Seattle Seahawks

OVERALL:	OVERALL:
3-4	2-4
Vs NFC West	Vs NFC East
1-1	2-1

Seahawks Logs

RECORD SEA	RECORD FOE	PLUS/MINUS SEA	PLUS/MINUS FOE	GAME GRADES SEA		GAME GRADES FOE		DATE	FOE	SCORE	W/L	SEA OFF	SEA DEF	SEA ST	--PS RANK-- OFF	--PS RANK-- DEF	--PS RANK-- ST	FOE OFF	FOE DEF	FOE ST
0-0	0-0	104	99	83.6	#89	85.1	#69	9/13	at St Louis	31-34	L	2	1	6	24	11	1
0-1	1-0	102	101	81.9	#123	90.3	#15	9/20	at Green Bay	17-27	L	6	1	8	3	17	29
0-2	0-2	101	90	90.6	#14	74.4	#196	9/27	Chicago	26-0	W	5	2	9	9	30	24
1-2	0-3	103	94	81.8	#124	85.8	#60	10/5	Detroit	13-10	W	9	1	11	17	11	12
2-2	4-0	102	103	86.9	#47	85.3	#65	10/11	at Cincinnati	24-27	L	11	1	19	5	15	7
2-3	4-0	102	99	82.4	#108	88.8	#25	10/18	Carolina	23-27	L	7	1	21	29	13	32
2-4	2-4	99	96	87.4	#39	75.9	#187	10/22	at San Francisco	20-3	W	7	1	22	28	30	20
3-4	2-4	103	92					11/1	at Dallas			9	1	25	8	16	14
								11/8	Bye								
	5-2		102					11/15	Arizona						17	10	28
	2-5		94					11/22	San Francisco						31	23	22
	4-3		99					11/29	Pittsburgh						6	15	24
	4-2		100					12/6	at Minnesota						19	5	12
	1-6		97					12/13	at Baltimore						16	13	2
	2-5		94					12/20	Cleveland						25	19	13
	3-3		100					12/27	St Louis						30	4	3
	5-2		102					1/3	at Arizona						17	10	28

NFL RANKINGS

2015 CURRENT RANKINGS

Seattle		Dallas
#2	Rush Off	#7
#28	Pass Off	#20
#14	**Total Off**	**#9**
#19	Score Off	#27
#32	Sks Allowed	#11
#6	Rush Def	#9
#3	Pass Def	#13
#3	**Total Def**	**#8**
#5	Score Def	#24
#6	Sks By	#12
#4	Ypg Diff	#10
0	**Total TO's**	**-9**
16.25	Off YPP	18.19
#20	Off YPP Rank	#30
16.09	Def YPP	12.89
#16	Def YPP Rank	#28

Dallas Cowboys

Cowboys Logs

RECORD DAL	RECORD FOE	PLUS/MINUS DAL	PLUS/MINUS FOE	GAME GRADES DAL		GAME GRADES FOE		DATE	FOE	SCORE	W/L	DAL OFF	DAL DEF	DAL ST	--PS RANK-- OFF	--PS RANK-- DEF	--PS RANK-- ST	FOE OFF	FOE DEF	FOE ST
0-0	0-0	97	97	82.2	#115	81.1	#138	9/13	NY Giants	27-26	W	3	14	24	9	25	14
1-0	0-1	97	98	91.5	#12	75.2	#192	9/20	at Philadelphia	20-10	W	5	23	21	4	18	9
2-0	2-0	100	99	78.0	#173	89.3	#22	9/27	Atlanta	28-39	L	4	16	19	6	29	1
2-1	0-3	96	92	82.9	#98	81.9	#119	10/4	at New Orleans	20-26	L	3	21	21	16	32	14
2-2	3-0	94	108	75.7	#189	95.7	#4	10/11	New England	6-30	L	6	20	16	1	9	6
2-3		92						10/18	Bye			8	19	16			
2-3	3-3	92	98	81.2	#136	81.9	#122	10/25	at NY Giants	20-27	L	9	18	17	14	25	18
2-4	3-4	92	103					11/1	Seattle			8	16	14	9	1	25
	3-4		102					11/8	Philadelphia						22	30	30
	2-4		92					11/15	at Tampa Bay						17	10	28
	3-3		98					11/22	at Miami						31	23	22
	6-0		103					11/26	Carolina						6	15	24
	3-4		95					12/7	at Washington						19	5	12
	6-0		103					12/13	at Green Bay						16	13	2
	4-2		102					12/19	NY Jets						25	19	13
	3-4		94					12/27	at Buffalo						30	4	3
	3-4		95					1/3	Washington						17	10	28

Weekly Leaders & Team Averages

Seattle Seahawks

Score		Seahawks Net Stats Yds	FD	QBR	TO's	Offense FD	RA-RY	YPC	Comp Att	Yds Pass	Sks	Defense FD	RA-RY	YPC	Comp Att	Yds Pass	Sks
at St Louis	31-34	-9	2	-39.9	2	21	32-124	3.9	32-41	219	6	19	26-76	2.9	18-24	276	2
at Green Bay	17-27	-37	0	-25.1	-1	21	25-119	4.8	19-30	205	2	21	29-127	4.4	25-33	234	2
Chicago	26-0	225	10	39.7	0	17	29-159	5.5	20-30	212	4	7	27-98	3.6	9-17	48	2
Detroit	13-10	89	6	41.6	-2	18	31-110	3.5	20-26	235	6	12	18-53	2.9	24-35	203	0
at Cincinnati	24-27	-22	-11	-4.5	1	16	30-200	6.7	15-23	197	4	27	31-109	3.5	30-44	310	4
Carolina	23-27	-49	-11	31.0	2	14	26-115	4.4	18-30	219	4	25	33-135	4.1	20-36	248	3
at San Francisco	20-3	246	13	15.8	-2	21	41-176	4.3	18-24	212	5	8	15-61	4.1	13-24	81	6
at Dallas																	
Bye																	
Arizona																	
San Francisco																	
Pittsburgh																	
at Minnesota																	
at Baltimore																	
Cleveland																	
St Louis																	
at Arizona																	
Average	22-18	63.3	0.0	7.0	0	18	31-143	4.7	20-29	214	15.2%	17	26-94	3.7	20-30	200	8.9%
Vs NFC West	26-19	118.5	7.5	-11.0	0	21	37-150	4.1	25-33	216	16.9%	14	21-69	3.3	16-24	179	16.7%
Away	23-23	44.5	1.0	-13.0	0	20	32-155	4.8	21-30	208	14.4%	19	25-93	3.7	22-31	225	11.2%

Dallas Cowboys

Score		Cowboys Net Stats Yds	FD	QBR	TO's	Offense FD	RA-RY	YPC	Comp Att	Yds Pass	Sks	Defense FD	RA-RY	YPC	Comp Att	Yds Pass	Sks
NY Giants	27-26	147	9	32.6	-3	27	23-80	3.5	36-45	356	0	18	24-99	4.1	20-36	190	1
at Philadelphia	20-10	133	4	70.2	1	21	33-109	3.3	25-34	250	3	17	17-7	0.4	23-37	219	1
Atlanta	28-39	-91	-3	-21.3	-1	23	21-127	6.0	22-26	220	2	26	32-158	4.9	24-36	280	4
at New Orleans	20-26	-103	-6	-13.8	0	21	28-115	4.1	16-26	220	3	27	25-103	4.1	33-41	335	3
New England	6-30	-92	-2	-63.9	-2	18	24-100	4.2	26-39	164	3	20	23-109	4.7	20-27	247	5
Bye																	
at NY Giants	20-27	171	14	-14.4	-4	27	41-233	5.7	17-27	227	1	13	25-132	5.3	13-24	157	2
Seattle																	
Philadelphia																	
at Tampa Bay																	
at Miami																	
Carolina																	
at Washington																	
at Green Bay																	
NY Jets																	
at Buffalo																	
Washington																	
Average	20-26	27.5	0.0	14.0	-9	23	28-127	4.5	24-33	240	6.1%	20	24-101	4.2	22-34	238	8.0%
Vs NFC East	22-21	150.3	9.0	46.5	-6	25	32-141	4.4	26-35	278	3.8%	16	22-79	3.6	19-32	189	4.1%
Home	20-32	-12.0	1.3	-12.1	-6	23	23-102	4.5	28-37	247	4.5%	21	26-122	4.6	21-33	239	10.1%

Seattle Seahawks

By Game Yardage Leaders

		Passing		Rushing		Receiving	
at St Louis	-3.5/41	Russell Wilson	32-41-251-1-1	Marshawn Lynch	18-73-4.1-0	Jermaine Kearse	8-76-9.5-0
at Green Bay	+3.5/48.5	Russell Wilson	19-30-206-2-1	Russell Wilson	10-78-7.8-0	Doug Baldwin	7-92-13.1-1
Chicago	-14.5/43.5	Russell Wilson	20-30-235-1-0	Thomas Rawls	16-104-6.5-0	Jimmy Graham	7-83-11.9-1
Detroit	-9.5/43	Russell Wilson	20-26-287-1-0	Thomas Rawls	17-48-2.8-0	Jermaine Kearse	2-84-42.0-0
at Cincinnati	+3/44	Russell Wilson	15-23-213-1-1	Thomas Rawls	23-169-7.3-1	Doug Baldwin	3-70-23.3-0
Carolina	-7/40.5	Russell Wilson	18-30-241-1-0	Marshawn Lynch	17-54-3.2-1	Jimmy Graham	8-140-17.5-0
at San Francisco	-6.5/42.5	Russell Wilson	18-24-235-1-2	Marshawn Lynch	27-122-4.5-1	Tyler Lockett	5-79-15.8-1
at Dallas							
Bye							
Arizona							
San Francisco							
Pittsburgh							
at Minnesota							
at Baltimore							
Cleveland							
St Louis							
at Arizona							
Seattle Season Leaders		Russell Wilson	142-204-1668-8-5	Thomas Rawls	65-366-5.6-1	Jimmy Graham	31-375-12.1-2
				Marshawn Lynch	82-304-3.7-2	Jermaine Kearse	21-338-16.1-1
				Russell Wilson	52-271-5.2-0	Doug Baldwin	28-310-11.1-2

Dallas Cowboys

By Game Yardage Leaders

		Passing		Rushing		Receiving	
NY Giants	-6.5/52	Tony Romo	36-45-356-3-2	Joseph Randle	16-65-4.1-0	Lance Dunbar	8-70-8.8-0
at Philadelphia	+5.5/54.5	Tony Romo	18-27-195-0-0	Joseph Randle	18-51-2.8-0	Terrance Williams	4-84-21.0-1
Atlanta	+1/43.5	Brandon Weeden	22-26-232-0-1	Joseph Randle	14-87-6.2-3	Lance Dunbar	10-100-10.0-0
at New Orleans	+3/48	Brandon Weeden	16-26-246-1-0	Lance Dunbar	3-54-18.0-0	Brice Butler	1-67-67.0-0
New England	+9/50.5	Brandon Weeden	26-39-188-0-1	Joseph Randle	15-60-4.0-0	Darren McFadden	9-62-6.9-0
Bye							
at NY Giants	+3/44	Matt Cassel	17-27-227-1-3	Darren McFadden	29-152-5.2-1	Jason Witten	6-73-12.2-0
Seattle							
Philadelphia							
at Tampa Bay							
at Miami							
Carolina							
at Washington							
at Green Bay							
NY Jets							
at Buffalo							
Washington							
Dallas Season Leaders		Brandon Weeden	71-98-739-2-2	Joseph Randle	76-313-4.1-4	Jason Witten	36-344-9.6-2
		Tony Romo	54-72-551-3-2	Darren McFadden	66-281-4.3-2	Terrance Williams	18-293-16.3-2
		Matt Cassel	17-27-227-1-3	Lance Dunbar	5-67-13.4-0	Lance Dunbar	21-215-10.2-0

Position by Position Edges

Seattle		Dallas
0.62	SEA QB/WR vs. DAL SECONDARY	
2.32	SEA RB's vs. DAL LB's	
1.00	SEA OFF LINE vs. DAL DEF LINE	
	SEA DEF LINE vs. DAL OFF LINE	0.44
0.96	SEA LB'S vs. DAL RB's	
0.92	SEA SECONDARY vs. DAL QB/WR	
	SEA SPECIAL TMS vs. DAL SPECIAL TMS	0.59
	SEA KICKER vs. DAL KICKER	0.36
0.47	SEA COACHES vs. DAL COACHES	
6.30	SEA TOTAL PTS vs. DAL TOTAL PTS	1.39

POSITIONAL EDGE AWARDED TO:

Seattle Seahawks

By 4.91 Points

Last Five Meetings (Last 16 years at PhilSteele.com)

	Line	Score	Yds	FD	Rush	Comp-Att-Yds	TO's
2014							
Seattle	-8.5	23	206	9	18-80	14-28-126	
Dallas	46.5	30	401	23	36-162	21-32-239	-1
2012							
Seattle	42.5	27	315	20	41-182	15-20-133	
Dallas	-3	7	296	17	16-49	23-40-247	-2
2011							
Seattle	45	13	381	18	30-162	17-30-219	
Dallas	-11	23	442	18	29-163	19-31-279	2
2009							
Seattle	46	17	308	18	22-79	22-39-229	
Dallas	-9.5	38	362	26	29-113	21-36-249	1
2008							
Seattle	-12	9	322	19	23-80	22-38-242	
Dallas	46.5	34	447	24	24-116	22-34-331	1

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Projected Box Score

Projected Rushing		
149 yards	Seattle	Dallas 124 yards
Projected Passing		
194 yards	Seattle	Dallas 215 yards
Projected Yardage Total		
343 yards	Seattle	Dallas 339 yards
Projected Final Score		
22 points	Seattle	Dallas 15 points
Team Schedule Strength		
#8	Seattle	Dallas #1
Future Schedule Strength		
#18	Seattle	Dallas #11

Category	Team & Margin
Las Vegas Line	Seattle By 6
Las Vegas Total	41 Points
+/- Ratings	Seattle By 7.5
Game Grade	Dallas By 0.4
Computer Yards	Seattle 343 - 339
Computer Points	Seattle 22 - 15
Phil Steele	Seattle by 7

Phil's Forecast:

Weather: Low 70's, sunny, winds 4-9 mph - The Seahawks head to "Jerry World" off of their most convincing win of the ssn as they held the 49ers to just 8 FD's and 142 ttl yds in the 20-3 victory. The Cowboys meanwhile haven't seen the right side of the scoreboard since the loss of QB Romo in Wk 2 vs PHI. They'll turn to Matt Cassel at QB again this week for the ineffective Brandon Weeden although his 1st start w/DAL saw some of the same struggles as he tossed 3 int's in the 7 point loss to the Giants. While DAL may get the services of WR Bryant back for the 1st time since the opener, the situation clearly favors the visiting Seahawks in this one as they have a bye on deck while the Cowboys have a SNF date with an angry Eagles squad seeking revenge from earlier in the season.

SEATTLE 23 DALLAS 16