



2025 FDH NFL One-Third Breakdown

Our rankings are a mashup of the following measures: our FDH power rankings, SRS, margin of victory, strength of schedule, offensive SRS, offensive yards per play, offensive 3rd down %, defensive SRS, defensive yards per play and defensive 3rd down %.

Credit to <https://www.pro-football-reference.com/> for statistics.

1ST TIER	FDH	SRS	MOV	SoS	OSRS	OY/P	3DO	DSRS	DY/P	3DD	Total
1 Seattle	2	3	3	8	5	1	22	5	6	16	71
2 LA Rams	7	4	10	5	11	3	16	3	3	10	72
2ND TIER	FDH	SRS	MOV	SoS	OSRS	OY/P	3DO	DSRS	DY/P	3DD	Total
3 Indianapolis	9	2	1	26	1	1	2	13	12	30	97
4 Green Bay	6	14	5	29	19	8	1	9	2	6	99
5 Tampa Bay	1	5	15	3	2	8	14	25	12	15	100
6 Houston	17	1	2	8	23	16	26	1	4	8	106
7 San Francisco	15	10	20	2	16	16	4	6	17	5	111
8 Kansas City	10	6	8	17	10	10	11	7	19	14	112
9 Denver	8	8	5	23	23	19	24	2	1	1	114
10 Detroit	3	7	3	28	3	6	16	22	12	20	120
3RD TIER	FDH	SRS	MOV	SoS	OSRS	OY/P	3DO	DSRS	DY/P	3DD	Total
11 Atlanta	19	17	18	15	29	10	9	4	6	4	131
12 LA Chargers	14	18	17	20	18	10	5	13	9	13	137
13 Arizona	24	13	16	11	20	25	6	8	12	7	142
14 Washington	12	11	7	24	6	6	29	19	23	11	148
15 Jacksonville	11	8	13	7	8	21	25	10	23	23	149
16 New England	13	15	10	29	17	10	10	11	23	20	158
17 Philadelphia	5	12	19	4	9	28	27	12	17	26	159
18 Buffalo	4	20	10	32	11	4	13	24	23	22	163
19 Minnesota	20	16	8	31	14	19	30	16	8	2	164
20 Chicago	18	22	23	13	15	15	7	23	32	3	171
21 Pittsburgh	16	19	14	27	13	22	20	21	9	18	179
4TH TIER	FDH	SRS	MOV	SoS	OSRS	OY/P	3DO	DSRS	DY/P	3DD	Total
22 Dallas	23	21	21	21	4	4	7	31	30	32	194
23 Carolina	22	23	22	18	21	22	19	20	21	12	200
24 Las Vegas	26	25	26	12	31	22	11	18	9	25	205
25 Baltimore	25	27	29	10	7	10	15	32	23	28	206
26 NY Giants	21	24	24	16	28	25	18	13	23	16	208
5TH TIER	FDH	SRS	MOV	SoS	OSRS	OY/P	3DO	DSRS	DY/P	3DD	Total
27 Miami	29	26	25	18	21	16	3	29	31	30	228
28 New Orleans	27	29	28	13	25	27	21	28	12	24	234
29 Tennessee	31	28	31	1	26	32	32	26	21	19	247
30 NY Jets	32	30	27	22	30	28	31	27	19	9	255
31 Cleveland	30	32	30	25	32	31	28	17	4	27	256
32 Cincinnati	28	31	32	6	27	30	23	30	29	29	265

Playoff Predictions

Wild Card Round

2 IND over 7 HOU
6 NE over 3 PIT
5 DEN over 4 KC
2 SEA over 7 WAS
3 PHI over 6 LAR
4 GB over 5 DET

Divisional Round

1 BUF over 6 NE
5 DEN over 2 IND
1 TB over 4 GB
2 SEA over 3 PHI

Championship Sunday

1 BUF over 5 DEN
2 SEA over 1 TB

Super Bowl 60

SEA over BUF

Fantasy Buy Low

JJ McCarthy
Aaron Jones
Tee Higgins
Travis Hunter
David Njoku

Fantasy Sell High

Dak Prescott
Javonte Williams
Rico Dowdle
George Pickens
Jake Ferguson

