

New England Patriots (4th)

2022 Record: 8-9

(To Win Division +800)

(To Win Conference +3500)

(To Win Super Bowl +6500)

Over/Under 7.5 Wins (+110/-130) UNDER

To Make Playoffs: Yes (+250)

Most Rushing Yards: Rhamondre Stevenson (+1500)

Key Additions:

Tight End Mike Gesicki, Wideout JuJu Smith-Schuester, Right Tackle Riley Reiff, Left Tackle Calvin Anderson.

3rd Toughest Strength of Schedule

I believe the 2023 season will be one of the worst in recent memory for the New England Patriots. The Patriots luckily have the 13th ranked Offensive Line by Pro Football Focus but have very limited weapons outside of Rhamondre Stevenson to go with it. Because of that, I believe Stevenson could be in line for a very big year. In 2022 Stevenson saw 210 carries for 1,040 yards rushing and 5 touchdowns. He also had 69 receptions to go with it making him on of the few true 3 down Running Backs. On those 210 carries Stevenson had a 6.1 YPC average meaning if he saw an increase to 275 carries (still 65 less than Jacobs or Henry) he would have put up 1,490 yards rushing. Which would have left him 160 yards from the rushing title. Now the Patriots have moved on from Damien Harris leaving Stevenson to be the bell cow. I think we see a huge increase in touches for Rhamondre giving him a great look to take home the rushing title. As for the rest of the Offense I simply see it struggling similar to last year.

As for the Patriots Defense I think they will be stout as usual. This is a Defense that still has players like Matthew Judon and Lawrence Guy, who should be able to help keep the Patriots in games. With that being said, the Patriots have the most grueling first 5 games of potentially any team in the league. The Patriots open the season with the Eagles, Dolphins, Jets, Cowboys and Saints. Which in my eyes could be 0-5, best case scenario 2-3. Which still leaves the Patriots to face the Bills (x2), Chargers, Steelers and Broncos. I have the Patriots finishing 5-12, dead last in the AFC East.

AFC North

Cincinnati Bengals (+150)

Baltimore Ravens (+220)

Cleveland Browns (+425)

Pittsburgh Steelers (+450)

Pittsburgh Steelers (1st)

2022 Record: 9-8

(To Win Division +450)

(To Win Conference +2500)

(To Win Super Bowl +5000)

Over/Under 8.5 Wins (-155/+135) OVER

To Make Playoffs: Yes (+135)

Key Additions:

Wideout Allen Robinson, Left Guard Isaac Seumalo, Cornerback Patrick Peterson, Linebacker Cole Holcomb.

25th Easiest Strength of Schedule based on win/loss in 2022

I see a path where this Pittsburgh Steelers team can win the division. Seriously, go look at their schedule. This now a Steelers team who has 2nd year Quarterback Kenny Pickett, someone I believe has a lot of arm talent and potential in the NFL. The Steelers also have Diontae Johnson, George Pickens and new addition Allen Robinson at Wideout. They also have Najee Harris and Jaylen Warren at Running Back, with Pat Freiermuth at Tight End. The Offensive Line is also improved ranking 12th by Pro Football Focus and with a Head Coach like Mike Tomlin, the home field advantage in Pittsburgh and a stout Defense once again, I see a lot of wins for this Steelers team.

You look at this Steelers Defense and #1 they have their most important defensive player back in TJ Watt. Watt missed a good portion of the 2022 season with an injury but now is back alongside players like Larry Ogunjobi, Cam Hayward, Cole Holcomb and Minkah Fitzpatrick. The Steelers start the season with the 49ers, Browns, Raiders, Texans, Ravens, Rams, Jags, Titans and Packers. To me, that's a worst case scenario 5-4 with a potential of 7-2 or better. The Steelers also have the 49ers, Browns, Ravens, Jaguars, Titans and Packers at home. So the better teams will be faced in Pittsburgh as well. Because of this I believe the Steelers going 11-6 with a very solid chance of hitting 12-5 or better. The Steelers face all 5 of the bottom 5 projected teams this season so I'd be shocked if they did not get 9 wins here. This may be my favorite future of the preseason.

Cincinnati Bengals (2nd)

2022 Record: 12-4

(To Win Division +150)

(To Win Conference +600)

(To Win Super Bowl +1100)

Over/Under 11.5 Wins (+110/-130) UNDER

To Make Playoffs: Yes (-285)

Key Additions:

Left Tackle Orlando Brown, Safety Nick Scott.

17th Easiest Strength of Schedule based on win/loss in 2022.

The Cincinnati Bengals are back as one of the favorites throughout the NFL and it's easy to understand why. This Bengals team has one of the best Quarterbacks throughout the NFL while also welcoming back probably the top Receiving Cores with Jamarr Chase, Tee Higgins and Tyler Boyd. Joe Mixon is also back at the Running Back and once again this off-season the Bengals attacked their Offensive Line bringing in Orlando Brown. This off-season Pro Football Focus has the Bengals Offensive Line ranked 17th overall which is actually a huge improvement from years prior. The key to this Offense is keeping Joe Burrow off the ground and generating a run game with Joe Mixon. This Offense has been incredibly dangerous over the last two years and the longer Joe Burrow has and the better holes for Mixon, the better and more dangerous this Offense will be.

As for the Defense, it's very similar to years past and I wonder once again if they can become dangerous enough with their pass rush to make a run to the Super Bowl. When you take a look at past championship level teams majority of them have solid pass rushers coming off the edge or have the ability to get to the QB. For the Bengals I believe that will be their focus and I'd be surprised if I don't see them make another move. I have the Bengals finishing 11-6, 2nd in the AFC North.

Baltimore Ravens (3rd)
2022 Record: 10-7

(To Win Division +220)
(To Win Conference +1100)
(To Win Super Bowl +2000)
Over/Under 10.5 Wins (-105/-115) UNDER
To Make Playoffs: No (+140)

Key Additions:
Cornerback Rock Ya-Sin

21st Easiest Strength of Schedule based on win/loss in 2022.

If you've read my pre-season predictions in the past you know I've never been big on the Baltimore Ravens and it once again continues in 2023. They simply have no weapons on the outside, lead by Wideout Odell Beckham Jr. and Rashod Bateman. But do have star Tight End Mark Andrews, Running Back J.K. Dobbins and one of the best Offensive Lines in the league lead by Quarterback Lamar Jackson. Surely I expect Lamar Jackson to have a good season, but the AFC North has potential to be the best division in football and I trust the other teams more as they are more complete. This is not a team I trust down the stretch and personally would save your money regarding any future bets. If Lamar goes down as well, the season ends. Luckily the Ravens have a Defense that can keep this team in any game as well.

The Baltimore Ravens bring back one of the top defenses in all of football lead by players like Michael Pierce, Patrick Queen, Roquan Smith, Marcus Williams and Marlon Humphrey. With the division they are in, they will need it. Facing the Bengals twice who have the top receiving core in all of football, a much improved Steelers team, as well as an improved Browns team, this Defense will have to be as stout as ever to compete and make a playoff push. I have the Ravens finishing 10-7, 3rd in the AFC North.

Cleveland Browns (4th)
2022 Record: 9-8

(To Win Division +425)
(To Win Conference +2200)
(To Win Super Bowl +4000)
Over/Under 9.5 Wins (+115/-135) Under
To Make Playoffs: No (-140)

Key Additions:
EDGE Za'Darius Smith, Defensive Lineman Dalvin Tomlinson, Wideout Elijah Moore, EDGE Ogbonnia Okoronkwo, Safety Juan Thornhill,

26th Easiest Strength of Schedule based on win/loss in 2022

I'll be honest, of any team in the AFC North the Browns made by far the best offseason moves. They sured up the Defense and added a much needed Slot to an Offense that desperately needed one with both Amari Cooper and Donovan Peoples-Jones on the outside. This is also a Browns team with the 4th ranked Offensive Line by Pro Football Focus and can always lean on Nick Chubb and that run game. With this being the second starting season for Quarterback Deshaun Watson you also expect natural progression as a team. This Browns team has one of the easier schedules throughout the NFL as well so if they get hot at the right time this team could go on a serious run. I go back and forth between the Browns and Ravens in terms of positioning, but still have the Browns finishing last in the division. I think it could happen, but it's not something I want to bet on.

When you look at this Browns Defense it's also seriously good. You look at the Defensive Line lead by Myles Garrett and it's easily one of the best in football. The more I type the more I consider giving this team an extra win or two but I'd simply keep an eye on the Browns. If they perform early and get hot, they may be a team to bet on in terms of making the playoffs. They have a great Defensive Line and good Cornerbacks like Denzel Ward to back them up. All in all I have the Browns finishing 9-8 on the season, last in the AFC North.

AFC South

Jacksonville Jaguars (-160)
Tennessee Titans (+350)
Indianapolis Colts (+600)
Houston Texans(+800)

Jacksonville Jaguars (1st)
2022 Record: 9-8

(To Win Division -160)
(To Win Conference +1200)
(To Win Super Bowl +2500)
Over/Under 9.5 Wins (-140/+120) Under
To Make Playoffs: Yes (-195)

Key Additions:
Kicker Brandon McManus

23rd Easiest Strength of Schedule based on win/loss in 2022.

This Jacksonville Jaguars team is potentially my favorite team to bet on in the 2023 NFL season. Star Quarterback Trevor Lawrence now finds himself in his 3rd NFL season and has by far his best Offense yet. Wideout Calvin Ridley will join Zay Jones, Christian Kirk and Evan Engram. While Running Back Travis Etienne Jr. will also be in his 3rd year and looking to take that next step forward. This Jaguars team also has one of the easier schedules throughout the NFL, the only question once again being the Offensive Line. The Jaguars currently have the 26th ranked Offensive Line throughout the NFL and luckily Trevor Lawrence is more athletic than people believe. But with that being said you still need protection to make plays happen. This is surely something to keep an eye on throughout the season because Lawrence is coming off a 4,113 yard season with 25 touchdowns and 8 interceptions on 66.3% passing. A very impressive season. One would assume with new weapon Calvin Ridley that Lawrence could take that next step forward and potentially push for MVP.

This Jacksonville Jaguars Defense is solid but still very young. Meaning they could take a giant leap forward this season with players like Josh Allen, Devin Lloyd and Travon Walker. Lucky for the Jaguars they are also in the easiest division in football and it's tough to see them not leaving division play with at least a 4-2 record. Outside of division play this Jaguars team also faces the Buccaneers, Panthers, Saints and Falcons. Which I would say are all very winnable games. Then some toss ups against teams like the Chiefs, Bills, Saints, Steelers, 49ers, Bengals, Browns and Ravens. Because of this I believe the Jaguars will be battle tested throughout the season and as long as the Offensive Line can hold up, I expect a big season from this Jaguars squad. I have this Jaguars squad going 12-5 on the season, 1st in the AFC South.

Indianapolis Colts (2nd)
2022 Record: 4-12-1

(To Win Division +600)
(To Win Conference +7000)
(To Win Super Bowl +10000)
Over/Under 6.5 Wins (-120/+100) Under
To Make Playoffs: No (-450)

Key Additions:

EDGE Samson Ebukam, Wideout Isaiah McKenzie, Quarterback Gardner Minshew.

29th Easiest Strength of Schedule based on win/loss in 2022.

This Indianapolis Colts team really isn't one I have interest in betting this 2023 season but they do have a very formidable schedule. In the off-season the Colts drafted Quarterback Anthony Richardson out of Florida and it wouldn't shock me to see a run heavy approach in 2023 with the new athletic Quarterback. This Colts team has the 10th ranked overall Offensive Line by Pro Football Focus while also welcoming back players like Jonathon Taylor and Michael Pittman. With the schedule the Colts will be seeing, I believe this Colts Offense to be able to move the ball effectively in 2023 and to win more games than expected.

As for the Colts Defense, I don't see a lot changing. In 2023 this Defense was solid but was also known to give up huge plays and also have games that they really didn't seem all that focused. Lucky for the Colts they are potentially in the worst division in football so they should be able to squeeze out some wins regarding the division. I don't see this Colts team doing anything special but I do see them going over their win total finishing the season 7-10, 2nd in the AFC South.

Tennessee Titans (3rd)
2022 Record: 7-10

(To Win Division +800)
(To Win Conference +7000)
(To Win Super Bowl +10000)
Over/Under 7.5 Wins (-125/+105) UNDER

To Make Playoffs: No (-250)

Key Additions:

EDGE Arden Key, Linebacker Azeez Al-Shaair, Cornerback Sean Murphy-Bunting.

28th Easiest Strength of Schedule based on win/loss in 2022.

I'm not sure how everyone else feels but I'm getting tired of this Tennessee Titans team. Head Coach Mike Vrabel has done a great job over performing with an average team, but at some point the rebuild has to start. At least on Offense. This team has an aging, average Quarterback in Ryan Tannehill. A great Running Back in Derrick Henry who is also aging but lead by one of the worst Offensive Line's throughout the NFL according to Pro Football Focus. Then they actually have a decent receiving core with Deandre Hopkins and second year Wideout Treylon Burks. The biggest question remains however is if the Offensive Line can actually protect. Which I don't believe they can. However, this team is in such a bad division it would not shock me at all to see them right around 7 wins.

As for this Titans Defense they will be stout as usual. Lead by Defensive Tackle Jeffrey Simmons, this is a team that is very tough to run on and in terms of schemes defensively, they are very well coached. The Titans face some of the worst teams throughout the league according to 2022 records and I have this team finishing one game worst than 2022, finishing with a 6-11 record overall, 3rd in the AFC South.

Houston Texans (4th)
2022 Record: 3-13-1

(To Win Division +800)
(To Win Conference +10000)
(To Win Super Bowl +20000)
Over/Under 5.5 Wins (-160/+130) UNDER
To Make Playoffs: No (-700)

Key Additions:

Wideout Robert Woods, Cornerback Shaquill Griffin, Tight End Dalton Schultz, Safety Jimmie Ward, Defensive Lineman Sheldon Rankins.

30th Easiest Strength of Schedule based on win/loss in 2022.

This Houston Texans team brings many new faces both offensively and defensively this off-season and I do think we'll see an improved team. With that being said, a lot of it will come down to Rookie Quarterback C.J. Stroud. Lucky for him he is with a Texans team that did have the ability to run the football with 2nd year Running Back Dameon Pierce, who went down with a season ending injury in his Rookie year. But in his 2nd year he'll be looking to start right where he left off. Other than Pierce this Texans team did bring in Dalton Schultz as a nice weapon from the Tight End position. But in terms of Wideouts this Texans team is somewhat thin with Nico Collins, John Metchie III and Robert Woods. This is also with the 25th worst Offensive Line according to Pro Football Focus and because of that I believe this Texans team will struggle, but still improve slightly from their 3-13-1 record.

Part of the improvement for the Houston Texans I believe will be from the Defense. The Houston Texans drafted Alabama standout Will Anderson Jr. for the Defensive Line and also brought in players like Jimmie Ward, Sheldon Rankins and Jimmie Ward. All strong players with a veteran presence that should help to pickup this Defense and also give some leadership to some of the young players like Derek Stingley Jr. All in all this Texans team has one of the easiest schedules in football and will have the ability to sneak up on some teams in 2023. I have the Texans finishing 6-11 overall, last in the AFC South.