

## The Fantasy Football Armory 2010 Draft Tool Kit - Updated 8-29-10

FFArmory.com is your fantasy football ally. We centralize and stockpile the industry's most critical data, news, and tools so your job of researching on the web to prepare for the upcoming season is more efficient. We will be updating this draft tool kit's rankings 4 times in August. You can always email [stegman@ffarmory.com](mailto:stegman@ffarmory.com) with questions! Best of luck in 2010!

\*\*\*There are 11 worksheets tabbed at the bottom of this front page to help you lambast your league mates on draft night!

\*\*Major updates to the sleeper and bust reports, and some sweeping formatting changes to improve the look and feel. Also some rankings updates as well!

## NFL Bye Weeks - 2010

Week 4	<a href="#">Cowboys</a>	<a href="#">Chiefs</a>	<a href="#">Vikings</a>	<a href="#">Buccaneers</a>			
Week 5	<a href="#">Dolphins</a>	<a href="#">Patriots</a>	<a href="#">Steelers</a>	<a href="#">Seahawks</a>			
Week 6	<a href="#">Cardinals</a>	<a href="#">Bills</a>	<a href="#">Panthers</a>	<a href="#">Bengals</a>			
Week 7	<a href="#">Lions</a>	<a href="#">Texans</a>	<a href="#">Colts</a>	<a href="#">Jets</a>			
Week 8	<a href="#">Falcons</a>	<a href="#">Ravens</a>	<a href="#">Bears</a>	<a href="#">Browns</a>	<a href="#">Giants</a>	<a href="#">Eagles</a>	
Week 9	<a href="#">Broncos</a>	<a href="#">Jaguars</a>	<a href="#">49ers</a>	<a href="#">Rams</a>	<a href="#">Titans</a>	<a href="#">Redskins</a>	
Week 10	<a href="#">Packers</a>	<a href="#">Saints</a>	<a href="#">Raiders</a>	<a href="#">Chargers</a>			



Helpful in-draft direct links!		
Injury Reports	Avg Draft Position	Newsbreakers
<a href="#">Rotoworld.com IR</a>	<a href="#">KFFL.com ADP</a>	<a href="#">Rotoworld.com NB</a>
<a href="#">CBSsports.com IR</a>	<a href="#">FFToolbox.com ADP</a>	<a href="#">CBSsports.com NB</a>
<a href="#">ESPN.com IR</a>	<a href="#">FFCalculator.com ADP</a>	<a href="#">Fanball.com NB</a>
<a href="#">Yahoo.com IR</a>	<a href="#">ESPN.com ADP</a>	<a href="#">myfantasyleague NB</a>
<a href="#">Fanball.com IR</a>	<a href="#">Footballguys.com ADP</a>	<a href="#">FFToday.com NB</a>
<a href="#">Foxsports.com IR</a>		<a href="#">KFFL.com NB</a>
<a href="#">NFL.com IR</a>		

Player	Pos	Team		<b>Analysis</b>	
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# 2010 FFArmory.com's Sleeper Report!

## Quarterbacks

<a href="#"><u>Matt Stafford</u></a>	QB	<a href="#"><u>Detroit Lions</u></a>	<p><b>ADP 17th among QBs</b> -Bet you didn't know that Stafford finished 15th overall in fantasy pts per game among QBs at 18.8 per? Once you can calm down from that mind bullet, I'll then lay you out w/ the following... The Lions offense was pretty bad in '09... and '08, and '07 (etc), and they are finally taking steps to correct the issue. First, they brought in OG Rob Sims from Seattle - and while it was not a package deal, they brought another Seattle-ian, Nate Burleson, back to the NFC North to help Mega-tron w/ his routine triple teams. Finally, they invested a high draft pick in a RB (I know, not a WR, shocking), Jahvid Best, who should help to balance the offense with Kevin Smith nursing constant injuries last season. I mean, look, Stafford was a rookie, playing behind a banged up oline, w/ his all-world WR banged up for much of the season w/ knee issues, and his RB banged up as well. And he finished 15th in fantasy pts per game. You following my math here? He's being drafted as the 21st QB in recent ADP reports - that's too late. He's got a lot of upside as a backup QB. Watch out for that sophomore slump, though.</p>
<a href="#"><u>Carson Palmer</u></a>	QB	<a href="#"><u>Cincinnati Bengals</u></a>	<p><b>ADP - 14th among QBs</b> -I thought it was weird the Bengals drafted a receiving tight end (Jermaine Gresham) from Oklahoma, with a first rounder. Then they went out and signed Antonio Bryant to a lucrative contract. Well, they must have been scared stiff at Bryant and his wobbly knee, so they nose-dove off a cliff and took their chances with the enigmatic Terrell Owens. These aren't the actions of a team that is going to be pound the ball another 500+ times in 2010. I figured it all out this past weekend (Aug 1st)... Palmer suffered an elbow injury that ended his 2008 season just 4 games in. He was supposed to have surgery on the elbow, but said surgery would have kept him out of most, if not all of 2009. The Bengals invested \$118 million in Palmer, and opted to bring him along slowly in 2009, turning to the running game, so as not to risk their prized possession. Well, mission accomplished, and now they are going to go back to what they did best earlier this decade - Pass. It's the only way to make sense of all of the movement to bolster up their pass catching corps. Plus, why would they have LJ go if they were gonna run the ball another 500+ times? Makes no sense. Here is the stat that says it all - From 1998 to 2008 7 of the 9 QBs that TO played with finished in the top 3 in QB scoring for fantasy. The other two that did not? Jeff Garcia in 2003 (finished 10th) and Tony Romo in 2008 (finished 5th). Palmer is a QB1 heading into 2010.</p>

<a href="#">Jason Campbell</a>	QB	<a href="#">Oakland Raiders</a>	<b>ADP 25<sup>th</sup> QB</b> - I like his WR personnel infinitely more on the Raiders than I ever did while he was on the 'Skins. The Raiders have been mired in QB hell for since I can remember – most recently with Ja-Stupid Russell, and previous to that it was Daunte Culpepper, Andrew Walters, and Kerry Collins. Once upon a time, the Raiders were a fantasy passing juggernaut ala Rich Gannon. I'm not prepared to say that Campbell can be a Gannon, but it at least goes to show you that the Raiders like to pass... if they can. Al Davis may be senile, but he's been amassing these talented down-field threats (Heyward-Bey, Louis Murphy, and Chaz Schilens) for some time now, and Campbell has got a gun. He is used to having offensive scheme changes thrown at him, so he should adapt quickly in Raiderland, and wouldn't be a bad backup QB with upside. PS - TE Zach Miller is a stud, and Campbell will take advantage of that.
<a href="#">David Garrard</a>	QB	<a href="#">Jacksonville Jaguars</a>	<b>ADP 29<sup>th</sup> QB</b> - He is completely off of fantasy radars in 2010 because of a pretty terrible 2009. What no one realizes is that he was running for his life all season due to having two rookie offensive tackles in Monroe and Britton. An off-season spent polishing up their pass-blocking will translate to more time for Garrard. The Jags are officially in youth-movement-mode at WR - Mike Sims-Walker emerged as a solid target last season, and another Mike – Thomas – appears to have some potential. Also, at this time last year, there was a lot of chatter about former 2005 draft bust, Troy Williamson, being a deep sleeper. However, he went down for the season w/ a torn up shoulder. Williamson is fully healed, and having the same solid off-season. I've seen him mentioned on some sleeper boards, so who knows. I'm not ready to feature him there yet, but he could be a late summer addition.

## **RUNNING BACKS**

<a href="#">Ladainian Tomlinson</a>	RB	<a href="#">NY Jets</a>	<b>ADP 38th among RBs</b> - LT could be an intriguing pick in 2010. The numbers certainly don't lie - his YPC has been plummeting for 4 seasons (really only the last two, but has decreased in each of the last 4), but running behind that offensive line in NY seems to do wonders for RBs. And I'm talking ALL RBs (even that little white dude, Danny Woodhead - standing at 5'7" and 195 lbs averaged 4.3 YPC!) Shonn Green,TJ & Leon Washington combined for 512 carries in 2009. Shonn Greene had 109 of those carries, and Leon Washington and TJ combined for the other 403 carries. Let's assume 200 of those go directly to Greene (309 total carries for 2010), that still leaves 203 carries for LT. And when you factor in that Greene literally cannot catch, it is fair to assume that LT is in store for about 250 touches in 2010 making him an excellent sleeper candidate.
<a href="#">CJ Spiller</a>	RB	<a href="#">Buffalo Bills</a>	<b>ADP 26th among RBs</b> - Fans of this Clemson Tiger alum might not have to wait as long as it was originally thought to see him shine in the NFL as both Fred Jackson and Marshawn Lynch have gone down with pre-season injuries. Neither are threatening their seasons, but Spiller is being given a giant window of opportunity, and should establish himself as the starter for week one. You can still expect a RBBC that involves Fred Jackson, but 200 carries and around 50 receptions is not out of the question for Spiller. It'll be not 8, but 9 in the box, as long as Fitz and Edwards are around, so Spiller may not be able to pull the 5.9 YPC average he maintained while in college. Size is a concern (5'11" and only 196 lbs), but then tell that Chris Johnson (5' 11" and 191 lbs ) owners the last two seasons. At the end of the day, the most Spiller touched the ball in college was 252 times in his senior year, so durability remains a concern.

<a href="#">Michael Bush</a>	RB	<a href="#">Oakland Raiders</a>	<p><b>ADP 38th among RBs</b> - It's only a matter of time before Michael Bush pulls a Michael Turner and lands in an organization that is willing to utilize him like he should be. Will it happen in Oakland this season? Darren McFadden and his inflated draft status and contract seem to have the final say on that. Bush is clearly the more impressive runner (4.6 YPA vs. McFadden's 3.8 over their careers), but because he was a 4th round draft pick (2007) to McFadden's 4th overall draft pick (2008), the Raiders are determined to make it work - or that is the only reasoning I can come up with. Bush only dropped to the 4th round in 2007 because of a broken leg (tibia) suffered during the first game of his senior season at University of Louisville. He was widely projected to be a top ten overall pick before then. He seems to have healed nicely. The only sliver of hope for Bush is that Cable pulls his head out of his ass when the Raiders have a strong start with Jason Campbell under center. That's less a compliment to Jason Campbell, and more a rip on how poor the QB situation has been in Oakland since Rich Gannon retired. When given the chance, Bush is hugely fantasy relevant - in his 9 career games in which he has had at least 12 touches, Bush is averaging 14.1 fantasy points per game. Ricky Williams was 7th in RB scoring in 2009 with 13.5 fantasy PPG.</p>
<a href="#">Clinton Portis</a>	RB	<a href="#">Washington Redskins</a>	<p><b>ADP 40th+ among RB</b> - I have been ignoring Portis all summer long. I just finished up some research on him, and I went from shock to humbled quickly. I was shocked at all of the positive things being written about his chances this season - I think I read the infamous tagline "Portis showed up to camp in the best shape of his career" lines at least 12 times. I was mostly just scoffing and writing these lamebo comments off. Then I became humbled, because it all started to make sense, when it should have been obvious the entire time - hey, I may have a genius fantasy mind, but I didn't claim to be on fire at all times. Shanahan shipped Portis off to the Beltway in the first place and is now head coach in DC. Portis has been playing with a slew of weak QBs since he arrived in DC 6 seasons ago, and now he's got a stud in Donovan McNabb. That's motivation. But if that's not enough, ruminate on this... rather large portions of the 8 year \$50 million contract that he signed in 2004 are coming up, including \$7+ mill this season, \$8+ mill in 2011, 2012, and 2013. Now, he has no shot in hell of seeing out the rest of this contract, but maybe this and next season is possible? Here's another nugget I thought of, how much strife was there between Jim Zorn and Portis over the last two seasons? A shitload. But let's come back down off our high and settle on this, Portis, though 29 years old, has the mileage of a 32 year old with his 2100+ carries. Is he good for another 300+ carries? No. Not with Willie Parker and Larry Johnson on the depth chart. But these days, he doesn't need 300+ carries to make him a solid RB2 for a fantasy squad. Give him 275 or so carries and 20-30 receipts (McNabb loves to dump that ball), and he can probably finish just outside the top 10 again. There are more exciting picks, yeah, but Portis is healthy and will bounce back in 2010.</p>
<a href="#">Arian Foster</a>	RB	<a href="#">Houston Texans</a>	<p><b>ADP 32nd among RBs</b> - With Ben Tate down to a season ender, Foster is now the undisputed 1st and 2nd down RB in Houston. Foster finished strong the last two games in 2009 with 39 carries 216 yards 5.53 YPC 3 TD and a 21.2 fantasy average. I'm including him on this list for one reason; if Slaton continues to fumble the ball, Foster could be in for 300+ carries. Slaton would still be the 3rd down guy, but there are only about 7-8 RBs who get 275+ carries, making Foster's deep round potential intriguing.</p>
<a href="#">Justin Forsett</a>	RB	<a href="#">Seattle Seahawks</a>	<p><b>ADP 26th RB</b> - Here is another guy that is consistently landing on industry sleeper reports. On the one hand, it was widely reported that his running style was not such a great fit for Pete Carroll's offensive scheme, but then they clipped Lendale White this past spring, and didn't go out and sign anyone else. Word has it that Forsett's ethic and skills have been enough to convince Carroll that between he, Leon Washington, and Julius Jones, that the 'hawks are set at RB. Real quick - Julius Jones is terrible, and Leon Washington suffered a nasty leg break; Forsett is the best runner, and if he's given a shot at the majority of the snaps, he will reward his owners in 2010. Check out his stats in weeks 10, 11, 12, 16, and 17. Yowza, those are some pretty "per touch" numbers. He's a beast.</p>

# WIDE RECEIVERS

<a href="#">Terrell Owens</a>	WR	<a href="#">Cincinnati Bengals</a>	<p><b>ADP - 32nd among WRs</b> TO is now a Bengal, and just skyrocketed about 40 places up my stack rankings. At 36 years old, he really hasn't lost much of a step. There is not another physical specimen like him in the league, and with Carson Palmer chuckin' him the ball, the only thing to worry about is how many passing attempts there are in Cinci. Last year, they only attempted 477 passes. A lot of that had to do w/ the emergence of Cedric Benson, but Marvin Lewis also sought to keep Palmer's attempts low as he was coming back MUCH earlier than anticipated from the elbow injury that ended Carson's 2008 in week 5. Last year was the first time since 1999 that T Owens went four games without scoring a TD and we can comfortably blame that stat on the poor QB play of Ryan Fitzpatrick and Trent Edwards. The Bengals are going to pass more in 2010, how else to explain pouring millions of dollars on Bryant and TO, and a 1st round draft pick on pass catching TE Jermaine Gresham?</p>
<a href="#">Hakeem Nicks</a>	WR	<a href="#">New York Giants</a>	<p><b>ADP 22nd WR</b> – I am listing him as a sleeper only because I think he can finish in the top ten and in mocks, he is going after guys he absolutely shouldn't be going after. Eli Manning is hitting the prime of his career, and everyone in the Giant organization knows what a special talent Nicks has already developed into. He averaged 16.5 YPC (t-6th in the league) in '09 and started the year injured. He's got enough speed to break away, but it's his size that had most to do with that impressive YPC average. The Giant rushing attack is now an embarrassment and Nicks will be Eli's #1 target in 2010.</p>
<a href="#">Malcom Floyd</a>	WR	<a href="#">San Diego Chargers</a>	<p><b>ADP 29th among WR</b> - He's showing up on a lot of sleeper reports, and I suppose, based on our ranking that I'm buying into it. I wasn't impressed with him numbers once Chambers was dumped mid-way thru 2009, but on the other hand, how valuable is the 3rd target on the Chargers? And really 4th if you include LT and that little midget Darren Sproles? If VJ ends up being traded, and the 6'5" Floyd inherits the WR1 honors, he could go bat shit. He cranked 140 yards in week 17 when VJ rested up for the playoffs. And he finished 4th in the league w/ 17.2 yards per catch. For such a big guy, his TD count was way light, but I suppose Phillip Rivers doesn't need to check down to his 3rd option too often in the red-zone with Gates and VJ on staff. Vincent Jackson will be traded, and if he's not, he will sit out 2009. AJ Smith and VJ have crossed that line as of late August. This ranking reflects that happening. If VJ happens to decide to comeback when he is eligible after week 4, we will be bumping Floyd down.</p>
<a href="#">Mike Wallace</a>	WR	<a href="#">Pittsburgh Steelers</a>	<p><b>ADP 30-32nd among WR</b> - ***Beast Alert*** He'll be on my squad this season. I'm keeping my chatter low on him, and just treating the FFA fans who actually read my site and don't just hang out on facebook. I've been talking up Hakeem Nicks till I'm blue in the face (cuz I know he's gonna roll), but secretly, I think Mike Wallace has the potential to just go off. Wallace was targeted 5 or less times in all but 4 games in 2009 yet still finished 29th among WRs in fantasy points. His high targets in a game was 8. He will have at least 8 games 8+ targets this year as he slides into the starting WR gig vacated by Santonio Holmes. It gets better, in Wallace's last 3 games last season he went for 226 yards and 3 TDs for a 13.53 fantasy PPG average. This was all on a total of 13 targets over those last 3 games! He averaged 19.4 YPCatch to lead the NFL in 2009... As a rookie! Boyyoyoyoyoyoying. As an fyi - my two other major WR sleepers - Nicks and Massaquoi - both finished in the top 7 in YPC among WRs. Time to get way revved up about this guy. As big of a dickhead as Ben Roethlisberger is, he can make a WR super valuable in fantasy football. Lock this guy down. I'm seeing him go as the 30th WR off of boards. Don't wait around that long - or you will lose him. Especially if your draft is held after the pre-season.</p>

<a href="#"><u>Devin Aromashodu</u></a>	WR	<a href="#"><u>Chicago Bears</u></a>	<b>ADP 32nd WR</b> - I was so bummed to see his name on so many sleeper lists – but it shouldn't have come as a shock. This guy was on fire the last month of the season putting up as many fantasy points as any fantasy wide out during that stretch. This piece is friggin' hilarious and sums it all up very nicely. Cutler LOVES this guy. And Martz will call mostly passing plays in 2010.
<a href="#"><u>Johnny Knox</u></a>	WR	<a href="#"><u>Chicago Bears</u></a>	<b>ADP 34th among WR</b> - Johnny Knox is officially the #1 target for the Bears in training camp and the pre-season. His speed, disciplined route running, and great hands fit like a glove into Mike Martz's offensive scheme. In the last three years there have been 9 young receivers who went from not being in the top 50 one season to being in the top 20 the next season, and my money is on Knox to be the 10th in four seasons.
<a href="#"><u>Julian Edelman</u></a>	WR	<a href="#"><u>New England Patriots</u></a>	<b>ADP 37-40<sup>th</sup> WR</b> – ACL surgeries are a bitch to come back from. Stick a fork in Welker. His game is built purely on speed and quickness, and w/o it, he's not a professional football player. I know, I know, harsh words. I have much love for Welker, but it is what it is (can't believe I just used that phrase). Bottom line, Edelman is going to be there to reap the benefits of being a Tom Brady WR. 80-90 catches for 940-950 yards and 7 or so TDs makes this guy a bargain on draft day.
<a href="#"><u>Chaz Schilens</u></a>	WR	<a href="#"><u>Oakland Raiders</u></a>	<b>ADP 60th + WR</b> – I've circulated this guy's name as a sleeper and all I get from most of the folks is "what?" or "who?" and "Chaz? You mean your neighbor?" Heh heh. Dumbasses. Chaz Schilens IS A BEAST! You'd suck nuts, too, if you were on the receiving end of Ja-brumsky Russell's ducks. Well guess what? Jason "Lips" Campbell is now under center, and to call him a QB improvement is the understatement of the century. Schilens is 6'4" and 225 pounds and runs a sub 4.4 40 yard dash. He's got excellent hands and is tough to defend. He didn't do much in college (San Diego State) because he played for a team with crap QBs, and in a scheme that preferred to run the ball (Lynell Hamilton was one of the featured backs!). Jason Campbell will be the best QB he has ever played the game with by many lengths. Should be interesting.
<a href="#"><u>Mohamed Massaquoi</u></a>	WR	<a href="#"><u>Cleveland Browns</u></a>	<b>ADP 59<sup>th</sup> WR!!</b> He is being overlooked because everyone has it in their heads that the Browns passing game is hapless. While that may still be true for 2010, I promise you that this kid is a diamond in the rough. He's got proto-typical size (6'2 and 205) and despite not testing out well in the 40 yard dash (4.66 at the combine), he showed some game-breaking ability in the 2009 season averaging 18.4 YPC – which trailed only Santonio Holmes and DeSean Jackson. He had a couple of strong fantasy outings last season, but suffered along w/ the rest of the pass catchers in Cleveland from Dey Anderson and Brady Quinn's ineptitude. I would have no problem making Mohamed my WR3, but I won't have to spend that much to get him. Not even close according to the mocks! Delhomme turned Steve Smith into an All-star, and while his skill set has eroded, anything is an improvement over last year's QB debacle.

<a href="#">Jabar Gaffney</a>	WR	<a href="#">Denver Broncos</a>	
<a href="#">Jacoby Jones</a>	WR	<a href="#">Houston Texans</a>	<a href="#">ADP 60th WR!! He's got the talent – but has thus far struggled with maturity. It appears he's finally getting' it. Pistol was all over the Jacoby sleeper factor – check it.</a>
<a href="#">Laurent Robinson</a>	WR	<a href="#">St. Louis Rams</a>	<a href="#">ADP 67<sup>th</sup> WR</a> - This could be a bit of a stretch as Sam Bradford is such an x-factor, but I had Laurent in our sleeper bucket at this time last year but he ended up going down early in the season. He's tall, lightning fast, and will be the #1 target on the Rams if he can maintain his health.

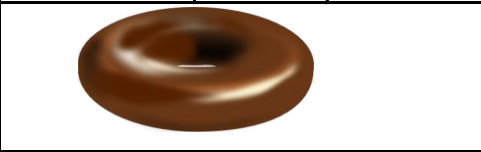
## TIGHT ENDS

<a href="#">Zach Miller</a>	TE	<a href="#">Oakland Raiders</a>	<a href="#">ADP 12th TE</a> - I'm shocked to see Zach Miller going so early per the ADP. I guess he's not much of a sleeper, then, because TEs are deep as twelve this season - pun intended. Jason Campbell loves to throw to his TE (see Fred Davis' stats in 2009 and Chris Cooley's for the few years before that). Miller is a talented pass catching TE that has suffered from the same fate as pretty much every other Raider pass-catcher since Rich Gannon decided to get old in 2003. Miller could bust out, and TE is something you can wait forever on in the draft and probably be better off than all but V Davis and D Clark owners.
<a href="#">Jermaine Gresham</a>	TE	<a href="#">Cincinnati Bengals</a>	<a href="#">ADP 16th TE</a> - Not a lot of shockers at TE this season, but Jordan maintains that Gresham is the real deal and could make an impact. I wish I had known this before I wrote up the Bengals 2010 fantasy outlook where I proceeded to say that there has been no relevant Bengal TE in decades. Either way, TEs are deep, but apparently Carson Palmer thinks the world of this cat.



# TACTICAL FOOTBALL ANIMATION

Player	Pos	Team	Analysis
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## [2010 FFArmory.com's BUST REPORT](#)

### QUARTERBACKS

<u>Kevin Kolb</u>	QB	<u>Eagles</u>	<p>I'll probably get burned with this listing, and I think he's talented and in a great system, but I just think people are ranking him too high trying to be that one person that finds the next Aaron Rodgers. There is so much depth at the position, why risk it? He is being taken before Jay Cutler, Carson Palmer, Brett Favre, Joe Flacco, and I don't agree with that. He should be the first backup QB given his big upside playing in the Philly offense, but does everyone really think he can step in year one and perform better than McNabb (who finished 10th in fantasy PPG among QBs)?</p>
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### RUNNING BACKS

<u>Ronnie Brown</u>	RB	<u>Dolphins</u>	<p><b>ADP 20<sup>th</sup> among RBs</b> – Brown being drafted at 20 is flat out an assault on my senses. Are there really that many moron-a-thons thinking that this is the year that he doesn't get injured? The guy has finished higher than 20<sup>th</sup> once in his career (17<sup>th</sup> among RBs in 2008), and is mired in a RBBC for one more year w/ Ricky Williams. But wait, that's actually a positive thing (RBBC), though, because Ronnie Brown has never had a full load of carries in a season in his career (ie since high school). He split carries w/ (or played 2<sup>nd</sup> string to) Pontiac Williams at Auburn for 4 years, and never saw more than 175 carries. In 2006, he toted the ball 241 times, and you would have thought the 8<sup>th</sup> wonder of the world just went down in Miami. 20<sup>th</sup> suggests he's starter worthy. How can you not be taking chances on some of these younger guys or up and comers, vs. a guy like Ronnie Brown? Just a garbage pick at 20<sup>th</sup> among RBs. I mean I have Laurence Maroney ranked ahead of Brown.</p>
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<a href="#">R Mendenhall</a>	RB	Steelers	<p><b>ADP 9th among RBs</b> -Had Willie Colon not gone down for the season, I would be ranking Mendy higher than this. They replaced him with 5x Pro Bowler Flozell Adams, who is clearly in the twilight of his career. I'm not thrilled with Mendy only posting three 100 yard games in 2009 - something that could possibly change as Pittsburgh sent Fast Willie Parker packing, but again, the Colon loss is huge. 50-60 more carries is a near guarantee w/ health, but I don't think he can average another 4.6 YPC w/o Colon. Also, Mendy seemed to sort of wear down in the 2nd half of the season - check it: First 7 games he had 100 rushes for 573 yards for a 5.73 YPC average and 4 TDs. In the last 8 games he had 142 rushes for 535 yards for a 3.76 YPC average with 3 TDs. He had 42 more carries in the second half of the season but had 38 less yards. The Steelers rushed in 10 TDs in '09, 16 in '08, and only 9 in '07.</p>
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## WIDE RECEIVERS

<a href="#">Steve Smith #12</a>	WR	Giants	<p>– <b>ADP 14th among WRs</b> – Fantasy Football is not rocket science, but nothing will change how easily swayed large batches of dumb people can be. Selecting Steve Smith #12 as the 14th WR off of boards this season should be a punishable crime. Actually, no, it should not be. I would not want to dissuade the continued idiocy which makes it possible for me to win leagues. Now that I'm done sounding like a total chief, I'll share w/ you this...  *NEWSFLASH* Steve Smith #12 is not that great. And his only upside is to match his numbers from last year. WRs in the top 20 should all have a chance to blow the top off of things (Boldin, Nicks, MSW, Jennings, OchoCinco, DeSean Jackson, the real Steve Smith etc). Speaking of Nicks, that is a central reason why Steve Smith probably won't even match his last year's output. Smith led all WRs on Giants – by a longshot – in targets with 159. The next closest WR was Manningham with 99, and then Nicks with only 74. That balance WILL tilt toward Nicks in 2010. Nicks is a bigger, wider, better, and faster target, and Eli knows it. Drafting this Steve Smith at 14th among WRs is such a cop out. I will verbally berate anyone in the leagues I participate in if this Steve Smith is selected before the 30th WR. I have him ranked 37th among WRs – and falling fast. He's got no upside. Are you playing fantasy football to be competitive, or to win? With this guy as your WR2, your chances of winning are nil.</p>
<a href="#">Larry Fitzgerald</a>	WR	Cardinals	<p><b>ADP 2nd - 4th among WRs</b> - More proof that masses draft on last year's stats and big names. Fitz averaged 5 catches for 73 yards and .45 TDs per game w/ Leinart under center. And he averaged 6.2 catches for 84 yards and .7 TDs per game with Warner over his career. Fitz is a bit of a rule-breaker, but those numbers don't lie. He's still a WR1, but 2nd WR overall strikes me as pure lunacy. If Larry Fitzgerald finishes 2nd overall among WRs, then the fantasy football news and analysis industry needs to shut down, because it's all one big fluke. Kidding. A lot more would need to happen to justify such a daring thought. Can Larry beat constant double teams and the occasional triple? Look what happened to Calvin Johnson last year. The AZ rushing attack was suspect in 2009. True, they inked Alan Faneca (from the Jets), which is a hint to being more serious about running the ball more effectively, but right now, Fitz is really the only thing that will scare teams and will be the center of opposing defense's weekly prep. I've got him ranked 7th as of this writing, and thinking about bumping Reggie Wayne and Greg Jennings above him.</p>

<a href="#">Michael Crabtree</a>	WR	49ers	<p><b>ADP 12th-18th among WRs</b> - I'm angling for the first user comment on my website w/ this selection. Kidding. Not really kidding, actually. But I still think he's gonna bust. I LOVE Crabtree – but I do not love either his offensive scheme, nor his QB. The Niners attempted 528 passes in 2009 (21st overall), and Vernon Davis is going to be Alex Smith's primary target once again. Did you see how Smith locked in on Davis the minute Shaun Hill was benched? It's gonna happen again, too, because Davis rewarded Smith for coming his way so much. Crabtree is a big, dependable target. If I thought that the Niners' were gonna pass another 70+ times this season, you would not be reading this guy's name on my bust report. But I'm seeing this cat drafted as high as 12th and as low as 18th among WRs. That's nuts. In 11 games, he posted about 625 yards and 2 scores. Nothing to sneeze at, given he wasn't in camp and barely knew the offense.</p> <p>Verdict: Crabtree is a stretch WR2 this season – Im ranking Crabtree just inside the top 25 based on his enormous upside, but won't be shocked if he finishes lower than that. But a top 12 WR he won't be. Not even close. That's busting, as far as im concerned.</p>
<a href="#">Wes Welker</a>	WR	Patriots	<p><b>ADP 19th among WRs</b> – I mean c'mon already. WTF? 19th? He's not gonna be 91st! These ADPs were updated as of July 19th! People... he tore his ACL in week 16 of 2009. But, since he finished 13th among WRs in 2009, naturally, he's got to come close to that again, right? No, wrong. The severity of his ACL tear, doctors say, takes well over a year to fully recover from – more like 18-24 months. Not 9 months. He doesn't have a chance to be ready by week one, and really, doesn't have much of a chance to be his old self by week 16 (if ever). And yer gonna draft him 6 spots lower than where he finished last season? Be my guest, and lemme get your email so I can invite you to one of my leagues. Part of being a good fantasy owner is roping dumbasses into your league to make it easier to win.</p>
<a href="#">Vincent Jackson</a>	WR	Chargers	<p><b>ADP 14th among WRs</b> – I'm not going to spend a lot of time here because this one is obvious. The bridge is burned in San Diego. He's suspended for 4 games right off the bat, and is threatening to hold out until week 10, or possibly beyond. He finished 10th among WRs last year. So he only gets dropped 4 spots because he's only missing 4 games for sure? That there is frustrating. I have him ranked 24th and that's assuming he comes back in week 5. He hasn't done shit w/ the team all off-season, and believe me when I tell you that Phillip Rivers has already moved on. There won't be any magical chemistry right away if/when he comes back. Did you happen to catch Malcom Floyd's game in week 17 when VJ sat out? 140 YARDS, BITCH! So much for not spending a lot of time here. What can I say? I type fast.</p>
<a href="#">Santonio Holmes</a>	WR	Jets	<p><b>ADP 33rd among WRs</b> – He won't finish in the top 50 WRs in 2010. If you are starting Holmes this season in a 12 man league, that means your team is going to blow. Hey, I like the guy, he smokes (weed), shows up in the big game, and runs a sweet fly pattern, but Sanchez will crush his fantasy prowess. Did I mention that he is suspended for the first 4 weeks? Expect low pass attempts as long as the Jets are leaning on their defense as their strength. Then there is that #1 ranked run-blocking offensive line that we don't want to forget about. And also, there is a bit of a crowded pass-catching corps with Braylon, Jerricho Cotchery, and Dustin Keller. Cotchery, the WR1 on the Jets, finished 38th overall with under 100 targets. Braylon finished 44th with 94 targets. 33rd is too high to be taking Holmes.</p>

FANTASY FOOTBALL ARMORY



# FFArmory.com's 2010 **QUARTERBACK** Projections



Hint: Hit "control F" on your keyboard to help search players!

QB Rank <b>1</b>	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Saints	<b>10</b>	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#"><u>Drew Brees</u></a>	2009 Stats		363/514	4388	34	11	22	33	2
	2010 Projections		399/585	4690	34	13	57	24	2

Drew Brees has finished in the top 5 in each of the last 4 seasons. The Saints like passing the ball more than any other team in the league and Drew doesn't miss games to injury. You can't go wrong with Brees for a few reasons, 1) Brees threw his least number of passes as a Saint in 2009 and still finished with the most fantasy points since becoming a Saint. 2) Brees has the most 300+ yard 3+ TD performances over the last 4 seasons (17 - next closest is Romo at 13 in 10 less games, though). 3) Coach Sean Payton doesn't bench his studs until week 17. So even in a year where the Saints are steamrolling everything in site, building strong leads, Brees is still churning out the fantasy points. He finished 2nd in fantasy pts among QBs, and in 60 less attempts had 15 more fantasy points on the season than a P Manning. Aaron Rodgers is tempting, and we could end up bumping him into the pole position before the first week of September.

QB Rank <b>2</b>	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Green Bay	<b>10</b>	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#"><u>Aaron Rodgers</u></a>	2009 Stats		350/541	4434	30	7	58	316	5
	2010 Projections		339/523	4262	33	11	20	294	1

He led the league in sacks... and fantasy points among QBs. Go figure. I kept waiting for him to go down w/ an injury, but he never did. There are only 2 reasons he's ranked behind Brees and Manning: 1) Brees and Manning are the two most consistent fantasy producers in the NFL 2) Rodgers rushed in 5 TDs which padded his 2009 stats - he's not likely to do that again. Or is he? He rushed in 4 in 2008. You really can't go wrong with any of the three. He's got great weapons. Driver should have another good year in him, but look out for Jennings to bounce back. It took him awhile to adjust his game from the long ball to the quick slants/outs that McCarthy had move to because Rodge had no time to chuck the deep ball. James Jones showed flashes of that brilliance that he was rumored to have coming into the league. And then there's that man-beast at TE named Jermichael Finley. He's a red-zone guru. This team is locked and stocked.

QB Rank <b>3</b>	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Indy	<b>7</b>	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#"><u>Peyton Manning</u></a>	2009 Stats		393/571	4500	33	16	19	-13	0
	2010 Projections		398/598	4600	35	14	37	7	1

He's finished outside the top 5 QBs once in the last 10 seasons (2008 - he finished 6th), and there's only a couple reasons we have Brees ranked ahead of him (see above). I'm not worried about Manning's age - he played the best football of his career in 2009. He's threading even thinner needles these days - it's really just a pleasure to watch. It did, however, take him 60+ more pass attempts to achieve 15 less fantasy points than a Brees. I'll be shocked if the Colts attempt another 600+ passes in 2010. They both are stacked with receiving talent. It's just so close, and wouldn't bat an eye if I ended up w/ Manning (again) this season. If I do, I will plan for a better backup, either thru trade, or thru the draft - as he was basically benched for week 16, and I lost my main league's super bowl because of it.

QB Rank 4	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	NE	5	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Tom Brady</a>	2009 Stats		371/565	4398	28	13	29	44	1
	2010 Projections		379/579	4425	31	11	30	24	1

If you are passing up Tom Brady at this point, you cwazy, man, you cwazy. Yes, it will be interesting to see what Brady can do without a Welker to depend on for 110+ completions. But wasn't it always interesting to see what Brady would do with the likes of Troy Brown, Deion Branch, David Givens, David Patten, and all of the other coal he made diamonds with? Welker being hobbled really doesn't matter as long as Randy Moss is around. Moss made guys like Todd Bouman (for two games), Daunte Culpepper, Randall Cunningham, and even Kerry Collins for a season - look like fantasy superheroes. Tom was timid for much of last season, and still finished in the top 7. Brady was a perennial top 7-8 fantasy QB before Welker or Moss came to town, and with the knee injury nearly two years removed, there's upside w/ this ranking.

QB Rank 5	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Dallas	4	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Tony Romo</a>	2009 Stats		347/550	4483	26	9	35	105	1
	2010 Projections		338/540	4500	31	13	10	79	1

Romo should have his best fantasy season as a pro. Miles Austin, Dez Bryant, Jason Witten, and even that shlubb Roy Williams (he is a red-zone beast) amounts to the best 4 piece pass-catching crew in the league. Here's a very simple stat that I think a lot of fantasy owners are overlooking: Tony Romo has finished in the top 5 among QBs in each of the last three seasons in FANTASY POINTS PER GAME. Remember, he missed 3 games in 2008, but he still finished top 5 in PPG. That's consistency. He's got more tools this season than ever.

QB Rank 6	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Houston	7	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Matt Schaub</a>	2009 Stats		396/583	4770	29	15	48	57	0
	2010 Projections		389/585	4592	29	16	29	57	0

If the Schaub can string together another 16 games (sort of a big "if"), he has the potential to lead the league in fantasy scoring in '10. 'Dre is in his prime, Jacoby Jones is emerging, Kevin Walter and Owen Daniels are now healthy, and Slaton, while a bit fumble-prone, is a strong 3rd down back. If there wasn't so much depth, he'd be ranked higher. Injury is the only thing holding this guy back. If you draft Schaub, you will want to spend high on a backup, as last year was just his first 16 game season. But I gotta tell you, my goal in the draft may just be to land the Schaub after nabbing 2 RBs and 2 WRs (ADPs have him going around 45-50th overall as of mid-July!)

QB Rank 7	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Minney	4	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Brett Favre</a>	2009 Stats		363/531	4202	33	7	9	7	0
	2010 Projections		351/539	4182	31	12	31	-4	0

Favre will announce his dramatic return to the game here in mid/late August in just enough time to regain the momentum that made he, Rice, and Harvin fantasy bronze last season. QBs are just deep heading into the year. I was worried last season that Favre would be sat when leads were extended, or that they'd hand the ball off a lot, but I miscalculated that. It's AP the team is worried about preserving, not Favre. Favre is done after this year, and Childress could care less about the health of Favre's body. They will chuck it whenever they need to again to get a ROI for what they are paying him. And Favre was throwing LASERS in '09. He finished 6th among QBs in a basic format, but he was sacked a lot (34) but only tossed 7 INTs to lead the league in the regular season. Here's a stat to chew on: Last season Favre averaged 24.93 at home versus 17.84 on the road. It gets better, if you include games Favre played in Minnesota as a Packer (so 9 as a Viking including playoffs, and 7 as a Packer), his last 16 games in the Minneapolis Dome he has thrown for 4629 yards and 43 TD for a 25.21 average! That geezer looooves to play in the Metrodome!

QB Rank 8	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	San Diego	10	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Philip Rivers</a>	2009 Stats		317/486	4254	28	9	26	50	1
	2010 Projections		339/514	4384	27	13	35	40	1

There are lots of folks talking bust for Rivers because of no more LT and the fact that VJax is doing his best TO impression this off-season (and will be suspended). I'm not buying it. Let me be the first to explain something to you... Rivers made Vjax, not the other way around. Despite that the Chargers don't attempt too many passes (23rd most in 2009 and 25th most in 2008), Rivers still has two top ten fantasy finishes among QBs in those years. And while it is sad that LT is gone (whaaaaa), he's really been gone for 2+ years talent-wise. Spores or whatever his name is, is the guy that Rivers has been relying on out of the backfield lately. Sure, Ryan Matthews is a huge x-factor this season, but at the end of the day, Rivers is a highly accurate signal-caller and still has Gates, Malcom Floyd, Sproles and Legedu Naane. But because QBs are so deep, I'm bumping Rivers down below Cutler and Favre until I am able to see some pre-season action. VJax has been threatening to sit out until week 10 so he can become unrestricted in 2010.

QB Rank 9	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Chicago	8	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Jay Cutler</a>	2009 Stats		336/555	3666	27	26	40	173	1
	2010 Projections		358/587	4310	29	19	21	147	1

If Cutler can manage to not chuck another 4 INTs to open up the season, he's got a shot to flourish in 2010. Along with everyone else in fantasy nation, I'm on the "Martz is gonna turn Cutler into fantasy gold" bandwagon. Martz made Kitna sorta fantasy relevant for a season in Detroit, but didn't have much to work with in San Francisco. And we all know what he did with a grocery bag-boy in St. Louis... Chicago has not had a prolific passing game - save for those two glorious years w/ the Erik Kramer/Curtis Conway/Jeff Graham connection in the mid-90s. Martz should be able to change that. The Bears' WR crew are not mind-boggling on paper, but watch out for Devin Aromashodu - he is a beast and will be Cutler's favorite target in 2010. The Bears now boast two pass catchers out of the backfield in Forte and newly acquired Chester Taylor. Expect improvements out of Cutler in 2010. He finished 11th last season while imploding mentally. Martz should be able to correct some of his problems.

QB Rank 10	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Cinci	6	Comp/Att	YDS	TD	INT	RUSH	YDS	TD

[Carson Palmer](#)

<b>2009 Stats</b>	282/466	3094	21	13	39	93	3
<b>2010 Projections</b>	294/471	3220	24	13	23	51	1

I thought it was weird the Bengals drafted a receiving tight end (Jermaine Gresham) from Oklahoma, with a first rounder. Then they went out and signed Antonio Bryant to a lucrative contract. Well, they must have been scared stiff at Bryant and his wobbly knee, so they nose-dove off a cliff and took their chances with the enigmatic Terrell Owens. These aren't the actions of a team that is going to be pound the ball another 500+ times in 2010. I figured it all out this past weekend (Aug 1st)... Palmer suffered an elbow injury that ended his 2008 season just 4 games in. He was supposed to have surgery on the elbow, but said surgery would have kept him out of most, if not all of 2009. The Bengals invested \$118 million in Palmer, and opted to bring him along slowly in 2009, turning to the running game, so as not to risk their prized possession. Well, mission accomplished, and now they are going to go back to what they did best earlier this decade - Pass. It's the only way to make sense of all of the movement to bolster up their pass catching corps. Plus, why would they have LJ go if they were gonna run the ball another 500+ times? Makes no sense. Here is the stat that says it all – From 1998 to 2008 7 of the 9 QBs that TO played with finished in the top 3 in QB scoring for fantasy. The other two that did not? Jeff Garcia in 2003 (finished 10th) and Tony Romo in 2008 (finished 5th). Palmer is a QB1 heading into 2010.

<b>QB Rank</b> <b>11</b>	<b>Team</b>	<b>Bye</b>	<b>Passing Stats and Projections</b>				<b>Rush Stats &amp; Projections</b>		
	<b>NY Giants</b>	<b>8</b>	<b>Comp/Att</b>	<b>YDS</b>	<b>TD</b>	<b>INT</b>	<b>RUSH</b>	<b>YDS</b>	<b>TD</b>
<a href="#"><u>Eli Manning</u></a>	<b>2009 Stats</b>		317/509	4021	27	14	17	65	0
	<b>2010 Projections</b>		312/507	3947	29	15	34	50	0

I ripped Eli hard before last season (check out his 2009 archive profile on the site). Basically, I had had it w/ Eli's strong starts and weak finishes. However, he had a mini-breakthrough in '09, as he was able to not totally disappear after about week 4. If he wants to win, he no longer has that option. The G-men don't have the rushing attack they did two seasons ago. Brandon Jacobs is constantly injured and can't be handed the ball more than 200 times in a season, and Ahmad Bradshaw seems to get injured from using a Q-tip too hard in the bathroom (stress fractures in both feet, surgery on bone spurs, what next?). Eli also has his new Plaxico in Hakeem Nicks. Maybe not as tall as Cheddar Bob, but what he lacks in height, he makes up for in physicality. What Nicks did last year half injured and in less than 70 targets was remarkable. Now there's a guy to target early in drafts. Steve Smith #12 is playing for a contract, and remains a solid over-the-middle possession guy. Manningham will make a great slot receiver, and Kevin Boss was an unexpected surprise in 2009 catching over 567 yards and 5 TDs. I'll leave you with this... Peyton Manning went from being a great QB in his 5th season, to being a legendary QB in his 6th. By his 6th year, Peyton had increased his completion % by almost 5 points, and was throwing infinitely LESS INTs. His rating hit 99 and he never really looked back from that. Eli just finished up his 6th season and certainly had a breakthru stat-wise, throwing for over 4000 yards for the 1st time in his career, his highest QB rating, and increasing his completion % over 2 points from the previous high. I'm an Eli bull in 2010.

<b>QB Rank</b> <b>12</b>	<b>Team</b>	<b>Bye</b>	<b>Passing Stats and Projections</b>				<b>Rush Stats &amp; Projections</b>		
	<b>Baltimore</b>	<b>8</b>	<b>Comp/Att</b>	<b>YDS</b>	<b>TD</b>	<b>INT</b>	<b>RUSH</b>	<b>YDS</b>	<b>TD</b>
<a href="#"><u>Joe Flacco</u></a>	<b>2009 Stats</b>		315/499	3613	21	12	35	56	0
	<b>2010 Projections</b>		324/519	4008	26	13	45	82	1

Flacco is going from one of the weakest WR corps to one of the stronger ones in just one off-season. Derrick Mason, at 25, was never a legit WR1. Don't get me wrong, the dude

Flacco is going from one of the weakest WR corps to one of the stronger ones in just one off-season. Derrick Mason, at 33, was never a legit WR1. Don't get me wrong, the dude is solid, but he's a possession guy, not a game-breaker. 'Quan's a game-breaker. So was Stallworth. Matched with Flacco's cannon, this could be a near perfect mix of WR talent to go to war with this season for the Ravens. It's tough to ignore the improvements across the board in his statistics from his rookie to 2nd year. He accomplished nice jumps in completion %, yards, TDs, YPA, and QB rating while keeping INTs roughly the same in 71 more passing attempts. Verdict: Joe is a starter in 2010, and given the depth at QB outside of Rodgers, Manning, and Brees, Joe is a guy that could be available for cheap once you've locked down your starting RBs and WRs – that is, unless you have a die-hard Ravens fan in your midst.

QB Rank 13	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Philly	8	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Kevin Kolb</a>	2009 Stats		62/96	741	4	3	5	-1	1
	2010 Projections		298/471	3510	24	10	39	173	2

I am seeing this guy being taken ahead of such QB names as Eli Manning, Brett Favre, and Joe Flacco. We are truly being dummed down in this nation. C'mon people, pull your heads out of your collective stink-pits. We don't know much about this guy. Two solid games at home vs. two crap pass defenses (in 2009) has everyone spinning way out of control. Don't say I didn't warn you. There isn't a prayer in hell I'd leave Flacco or Favre on the board before this guy, and I'm liking me some Eli Manning this year for some dumb reason (ok, not dumb – Hakeem Nicks), so I'll be nabbing him before Kolb, too. Kolb is a new name, and everyone wants to call the next big stud. There's nothing wrong with that, as long as there is more to go on than two home games vs. one bad pass D and another in a blowout playing catch up. Whoever is making this guy their QB1 had better invest a next round pick in their backup. Verdict: McNabb finished 10th in fantasy PPG in 2009 with the same personnel (and about 10 more years of experience), QB's are too deep to be taking chances on an unproven commodity any higher than this.

QB Rank 14	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Atlanta	8	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Matt Ryan</a>	2009 Stats		263/451	2916	22	14	30	49	1
	2010 Projections		310/515	3615	22	12	36	74	1

Most thought he would come out and perform better than he did, but instead he just perpetuated the ol' "Sophomore Slump" adage. And given that there is no "3rd year QB breakout" rule (nor is there a legit WR one, either), what are we to make of Ryan in 2010? Let's start with where he went off-track. Accuracy was a concern as he completed 58% of his passes (down from 61% as a rookie); it was apparent that he was feeling more pressure to deliver in his 2nd season. He held onto the ball more - he took 2 more sacks in '09 than in '08 but played in basically 3 less games! Not good. I would have thought that the presence of Gonzo would have meant more - but it didn't - not in '09 anyway. Now to the positive... as the Falcons try and preserve Michael Turner, they passed the ball over 100 more times last season - they ranked 7th as a team. Ryan has weapons - Roddy White should be all-pro, Michael Jenkins is a solid possession guy, and of course Gonzo. Harry Douglas will also be back in the fold after miss all of the last season and he can stretch the field with his sub 4.4 40 yard dash speed.

Verdict - I like Ryan's chances of bouncing back, but am not prepared to rank him any higher than deep QB1/or high QB2 status.

QB Rank 15	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Pittsburgh	5	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Ben Roethlisberger</a>	2009 Stats		337/506	4328	26	12	40	82	2
	2010 Projections		243/380	3201	19	9	24	71	1

Roethlisberger will be back by game 5 and starting. But before you get all crafty and make him your first backup QB, don't forget that his #1 line man, Willie Colon, is

Douchebergsberger will be back by game 5 and starting, but before you get all crazy and make him your first backup QB, don't forget that his #1 Oline-man - Willie Colon - is down for the year. That one is gonna hurt - he was already sacked the 2nd-most in '09 at 47 times. The Steelers lost Santonio Holmes and will be depending on Mike Wallace for their speed on the outside, and he's easily up for this task. Wallace led the league in YPC at 19.4. He's big, too, standing at 6'2 215 lbs. Steelers wouldn't have dumped Holmes for nothing if they didn't think they struck gold in Wallace. Hines Ward has been heard uttering the word "retirement" under his breath this summer, so he is clearly feeling the mileage from his 13 year career. Ben would be tough to pass up at this point and is the best of what's left. Finally, the Steelers signed Flozell Adams to a contract - he's old, but an upgrade over the dude whose backing up Colon.

QB Rank 16	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Wash	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Donovan McNabb</a>	2009 Stats		267/443	3553	22	10	37	140	2
	2010 Projections		320/525	3841	22	11	31	170	1

This is a tough one. He's still got gas left in the tank, and will be learning a new offense. Shanny offenses have been solid fantasy-wise historically, but not necessarily to QBs. He loses a little something on the target front as Santana Moss is old and Devin Thomas has yet to prove he can ball w/ the best consistently. He'll have dependable targets in Cooley and backup Fred Davis. Devin Thomas is a kid to watch in the first half of pre-season games (ie when McNabb is playing). At 6'2 215lbs, he's got the size to be a force in this league, and showed a slight glimmer of this in a 100 yard 2 TD game toward the end of last season. He fore-went his senior year in college for the NFL, so his slow start is to be expected. McNabb finds himself in unfamiliar surroundings, with a slightly lesser pass catching corps. The difference? One giant inter-division chip on his shoulder. He'll be looking to stick it to the entire city of Philadelphia for shipping him out of town.

QB Rank 17	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Miami	5	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Chad Henne</a>	2009 Stats		274/451	2878	12	14	16	32	1
	2010 Projections		345/545	3651	19	11	88	57	1

The addition of Brandon Marshall is all you really need to know to get fired up about Henne's chances this season. Miami attempted 545 passes (14th in the NFL), and Henne was getting his first legitimate reps in the NFL. With an elite WR, and more experience (and one aging RB and another injury prone RB), we think that Henne could be even for more and better pass attempts. He finished 22nd overall and only started 13 games. The 'fins play balanced football, and execute the wildcat better than any team in the league. Henne will make a decent backup fantasy QB in 2010.

QB Rank 18	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Kansas City	4	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Matt Cassel</a>	2009 Stats		271/493	2924	16	16	50	189	0
	2010 Projections		309/517	3147	22	15	18	179	1

So Cassel's 1st season was a disaster - as anyone w/ half a clue anticipated before '09 started. New GM, new head coach, new scheme, new QB - expectations should have been low. I'm here to tell you to keep 'em low - at least where Cassel is concerned. Here's the problem - he's not that good. Wow, is Pioli a pinhead for committing all those dollars to this kid. Has he not read the Randy Effect chart created by FFarmory.com? See either Randy's or Cassel's player profile (under the 2009 archives), but basically what it outlines is that any QB can be fantasy relevant with Randy Moss split out wide - ANY one. So while we think Bowe can rebound, we're not thinking Cassel can. With Jamal Charles and Thomas Jones, all the Chiefs really need to think about is running the football.

QB Rank 19	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Detroit	7	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Matt Stafford</a>	2009 Stats		201/377	2267	13	20	20	108	2
	2010 Projections		328/562	3710	20	20	74	93	2

Bet you didn't know that Stafford finished 15th overall in fantasy pts per game among QBs at 18.8 per? Once you can calm down from that mind bullet, I'll then lay you out w/ the following... The Lions offense was pretty bad in '09... and '08, and '07 (etc), and they are finally taking steps to correct the issue. First, they brought in OG Rob Sims from Seattle - and while it was not a package deal, they brought another Seattle-ian, Nate Burleson, back to the NFC North to help Mega-tron w/ his routine triple teams. Finally, they invested a high draft pick in a RB (I know, not a WR, shocking), Jahvid Best, who should help to balance the offense with Kevin Smith nursing constant injuries last season. I mean, look, Stafford was a rookie, playing behind a banged up oline, w/ his all-world WR banged up for much of the season w/ knee issues, and his RB banged up as well. And he finished 15th in fantasy pts per game. You following my math here? He's being drafted as the 21st QB in recent ADP reports - that's too late. He's gonna return far higher ROI than that. He'll be an excellent backup.

QB Rank 20	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Oakland	10	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Jason Campbell</a>	2009 Stats		327/507	3618	20	15	46	236	1
	2010 Projections		310/484	3407	17	13	29	241	1

Here at the Fantasy Football Armory, we like us some Jason Campbell in 2010. He has a bunch of no-name stars in the making at WR, and is playing in yet another brand new offensive scheme... so what gives? At face value, the situation is a mess. The Raiders were awful last year, and attempted among the fewest plays from scrimmage in the NFL, largely because they were incapable of completing a first down (hello Jamarca Russell). But Campbell showed signs of life last season in the Beltway, and he wasn't working with much. In Oakland, he's got an arsenal of young talent in Chaz Schilens, Louis Murphy, and Darrius Heyward-Bey (who, btw, is said to be wowing people left, right, and center in OTAs and camp this spring/summer). As a backup QB, he's JUST fine.

QB Rank 21	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Jax	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">David Garrard</a>	2009 Stats		314/516	3597	15	10	77	323	3
	2010 Projections		327/520	3497	18	13	41	301	2

He is completely off of fantasy radars in 2010 because of a pretty terrible 2009. What no one realizes is that he was running for his life all season due to having two rookie

he is completely off of fantasy radars in 2010 because of a pretty terrible 2009. what no one realizes is that he was running for his life all season due to having two rookie offensive tackles in Monroe and Britton. An off-season spent polishing up their pass-blocking will translate to more time for Garrard. The Jags are officially in youth-movement-mode at WR - Mike Sims-Walker emerged as a solid target last season, and another Mike – Thomas – appears to have some potential. Also, at this time last year, there was a lot of chatter about former 2005 draft bust, Troy Williamson, being a deep sleeper. However, he went down for the season w/ a torn up shoulder. Williamson is fully healed, and having the same solid off-season. I've seen him mentioned on some sleeper boards, so who knows. I'm not ready to feature him there yet, but he could be a late summer addition.

QB Rank 22	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	San Fran	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Alex Smith</a>	2009 Stats		225/372	2350	18	12	24	51	0
	2010 Projections		307/504	3098	20	14	30	32	0

Will he continue his on-field affair with Vernon Davis? Or will Michael Crabtree make it a love-triangle? Smith owners are hoping for the latter. But does it matter? Singletary and Raye II are pounders, and frankly, Smith hasn't proven that he can be much more than a plug and play fantasy QB when your QB1 is on bye and your QB2 is injured. He averaged 16.2 fantasy PPG, which ranked him 23rd overall in PPG among Qs. We are probably being generous with this ranking.

QB Rank 23	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Arizona	6	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Matt Leinart</a>	2009 Stats		51/77	435	0	3	9	-6	0
	2010 Projections		293/495	3366	18	14	57	47	0

Someone is going to have to explain to me how Matt Leinart can be considered a sleeper in 2010. To start, Kurt Warner finished 12th among QBs last season - yes, he missed a game, but even his per game average was 12th. Next, Boldin is gone. And finally, Leinart blows. I'm waiting... Right, see? Leinart and his career 70 QB rating is no sleeper. And while I'm at it, neither is Breaston or Early Doucet. And oh yeah, Fitz is a bust, relative to where most people are drafting him - he's anywhere from 2-4 for WRs on ADPs - that's too high.

QB Rank 24	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Seattle	5	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Matt Hasselbeck</a>	2009 Stats		293/488	3029	17	17	26	119	0
	2010 Projections		251/420	3200	20	13	21	74	0

He is old and rickety, and playing behind a shaky offensive line. New head coach Pete Carroll will probably stick with him one more season, but brought Charlie Whitehurst and his kind quaff to Seattle as among his first "official" moves after being names head coach. Hasselbeck is now quite injury-prone, and while we like us some Golden Tate as a late sleeper, we don't see Matt, at 35, turning back the clocks. 35 is not old for a QB, but it is when you have a bad back. Hour back, get it? Call ya back in an hour... back, get it? <http://www.youtube.com/watch?v=QDPoPSVMm00>

QB Rank 25	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	NY Jets	7	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Mark Sanchez</a>	2009 Stats		196/363	2444	12	20	36	106	3
	2010 Projections		255/437	3146	17	17	27	136	4

Sanchez didn't give us much to look forward to last season. 12 TDs and 20 INTs - that's pretty dirty, Sanchez. The Jets play shut down defense, and all they want out of him is to control the ball and not make mistakes. Tough to not make mistakes when you are throwing 20 INTs in only 363 attempts. Sanchez will make a weak QB2 in 2010. It's sad, too, because he's got some pretty solid weapons in Edwards, Santonio Holmes, and Jerricho Cotchery.

QB Rank 26	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Cleveland	8	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Jake Delhomme</a>	2009 Stats		178/321	2015	8	18	17	60	0
	2010 Projections		254/420	2835	17	10	16	51	1

A few reasons to actually draft Delhomme, albeit in the waning moments of draft night. 1) Cribbs, Massaquoi, and Robiskie all have a lot of potential - moreso than any WR trio he's ever played with in his career (except that year Muhammed and Steve Smith rolled together). 2) The Browns should be playing from behind a lot again, and while that didn't do much for their pass attempts in 2009, don't forget that Derek Anderson and Brady Quinn are both much less talented than Delhomme is, and that will equate to more first downs and more plays from scrimmage. 3) Mike Holmgren's in 'da heeee-ouuse. The Browns will be better than they were last year, and have a stacked backfield to help balance out the offense. They also finished 2009 with 4 impressive wins in their final 5 games. It's possible.

QB Rank 27	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	St Louis	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Sam Bradford</a>	2009 Stats		--/--	--	--	--	--	--	--
	2010 Projections		190/341	2787	17	18	19	107	1

Bradford tried to do the right thing and stick around for his Senior season at Oklahoma despite being regarded as a top 5 draft pick in the 2009 draft. He injured his (throwing) shoulder in the very first game in 2009, missed a few weeks, then came back and re-injured the same shoulder – his college coach Bob Stoops ended things then and there. What we know about Bradford is that in college he was a prolific passer having tossed 86 TDs in 893 attempts. Those numbers are unheard of at any level. For perspective, Peyton Manning threw 90 TDs in college on 1,354 attempts. 1st overall pick in 2009 Matt Stafford tossed 51 TDs in 987 attempts. Drew Brees threw 90 TDs in 1,678 attempts. Questions remained as to how far he had come from the injury, but he seemed to allay those concerns this past spring. There have been a small handful of rookie sign-callers that were productive enough to warrant a start in a pinch (Peyton Manning, Matt Ryan, Matt Stafford, Ben Roethlisberger - to name a few), so Bradford should be drafted.

QB Rank 28	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Tenn	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Vince Young</a>	2009 Stats		152/259	1879	10	7	55	281	2
	2010 Projections		260/436	2514	12	13	33	257	4

In 4 (really 3.25) seasons, VY has had one quasi-relevant fantasy season - his rookie year, and that was only because he ran 7 TDs in. He has zero fantasy upside, and while I'm at it, don't buy into the Kenny Britt hype, either. I LOVE Britt's skills, but with VY as his QB, he'll be lucky to crack WR3 status. In VY's 39 career starts, he is averaging 169.25 passing yards per game. In his first 22 starts he rushed for 819 yards and 10 TD, which is solid. The only problem is that in his last 17 starts he has rushed for 384 yards and 2 TD. If he's not rushing in TDs, he's got no shot at being even a legitimate fantasy backup. VY finished 2009 with 17.34 in '09, which is great for a RB, but barely top 20 among fantasy QBs. The Tennessee Titans as a team have 38 passing TDs in 3 seasons. For perspective, Randy Moss has 47 TDs in the same timeframe! I've heard a lot of excitement around VY emerging this season as a sleeper, and all I can really do is check back in w/ those folks around week 17 for a good chuckle.

QB Rank	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
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<b>29</b>	Denver	<b>9</b>	<b>Comp/Att</b>	<b>YDS</b>	<b>TD</b>	<b>INT</b>	<b>RUSH</b>	<b>YDS</b>	<b>TD</b>
<a href="#"><u>Kyle Orton</u></a>	<b>2009 Stats</b>		336/541	3802	21	12	24	71	0
	<b>2010 Projections</b>		196/330	2328	15	8	35	39	1

What do you get when you replace Brandon Marshall with Demaryius Thomas? We don't know, either, which is why we are ranking at a spot where he probably won't get drafted. What we do know is that he finished 18th overall among QBs w/ Brandon Marshall. Demaryius should have a bright future ahead of him, but rookie WRs typically struggle their first year. Orton has zero upside, and could very well lose his job to Brady Quinn (actually, probably not, cuz Quinn is really bad).

<b>QB Rank</b> <b>30</b>	<b>Team</b>	<b>Bye</b>	<b>Passing Stats and Projections</b>				<b>Rush Stats &amp; Projections</b>		
<a href="#"><u>Matt Moore</u></a>	Carolina	<b>6</b>	<b>Comp/Att</b>	<b>YDS</b>	<b>TD</b>	<b>INT</b>	<b>RUSH</b>	<b>YDS</b>	<b>TD</b>
	<b>2009 Stats</b>		85/138	1053	8	2	12	-3	0
	<b>2010 Projections</b>		161/277	1943	12	8	36	17	1

He is on everyone's radars (and even some sleeper lists) because of two 3-TD performances at the tail end of last year. One vs. the Giants who let up the 2nd most TDs (31 passing TDs) in '09, and the 2nd vs. the Vikings (who let up 10th most at 26 total). Opposing defenses will torture him early and often and we will probably see a little Jimmy Clausen by about week 5. He was undrafted out of Oregon State U for a reason; consider us in the "not buying" bandwagon for 2010. He will be w/o his star WR all summer, and will be working with a bunch of rookies up until then. Also, he plays on a team who kinda likes to rush the football, and who is kinda good at that.

<b>QB Rank</b> <b>31</b>	<b>Team</b>	<b>Bye</b>	<b>Passing Stats and Projections</b>				<b>Rush Stats &amp; Projections</b>		
<a href="#"><u>Josh Freeman</u></a>	Tampa	<b>4</b>	<b>Comp/Att</b>	<b>YDS</b>	<b>TD</b>	<b>INT</b>	<b>RUSH</b>	<b>YDS</b>	<b>TD</b>
	<b>2009 Stats</b>		159/291	1857	10	18	30	161	0
	<b>2010 Projections</b>		276/478	3059	16	23	19	141	1

One day, I'll get to write that you should be drafting Freeman as a decent fantasy QB2, but it's not this year. Tampa is in a heavy rebuilding mode - save for still handing the ball off to Pontiac Williams. They have two rookies WRs that are expected to start (Mike Williams and Arrelious Benn) and then there is Michael Clayton - who is like a good blocker for a WR - sweet. I'm only ranking him ahead of Trent Edwards to be a wise-ass - cuz Edwards blows - but he will probably finish ahead of Freeman. Neither should be drafted.

<b>QB Rank</b> <b>32</b>	<b>Team</b>	<b>Bye</b>	<b>Passing Stats and Projections</b>				<b>Rush Stats &amp; Projections</b>		
<a href="#"><u>Byron Leftwich</u></a>	Pittsburgh	<b>5</b>	<b>Comp/Att</b>	<b>YDS</b>	<b>TD</b>	<b>INT</b>	<b>RUSH</b>	<b>YDS</b>	<b>TD</b>
	<b>2009 Stats</b>		58/107	594	4	3	6	6	0
	<b>2010 Projections</b>		60/120	757	3	4	0	-8	0

Leftwich will be starting the first 4 games of the season in place of sexual assaultist, Ben Roethlisberger. You know, with Mike Wallace and Hines Ward, Byron could be a decent stop-gap if your QB1 happens to go down right away - at least for the first 4 weeks. I'd say Leftwich is worth drafting in the last round - especially if you land Douchelisberger.

QB Rank 33	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Dallas	4	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Jon Kitna</a>	2009 Stats		0/0	0	0	0	0	0	0
	2010 Projections		0/0	0	0	0	0	0	0

Kitna should be drafted ahead of a few starting QBs, given he remains one of about 2 legitimate "handcuff" QBs in fantasy football for 2010. With all of the tools in Dallas, Kitna could work out, should Romo go down.

QB Rank 34	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Tampa	5	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Chad Pennington</a>	2009 Stats								
	2010 Projections								

Chad Pennington is probably the most productive pickup QB in fantasy over the last 4-5 years. Rarely gets drafted, but when someone goes down, he comes in and seems to roll. If you are on the Henne bandwagon with us, and our pretty lit by the time the last round of the draft is upon you, bark this guy's name out - why not?

QB Rank 35	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Arizona	6	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Derek Anderson</a>	2009 Stats								
	2010 Projections								

Weirder things have happened - including Dexxy Anderson's 2007 season - and we all know that Leinart is gonna struggle. So while it's very difficult to advise anyone to actually burn a roster spot on Anderson, I can almost guarantee you that he will be picked up at some point in 2010.

QB Rank 36	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	St Louis	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Marc Bulger</a>	2009 Stats								
	2010 Projections								

The Rams finally rid themselves of Bulger, and he is now where he belongs - as a backup QB. I know Troy Smith is listed on most depth charts as of this writing, but Bulger's signing is a strong hint that Troy Smith will be dealt at some point this summer. Verdict: Bulger could be considered as a handcuff, I suppose, in the last round of the draft if you don't have other pressing needs, given the WR trio of Boldin, Stallworth, and Mason.

QB Rank 37	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Carolina	6	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Jimmy Clausen</a>	2009 Stats								
	2010 Projections								

Is it lame to start calling Clausen Chucky, now that Gruden is squeeling away in the MNF booth? Probably, but Clausen looks MUCH more like the little murderous doll than Gruden does. So everyone (but me) is on pins and needles to see if Clausen is another charade out of a Charlie Weiss led offense, or the real deal. We will probably find out this season, as Matt Moore was undrafted for a reason in the NFL. Sorry, but two decent fantasy outings has this guy on a lot of sleeper reports - the only negative to there not being any quality control on the internet.

QB Rank 38	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Detroit	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Shaun Hill</a>	2009 Stats		87/155	943	5	2	8	70	0
	2010 Projections								

He'll be backing up Matt Stafford on a team with a lot of weapons. He did ok in San Francisco, so as a late round flier in a 12+ team league, there are worse picks, but not many.

QB Rank 39	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Tenn	8	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Marc Bulger</a>	2009 Stats								
	2010 Projections								

The Rams finally rid themselves of Bulger, and he is now where he belongs – as a backup QB. I know Troy Smith is listed on most depth charts as of this writing, but Bulger's signing is a strong hint that Troy Smith will be dealt at some point this summer.

Verdict: Bulger could be considered as a handcuff, I suppose, in the last round of the draft if you don't have other pressing needs, given the WR trio of Boldin, Stallworth, and Mason.

QB Rank 40	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Buffalo	6	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Ryan Fitzpatrick</a>	2009 Stats								
	2010 Projections								

That's right, I'm ranking Ryan Fitzpatrick ahead of Trent Edwards, despite he's the backup. Again, just trying to make a point. Also, if you happen to see Trent Edwards on any sleeper lists this year, would you please email me at stegman@FFArmory.com?

QB Rank 41	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Buffalo	6	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
	2009 Stats		110/183	1169	6	7	14	106	0

[Trent Edwards](#)

2010 Projections

159/258

1638

8

8

36

106

0

Hi, I'm Trent, I am the only QB in TO's career who couldn't be fantasy relevant. Am I salty that I had him in my sleeper bucket last season? Of course not. What would make you think that? FFToday said it best - there are two NFL execs that think Edwards is an NFL caliber QB, the Bills' GM and head coach.

QB Rank 42	Team	Bye	Passing Stats and Projections				Rush Stats & Projections		
	Denver	9	Comp/Att	YDS	TD	INT	RUSH	YDS	TD
<a href="#">Tim Tebow</a>	2009 Stats								
	2010 Projections								

I'm anxious to see what he can do at this level. He's such an incredible athlete. If Denver starts to lose, which I'm guessing they may, we could see us some Tim Teabag in '10.







# FFArmory.com's 2010 **RUNNING BACK** Projections



Hint: Hit "control F" on your keyboard to help search players!

RB Rank 1	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Minney	4	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Adrian Peterson</a>	2009 Stats		315	1389	4.4	18	43	436	0
	2010 Projections		323	1472	4.6	15	46	436	2

He is the bonafide gold standard for fantasy RBs as he enters his 4th year in the NFL. Three seasons in the league, and three top 3 finishes (basic format). What's more, he is one of only a remaining few every down RBs. Injury concerns? 2 missed games in three seasons is not what i would call a concern. With Favre under center, AP should bang out yet another top 3 finish in 2010, and in our mind should be taken ahead of the over-hyped CJ28. We will be debating AP and MJD all summer long, so stay tuned.

RB Rank 2	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Titans	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Chris Johnson</a>	2009 Stats		358	2006	5.6	14	50	503	2
	2010 Projections		297	1565	5.3	10	50	491	1

13 teams have circled their match-up(s) with the Titans and are already watching game film on CJ28's tendencies in hope of figuring out how to stop him. It is for this very reason that only 5 RBs have had back to back Fantasy Football league leading numbers over the last 20 years - Emmitt Smith, Priest Holmes, Marshall Faulk, LT, and Shaun Alexander. Paint us as skeptics if you would like, but between all of the attention he will receive from opposing defensive coordinators and the hangover from the 400+ touches on a 200 lb frame, we can't justify the upside over the stability of an AP.

RB Rank 3	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Balt	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Ray Rice</a>	2009 Stats		254	1339	5.3	7	78	702	1
	2010 Projections		247	1248	5.1	10	84	680	1

2,041 total yards and 8 TDs has a lot of fantasy minds spinning out of control this off-season. I have seen numerous fantasy "experts" gush about how similar the scenarios are between this year's Ray Rice and last year's Chris Johnson breakout – McGahee playing the part of tub-a-lub Lendale White. What flawed logic that is. 1) Ray Rice does not have the speed that CJ28 does, and won't be busting off seven 50 yard + TDs anytime soon. 2) McGahee is no Lard-ale White. He has graciously accepted his role as backup to Ray Rice, and at \$3.6 million salary, will see his 100+ carries. Will Willis punch another 12 TDs in in 2010? Probably not, I think we can comfortably give a few of those to Rice this season. So if McGahee has five times the skill, vision, speed, and ability to break tackles that a Lendale White has, it is reasonable to assume that he won't disappear quite like White did in 2009. Verdict: Ray Rice won't lead the league in fantasy points in any format the way CJ28 did in 2009, as long as McGahee is there to spell him. Period. Irrespective from that little quip, I'm here to tell you that he should be among the 5-6 RBs taken in any format. PPR leaguers will obviously be targeting Rice as high as 2-3 overall.

RB Rank 4	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Jax	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD

<a href="#"><u>MJD</u></a>	<b>2009 Stats</b>	312	1391	4.5	15	53	374	1
	<b>2010 Projections</b>	296	1302	4.4	14	52	439	3

He remains the most dependable top tiered RB in fantasy. He doesn't miss games to injury, is a TD manufacturer, and is the center-piece of his offense. As the two 2nd year Offensive tackles, Monroe and Britton, get used to NFL pass blocking, they should also improve (they let Garrard get sacked/rushed too much in 2009) which will translate down to MJD as Garrard has more confidence chucking the ball and keeping defenses' attention balanced. Also, he has a couple of really nice matchups in the 2010 fantasy playoffs (Colts and Skins). Whether a PPR or basic or Dynasty or Keeper or whatever crazy rule scheme you play, MJD is a top 3 RB selection in 2010.

<b>RB Rank</b> 5	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	Atlanta	8	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Michael Turner</u></a>	<b>2009 Stats</b>		178	871	4.9	10	5	35	0
	<b>2010 Projections</b>		318	1359	4.3	14	4	21	0

So at this time last year, I was telling everyone with at least one workable ear that Turner was gonna bust. Ya know, the whole curse of 370 carries, the fact that their schedule was going from easy in '08 to very difficult in '09, etc. A few of my detractors said "you got lucky he was injured, cuz he was on a roll" Eh, hey dumb dumb, part of the reason I thought he was gonna bust was because the likelihood for injury was enormous! Was I lucky? Of course, but we all make our own luck. Turner was averaging 16.94 fantasy points per game before he went down to a high ankle sprain. Yes, he came back too soon and that per game average lowered. His high ankle sprain is fine, and he's having an eye-popping training camp and off-season. He's averaged a TD per game and 95+ yards since arriving in Atlanta. Are you looking for guys to win your weeks single-handedly? Turner leads the league in 3+ TD games among RBs w/ 3 since 2008 - that's over CJ28, MJD, and AP. I wouldn't even bump him down from this ranking in PPR leagues, unless you can find a 15 total TD, 1500 total yard guy after this. Don't go off last season's stats, Turner is an un-caged beast.

<b>RB Rank</b> 6	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	San Fran	9	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Frank Gore</u></a>	<b>2009 Stats</b>		229	1120	4.9	10	52	406	3
	<b>2010 Projections</b>		248	1178	4.8	8	50	405	2

A year ago, no one could shut me up about Frank Gore. This season? I'm taking the money and running. Sure, I was technically validated by Gore's '09 performance - including some nice fantasy playoff production, but a closer look at the numbers reveals a lot of poor outings for the guy - he really blew up in 3 contests, missed two games (as should be expected every year you draft him), and actually was a bag-o-donuts in at least 6 contests. What I'm trying to spit out here is that go ahead and grab him, I don't think he can actually totally bust, but I just don't think he's gonna lead the league anytime soon, and without hesitation, I like the 5+ guys I have ranked ahead of him. He's one of about 7-8 full-time RBs left in the NFL, so it's tough to rank him any lower.

<b>RB Rank</b> 7	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	St.Louis	9	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Steven Jackson</u></a>	<b>2009 Stats</b>		324	1416	4.4	4	51	322	0
	<b>2010 Projections</b>		315	1325	4.2	6	57	354	1

Full season with Atlanta. He's a very consistent player. Check his stats. 2009. 20 NFL teams have finished with 2 or less touchdowns per season. Only 2 teams have 50 or more of those 2 or less touchdowns.

Follow me with this stat; it's crazy. Check it: Since 2000, 20 NFL teams have finished with 3 or less wins in a season. Only 3 times has a RB on one of those 3 or less win teams finished in the top 15 in fantasy among RBs. Steven Jackson in 2007, Steven Jackson in 2008, and Steven Jackson in 2009. The Rams have won 6 games... in the last three years - think of what this cat could do with 6 wins in a one season? He's one of about 6 true every down RBs let in the game (AP, MJD, Turner, Gore, and CJ28 being the others) and have AVERAGED 123 total yards per game over the last four seasons. He trailed only Chris Johnson in total touches in 2009 at 385, and led all RBs with 20+ touch games (14 games w/ 20+ touches!) He is a brute up the gut, has the speed to turn the corner on any LB, and has sticky hands out of the backfield. Furthermore, for those of you hating on Sjax - he has had the distinct displeasure of ballin' alongside the worst signal callers in the NFL (Bulger and Kyle Boiler or whatever his name is). Rookie Sam Bradford is an improvement over those L-bags. It'll be more 8 in the box for Sjax, but he's more dependable than anyone left on the board by my count.

RB Rank 8	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Carolina	6	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">DeAngelo Williams</a>	2009 Stats		216	1117	5.2	7	29	252	0
	2010 Projections		224	1179	5.3	10	30	253	2

**\*\*CONTRACT YEAR ALERT\*\*** DeAngelo is a free agent in 2011 and the Panthers have made no serious overtures to resigning him (they are screwed relative to the salary cap). He missed 3 games in 2009 and still finished among the top 15 fantasy RBs. His per game fantasy pt avg was good for 7th overall, so he remains as a RB1 in any format. When you crank the numbers, the only stat that took a nose-dive from his stellar 2008 breakout year was his TD count. As a team, the Panthers didn't score nearly the same # of tuddies in '09 as they did in '08, however Jonathan Stewart was the bread-winner w/ 11 overall while DeAngelo only notched 7 (keeping in mind the 3 missed games, though). D's targets and receptions actually went up in 3 less games, and his per game carry count was about the same. All this means is that you must consider D among the top 10 RBs aka RB1 status in 2010.

RB Rank 9	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	NYJ	7	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Shonn Greene</a>	2009 Stats		109	541	5	2	0	0	0
	2010 Projections		269	1210	4.5	14	5	37	0

For those of you reviewing Greene's 2009 stats, just keep in mind they don't include the post-season (304 yards and 2 TDs in three games). His 5.0 YPA average is alluring - especially for a bruiser. Let's face it, it's all about that #1 rush ranked offensive line for the Jets. They lost Alan Faneca to free agency, so that is a concern (at least for me). The Jets let one old-timer go (Thomas Jones) and brought in another (LT). LT should fare better behind the Jets' oline than his 3.3 YPA average in '09 in San Diego. I wish there was more clarity around what Jabba's plan was relative to the load split. As it stands, I'm uncomfortable drafting Greene any higher than this. Also, Greene's punishing style of running lends itself to frequent injury, so the risk is there, too.

RB Rank 10	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Green Bay	10	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Ryan Grant</a>	2009 Stats		282	1253	4.4	11	25	197	0
	2010 Projections		278	1208	4.3	9	21	169	0

Ryan Grant, to me, represents one of the larger paradoxes in fantasy football, check it: There is not a more bland fantasy baller that you could possibly blurt out on draft day - his game is boring. Straight north/south runner, doesn't catch the ball much, etc, but on the other hand, he's one of about 7-8 full time RBs left in the game. Exactly 7 RBs received 275 or more carries last year, and Grant was one of 'em. He finished 8th overall in fantasy scoring among RBs bouncing back significantly from a weak 2008 effort. He scored 211 fantasy points in 2009 compared to 161.9 in 2008. He also had a career high 12 TD. This is interesting - Ryan Grant had five (5) one yard TDs stolen from him; 3 by Rodgers and 2 by FB John Kuhn. He's a pretty safe pick and if I could land this guy as my RB2, it probably would be a good thing. For as vanilla a player as he is, he does play on one of the most prolific passing attacks in the game and LBs, Corners, and DBs have to start most plays leaning backwards vs. forwards. And when you look at the Packer depth chart, it's a rookie (5th round draft pick James Starks) and Brandon Jackson. Grant's job is pretty safe after a nice 2009 effort.

RB Rank 11	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Cincinnati	6	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Cedric Benson</a>	2009 Stats		301	1251	4.2	6	17	111	0
	2010 Projections		300	1260	4.2	9	11	88	1

\*Contract Year Alert\* - He only played in 13 games, yet finished as a top 15 RB in 2009. Bernard Scott was absolutely brilliant in his place for a couple of games, and given the amount that the Bengals are expected to run again, I wouldn't be shocked if these two come together to be a similar version of DeAngelo Williams and Jonathan Stewart. Why not? You know that Benson can't handle 30 carries a game w/o getting all gimped out, and Scott provides a speedy change of pace back to keep defenses on their heels, w/ Benson being the quintessential in-between-the-tackles runner. Earlier this summer, Benson was arrested for smacking some dude in the jaw - yes, of course, out at a bar. Let's just hope that ol' Roger Goodell doesn't have anything to say about this one. We'll keep you posted via our "Current Rankings". Benson toted the ball 300 times in 13 games last season, and I expect no more than 320 if he can manage all 16 games this season. The team TD count of 9 rushing on the season is cause for concern - there is really only way to go from there, right? I'm targeting him as a RB2 this season. The fact that he is playing for a contract can only be a good thing.

RB Rank 12	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	KC	4	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Jamaal Charles</a>	2009 Stats		190	1120	5.9	7	40	297	1
	2010 Projections		213	1154	5.4	8	47	359	0

JC is faster than pretty much anyone but CJ28 with the ball in his hands, he's got a career 5.6 YPA, and he shouldered fantasy teams to and thru the fantasy playoff run in 2009. He finished 12th last season among RBs in fantasy PPG, and was the only back in the top 19 to have less than 200 carries; he had 190. In the last 30 years, only three RB have rushed the ball at least 115 times and averaged 5.9 YPC - they were: Barry Sanders 1997 335 rushes 6.1 avg., Jamal Charles 2009 190 carries 5.9 avg., and Felix Jones 2009 116 carries 5.9 avg. In Jamal Charles' last 8 games in 2009 he averaged 20.1 fantasy PPG; Chris Johnson led the league with 21.7 fantasy PPG on the season. Thomas Jones was brought in, and it's got many fantasy buffs concerned that he won't see enough touches to warrant RB1 status. Horse-puckey. Thomas Jones is 32, and has seen more carries than ANY RB in the league since 2006. Haley confirmed that TJ was brought in more as insurance, and yes, to carry some of the load in 2010. KC attempted 438 rushes in '09, and let's assume TJ snares about 130-150 of those. That's still plenty for Charles to produce - not to mention all of the damage he's capable of catching the ball out of the backfield. Durability remains a slight concern as Charles had off-season shoulder surgery, and that's really the only thing preventing us from putting him in our top 7. Make him a low end RB1 - and there is plenty of upside to go along w/ this ranking. He's electric with the ball.

RB Rank 13	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	NOLA	10	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Pierre Thomas</a>	2009 Stats		147	793	5.4	6	39	302	2
	2010 Projections		200	1034	5.2	8	24	253	1

\*\*\*Contract Year Alert\*\*\* Pierre will be out to prove something this season, unless the Saints sign him to a long term deal this summer. All they offered was a one-year tender (\$1.7 mill), and he signed it, but wasn't happy about it. I tend to agree w/ the Saints on this one - Drew Brees and Sean Payton's offensive scheme have more to do with Pierre's success than Pierre. My guess is that most NFL caliber RBs can be plugged into this offense and churn out production. It's easy to look at Pierre's per touch numbers and get excited... one 186 touches he had 9 TDs. His yards were light (because of the lack of touches) but his per carry average is 5.4 and per catch at 7.7. Sneaky fantasy ballers are probably eye-ing the Mike Bell departure and smelling blood - and they'd be wise. In his 19 career games in which he's received 10 or more carries, he's averaging 16.24 fantasy PPG. For perspective, Ray Rice finished in 5th place overall in '09 in PPG for RBs with 15.8 (basic format) - we ARE NOT suggesting you selected Ray Rice over Pierre Thomas, but PT's numbers in games w/ 10 or more carries are eye-popping to say the least. Mike Bell, the main carry detractor from PT's load, is gone, leaving only Reggie Bush on the depth chart as Lynell Hamilton went down for the season in the pre. I don't see much risk with this ranking. The Saints may hit the free-agent market for a banger, so stay tuned.

RB Rank 14	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Pitt	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Rashard Mendenhall</a>	2009 Stats		242	1108	4.6	7	25	261	1
	2010 Projections		278	1190	4.3	8	22	214	1

Had Willie Colon not gone down for the season, I would be ranking Mendy higher than this. They replaced him with 5x Pro Bowler Flozell Adams, who is clearly in the twilight of his career. I'm not thrilled with Mendy only posting three 100 yard games in 2009 - something that could possibly change as Pittsburgh sent Fast Willie Parker packing, but again, the Colon loss is huge. 50-60 more carries is a near guarantee w/ health, but I don't think he can average another 4.6 YPC w/o Colon. Also, Mendy seemed to sort of wear down in the 2nd half of the season - check it: First 7 games he had 100 rushes for 573 yards for a 5.73 YPC average and 4 TDs. In the last 8 games he had 142 rushes for 535 yards for a 3.76 YPC average with 3 TDs. He had 42 more carries in the second half of the season but had 38 less yards. The Steelers rushed in 10 TDs in '09, 16 in '08, and only 9 in '07.

RB Rank 15	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	San Diego	10	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Ryan Mathews</a>	2009 Stats		--	--	--	--	--	--	--
	2010 Projections		241	1054	4.4	8	36	275	1

I'm not gonna pretend I know much about this kid at this point - I've never seen him play, I've only read about him. Ive seen Spiller, Hardesty, Best, and Ben Tate all run in college, and was blown away by all (especially Best and Spiller!) The only thing I have to offer is that Darren Sproles is not an every down back, and LT used to get a shit-ton of carries in this offensive scheme, so Mathews is getting more guaranteed touches than each of the aforementioned. What i've read is that Mathews has solid speed with a 4.4 40 yard dash, good size at around 220, and is versatile. ESPN compared him to a Matt Forte. Let's hope they were thinking 2008's Forte and not 2009's Matt "Forty".

RB Rank 16	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Houston	7	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Arian Foster</a>	2009 Stats		54	257	4.8	3	8	93	0
	2010 Projections		158	679	4.3	5	5	26	0

With Ben Tate down to a season ender, Foster is now the undisputed 1st and 2nd down RB in Houston. Foster finished strong the last two games in 2009 with 39 carries 216 yards 5.53 YPC 3 TD and a 21.2 fantasy average. I'm including him on this list for one reason; if Slaton continues to fumble the ball, Foster could be in for 300+ carries. Slaton would still be the 3rd down guy, but there are only about 7-8 RBs who get 275+ carries, making Foster an intriguing RB2 consideration.

RB Rank 17	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Detroit	7	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Jahvid Best</a>	2009 Stats		--	--	--	--	--	--	--
	2010 Projections		210	860	3.8	6	42	354	2

Quick - how many NFL RBs have successfully come back from torn ACLs? There have definitely been a few - but not in 9-10 months. Kevin Smith tore his in week 14, and I just don't see him coming back full bore to command a ton of carries, which puts Best in a great position to shine this season. The only issue is that there weren't a lot of holes for Smith while he was healthy last year, and I'm anxious to see how the additions of OG Rob Simms, and WR Nate Burleson affect the offense this season. Balance is the goal, obviously, as Mega-tron was either double or triple teamed all last season, leaving the other 8 cats on the field to maul Kevin Smith. Best has sick wheels, and is a threat in-between tackles (though he's small), turning the corner, and catching out of the backfield. There is a ton of upside that comes along with calling Jahvid's name on draft day.

RB Rank 18	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Indy	7	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Joseph Addai</a>	2009 Stats		219	828	3.8	10	51	336	3
	2010 Projections		207	776	3.7	9	48	304	1

\*\*\*Contract Year Alert\*\*\* Addai was a touchdown make'a in 2009 (10 rush and 3 receiving), and probably will be again this season as he's got one of the better noses for the end zone in the NFL. Beyond being a solid goal-line guy, Addai's game is similar to Ryan Grant's in the bore-fest department. He just doesn't have much spark to his game. After a decently strong start to his career, he has seen his YPA dip ever since. 3.5 YPA in 2008 and a still sub-par 3.8 YPA in 2009. With Peyton Manning and behind that offensive line, these numbers are unacceptable. Yet he still finished 10th among RBs in a basic format last season. The Colts are wise to let his contract run out and plug anyone else (Donald Brown) with a heartbeat and an NFL pedigree into this backfield. For now, though, Addai is the lucky man, and will continue to receive the majority of the snaps. Before you get too excited, "majority of the snaps" might not mean a lot, as Donald Brown will cut more into this pie as the Colts look to develop his skills for when they let Addai leave via free-agency next season. Let's assume the Colts get back up to around 400 rush attempts in 2010 (up from about 366 in 2009 - lowest in the NFL), Donald Brown's portion of that will come in at around 180, Addai's slightly higher, and Mike Hart will also get a small handful. Addai's value is highest in PPR leagues as he had 60 receipts last year. Bottom line, with 240 total estimated touches, it's hard for me to forecast another 13 TD season. He's a low-end RB2 in a basic format, and a few spots higher in a PPR. I just don't see the upside.

RB Rank 19	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Carolina	6	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Jonathan Stewart</a>	2009 Stats		221	1133	5.1	10	18	139	1
	2010 Projections		236	1124	4.8	8	20	140	1

One of the more full-time fantasy options and he could easily lead the NFL in these categories. He finished 11th among fantasy RBs in 2009 on only 234 carries and under 20

Give this guy a full load of carries, and he could easily lead the NFL on those wheels. He finished 11th among fantasy RBs in 2009 on only 221 carries and under 20 receptions. He is averaging 17.84 fantasy points in his 12 career games of 15 + carries. Yowza. When DeAngelo Williams leaves via free agency after this season, and assuming the Panthers don't go out and bring another all-world talent, Stewart could be an overall top 3 pick going forward . Until then, he remains an RB2 with not a lot of upside - given the RBBC (w/ DeAngelo Williams) in North Carolina.

<b>RB Rank</b> <b>20</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Buffalo</b>	<b>6</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<b><u>CJ Spiller</u></b>	<b>2009 Stats</b>		--	--	--	--	--	--	--
	<b>2010 Projections</b>		157	693	4.4	3	30	289	1

Fans of this Clemson Tiger alum might not have to wait as long as it was originally thought to see him shine in the NFL as both Fred Jackson and Marshawn Lynch have gone down with pre-season injuries. Neither are threatening their seasons, but Spiller is being given a giant window of opportunity, and should establish himself as the starter for week one. You can still expect a RBBC that involves Fred Jackson, but 200 carries and around 50 receptions is not out of the question for Spiller. It'll be not 8, but 9 in the box, as long as Fitz and Edwards are around, so Spiller may not be able to pull the 5.9 YPC average he maintained while in college. Size is a concern (5'11" and only 196 lbs), but then tell that Chris Johnson (5' 11" and 191 lbs ) owners the last two seasons. At the end of the day, the most Spiller touched the ball in college was 252 times in his senior year, so durability remains a concern.

<b>RB Rank</b> <b>21</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>NYJ</b>	<b>7</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<b><u>LaDainian Tomlinson</u></b>	<b>2009 Stats</b>		223	730	3.3	12	20	154	0
	<b>2010 Projections</b>		161	644	4	7	17	118	1

LT \*could\* be an intriguing pick in 2010. The numbers certainly don't lie - his YPC has been plummeting for 4 seasons (really only the last two, but has decreased in each of the last 4), but running behind that offensive line in NY seems to do wonders for RBs. And I'm talking ALL RBs (even that little white dude, Danny Woodhead - standing at 5'7" and 195 lbs averaged 4.3 YPC!) Shonn Greene is NOT competing w/ LT for the main gig. LT's value is as a handcuff to Greene, and behind that line, could probably be effective if given the chance.

<b>RB Rank</b> <b>22</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Chicago</b>	<b>8</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<b><u>Matt Forte</u></b>	<b>2009 Stats</b>		258	929	3.6	4	57	471	0
	<b>2010 Projections</b>		211	845	4.1	7	40	270	2

He is honored as 2009's biggest bust. Oddly, he did still notch 1,400 total yards, but the 4 TDs was a real sting for owners who drafted him as high as 3rd overall last season. So what's it gonna be in 2010, Matt Forte? No, the Y is not a misprint, Matt garnered himself a new nickname reflective of his the typical # of rushing yards he gave fantasy owners last year. Surprisingly, his YPA only dipped .3 yards (to 3.6) between his stellar '08 to '09. Forte sprained an MCL in week 3 last season, and he's blaming that for his lower production. He spent most of the off-season strengthening his lower (and upper) body, but he could be in the best shape of his career and it wouldn't change the fact that the Bears went out and signed Chester Taylor to a 4 year, 12.5 million contract - those aren't backup dollars. Not to pile on, here, but the Bears also selected Harvey Unga in the supplemental draft (it's basically like the 7th round) - Unga is a big boy at 244 lbs and is BYU's all-time leading rusher. I smell a goal-line vulture. Here's an un-encouraging stat for Forte's owners but it will make you dizzy, so bare with me - in his games vs. defenses ranked in the bottom ten for fantasy points allowed for the 2008 & 2009 season he had 231 carries for 1073 yards for a 4.64 YPC average and 9 rushing TDs which equals 16.54 fantasy PPG average in 12 total games. If you aren't dizzy yet, here are his numbers in the other 20 games where he faced defenses ranked 22nd or better... 342 carries for 1087 yards for a 3.18 YPC average and only 3 rushing TDs which comes out to 10.6 fantasy PPG average.

<b>RB Rank</b> <b>23</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Arizona</b>	<b>6</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<b><u>Beanie Wells</u></b>	<b>2009 Stats</b>		176	793	4.5	7	12	143	0
	<b>2010 Projections</b>		250	1175	4.7	10	13	97	0

The Cards ranked dead last in rushing attempts in 2009 (365 total), and Wells finished 31st among RBs w/ 7 TDs and just shy of 800 yards rushing. There are two guarantees in store for the 2010 Cardinals: 1) about 100 more carries, because Leinart is no Kurt Warner, 2) Wells will assume the role as primary RB on 1st and 2nd downs thus bringing his carry count to around 250 in 2010. Hightower is their 3rd down aka receiving RB. He's ok in short yardage situations, but Beanie is proving himself there, too, but the critical element to this equation is that Hightower is not as effective on 1st and 2nd down. He's not quick enough to turn the corner, and isn't strong running in-between the tackles (4.2 YPC vs. Wells' 4.6 YPC. The last 4 or so games saw Beanie getting 65-70% of the RB touches. There is a cap on Beanie's upside, so long as Hightower is around and healthy. Both backs will also get a nice lift with the recent acquisition of Alan Faneca from the Jets. It has been said that Faneca is well past his prime, but at the end of the day, wherever he's been in his career, the associated running game has been stellar (2008-9 w/ the Jets, and the Steelers boasted a top 10 or 5 rushing attack in almost every year he was w/ them - when he left after 2007, the Steeler rush attack went to \$#!t.)

<b>RB Rank</b> <b>24</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Philly</b>	<b>8</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<b><u>LeSean McCoy</u></b>	<b>2009 Stats</b>		155	637	4.1	4	40	308	0
	<b>2010 Projections</b>		230	943	4.5	6	60	438	1

The Eagles don't run the ball much (384 attempts which ranked 28th in the NFL), and that figures to continue with Kevin Kolb under center. He's got pinpoint accuracy, and expect a ton of short passing in Philly this season. Good news for McCoy owners (especially in PPR leagues) is that he should see plenty of looks out of the backfield - similar to what Westy saw throughout his career. I'm not professing Westy-like numbers, mind you, but McCoy would build toward that as he polishes his on-field instincts and gets more comfortable w/ game experience - he's certainly got the wheels to. The Eagles brought in Mike Bell for short yardage, which should keep McCoy's carry count down at around 200 or less, with about 50-60 catches. PPR leaguers go ahead and bump him up from this ranking, but he's RB2 status in either event heading into 2010.

<b>RB Rank</b> <b>25</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Oakland</b>	<b>10</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<b><u>Michael Bush</u></b>	<b>2009 Stats</b>		123	589	4.8	3	17	105	0
	<b>2010 Projections</b>		180	828	4.6	7	23	126	1

It's only a matter of time before Michael Bush pulls a Michael Turner and lands in an organization that is willing to utilize him like he should be. Will it happen in Oakland this season? Darren McFadden and his inflated draft status and contract seem to have the final say on that. Bush is clearly the more impressive runner (4.6 YPA vs. McFadden's 3.8 over their careers), but because he was a 4th round draft pick (2007) to McFadden's 4th overall draft pick (2008), the Raiders are determined to make it work - or that is the only reasoning I can come up with. Bush only dropped to the 4th round in 2007 because of a broken leg (tibia) suffered during the first game of his senior season at University of Louisville. He was widely projected to be a top ten overall pick before then. He seems to have healed nicely. The only sliver of hope for Bush is that Cable pulls his head out of his ass when the Raiders have a strong start with Jason Campbell under center. That's less a compliment to Jason Campbell, and more a rip on how poor the QB situation has been in Oakland since Rich Gannon retired. When given the chance, Bush is hugely fantasy relevant - in his 9 career games in which he has had at least 12 touches, Bush is averaging 14.1 fantasy points per game. Ricky Williams was 7th in RB scoring in 2009 with 13.5 fantasy PPG.

RB Rank 26	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Miami	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Ronnie Brown</a>	2009 Stats		147	648	4.4	8	14	98	0
	2010 Projections		199	798	4.3	9	14	105	1

Ronnie Brown is being selected 20th among RBs on ADPs. If Addai is a bad pick as the 22nd RB off of mock boards, then Brown at 20 is flat out an assault on my senses. Are there really that many morons thinking that this is the year that he doesn't get injured? The guy has finished higher than 20th once in his career (17th among RBs in 2008), and is mired in a RBBC for one more year w/ Ricky Williams. But wait, that's actually a positive thing (RBBC), though, because Ronnie Brown has never had a full load of carries in a season in his career (ie since high school). He split carries w/ (or played 2nd string to) Pontiac Williams at Auburn for 4 years, and never saw more than 175 carries. In 2006, he toted the ball 241 times, and you would have thought the 8th wonder of the world just went down in Miami. Here is the stat that has me so annoyed - think DECEMBER - in his 9 December games in his career (that's right, only 9), he has 116 carries for 548 yards for a 4.72 YPC and 0 rushing TD, to go along with 20 receptions for 129 yards and 1 TD. 8.18 fantasy PPG average. Yuck. When are the fantasy playoffs? Oh, das right, December. How can you not be taking chances on some of these younger guys or up and comers, vs. a guy like Ronnie Brown? Just a garbage pick at 20th among RBs. I mean I have Laurence Maroney ranked ahead of Brown.

RB Rank 27	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Denver	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Knowshon Moreno</a>	2009 Stats		247	947	3.8	7	28	213	2
	2010 Projections		250	1022	4.1	7	42	370	3

Relative to skill-set, Knowshon was a no-shown in his rookie season. Sure, (its) McDaniels (not McDonalds) only ran him about 240 or so times, letting Cornhole Buckhalter Hoover about 150 or so carries (more annoying Belichick disciple crap), but in the carries he did receive, he didn't show that bad-ass, spin-move, dominating style that got him drafted so high in the first place. 3.8 YPC is weak. He did, however, look strong catching balls out of the backfield as expected. 28 catches for 213 yards and 2 scores is good. This ranking might be a bit harsh, and PPR'rs, you would be wise to notch him up a few spots, but given McDaniels' track record, it's hard for me to believe that he's just gonna hand the ball off to Knowshon 300+ times with Buckhalter still around (who btw, ran quite effectively in his limited action). Face it peeps, the RBBC is here to stay!

RB Rank 28	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Wash	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Clinton Portis</a>	2009 Stats		124	494	4	1	9	57	1
	2010 Projections		247	972	3.8	6	30	200	2

I have been ignoring Portis all summer long. I just finished up some research on him, and I went from shock to humbled quickly. I was shocked at all of the positive things being written about his chances this season - I think I read the infamous tagline "Portis showed up to camp in the best shape of his career" lines at least 12 times. I was mostly just scoffing and writing these lamebo comments off. Then I became humbled, because it all started to make sense, when it should have been obvious the entire time - hey, I may have a genius fantasy mind, but I didn't claim to be on fire at all times. Shanahan shipped Portis off to the Beltway in the first place and is now head coach in DC. Portis has been playing with a slew of weak QBs since he arrived in DC 6 seasons ago, and now he's got a stud in Donovan McNabb. That's motivation. But if that's not enough, ruminate on this... rather large portions of the 8 year \$50 million contract that he signed in 2004 are coming up, including \$7+ mill this season, \$8+ mill in 2011, 2012, and 2013. Now, he has no shot in hell of seeing out the rest of this contract, but maybe this and next season is possible? Here's another nugget I thought of, how much strife was there between Jim Zorn and Portis over the last two seasons? A shitload. But let's come back down off our high and settle on this, Portis, though 29 years old, has the mileage of a 32 year old with his 2100+ carries. Is he good for another 300+ carries? No. Not with Willie Parker and Larry Johnson on the depth chart. But these days, he doesn't need 300+ carries to make him a solid RB2 for a fantasy squad. Give him 275 or so carries and 20-30 receipts (McNabb loves to dump that ball), and he can probably finish just outside the top 10 again. Mike Shanahan coached teams have finished as follows in rush yards per game (earliest to latest) - 9th ,9th ,15th ,5th ,1st ,4th ,2nd ,12th ,3rd ,10th ,5th ,2nd ,4th ,2nd ,8th ,9th , and 12th. There are more exciting picks, yeah, but Portis is healthy and will bounce back in 2010.

<b>RB Rank</b> 29	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	Cleveland	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Jerome Harrison</u></a>	<b>2009 Stats</b>		194	862	4.4	5	34	220	2
	<b>2010 Projections</b>		175	731	4.1	4	35	224	1

I don't necessarily buy that Jerome Harrison, at 5'9" and 205, can't handle 250+ carries. He busted off over 100 in three games toward the end of 2009. But with sooooo many other needs, I was confused as to why the Browns invested a 2nd round pick in Montario Hardesty, when they desperately need a better pass rush and a run stuffer (DE Alex Carrington from Arkansas State went a few picks later - someone who would have fit perfectly in Cleveland's 3-4 scheme). And I can't 2nd guess this too hard, given that I trust a Mike Holmgren led organization, but the bottom line - Jerome Harrison owners from 2009, should not expect the 25+ carry per game explosion that occurred toward the tail end of last year. What's more likely, is that the Browns will bang with Hardesty, and possibly even give James Davis to compete, and then bring Harrison in for change of pace. I can't reasonably give an estimate as to what Harrison's load may be, hence this low ranking. He's certainly worth drafting, but maybe as a handcuff to Hardesty. Training camp and the pre-season will give us a much better idea, so this ranking could change significantly. What we know, though, is... the Browns can run, so if you draft one of 'em, make sure you plan for the others, because one injury and you are sitting on gold.

<b>RB Rank</b> 30	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	Seattle	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Justin Forsett</u></a>	<b>2009 Stats</b>		114	619	5.4	4	41	350	1
	<b>2010 Projections</b>		220	900	4.9	5	32	270	1

Fewer fantasy RB draft picks have as much intrigue and mystery as this one. It was originally thought that Forsett would not fit OC Alex Gibbs' "one-cut" rushing scheme, yet it took him all of OTA's to change that perception. Lardale White was cut, and word out of Seattle is that Forsett is the leading candidate to be the 'hawks' starter. Julius Jones is a weak runner - we're not sure what happened between his early days on Dallas and now, but let's just say he's no Thomas (his big brother). Leon Washington is also in camp, but after suffering a broken leg (week 7) which scrapped most of his 2009 season, questions must persist as to whether he can regain that speed and quickness that made him a lethal threat anywhere on the field. Forsett is a likely candidate to get a nice bump up from this mid-july ranking.

<b>RB Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
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<b>31</b>	<b>Miami</b>	<b>5</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Ricky Williams</u></a>	<b>2009 Stats</b>		241	1121	4.7	11	35	264	2
	<b>2010 Projections</b>		195	878	4.5	7	25	170	0

\*\*\*Contract Year Alert\*\*\* Ricky is in a contract year, but no one knows whether he still plans on playing. I'm curious to know his financial situation. On the one hand, if 2010 was any indication, this guy still has skills for his bills, but on the other, it almost seems like he's been dying for the day that he can retire and return to torching bongos with Master P and the rest of whoever his crew is. And oddly, it was Master P that Ricky and the rest of us have to thank to wonder about Ricky's financial situation - man that was a dumb contract. But I digress - Ricky was lights out in 2009 relatively speaking. He had his 2nd best YPC of his career at 4.7 per, but he might have run out of steam toward the end of year (weeks 16 and 17 weren't pretty, and they were must-win situations for the 'fins - so it's a concern. He carried the ball 241 times, and that would seem to be the max you should expect out of him in 2010, thus making him a marginal RB2 candidate.

<b>RB Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
<b>32</b>	<b>NYG</b>	<b>8</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Brandon Jacobs</u></a>	<b>2009 Stats</b>		224	835	3.7	5	18	184	1
	<b>2010 Projections</b>		200	850	4.2	7	16	127	1

Brandon Jacobs busted hard in 2009 - he delivered fantasy owners 15 TDs and over 1000 yards on only 219 carries in '08, and on more carries delivered 5 TDs and barely over 800 yards. He played most of the season on a mildly sprained knee. He didn't bitch or fuss, had it operated on this past winter, and is said to be back healthy. His Christian Okoye style of running the ball means that his career will be short, and he will constantly be injured, making him more of a headache than anything else...EXCEPT if you can land him as a RB3 which you should be able to this summer on draft day. As long as he's not my meal ticket, he'd make a great bye-week sub, or backup in the event of a major injury to one of my starters. He wears down fast, check this stat: BJ has scored only 2 of his 27 TD over the last three seasons in the fourth quarter. 'Sup w/ dat?

<b>RB Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
<b>33</b>	<b>KC</b>	<b>4</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Thomas Jones</u></a>	<b>2009 Stats</b>		331	1402	4.2	14	10	58	0
	<b>2010 Projections</b>		159	624	3.9	8	6	48	0

He leads all RBs in rush attempts over the last 3 seasons (and most in age). Father time has to catch up with TJ at some point. I sung this same tune at this time last year, and I was wrong... way wrong. To the tune of finishing 3rd among RBs in 2009. Now before you leave the site, please know that I had Ray and Sidney Rice, Cedric Benson, and DeSean Jackson in my sleeper bucket and more importantly, i called both Michael Turner and DeAngelo Williams busting from their 2008 numbers, so roll that up and smoke it :) I'll stop wasting time starting....NOW - Coach Todd Haley wisely pounced on Jones to come in and be the power component to Jamal Charles brand of bottled lightning football. I'm expecting T Jones to be preserved vs. this turning into a true split. Charles is a game changer. Sure, Charles did most of his damage vs. three crap rush defenses (Denver ranked 26th, Oakland ranked 29th, and Cleveland ranked 28th), but he also ripped Cinci for 100+ and a score, and had nice numbers and a TD in limited touches vs. San Diego. Plus, 40 catches in what little time he was the starter. There is no way to tell you what TJ's numbers will be this season, except to say, he is probably the #1 handcuff (behind McGahee) heading into 2010.

<b>RB Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
<b>34</b>	<b>Dallas</b>	<b>4</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Felix Jones</u></a>	<b>2009 Stats</b>		116	685	5.9	3	19	119	0

**FELIX JONES****2010 Projections**

170

935

5.5

5

37

227

1

All that needs to happen for us to rank Jones about 16 spots higher than this is for Jerry Jones to ship Barber and Tashard Choice out of town, and for Felix to grow a pair. Simple enough, right? We keep hearing that Felix will be the focal point, and that he is Dallas' best offensive player, etc, but the 'boys didn't pay Marion (we'll call him Babs from this point forward) \$6.5 mill/year to have a minuscule role. Felix is the more talented RB - no one is questioning that - but folks, this is a 3-way RBBC, with even Tashard Choice snaring a small handful of the cut. I'm envisioning a more true split between Babs and Felix - near 50-50 - with Choice hoovering another 60-70 touches as well. For you math junkies, let me break that down a little further for you. The Cowboy's have averaged about 420 rush attempts since Romo became their full time guy in 2007. That's about 185 carries for Jones, 185 for Babs, and 50 for Choice. Not enough to make Felix Jones any more than a late RB2 consideration. One injury to Babs, and Jones' value would skyrocket, though. The guy has a 6.5 yard per rushing attempt average. The only question is can Felix be an every-down RB? In his two year career in the fourth quarter, Jones has had 37 carries for 136 yards for a 3.67 average vs. quarters 1-3 he had 109 carries for 815 yards for a 7.48 YPC. Barber, on the other hand, over the last two seasons in the fourth quarter has 105 carries for 480 yards and a 4.57 average. They complement each another nicely. This isn't lost on the Cowboys' brass.

<b>RB Rank</b> 35	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	New Eng	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Laurence Maroney</u></a>	2009 Stats		194	757	3.9	9	14	99	0
	2010 Projections		200	800	4	8	12	81	1

\*\*\*Contract year player alert\*\*\* I remember watching that New England romp of the Titans, and being lucky enough to have Laurence Maroney fall to me in the waiver wire process (we utilize one of those communistic best team gets last crack at the good pickups waiver wire processes). At any rate, Maroney was huge for me last year - scoring in almost every regular season game I started him in (I drafted Slaton as my RB2 last season - oops). He had four untimely fumbles (show me a timely fumble), and Belichick lost confidence in him toward the end of the season. Going to war w/ a Patriots RB (save for a couple years w/ Corey Dillon), is usually risky business, however where we are ranking Maroney, he can and will give you great RB3 returns, with upside. Here is an encouraging stat on Maroney, in 18 career games of 14+ carries, he has amassed 1744 total yards 15 TD for a 14.68 fantasy PPG average. Those are top 10 RB numbers. Here's another - in the 6 games he had 15 carries last season he notched 571 total yards and 7 TD for an average of 16.51 fantasy PPG. In his other 9 games he registered only 285 total yards and two TD for a 4.5 fantasy PPG average. Given the lack of depth in New England, Maroney makes a nice sleeper in 2010.

<b>RB Rank</b> 36	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Dallas	4	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Marion Barber</u></a>	2009 Stats		214	932	4.4	7	26	221	0
	2010 Projections		137	793	4.3	6	21	164	1

Babs is mired in a Menage-esque RBBC with Felix Jones and Tashard Choice. He makes more \$\$ than them both (combined), yet has a lower YPC than both, but will continue to see a good grip of the carries in Dallas - particularly goal-line and short yardage. Felix Jones should be the first Dallas RB drafted because of his crazy upside (6 YPC average since entering the NFL!), but don't get your hopes there, because he's fragile. Babs should be a handcuff to Jones, and nothing more. Check out these playoff stats from last season... Babs had 11 carries for 18 yards 0 TD for a 1.63 YPC average he also had no catches - his fantasy average was .9 per game. Meanwhile, Felix had 30 carries for 217 yards for a 7.23 YPC average. He also added 4 catches 52 yards for a total of 269 total yards and 1 TD for a 16.45 fantasy average.

<b>RB Rank</b> 37	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Balt	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD

<a href="#"><u>Willis McGahee</u></a>	<b>2009 Stats</b>	109	544	5	12	15	85	2
	<b>2010 Projections</b>	102	505	5	10	5	42	1

It wasn't clear at this time last year, but whatchu talkin' 'bout Willis (RIP Gary Coleman) is officially the handcuff to Ray Rice for 2010. As already stated, he has accepted this role and seems content with it. McGahee was hungry enough to prove to the NFL that he could ball after shredding his leg in the Fiesta Bowl in 2003, but seems to have lost his appetite to dominate at the pro level since then. Verdict: Ray Rice owners should plan to go early on McGahee to seal up the Ravens' backfield for 2010. The problem is, McGahee's 12 TDs will have the less-experienced numb-nuts nabbing him based on last year's stats, so after you've locked up a QB, 2 RBs, and maybe 3 WRs, you have to start considering taking Willis – maybe even after your 2nd WR. If Rice were to go down, McGahee would be an instant RB1/2 caliber for you. It's the best insurance policy out there.

<b>RB Rank</b> <b>38</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>NYG</b>	<b>8</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Ahmad Bradshaw</u></a>	<b>2009 Stats</b>		163	778	4.8	7	21	207	0
	<b>2010 Projections</b>		165	742	4.5	5	22	184	0

I was told by someone that I trust implicitly that I had Ahmad Bradshaw ranked too low (I think I had him in the 50's recently). My issue with Ahmad is tied to upside (or lack thereof). Jacobs goes down, Bradshaw goes down 22 carries later - or so it seems. Bradshaw posted some impressive per carry averages in '09, and did find paydirt 7 times. He's also fairly proficient out of the backfield as a receiver. But I just don't see the Giants ever turning to him for 250+ carries. In his three year career, on carries 1-10 AB cranked out 223 carries 1226 yards and a 5.5 average - nice. However on carries 11-20 in a game over his career he is looking at just 30 carries for 97 or a 3.23 YPC. Brandon Jacobs is around and good for at least 10 games. And sophomore Andre Brown, who saw his rookie season come to a close before it started (with a ruptured achilles heel) is apparently back from the injury, but someone will have to show me an NFL RB that came back from a ruptured achilles heel injury of this severity. Good luck with that search cuz there aren't any. Danny Ware and Gartrell Johnson are also on the depth chart, and would likely split carries should (when) Brandon go (goes) down. I feel this ranking is overly generous. You won't find this cat on my squad in 2010.

<b>RB Rank</b> <b>39</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Indy</b>	<b>7</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Donald Brown</u></a>	<b>2009 Stats</b>		78	281	3.6	3	11	169	0
	<b>2010 Projections</b>		151	620	4.1	6	16	174	0

Donald Brown will probably be ranked as a high RB2 at this time next year. He's faster and bigger than Addai, and if he improves his pass-blocking, he's a near guarantee to be the featured guy. I've read that there are doubts as to whether Donald Brown can be a featured RB - I lean on his 367 carry, 2083 yard senior season at UCONN as support that he can be featured. He just needs to protect Peyton's blindside better, and if he doesn't, then yeah, no PT for yooouuu. That's what kept him off the field in '09 (his lack of pass-blocking). Well that, and and a couple of injuries that kept him out of action for 5 games. Every RB produces consistently (except Addai) on a Peyton Manning led football team - if given a shot. The Colts will ride out Addai for one more season, and then send him packing. Donald Brown's value in 2010 is as a handcuff to Addai.

<b>RB Rank</b> <b>40</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Arizona</b>	<b>6</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Tim Hightower</u></a>	<b>2009 Stats</b>		143	598	4.2	8	63	428	0
	<b>2010 Projections</b>		125	453	3.6	8	43	304	0

The Cards attempted across the league in the NFL in 2009, but that will not be the case in 2010 as the Cards don't have Kurt Warner (or Beldie) around any longer.

The Cards attempted among the lowest rushes in the NFL in 2009, but that will not be the case in 2010 as the Cards don't have Kurt Warner (or Boidin) around any longer. Their replacements are Matt Leinart under center, and Steve Breaston. Two huge downgrades. The good news for the Cards is that they have an up and coming stud at RB in Beanie Wells. This is also bad news for Hightower fans, as he averaged almost 1/2 yard left per carry and 5 yards less per reception. Wells is, by far, the more talented RB. Hightower's number might actually stay level, just by way of the increased rush attempts for AZ, but given the limited upside, I can't see ranking him any higher than this. He makes for an EXCELLENT handcuff to Beanie, though.

RB Rank 41	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Buffalo	6	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Fred Jackson</a>	2009 Stats		237	1062	4.5	2	46	371	2
	2010 Projections		188	778	4.6	3	16	60	0

Fabulous Fred gets no love or devotion from his employer. Just when you think he's inline for some quality PT, the Bills go out and grab CJ Spiller, thus "spoiling" (couldn't come up with anything better) what could have been a solid fantasy prospect. Don't believe me? Check this - in the five games Lynch had under 5 touches (weeks 1,2,3,12,17) Fred Jackson had 768 total yards and 4 TD for an average of 20.16 points per game. Fred had a decent 2009 campaign notching over 1,400 total yards (including over 1000 rushing) but only 4 TDs (2 rush, 2 receiving). The TDs aren't really his fault, either, as the team's QBs continue to struggle to complete passes. With Beast-mode Lynch and CJ Spiller around, there just doesn't seem to be much of an upside for Freddie.

RB Rank 42	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Houston	7	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Steve Slaton</a>	2009 Stats		131	437	3.3	3	44	417	4
	2010 Projections		102	418	4.1	2	36	302	3

I was blinded by Steve Slaton in 2009. I was locked in on his supporting cast and the gaping holes that should have been available to him - as they were in 2008. How was I to know that he'd develop one of the most severe cases of fumbilitis on record - 5 lost fumbles in only 175 touches - unheard of by a RB. At any rate, he's now the Reggie Bush of the Houston Texans, but with a fumbling problem. To say his leash is short, is like saying life needs oxygen and water. Arian Foster enters camp as the primary down back, and Ben Tate will work to overtake him. Slaton isn't a consideration for that role. He's also recovering from a somewhat serious neck injury to boot. Take a late round flier on him, and hope it pans - I'm sure weirder things have happened.

RB Rank 43	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Chicago	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Chester Taylor</a>	2009 Stats		93	332	3.6	1	44	389	1
	2010 Projections		89	289	4.1	0	39	228	1

Chester Taylor can easily be defined as a professional handcuff. Always the bridesmaid and never the bride, Chester left Minnesota where his numbers were decreasing each year because of AP getting the ball ALL DAY. It got to the point where Chester didn't even get 100 attempts (only 94 in 2009). 2010 may hold rejuvenation for Taylor's career, he comes into a Bears team that has a new OC, a disappointing season rushing last year, and no to mention he is getting paid too much money (4 yrs. 12.5 mil including \$7 million on Chicago's books for 2010) to just be a backup. Forte will start as the main guy but if he falters like he did last year, Taylor will get a lot more looks. The odd thing is that Taylor's best skill is his receiving, he was the preferred receiving RB (averaging about 45 receptions per year compared to AP's 32), but Forte was third in receptions by an RB last year (behind Rice and Hightower) so it looks like these two may battle for touches.

RB Rank 44	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Cleveland	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD

<a href="#"><u>Montario Hardesty</u></a>	2009 Stats	--	--	--	--	--	--	--
	2010 Projections	194	769	4	8	7	47	0

I could pretty much just point you to Ben Tate's write up and just say "ditto", except that Hardesty may have slightly more competition at RB, given Jerome Harrison explosion onto the fantasy scene toward the tail end of 2009 - and 2nd year guy James Davis being back from an injury he suffered early last season. Hardesty is as talented as Tate, playing on a much less prolific team, so we notched him down a few spots below Tate - however, that all could change as training camp progresses. We promise to watch intently on the development of all rookies. Also, Hardesty has had a more prevalent history of injury than Tate.

<b>RB Rank</b> 45	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Cincinnati	6	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Bernard Scott</u></a>	2009 Stats		74	321	4.3	0	5	67	0
	2010 Projections		84	382	4.5	2	12	84	0

Scott is getting some fantasy "expert" love here as we all try and find our "Super" sleeper candidates for 2010. As long one doesn't forget that his two games as a starter in place of Benson came against 1) Cleveland (31st ranked) and 2) Oakland (26th ranked), you should be okay. This kid is lightning fast, and strong enough to break some tackles, too. He has yet to meet the end-zone, but that should change in 2010 as I see his carry count jumping up to the 120-130 mark – and that is assuming Benson's health. Verdict: He is a strong handcuff. Benson owners will want to start targeting this cat once they've locked down a starting lineup, a backup QB, WR, and RB. So about the 12th-13th round – just to safeguard against the vultures of your league.

<b>RB Rank</b> 46	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Tenn	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Javon Ringer</u></a>	2009 Stats		8	48	6	0	0	0	0
	2010 Projections		87	367	4.2	3	6	33	1

He's an obvious handcuff to CJ28. He's the \*new\* proto-type size for 50% of a RBBC in the NFL at 5'9" and around 200 or so pounds. 1600+ yards and 22 TDs was his stat line in his Sr. season at Mighigan State - and that's running in the big 10. Respeck. That was also on 360+ carries, so he's proven he can handle a full load.

<b>RB Rank</b> 47	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Oakland	10	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#"><u>Darren McFadden</u></a>	2009 Stats		104	357	3.4	1	21	245	0
	2010 Projections		110	359	3.2	1	27	255	1

You know the whole saying about how mom always tells us if you can't say anything nice about someone, you should probably just sit there and not say anything? Well, this

You know the whole saying about how mom always tells ya if you can't say anything nice about someone, you should probably just sit there and not say anything? Well, I've ignored that advice on this website up until this profile. It's tempting to join the rest of fantasy nation and rip into McFadden for not living up to the hype that surrounded him entering the NFL, but I like his life story - he's truly an inspiration for those souls that weren't given the benefit of a solid upbringing with good role models, etc. I wrote a bio up on him last season - click to the left on his profile and scroll down to read it. So I'll leave it at this - McFadden, while having a larger salary than co-backfield mate Michael Bush, should be drafted after Michael Bush. At best, they will be splitting carries, at worst, McFadden gets injured, or Tom Cable acknowledges that Michael Bush gives the Raiders the best chance to win and gives the majority of snaps to Bush. If you draft Bush, you should draft McFadden, though.

RB Rank 48	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	NOLA	10	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Reggie Bush</a>	2009 Stats		70	390	5.6	5	47	335	3
	2010 Projections		104	475	4.6	3	46	309	4

Reggie Bush does just enough to annoy fantasy owners to tears. If you look at his fantasy PPG, he has finished 35th (2009), 17th (2008), 19th (2007), and 23rd (2006). We know he can't run in-between the tackles, and his touch count is limited to the occasional 1st/2nd down carry, and passing downs. Not enough touches to anchor a fantasy squad. Given his penchant for injury, and lack of upside, he's a backup - and I'd be inclined to take a slew of younger/unproven guys on the off-chance that they pull a Chris Johnson/Steve Slaton (rookie years) on me.

RB Rank 49	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Seattle	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Leon Washington</a>	2009 Stats		71	330	4.6	0	15	131	0
	2010 Projections		140	588	4.2	5	12	131	0

His value is limited given that broken leg he suffered in 2009. Also, Justin Forsett is becoming the heir apparent to.... eh... well there are no comparisons because Seattle hasn't had an effective runner since the 2005 version of Shaun Alexander. Draft Leon Washington as a handcuff to Forsett and nothing more. It's also worth noting that Julius Jones is still lurking in the background, and could Hoover 80-100 of the carries in this offense.

RB Rank 50	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Atlanta	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Jason Snelling</a>	2009 Stats		142	613	4.3	4	30	259	1
	2010 Projections		79	322	4.1	2	17	120	0

He's a must handcuff for Michael Turner. We learned last year, that for sure, Jerious Norwood will never be in consistently on 1st or 2nd down. We also learned that the Atlanta oline can make pretty much any RB dangerous. 4.3 YPC and 4 TDs on 142 carries stepping in for Michael Turner is proof that handcuffing is a great idea in many cases. 30 catches for 259 yards and 1 TD is proof that Snelling could be on the field a lot more this season, even if Turner stays healthy for 16 games. You land Turner and Smelling on draft day you are in good shape for one of your two RB slots.

RB Rank 51	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Denver	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Correll Buckhalter</a>	2009 Stats		120	642	5.4	1	31	240	0
	2010 Projections		108	496	4.6	3	38	297	1

Find me another 31 year old RB with under 600 carries and I'll make you famous. Correll Buckhalter entered the NFL highly touted, but injury after injury kept him on the sidelines, or the couch for 3 of his first 5 years in the league. He has since found his niche, though, as an excellent change of pace RB. He is like a horse-fly to fantasy owners, but to NFL teams, his 4.9 YPC is welcomed with a smile. He'll be 32 before the 2010 is over, but has the mileage of a 24 year old. Check this stat: In his 10 career games of 15+ carries, he has notched 1,155 total yards and 5 TDs. With Knowshon Moreno already dinged up, you'd be a fool not to draft Buckhalter as his handcuff. 14.55 fantasy points per game

<b>RB Rank</b> <b>52</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Minnny</b>	<b>4</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Toby Gerhart</u></a>	<b>2009 Stats</b>		--	--	--	--	--	--	--
	<b>2010 Projections</b>		79	345	4.4	2	3	19	0

He was a workhorse for the Stanford Cardinal, and it will be interesting to see how his band of ball translates to the NFL. The Pac-10 is one of the more competitive D-1s in college football, so I remain wide-eyed at his 5.5 YPC average and 27 TDs (not a misprint, 27) during his Sr season. You'd be foolish not to handcuff this guy to AP on draft night. The Vikings still boast one of the top 5 olines in the league.

<b>RB Rank</b> <b>53</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Tampa</b>	<b>4</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Cadillac Williams</u></a>	<b>2009 Stats</b>		210	821	3.9	4	29	219	3
	<b>2010 Projections</b>		200	756	3.8	3	31	233	1

There are acceptable NFL RBBC's in fantasy, and there are, of course, unacceptable ones. Pontiac (and his buddy Derrick Ward) are the latter. I think it's wonderful that Ponty has been able to salvage his NFL career after all of the injury he has suffered. The patellar tendon knee injury he suffered really only shaved .2 yards off his per carry average, but let's just settle on the fact that Tampa Bay is probably the 3rd most screwed up organization in the NFL at this point, trailing only Oakland and maybe Buffalo. It's hard to like a RB that plays for a team that was losing heading into the fourth quarter in 15 of 16 games in 2009. Williams couldn't shoulder 250 carries at this point, even if the right injury were to take out Derrick Ward or Earnest Graham (who has moved to fullback). Sorry to be such a pessimist.

<b>RB Rank</b> <b>54</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Jacksonville</b>	<b>9</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Rashad Jennings</u></a>	<b>2009 Stats</b>		39	202	5.2	1	16	101	0
	<b>2010 Projections</b>		59	308	5.2	2	19	114	0

He's a big boy at 231 lbs, and runs a 4.5 40 yard dash - he averaged 5.2 YPC last year in limited touches. It all amounts to definite handcuff material to MJD owners.

<b>RB Rank</b> <b>55</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Pittsburgh</b>	<b>5</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Jonathan Dwyer</u></a>	<b>2009 Stats</b>		--	--	--	--	--	--	--
	<b>2010 Projections</b>		25	108	4.3	3	8	56	0

Rashard Mendenhall owners, listen up - this guy is your handcuff, and not Me-welder Moore. Dwyer was a 6th round draft pick out of Georgia Tech for the Steelers. He fell on most boards due to some injuries he suffered in the college ranks. He's a bruiser type one-dimensional back standing at 6'0 and 225 or so lbs. Mendenhall struggled in 3rd and short in 2009, and Bruce Arians (OC) said the goal-line duties are "up for grabs" earlier this summer. If Dwyer wins that role, you'd have to bump Mendy down to high RB2 status.

<b>RB Rank</b> <b>56</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>NYG</b>	<b>4</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Derrick Ward</u></a>	<b>2009 Stats</b>		114	409	3.6	1	20	150	2
	<b>2010 Projections</b>		138	533	3.9	3	38	327	0

He will be splitting carries with Pontiac Williams in Tampa this fall/winter. Given Ponty's penchant for injury, Ward would assume full time duties, thus making him a marginal handcuff. Ward has not proven that he can't manage a full load, while Ponty definitely has proven that.

<b>RB Rank</b> <b>57</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Dallas</b>	<b>4</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Tashard Choice</u></a>	<b>2009 Stats</b>		64	349	5.5	3	15	132	0
	<b>2010 Projections</b>		78	417	5.3	2	18	142	0

He is the third leg to a 3-way RBBC in Dallas. He is draftable - but only by Barber/Jones owners. Click his image to the left and scroll to his 2009 archives - his story hasn't changed much, and there is a decent write-up about his skills. Once he's out from under his rookie contract, he will likely land a starting gig somewhere in the NFL. He's got the size and mitts to be an every-down RB. I call him the "Closer" - check it - his fourth quarter stats in his two year career are 60 carries for 321 yards or a 5.35 YPC average. Solid.

<b>RB Rank</b> <b>58</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Buffalo</b>	<b>6</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Marshawn Lynch</u></a>	<b>2009 Stats</b>		120	450	3.8	2	28	179	0
	<b>2010 Projections</b>		101	397	3.9	7	8	67	0

Beast mode needed a trade in the worst way possible, but the Bills, who are now one of the most poorly run franchises in the league, opted to be stubborn by demanding a 2nd round pick - which no one was willing to cough up. Shocker. Who would cough up a 2nd round pick for Lynch, when next year's draft could yield less headaches for your club in the 6th round? Lynch is talented, but a douche. Quite the duality to contend with. Other NFL 'ballers have had more success - like TO for instance. Lynch will be drafted, just not by me.

<b>RB Rank</b> <b>59</b>	<b>Team</b>	<b>Bye</b>	<b>Rushing Stats &amp; Projections</b>				<b>Receiving Stats &amp; Projections</b>		
	<b>Cleveland</b>	<b>8</b>	<b>Ru Att</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>Recepts</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>James Davis</u></a>	<b>2009 Stats</b>		9	15	1.7	0	4	5	0
	<b>2010 Projections</b>								

His rookie season ended abruptly after week 3 in 2009 after tearing his labrum (shoulder) in practice. What was not widely reported - because it's Cleveland and it seems no one cared - was that this injury occurred after practice while Davis did not have pads on. Allegedly, he was hit by a LB who was wearing pads. Hmmmm. No way the Browns are cutting in favor of Chris Jennings - who he is reportedly battling for the 3rd RB spot behind Hardesty and Harrison. Davis is a waiver wire guy this season.

RB Rank 60	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Detroit	7	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Kevin Smith</a>	2009 Stats		217	747	3.4	4	40	409	1
	2010 Projections		134	491	3.7	4	30	253	1

It's such a bummer that this guy tore up his left ACL last season, because I had high expectations for his career. He's one of the good guys, good heart, good attitude, and the skills to go along w/ all of that goodness. It's tough to come back from torn ACL as a RB. It's not impossible, though (see Willis McGahee). This is a masterful piece on RBs and their torn up knees [http://www.footballdocs.com/RB\\_injury\\_rule.html](http://www.footballdocs.com/RB_injury_rule.html). That said, before Smith was injured, he was not doing much behind that patchwork offensive line, and while he can't be blamed, the seed was probably already planted in Lions' management's mind that changes were needed. Once the season ended they started exploring trade options, and as we saw in April, invest a high draft pick Jahvid Best. A best case scenario for Kevin SMith this season is the minority of carries in a RBBC, or full time duty if Best were to go down. Draft him as an average handcuff to Best.

RB Rank 61	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Philly	8	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Mike Bell</a>	2009 Stats		172	654	3.8	5	4	12	0
	2010 Projections		64	237	3.7	6	2	10	0

Bell will end up being Philly's short yardage guy, which moves Lorenzo Booker back to being a fullback (who was never a fantasy consideration) and limits McCoy's upside slightly as well. McCoy should still get Ray Rice type touches, though, so his potential is there to be a dynamic play-maker for your squad this season. McCoy owners MUST handcuff Bell to him. It won't cost you much, either.

RB Rank 62	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Denver	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Lendale White</a>	2009 Stats								
	2010 Projections								

RB Rank 63	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Wash	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Larry Johnson</a>	2009 Stats		178	562	3.2	0	15	80	0
	2010 Projections		89	300	4.1	3	10	77	1

He's my 2nd least favorite player in the league (trailing only Michael Vick), but if given a shot in DC, he would be a strong contributor to fantasy football squads this season. Issue is, his only prayer for "a shot" is if Portis were to go down - which is a decent possibility - hence LJ's value is as a handcuff only in 2010. He's hit the dreaded 30 year old mark in age, but has the mileage of only a 26-27 year old due to injury or having a \$#!t attitude. After being release from KC, he had a couple of old-school Larry moments in Cinci averaging 4.4 YPC while Cedric Benson was recovering from a hip injury. If you land Portis, spend a late rounder on LJ.

RB Rank 64	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	San Diego	10	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Darren Sproles</a>	2009 Stats		93	343	3.7	3	45	497	4
	2010 Projections		104	440	4.2	1	45	500	3

With an upside of 900 total yards and about 6 TDs, he doesn't even make a good handcuff to Ryan Mathews. He's just too small. He's not fantasy, unless you are in a 16-20 team league.

RB Rank 65	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Wash	9	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Willie Parker</a>	2009 Stats								
	2010 Projections								

FWP would need two key injuries to make an impact in the beltway. Clinton Portis - who rarely gets injured and is rejuvenated w/ the arrival of Donovan McNabb, is the RB1 in DC, Larry "I spit on da' ladies" Johnson is the RB2, and FWP has a firm grip on RB3 duties. Enjoy.

RB Rank 66	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Seattle	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Julius Jones</a>	2009 Stats		177	663	3.7	2	35	232	2
	2010 Projections								

We may have Julius Jones ranked too high here. He is on the outs in Seattle, and if there is gonna be a RBBC in the Pacific Northwest, it'll involve Forsett and Leon Washington. Jones is a waiver wire fodder.

RB Rank 67	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Patriots	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Fred Taylor</a>	2009 Stats								
	2010 Projections								

Fred Taylor is impossible not to respect. 34 years old, 2500+ carries, and still being employed in the NFL. Respect. That said, he won't be shouldering enough touches to affect your fantasy squad. Hopefully Jacksonville welcomes him back to retire as a Jaguar.

RB Rank 68	Team	Bye	Rushing Stats & Projections				Receiving Stats & Projections		
	Patriots	5	Ru Att	Yards	AVG	TD	Recepts	Yards	TD
<a href="#">Sammy Morris</a>	2009 Stats								
	2010 Projections								



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# FFArmory.com's 2010 **WIDE RECEIVER** Projections



Hint: Hit "control F" on your keyboard to help search players!

WR Rank 1	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NE	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Randy Moss</u></a>	2009 Stats		138	83	1264	15.2	13	0	0	0
	2010 Projections		151	93	1398	15	12	0	0	0

\*\*\*contract year player alert\*\*\* Moss is kind of a freak. There are many that think he's finally slowing down. Many think he couldn't possibly reproduce the craziness of 2007 (23 TDs and almost 1,500 yards). 33 is getting up there in age. When I hear people shutter at Moss's age, I simply point to another supra-freak athlete that plays this position - TO - who, in his 33rd year of life, notched his 2nd best fantasy performance of his career with 1,355 yards and 15 TDs (on Dallas). As long as Tom Brady is throwing him the ball, he is a consideration as the top fantasy WR. He is averaging 1 TD per every 5.32 catches since joining the Pats, and with Brady it's one TD per every 5.02 catch. 80 catches would be 16 TDs if Brady can stay healthy by that math. While Moss might not have the reception or yardage ceiling that 'Dre does, he certainly has the TD ceiling. Moss has 9 seasons of double digit TD while 'Dre has zero double digits TD seasons. In Moss' 3 seasons with NE, he has 47 TD including 11 from 2nd stringer Matt Cassel. Johnson only has 42 TD in his entire career. Moss has been a TD machine outside of his two years in Oakland. He keeps in self in as good of shape as TO, and w/o question, is more talented than TO. He may be a bit more of a loafer, but league-leading potential is there.

WR Rank 2	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Houston	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Andre Johnson</u></a>	2009 Stats		170	101	1569	15.5	9	2	10	0
	2010 Projections		161	102	1548	15.2	11	0	0	0

The Houston Texans can safely call the Matt Schaub experiment a success. After finally realizing that David Carr was wasting their most prized offensive weapon, the Texans made a move for relatively unknown and unproven Matt Schaub from the Falcons. Since Schaub arrived in the Oil capital, Andre Johnson has averaged 97.4 YPG and hasn't scored less than 8 TDs in a season. Prior to Schaub's arrival, he was averaging 65 YPG and had never caught more than 6 TDs in a season. The targets were always there, but the David Carr wobblers were usually out of reach. He plays a position in the NFL where narcissism is the norm (see TO, Ochocinco, Randy Moss, Brandon Marshall, Roy Williams, Michael Crabtree), yet he is among the most humble guys in the league. 'Dre is one of two WRs to lead the NFL in receiving yards for two straight seasons, and no WR has led the league 3 straight years in receiving yards. Since 2000 there have only been 11 receivers to top 1500 yards and Andre has done it two straight years.

WR Rank 3	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Atlanta	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Roddy White</u></a>	2009 Stats		165	85	1153	13.6	11	1	2	0
	2010 Projections		153	94	1362	14.5	8	0	0	0

Roddy is entering the prime of his career and Matt Ryan in his 3rd season should only improve his numbers in 2010. 165 targets and only 85 catches? That's about a 52% hit rate – the reception number will rise, just like Roddy's numbers have in each of his first 3 seasons. Check it: 2007 -6 TDs on 130 targets for 156 fantasy points, 2008 – 7 TDs on 149 targets and 180 fantasy points, and 2009 - 11 TDs on 165 targets and 181 fantasy points. Yeah baby. And Ryan struggled w/ consistency and accuracy in a big way in his sophomore season (his completion % slipped from 61% to 58%). White finished 6th among WRs in a basic system in 2009, and will be among the top 5 with good health.

WR Rank 4	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Detroit	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Calvin Johnson</u></a>	2009 Stats		137	67	984	14.7	5	7	73	0
	2010 Projections		154	81	1241	15.3	10	5	50	0

We've seen Mega-tron's downside in 2009 - 18th among WRs in fantasy points per game (he missed two games to injury). From my purview, this represents the lowest possible outcome when drafting Calvin Johnson. He was dinged up in pretty much every contest in 2009 - knee and hand injuries most notably. He was playing with a rookie QB. From a skills standpoint, only another Johnson - Andre - rivals Mega-tron. Randy Moss does, too, but he's on the downside of his career (though you wouldn't guess it from his numbers). Matt Stafford doesn't strike me as the type to choke and have a sophomore slump, but let's say he does - how bad can it get? Roddy White didn't suffer one bit as a result of Matt Ryan's numbers. And finally, the most important element to this equation - the addition of Nate Burleson. Burleson represents, by far, the best talent split out opposite of Megatron in his 3 years as a pro. Mark me down as a bull. And another thing, the Lions now have more insurance at QB, as they signed Shaun Hill this past off-season. Shaun Hill started for the 49ers for a bunch of games, and is a huge upgrade over Daunte Culpepper or Drew Stanton, should Stafford get injured again.

WR Rank 5	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Indy	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Reggie Wayne</u></a>	2009 Stats		149	100	1264	12.6	10	0	0	0
	2010 Projections		135	96	1200	13.1	9	0	0	0

It's bizarre to me that Reggie Wayne has already been in the league 9 years. A prevailing question with Wayne in 2010 is... has he peaked? My guess is probably. He had a 1.4 yard per catch (ypc) decrease year over year (14.0 down to 12.6 in '09), but his TD count and yardage was fine at 1200+ and 10. I think what scares me most about Wayne is all of the new weapons at Manning's disposal. Wayne's stats took a dip as the season progressed and new targets for Manning emerged, check it: Weeks 1-9 Wayne had a 15.1 fantasy PPG avg., but in weeks 10-14 that average dropped to 9 fantasy PPG. We won't count weeks 15 and 16 as Indy rested their starters, although chalk that up as a concern when you consider any INDY fantasy baller. Then, in the playoffs, Wayne averaged only 7.46 fantasy PPG in three games that mattered most. As long as Wayne is the WR1 on Colts with a Peyton Manning under center, it's enough to rank him among the top 10 fantasy wide outs, but there could be a changing of the guard going on if Garcon steps up.

WR Rank 6	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Dallas	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Miles Austin</u></a>	2009 Stats		125	81	1320	16.3	11	2	-2	0
	2010 Projections		134	88	1304	14.8	10	0	0	0

\*\*\*contract year player alert\*\*\*\* Some folks think Austin is gonna bust this season. Some folks are gonna be feeling dumb in 2 months. He has become Tony Romo's new TO - but he is younger, and comes w/o a dogshit attitude. He's also dating Kim Kardashian (Like Seinfeld's Kramer, I'm an ass man so I approve of this courtship). The only thing to worry about with Austin is dropped passes - he's still learning the position - 1,320 yards and 11 TDs and he's still learning. Yowza. It gets better if you wipe out his first 4 games in 2009 where he was not targeted much (he had 14 fant points in those 4 games total), his last 12 games he averaged 15.325 fantasy PPG - Andre Johnson led all WRs with 13 PPG in '09. He's not busting. He led the league in YPC for players w/ over 120 targets. He is playing on a one year contract signed in June of 2010 - so he has plenty of motivation to display his skills. I'd have him even higher than this if the Cowboys didn't go out and draft Dez Bryant. With his addition, there seems to be a lot of legitimate targets, and one illegitimate one (Roy).

WR Rank 7	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Arizona	6	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Larry Fitzgerald</a>	2009 Stats		153	97	1092	11.3	13	0	0	0
	2010 Projections		143	90	1179	13.5	10	0	0	0

The X's and O's are pretty simple on this one - Fitz averaged 5 catches for 73 yards and .45 TDs per game w/ Leinart under center. And he averaged 6.2 catches for 84 yards and .7 TDs per game with Warner. So eh, yeah, paint me the skeptic. I'm seeing him drafted among the first 4 WRs. I know he's a sick talent, but I just think this is more where he \*should\* go. In other words, if you are listening to me, he won't be on your team this season.

WR Rank 8	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Miami	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Brandon Marshall</a>	2009 Stats		154	101	1120	11.1	10	7	39	0
	2010 Projections		150	104	1168	12	11	2	20	0

This guy has crazy skills but there are two things that could hold him back in 2010. 1) Chad Henne - he's inexperienced and somewhat inaccurate (although you don't need to be all that accurate to get Marshall the rock!). 2) is the Miami offensive scheme. The 'Fins have produced zero WRs with more than 3 TDs over the last few years and haven't featured a 1,000 yard WR since Chris Chambers in 2005. Ok, fine, Marty Booker was their WR1 in 2006-2007 and Ted Ginn in 2008 and 2009 and neither are WR1 material. Marshall should eclipse 3 TDs by week 6, and 1,000 yards by week 11, however there is risk in the unknown. He overpowers all def backs, and even linebackers find him challenging to move. With another 100+ catch season, Brandon Marshall will join Marvin Harrison as the only WRs to record 4 straight 100 catch seasons in NFL history (Welker could do it, too, in 2010!). With such balance on offense (wildcat, ricky and ronnie, etc), Marshall should have a stellar season as a low-end WR1.

WR Rank 9	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Green Bay	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Greg Jennings</a>	2009 Stats		118	68	1113	16.4	4	0	0	0
	2010 Projections		121	77	1250	15.3	8	0	0	0

Jennings should bounce back in 2010. '09 was an off year for Jennings for 2 main reasons... 1) He was dinged up with leg and back injuries that lingered but appear to now be behind him 2) Jennings is a deep route guy, and when the oline continued to refuse to block for Rodgers, the deep routes went out the door w/ that. Rodgers was dinking and dunking with Driver, Jermichael Finley, etc. Well, Jennings was slow to adjust to slants and quick outs as a means to earn his paycheck, but around week 11, the line decided to start blocking for Rodge, and voila, Jennings rebounded.

WR Rank 10	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NO	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Marques Colston</a>	2009 Stats		106	70	1074	15.3	9	1	6	0
	2010 Projections		100	74	1131	15.3	9	0	0	0

He's a sick talent, but suffers in an offense that is both stacked with talent and prefers to spread the wealth to keep defenses on their heels for 60 minutes. Colston ranked 25th overall in targets w/ just over 100 on the year. The good news is that he and Brees were still able to connect 70 times, but his final numbers were good but not great at 1074 yards and 9 scores. Expect more of the same as Robert Meachem continues to blossom and speedster Devery Henderson apparently has decided to start actually catching the ball in the NFL. Don't forget Shockey and Reggie Bush need their touches, too.

WR Rank 11	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Carolina	6	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Steve Smith</a>	2009 Stats		130	65	982	15.1	7	5	22	0
	2010 Projections		135	70	1164	16.6	8	0	0	0

He broke his arm this summer playing flag football, but will be ready for week one. At this time last year, I wrote a piece about how lil' Stevie only goes as far as Delhomme takes him. Well, looks like those days are over. He and Matt Moore hooked up for 378 yards and 3 tuddies over the final 4 games of the season officially ending Smith's dependence on Delhomme for production (the previous "no delhomme no dice" numbers can be found on SS's FFarmory 2009 archiving- they weren't pretty). Steve Smith averaged 11.4 fantasy points per game over his last 10 games in 2009, after a very slow start (he averaged 9.3 on the season). The broken arm is only a concern because he won't have all summer to get in sync w/ Matt Moore or Jimmy Clausen. On that note, if Clausen should end up winning this job, that would definitely serve to knock SS down a few, but at the end of the day, w/ that formidable rushing attack, lil' Stevie's got it made.

WR Rank 12	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Philly	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">DeSean Jackson</a>	2009 Stats		118	63	1167	18.5	9	11	137	1
	2010 Projections		109	58	1004	16.7	6	15	142	1

D-Jax's brand of ball is speed, speed, followed by a little more speed. He is the first player since 2000 to have at least 60 receptions and average over 18.6 YPC (T Holt and R Moss each had over 60 catches and 18.7+ YPC in 2000). Only 5 WRs since 1990 have managed to catch 5 50+ TDs in a season; and Desean is one of them as of the conclusion of the 2009 season. The other 4 (Gary Clark 1991, Jerry Rice 1991, Antonio Freeman 1998, and Randy Moss 1998) weren't able to capture the magic in the follow-up seasons. Each guy's fantasy numbers dropped 24+ points, and none of 'em came close to matching the 50+ yard bombers, either. Did D-Jax run out of steam in 2009? In his last three games (inclusive of the post-season) he averaged only 31.33 receiving yards per game (he did score two TDs in that timeframe, though). Kolb doesn't have the gun that McNabb has. Kolb is more of a precision QB, and Andy Reid has adjusted his WCO to accommodate. This means more slants and quick outs for both speedsters (Maclin and Djax), and while Djax's receptions should increase as a result of the shorter/quicker passing game, his TDs could suffer, given that at 6'0" and 178 lbs he isn't much of a red-zone threat. He's still a high end WR2 in 2010, he just won't finish in the top 10 at WR like he did last season.

WR Rank 13	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
			Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Terrell Owens</a>	2009 Stats		109	55	829	15.1	5	6	54	1

**TERRILL OWENS****2010 Projections**

95

64

1020

12.8

7

5

32

0

TO is now a Bengal, and just skyrocketed about 40 places up my stack rankings. At 36 years old, he really hasn't lost much of a step. There is not another physical specimen like him in the league, and with Carson Palmer chuckin' him the ball, the only thing to worry about is how many passing attempts there are in Cinci. Last year, they only attempted 477 passes. A lot of that had to do w/ the emergence of Cedric Benson, but Marvin Lewis also sought to keep Palmer's attempts low as he was coming back MUCH earlier than anticipated from the elbow injury that ended Carson's 2008 in week 5. Last year was the first time since 1999 that T Owens went four games without scoring a TD and we can comfortably blame that stat on the poor QB play of Ryan Fitzpatrick and Trent Edwards. In his career, of playing at least 8 games, he has never finished worse than 11th - except last season with the Bills. The Bengals are going to pass more in 2010, how else to explain pouring millions of dollars on Bryant and TO, and a 1st round draft pick on pass catching TE Jermaine Gresham?

<b>WR Rank</b> <b>14</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>San Diego</b>	<b>10</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Malcom Floyd</u></b>	<b>2009 Stats</b>		76	45	776	17.2	1	0	0	0
	<b>2010 Projections</b>		83	55	900	21	5	0	0	0

\*\*It appears now as if Vincent Jackson will be traded, which skyrockets Malcom's value as the WR1 on a team w/ Phil Rivers\*\*\* He's showing up on a lot of sleeper reports, and I suppose, based on our ranking that I'm buying into it. I wasn't impressed with him numbers once Chambers was dumped mid-way thru 2009, but on the other hand, how valuable is the 3rd target on the Chargers? And really 4th if you include LT and that little midget Darren Sproles? If VJ ends up being traded, and the 6'5" Floyd inherits the WR1 honors, he could go bat shit. He cranked 140 yards in week 17 when VJ rested up for the playoffs. And he finished 4th in the league w/ 17.2 yards per catch. For such a big guy, his TD count was way light, but I suppose Phillip Rivers doesn't need to check down to his 3rd option too often in the red-zone with Gates and VJ on staff. No matter what, VJ will be out for the first 4 games of the season for the DUI, and he is threatening to basically holdout to week 10 if the Chargers don't extend him. This ranking reflects that happening. If VJ happens to decide to comeback when he is eligible after week 4, we will be bumping Floyd down.

<b>WR Rank</b> <b>15</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Jax</b>	<b>9</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Mike Sims-Walker</u></b>	<b>2009 Stats</b>		110	63	869	13.8	7	0	0	0
	<b>2010 Projections</b>		111	73	1060	14.2	9	0	0	0

\*ALERT\* CONTRACT YEAR PLAYER - Sims-walker has plenty of motivation to stay healthy this year as he enters the final year of his rookie contract. I don't see Jax extending him before the season starts, given his history of injury. He finished as the 22nd best WR in 2009, and did most of his damage at home; in fact, he struggled on the road - something to keep in mind if you draft him because it's sort of ugly - 637 yards and 6 TDs in 8 games at home, and 232 yards and 1 TD (in only 7 games, he missed the Seattle game) on the road. Ouch. One other relevant point to consider is the offensive line - the jags were rolling with two rookies at OT last season, and Garrard was sacked/hurried more than ever in his career. With an off-season of pass-blocking practice, it is expected that both will improve dramatically. We anticipate MSW to improve upon last year's numbers.

<b>WR Rank</b> <b>16</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>NY Giants</b>	<b>8</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Hakeem Nicks</u></b>	<b>2009 Stats</b>		75	47	790	16.8	6	2	8	0
	<b>2010 Projections</b>		98	61	1058	16.7	10	0	0	0

He started in just 6 games, played in 14, was the 3rd target on Eli's radar (74 targets on the year), and finished with 790+ yards and 6 TDs (26th among WRs). He ranked 8th among WRs for

He started in just 6 games, played in 14, was the 3rd target on Eli's radar (74 targets on the year), and finished with 7907 yards and 6 TDs (20th among WRs). He ranked 6th among WRs for YAC (Yards after catch) at 423 on the season. Oh, one more thing... he was injured for most of 2009 - first recovering from a sprained foot early on, and then a hamstring injury limited his last couple of weeks (once he won the starting gig from Manningham). Expect this guy to shatter the 1000 yard mark and catch possibly 8-10 TDs (or more, it just depends on whether the Giant rushing attack is pathetic in 2010 as it was in 2009 - cuz if it is, Nicks could finish higher). He will be Eli's #1 target in 2010.

<b>WR Rank</b> <b>17</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Cinci</b>	<b>6</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Chad Ochocinco</u></b>	<b>2009 Stats</b>		128	72	1047	14.5	9	3	32	0
	<b>2010 Projections</b>		121	79	1140	13.9	7	0	0	0

He spent the spring "Dancing With the Stars" – and looked like a real chief in the process. Palmer targeted Ocho over 25% of his attempts in 2009. Chad's YPC remained strong at 14.5, so while he just turned 32 in January, he hasn't yet lost a step. TO is in town, and Ocho has expressed no issue with taking a back seat to his VH1 reality TV show cohort. The Bengals were largely a running team in 2009, and most of that, I contend, was to bring Carson Palmer back slowly from his season-ending elbow injury in 2008. If the Bengals were planning to run more again, they wouldn't have gone out and procured Antonio Bryant, TO, and spent a 1st round draft pick on pass-catching TE Jermaine Gresham from Oklahoma. Just remember how productive TJ Housh and Cinco were together just a few years back. Both Cinco and TO will have plenty of balls thrown their way.

<b>WR Rank</b> <b>18</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Kansas City</b>	<b>4</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Dwayne Bowe</u></b>	<b>2009 Stats</b>		87	47	589	12.5	4	0	0	0
	<b>2010 Projections</b>		116	79	1042	12.9	8	0	0	0

Bowe was terrible along with the rest of the KC Chiefs no different. He started the season off showing up to camp overweight which sent him directly into Coach Todd Haley's doghouse. He never seemed to recover from there, as next came his 4 game suspension for using a performance enhancing substance that is banned in the NFL, and in his limited time on the field, he managed to lead the league in dropped passes. There is cause for optimism, though, as Charlie Weis (of Notre Dame fame) is bringing his high-octane offensive prowess to the heartland, and I'm guessing that Bowe is the largest benefactor. He has been working hard in the off-season, and should be targeted early and often as Haley/Weis look to leverage what little talent they have to achieve some balance on offense. Verdict: We're still not sold on Cassel, but Bowe did finish 30th in fantasy pts average per game. Furthermore, Bowe's targets were down in 2009 at only 8 per game, which is down from 9.8 in 2008. Chris Chambers is the x-factor as when he joined the Chiefs, he was yet another reason for Bowe receiving less attention from Cassel.

<b>WR Rank</b> <b>19</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Pittsburgh</b>	<b>5</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Mike Wallace</u></b>	<b>2009 Stats</b>		72	39	756	19.4	6	5	48	0
	<b>2010 Projections</b>		117	60	1102	17.9	7	0	0	0

\*\*\*Beast Alert\*\*\* He'll be on my squad this season. I'm keeping my chatter low on him, and just treating the FFA fans who actually read my site and don't just hang out on facebook. I've been talking up Hakeem Nicks till I'm blue in the face (cuz I know he's gonna roll), but secretly, I think Mike Wallace has the potential to just go off. Wallace was targeted 5 or less times in all but 4 games in 2009 yet still finished 29th among WRs in fantasy points. His high targets in a game was 8. He will have at least 8 games 8+ targets this year as he slides into the starting WR gig vacated by Santonio Holmes. It gets better, in Wallace's last 3 games last season he went for 226 yards and 3 TDs for a 13.53 fantasy PPG average. This was all on a total of 13 targets over those last 3 games! He averaged 19.4 YPCatch to lead the NFL in 2009... As a rookie! Boyyoyoyoyoyoying. As an fyi - my two other major WR sleepers - Nicks and Massaquoi - both finished in the top 7 in YPC among WRs. Time to get way revved up about this guy. As big of a dickhead as Ben Roethlisberger is, he can make a WR super valuable in fantasy football. Lock this guy down. I'm seeing him go as the 30th WR off of boards. Don't wait around that long - or you will lose him. Especially if your draft is held after the pre-season.

WR Rank 20	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Baltimore	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Anquan Boldin</a>	2009 Stats		126	84	1024	12.2	4	3	12	1
	2010 Projections		108	75	1103	13.1	10	0	0	0

I can't think of many more off-season moves with more fantasy football appeal than the Cards trading Boldin to the Ravens. I keep hearing how Boldin should struggle now that Fitz isn't split out wide opposite him. More flawed logic. Check it: Boldin Career numbers WITH Fitz (not including rookie season) 6.17 catches 78 yards .46 TDs Boldin Career numbers W/O Fitz (not including rookie season) 5.5 catches 66.7 yards .25 TDs Boldin Career numbers W/O Fitz (INCLUDING rookie season) 6.15 catches 82.2 yards .6 TDs Yes, Boldin's rookie year is well behind him and he has been slowed here and there by myriad injuries since then. But it was just 2008 where Boldin ripped off 1038 yards and 11 TDs... in 12 f'in games! And he's only 30 years old. Verdict: Go ahead and be afraid of Boldin because of injuries (he's missed 16 games in 7 seasons); or be afraid of Boldin because the Ravens pass the ball considerably less (about 52% of the Ravens' plays were passes in 2009 compared w/ almost 62% for AZ), but please spare us all with the Boldin is not a #1 WR BS. I'll be targeting Anquan as a top 15 WR for 2010 – but please continually check out the FFarmory WR Rankings page for the latest.

WR Rank 21	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	San Fran	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Michael Crabtree</a>	2009 Stats		86	48	625	13	2	0	0	0
	2010 Projections		120	83	1023	13.4	6	0	0	0

For a guy in his 2nd year, playing for a team with a weak QB, playing for a coach who does not like to pass the ball at all, it's a bit shocking to see where he's going in mocks and ADPs. I've seen him as high as 12th and as low as 18th. He was targeted 86 times in 11 games during his rookie year and turned that in to 2 TDs and 625 yards. If Alex Smith is going to decide that he has an easier time completing passes to WRs over TEs finally in his career, and Vernon Davis is willing to take a back seat in the passing game, I guess you could justify taking Crabtree 12th or 15th overall. But Vernon Davis is in a contract year, so expect him NOT to take a back seat. In fact, there wasn't a change in the # of times he was targeted once Crabtree finally showed up.

WR Rank 22	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Pittsburgh	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Hines Ward</a>	2009 Stats		137	95	1167	12.3	6	0	0	0
	2010 Projections		148	91	1075	11.4	6	0	0	0

Ward finished 2009 (his 10th in the NFL) with his 4th best fantasy statistical output of his career. The dude is 34 and still killin' it. He is the modicum of consistency for NFL WRs, and is a bone-crusher to boot - ever see a downfield block highlight reel on Ward? Good times - check out his profile on the site, there's some good stuff. At any rate, w/ Douchelisberg on the pines for the first 4 games, and another year on those bones, Ward's stock inevitably takes a bit of a hit on draft day, but not much. As long as he laces up, you can assume that he is gonna come out on Sundays and deliver consistent play. He would make the ideal WR3 in any format. He just doesn't have even a lick of upside, which is why I'll be taking risks on some sleeper or bounce back candidates before I'd settle on a guy like Ward. It was tough even writing that, because he's one of my favorite players in the NFL.

WR Rank 23	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Chicago	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Johnny Knox</a>	2009 Stats		80	45	527	11.7	5	0	0	0
	2010 Projections		90	53	720	13.2	5	0	0	0

Johnny Knox is officially the #1 target for the Bears in training camp and the pre-season. His speed, disciplined route running, and great hands fit like a glove into Mike Martz's offensive scheme. In the last three years there have been 9 young receivers who went from not being in the top 50 one season to being in the top 20 the next season, and my money is on Knox to be the 10th in four seasons.

WR Rank 24	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Indy	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Pierre Garcon</a>	2009 Stats		91	47	765	16.3	4	2	10	0
	2010 Projections		94	60	955	15.9	5	0	0	0

Garcon enters 2010 as the Colts WR2. Peyton Manning, in one season, went from very worried about his lack of WRs outside of Wayne (with Harrison retiring) to having a glut of them. What happens to Anthony Gonzalez? He's back from his knee injury (that kept him out of all but one contest in 2009), being quoted as saying "he's 100%" healed etc etc. Bottom line, the starting wide-out gig is Garcon's to lose, and I don't see A-gon challenging Collie for slot duties. A-gon will be given a shot to compete for reps, so there is risk with drafting Garcon. Reggie Wayne was able to produce heavily as a WR2 with Marvin Harrison and Dallas Clark around, so expect Garcon to shine eventually. It just may not be that consistent this season. Here is an encouraging stat, though: Manning targeted Garcon 32 times in the playoffs vs 27 targets for Reggie Wayne. Manning trusted him when it mattered most.

WR Rank 25	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Seattle	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">TJ Houshmanzadeh</a>	2009 Stats		135	79	911	11.5	3	0	0	0
	2010 Projections		134	80	940	11.3	4	0	0	0

Housh was a let down in 2009, but it wasn't due to a lack of targets. He was 12th in the NFL in targets with 135 on the year, but only ended up with 79 receipts, under 1,000 yards. Here is a stat that is both alarming and encouraging (for 2010), he was targeted 21 times in the red-zone! But only turned that into 3 lousy TDs last season (yuck). Here's an even uglier stat to consider... Housh has caught 7 TDs in his 38 NFL contests. (double yuck) Between Hasselbeck (and Seneca Wallace's) ducks in 2009, and Housh being double teamed, it wasn't a pretty season. He went from being a possession WR and 2nd fiddle to Ochocinco in Cinci, to being the WR1 with little else to deflect attention. With all of those targets, he only managed a 36th finish in fantasy point per game - trailing even Burtleson (who had 30 less targets). Now for some good news... Seahawk 2nd round draft pick was hell-on-wheels Golden Tate. He is this year's Percy Harvin. Pete Carroll will be installing a "Wildcat" package in Seattle, and Golden Tate will likely be running that show. When he's not, he will be split out wide opposite Housh (or in the slot) running fly patterns 'til the cows come home. This should open things up for Housh. He should bounce back some in 2010 - I mean after those 2009 numbers, how can he not?

WR Rank	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
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<b>26</b>	NE	<b>5</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<u><a href="#">Wes Welker</a></u>	2009 Stats		162	123	1348	11	4	5	36	0
	2010 Projections									

He's being drafted 12th among WRs according to two different ADP calculators. WTF? 12th? Way too high. Does anyone remember what happened to Jerry Rice when he tried to come back too soon from his ACL tear? A broken patella in his first game back - coincidence? I think not. These ADPs were updated as of August 20th! People... he tore his ACL in week 16 of 2009. But, since he finished 13th among WRs in 2009, naturally, he's got to come close to that again, right? I don't think so. The severity of his ACL tear, doctors say, takes well over a year to fully recover from - more like 18-24 months. Not 9 months. It appears he will be "ready" by week one, but what version of Welker are we going to be getting? Are you really gonna draft him at the same spot that he finished last season? Be my guest, and lemme get your email so I can invite you to one of my leagues. Part of being a good fantasy owner is roping morons into your league to make it easier to win. It's not worth the risk. The knee is weakened, and he's only coming back this soon because he's playing for a new contract. It's not smart.

<b>WR Rank</b> <b>27</b>	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
<u><a href="#">Santana Moss</a></u>	Wash	<b>9</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
	2009 Stats		121	70	902	12.9	3	2	8	0
	2010 Projections		124	78	929	13.3	6	0	0	0

Santana Moss had his knee scoped this off-season - the one that seems to hobble him annually over the last few years. According to the news, he's been taking GHG (muscle stimulant) and his owners can only hope that's true, because this Moss will be playing with the most talented QB of his career this season in Donovan McNabb. Moss can be considered a sleeper this year, because wherever his drafter gets him, there is plenty of upside. He's only 31, and while he's battled myriad injuries in his career (shin splints, knee and back issues), he was able to remain fantasy relevant with Jason Campbell, Patrick Ramsey (sorta), and had a pro-bowl caliber year with Mark Brunell in 2005. Don't be shocked at a little bounce back season for Santana.

<b>WR Rank</b> <b>28</b>	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
<u><a href="#">Steve Smith #12</a></u>	NY Giants	<b>8</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
	2009 Stats		159	107	1220	11.4	7	0	0	0
	2010 Projections		127	73	987	12.1	5	0	0	0

\*\*\*contract year player alert\*\*\* Fantasy Football is not rocket science, but nothing will change how easily swayed large batches of dumb people can be. Selecting Steve Smith #12 as the 14th WR off of boards this season (where he is going in ADPs on KFFL.com and ESPN.com) should be a punishable crime. \*NEWSFLASH\* Steve Smith #12 is not that great, unless you are only going off of his first four games in 2009. Check it: First four games in 2009 he caught 34 balls for 411 yards and 4 TD which is a healthy 16.275. However over his last 12 games, he went for 73 catches for 809 yards and 3 TD which is only 8.24 fantasy PPG which is not even in the top 20 according to 2009. WRs in the top 20 should all have a chance to blow the top off of things (Boldin, Nicks, MSW, Jennings, OchoCinco, DeSean Jackson, the real Steve Smith etc). Speaking of Nicks, that is a central reason why Steve Smith probably won't even match his last year's output. Smith led all WRs on Giants - by a longshot - in targets with 159. The next closest WR was Manningham with 99, and then Nicks with only 74. That balance WILL tilt a bit more toward Nicks in 2010. Nicks is a bigger, wider, better, and faster target, and Eli knows it. Drafting this Steve Smith at 14th among WRs is such a cop out. I will verbally berate anyone in the leagues I participate in if this Steve Smith is selected before the 25th WR. He's got no upside. Are you playing fantasy football to be competitive, or to win? With this guy as your WR2, your chances of winning are low.

<b>WR Rank</b> <b>29</b>	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
<u><a href="#">Percy Harvin</a></u>	Minney	<b>4</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
	2009 Stats		91	60	790	13.2	6	15	135	0
	2010 Projections		91	59	784	13.3	5	15	135	0

It's tough to envision a scenario whereby Harvin's contributions to your fantasy team can increase by that much as long as B-twice aka B-Cool aka Bernard Berrian and his 6 year, \$43 million contract are still around. Rice is Favre's favorite target, and let's not forget one that three-legged monster Visanthe Shiancoe was doin' in the red-zone all of 2009. I'm cool on Harvin. I know he's an incredible talent, but w/o the targets, he's barely a fantasy WR3, although riddled w/ upside if he can get past his migraines.

WR Rank 30	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Chicago	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Devin Aromashodu</a>	2009 Stats		43	24	298	12.4	4	0	0	0
	2010 Projections		91	69	921	14.6	9	0	0	0

1)Martz has been spending much of the OTAs teaching Chicago's top 3 WRs (Hester, Knox, and Aromashodu) all three WR positions in his offense. He wants to move Hester around all over the field; that's code for "I want to make Hester feel special, while I funnel my best WR all of the targets". Don't get me wrong, Hester is tight- he's a solid WR. He's just not a juggernaut like Aromashodu (finally). 2) Aromashodu is Cutler's favorite WR on staff. Period. Cutler campaigned to get this kid in the game, and when he did, the numbers were pretty clear. What was Knox(ville)'s biggest game in '09? (83 yards). Angelo and Lovie need Cutler to produce THIS SEASON – and Cutler will have plenty of say as to who is getting the reps. Plus, Martz plays 3 and 4 WR sets all the time, so it's not like Aromashoutout won't be on the field almost every play anyway. This youngster has breakout year stamped right across his forehead. By this time next year we would not be surprised if people are talking about him like they are about Miles Austin. That is the type of talent we think this kid has. Secondaries will be playing lots of deep coverage because of the speed of Knox and Hester. Combine that with Cutlers arm strength, and it stinks royally of sleeper potential. To get him, you will have to go earlier than one might think, because the secret won't last. I would ock down your starting 3 WRs and then make this Devin your WR 4 or 5 (depending on the size of your league). But definitely check out the ADPs to be sure.

WR Rank 31	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Minny	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Bernard Berrian</a>	2009 Stats		92	55	618	11.2	4	0	0	0
	2010 Projections		110	64	691	13.9	4	0	0	0

B-twice finds himself to be the odd man out in Minnesota - at least according to Brett Favre. Everyone expected Berrian to be Favre's main man, but it took Favre exactly two practices to figure out who his Sterling Sharpe was gonna be (Sidney Rice). And when he wasn't looking Rice's way, it was Harvin between the 20's, and Shiancoe and his giant cock's way in the red zone. Later B-twice, you are draftable, but only in the last round or two.

WR Rank 32	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Denver	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Jabar Gaffney</a>	2009 Stats		88	54	732	13.6	2	0	0	0
	2010 Projections		100	70	860	12.5	4	0	0	0

Jar Jar has officially beat out Demaryius Thomas this summer and will start opposite Eddie Royal. He is finding himself onto some sleeper reports because of the way he finished out last season (week 16 he caught 2 TDs, and week 17 he went for 200+ yards vs. the Chiefs). He has the height and size for an NFL wideout (6'2" and 200 lbs), but without a fantasy relevant season to his credit (and he's caught footballs from Tom Brady for three seasons), it's hard for me to buy in too high on the guy. His first 4 years in the NFL were catching passes from David Carr, who managed to stunt Andre Johnson's growth significantly. Anything's possible, I suppose.

<b>WR Rank</b> <b>33</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Houston</b>	<b>7</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Jacoby Jones</u></b>	<b>2009 Stats</b>		40	27	437	16.2	6	3	22	0
	<b>2010 Projections</b>		70	50	750	15	6	0	0	0

\*\*\*contract year player alert\*\*\* Jacoby Jones was featured as a one of our top sleepers earlier this Spring, and nothing has changed. He is an explosive player - 6 of his 8 career TDs have come outside of the red zone. He remains a top candidate to replace Kevin Walter lining up opposite Andre Johnson. The only concern there is that the Texans just re-upped Kevin Walter for starter money this past spring - which makes no sense at all. Jones averaged 16.2 YPC - top 10 among NFL WRs - and also caught 6 of the Schaub's TDs in 2009 on only 40 targets - he also had 430+ yards receiving. If he could manage to double his targets, we are talking low end WR3 numbers. He's currently being drafted, but very deep. He also makes an excellent handcuff for 'Dre owners.

<b>WR Rank</b> <b>34</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>NO</b>	<b>10</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Robert Meachem</u></b>	<b>2009 Stats</b>		64	45	722	16	9	6	82	0
	<b>2010 Projections</b>		74	45	722	16	5	4	80	0

The light in Meachem's head finally clicked on in 2009, and was sleeper city (yes, he was on my 2009 draft kit sleepers - i'll email you a copy - you can hit me up at stegman@ffarmory.com) Meachem was the only player in the top 57 with under 65 targets and he finished 24th overall. That said, he's getting a downgrade this season. For starters, I do not like how he finished the 2009 season - he didn't show up in the playoffs at all, and last year's numbers were probably a best case scenario for him as long as Devery Henderson is still around (and actually is improving), and of course WR1 Marques Colston. Brees spreads the love, so Meachem will get his, but given the lack of upside, I think there are other guys you draft ahead of Meachem that could be that "oil-strike" (sorry, probably not the year for oil metaphors) you are looking for in your draft.

<b>WR Rank</b> <b>35</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>NY Jets</b>	<b>7</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Braylon Edwards</u></b>	<b>2009 Stats</b>		95	45	680	15.1	4	0	0	0
	<b>2010 Projections</b>		89	44	664	15.1	5	0	0	0



Driving while buzzed will keep VJ on the sidelines for the first four games of the season. His sense of entitlement could keep him on the couch for another 6 weeks beyond that. The Chargers opted to make VJ a restricted FA by offering the one year tender at 110% of his last year's salary (as part of his rookie contract) and VJ doesn't like it. I suppose, had he not gone out and blown a 2nd DUI, that I'd be siding with him in this bitter contract dispute. But the fact remains, he did blow a 2nd DUI, and that calls some serious character issues into question. He's strung together as many solid seasons as he has DUIs. I say he should shut his F'in mouth, out-pace his DUI count w/ WR production, and then talk big bucks. You need to avoid this guy until there is clarity around his impending "Holdout" to week 10 (he can still get credit for a full season, thus making him an unrestricted free agent for 2011 if he comes back by week 10). The Chargers have no intention of trading him.

WR Rank 39	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	KC	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Chris Chambers</a>	2009 Stats		92	45	730	16.2	5	0	0	0
	2010 Projections		98	55	731	13.3	5	0	0	0

I've been saying to stick a fork in this guy for about 5 years now. All it took was the Chargers to cut him to wake up, and realize that he won't be lacing up in a couple of years. He had such potential to be one of the greats - all wasted, because he's a lazy douche. Look at the numbers he put up in KC last year - 600+ yards and 4 TDs in just 9 games on a 16.9 YPC average (2nd highest of his career). Will it last? Charlie Weiss of Notre Dame offense fame (he made Brady Quinn and Jimmy Clausen look like quarterback gods) may have something to say about it. While I'm not so bold as to utter the S word in the context of a Chris Chambers profile, I might add that you shouldn't totally forget him about on draft day if the value is there. He should be targeted as a backup WR w/ upside.

WR Rank 40	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Philly	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Jeremy Maclin</a>	2009 Stats		90	55	762	13.9	4	2	-7	0
	2010 Projections		95	60	780	13	1	0	0	0

Maclin had a solid rookie campaign, and may be the one to benefit most from Donovan McNabb moving down to the Beltway. At 6'0 and 200 bills, he's got wheels and sticky paws. Kolb has great accuracy, and I wouldn't necessarily be shocked to see Maclin put up similar numbers to DeSean Jackson in 2010. That said, he is likely to be the #3 target behind both Jackson and TE Brent Celek. Not to mention LeSean McCoy, who dropped a few (5) passes in '09, but got more comfortable with every quarter of experience. Djax owners should target Maclin as insurance. Otherwise, I can't see him being much more than a low-end WR3 or high end WR4.

WR Rank 41	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Cowboys	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Dez Bryant</a>	2009 Stats		--	--	--	--	--	--	--	--
	2010 Projections		84	40	735	17.5	4	0	0	0

He's got some maaaad skills, but show me a year that the 3rd receiving target on the Dallas Cowboys was able to produce fantasy starter numbers, and I'll post a jpeg of me trying to shove my head in my ass on the front page of FFarmory.com. Cuz Miles Austin is the unquestioned #1 target, and Witten is #2. That is not changing (barring injury). Fold in the fact that Bryant is a rookie, and Roy Williams has a gi-normous contract that Jerry Jones is determined to make work for one more season, and Bryant has the makings of a good keeper/dynasty candidate, as well as a solid handcuff for Miles Austin owners.

WR Rank 42	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Detroit	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD

<b><u>Nate Burleson</u></b>	<b>2009 Stats</b>	103	63	812	12.9	3	2	4	0
	<b>2010 Projections</b>	93	53	900	14.1	5	0	0	0

I've spent plenty of the last 4-5 years ripping Burleson for being soft. And he IS soft. Soft as the pillow that he bites. Weak attempts at humor aside, he's NEVER lined opposite a WR of Megatron's caliber - let's face it, few have. And if Burleson can stay healthy (and that's a big fat fuckin' IF), he could be looking at a return to fantasy relevance. I'm seeing WR3 status to the tune of 950 yards and 4-5 TD in his future.

<b>WR Rank</b> <b>43</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Minn</b>	<b>4</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Sidney Rice</u></b>	<b>2009 Stats</b>		122	83	1312	15.8	8	0	0	0
	<b>2010 Projections</b>		125	81	1284	15.9	9	0	0	0

Sidney Rice is no longer a sleeper. Check out this stat - Over Rice's last 16 games (not counting his first two games last season, and counting his two playoff games last season) Rice averaged 13.56 points. Andre Johnson led the league last season with 13.2 fantasy points. True story, I drafted him in the 17th round last season. After those two dogball games in weeks 1 and 2, I dropped him for Laurent Robinson. Robinson proceeded to break a leg - literally, and we all know what happened to Rice. No one was willing to give me credit for drafting Rice, either. All they could do was laugh. I don't blame them. I won total points in my league, anyway, so I got the last laugh :-). Here's a little more on Rice - he seems to be a home game balla' like his pal Favre - check it: 9 Games (including playoffs) at home he had 50 catches 973 yards 10 TD for a 17.44 fantasy average. Meanwhile, on the road, (including playoffs) in 9 games he had 43 catches for 523 yards and 2 TD for a 7.14 point fantasy PPG avg. He's a WR1 in 2010.

<b>WR Rank</b> <b>44</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>NOLA</b>	<b>10</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Devery Henderson</u></b>	<b>2009 Stats</b>		83	51	804	15.8	2	4	13	0
	<b>2010 Projections</b>		95	55	770	14	4	0	0	0

I just don't see any upside with this guy. He's 7 years old in the league, and after having played with Drew Brees for 4 seasons he's yet to crack the 1,000 yard mark, and hasn't gone over 5 receiving TDs in his career. It's not like he's an imposing target at only 5'11". Fact remains, no one spreads the wealth more evenly than Drew Brees - he targeted Colston 106 times, Meachem 64, Henderson 83, Shockey 67, David Thomas 49, Reggie Bush 68, Pierre Thomas 49. That's some balance. Henderson is a good handcuff for Colston/Meachem owners and nothing more.

<b>WR Rank</b> <b>45</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Buffalo</b>	<b>6</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Lee Evans</u></b>	<b>2009 Stats</b>		96	44	612	13.9	7	0	0	0
	<b>2010 Projections</b>		109	54	784	14.5	5	0	0	0

It's really difficult to get pumped up for a Lee Evans with Trent Edwards as the Bills' QB1 and Ryan Fitzpatrick there to back him up if Trent gets injured or falters. Look, I think Evans is a special talent and among the most under-rated WRs in the NFL. He is a dangerous deep route runner, but Edwards nor Fitz can throw a deep ball. He'll resume WR1 status on Buffalo, but what does that mean? 130 targets? He'll be lucky to catch 40% of those ducks. And 60 receipts won't be enough to command much more than fantasy WR4 status. It's just not gonna happen for Lee in 2010. It's not gonna happen for him until he gets a decent QB. I'd be pissed if I was his him (or his agent). Actually, I just looked up his contract - neither has anything to be pissed about - 4 years for \$37.5 mill. I couldn't be happier for Lee. He deserves every cent. And I bet he's also not blowing it all.

WR Rank 46	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	St. Louis	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Laurent Robinson</a>	2009 Stats		23	13	167	12.8	1	0	0	0
	2010 Projections		98	51	687	13.5	4	0	0	0

LR is on my sleeper list again for 2010 because he is the tallest, fastest, most sure-handed WR on the Rams roster. He is only 26 years old. In his three career games of at least 9 targets he has registered 18 catches 255 yards 2 TD or 12.5 fantasy PPG average. Miles Austin ranked 3rd among WRs in 2009 with a 12.4 fantasy PPG average. It's a bit of a stretch in that a rookie QB (Bradford) will be under center, so keep your hopes in check with this guy. He can be had for very little investment, as I'm seeing kickers and defenses being draft before this kid. As a keeper/dynasty guy, he's a no brainer, because he's young, and Bradford is the real deal.

WR Rank 47	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Wash	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Devin Thomas</a>	2009 Stats		47	25	325	13	3	3	-2	0
	2010 Projections		79	43	463	9.4	7	0	0	0

Someone needs to step up on the 'Skins WR corps this season, because Santana Moss is in the twilight of his career. Devin Thomas enters his 3rd season, and because of the "3rd year WR break out rule" he should have a fine season. That was a joke. If he breaks out, it's going to be because McNasty is in town, and should be able to get him the ball w/ some level of consistency. Thomas did not show much last season, so my expectations are tempered, but he's worth a shot at this point.

WR Rank 48	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NE	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Julian Edelman</a>	2009 Stats		54	37	359	9.7	1	2	5	0
	2010 Projections									

Welker is going to have a difficult time regaining his pre-acl injury form in 2010. His game is built purely on speed and quickness, and w/o it, he's not a professional football player. I know, I know, harsh words. I have much love for Welker, but the injury is what it is. Julian Edelman started for Welker AS A ROOKIE in 4 games (week 2, 3, 17, and the playoff loss vs Baltimore) and ripped off 265 and 2 TDs for a 9.65 fantasy PPG average. Veteran Hines Ward finished 16th among WRs in 2009 with a 9.5 fantasy PPG average.

WR Rank 49	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Tenn	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Kenny Britt</a>	2009 Stats		75	42	701	16.7	3	0	0	0
	2010 Projections		83	46	740	14.9	4	0	0	0

Kenny Britt is top shelf talent, catching balls from a fantasy WR killer. Quick, name me one WR on the Titans in the last 4 seasons that has finished in the top 36 in fantasy? Ding Ding Ding - Justin Gage finished 35th in 2008 - guess who was QB that year? Oh right, Kerry Collins. No WR has finished above 41st ranked WR in fantasy with VY under center. What's more, in 12 of 16 seasons as a coach, Jeff Fisher's leading TD receiver has had 6 TD or less. In other words, in 4 of 16 seasons, a Titans' receiver has caught 7 TDs or more, and only one one time has a WR gone for double digits TDs (Drew Bennett in 2004).

WR Rank 50	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Chicago	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Devin Hester</a>	2009 Stats		91	57	757	13.3	3	6	-1	0
	2010 Projections		85	55	753	12.6	5	0	0	0

Can this be the year where Hester fights off the nickname Forrest Gump (for his keen ability to run fast in a straight line)? The stats point in the right direction. Hester has increased receptions and yards each year in the league. Mike Martz is also a fan of Devin but he has raved about all the Bears receivers this off-season. What to worry about? New playbook. It took Devin 2 years to get a grip on Ron Turner's vanilla playbook, and as of last season, was still "learning the position". When are ya gonna learn it, pal? Cuz Aromashodu already know it! Martz's schemes are complex, and Hester will have to learn all three WR positions on the field. It's hard to tell how quick Hester will adapt this new style of offense. He finished 40th last year, and that was with Aromashodu on the bench for most of it. I just don't see the potential that Hester brings - not this season. Get that guy back returning kicks and punts.

WR Rank 51	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Cowboys	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Roy Williams</a>	2009 Stats		88	38	596	15.7	7	0	0	0
	2010 Projections		67	34	557	13.3	6	0	0	0

Fewer names evoke gag reflex with more frequency than Roy Williams. The viral hatred being directed upon Roy Williams is so thick, that even mock drafters have taken notice - he's being selected, not as the 59th overall pick, but the 59th WR taken in some mock drafts. I think that is a bit extreme. The guy was Romo's 2nd favorite red-zone target (behind Miles Austin) w/ 15 targets, and he did catch 7 TDs. Yes he ran crap routes, and dropped more balls than a Teabagger convention, but with competition in camp in the form of Dez Bryant, I haven't given up hope that Roy can again be fantasy relevant. I'm not talking WR2 worthy, but as a high end WR4? I'll take the chance.

WR Rank 52	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Baltimore	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Derrick Mason</a>	2009 Stats		132	73	1028	14.1	7	1	2	0
	2010 Projections		107	64	782	12.2	5	0	0	0

This dude is 36 years old and in 2009 notched his 4th best fantasy output in his 14 year career; 73 catches for 1,038 yards and 7 tuddies – good for 17th in a basic format. Respeck. Mason’s new nickname is Even-Steven. Too bad his name isn’t Steven – otherwise it may have stuck. Verdict: Targets will be an issue in Baltimore this season. I am obviously not as worried about the presence of Stallworth as I am Boldin. The Ravens dropped a boatload of cash (and draft picks!) in their procurement of ‘Quan’s services, and Flacco should find comfort in Boldin’s consistent ability to fore-arm shimmy CBs to get open. I’m showing 134 targets for Mason in 2009 and that could drop down to under 100 with the new look Ravens’ aerial attack. Boldin will get his. Mason is a WR3 this season in a 12 team format. And a backup in anything less.

WR Rank 53	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Green Bay	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>James Jones</u></a>	2009 Stats		63	32	440	13.8	5	0	0	0
	2010 Projections									

He's a good deep round guy to consider if you are a Driver or Jennings owner this year. I've been waiting for this guy to step up and take over the starting spot from Driver (opposite Jennings) for two years now, but Driver's refusal to go away (and get old), coupled with Jones' erratic-at-times play (he's a bit drop-prone) have prevented that from happening. He did show some flashes of potential in a game vs. Tampa in November going for over 100 yards and a TD. Also impressive were his 5 TDs on only 32 receptions. A guy by the name of Sidney Rice started from such humble beginnings (click here - and check his first two seasons in the league - '07 and '08).

WR Rank 54	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Oakland	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Louis Murphy</u></a>	2009 Stats		96	34	521	15.3	4	6	31	0
	2010 Projections		107	45	704	15.6	4	0	0	0

Which one of the three WRs on Oakland will break out this season? I've already spoken clearly by making Chaz Schilens a top 35 ranked WR. I think Louis Murphy could be a likely next candidate. He was certainly targeted (by Jamarcus Sizzurp albeit) the most of all Oakland WRs in the red zone last season. He's tall, standing at about 6'2 200lbs, and has been described as having similar speed as Heyward-Bey. Fewer teams hold more intrigue than Oakland from a fantasy perspective this summer. There's potential.

WR Rank 55	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Seattle	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Golden Tate</u></a>	2009 Stats									
	2010 Projections									

Golden Tate put up some insane numbers in Charlie Weiss' system at Notre Dame, and he steps into Pete Carroll's system and will start right away opposite TJ Houshmlfhunter - unless you think Deon Butler can beat him out (no way). He was selected in the 2nd round as the 60th player overall. Tate's junior season was incredible - 1,500 on 93 receptions and 15 TDs.... in 12 games. Yowza. Sick upside associated w/ this fella'. The only reason to stay lukewarm on him is that he's the 2nd target on a team QB'd by Matt Hasselbeck or Charlie Whitehurst. Could be slim pickin's for this kid in 2010, but he's got the ability to blow it out in this league.

WR Rank	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
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<b>56</b>	Oakland	<b>10</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<b><u>Chaz Schilens</u></b>	2009 Stats		52	29	365	12.6	2	0	0	0
	2010 Projections		94	68	903	14.5	6	0	0	0

I've circulated this guy's name as a sleeper and all I get from most of the folks is "what?" or "who?" and "Chaz? You mean your neighbor?" Heh heh. Dumbasses. Chaz Schilens IS A BEAST! You'd suck nuts, too, if you were on the receiving end of Ja-brumsky Russell's ducks. Well guess what? Jason "Lips" Campbell is now under center, and to call him a QB improvement is the understatement of the century. Schilens is 6'4" and 225 pounds and runs a sub 4.4 40 yard dash. He's got excellent hands and is tough to defend. He didn't do much in college (San Diego State) because he played for a team with crap QBs, and in a scheme that preferred to run the ball (Lynell Hamilton was one of the featured backs!). Jason Campbell will be the best QB he has ever played the game with by many lengths. Should be interesting.

<b>WR Rank</b>	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
<b>57</b>	NY Jets	<b>7</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<b><u>Santonio Holmes</u></b>	2009 Stats		138	79	1248	15.8	5	3	6	0
	2010 Projections		76	39	607	16.6	3	0	0	0

He'll spend the first 4 games on suspension. And then join his new team that doesn't pass a whole lot. He'll be lined up in the slot with Cotchery and Edwards split out wide. Holmes cost the Jets a 2010 5th round pick, so it was a no-brainer trade for them. Personally, I think the Steelers made a knee jerk/emotional decision and are stupid for doing so. I get that Holmes is a mental midget, but why not wait and shop him around for a little more value in return? If this trade was made in my fantasy league, I'd vote veto. As for Holmes's value in 2010? It's non-existent. Look at Edwards' and Cotchery's numbers last year - and Keller's for that matter. Sanchez will be asked to do just enough for the defense to win games for them again this season.

<b>WR Rank</b>	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
<b>58</b>	Denver	<b>9</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<b><u>Demaryius Thomas</u></b>	2009 Stats									
	2010 Projections									

There really isn't a lot to go on with this kid, except to say that it is being reported that he has yet to beat out Jar Jar Gaffney for the starting WR slot opposite Eddie Royal. I'm ranking him this high because he is a 1st rounder and has upside. He excites me more than any of the players listed below.

<b>WR Rank</b>	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
<b>59</b>	Jax	<b>9</b>	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<b><u>Mike Thomas</u></b>	2009 Stats									
	2010 Projections									

He's tiny, fast, and has sticky-ass fingers. He enters camp as the starter opposite Sims-Walker, however his place is as a slot receiver for the Jags to get the most out of him. I don't know too many effective 5'8" cats splitting out wide in the NFL - not saying it can't happen. There is that one dude... on Carolina... Steve something? Mike Thomas is one of those rare WR handcuffs. He's probably not going to do enough to warrant even WR4 status, but if MSW (Sims-Walker) were to be injured? Ya never know.

<b>WR Rank</b> <b>60</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Indy</b>	<b>7</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Austin Collie</u></b>	<b>2009 Stats</b>		90	60	676	11.3	7	2	1	0
	<b>2010 Projections</b>		93	51	601	11.1	4	0	0	0

Collie will be in the slot this season come hell or high water. A-gon and P Garcon will duke it out for the WR2 spot opposite Wayne, and we expect Garcon to easily win that one. Collie is the quintessential slot man - but as the 4th targets on this pass-happy team, we aren't expecting a lot of consistent production out of him. And what makes him more limiting, is that if Wayne or Garcon were to go down, Anthony Gonzalez would likely be put into their spot.

<b>WR Rank</b> <b>61</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Arizona</b>	<b>6</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Steve Breaston</u></b>	<b>2009 Stats</b>		82	55	712	12.9	3	2	44	0
	<b>2010 Projections</b>		80	50	600	12	3	0	0	0

Breaston slides into the spot vacated by Anquan Boldin - or so this is assumed. He made a name for himself the year that the Cards (2008) had three 1000 yard receivers (and went to the Super bowl), but didn't do much in 2009. He's not real big (189 lbs and 6'0"), but does have some good hands. I think Early Doucet is the better of these two, and he will be given a shot to start eventually. Early is built more like 'Quan standing at 6'0 but 212 lbs. That would move Breaston back to the slot. But i don't see either of these guys making a fantasy impact. Hell, I had to be talked into featuring Larry Fitzgerald in my top ten WRs! It's nothing against Fitz, but Leinart makes me nervous, and his backup, Derek Anderson, doesn't impress me, either.

<b>WR Rank</b> <b>62</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
	<b>Cleveland</b>	<b>8</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Josh Cribbs</u></b>	<b>2009 Stats</b>		36	20	135	6.8	1	55	381	1
	<b>2010 Projections</b>		68	43	440	10.2	2	60	390	1

If, at this point of the draft, you are not taking chances, then shame on you. Cribbs has other-worldly speed, but is rather new to the WR position, having not played a lot of it in college (he was a QB at Kent State). Since signing the fat deal he so sought this past off-season, one has to assume that Cleveland will find other ways to get him the ball besides a few Wildcat series and kickoff/punt returns. He still has a lot to learn, though, so keep your expectations in check if you are looking at him for a WR.



Here is another guy that is getting the OR label more than most. Is it because he played college ball at LSU? Is he getting a bum rap? For every Craig Davis and Devery Henderson LSU has produced, there is a Dwayne Bowe and Early Doucet (up and comer). Ok fine, Michael Clayton and Josh Reed have not exactly lit things up. The point is, let's not just call him a bust because he went to LSU – a school that produced the biggest bust in NFL history – JoHomeless Russell. Wow, maybe there is some validity to this after all. Let's call him a bust because he dropped more balls than your average Junior High school while at LSU. After dropping a few balls in OTAs, he appears to be making progress and the story goes that he is the favorite to win the starting job opposite Steve Smith (beating out Dwayne Jarrett. He will be getting extra off-season reps with Steve Smith out w/ a broken fore-arm (damn flag football). Worth a late rounder - he's having a solid training camp.

WR Rank 67	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Tampa	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Arrelious Benn</u></a>	2009 Stats		--	--	--	--	--	--	--	--
	2010 Projections									

Raheem Norris coaxed GM Mark Dominik (who is barely qualified to manage a fantasy squad in my league, much less an NFL team) to burn a 39th overall draft pick on Arrelious Benn because he spent time recruiting Benn out of high school when he was with Kansas State. Benn is still learning what an endzone looks like having found it only 7 times in his 3 year college career. I love his size at 6'1 and 217 lbs, and the lack of TDs is more a reflection on the QB play at Illinois vs. his skills. He will start the season as the WR1 on the Bucs - but that isn't expected to net him much as a fantasy baller, given that Josh Freeman is still very raw.

WR Rank 68	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Miami	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Davone Bess</u></a>	2009 Stats		113	76	758	10	2	2	11	0
	2010 Projections		84	54	540	10	4	0	0	0

Zero upside on this guy. Short, slow, but he does have some sticky mitts. He's a great slot WR, but won't do anything for your fantasy squad. I've seen him on some sleeper reports, and it made me chuckle. With Marshall in town, Bess has no shot at producing fantasy starter numbers. Bess was targeted 2 times in the red zone last season. Two.

WR Rank 69	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Arizona	6	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Early Doucet</u></a>	2009 Stats		24	17	214	12.6	1	0	0	0
	2010 Projections		89	58	730	12.6	3	0	0	0

Early Doucet is a very similar type of WR to Anquan Boldin, and while Breaston is thought to be the lead candidate for Quan's reps, Doucet will have plenty to say about that. If there was such a thing as a super-mega-deep sleeper (god, that sounded like the Talentless Mrs. Roto), Doucet would be my number one candidate. I'd easily bust a late round flier on this cat. He'll be a solid fantasy WR if he ever finds himself in the right situation.

WR Rank 70	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NY Jets	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Jerricho Cotchery</a>	2009 Stats		96	57	821	14.4	3	2	7	1
	2010 Projections		83	53	720	13.6	4	0	0	0

Love this dude's name. I'll never forget the fantasy draft in my main league in 2004. It was late, much Beam had been imbibed, there were bongos involved, too, and my buddy Shut tried to pronounce Cotchery's name in the last round of the draft (we have to start rookies in this league, so pretty much every offensive rookie w/ a shot at PT gets drafted). He got the "Jerricho" part out ok, but when it came time for the last name, he got majorly stuck after the "C" and it was funny to watch a drunk and way baked Shut try and finish 'er off. "Caahhhrotch, no, Craaah-otch, damn it, ahh fuck it, rookie WR on the Jets". It was even more of a struggle than that. We were all on the floor laughing loudly. At any rate, he's an excellent possession receiver (Cotchery, not my pal, Shut), but has absolutely no potential to be better than he was last year (34th overall among WRs) with Santonio Holmes and Braylon Edwards around and Mark Sanchez under center.

WR Rank 71	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Indy	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Anthony Gonzalez</a>	2009 Stats		0	0	0	0	0	0	0	0
	2010 Projections		49	36	468	13	3	0	0	0

A-gon is back from his injury, and unfortunately, while he was away, two young bucks stepped up and reminded Peyton Manning what it was like to have myriad passing options. A-gon will be given a cursory opportunity to compete for his starting job with Pierre Garcon, but he'll lose that battle. With Austin Collie already having dibs on the slot, A-gon is relegated to the waiver wire in 2010.

WR Rank 72	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	St.Louis	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Donnie Avery</a>	2009 Stats		97	47	589	12.5	5	4	30	0
	2010 Projections		92	49	608	12.4	4	0	0	0

He can stretch the field for rookie Sam Bradford, but should not be drafted. The only WR with fantasy potential for 2010 (until Bradford proves himself) is Laurent Robinson.

WR Rank 73	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NYG	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Mario Manningham</a>	2009 Stats		99	57	822	14.4	5	0	0	0
	2010 Projections		95	55	620	14.9	3	0	0	0

Manninghammy will be given a chance to compete with Hakeem Nicks for the starting spot opposite Steve Smith #12 and he will lose this battle and by a landslide. Manningham will end up in the slot on 3 WR sets.

WR Rank 74	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Atlanta	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Harry Douglas</a>	2009 Stats									
	2010 Projections									

He was a rookie in 2008 and will most likely go undrafted in fantasy leagues this summer. I think that's a mistake. This kid has lightning speed. He went very early in training camp a year ago to a knee injury, but is back and turning heads - most notably Matt Ryan's - as written up in a recent newbreakers on CBSsports.com. Roddy White owners should take a late round flier on this kid as insurance (if you can afford the roster room).

WR Rank 75	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Chicago	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Earl Bennett</a>	2009 Stats		88	54	717	13.3	2	0	0	0
	2010 Projections		97	61	698	11.4	0	0	0	0

He's the odd man out in Chicago. He has no prayer of being fantasy relevant - unless (2 of 3)Aromashodu, Hester, Knox go down to injury.

WR Rank 76	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Cinci	6	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Antonio Bryant</a>	2009 Stats		86	39	600	15.4	4	0	0	0
	2010 Projections		89	46	703	14.5	4	0	0	0

CUT BUT THE BENGALS - DO NOT DRAFT!!!! - The TO signing can only mean one thing for Bryant – his knee injury from 2009 must not be fully healed. Assuming he is ok, though, he will be taking a backseat to both Ochocinco and TO in the target department, but what a helluva of a trio these guys could make. Bryant's temper, injury, and circumstances (not talent) have kept him to only 2 fantasy relevant seasons in 8 years. He spent 2007 on the couch, and had a couple of seasons stopped short due to injury or behavior. But he has 30 career TDs and only 372 receptions. Impressive numbers. He represents one of the few legitimate handcuffs for WRs (either TO or Ocho), and should be selected at the very end of fantasy drafts.

WR Rank 77	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Baltimore	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Donte Stallworth</a>	2009 Stats		0	0	0	0	0	0	0	0
	2010 Projections		44	25	341	13.6	3	0	0	0

A little over one year removed from being convicted of vehicular manslaughter, Stallworth remains an interesting story. He is under house-arrest, subject to drug/alcohol testing at a moment's notice, and will be on probation (the legal kind) for the rest of his playing day. Did the judge giving him a mere 30 days in prison feed this NFL ego or humble it? The Ravens believe it humbled it. They were blown away by Stallworth's winter workout to the point where they chanced the potential PR gaffe by signing this controversial speedster. I gotta tell you, I'm not going crazy about Stallworth's individual fantasy impact, but am highly intrigued over how he can stretch the field for the likes of 'Quan, Mason, and Ray Rice & Willis McGahee. On paper, the Ravens had just about the best off-season of any NFL team. Verdict: Stallworth isn't someone you should consider until way late in drafts – perhaps as a handcuff for Anquan Boldin owners. He had a couple of memorable fantasy performances with the Saints, Eagles, and was around for Brady's miraculous 2007 season, too.





# FFArmory.com's 2010 **TIGHT END** Projections



Hint: Hit "control F" on your keyboard to help search players!

TE Rank 1	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	San Diego	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Antonio Gates</u></a>	2009 Stats		114	79	1157	14.6	8	0	0	0
	2010 Projections		118	85	1144	13.5	9	0	0	0

\*\*\*contract year player alert\*\*\* With Vincent Jackson out of the picture for at least 4 weeks and possibly much longer, Gates, while still Rivers' #1 target w/ VJ around, should be in line for even more looks. He finished 2009 as the 3rd most productive fantasy TE with 115 all-around targets - 1,100+ yards and 8 TDs on 13 red zone targets. Gates has scored at least 8 TD in six straight seasons. No other TE is coming into 2010 can claim even two 8 TD seasons in a row. The Chargers didn't pass a lot to their WRs and TEs in the red zone in 2009 - only 48 RZ targets to WRs and TEs total. Rivers did a lot of dumping off to LT and Sproles. For perspective, only teams like Oakland, Cleveland, Buffalo, and Carolina trailed the Chargers in RZ pass attempts to their WRs/TEs. Even Tennessee chucked it more inside the 20. The point I'm building towards is, w/ LT gone, and VJ gone for much of the season, Rivers is likely to turn to a familiar face when it matters most. He will finish in the top 2.

TE Rank 2	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Colts	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Dallas Clark</u></a>	2009 Stats		132	100	1106	11.1	10	2	11	0
	2010 Projections		121	96	1049	11.4	9	0	0	0

I can't get behind ranking Clark number one because of the emerging target threats in Indy. With Garcon split out opposite Wayne, and Collie in the slot, Manning has 4 dependable targets he can count on, and my guess is that Clark's targets are gonna slip a little. I may even end up bumping him down some more - depending on how Kolb and Celek look in the pre-season. Either way, TEs are deep this year, so don't jump the gun on Clark, when you could wait and a guy like Jermichael Finley or even Tony G.

TE Rank 3	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Green Bay	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Jermichael Finley</u></a>	2009 Stats		71	55	676	12.3	5	0	0	0
	2010 Projections		106	74	838	11.3	9	0	0	0

Finley has made his way onto a number of bust reports, oddly enough. The sharks are smelling the chum, with Finley's gaudy stats in the 2nd half of the season. I'm not labeling a bust, because I'm not ranking him high enough to do that. With all of the depth at TE this season, there is no good reason to be taking risks for a little upside. He finished 12th overall among TEs and he only started in 9 contests and missed three due to a knee injury. He was a favorite red-zone target of Aaron Rodgers (17 RZ targets in only 9 starts and 13 games total!), and converted 5 of those for TDs. There is no doubt of the upside with this pick, but I am seeing him ranked higher - hence some sneaky fantasy "experts" listing him as a bust. He's not a bust candidate in my eye, there's just too much depth to risk any higher of a pick.

TE Rank	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
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<b>4</b>	San Fran	9	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Vernon Davis</u></a>	<b>2009 Stats</b>		129	78	965	12.4	13	0	0	0
	<b>2010 Projections</b>		126	85	1009	11.9	9	0	0	0

\*\*\*Contract Year player alert\*\*\* Will VD be the pimp that he was in '09? It's hard to believe that he can catch another 13 TDs with only 13 Red zone targets. VD led all TEs with 20+ yard TDs and that is just too difficult to forecast - and repeat - from year to year, vs. a guy like Gates, or Clark who always show up with the yards, or a guy like Celek who was targeted 24 times in the red zone. Plus, Crabtree will continue to blossom in his 2nd year and first full season of mini/training camps. If the Niners passed with as much efficiency as the Niners, or frequency (and efficiency) as the Colts, we'd have VD higher. TEs have some depth this season. You'd be psyched to land VD here.

<b>TE Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
<b>5</b>	Atlanta	8	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Tony Gonzalez</u></a>	<b>2009 Stats</b>		136	83	867	10.4	6	0	0	0
	<b>2010 Projections</b>		135	92	1004	10.9	8	0	0	0

With 9 top five fantasy finishes among TEs in the last 10 seasons (including 4 straight), there isn't much more that needs to be said. He led all TEs in targets in '09, and I'm shocked that didn't lead to higher finish than 5th among TEs in 2009. Despite that he's getting up there in age, I'm actually expecting that Gonzo's numbers lift ever-so-slightly (in the TD column) based on that I'm bullish on Matt Ryan getting over his sophomore slump. His red-zone prowess/consistency is rivaled only by Antonio Gates, but there is a ton of depth at TE this season, so don't go too crazy. You should be able to land Gonzo at a slight discount in 2010 w/ this ranking.

<b>TE Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
<b>6</b>	Philly	8	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Brent Celek</u></a>	<b>2009 Stats</b>		112	76	971	12.8	8	0	0	0
	<b>2010 Projections</b>		118	89	996	12	9	0	0	0

24 Red zone targets in 2009 is good enough for me to be bullish on this cat. New QB you say? Big deal, Kolb and Celek are roommates when the Eagles go on the road (according to ESPN), and besides that, the tallest starting WR on the Eagles' roster is 6'0" (Maclin) and not much of an imposing force at a mere 198 lbs. Mike Bell was brought in because LeSean McCoy isn't much of a goal-line/short yardage guy, but it shouldn't have much effect on Celek, as they run a WCO and Kolb is quite accurate w/ the quick/short stuff. He is a sleeper no more. You'll need to invest and trust to land this guy in 2010.

<b>TE Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
<b>7</b>	Dallas	4	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<a href="#"><u>Jason Witten</u></a>	<b>2009 Stats</b>		125	94	1030	11	2	0	0	0
	<b>2010 Projections</b>		124	90	1098	12	5	0	0	0

For me to rank this guy so high is a sign of my evolving as a humanoid. He was our clear #1 TE at this time last season, and he sorta busted. The yards were certainly there, but the red-zone targets were totally non-existent. Will that change? The rumblings out of Dallas are that he will start to get his in the red-zone. Given that Austin makes his paycheck on da' bombs, I think Witten will catch 3-4 more TDs and they will come at Roy Williams' expense.

TE Rank 8	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Houston	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Owen Daniels</u></a>	2009 Stats		57	40	519	13	5	0	0	0
	2010 Projections		110	85	1038	12.2	5	0	0	0

He notched 498 yards and 5 TDs in the first 7 games of 2009. He went down in the first half of week 8 so we are leaving those stats off that count. Amortized over 16 games, that's some serious production (over 1,130 yards and 11 TDs). He was bummed about his contract situation at this time last season, and then tore his ACL (the 3rd such injury he's experienced in his career). He is still w/o a long term deal - who could blame him for being a little pissed off. All indications are that his knee is healed, and he will be again out to prove his value to the Texans. There is risk w/ this pick, but he's only 27, and should be good to go. There are only two guys with his kind of potential after this ranking (Winslow and Zach Miller on the Raiders), and neither has the QB situation (nor play w/ Andre Johnson).

TE Rank 9	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Oakland	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Zach Miller</u></a>	2009 Stats		100	66	805	12.2	3	0	0	0
	2010 Projections		108	74	935	12.1	5	0	0	0

805 yards and 3 TDs w/ JaMarcus Russell is like 1,600 yards and 19 TDs w/ like most any other QB in the league (beside Trent Edwards, Brady Quinn, or Ryan Fitzpatrick). I haven't put my theory to the test (and I'm not really sure how to go about that), hence you should not expect 1,600 yards and 19 TDs out of Miller in 2010. But with an ADP of 12 among TEs, and the fact that TEs are so deep, a wise fantasy owner will wait to draft a TE and this guy late. What I can tell you is that Chris Cooley and Fred Davis (in his place) did well with Jason Campbell under center. Davis finished 15th among TEs in 2010 with only 10 starts. Cooley finished 8th in 2008, and 6th in 2007 - all w/ Jason Campbell at QB. Miller is more talented than both these guys, and has produced solid stats with the likes of Russell and Bruce Gradkowski.

TE Rank 10	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Minney	4	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#"><u>Visanthe Shiancoe</u></a>	2009 Stats		78	56	566	10.1	11	0	0	0
	2010 Projections		86	54	589	10.9	11	0	0	0

Shiancoe has become a red zone nightmare for teams, over the last two years. He's caught 18 TDs over the last two seasons which leads all TEs in that timeframe. And with Brett Favre still around, that should continue into 2010. Favre has always loved his tight ends in the red-zone - especially near the goal-line. In Favre's 18 seasons as a starter, 8 TE have finished in the top 3 in TD scored for a season. Shiancoe is a stud, and I'm in no way referring to the snap of him and his trouser-python in the locker-room a couple of years ago. He was getting it done w/o Favre in 2008, finishing 5th among TEs with Gus Frerotte and Tavaris Jackson chucking him the pill. All 11 of his TDs came in the red-zone in 2009. He isn't a big yards TE (averaging only 36 ypg the last 2 seasons) but he has become a touchdown machine tying for 4th in the league in receiving TDs. He's top ten in 2010.

TE Rank	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
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<b>11</b>	<b>Tampa</b>	<b>4</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Kellen Winslow</u></b>	<b>2009 Stats</b>		127	77	884	11.5	5	1	7	0
	<b>2010 Projections</b>		120	81	907	11.7	4	0	0	0

The Buccaneers overpaid for this guy, and don't make the same mistake during your fantasy draft. He's got huge potential, but there is typically more hype than delivery. He has had knee surgery pretty much ever year he's been in the league except this past off-season. His numbers were decent last year, however, he didn't find the end-zone 1 time after week 9 (only 8 red-zone targets on the year!). Josh Freeman still has a ways to go. A plus for Winslow is that the Bucs could be starting two rookies at WR in 2010 (Arrelious Benn and Mike Williams) If that happens, Freeman would be wise to lean on Winslow. Net/net, the QB situation is too suspect for me to rank any higher.

<b>TE Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
<b>12</b>	<b>Wash</b>	<b>9</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Chris Cooley</u></b>	<b>2009 Stats</b>		45	29	332	11.4	2	0	0	0
	<b>2010 Projections</b>		102	61	790	11.7	4	0	0	0

While the arrival of McNabb goes directly in the "plus" section of Cooley's evaluation sheet, it's not enough for me to move him much up the stacks. Fact remains, as I've said a few times already, TEs are way deep. I'd be ecstatic to have Cooley as a backup, but if he were my starter, I would hope I'm sitting on plenty of firepower in other areas on my team. He busted his ankle really badly in 2009 limiting him to 7 games, and that opened the door for Fred Davis to come into the picture and make an impact. Cooley is the unquestioned starter, but Davis has earned snaps for 2010. I look to the situation in New Orleans with David Thomas and Jeremy Shockey for comparison. Don't buy into the McNabb hype. Let's see how pre-season goes and go from there.

<b>TE Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
<b>13</b>	<b>Chicago</b>	<b>8</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Greg Olsen</u></b>	<b>2009 Stats</b>		108	60	612	10.2	8	0	0	0
	<b>2010 Projections</b>		84	51	585	10.9	7	0	0	0

Greg Olsen is one of the biggest challenges of the 2010 FF season. All the coaching moves points to Olsen's production decreasing. Everyone knows Mike Martz isn't a big believer in the TE as a receiver. BUT this case is weird because Greg Olsen is Cutler's best friend on the team and if Cutler would stick his head out for Aromashodu to get more touches then I'm sure he would do the same for Olsen. Unfortunately Olsen's stock has been ruined of any chance of going up, the Bears now like a roster with 4 TEs (Olsen, Kellen Davis, Brandon Manumaleuna, Dez Clark) and are working on Olsen's blocking skills. Last year Olsen led the team in touchdowns (8) and receptions (60) but that is obviously not going to happen this year especially with Aromashodu in for a full season. He is not going to be a massive bust like Forte was last year he is just going not going to crack the top ten this year.

<b>TE Rank</b>	<b>Team</b>	<b>Bye</b>	<b>Receiving Stats &amp; Projections</b>					<b>Rush Stats &amp; Projections</b>		
<b>14</b>	<b>NY Jets</b>	<b>7</b>	<b>Targets</b>	<b>REC</b>	<b>Yards</b>	<b>AVG</b>	<b>TD</b>	<b>RUSH</b>	<b>Yards</b>	<b>TD</b>
<b><u>Dustin Keller</u></b>	<b>2009 Stats</b>		82	45	522	11.6	2	1	7	0
	<b>2010 Projections</b>		62	68	735	11.4	5	0	0	0

Check out his NFL playoff numbers... 181 yards and 3 TDs in three playoff games. I'm shocked that Sanchez didn't look his way more often throughout the year - most rookie

Check out the TE player number 101 yards and 3 TDs in three player games. I'm shocked that Sanchez didn't look his way more often throughout the year. Most rookie QBs w/ this type of talent do. Keller enters his 3rd year on a team that hasn't passed a whole lot lately, but who also just jettisoned one of their strongest olineman (Alan Faneca) and best RBs (Thomas Jones). I think there is some deep sleeper potential here, if only because of the athlete that Keller is. He's got sick hands, and solid speed at 4.63 in the 40 yard dash. I have no empirical data to go off w/ this call, but with a ranking as a fantasy backup, I don't really need any. Just going on gut with this call. Yeah, the Jets brought in Braylon last season, and then Santonio Holmes this season - and there are only so many targets to go around, but Sanchez will hopefully remember who his pass-catching bread-winner was in the '09 playoffs. Plus, Holmes won't even be eligible to play for the first 4 games - giving Keller owners plenty of time to reap the benefits - and then trade him when Holmes comes back!!!

TE Rank 15	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Jax	9	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Marcedes Lewis</a>	2009 Stats		58	32	518	16.2	2	0	0	0
	2010 Projections		49	34	421	12.4	3	0	0	0

Marcedes Lewis is finding himself on a few sleeper lists in 2010. My guess is that it has a lot to do with his very impressive 16.2 YPC average last season. I'm finding it a little hard to buy into given that Garrard has targeted him 24 times in the red zone... in 4 years. Sorta hard to be a sleeper if your QB doesn't look for you inside the 20. But hey, maybe that can change - lord knows the Jags are mighty light on targets outside of Mike Sims Walker.

TE Rank 16	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Seattle	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">John Carlson</a>	2009 Stats		83	51	574	11.3	7	0	0	0
	2010 Projections		79	51	603	11.8	5	0	0	0

So is there a 3rd year TE breakout rule, too? (next year, I will integrate sound bytes into this ranking tool). Carlson is a strong talent playing on a weak team. His 2009 season was dreadful. He started out w/ a bang (2 TDs and 95 yards in week one) but the next 11 games was one big bag of doughnuts. He did close the season with 4 scores in 4 games, so there is hope. He is typically the 2nd RZ target for Hasselbeck among WR/TEs on Seattle, and that should not change. He would make a good backup TE and there is some clear upside to this ranking.

TE Rank 17	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Cinci	6	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Jermaine Gresham</a>	2009 Stats		--	--	--	--	--	--	--	--
	2010 Projections		67	48	575	8.9	5	0	0	0

It is so difficult for me to equate TE and the Cincinnati Bengals and Fantasy Football, because it really has never happened - at least since I've been doing FF (since about 1997). But I keep hearing his name, and from what I've read, he's the real deal. His college numbers were off the charts (including 25 TDs between his sophomore and junior years and 950 yards in his junior year). He missed his Sr season with Oklahoma because of a knee injury, yet still the Bungals made him the 21st pick in the draft. The Bengals are not known for their drafting prowess, so that doesn't really support my point here, now, does it? Check this - He was a stand-out basket-baller in high school, but like so many before him, realized that the NFL would be an easier way to make millions, so he pursued a football career as a Sooner. He's got a 3-foot vertical leap, decent speed, good hands, and has been compared to another hooper - Antonio Gates. Uh oh. Not quite the diamond in the rough that Gates was, but there again, Gates didn't even play football in college! Gresham could make a big impact as a rookie, so he's a much more exciting pick than anything below him, and frankly a few picks above him.

TE Rank 18	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Detroit	7	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Tony Scheffler</a>	2009 Stats									
	2010 Projections									

After being shipped out of town by Josh McDaniels for not fitting into his offense, Scheffler lands on two feet in the Motor City. He will assume receiving TE duties while Pettigrew stays in and does what he's best at (that's not a slam, either, Pettigrew can do it all), which is block. Tough to say what kind of looks he will get - especially with the addition of Burluson and rookie RB Jahvid Best out of the backfield (and spending some time in the slot). Scheffler could be a last round pick of your draft that pans for you in your starter's bye week. Sweet.

TE Rank 19	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Pittsburgh	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Heath Miller</a>	2009 Stats		98	76	789	10.4	6	0	0	0
	2010 Projections		75	57	700	10.9	4	0	0	0

You get no upside when you draft Heath Miller, and when you are drafting your backup TE, you should be taking chances on guys like John Carlson or even rookie Jermaine Gresham) You do get some stability with the pick, though. He finished 9th in 2009 among TEs, 15th in 2008 (but he missed two games) and 7th in 2007. Statistically, he is the 2nd look for Roethlisberger in the red zone (after Hines Ward), and the Steelers are always able to move the ball well these days. You just don't get the potential for a lights out type output (ala Vernon Davis, Jermichael Finley, Kellen Winslow, Brent Celek, etc). Hence this ranking. He's a boring pick, and let's face it, 5 pt per game TEs can be had pretty much at any point of a draft. The dude w/ the first pick of your draft that was taking LT in his dominant years wasn't winning your league unless he was landing value in round 4-20.

TE Rank 20	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NY Giants	8	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Kevin Boss</a>	2009 Stats		69	42	567	13.5	5	1	16	0
	2010 Projections		72	47	547	11.6	4	0	0	0

Finished 17th among TEs in fantasy PPG, and doesn't have much upside. He's a backup.

TE Rank 21	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	Miami	5	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Anthony Fasano</a>	2009 Stats		54	31	339	10.9	2	0	0	0
	2010 Projections		62	39	410	10.3	4	0	0	0

Not shockingly, his TD count came back down after 2008. Tuna loves this guy, and there is an outside shot that Henne could lean on him a bit as he struggles in his first full year under center. Also, as Brandon Marshall is double teamed, Fasano could benefit. Decent backup.

TE Rank 22	Team	Bye	Receiving Stats & Projections					Rush Stats & Projections		
	NO	10	Targets	REC	Yards	AVG	TD	RUSH	Yards	TD
<a href="#">Jeremy Shockey</a>	2009 Stats		68	48	569	11.9	3	0	0	0
	2010 Projections		68	47	432	10.8	2	0	0	0

I think Shockey makes more headlines from his antics off the field than ones on the field. He's never cracked the 900 yard receiving mark in his career. And playing in the Saints offense, he has yet to crack the 600 yard mark. The emergence of David Thomas makes things even worse for him. Stick a fantasy fork in this cat as long as he's on the Saints. He's undraftable.





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<a href="#">K Orton</a>	<a href="#">M Cassel</a>	<a href="#">J. Campbell</a>	<a href="#">P Rivers</a>	<a href="#">J Flacco</a>	<a href="#">C Palmer</a>	<a href="#">J Delhomme</a>	<a href="#">B Roethlis</a>	<b>QB</b>	<a href="#">M Schaub</a>	<a href="#">P Manning</a>	<a href="#">D Garrard</a>	<a href="#">V Young</a>	<a href="#">T Edwards</a>	<a href="#">C Henne</a>	<a href="#">T Brady</a>	<a href="#">M Sanchez</a>	
<a href="#">T Tebow</a>	B Croyle	B Gradkowski	<a href="#">B Volek</a>	<a href="#">M Bulger</a>	<a href="#">JT O'Sullivan</a>	S Wallace	<a href="#">B Leftwich</a>		<a href="#">D Orlovsky</a>	C Painter	<a href="#">L McCown</a>	<a href="#">K Collins</a>	B Brohm	<a href="#">T Thigpen</a>	B Hoyer	<a href="#">K Clemens</a>	
<a href="#">B Quinn</a>	T Palko	K Boller		<a href="#">T Smith</a>	J Palmer	B Ratliff	D Dixon				T Harris	C Simms	<a href="#">R Fitzpat</a>	<a href="#">Pennington</a>		E Ainge	
<a href="#">K Moreno</a>	<a href="#">J Charles</a>	<a href="#">M Bush</a>	<a href="#">R Mathews</a>	<a href="#">R Rice</a>	<a href="#">C Benson</a>	<a href="#">M Hardesty</a>	<a href="#">R Mendenhall</a>	<b>RB</b>	<a href="#">A Foster</a>	<a href="#">J Addai</a>	<a href="#">Jones-Drew</a>	<a href="#">C Johnson</a>	<a href="#">F Jackson</a>	<a href="#">R Brown</a>	<a href="#">S Morris</a>	<a href="#">S Greene</a>	
<a href="#">C Buckhalter</a>	<a href="#">T Jones</a>	<a href="#">D McFadden</a>	<a href="#">D Sproles</a>	<a href="#">W McGahee</a>	<a href="#">B Scott</a>	<a href="#">J Harrison</a>	<a href="#">M Moore</a>		<a href="#">S Slaton</a>	<a href="#">D Brown</a>	<a href="#">R Jennings</a>	<a href="#">J Ringer</a>	<a href="#">CJ Spiller</a>	<a href="#">R Williams</a>	<a href="#">F Taylor</a>	<a href="#">Tomlinson</a>	
<a href="#">K Smith</a>	J Williams	<a href="#">R Cartwright</a>	S McNeal	J Parmele	<a href="#">B Leonard</a>	<a href="#">J Davis</a>	J Dwyer		<a href="#">B Tate</a>	M Hart	D Karim	A Pearman	<a href="#">M Lynch</a>	L Hilliard	<a href="#">L Maroney</a>	J McKnight	
<a href="#">K Moreno</a>	J Charles	<a href="#">M Bush</a>	<a href="#">R Mathews</a>	<a href="#">W McGahee</a>	<a href="#">C Benson</a>	<a href="#">M Hardesty</a>	<a href="#">R Mendenhall</a>	<b>GLB</b>	<a href="#">A Foster</a>	<a href="#">J Addai</a>	<a href="#">Jones-Drew</a>	<a href="#">C Johnson</a>	<a href="#">F Jackson</a>	<a href="#">R Brown</a>	<a href="#">F Taylor</a>	<a href="#">S Greene</a>	
<a href="#">C Buckhalter</a>	<a href="#">T Jones</a>	<a href="#">D McFadden</a>	M Tolbert	<a href="#">R Rice</a>	<a href="#">B Leonard</a>	<a href="#">J Harrison</a>							<a href="#">M Lynch</a>	<a href="#">R Williams</a>	<a href="#">S Morris</a>	<a href="#">Tomlinson</a>	
<a href="#">C Buckhalter</a>	<a href="#">J Charles</a>	<a href="#">D McFadden</a>	<a href="#">D Sproles</a>	<a href="#">R Rice</a>	<a href="#">B Leonard</a>	<a href="#">J Harrison</a>	<a href="#">R Mendenhall</a>		<a href="#">S Slaton</a>	<a href="#">J Addai</a>	<a href="#">Jones-Drew</a>	<a href="#">C Johnson</a>	<a href="#">F Jackson</a>	<a href="#">R Brown</a>	<a href="#">K Faulk</a>	<a href="#">Tomlinson</a>	
<a href="#">K Moreno</a>		<a href="#">R Mathews</a>	<a href="#">L McClain</a>					<b>3RB</b>	<a href="#">B Tate</a>				<a href="#">CJ Spiller</a>				
S Larsen	M Cox	L Lawton	J Hester		F Vakupuna	L Vickers	S McHugh		<b>FB</b>	V Leach	G Robinson	G Jones	A Hall	C McIntyre	L Polite	Green-Ellis	T Richardson
			<a href="#">M Tolbert</a>	<a href="#">L McClain</a>													
<a href="#">E Royal</a>	<a href="#">D Bowe</a>	<a href="#">C Schilens</a>	<a href="#">V Jackson</a>	<a href="#">A Boldin</a>	<a href="#">OchoCinco</a>	<a href="#">Massaquoi</a>	<a href="#">H Ward</a>	<b>WR1</b>		<a href="#">A Johnson</a>	<a href="#">R Wayne</a>	<a href="#">M Sims-Walker</a>	<a href="#">V Washington</a>	<a href="#">L Evans</a>	<a href="#">B Marshall</a>	<a href="#">R Moss</a>	<a href="#">B Edwards</a>
D Thomas	<a href="#">J Urban</a>	<a href="#">L Murphy</a>	C Davis	<a href="#">D Stallworth</a>	J Shipley	<a href="#">B Robiskie</a>	E Sanders		D Anderson	<a href="#">A Collie</a>	<a href="#">T Williamson</a>	L Hawkins	R Parrish	<a href="#">G Camarillo</a>	<a href="#">T Holt</a>	<a href="#">S Holmes</a>	
B Iloyd	T Copper	J Ford	G Banks	<a href="#">D Williams</a>	Q Cosby	C Mitchell	A Battle		<a href="#">A Davis</a>	<a href="#">A Gonzalez</a>	T Underwood	D Williams	M Easley	T Johnson	T Price	<a href="#">D Clowney</a>	
<a href="#">J Gaffney</a>	<a href="#">C Chambers</a>	<a href="#">Heyward-Bey</a>	<a href="#">M Floyd</a>	<a href="#">D Mason</a>	<a href="#">A Bryant</a>	<a href="#">J Cribbs</a>	<a href="#">M Wallace</a>	<b>WR2</b>	<a href="#">K Walter</a>	<a href="#">P Garcon</a>	M Thomas	<a href="#">J Gage</a>	S Johnson	<a href="#">B Hartline</a>	<a href="#">W Welker</a>	<a href="#">J Cotchery</a>	
B Stokley	<a href="#">D McCluster</a>	J Lee Higgins	L Naanee	<a href="#">M Clayton</a>	<a href="#">A Caldwell</a>	<a href="#">C Stuckey</a>	<a href="#">A Randle El</a>		<a href="#">J Jones</a>	S Giguere	J Dillard	<a href="#">K Britt</a>	J Hardy	<a href="#">D Bess</a>	<a href="#">J Edelman</a>	<a href="#">B Smith</a>	
B Stokley	<a href="#">D McCluster</a>	<a href="#">L Murphy</a>	L Naanee	<a href="#">D Stallworth</a>	J Shipley	<a href="#">C Stuckey</a>	<a href="#">A Randle El</a>		<a href="#">J Jones</a>	<a href="#">A Collie</a>	J Dillard	<a href="#">K Britt</a>	R Parrish	<a href="#">D Bess</a>	<a href="#">J Edelman</a>	<a href="#">S Holmes</a>	
D Graham	<a href="#">L Pope</a>	<a href="#">Z Miller</a>	<a href="#">A Gates</a>	<a href="#">T Heap</a>	<a href="#">J Gresham</a>	<a href="#">B Watson</a>	<a href="#">H Miller</a>	<b>TE</b>	<a href="#">O Daniels</a>	<a href="#">D Clark</a>	<a href="#">M Lewis</a>	<a href="#">B Scaife</a>	S Nelson	<a href="#">A Fasano</a>	A Crumpler	<a href="#">D Keller</a>	
R Quinn	T Moeaki	T Stewart	<a href="#">R McMichael</a>	E Dickson	D Coats	R Royal	M Spaeth		J Dreesen	J Tamme	Z Miller	J Cook	<a href="#">D Schouman</a>				
<a href="#">M Prater</a>	<a href="#">R Succop</a>	<a href="#">S Janikowski</a>	<a href="#">N Kaeding</a>	<a href="#">S Graham</a>	<a href="#">D Rayner</a>	<a href="#">P Dawson</a>	<a href="#">J Reed</a>		<a href="#">N Rackers</a>	<a href="#">A Vinatieri</a>	<a href="#">J Scobee</a>	<a href="#">R Bironas</a>	<a href="#">R Lindell</a>	<a href="#">D Carpenter</a>	<a href="#">S Gostkowski</a>	N Folk	
				<a href="#">B Cundiff</a>				<b>PK</b>	<a href="#">K Brown</a>								

NFC West				NFC North				QB	NFC South				NFC East			
<a href="#">AZ</a>	<a href="#">Sea</a>	<a href="#">SF</a>	<a href="#">St L</a>	<a href="#">Chi</a>	<a href="#">Det</a>	<a href="#">GB</a>	<a href="#">Min</a>		<a href="#">Atl</a>	<a href="#">Car</a>	<a href="#">NO</a>	<a href="#">TB</a>	<a href="#">Dal</a>	<a href="#">NYG</a>	<a href="#">Phi</a>	<a href="#">Was</a>
<a href="#">M Leinart</a>	<a href="#">M Hasselbeck</a>	<a href="#">A Smith</a>	<a href="#">S Bradford</a>	<a href="#">J Cutler</a>	<a href="#">M Stafford</a>	<a href="#">A Rodgers</a>	<a href="#">B Favre</a>	<a href="#">QB</a>	<a href="#">M Ryan</a>	<a href="#">M Moore</a>	<a href="#">D Brees</a>	<a href="#">J Freeman</a>	<a href="#">T Romo</a>	<a href="#">E Manning</a>	<a href="#">K Kolb</a>	<a href="#">D McNabb</a>
<a href="#">D Anderson</a>	C Whitehurst	<a href="#">D Carr</a>	AJ Feeley	<a href="#">C Hanie</a>	<a href="#">S Hill</a>	M Flynn	<a href="#">T Jackson</a>		<a href="#">C Redman</a>	<a href="#">J Clausen</a>	C Daniel	<a href="#">J Johnson</a>	<a href="#">J Kitna</a>	J Sorgi	<a href="#">M Vick</a>	R Grossman
							<a href="#">S Rosenfels</a>		T Pike					M Kafka	C Brennan	
<a href="#">T Hightower</a>	<a href="#">J Jones</a>	<a href="#">F Gore</a>	<a href="#">S Jackson</a>	<a href="#">M Forte</a>	<a href="#">J Best</a>	<a href="#">R Grant</a>	<a href="#">A Peterson</a>	<a href="#">RB</a>	<a href="#">M Turner</a>	<a href="#">D Williams</a>	<a href="#">P Thomas</a>	<a href="#">C Williams</a>	<a href="#">F Jones</a>	<a href="#">B Jacobs</a>	<a href="#">L McCoy</a>	<a href="#">C Portis</a>
<a href="#">C Wells</a>	<a href="#">J Forsett</a>	<a href="#">G Coffee</a>	K Darby	<a href="#">C Taylor</a>	<a href="#">K Smith</a>	<a href="#">B Jackson</a>	<a href="#">T Gerhart</a>		<a href="#">J Snelling</a>	<a href="#">J Stewart</a>	<a href="#">R Bush</a>	<a href="#">D Ward</a>	<a href="#">M Barber</a>	<a href="#">A Bradshaw</a>	<a href="#">M Bell</a>	<a href="#">L Johnson</a>
Howling	<a href="#">Leon Wash</a>	A Dixon		K Bell	M Morris	J Starks	A Young	<a href="#">J Norwood</a>	T Sutton	L Hamilton	C Smith	<a href="#">T Choice</a>	D Ware	C Scott	<a href="#">W Parker</a>	
								<a href="#">M Goodson</a>	PJ Hill			<a href="#">A Brown</a>			R Torain	
<a href="#">T Hightower</a>	<a href="#">J Jones</a>	<a href="#">F Gore</a>	<a href="#">S Jackson</a>	<a href="#">M Forte</a>	<a href="#">K Smith</a>	<a href="#">R Grant</a>	<a href="#">A Peterson</a>	<a href="#">GLB</a>	<a href="#">M Turner</a>	<a href="#">J Stewart</a>	<a href="#">P Thomas</a>	<a href="#">C Williams</a>	<a href="#">M Barber</a>	<a href="#">B Jacobs</a>	<a href="#">M Bell</a>	<a href="#">L Johnson</a>
<a href="#">C Wells</a>	<a href="#">J Forsett</a>	<a href="#">G Coffee</a>					<a href="#">T Gerhart</a>		<a href="#">J Snelling</a>	<a href="#">D Williams</a>						
<a href="#">T Hightower</a>	<a href="#">J Forsett</a>	<a href="#">F Gore</a>	<a href="#">S Jackson</a>	<a href="#">M Forte</a>	<a href="#">J Best</a>	<a href="#">B Jackson</a>	<a href="#">A Peterson</a>	<a href="#">3RB</a>	<a href="#">J Norwood</a>	<a href="#">D Williams</a>	<a href="#">R Bush</a>	<a href="#">D Ward</a>	<a href="#">M Barber</a>	D Ware	<a href="#">L McCoy</a>	<a href="#">C Portis</a>
Howling	<a href="#">Leon Wash</a>			<a href="#">C Taylor</a>	<a href="#">K Smith</a>									<a href="#">F Jones</a>	<a href="#">A Bradshaw</a>	
N Broughton	O Schmitt	M Norris	M Karney	E Williams	J Felton	K Hall	N Tahi	<a href="#">FB</a>	O Mughelli	T Fiammetta	H Evans	<a href="#">E Graham</a>	D Anderson	M Hedgecock	L Weaver	M Sellers
<a href="#">L Fitzgerald</a>	<a href="#">TJ Housh</a>	<a href="#">M Crabtree</a>	<a href="#">L Robinson</a>	<a href="#">D Hester</a>	<a href="#">C Johnson</a>	<a href="#">D Driver</a>	<a href="#">S Rice</a>	<a href="#">WR1</a>	<a href="#">R White</a>	<a href="#">S Smith</a>	<a href="#">M Colston</a>	<a href="#">A Benn</a>	<a href="#">M Austin</a>	<a href="#">S Smith</a>	<a href="#">D Jackson</a>	<a href="#">S Moss</a>
O Jones	D Butler	<a href="#">T Ginn Jr.</a>	<a href="#">B Gibson</a>	<a href="#">D Aromashodu</a>	D Northcutt	<a href="#">J Jones</a>	<a href="#">P Harvin</a>		B Finneran	A Edwards	R Meachem	M Stovall	<a href="#">P Crayton</a>	D Hagan	J Avant	<a href="#">J Galloway</a>
	B obomanu	K Williams	<a href="#">K Burton</a>	J Iglesias	B Clark	P Williams	T Biddle		E Weems	K Moore	C Roby	<a href="#">M Clayton</a>	S Hurd	<a href="#">S Moss</a>	J Norwood	A Armstrong
<a href="#">S Breaston</a>	<a href="#">D Branch</a>	<a href="#">J Morgan</a>	<a href="#">D Avery</a>	<a href="#">J Knox</a>	<a href="#">N Burleson</a>	<a href="#">G Jennings</a>	<a href="#">B Berrian</a>	<a href="#">WR2</a>	<a href="#">M Jenkins</a>	<a href="#">D Jarrett</a>	<a href="#">D Henderson</a>	R Brown	<a href="#">R Williams</a>	<a href="#">H Nicks</a>	<a href="#">J Maclin</a>	<a href="#">D Thomas</a>
<a href="#">E Doucet</a>	<a href="#">G Tate</a>	J Hill	D Amendola	<a href="#">E Bennett</a>	<a href="#">B Johnson</a>	J Nelson	J Johnson		H Douglas	B LaFell	<a href="#">L Moore</a>	<a href="#">S Stroughter</a>	<a href="#">D Bryant</a>	<a href="#">M Manningham</a>	H Baskett	<a href="#">M Kelly</a>
<a href="#">E Doucet</a>	<a href="#">G Tate</a>	<a href="#">T Ginn Jr.</a>	D Amendola	<a href="#">D Aromashodu</a>	<a href="#">B Johnson</a>	<a href="#">J Jones</a>	<a href="#">P Harvin</a>	<a href="#">WR3</a>	H Douglas	A Edwards	<a href="#">R Meachem</a>	<a href="#">S Stroughter</a>	<a href="#">D Bryant</a>	<a href="#">M Manningham</a>	J Avant	<a href="#">M Kelly</a>
B Patrick	<a href="#">J Carlson</a>	<a href="#">V Davis</a>	D Fells	B Manumaleuna	<a href="#">Pettigrew</a>	<a href="#">J Finley</a>	<a href="#">V Shiancoe</a>	<a href="#">TE</a>	<a href="#">T Gonzalez</a>	J King	<a href="#">J Shockey</a>	<a href="#">K Winslow</a>	<a href="#">J Witten</a>	<a href="#">K Boss</a>	<a href="#">B Celek</a>	<a href="#">C Cooley</a>
				<a href="#">G Olsen</a>	<a href="#">T Scheffler</a>	<a href="#">D Lee</a>				D Rosario	D Thomas		M Bennett			<a href="#">F Davis</a>
<a href="#">J Feely</a>	<a href="#">O Mare</a>	<a href="#">J Nedney</a>	<a href="#">J Brown</a>	<a href="#">R Gould</a>	<a href="#">J Hanson</a>	<a href="#">M Crosby</a>	<a href="#">R Longwell</a>	<a href="#">PK</a>	<a href="#">M Bryant</a>	<a href="#">J Kasay</a>	<a href="#">G Hartley</a>	C Barth	<a href="#">D Buehler</a>	<a href="#">L Tynes</a>	<a href="#">D Akers</a>	Graham Gano
									<a href="#">S Hauschka</a>							



# NFC 2010 Team Schedules - Alphabetical going across (4 rows)

Potential FF Playoff weeks!

Denotes bye week!

Arizona Cardinals	
week	team
1	at St. Louis
2	at Atlanta
3	Oakland
4	at San Diego
5	New Orleans
6	BYE
7	at Seattle
8	Tampa Bay
9	at Minnesota
10	Seattle
11	at Kansas City
12	San Francisco
13	St. Louis
14	Denver
15	at Carolina
16	Dallas
17	at San Francisco

Atlanta Falcons	
week	team
1	at Pittsburgh
2	Arizona
3	at New Orleans
4	San Francisco
5	at Cleveland
6	at Philadelphia
7	Cincinnati
8	BYE
9	Tampa Bay
10	Baltimore
11	at St. Louis
12	Green Bay
13	at Tampa Bay
14	at Carolina
15	at Seattle
16	New Orleans
17	Carolina

Carolina Panthers	
week	team
1	at NY Giants
2	Tampa Bay
3	Cincinnati
4	at New Orleans
5	Chicago
6	BYE
7	San Francisco
8	at St. Louis
9	New Orleans
10	at Tampa Bay
11	Baltimore
12	at Cleveland
13	at Seattle
14	Atlanta
15	Arizona
16	at Pittsburgh
17	at Atlanta

Chicago Bears	
week	team
1	Detroit
2	at Dallas
3	Green Bay
4	at NY Giants
5	at Carolina
6	Seattle
7	Washington
8	BYE
9	at Buffalo
10	Minnesota
11	at Miami
12	Philadelphia
13	at Detroit
14	New England
15	at Minnesota
16	NY Jets
17	at Green Bay

Detroit Lions	
week	team
1	at Chicago
2	Philadelphia
3	at Minnesota
4	at Green Bay
5	St. Louis
6	at NY Giants
7	BYE
8	Washington
9	NY Jets
10	at Buffalo
11	at Dallas
12	New England
13	Chicago
14	Green Bay
15	at Tampa Bay
16	at Miami
17	Minnesota

Dallas Cowboys	
week	team
1	at Washington
2	Chicago
3	at Houston
4	BYE
5	Tennessee
6	at Minnesota
7	NY Giants
8	Jacksonville
9	at Green Bay
10	at NY Giants
11	Detroit

Green Bay Packers	
week	team
1	at Philadelphia
2	Buffalo
3	at Chicago
4	Detroit
5	at Washington
6	Miami
7	Minnesota
8	at NY Jets
9	Dallas
10	BYE
11	at Minnesota

Minnesota Vikings	
week	team
1	at New Orleans
2	Miami
3	Detroit
4	BYE
5	at NY Jets
6	Dallas
7	at Green Bay
8	at New England
9	Arizona
10	at Chicago
11	Green Bay

New Orleans Saints	
week	team
1	Minnesota
2	at San Francisco
3	Atlanta
4	Carolina
5	at Arizona
6	at Tampa Bay
7	Cleveland
8	Pittsburgh
9	at Carolina
10	BYE
11	Seattle

New York Giants	
week	team
1	Carolina
2	at Indianapolis
3	Tennessee
4	Chicago
5	at Houston
6	Detroit
7	at Dallas
8	BYE
9	at Seattle
10	Dallas
11	at Philadelphia

12	New_Orleans
13	at Indianapolis
14	Philadelphia
15	Washington
16	at Arizona
17	at Philadelphia

12	at Atlanta
13	San_Francisco
14	at Detroit
15	at New_England
16	NY_Giants
17	Chicago

12	at Washington
13	Buffalo
14	NY_Giants
15	Chicago
16	at Philadelphia
17	at Detroit

12	at Dallas
13	at Cincinnati
14	St._Louis
15	at Baltimore
16	at Atlanta
17	Tampa_Bay

12	Jacksonville
13	Washington
14	at Minnesota
15	Philadelphia
16	at Green_Bay
17	at Washington

Philadelphia Eagles	
week	team
1	Green_Bay
2	at Detroit
3	at Jacksonville
4	Washington
5	at San_Francisco
6	Atlanta
7	at Tennessee
8	BYE
9	Indianapolis
10	at Washington
11	NY_Giants
12	at Chicago
13	Houston
14	at Dallas
15	at NY_Giants
16	Minnesota
17	Dallas

San Francisco 49ers	
week	team
1	at Seattle
2	New_Orleans
3	at Kansas_City
4	at Atlanta
5	Philadelphia
6	Oakland
7	at Carolina
8	Denver
9	BYE
10	St._Louis
11	Tampa_Bay
12	at Arizona
13	at Green_Bay
14	Seattle
15	at San_Diego
16	at St._Louis
17	Arizona

Seattle Seahawks	
week	team
1	San_Francisco
2	at Denver
3	San_Diego
4	at St._Louis
5	BYE
6	at Chicago
7	Arizona
8	at Oakland
9	NY_Giants
10	at Arizona
11	at New_Orleans
12	Kansas_City
13	Carolina
14	at San_Francisco
15	Atlanta
16	at Tampa_Bay
17	St._Louis

St. Louis Rams	
week	team
1	Arizona
2	at Oakland
3	Washington
4	Seattle
5	at Detroit
6	San_Diego
7	at Tampa_Bay
8	Carolina
9	BYE
10	at San_Francisco
11	Atlanta
12	at Denver
13	at Arizona
14	at New_Orleans
15	Kansas_City
16	San_Francisco
17	at Seattle

Tampa Bay Bucs	
week	team
1	Cleveland
2	at Carolina
3	Pittsburgh
4	BYE
5	at Cincinnati
6	New_Orleans
7	St._Louis
8	at Arizona
9	at Atlanta
10	Carolina
11	at San_Francisco
12	at Baltimore
13	Atlanta
14	at Washington
15	Detroit
16	Seattle
17	at New_Orleans

Washington Redskins	
week	team
1	Dallas
2	Houston
3	at St._Louis
4	at Philadelphia
5	Green_Bay

9	BYE
10	Philadelphia
11	at Tennessee
12	Minnesota
13	at NY_Giants
14	Tampa_Bay

6	Indianapolis
7	at Chicago
8	at Detroit

15	at Dallas
16	at Jacksonville
17	NY_Giants

## AFC 2010 Team Schedules - Alphabetical going across (4 rows)

Potential FF Playoff weeks!

Baltimore Ravens		Buffalo Bills		Cincinnati Bengals		Cleveland Browns		
week	team	week	team	week	team	week	team	week
1	at NY_Jets	1	Miami	1	at New_England	1	at Tampa_Bay	1
2	at Cincinnati	2	at Green_Bay	2	Baltimore	2	Kansas_City	2
3	Cleveland	3	at New_England	3	at Carolina	3	at Baltimore	3
4	at Pittsburgh	4	NY_Jets	4	at Cleveland	4	Cincinnati	4
5	Denver	5	Jacksonville	5	Tampa_Bay	5	Atlanta	5
6	at New_England	6	BYE	6	BYE	6	at Pittsburgh	6
7	Buffalo	7	at Baltimore	7	at Atlanta	7	at New_Orleans	7
8	BYE	8	at Kansas_City	8	Miami	8	BYE	8
9	Miami	9	Chicago	9	Pittsburgh	9	New_England	9
10	at Atlanta	10	Detroit	10	at Indianapolis	10	NY_Jets	10
11	at Carolina	11	at Cincinnati	11	Buffalo	11	at Jacksonville	11
12	Tampa_Bay	12	Pittsburgh	12	at NY_Jets	12	Carolina	12
13	Pittsburgh	13	at Minnesota	13	New_Orleans	13	at Miami	13
14	at Houston	14	Cleveland	14	at Pittsburgh	14	at Buffalo	14
15	New_Orleans	15	at Miami	15	Cleveland	15	at Cincinnati	15
16	at Cleveland	16	New_England	16	San_Diego	16	Baltimore	16
17	Cincinnati	17	at NY_Jets	17	at Baltimore	17	Pittsburgh	17

Houston Texans		Indianapolis Colts		Jacksonville Jags		Kansas City Chiefs		
week	team	week	team	week	team	week	team	week
1	Indianapolis	1	at Houston	1	Denver	1	San_Diego	1
2	at Washington	2	NY_Giants	2	at San_Diego	2	at Cleveland	2
3	Dallas	3	at Denver	3	Philadelphia	3	San_Francisco	3
4	at Oakland	4	at Jacksonville	4	Indianapolis	4	BYE	4
5	NY_Giants	5	Kansas_City	5	at Buffalo	5	at Indianapolis	5
6	Kansas_City	6	at Washington	6	Tennessee	6	at Houston	6
7	BYE	7	BYE	7	at Kansas_City	7	Jacksonville	7
8	at Indianapolis	8	Houston	8	at Dallas	8	Buffalo	8
9	San_Diego	9	at Philadelphia	9	BYE	9	at Oakland	9
10	at Jacksonville	10	Cincinnati	10	Houston	10	at Denver	10
11	at NY_Jets	11	at New_England	11	Cleveland	11	Arizona	11

12	Tennessee	12	San_Diego	12	at NY_Giants	12	at Seattle	12
13	at Philadelphia	13	Dallas	13	at Tennessee	13	Denver	13
14	Baltimore	14	at Tennessee	14	Oakland	14	at San_Diego	14
15	at Tennessee	15	Jacksonville	15	at Indianapolis	15	at St._Louis	15
16	at Denver	16	at Oakland	16	Washington	16	Tennessee	16
17	Jacksonville	17	Tennessee	17	at Houston	17	Oakland	17

New England Pats		New York Jets		Oakland Raiders		Pittsburgh Steelers		Sa
week	team	week	team	week	team	week	team	week
1	Cincinnati	1	Baltimore	1	at Tennessee	1	Atlanta	1
2	at NY_Jets	2	New_England	2	St._Louis	2	at Tennessee	2
3	Buffalo	3	at Miami	3	at Arizona	3	at Tampa_Bay	3
4	at Miami	4	at Buffalo	4	Houston	4	Baltimore	4
5	BYE	5	Minnesota	5	San_Diego	5	BYE	5
6	Baltimore	6	at Denver	6	at San_Francisco	6	Cleveland	6
7	at San_Diego	7	BYE	7	at Denver	7	at Miami	7
8	Minnesota	8	Green_Bay	8	Seattle	8	at New_Orleans	8
9	at Cleveland	9	at Detroit	9	Kansas_City	9	at Cincinnati	9
10	at Pittsburgh	10	at Cleveland	10	BYE	10	New_England	10
11	Indianapolis	11	Houston	11	at Pittsburgh	11	Oakland	11
12	at Detroit	12	Cincinnati	12	Miami	12	at Buffalo	12
13	NY_Jets	13	at New_England	13	at San_Diego	13	at Baltimore	13
14	at Chicago	14	Miami	14	at Jacksonville	14	Cincinnati	14
15	Green_Bay	15	at Pittsburgh	15	Denver	15	NY_Jets	15
16	at Buffalo	16	at Chicago	16	Indianapolis	16	Carolina	16
17	Miami	17	Buffalo	17	at Kansas_City	17	at Cleveland	17

### Tennessee Titans

week	team
1	Oakland
2	Pittsburgh
3	at NY_Giants
4	Denver
5	at Dallas
6	at Jacksonville
9	BYE
10	at Miami
11	Washington
12	at Houston
13	Jacksonville
14	Indianapolis
15	Houston

7	Philadelphia	16	at Kansas_City
8	at San_Diego	17	at Indianapolis

Denotes bye week!

### Denver Broncos

team
at Jacksonville
Seattle
Indianapolis
at Tennessee
at Baltimore
NY_Jets
Oakland
at San_Francisco
BYE
Kansas_City
at San_Diego
St._Louis
at Kansas_City
at Arizona
at Oakland
Houston
San_Diego

### Miami Dolphins

team
at Buffalo
at Minnesota
NY_Jets
New_England
BYE
at Green_Bay
Pittsburgh
at Cincinnati
at Baltimore
Tennessee
Chicago

at Oakland
Cleveland
at NY_Jets
Buffalo
Detroit
at New_England

### San Diego Chargers

team
at Kansas_City
Jacksonville
at Seattle
Arizona
at Oakland
at St. Louis
New_England
Tennessee
at Houston
BYE
Denver
at Indianapolis
Oakland
Kansas_City
San_Francisco
at Cincinnati
at Denver

8 Team League: \_\_\_\_\_

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WR								
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10 Team League: \_\_\_\_\_

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