



Volume 41, Issue 1A

August 6-12, 2026

First of TWO NFL & College Preseason Previews!

YES IT'S TRUE FOOTBALL IS BACK!

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- ***The Smart Box: Camps Are In Session***
- ***Tremendous NFL Preseason Trends***
- ***NFL Season Win Totals & More***
- ***Analysis of NFL Hall of Fame Game***
- ***2026 NFL Top Ten ATS Teams***
- ***2026 NFL Preseason Schedule***



GET SMART

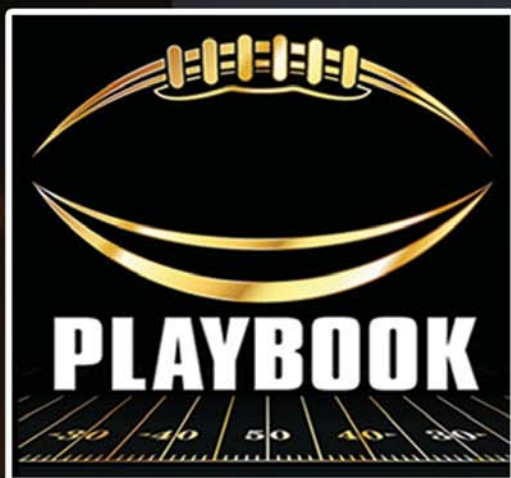
GET PLAYBOOK

GET EVERY EDGE IMAGINABLE

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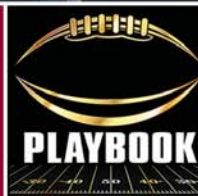
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2026 Weekly PLAYBOOK FOOTBALL NEWSLETTER



**WINNINGEST
FOOTBALL
NEWSLETTER
IN THE USA!**



Volume 38, Issue 5 September 21-25, 2023

Marc's CFB Underdog GOM: Florida +5 over Tennessee - WINNER!

**67% BEST BETS
CFB & NFL THIS SEASON!**

89% ATS AWESOME ANGLE INSIDE!



- 'Betcha Didn't Know' Handicapping Article
- Awesome Angle and Tremendous Trends
- Incredible Stat of the Week
- Analysis on Every NFL and FBS College Game
- Best Bets and Key Plays
- Full Schedule with Opening Lines
- Kenny White's College & NFL Power Ratings
- Wise Guys Handicapping Contest



GET SMART GET PLAYBOOK GET EVERY EDGE IMAGINABLE

NEWSLETTER BEST BETS

2024: 48-51-3
minus \$2,600

2023: 52-35-2
plus \$4,880

2022: 48-42-1
plus \$1,010

2021: 63-38-1
plus \$6,420

L4 Years: 211-166-7
+9,710

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2026 SNEAK PREVIEW

A Weekly Insight Into The Art Of Sports Handicapping

Welcome back, football fans—the 2026 NFL season has finally decided to make its grand entrance, Hall of Fame style. It took a languorous 179 days—4,296 grinding hours if you're the type who counts every tick like a lovesick sailor—but the gates burst open this Thursday night under the Canton lights, as the Arizona Cardinals lock horns with the Carolina Panthers. Flip to page 9 for our full take on the affair.

The good news? This is merely the first half of a delicious double-issue

of the Playbook NFL Preseason. **We'll be back next Wednesday with Issue 1B**, diving headlong into the next three weeks of preseason NFL action, complete with a crisp 2-Minute Handicap for every single game, plus NFL Team Props & more! We'll also serve up our thoughts on the 2026 College Football Week Zero slate (Saturday, August 29), plus my College Football Top 10 ATS for the season ahead.

Inside this issue you'll find a glittering array of Playbook exclusives: NFL Week-of-Rest dates

for every club; Season Win Total results across the last 11 years; last season's Net Turnover counts; the inevitable Regression-to-the-Mean candidates; final 2025 NFL Stat rankings; a pair of Super System plays (college and NFL) lifted straight from the Playbook BLACK BOOK; my NFL Top 10 ATS Teams for 2026; and the complete 2026 NFL Preseason schedule.

Dig in, pour something sparkling, and enjoy the show.

Marc Lawrence



2026 PLAYBOOK Football Newsletter

TIME TO TAKE THE TRAINING WHEELS OFF

NFL Training camps are in session. Pull up a chair.

With it the 2026 NFL regular season schedule is under scrutiny. While there's a lot of pomp and circumstance over the timetable, plenty of it is important information.

Like, for instance, when each team's bye week is scheduled.

Rest is crucial to a successful season, and the placement of bye weeks can go a long way toward helping or hindering teams in their quests to contend.

Moreover, fantasy players will want to know when members of their teams will be on bye.

Here's every team's bye week in the 2026 regular season. Keep this list handy especially if you are playing 'Survivor Pools'...

AFC East

Buffalo Bills: Week 7
Miami Dolphins: Week 6
New England Patriots: Week 11
New York Jets: Week 13

AFC North

Baltimore Ravens: Week 13
Cincinnati Bengals: Week 6
Cleveland Browns: Week 11
Pittsburgh Steelers: Week 9

AFC South

Houston Texans: Week 8
Indianapolis Colts: Week 13
Jacksonville Jaguars: Week 7
Tennessee Titans: Week 9

AFC West

Denver Broncos: Week 10
Kansas City Chiefs: Week 5
Las Vegas Raiders: Week 13
Los Angeles Chargers: Week 7

NFC East

Dallas Cowboys: Week 14
New York Giants: Week 8
Philadelphia Eagles: Week 10
Washington Commanders: Week 7

NFC North

Chicago Bears: Week 10
Detroit Lions: Week 6
Green Bay Packers: Week 11
Minnesota Vikings: Week 6

NFC South

Atlanta Falcons: Week 11
Carolina Panthers: Week 5
New Orleans Saints: Week 8
Tampa Bay Buccaneers: Week 10

NFC West

Arizona Cardinals: Week 14
Los Angeles Rams: Week 11
San Francisco 49ers: Week 8
Seattle Seahawks: Week 11

PLAYBOOK EXCLUSIVE

NFL Teams: Season Win Totals, Actual Wins, and Net Differences (2015-2026)

In the early 1990s, sportsbooks set season win totals on the conservative side compared to today's numbers. Championship clubs like Washington in 1991 still carried projections of 10.0 or higher, and the dominant Dallas Cowboys of that era typically sat in the 10.0 – 11.0 range during their Super Bowl runs.

We live in a much different world now. The once-conservative, four-cylinder NFL has evolved into a higher-octane league full of wide-open offenses

and elevated scoring. As a result, one of the more popular preseason wagering opportunities remains the NFL Season Win Totals posted on each team.

Below we've listed the projected season win totals for every club over the past 11 seasons, alongside their actual regular-season production, the net difference between the two, and a noteworthy trend on each team's running performance. Take a look...

Arizona Cardinals

2015: Preseason: 8.5	Actual: 13-3	Net Difference: +4.5
2016: Preseason: 9.5	Actual: 7-8-1	Net Difference: -2.0
2017: Preseason: 8.0	Actual: 8-8	Net Difference: 0.0
2018: Preseason: 5.5	Actual: 3-13	Net Difference: -2.5
2019: Preseason: 5.0	Actual: 5-10-1	Net Difference: 0.0
2020: Preseason: 7.0	Actual: 8-8	Net Difference: +1.0
2021: Preseason: 8.0	Actual: 11-6	Net Difference: +3.0
2022: Preseason: 8.5	Actual: 4-13	Net Difference: -4.5
2023: Preseason: 4.5	Actual: 4-13	Net Difference: -0.5
2024: Preseason: 6.5	Actual: 8-9	Net Difference: +1.5
2025: Preseason: 8.5	Actual: 3-14	Net Difference: -5.5
2026: Preseason: 4.5	Actual: TBD	Net Difference: TBD

Trending: Cards have played OVER 8.5 win total one time L10Y.

Atlanta Falcons

2015: Preseason: 8.0	Actual: 8-8	Net Difference: 0.0
2016: Preseason: 7.5	Actual: 11-5	Net Difference: +3.5
2017: Preseason: 9.0	Actual: 10-6	Net Difference: +1.0
2018: Preseason: 9.5	Actual: 7-9	Net Difference: -2.5
2019: Preseason: 8.5	Actual: 7-9	Net Difference: -1.5
2020: Preseason: 7.5	Actual: 4-12	Net Difference: -3.5
2021: Preseason: 7.5	Actual: 7-10	Net Difference: -0.5
2022: Preseason: 5.0	Actual: 7-10	Net Difference: +2.0
2023: Preseason: 8.5	Actual: 7-10	Net Difference: -1.5
2024: Preseason: 10.5	Actual: 8-9	Net Difference: -2.5
2025: Preseason: 8.0	Actual: 8-9	Net Difference: 0.0
2026: Preseason: 7.5	Actual: TBD	Net Difference: TBD

Trending: The Falcons haven't won more than 8 games L8Y.

Baltimore Ravens

2015: Preseason: 9.0	Actual: 5-11	Net Difference: -4.0
2016: Preseason: 8.5	Actual: 8-8	Net Difference: -0.5
2017: Preseason: 8.5	Actual: 9-7	Net Difference: +0.5
2018: Preseason: 8.5	Actual: 10-6	Net Difference: +1.5
2019: Preseason: 8.5	Actual: 14-2	Net Difference: +5.5
2020: Preseason: 11.0	Actual: 11-5	Net Difference: 0.0
2021: Preseason: 10.5	Actual: 8-9	Net Difference: -2.5
2022: Preseason: 9.5	Actual: 10-7	Net Difference: +0.5
2023: Preseason: 9.5	Actual: 13-4	Net Difference: +3.5
2024: Preseason: 11.5	Actual: 12-5	Net Difference: +0.5
2025: Preseason: 11.5	Actual: 8-9	Net Difference: -3.5
2026: Preseason: 11.5	Actual: TBD	Net Difference: TBD

Trending: Ravens have fallen short of their season win total in only two of its last nine campaigns.

Buffalo Bills

2015: Preseason: 8.5	Actual: 8-8	Net Difference: -0.5
2016: Preseason: 8.0	Actual: 7-9	Net Difference: -1.0
2017: Preseason: 6.5	Actual: 9-7	Net Difference: +2.5
2018: Preseason: 6.0	Actual: 6-10	Net Difference: 0.0
2019: Preseason: 7.0	Actual: 10-6	Net Difference: +3.0
2020: Preseason: 9.0	Actual: 13-3	Net Difference: +4.0
2021: Preseason: 10.5	Actual: 11-6	Net Difference: +0.5
2022: Preseason: 11.5	Actual: 13-3	Net Difference: +1.5
2023: Preseason: 10.5	Actual: 11-6	Net Difference: +0.5
2024: Preseason: 10.5	Actual: 13-4	Net Difference: +2.5
2025: Preseason: 11.5	Actual: 12-5	Net Difference: +0.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: Bills 7-0 OVER their season win total L7Y.

Carolina Panthers

2015: Preseason: 8.5	Actual: 15-1	Net Difference: +6.5
2016: Preseason: 10.5	Actual: 6-10	Net Difference: -4.5
2017: Preseason: 9.0	Actual: 11-5	Net Difference: +2.0
2018: Preseason: 9.0	Actual: 7-9	Net Difference: -2.0
2019: Preseason: 8.0	Actual: 5-11	Net Difference: -3.0
2020: Preseason: 5.5	Actual: 5-11	Net Difference: -0.5
2021: Preseason: 7.5	Actual: 5-12	Net Difference: -2.5
2022: Preseason: 6.5	Actual: 7-10	Net Difference: +0.5
2023: Preseason: 7.5	Actual: 2-15	Net Difference: -5.5
2024: Preseason: 4.5	Actual: 5-12	Net Difference: +0.5
2025: Preseason: 6.5	Actual: 8-10	Net Difference: +1.5
2026: Preseason: 7.5	Actual: TBD	Net Difference: TBD

Trending: Panthers 0-4 UNDER season win total 7.5+ s/ 2018.

Chicago Bears

2015: Preseason: 6.5	Actual: 6-10	Net Difference: -0.5
2016: Preseason: 7.0	Actual: 3-13	Net Difference: -4.0
2017: Preseason: 5.5	Actual: 5-11	Net Difference: -0.5
2018: Preseason: 6.5	Actual: 12-4	Net Difference: +5.5
2019: Preseason: 9.0	Actual: 8-8	Net Difference: -1.0
2020: Preseason: 7.5	Actual: 8-8	Net Difference: +0.5
2021: Preseason: 7.0	Actual: 6-11	Net Difference: -1.0
2022: Preseason: 6.0	Actual: 3-14	Net Difference: -3.0
2023: Preseason: 7.5	Actual: 7-10	Net Difference: -0.5
2024: Preseason: 8.5	Actual: 5-12	Net Difference: -3.5
2025: Preseason: 8.5	Actual: 11-6	Net Difference: +2.5
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Since 2013, the Bears own just two nine-regular season wins (2018 and 2025).

Cincinnati Bengals

2015: Preseason: 8.5	Actual: 12-4	Net Difference: +3.5
2016: Preseason: 9.5	Actual: 6-9-1	Net Difference: -3.0
2017: Preseason: 8.5	Actual: 7-9	Net Difference: -1.5
2018: Preseason: 7.0	Actual: 6-10	Net Difference: -1.0
2019: Preseason: 6.0	Actual: 2-14	Net Difference: -4.0
2020: Preseason: 5.5	Actual: 4-11-1	Net Difference: -1.0
2021: Preseason: 6.5	Actual: 10-7	Net Difference: +3.5
2022: Preseason: 9.5	Actual: 12-4	Net Difference: +2.5
2023: Preseason: 10.5	Actual: 9-8	Net Difference: -1.5
2024: Preseason: 10.5	Actual: 9-8	Net Difference: -1.5
2025: Preseason: 10	Actual: 6-11	Net Difference: -4.0
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Bengals have made the playoffs in 11 of 11 seasons when they win ten or more games.

Cleveland Browns

2015: Preseason: 6.5	Actual: 3-13	Net Difference: -3.5
2016: Preseason: 4.5	Actual: 1-1	Net Difference: -3.5
2017: Preseason: 4.5	Actual: 0-16	Net Difference: -4.5
2018: Preseason: 5.5	Actual: 7-8-1	Net Difference: +1.5
2019: Preseason: 9.0	Actual: 6-10	Net Difference: -3.0
2020: Preseason: 6.5	Actual: 11-5	Net Difference: +4.5
2021: Preseason: 9.5	Actual: 8-9	Net Difference: -1.5
2022: Preseason: 8.5	Actual: 7-10	Net Difference: -1.5
2023: Preseason: 9.5	Actual: 11-6	Net Difference: +1.5
2024: Preseason: 8.5	Actual: 3-14	Net Difference: -5.0
2025: Preseason: 5.5	Actual: 5-12	Net Difference: -0.5
2026: Preseason: 6.5	Actual: TBD	Net Difference: TBD

Trending: The Browns will play five games against playoff teams this season. They faced nine such teams LY.

Dallas Cowboys

2015: Preseason: 9.5	Actual: 4-12	Net Difference: -5.5
2016: Preseason: 8.5	Actual: 13-3	Net Difference: +4.5
2017: Preseason: 9.5	Actual: 9-7	Net Difference: -0.5
2018: Preseason: 8.5	Actual: 10-6	Net Difference: +1.5
2019: Preseason: 9.0	Actual: 8-8	Net Difference: -1.0
2020: Preseason: 9.5	Actual: 6-10	Net Difference: -3.5
2021: Preseason: 9.0	Actual: 12-5	Net Difference: +3.0
2022: Preseason: 10.0	Actual: 12-5	Net Difference: +2.0
2023: Preseason: 9.5	Actual: 12-5	Net Difference: +2.5
2024: Preseason: 10.5	Actual: 7-10	Net Difference: -3.5
2025: Preseason: 7.5	Actual: 7-9-1	Net Difference: -0.5
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Boys are 32-19-1 SU since 2016 following a 7-win or fewer season the previous year.

Denver Broncos

2015: Preseason: 10.0	Actual: 12-4	Net Difference: +2.0
2016: Preseason: 7.5	Actual: 9-7	Net Difference: +1.5
2017: Preseason: 8.0	Actual: 5-11	Net Difference: -3.0
2018: Preseason: 7.0	Actual: 6-10	Net Difference: -1.0
2019: Preseason: 7.0	Actual: 7-9	Net Difference: 0.0
2020: Preseason: 7.5	Actual: 5-11	Net Difference: -2.5
2021: Preseason: 8.5	Actual: 7-10	Net Difference: -1.5
2022: Preseason: 10.0	Actual: 5-1	Net Difference: -5.0
2023: Preseason: 8.5	Actual: 8-9	Net Difference: -0.5
2024: Preseason: 5.5	Actual: 10-7	Net Difference: +4.5
2025: Preseason: 9.0	Actual: 14-3	Net Difference: +5.0
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Sean Payton is 64-25 following a 10-win season.

Detroit Lions

2015: Preseason: 7.0	Actual: 7-9	Net Difference: 0.0
2016: Preseason: 7.0	Actual: 9-7	Net Difference: +2.0
2017: Preseason: 8.0	Actual: 9-7	Net Difference: +1.0
2018: Preseason: 7.5	Actual: 6-10	Net Difference: -1.5
2019: Preseason: 7.0	Actual: 3-12-1	Net Difference: -3.5
2020: Preseason: 6.5	Actual: 5-11	Net Difference: -1.5
2021: Preseason: 5.0	Actual: 3-13-1	Net Difference: -1.5
2022: Preseason: 6.5	Actual: 9-8	Net Difference: +2.5
2023: Preseason: 9.5	Actual: 12-5	Net Difference: +2.5
2024: Preseason: 10.5	Actual: 15-2	Net Difference: +4.5
2025: Preseason: 10.5	Actual: 9-8	Net Difference: -1.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: The last time the Lions had four consecutive winning seasons was 1935-39.

Green Bay Packers

2015: Preseason: 10.5	Actual: 10-6	Net Difference: -0.5
2016: Preseason: 10.0	Actual: 10-6	Net Difference: 0.0
2017: Preseason: 10.0	Actual: 7-9	Net Difference: -3.0
2018: Preseason: 10.0	Actual: 6-9-1	Net Difference: -3.5
2019: Preseason: 9.0	Actual: 13-3	Net Difference: +4.0
2020: Preseason: 9.0	Actual: 13-3	Net Difference: +4.0
2021: Preseason: 10.0	Actual: 13-4	Net Difference: +3.0
2022: Preseason: 10	Actual: 8-9	Net Difference: -2.5
2023: Preseason: 7.5	Actual: 9-8	Net Difference: +1.5
2024: Preseason: 10.5	Actual: 11-6	Net Difference: +0.5
2025: Preseason: 9.5	Actual: 9-7-1	Net Difference: -0.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: The Packers are 53-26 in regular-season games immediately following exactly three consecutive winning seasons.

Houston Texans

2015: Preseason: 8.5	Actual: 9-7	Net Difference: +0.5
2016: Preseason: 8.5	Actual: 9-7	Net Difference: +0.5
2017: Preseason: 8.0	Actual: 4-1	Net Difference: -4.0
2018: Preseason: 8.5	Actual: 11-5	Net Difference: +2.5
2019: Preseason: 8.0	Actual: 10-6	Net Difference: +2.0
2020: Preseason: 7.5	Actual: 4-12	Net Difference: -3.5
2021: Preseason: 4.5	Actual: 4-1	Net Difference: -0.5
2022: Preseason: 4.5	Actual: 3-13-1	Net Difference: -1.0
2023: Preseason: 6.5	Actual: 10-7	Net Difference: +3.5
2024: Preseason: 9.5	Actual: 10-7	Net Difference: +0.5
2025: Preseason: 9.5	Actual: 12-5	Net Difference: +2.5
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Texans are 5-0 OVER in season win totals with a preseason win total of 8.5 or more wins.

Indianapolis Colts

2015: Preseason: 10.0	Actual: 8-8	Net Difference: -2.0
2016: Preseason: 9.0	Actual: 8-8	Net Difference: -1.0
2017: Preseason: 8.0	Actual: 4-12	Net Difference: -4.0
2018: Preseason: 6.5	Actual: 10-6	Net Difference: +3.5
2019: Preseason: 9.5	Actual: 7-9	Net Difference: -2.5
2020: Preseason: 7.5	Actual: 11-5	Net Difference: +3.5
2021: Preseason: 9.0	Actual: 9-8	Net Difference: 0.0
2022: Preseason: 9.5	Actual: 4-12-1	Net Difference: -5.0
2023: Preseason: 6.5	Actual: 9-8	Net Difference: +2.5
2024: Preseason: 8	Actual: 8-9	Net Difference: -0.5
2025: Preseason: 7.5	Actual: 8-9	Net Difference: +0.5
2026: Preseason: 7.5	Actual: TBD	Net Difference: TBD

Trending: Colts 4-0 OVER season win total of 7.5 or fewer.

Jacksonville Jaguars

2015: Preseason: 5.5	Actual: 5-11	Net Difference: -0.5
2016: Preseason: 7.5	Actual: 3-13	Net Difference: -4.5
2017: Preseason: 6.5	Actual: 10-6	Net Difference: +3.5
2018: Preseason: 9.0	Actual: 5-11	Net Difference: -4.0
2019: Preseason: 8.0	Actual: 6-10	Net Difference: -2.0
2020: Preseason: 5.0	Actual: 1-15	Net Difference: -4.0
2021: Preseason: 6.5	Actual: 3-14	Net Difference: -3.5
2022: Preseason: 6.5	Actual: 9-8	Net Difference: +2.5
2023: Preseason: 9.5	Actual: 9-8	Net Difference: -0.5
2024: Preseason: 8.5	Actual: 4-13	Net Difference: -4.5
2025: Preseason: 7.5	Actual: 13-4	Net Difference: +5.5
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Jaguars 3-12 UNDER in season win totals L15Y.

Kansas City Chiefs

2015: Preseason: 8.5	Actual: 11-5	Net Difference: +2.5
2016: Preseason: 9.5	Actual: 12-4	Net Difference: +2.5
2017: Preseason: 9.0	Actual: 10-	Net Difference: +1.0
2018: Preseason: 8.5	Actual: 12-4	Net Difference: +3.5
2019: Preseason: 10.5	Actual: 12-4	Net Difference: +1.5
2020: Preseason: 11.5	Actual: 14-2	Net Difference: +2.5
2021: Preseason: 12.0	Actual: 12-5	Net Difference: 0.0
2022: Preseason: 10.5	Actual: 14-3	Net Difference: +3.5
2023: Preseason: 11.5	Actual: 11-6	Net Difference: -0.5
2024: Preseason: 11.5	Actual: 15-2	Net Difference: +3.5
2025: Preseason: 11.5	Actual: 6-11	Net Difference: -5.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: Chiefs 3-0 OVER season win if less than previous year.

Las Vegas Raiders

2015: Preseason: 5.5	Actual: 7-9	Net Difference: +1.5
2016: Preseason: 8.5	Actual: 12-4	Net Difference: +3.5
2017: Preseason: 9.5	Actual: 6-1	Net Difference: -3.5
2018: Preseason: 8.0	Actual: 4-12	Net Difference: -4.0
2019: Preseason: 6.0	Actual: 7-9	Net Difference: +1.0
2020: Preseason: 7.5	Actual: 8-8	Net Difference: +0.5
2021: Preseason: 7.0	Actual: 10-7	Net Difference: +3.0
2022: Preseason: 8.5	Actual: 6-11	Net Difference: -2.5
2023: Preseason: 6.5	Actual: 8-9	Net Difference: +1.5
2024: Preseason: 6.5	Actual: 4-1	Net Difference: -2.5
2025: Preseason: 6.5	Actual: 3-14	Net Difference: -3.5
2026: Preseason: 5.5	Actual: TBD	Net Difference: TBD

Trending: 5-2 OVER L7 with preseason O/U total 7 or less wins.

Los Angeles Chargers

2015: Preseason: 8.0	Actual: 4-12	Net Difference: -4.0
2016: Preseason: 7.5	Actual: 5-11	Net Difference: -2.5
2017: Preseason: 7.5	Actual: 9-7	Net Difference: +1.5
2018: Preseason: 9.	Actual: 12-4	Net Difference: +2.5
2019: Preseason: 9.5	Actual: 5-11	Net Difference: -4.5
2020: Preseason: 7.5	Actual: 7-9	Net Difference: -0.5
2021: Preseason: 9.0	Actual: 9-8	Net Difference: 0.0
2022: Preseason: 10.0	Actual: 10-7	Net Difference: 0.0
2023: Preseason: 9.5	Actual: 5-12	Net Difference: -4.5
2024: Preseason: 8.5	Actual: 11-6	Net Difference: +2.5
2025: Preseason: 9.5	Actual: 11-6	Net Difference: +1.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: Chargers 1-4 UNDER since 1981 in seasons after winning 10 plus games the previous year.

Los Angeles Rams

2015: Preseason: 7.5	Actual: 7-9	Net Difference: -0.5
2016: Preseason: 7.5	Actual: 4-12	Net Difference: -3.5
2017: Preseason: 7.0	Actual: 11-5	Net Difference: +4.0
2018: Preseason: 10.0	Actual: 13-3	Net Difference: +3.0
2019: Preseason: 10.5	Actual: 9-7	Net Difference: -1.5
2020: Preseason: 8.0	Actual: 10-6	Net Difference: +2.0
2021: Preseason: 9.5	Actual: 12-5	Net Difference: +2.5
2022: Preseason: 10.5	Actual: 5-12	Net Difference: -5.5
2023: Preseason: 6.5	Actual: 10-7	Net Difference: +3.5
2024: Preseason: 8.5	Actual: 10-7	Net Difference: +1.5
2025: Preseason: 10	Actual: 12-5	Net Difference: +2.0
2026: Preseason: 12.5	Actual: TBD	Net Difference: TBD

Trending: Rams have gone 7-2 OVER season win total L9Y.

Miami Dolphins

2015: Preseason: 8.5	Actual: 6-10	Net Difference: -2.5
2016: Preseason: 7.0	Actual: 10-6	Net Difference: +3.0
2017: Preseason: 7.5	Actual: 6-10	Net Difference: -1.5
2018: Preseason: 6.5	Actual: 7-9	Net Difference: +0.5
2019: Preseason: 5.0	Actual: 5-11	Net Difference: 0.0
2020: Preseason: 6.0	Actual: 10-6	Net Difference: +4.0
2021: Preseason: 9.0	Actual: 9-8	Net Difference: 0.0
2022: Preseason: 8.5	Actual: 9-8	Net Difference: +0.5
2023: Preseason: 9.5	Actual: 11-6	Net Difference: +1.5
2024: Preseason: 10.5	Actual: 8-9	Net Difference: -2.5
2025: Preseason: 8.5	Actual: 7-10	Net Difference: -1.5
2026: Preseason: 4.5	Actual: TBD	Net Difference: TBD

Trending: Dolphins 3-1-1 OVER a season win total of 7.5 or fewer.

Minnesota Vikings

2015: Preseason: 8.0	Actual: 11-5	Net Difference: +3.0
2016: Preseason: 9.5	Actual: 8-8	Net Difference: -1.5
2017: Preseason: 8.5	Actual: 13-3	Net Difference: +4.5
2018: Preseason: 10.0	Actual: 8-7-1	Net Difference: -1.5
2019: Preseason: 9.0	Actual: 10-6	Net Difference: +1.0
2020: Preseason: 9.0	Actual: 7-9	Net Difference: -2.0
2021: Preseason: 8.5	Actual: 8-9	Net Difference: -0.5
2022: Preseason: 8.5	Actual: 13-4	Net Difference: +4.5
2023: Preseason: 8.5	Actual: 7-10	Net Difference: -1.5
2024: Preseason: 6.5	Actual: 14-3	Net Difference: +7.5
2025: Preseason: 8.5	Actual: 9-8	Net Difference: +0.5
2026: Preseason: 8.5	Actual: TBD	Net Difference: TBD

Trending: Vikes have averaged 10.7 wins per season with head coach O'Connell.

New England Patriots

2015: Preseason: 10.5	Actual: 12-4	Net Difference: +1.5
2016: Preseason: 10.5	Actual: 14-2	Net Difference: +3.5
2017: Preseason: 12.5	Actual: 13-3	Net Difference: +0.5
2018: Preseason: 11.0	Actual: 11-5	Net Difference: 0.0
2019: Preseason: 11.0	Actual: 12-4	Net Difference: +1.0
2020: Preseason: 9.0	Actual: 7-9	Net Difference: -2.0
2021: Preseason: 9.5	Actual: 10-7	Net Difference: +0.5
2022: Preseason: 8.5	Actual: 8-9	Net Difference: -0.5
2023: Preseason: 7.5	Actual: 4-1	Net Difference: -3.5
2024: Preseason: 4.5	Actual: 4-13	Net Difference: -0.5
2025: Preseason: 8.5	Actual: 14-3	Net Difference: +5.5
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Patriots had largest increase in season win total of all teams last season.

New Orleans Saints

2015: Preseason: 8.0	Actual: 7-9	Net Difference: -1.5
2016: Preseason: 7.5	Actual: 7-9	Net Difference: -0.5
2017: Preseason: 8.0	Actual: 11-5	Net Difference: +3.0
2018: Preseason: 9.5	Actual: 13-3	Net Difference: +3.5
2019: Preseason: 10.0	Actual: 13-3	Net Difference: +3.0
2020: Preseason: 10.5	Actual: 13-5	Net Difference: +2.5
2021: Preseason: 9.0	Actual: 9-8	Net Difference: 0.0
2022: Preseason: 8.5	Actual: 7-10	Net Difference: -1.5
2023: Preseason: 9.5	Actual: 9-8	Net Difference: -0.5
2024: Preseason: 7.0	Actual: 5-1	Net Difference: -2.5
2025: Preseason: 6.0	Actual: 6-11	Net Difference: 0.0
2026: Preseason: 7.5	Actual: TBD	Net Difference: TBD

Trending: 2020 was the last season the Saints played OVER their season win total.

New York Giants

2015: Preseason: 8.0	Actual: 6-10	Net Difference: -2.0
2016: Preseason: 8.0	Actual: 11-5	Net Difference: +3.0
2017: Preseason: 9.0	Actual: 3-13	Net Difference: -6.0
2018: Preseason: 7.0	Actual: 5-11	Net Difference: -2.0
2019: Preseason: 6.0	Actual: 4-12	Net Difference: -2.0
2020: Preseason: 6.0	Actual: 6-10	Net Difference: 0.0
2021: Preseason: 7.0	Actual: 4-13	Net Difference: -3.0
2022: Preseason: 7.0	Actual: 9-7-1	Net Difference: +2.0
2023: Preseason: 7.5	Actual: 6-11	Net Difference: -1.5
2024: Preseason: 6.5	Actual: 3-14	Net Difference: -3.5
2025: Preseason: 5.5	Actual: 4-13	Net Difference: -1.5
2026: Preseason: 7.5	Actual: TBD	Net Difference: TBD

Trending: Big Blue has gone 2-12-1 UNDER season win totals L14Y.

New York Jets

2015: Preseason: 7.5	Actual: 10-6	Net Difference: +2.5
2016: Preseason: 8.0	Actual: 5-11	Net Difference: -3.0
2017: Preseason: 5.0	Actual: 5-11	Net Difference: 0.0
2018: Preseason: 6.0	Actual: 4-12	Net Difference: -2.0
2019: Preseason: 7.5	Actual: 7-9	Net Difference: -0.5
2020: Preseason: 6.5	Actual: 2-14	Net Difference: -4.5
2021: Preseason: 6.0	Actual: 4-13	Net Difference: -2.0
2022: Preseason: 5.5	Actual: 7-10	Net Difference: +1.5
2023: Preseason: 9.5	Actual: 7-10	Net Difference: -2.5
2024: Preseason: 9.5	Actual: 4-13	Net Difference: -5.5
2025: Preseason: 5.5	Actual: 3-14	Net Difference: -2.5
2026: Preseason: 5.5	Actual: TBD	Net Difference: TBD

Trending: Largest decrease (4) in projected season win total in 2025 of any NFL team.

Philadelphia Eagles

2015: Preseason: 9.5	Actual: 7-9	Net Difference: -2.5
2016: Preseason: 7.5	Actual: 7-9	Net Difference: -0.5
2017: Preseason: 8.5	Actual: 13-3	Net Difference: +4.5
2018: Preseason: 10.5	Actual: 9-7	Net Difference: -1.5
2019: Preseason: 9.5	Actual: 9-7	Net Difference: -0.5
2020: Preseason: 9.5	Actual: 4-11-1	Net Difference: -5.0
2021: Preseason: 6.5	Actual: 9-8	Net Difference: +2.5
2022: Preseason: 9.5	Actual: 14-3	Net Difference: +4.5
2023: Preseason: 10.5	Actual: 11-6	Net Difference: +0.5
2024: Preseason: 10.5	Actual: 14-3	Net Difference: +3.5
2025: Preseason: 11.5	Actual: 10-7	Net Difference: -1.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: Eagles had 4-year OVER season win total snapped LY.

Pittsburgh Steelers

2015: Preseason: 8.5	Actual: 10-6	Net Difference: +1.5
2016: Preseason: 10.5	Actual: 11-5	Net Difference: +0.5
2017: Preseason: 10.5	Actual: 13-3	Net Difference: +2.5
2018: Preseason: 10.5	Actual: 9-6-1	Net Difference: -1.0
2019: Preseason: 9.0	Actual: 8-8	Net Difference: -1.0
2020: Preseason: 9.5	Actual: 12-4	Net Difference: +2.5
2021: Preseason: 6.5	Actual: 9-7-1	Net Difference: +2.5
2022: Preseason: 7.5	Actual: 9-8	Net Difference: +1.5
2023: Preseason: 8.5	Actual: 10-7	Net Difference: +1.5
2024: Preseason: 8.5	Actual: 10-7	Net Difference: +1.5
2025: Preseason: 8.5	Actual: 10-7	Net Difference: +1.5
2026: Preseason: 8.5	Actual: TBD	Net Difference: TBD

Trending: Steelers played OVER the season win total each of the last six seasons.

San Francisco 49ers

2015: Preseason: 7.5	Actual: 5-1	Net Difference: -2.5
2016: Preseason: 5.5	Actual: 2-14	Net Difference: -3.5
2017: Preseason: 4.5	Actual: 6-10	Net Difference: +1.5
2018: Preseason: 8.5	Actual: 4-12	Net Difference: -4.5
2019: Preseason: 8.0	Actual: 13-3	Net Difference: +5.0
2020: Preseason: 10.5	Actual: 6-10	Net Difference: -4.5
2021: Preseason: 10.5	Actual: 10-7	Net Difference: -0.5
2022: Preseason: 9.5	Actual: 13-4	Net Difference: +3.5
2023: Preseason: 10.5	Actual: 12-5	Net Difference: +1.5
2024: Preseason: 11.5	Actual: 6-11	Net Difference: -5.5
2025: Preseason: 10	Actual: 12-5	Net Difference: +2.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: Niners are 1-3 last four times when season win total set at more than 10.

Seattle Seahawks

2015: Preseason: 10.5	Actual: 10-6	Net Difference: -0.5
2016: Preseason: 10.5,	Actual: 10-5-1	Net Difference: -0.5
2017: Preseason: 10.5	Actual: 9-7	Net Difference: -1.5
2018: Preseason: 8.0	Actual: 10-6	Net Difference: +2.0
2019: Preseason: 8.5	Actual: 11-5	Net Difference: +2.5
2020: Preseason: 9.5	Actual: 12-4	Net Difference: +2.5
2021: Preseason: 9.5	Actual: 7-10	Net Difference: -2.5
2022: Preseason: 5.5	Actual: 9-8	Net Difference: +3.5
2023: Preseason: 8.5	Actual: 9-8	Net Difference: +0.5
2024: Preseason: 7.5	Actual: 9-8	Net Difference: +1.5
2025: Preseason: 7.5	Actual: 14-3	Net Difference: +6.5
2026: Preseason: 10.5	Actual: TBD	Net Difference: TBD

Trending: Seahawks 0-3 UNDER with season win total of more than 10 since 2015.

Tampa Bay Buccaneers

2015: Preseason: 6.0	Actual: 6-10	Net Difference: 0.0
2016: Preseason: 7.0	Actual: 9-7	Net Difference: +2.0
2017: Preseason: 8.5	Actual: 5-11	Net Difference: -3.5
2018: Preseason: 6.5	Actual: 5-11	Net Difference: -1.5
2019: Preseason: 6.5	Actual: 7-9	Net Difference: +0.5
2020: Preseason: 9.5	Actual: 11-5	Net Difference: +1.5
2021: Preseason: 11.5	Actual: 13-4	Net Difference: +1.5
2022: Preseason: 11.5	Actual: 8-9	Net Difference: -3.5
2023: Preseason: 6.5	Actual: 9-8	Net Difference: +2.5
2024: Preseason: 8.5	Actual: 10-7	Net Difference: +1.5
2025: Preseason: 9.5	Actual: 8-9	Net Difference: -1.5
2026: Preseason: 8.5	Actual: TBD	Net Difference: TBD

Trending: Bucs have played OVER regular season win total five of the last seven years.

Tennessee Titans

2015: Preseason: 6.5	Actual: 3-13	Net Difference: -3.5
2016: Preseason: 6.0	Actual: 9-7	Net Difference: +3.0
2017: Preseason: 8.5	Actual: 9-7	Net Difference: +0.5
2018: Preseason: 8.0	Actual: 9-7	Net Difference: +1.0
2019: Preseason: 8.0	Actual: 9-7	Net Difference: +1.0
2020: Preseason: 8.5	Actual: 11-5	Net Difference: +2.5
2021: Preseason: 9.0	Actual: 12-5	Net Difference: +3.0
2022: Preseason: 9.5	Actual: 7-10	Net Difference: -2.5
2023: Preseason: 7.5	Actual: 6-11	Net Difference: -1.5
2024: Preseason: 4.5	Actual: 3-14	Net Difference: -1.5
2025: Preseason: 5.5	Actual: 3-14	Net Difference: -2.5
2026: Preseason: 6.5	Actual: TBD	Net Difference: TBD

Trending: Titans UNDER their season wins each of the last 14Y.

Washington Commanders

2015: Preseason: 6.0	Actual: 9-7	Net Difference: +3.0
2016: Preseason: 7.5	Actual: 8-7-1	Net Difference: +0.5
2017: Preseason: 7.5	Actual: 7-9	Net Difference: -0.5
2018: Preseason: 7.0	Actual: 7-9	Net Difference: 0.0
2019: Preseason: 6.5	Actual: 3-13	Net Difference: -3.5
2020: Preseason: 5.0	Actual: 7-9	Net Difference: +2.0
2021: Preseason: 8.0	Actual: 7-10	Net Difference: -1.0
2022: Preseason: 7.5	Actual: 8-8-1	Net Difference: +0.5
2023: Preseason: 6.5	Actual: 4-13	Net Difference: -2.5
2024: Preseason: 7.5	Actual: 12-5	Net Difference: +4.5
2025: Preseason: 9.5	Actual: 5-12	Net Difference: -4.5
2026: Preseason: 9.5	Actual: TBD	Net Difference: TBD

Trending: Commanders 3-0-1 OVER season win total last four when coming off UNDER season win total the previous year.

BETTING TREND WITH PUNCH: Since 2015, favorites with a regular season win total of 5.5 or fewer have gone 6-17 ATS during the regular season. You may want to avoid the **Cardinals, Raiders, Dolphins, and Jets** when they saddle up as a favorite this season

2026 NFL STRENGTH OF SCHEDULE RANKINGS

The 2026 PLAYBOOK NFL Strength Of Schedules below are based on the opening 2026 Season Win Totals posted by DraftKings. Listed is each team's projected season win total, along with the combined season win total of all opponents. Teams are ranked from top-to-bottom based on each team's foes projected season win totals to the fewest season win totals. With this method, the **Arizona Cardinals** will take on the most difficult schedule while the **Detroit Lions** face the easiest slate.

TEAM	RANK	TEAM WIN TOTAL	FOE WIN TOTAL	VS. DIV	VS. NON-DIV	TEAM	RANK	TEAM WIN TOTAL	FOE WIN TOTAL	VS. DIV	VS. NON-DIV
ARIZONA	1	4.5	159.5	65	94.5	MINNESOTA	15	8.5	147.5	61	86.5
MIAMI	2	4.5	153.5	51	102.5	NY GIANTS	15	7.5	147.5	55	92.5
CAROLINA	3	7.5	152.5	47	105.5	BUFFALO	19	10.5	146.5	39	107.5
DALLAS	4	9.5	151.5	51	100.5	DENVER	20	9.5	145.5	53	92.5
GREEN BAY	4	10.5	151.5	57	94.5	INDIANAPOLIS	20	7.5	145.5	51	94.5
LA RAMS	4	12.5	151.5	51	100.5	TENNESSEE	20	6.5	145.5	53	92.5
TAMPA BAY	4	8.5	151.5	45	106.5	NEW ENGLAND	23	9.5	144.5	41	103.5
ATLANTA	8	7.5	150.5	47	103.5	PHILADELPHIA	23	10.5	144.5	53	91.5
CHICAGO	8	9.5	150.5	59	91.5	SAN FRANCISCO	23	10.5	144.5	53	91.5
SEATTLE	8	10.5	150.5	53	97.5	BALTIMORE	26	11.5	143.5	49	94.5
WASHINGTON	8	7.5	150.5	55	95.5	KANSAS CITY	27	10.5	142.5	51	91.5
HOUSTON	12	9.5	149.5	47	102.5	CLEVELAND	28	6.5	141.5	59	82.5
LAS VEGAS	13	5.5	148.5	61	87.5	NY JETS	28	5.5	141.5	49	92.5
PITTSBURGH	13	8.5	148.5	55	93.5	CINCINNATI	30	9.5	139.5	53	86.5
JACKSONVILLE	15	9.5	147.5	47	100.5	NEW ORLEANS	30	7.5	139.5	47	92.5
LA CHARGERS	15	10.5	147.5	61	86.5	DETROIT	32	10.5	136.5	57	79.5

NFL TURNOVERS: PAUPERS TO KINGS AND KINGS TO PAUPERS

It's well documented that NFL teams who led the league in NET TURNOVERS the previous season tend to crater the next. Teams that lead the NFL in net turnovers (turnover differential/margin = takeaways minus giveaways) in a regular season have generally posted strong records that year but show clear regression the following season in both turnover margin and (often) win totals/ATS performance. The reverse holds for teams with the league's worst net turnovers: they tend to improve markedly the next year via regression to the mean.

Turnover differentials are highly non-sticky (weak year-to-year correlation, especially on defense). Top-quartile or league-leading teams lose an average of roughly 10+ points of differential the next year; bottom teams gain a similar amount. Extreme leaders (+20 or better) have never repeated that level and average a drop of about -15. This is well-documented since the early 2000s.

Here is the list of last season's Net Turnover, per GoFootballAnalytics.com

TEAM	TO	W/L	DIFF	TEAM	TO	W/L	DIFF	TEAM	TO	W/L	DIFF
Chicago Bears	33/11	22		Green Bay Packers	14/13	1		Miami Dolphins	20/24	-4	
Houston Texans	29/12	17		Buffalo Bills	20/19	1		New Orleans Saints	20/24	-4	
Jacksonville Jaguars	31/18	13		Kansas City Chiefs	14/15	-1		Tennessee Titans	14/19	-5	
Pittsburgh Steelers	27/15	12		Arizona Cardinals	19/21	-2		San Francisco 49ers	16/22	-6	
Los Angeles Rams	26/15	11		Indianapolis Colts	21/23	-2		Las Vegas Raiders	16/23	-7	
Tampa Bay Buccaneers	23/16	7		New York Giants	15/17	-2		Cleveland Browns	18/25	-7	
Philadelphia Eagles	21/15	6		Carolina Panthers	21/23	-2		Minnesota Vikings	21/30	-9	
Atlanta Falcons	23/18	5		Baltimore Ravens	20/23	-3		Dallas Cowboys	12/21	-9	
Detroit Lions	19/15	4		Denver Broncos	14/17	-3		Wash Commanders	10/23	-13	
New England Patriots	19/16	3		Cincinnati Bengals	21/24	-3		New York Jets	4/23	-19	
Los Angeles Chargers	23/21	2		Seattle Seahawks	25/28	-3					

- Note: Regular season only.
- The stats that jump off the page is the Jets paltry "4" takeaways last season. It sent them right to the bottom of the barrel in "net turnovers" for the 2025 season.
- History says it should work to Gang Green's benefit this season as teams who lead the league in lowest net turnovers the previous season are prime bounce back material.

LOOK OUT BELOW: BACKSLIDERS COMING!

It seems that teams who overachieved the most recent tend to show **REGRESSION TO THE MEAN** the following year.

Teams with **+8 or more net wins** game slide back an average **4 to 4.5 wins** the following season.

That gives us the **NEW ENGLAND PATRIOTS (+11)** and the **JACKSONVILLE JAGUARS (+8.5)** in 2026.

Other "close-call" improved teams from the same neighborhood last season include the **CHICAGO BEARS (+6)** and the **San Francisco 49ers (+6)**.

On the other side of the table are the teams that regressed the most last season from 2024.

You can expect an uptick the next season, especially from those who slipped a net of **-6 or more games** from one

season to the next (**37 teams since 2005**) as these **teams improved by nearly 4 wins the next season**. That would give us the **Detroit Lions (-6.5)** and the **Washington Commanders (-7.5)**.

Other "close-call" declining teams in the neighborhood from last season include the **Philadelphia Eagles (-5.5)**, the **Arizona Cardinals (-5)**, and the **Baltimore Ravens (-4)**.

In fact, all 13 teams since 2005 that dipped by at least -7 wins improved the following season an **average +4.5 wins**. That would be the **Commanders** in 2026.

FYI: NFL teams that led the league in **Best Turnover Margin** the previous season also suffer **REGRESSION TO THE MEAN** the following year. We'll follow up on that in another show.

Thursday, August 6

NFL HALL OF FAME GAME

Carolina Panthers over Arizona Cardinals by 6

It took 179 long days—4,296 grinding hours if you're counting—but the 2026 NFL season finally re-ignites this Thursday under the Canton lights, when the Arizona Cardinals clash with the Carolina Panthers in the Hall of Fame Game.

Flash back to August 11, 1962: the New York Giants and St. Louis Cardinals danced to a 21-21 deadlock, a stylish fundraiser that midwived the Pro Football Hall of Fame itself. By 1970 it had become the preseason's opening act, and it's been the league's ceremonial first kiss ever since.

Betcha Didn't Know the Cardinals sit tied with the Cowboys and Steelers for most visits to this hallowed ground—seven and counting. And this year's Class of 2026 only sweetens the script: Larry Fitzgerald forever linked to the Red Birds, Luke Kuechly etched into Panthers lore, with Drew Brees, Adam Vinatieri, and Roger Craig rounding out the ensemble.

The Well-Oiled Machine notes that when two NFC teams share the Canton stage, the side that made the postseason the year before is a tidy 2-0-1 against the spread—Edge: Panthers. In addition, NFC West clubs not favored in this game? A brutal 1-7 straight up and 1-6-1 ATS—ouch, Cardinals. That's a one-two punch counting the Birds out.

The Panthers arrive still tasting last year's playoff invite, hungry to snap an eight-year regular-season losing skein as this game sets the table for Davis Canales' crew. Yet in a game that rewards appetite over dusty history, the hungrier Panthers get the call.

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NFL PROJECTED STARTING O-LINES

From L-R: Team Name, Player Position, Projected Starter, Player Rating, and Team Rating. Player rating is determined by analyzing a variety of stats, including pass & run block win rates, PFF grade, utilization, pedigree, etc. The 32 teams are then ranked based on those ratings, with tackles weighted heavier than interior linemen.

ARZ LT Paris Johnson Jr. 6.3	DAL LT Tyler Guyton 4.8	LV LT Kolton Miller 6.7	NYJ LT Olu Fashanu 5.1
ARZ LG Isaac Seumalo 7.6	DAL LG Tyler Smith 7.6	LV LG Spencer Burford 5.5	NYJ LG Dylan Parham 6.2
ARZ C Hjalte Froholdt 7.3 15	DAL C Cooper Beebe 6.6 13	LV C Tyler Linderbaum 8.0 18	NYJ C Josh Myers 4.4 14
ARZ RG Chase Bisonsis 4.5	DAL RG Tyler Booker 7.5	LV RG J. Powers-Johnson 4.9	NYJ RG Joe Tippmann 6.0
ARZ RT Elijah Wilkinson 4.5	DAL RT Terence Steele 5.8	LV RT DJ Glaze 4.	NYJ RT Armand Membou 7.4
ATL LT Jake Matthews 6.7	DEN LT Garrett Bolles 8.7	LAC LT Rashawn Slater 7.3	PHI LT Jordan Mailata 7.9
ATL LG Matt Bergeron 6.3	DEN LG Ben Powers 6.1	LAC LG Jake Slaughter 3.8	PHI LG Landon Dickerson 6.3
ATL C Ryan Nuezil 6.2 12	DEN C Luke Wattenberg 6.8 1	LAC C Tyler Biadasz 6.8 8	PHI C Cam Jurgens 6.0 2
ATL RG Chris Lindstrom 8.2	DEN RG Quinn Meinerz 8.7	LAC RG Cole Strange 4.1	PHI RG Tyler Steen 6.9
ATL RT Jawaan Taylor 4.4	DEN RT Mike McGlinchey 7.6	LAC RT Joe Alt 7.6	PHI RT Lane Johnson 8.1
BAL LT Ronnie Stanley 7.1	DET LT Penei Sewell 7.7	LAR LT Alaric Jackson 7.9	PIT LT Broderick Jones 5.0
BAL LG Olaivavega Ioane 5.0	DET LG Chris Mahogany 4.4	LAR LG Steve Avila 5.5	PIT LG Spencer Anderson 4.0
BAL C Corey Bullock 3.9 21	DET C Cade Mays 4.6 20	LAR C Coleman Shelton 6.8 5	PIT C Zach Frazier 7.5 24
BAL RG John Simpson 4.8	DET RG Tate Ratledge 5.3	LAR RG Kevin Dotson 7.4	PIT RG M. McCormick 5.9
BAL RT R Rosengarten 6.8	DET RT Blake Miller 5.0	LAR RT W. McClendon Jr. 5.7	PIT RT Troy Fautanu 6.1
BUF LT Dion Dawkins 7.9	GB LT Jordan Morgan 4.9	MIA LT Patrick Proctor 4.9	SF LT Trent Williams 8.2
BUF LG Alec Anderson 4.0	GB LG Aaron Banks 4.7	MIA LG Kadyn Proctor 5.0	SF LG Robert Jones 2.6
BUF C C. J. McGovern 7.1 4	GB C Sean Rhyhan 4.6 27	MIA C Aaron Brewer 8.0 30	SF C Jake Brendel 6.5 7
BUF RG O'Cyrus Torrence 5.1	GB RG Anthony Belton 3.9	MIA RG J. Savaiinaea 4.4	SF RG Dominick Puni 6.6
BUF RT Spencer Brown 7.6	GB RT Zach Tom 7.6	MIA RT Austin Jackson 4.8	SF RT Colton McKivitz 6.4
CAR LT Rasheed Walker 6.0	HOU LT Aireontae Eersery 4.5	MIN LT Chris Darrisaw 6.3	SEA LT Charles Cross 7.5
CAR LG Damien Lewis 7.0	HOU LG Wyatt Teller 5.0	MIN LG Donovan Jackson 5.9	SEA LG Grey Zabel 5.6
CAR C Luke Fortner 4.5 9	HOU C Keylan Rutledge 4.8 32	MIN C Blake Brandel 4.0 11	SEA C Jalen Sundell 3.8 10
CAR RG Robert Hunt 6.2	HOU RG Ed Ingram 5.1	MIN RG Will Fries 4.3	SEA RG Anthony Bradford 3.8
CAR RT Taylor Moton 7.4	HOU RT Braden Smith 5.4	MIN RT Brian O'Neill 7.9	SEA RT Abraham Lucas 7.6
CHI LT Braxton Jones 6.2	IND LT B. Raimann 6.9	NE LT Will Campbell 5.4	TB LT Tristan Wirfs 8.7
CHI LG Joe Thuney 8.6	IND LG Quenton Nelson 8.5	NE LG A. Vera-Tucker 6.4	TB LG Ben Bredeson 4.0
CHI C Garrett Bradbury 5.5 3	IND C Tanor Bortolini 6.2 22	NE C Jared Wilson 4.3 16	TB C Graham Barton 4.9 6
CHI RG Jonah Jackson 6.7	IND RG Matt Goncalves 4.9	NE RG Michael Onwenu 6.6	TB RG Cody Mauch 6.0
CHI RT Darnell Wright 7.3	IND RT Jalen Travis	NE RT Morgan Moses 6.4	TB RT Luke Goedeke 6.4
CIN LT Orlando Brown 4.3	JAC LT Cole Van Lanen 5.1	NO LT Kelvin Banks Jr. 6.1	TEN LT Dan Moore Jr. 5.6
CIN LG Dylan Fairchild 4.6	JAC LG Ezra Cleveland 6.7	NO LG David Edwards 7.1	TEN LG Peter Skoronski 6.9
CIN C Ted Karras 6.1 31	JAC C Robert Hainsey 5.5 25	NO C Erik McCoy 6.4 23	TEN C A. Schlottmann 3.8 29
CIN RG Dalton Risner 5.8	JAC RG Patrick Mekari 4.7	NO RG Cesar Ruiz 4.4	TEN RG Cordells Volson 3.8
CIN RT Amarius Mims 5.4	JAC RT Anton Harrison 5.9	NO RT Taliese Fuaga 5.0	TEN RT JC Latham 5.7
CLE LT Spencer Fano 5.0	KC LT Josh Simmons 5.6	NYG LT Andrew Thomas 8.2	WAS LT Laremy Tunsil 7.6
CLE LG Zion Johnson 4.6	KC LG King Suamataia 5.0	NYG LG Jon Runyan 4.2	WAS LG Chris Paul 3.9
CLE C Elgton Jenkins 5.8 28	KC C Creed Humphrey 8.8 26	NYG C J Michael Schmitz 4.9 19	WAS C Nick Allegretti 4.5 17
CLE RG Teven Jenkins 6.0	KC RG Trey Smith 6.9	NYG RG Francis Mauigoa 5.0	WAS RG Sam Cosmi 6.8
CLE RT Tytus Howard 5.5	KC RT Jaylon Moore 3.6	NYG RT J. Eluemunor 4.7	WAS RT Josh Conerly Jr. 4.9

NFL Teams Without A Full Bye vs. Opponents Off Extended Rest

NFL REGULAR SEASON, 2002-2025

QUALIFYING GAMES

649

STRAIGHT UP

298-349-2

46.1%

AGAINST THE SPREAD

308-325-16

48.7%

RESULTS BY SEASON

Season	Games	SU W	SU L	SU T	SU Win%	ATS W	ATS L	ATS P	ATS Cover%
2002	24	11	13	0	45.8%	11	12	1	47.8%
2003	28	11	17	0	39.3%	12	15	1	44.4%
2004	28	15	13	0	53.6%	15	13	0	53.6%
2005	30	15	15	0	50.0%	11	19	0	36.7%
2006	28	11	17	0	39.3%	11	17	0	39.3%
2007	30	11	19	0	36.7%	12	18	0	40.0%
2008	24	9	14	1	39.1%	8	15	1	34.8%
2009	28	14	14	0	50.0%	14	12	2	53.8%
2010	28	10	18	0	35.7%	11	15	2	42.3%
2011	32	16	16	0	50.0%	16	15	1	51.6%
2012	26	13	13	0	50.0%	11	15	0	42.3%
2013	29	13	16	0	44.8%	16	13	0	55.2%
2014	24	16	8	0	66.7%	16	7	1	69.6%
2015	25	13	12	0	52.0%	11	14	0	44.0%
2016	30	10	20	0	33.3%	10	18	2	35.7%
2017	28	13	15	0	46.4%	13	13	2	50.0%
2018	25	11	14	0	44.0%	12	13	0	48.0%
2019	28	19	9	0	67.9%	17	11	0	60.7%
2020	29	13	16	0	44.8%	16	13	0	55.2%
2021	26	10	15	1	40.0%	13	11	2	54.2%
2022	24	10	14	0	41.7%	12	12	0	50.0%
2023	22	7	15	0	31.8%	10	11	1	47.6%
2024	28	15	13	0	53.6%	18	10	0	64.3%
2025	25	12	13	0	48.0%	12	13	0	48.0%
TOTAL	649	298	349	2	46.1%	308	325	16	48.7%

Definition: the listed team had 10 or fewer calendar days since its previous game; its opponent had 12 or more.
 Scope: NFL regular-season games only, 2002–2025. The listed side is the team without the full-bye rest advantage.
 Line: team-perspective closing point spread; negative = favorite, positive = underdog, PK = pick'em.
 SU Win% and ATS Cover% exclude ties and pushes, respectively.
 ATS records can vary slightly by sportsbook or historical closing-line source.

PRIMING THE PUMP

How many prime-time games will teams play in 2026?

- 0:** Raiders, Jets, Dolphins, Cardinals, Titans
1: Saints, Browns **2:** Colts
3: Jaguars, Bengals, Broncos, Chargers, Falcons, Buccaneers, Commanders, Panthers
4: Ravens, Texans, Steelers, Vikings, Lions, Giants
5: Patriots, 49ers, Bears, Eagles
6: Seahawks, Chiefs, Packers, Cowboys **7:** Rams, Bills

Rest Matters: Most difficult road back to the playoffs:

- In 2024 SF had a 4-game edge in net rest advantage and ended up 6-11, following a 12-5 season the previous year.
- In 2025 Washington had 4 games against 4 opponents coming off a week of rest and ended up 5-12 following a 12-5 season. This detail matters.

NOTE: The 2026 season will see 9 Playoff rematches!

2026 NFL Schedule: *Thoughts in passing...*

• Last Super Bowl rematch Week One:

2016 Broncos (+5) 21- Panthers 20 (SB win/G1 win)

• Next Super Bowl rematch Week One:

2026 Patriots (4) vs Seahawks

• Last season the NFL schedule featured six matchups of division opponents meeting two times in three weeks.

The 2026 NFL schedule features two instances where which division rivals meet twice within a 3-week span:

1. Jacksonville Jaguars vs. Tennessee Titans

Week 10: Jaguars at Titans

Week 12: Titans at Jaguars

2. Los Angeles Rams vs. Seattle Seahawks

Week 16: Rams at Seahawks

Week 18: Seahawks at Rams

• Team Takes:

Arizona – 0 primetime games. Nada... bye Week 14... start a Go Fund Me and sign better players!

Denver – 5 of the Broncos' first 6 games vs playoff teams, and that doesn't include the Chiefs in their season opener.

Green Bay – Play four of its last five games at home.

LA Chargers – Grace period is over for QB Justin Herbert.

NY Giants – 4 primetime games (BB start season for new head coach John Harbaugh).

• **Seattle** has easiest last four games of any reigning Super Bowl champion. Seahawks play on six different days of the week.

• **Cleveland Browns** will have five consecutive weeks without a road game (Nov 9-Dec 19). Smartass NFL Today commentator Kyle Brandt comments. "Don't you want to leave Cleveland that time of the year?"

Thanksgiving Week Games:

• Will be played over a five-game span:

Wednesday (Netflix)

Green Bay Packers vs Los Angeles Rams

Thursday

Chicago Bears vs Detroit Lions

Philadelphia Eagles vs Dallas Cowboys

Kansas City Chiefs vs Buffalo Bills

Black Friday

Denver Broncos vs Pittsburgh Steelers

Join us for next week's second preseason issue as we check in with spot play write-ups previewing select games from both the NFL's three-game schedule and week zero college football games on August 29.

Also included: Marc Lawrence's NCAA preseason Top 25, Kenny White's Power Ratings, and much more!

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Volume 10, Issue 17 January 1st, 2017

This is the very LAST issue of the PLAYBOOK TOTALS TIPSHEET for the 2016 season... and I have mixed emotions. Those emotions range from the sadness and 'bitters' that one experiences when a professional or college regular season reaches its natural conclusion. Particularly a season in which we've WON more than we have LOST... and turned a decent profit in the process for our online base. When this happens, you ask yourself? Where do I go from here? How do I make the transition to a different sport? And how will we PERFORM for our new clients from a WIN perspective in that different sport? So that's the down side. The NEGATIVE emotions that one goes through at the end of a successful season. But there are also some POSITIVE emotions. The pride that one feels upon completion of a profitable project (in this case a weekly newsletter). And make no mistake. What I do... what Marc Lawrence does... what everybody at Playbook does is work right from the heart. Every single publication that we put out, whether it's the Playbook... or the Midweek Alert... or the Totals Tipsheet... or the Yearbook... or the Bowl / Star Report... is a PROJECT OF PASSION. We love what we do. We are so blessed to be working in a profession in which we absolutely love. I have been with Playbook since the summer of 2000... and I can still say that I am thrilled to be driving to work every day. I really look forward to it. How many others can truly say that? So my positive emotion on this day is PRIDE. If I could add one more emotion, it would be RELIEF as well. Relief that a long 4-month regular season is over and we have done a good enough job to come back strong the next season. Because as much as I love doing the weekly Totals Tipsheet and contributing to the weekly Playbook newsletter, I could NOT do this for 52 straight weeks.

Last week, our three Tipsheet BEST BET plays ended up going 2-1. With those results, the record for Totals Tipsheet newsletter plays now stands at 28-19 ATS for the season. That's a winning percentage of 60.4%. Overall, I am very satisfied with those results and I hope that realistic customers are equally satisfied. Because by its very nature, we simply cannot win EVERY game. If we can go 2-1 in our final issue, it would be for the best record ever for a full season (31-20 ATS).

In chronological order, GAME ONE was an UNDER 44.5 points in the Tennessee Titans / Jacksonville Jaguars game. We thought we could squeeze out one MORE UNDER with their dysfunctional offense (18.4 ppg thru 14 games). But the Jags had their best

offensive game of the year (38 points). And a final quarter in which 20 combined points were scored did us in...

GAME TWO was our call on UNDER 45 points in the San Diego Chargers / Cleveland Browns game. This one was shaky from the get-go. 17 combined points in the 1st quarter. 37 points at the half, and 37 points after 3 quarters. But San Diego missed not one but TWO field goals at the end of the game which could have taken this one into overtime. And who knows what the outcome would have been in that scenario. We were FORTUNATE to come out on top in this one...

GAME THREE was UNDER 41.5 points from Marc's Best Friend in the Cincinnati Bengals and Houston Texans. Unlike the previous game, this one started out just how we wanted it. With a SCORELESS (0-0) first quarter. In fact, at the half, the score was just 3-0. It was the perfect BORING game if you will. I can't tell you when we are an UNDER, looking at 0-0. Both teams basically "let" the bed on offense (22 total points)... neither team had more than 200 yards... and we cashed it for an easy 19.5 points. A solid finish to the season for Speedie, who earned himself a new basket of SQUEAKY TOYS with the 'W'!

King LOVES post-season. The NFL Playoffs are right around the corner!

King Creole's documented record (with The Sports Monitor of Oklahoma) in the NFL PLAYOFFS has hit at a 70% winning percentage over the last 12 seasons. Overall record in that time span since 2004 is 56-37-1 ATS (70%). Last year, our NFL post-season plays went 6-2 ATS (+12.2 units)... highlighted by the 57 Super Bowl Game of the Year WINNER on OVER 47.5 points in the NFC Championship between the PANTHERS and CARDINALS (final score 49-15). Two years ago, they went 6-2 ATS. Three years ago, the record was 5-3-1 ATS including a 4* Best Bet winner in the Super Bowl on OVER the Total. Four years ago, the record was 7-3 ATS. Like we did last year, we are offering the King POST-SEASON NFL PACKAGE at a discount for all 2016 full-season Totals Tipsheet subscribers. Normal price for the package of 8-12 plays is \$119.00. But Totals Tipsheet customers can get on board for just \$99.00. We deliver the plays via email the day before the games. If you are interested, call me in the Playbook offices sometime next week to get signed up. 800-321-7777... EXT 8076. Happy New Year!

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2026 NFL TOP 10 ATS TEAMS

by Marc Lawrence

These teams share the look and feel of moneymakers, listed alphabetically.

Kings Of The Hill

BUFFALO Bills –

The Sean McDermott days are in the rear view mirror, and with it, many Bills' skeptics are elated. For years, the Bills have been the NFL's version of a luxury sports car – sleek, powerful, and fast enough to turn heads, but still searching for the ultimate destination. The good news? Josh Allen remains firmly behind the wheel in his prime, and the supporting cast may be the strongest Buffalo has assembled around him yet.

DALLAS Cowboys –

By combining the fact that Jerry's Boys have missed out on the playoffs for the second-straight season, the last two years, and only the third time in his tenure as owner of the Cowboys, we found Jerry Jones' teams are a long-term 38-27 SU/39-25-1 ATS in seasons when looking to avoid being hat-tricked, including 25-11 SU/26-9-1 ATS against non-winning foes. Call this the Cowboys sitting-on-a-powder-keg campaign.

LOS ANGELES Chargers –

It's almost criminal – Justin Herbert has stacked up monster stats, Pro Bowls, and highlight-reel heroics for years... yet he still hasn't tasted a single playoff victory. That drought ends in 2026. Last season looked like a springboard – until the Chargers face-planted with a brutal 0-3 straight-up and against-the-spread collapse to close the year. But don't let that final stumble fool you. This squad has the horses, the scheme, and the swagger to flip the script. Bolt up – the lightning is about to strike.

LOS ANGELES Rams –

After a commanding 14-6 season in 2025, the Rams face one of the

NFL's toughest 2026 schedules, will travel more than only one other team, and lead in prime-time appearances. It's a gauntlet, for sure, yet with unmatched roster depth, rising stars, and a ferocious defense anchored by Myles Garrett, Los Angeles has the talent to thrive under the spotlight. They won't just survive – they're built to conquer and dominate.

NEW ORLEANS Saints –

We love under-the-radar up-and-comers. They fly under the radar, no massive following, sneak in, do their dirty work quietly, and suddenly everyone's calling them overachievers. Bet you didn't know the Saints cashed five straight tickets to slam the door on 2025. And that stingy defense? They surrendered just 254 yards per game in the second half of the season. If you can, let's keep this secret between you and me.

Take A Look At Me Now

CAROLINA Panthers –

It's easy to scoff at the Panthers' body of work last season. Their 8-10 record was better than only five other teams in the entire NFC. But look closer. Carolina went from worst to first in the NFC South, and their young core of stars is starting to come into its own. The talent is there. They will travel the fewest air miles in the league, and the pieces are evolving right in front of our eyes. Ignore these guys at your own risk.

CINCINNATI Bengals –

Yes, we know. Another lifeboat goes out to the Bengals, a team in rocky waters the last three seasons – read: no playoffs. The flier ride on the health of Joe Burrow and the fact that over the last six games of the season last year the Bengals defense improved dramatically over the first eleven games to the tune of +171 net yards per game. A healthy Joe B and a reliable defense can

go a long way in the AFC Central Division.

HOUSTON Texans –

The Texans don't chase the spotlight – they keep stacking wins, cashing tickets, and punching opponents in the mouth when it counts. They did it again last season when they unleashed one of the NFL's most vicious defenses that limited no less than 10 foes to season low – or 2nd lowest – yards. C.J. Stroud is dealing dimes, Tank Dell is explosive again, and Will Anderson Jr. and Derek Stingley Jr. are hunting quarterbacks. Houston isn't just coming – they're coming to dominate in 2026.

KANSAS CITY Chiefs –

It's like Jim Croce sang:

***"You don't tug
on Superman's cape
You don't spit into the wind
You don't pull the mask
off that old Lone Ranger
And you don't
mess around with Jim."***

Or in this case, you don't mess around with Andy or his QB, Patrick, when they are in a nasty mood. And this year, they are downright snarky. Saddled in a "Super Bowl Loser" role last season – and paying a heavy toll – we'll give them a mulligan instead and be first in line to back them in 2026.

MINNESOTA Vikings –

These sneaky-good Vikings don't make a ton of noise. They keep punching above their weight, and suddenly you're wondering how they keep cashing tickets. Bet you didn't know they finished 3rd in total defense last year, allowing a stingy 282 yards per game, and ranked 2nd in the league against the pass. With Justin Jefferson still torching secondaries and a new QB in Kyler Murray, this squad's got quite the firepower. ♦

THERE YOU HAVE IT – Our Top 10 ATS investment opportunities for the 2026 NFL season.

FINAL 2025-26 NFL STAT RANKINGS

Listed below are our exclusive **STAT RANKINGS**, a quick read guide into the offensive and defensive stats and rankings compiled by each team. Reading across we find each team's In The Stats Rating (ITS), Average Points For (PTF), Points Against (PTA), Offensive Rushing Yards (OFR), Offensive Passing Yards (OPF), Total Offensive Yards (OYD), Total Defensive Yards (DYD), Defensive Passing Yards (DFP) and Defensive Rushing Yards (DFR), along with their numerical ranking against all other teams.

TEAM	ITS	PTF RNK	PTA RNK	OFR RNK	OPF RNK	OYD RNK	DYD RNK	DFP RNK	DFR RNK
ARIZONA	6-11	21 20	29 29	93 29	233 7	326 20	358 26	231 23	127 25
ATLANTA	9-8	21 20	24 19	122 11	209 18	331 15	325 14	200 12	125 22
BALTIMORE	6-11	25 10	23 14	157 1	176 27	333 14	355 24	248 30	107 9
BUFFALO	15-4	28 3	22 11	157 1	222 11	379 3	300 9	166 2	134 28
CAROLINA	6-12	19 27	23 14	114 20	183 25	297 27	332 16	209 15	123 20
CHICAGO	10-9	26 9	24 19	139 3	227 9	366 6	364 29	232 25	132 26
CINCINNATI	5-12	24 12	29 29	94 28	236 6	330 16	381 31	234 26	147 32
CLEVELAND	7-10	16 31	22 11	100 27	165 31	265 29	288 4	170 3	118 18
DALLAS	10-7	28 3	30 31	126 7	266 2	392 2	377 30	252 32	125 22
DENVER	13-6	23 14	18 3	114 20	221 12	335 12	285 3	186 7	99 5
DETROIT	10-7	28 3	24 19	120 12	253 3	373 4	332 16	217 18	115 14
GREEN BAY	11-7	23 14	22 11	120 12	220 14	340 10	310 12	197 10	113 12
HOUSTON	10-9	24 12	17 1	109 22	219 15	328 18	271 1	178 4	93 2
INDIANAPOLIS	8-9	27 8	24 19	118 16	230 8	348 8	351 23	249 31	102 7
JACKSONVILLE	13-5	28 3	20 7	117 17	221 12	338 11	305 11	220 20	85 1
KANSAS CITY	9-8	21 20	19 5	107 24	214 17	321 21	302 10	196 9	106 8
LV RAIDERS	5-12	14 32	25 24	79 32	168 28	247 32	320 13	200 12	120 19
LA CHARGERS	12-6	21 20	20 7	120 12	207 19	327 19	291 6	183 6	108 10
LA RAMS	16-4	30 1	21 10	125 8	272 1	397 1	336 19	226 22	110 11
MIAMI	5-12	20 25	25 24	120 12	180 26	300 26	348 22	216 17	132 26
MINNESOTA	8-9	20 25	20 7	108 23	167 29	275 28	282 2	158 1	124 21
NEW ENGLAND	16-5	28 3	18 3	129 5	244 4	373 4	288 4	190 8	98 4
NEW ORLEANS	7-10	18 28	23 14	93 29	219 15	312 23	298 8	181 5	117 17
NY GIANTS	9-8	22 16	26 26	129 5	205 21	334 13	360 27	215 16	145 31
NY JETS	4-13	18 28	30 31	123 9	141 32	264 30	357 25	218 19	139 29
PHILADELPHIA	5-13	22 16	19 5	117 17	194 23	311 24	327 15	202 14	125 22
PITTSBURGH	7-11	22 16	23 14	101 26	200 22	301 25	362 28	246 29	116 16
SAN FRANCISCO	12-7	25 10	23 14	105 25	241 5	346 9	335 18	222 21	113 12
SEATTLE	17-3	29 2	17 1	123 9	227 9	350 7	293 7	199 11	94 3
TAMPA BAY	7-10	22 16	24 19	115 19	206 20	321 21	337 20	238 27	99 5
TENNESSEE	1-16	17 30	28 28	93 29	166 30	259 31	346 21	231 23	115 14
WASHINGTON	6-11	21 20	27 27	138 4	192 24	330 16	385 32	244 28	141 30

2026 Weekly PLAYBOOK MIDWEEK ALERT



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NCAA OFF LEADER: USC Trojans
NFL OFF LEADER: Buffalo Bills

INSIDE:	CURRENT 2025 NFL STAT RANKINGS
• Three Midweek Alert BEST BETS	TEAM ITS PTF RNK PTA RNK OFR RNK OPF RNK OYD RNK DYD RNK DFP RNK DFR RNK
• The Midweek CONTENDERS: Additional Plays Upgraded From The Playbook Football Newsletter	ARIZONA 5-1 35 2 22 17 130 4 202 15 380 7 288 13 287 19 92 9
• College Football Stat Rankings	ATLANTA 5-1 25 26 16 121 17 107 26 306 14 318 19 2 162 21
• Predicted Margins On All Lined FBS And NFL Matchups	BALTIMORE 2-6 22 14 27 28 168 7 250 4 478 1 307 15 252 31 50 1
	BUFFALO 6-2 7 12 37 32 78 29 102 31 176 32 363 2 165 9 200 31
	CHICAGO 6-2 18 18 6 719 18 181 22 309 21 311 16 179 12 112 18
	CINCINNATI 5-1 18 24 21 15 72 38 209 18 222 25 289 10 129 2 160 24
	CLEVELAND 8-2 16 26 23 19 106 21 110 26 264 28 295 12 186 11 915 14
	DALLAS 5-1 26 3 31 30 85 25 224 9 309 12 312 19 190 14 142 20
	DENVER 5-1 11 26 10 82 27 162 21 264 28 276 8 134 4 161 2
	DETROIT 5-1 21 16 20 10 315 9 262 2 302 18 223 21 77 4
	GREEN BAY 2-6 22 12 27 21 4 118 3005 2 316 27 227 25 140 2
	HOUSTON 2-6 24 11 29 10 144 10 220 12 364 6 255 1 167 10 88 2
	INDIANAPOLIS 6-2 16 21 19 12 122 16 106 17 121 14 400 16 6 212 27
	JACKSONVILLE 5-1 11 27 19 9 115 15 168 25 276 21 347 21 161 17
	KANSAS CITY 6-2 35 6 21 19 117 19 209 14 324 15 307 21 100 17
	LA CHARGERS 2-6 24 11 7 1 190 2 171 26 111 12 210 2 182 6 87 5
	LA RAMS 5-1 17 27 34 11 105 11 288 5 376 16 420 32 229 24 137 18
	MINNESOTA 2-6 15 27 24 23 170 29 260 1 376 4 251 4 126 5 116 15
	MIAMI 2-6 2 12 3 429 14 210 9 400 11 210 11 210 11 210 11
	NEW ENGLAND 1-16 20 17 5 176 4 123 28 381 20 291 11 210 27 54 2
	NEW ORLEANS 2-6 1 15 4 180 1 11 3 219 16 161 6 210 27 54 2
	NY GIANTS 6-2 12 31 25 25 192 22 171 24 273 24 369 24 206 19 163 24
	NY JETS 6-2 12 19 25 85 25 187 22 266 27 251 24 196 12 155 24
	PHILADELPHIA 9-2 28 5 26 27 163 8 222 10 388 4 400 39 242 28 159 21
	PITTSBURGH 5-1 15 25 6 2 170 11 210 11 210 11 210 11 210 11
	SAN FRANCISCO 1-1 25 9 21 15 147 11 250 3 400 4 375 20 224 27 107 12
	SEATTLE 2-6 2 9 26 19 86 23 6 317 11 210 11 210 11 210 11
	TAMPA BAY 1-1 25 4 18 6 91 24 213 13 300 19 382 28 242 29 179 19
	TENNESSEE 2-6 22 21 115 11 112 11 112 11 112 11 112 11 112 11
	WASHINGTON 1-1 21 16 28 29 177 6 186 15 342 10 349 21 226 22 121 14

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Best Football Newsletters On The Planet!

2026 COLLEGE AND NFL SUPER SYSTEMS

by Marc Lawrence



SEPTEMBER MORN



*Stay for just a while
Stay and let me look at you
It's been so long I hardly know you
Standing in the door
September morning still can
make me feel that way*

September Morn, co-written by Neil Diamond and French composer Gilbert Bécaud in a Paris apartment, marked their first collaboration – and what a collaboration it was.

The result is a timeless ballad, a gentle meditation on love, memory, and second chances. Wrapped in the soft, golden glow of early autumn, the song captures the emotional tension between past and present, regret and renewal.

But beyond the romance and nostalgia, *September Morn* strikes another familiar chord – especially for college football fans.

It symbolizes that pivotal moment in the season when September's excitement gives way to October's reckoning. Early wins are in the books, and the hype is built. But now, the real tests begin. The path ahead is tougher, the pressure heavier, and the margin for error much smaller.

Yet for the elite few who sail through September unbeaten, a unique pattern emerges – one that sharp bettors would be wise to file under “must-know.”

Here's the angle:

PLAY ON any 4-0 college football team with rest in Game Five of the season versus an opponent coming off a loss.

That's it. No gimmicks. Since 1990, these teams – coming off a bye or extra rest following a perfect 4-0 start – have gone a commanding **39-6 straight up and 30-14 against the spread**. That's a 68% ATS win rate over three decades.

But wait ... it gets even better. When these rested 4-0 teams face opponents who were underdogs of seven or more points in their previous game, the numbers skyrocket: **20-1 SU and 18-3 ATS**.

And inside that already sharp angle lies a pristine **17-1 SU and 18-0 ATS** subset – or the same role in which Maryland found itself in when they cashed as a +5.5-point underdog against Washington!

Why does it work? Because these undefeated teams enter with momentum, focus, and fresh legs. Meanwhile, their opponents – often emotionally or physically taxed – walk into a buzz saw. It's a classic case of preparation meeting opportunity.

So, when scanning the college football board for undefeated teams that breezed through September, you'll know exactly where to look – and what to do.

And if you need a little poetic reminder? Let Neil Diamond's voice guide you, soft and steady, as the leaves begin to fall:

*And look how far we've come
So far from where we used to be
But not so far that we've forgotten
How it was before*

LOVE ON THE ROCKS



*Ain't no big surprise
Pour me a drink
And I'll tell you my lies
Yesterday's gone*

It's a poignant ballad from Neil Diamond's 1980 soundtrack album for the film *The Jazz Singer*, a remake of the 1927 Al Jolson classic. The song? *Love on the Rocks*.

Diamond starred as Jess Robin, a Jewish cantor torn between tradition and ambition, chasing a pop music dream against family expectations and personal doubt – a role that paralleled parts of his own life. Released as a single in 1980, the track became a major hit – peaking

at No. 2 on the *Billboard* Hot 100 for four consecutive weeks and climbing to No. 17 in the UK. It also topped the *Billboard* Adult Contemporary chart, capturing the heart of Diamond's loyal fan base.

The song's raw vulnerability – portraying love as a source of pain, fatigue, and quiet surrender – struck a powerful chord. Diamond's delivery begins in a whisper, building to a cathartic crescendo that channels heartbreak, regret, and the slow unravelling of something once beautiful.

And in football parlance? It captures the emotional void when an NFL team face-plants during a three-game homestand. Hopes fade. Home-field “advantage” collapses. And love for the team evaporates faster than a coach's job security in late December. That's why my Well-Oiled Machine suggests you ...

PLAY ON any NFL road dog coming off three straight home losses.

Since 1980, teams in this role are **18-8-1 ATS** when taking points.

Even better, when these “road-weary rebounders” are facing a non-division opponent they elevate to **12-2-1 ATS** – a level of consistency that signals plenty of value – including **10-0 ATS** if they both scored and allowed 20-plus points in their last game.

It's exactly the role the Tennessee Titans found themselves in last season when they tripped up the Browns in Cleveland, 31-29, as a +3.5-point underdog.

So, as the Sultan of Sequins croons us out, chances are ... you'll hear him closing this handicapping ballad with one final echo:

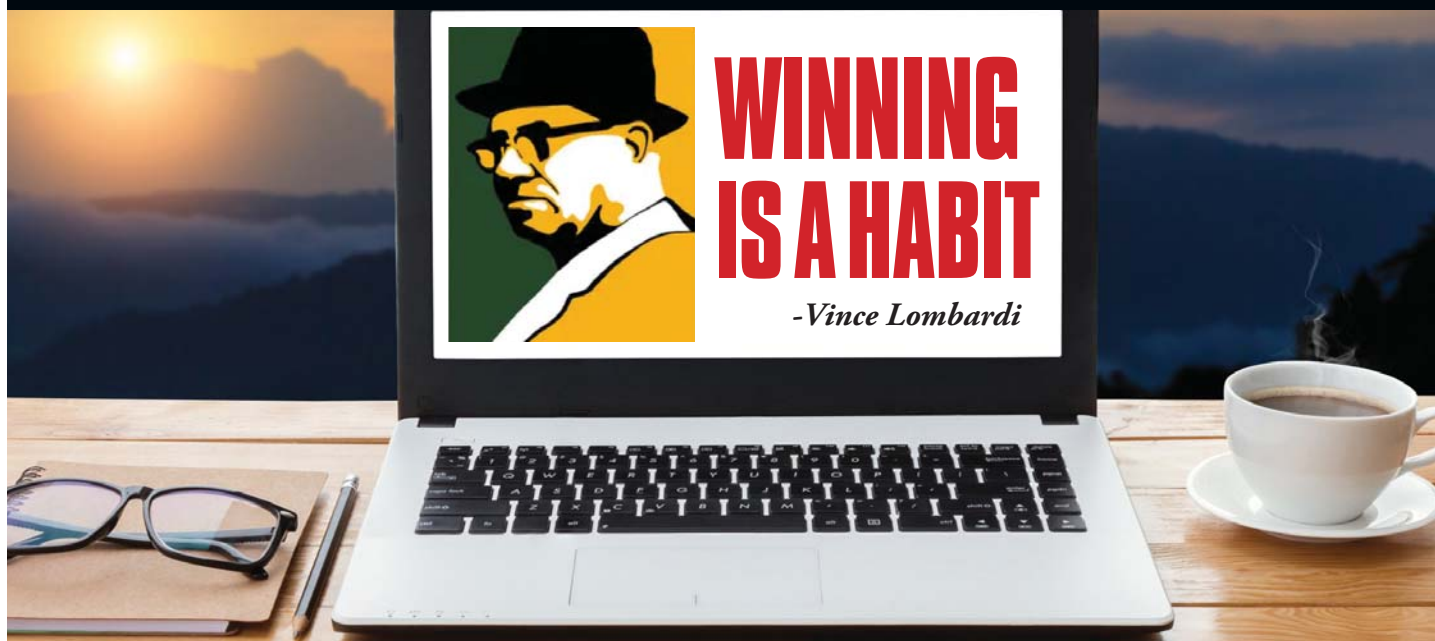
*Nothing you can do or say
You've just got to get away
Suddenly you find you're out there
Walking in a storm
Like love on the rocks*

If you love cashing winning edges like these... Then you need to get your hands on **Marc's 2026 Insider's Guide** right now. This 110-page best-seller is loaded with **10 brand-new, razor-sharp Super Systems** – each one battle-tested – plus complete schedules and every key situational stat that matters on **every single College and NFL team** for the entire 2026 football season. To lock in your copy immediately, head over to **PlaybookSports.com** or call **800.PLAYBOOK** (800-752-9266) right now.

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2026 NFL PRESEASON SCHEDULE

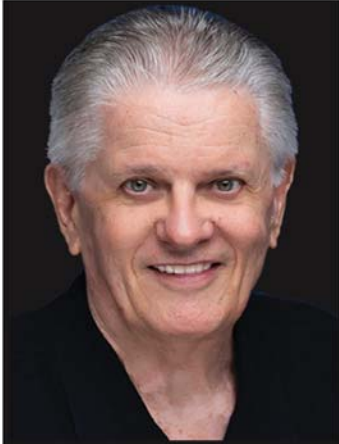
HALL OF FAME WEEK				123	MINNESOTA 1:00 PM NY GIANTS	ESPN					415	BALTIMORE 1:00 PM MINNESOTA	ESPN					FRIDAY, AUGUST 28			
THURSDAY, AUGUST 6				125	CLEVELAND 1:00 PM CHICAGO	NFLN					417	BUFFALO 7:00 PM CLEVELAND	NFLN					109	WASHINGTON 6:00 PM BALTIMORE	NFLN	
101	CAROLINA 8:00 PM (Canton, OH)				127	JACKSONVILLE 4:00 PM					419	NEW ORLEANS 4:00 PM						111	HOUSTON 7:00 PM CAROLINA		
102	ARIZONA	NBC			128	NEW ORLEANS	ESPN				420	LA RAMS	ESPN					112			
WEEK ONE				129	LA RAMS 4:00 PM						421	NY GIANTS 4:00 PM						113	ATLANTA 7:00 PM MIAMI		
THURSDAY, AUGUST 13				130	KANSAS CITY	NFLN					422	MIAMI	NFLN					114			
				131	PHILADELPHIA 7:00 PM						423	PHILADELPHIA 7:00 PM						115	TAMPA BAY 7:30 PM JACKSONVILLE		
103	GREEN BAY 7:00 PM				132	BALTIMORE	ESPN				424	NEW ENGLAND	NFLN					116			
104	PITTSBURGH	NFLN			133	DALLAS 8:00 PM					425	CHICAGO 7:00 PM						117	NY GIANTS 7:30 PM NY JETS		
				134	SEATTLE	NFLN					426	CINCINNATI						118			
105	DETROIT 7:00 PM CINCINNATI				WEEK TWO						427	KANSAS CITY 7:30 PM					119	CINCINNATI 8:00 PM PHILADELPHIA	CBS		
106											428	TAMPA BAY	ESPN				120				
107	INDIANAPOLIS 7:30 PM				THURSDAY, AUGUST 20						429	DALLAS 10:00 PM					121	SEATTLE 8:00 PM KANSAS CITY	ESPN		
108	NEW ENGLAND										430	ARIZONA	NFLN				122				
109	LA CHARGERS 8:00 PM				401	LAS VEGAS 8:00 PM					SUNDAY, AUGUST 23					123	NEW ORLEANS 8:00 PM				
110	HOUSTON				402	HOUSTON	ESPN									124	DALLAS	ESPN			
111	ARIZONA 8:00 PM				403	SAN FRANCISCO 10:00 PM					431	SEATTLE 8:00 PM					125	ARIZONA 8:00 PM GREEN BAY			
112	LAS VEGAS	ESPN			404	LA CHARGERS	NFLN				432	TENNESSEE	FOX				126	MINNESOTA 9:00 PM			
113	TENNESSEE 9:00 PM				FRIDAY, AUGUST 21						WEEK THREE					127	DENVER	NFLN			
114	SAN FRANCISCO	NFLN														128					
FRIDAY, AUGUST 14				405	NY JETS 7:00 PM						THURSDAY, AUGUST 27				SATURDAY, AUGUST 29						
				406	PITTSBURGH																
115	MIAMI 7:00 PM				407	CAROLINA 7:30 PM					101	PITTSBURGH 7:00 PM					129	DETROIT 1:00 PM			
116	WASHINGTON				408	JACKSONVILLE					102	BUFFALO	NFLN				130	INDIANAPOLIS	NFLN		
117	TAMPA BAY 7:00 PM				409	GREEN BAY 9:00 PM					103	NEW ENGLAND 8:00 PM					131	CHICAGO 6:00 PM			
118	NY JETS	NFLN			410	DENVER					104	CLEVELAND	PRIME				132	TENNESSEE	NFLN		
119	DENVER 7:00 PM				SATURDAY, AUGUST 22						105	SAN FRANCISCO 8:00 PM					NOTE: The next PLAYBOOK Football Newsletter will be available Wednesday, August 12, after 4:00 PM for games played from Thursday, August 13, thru Saturday, August 29.				
120	ATLANTA	ESPN									106	LAS VEGAS	ESPN								
SATURDAY, AUGUST 15				411	WASHINGTON 12:00 PM						107	LA RAMS 10:00 PM									
				412	DETROIT	NFLN					108	LA CHARGERS	NFLN								
121	CAROLINA 1:00 PM				413	ATLANTA 1:00 PM															
122	BUFFALO				414	INDIANAPOLIS															



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