



Seattle Seahawks @ Washington Commanders

MyFootballToolbox.com Game Day Preview



SEAHAWKS

Record: 5-2 Odds: -2.5 O/U: 47.5 Power Ranking #9 Moneyline: -148 Sunday 11/02/2025 5:20PM PST

wk1: SF 17 @ 13 SEA wk2: SEA 31 @ 17 PIT wk3: NO 13 @ 44 SEA
wk4: SEA 23 @ 20 ARI wk5: TB 38 @ 35 SEA wk6: SEA 20 @ 12 JAX
wk7: HOU 19 @ 27 SEA

Following their bye week, the Seahawks are gearing up for an extended road trip to face the Commanders. Fortunately for them, strong defenses tend to travel well, and theirs is currently performing at an impressive level. Quarterback Sam Darnold is also playing exceptionally, contributing to the team's overall momentum. This combination of a robust defense and

Head Coach: Mike Macdonald

Off. Coord: Klint Kubiak

Def. Coord: Aden Durde

Changes This Year: The Seattle Seahawks enter the 2025 season with notable additions including QB Sam Darnold, WR Cooper Kupp, and DE DeMarcus Lawrence, while trading QB Geno Smith and WR D.K. Metcalf. The team also promoted rookies like Elijah Arroyo and added depth with practice squad elevations, focusing on rebuilding under coach Pete Carroll with a mix of veterans and young talent.

Pos	Stat	No	Name	Exp	YrsTm	Contract	ADP	PreRank	Rank	PrevTeams
QB	ACT	#2	Drew Lock	6			391	QB#62		
QB	ACT	#6	Jalen Milroe	0			267	QB#35		
QB	ACT	#14	Sam Darnold	7			200	QB#27		
RB	ACT	#38	Brady Russell	2			0	RB#130		
RB	ACT	#36	George Holani	1			0	RB#149		
RB	ACT	#9	Kenneth Walker III	3			44	RB#17		
RB	ACT	#40	Robbie Ouzts	0			462	RB#93		
RB	ACT	#26	Zach Charbonnet	2			141	RB#38		
WR	ACT	#10	Cooper Kupp	8			81	WR#39		
WR	ACT	#83	Dareke Young	3			0	WR#275		
WR	ACT	#19	Jake Bobo	2			277	WR#116		
WR	ACT	#11	Jaxon Smith-Njigba	2			36	WR#14		
WR	ACT	#15	Tory Horton	0			365	WR#75		
TE	ACT	#88	AJ Barner	1			0	TE#54		
TE	ACT	#18	Elijah Arroyo	0			0	TE#28		
TE	RES	#81	Eric Saubert	8			0	TE#98		
TE	ACT	#89	Nick Kallerup	0			0	TE#135		
K	ACT	#5	Jason Myers	10			0	K#30		

DB	#8	Coby Bryant	DL	#90	Jarran Reed	OL	#72	Abraham Lucas
DB	#23	D'Anthony Bell	DL	#99	Leonard Williams	OL	#75	Anthony Bradford
DB	#1	Derion Kendrick	DL	#94	Mike Morris	OL	#77	Bryce Cabeldue
DB	#21	Devon Witherspoon	LB	#53	Boye Mafe	OL	#67	Charles Cross
DB	#32	Jerrick Reed II	LB	#44	Chazz Surratt	OL	#76	Grey Zabel
DB	#29	Josh Jobe	LB	#57	Connor O'Toole	OL	#61	Jalen Sundell
DB	#28	Nehemiah Pritchett	LB	#58	Derick Hall	OL	#74	Josh Jones
DB	#3	Nick Emmanwori	LB	#42	Drake Thomas	OL	#78	Mason Richman
DB	#27	Riq Woolen	LB	#13	Ernest Jones	OL	#55	Olu Oluwatimi
DB	#39	Ty Okada	LB	#51	Jared Ivey	P	#4	Michael Dickson
DL	#95	Brandon Pili	LB	#48	Tyrice Knight			
DL	#91	Byron Murphy II	LB	#7	Uchenna Nwosu			
DL	#0	DeMarcus Lawrence	LS	#41	Chris Stoll			

2024 Draft

1.16: Byron Murphy, DL, Texas
3.81: Christian Haynes, OL, Connecticut
4.118: Tyrice Knight, LB, Texas-El Paso
4.121: AJ Barner, TE, Michigan
5.136: Nehemiah Pritchett, CB, Auburn
6.179: Sataoa Laumea, OL, Utah
6.192: D.J. James, CB, Auburn
6.207: Michael Jerrell, OT, Findlay

2023 Draft

1.5: Devon Witherspoon, DB, Illinois
1.20: Jaxon Smith-Njigba, WR, Ohio St.
2.37: Derick Hall, DE, Auburn
2.52: Zach Charbonnet, RB, UCLA
4.108: Anthony Bradford, OL, LSU
4.123: Cameron Young, DT, Mississippi St.
5.151: Mike Morris, DE, Michigan
5.154: Olusegun Oluwatimi, C, Michigan
6.198: Jerrick Reed, S, New Mexico
7.237: Kenny McIntosh, RB, Georgia

2022 Draft

1.9: Charles Cross, OL, Mississippi St.
2.40: Boye Mafe, DE, Minnesota
2.41: Kenneth Walker III, RB, Michigan St.
3.72: Abraham Lucas, OL, Washington St.
4.109: Coby Bryant, CB, Cincinnati
5.153: Riq Woolen, CB, Texas-San Antonio
5.158: Tyreke Smith, DE, Ohio St.
7.229: Bo Melton, WR, Rutgers
7.233: Dareke Young, WR, Lenoir-Rhyne



Seattle Seahawks @ Washington Commanders

MyFootballToolbox.com Game Day Preview



COMMANDERS

Record: 3-5 Odds: +2.5 O/U: 47.5 Power Ranking #24 Moneyline: 124 Sunday 11/02/2025 5:20PM PST

wk1: NYG 6 @ 21 WAS wk2: WAS 18 @ 27 GB wk3: LV 24 @ 41 WAS
wk4: WAS 27 @ 34 ATL wk5: WAS 27 @ 10 LAC wk6: CHI 25 @ 24 WAS
wk7: WAS 22 @ 44 DAL wk8: WAS 7 @ 28 KC

Despite a valiant effort against the Chiefs, capitalizing on early scoring opportunities is crucial, especially when playing against such a formidable opponent on their home turf. The return of Jayden Daniels is imperative for improving their offensive efficiency and converting those critical chances. Having him back in the lineup could be the key to unlocking their potential

Head Coach: Dan Quinn
Off. Coord: Kliff Kingsbury
Def. Coord: Joe Whitt Jr.

Changes This Year: The Washington Commanders made several key roster moves in 2025, signing DT Javon Kinlaw to a three-year deal to bolster their run defense after releasing Jonathan Allen. They re-signed WR Terry McLaurin to a three-year extension and added veteran OLB Von Miller on a one-year deal. The team also traded draft picks to acquire LT Laremy Tunsil and focused on strengthening the defensive line

Pos	Stat	No	Name	Exp	YrsTm	Contract	ADP	PreRank	Rank	PrevTeams
QB	ACT	#5	Jayden Daniels	1			27	QB#3		
QB	ACT	#14	Josh Johnson	17			450	QB#87		
QB	ACT	#8	Marcus Mariota	10			459	QB#52		
RB	RES	#30	Austin Ekeler	8			99	RB#40		
RB	ACT	#36	Chris Rodriguez Jr.	2			0	RB#80		
RB	ACT	#22	Jacory Croskey-Merritt	0			95	RB#35		
RB	ACT	#26	Jeremy McNichols	8			0	RB#108		
WR	ACT	#19	Chris Moore	9			0	WR#240		
WR	ACT	#1	Deebo Samuel Sr.	6			96	WR#36		
WR	ACT	#83	Jaylin Lane	0			423	WR#174		
WR	ACT	#11	Luke McCaffrey	1			247	WR#91		
WR	RES	#85	Noah Brown	8			0	WR#149		
WR	ACT	#17	Terry McLaurin	6			37	WR#18		
TE	ACT	#82	Ben Sinnott	1			0	TE#51		
TE	ACT	#80	Colson Yankoff	1			0	TE#144		
TE	ACT	#87	John Bates	4			304	TE#64		
TE	RES	#45	Tyree Jackson	6			0	TE#79		
TE	ACT	#86	Zach Ertz	12			157	TE#18		
K	ACT	#16	Matt Gay	6			180	K#16		
DB	#34	Antonio Hamilton	DL	#55	Jacob Martin	OL	#71	Andrew Wylie		
DB	#25	Darnell Savage	DL	#96	Jalyn Holmes	OL	#74	Brandon Coleman		
DB	#39	Jeremy Reaves	DL	#99	Javon Kinlaw	OL	#75	Chris Paul		
DB	#31	Jonathan Jones	DL	#95	Jer'Zhan Newton	OL	#77	George Fant		
DB	#2	Marshon Lattimore	DL	#52	Preston Smith	OL	#72	Josh Conerly Jr.		
DB	#0	Mike Sainristil	LB	#51	Ale Kaho	OL	#78	Laremy Tunsil		
DB	#6	Noah Igbinoghene	LB	#54	Bobby Wagner	OL	#67	Nick Allegretti		
DB	#35	Percy Butler	LB	#4	Frankie Luvu	OL	#76	Sam Cosmi		
DB	#20	Quan Martin	LB	#58	Jordan Magee	OL	#73	Trent Scott		
DB	#23	Trey Amos	LB	#56	Kain Medrano	OL	#63	Tyler Biadasz		
DB	#18	Tyler Owens	LB	#57	Nick Bellore	P	#10	Tress Way		
DL	#94	Daron Payne	LB	#24	Von Miller					
DL	#97	Eddie Goldman	LS	#69	Tyler Ott					

2024 Draft

1.2: Jayden Daniels, QB, LSU
2.36: Jer'Zhan Newton, DL, Illinois
2.50: Mike Sainristil, DB, Michigan
2.53: Ben Sinnott, TE, Kansas St.
3.67: Brandon Coleman, OL, TCU
3.100: Luke McCaffrey, WR, Rice
5.139: Jordan Magee, LB, Temple
5.161: Dominique Hampton, CB, Washington
7.222: Javontae Jean-Baptiste, DL, Notre Dame

2023 Draft

1.16: Emmanuel Forbes, CB, Mississippi St.
2.47: Quan Martin, DB, Illinois
3.97: Ricky Stromberg, OL, Arkansas
4.118: Braeden Daniels, OL, Utah
5.137: K.J. Henry, DE, Clemson
6.193: Chris Rodriguez, RB, Kentucky
7.233: Andre Jones, DE, Louisiana

2022 Draft

1.16: Jahan Dotson, WR, Penn St.
2.47: Phidarian Mathis, DT, Alabama
3.98: Brian Robinson Jr., RB, Alabama
4.113: Percy Butler, S, Louisiana
5.144: Sam Howell, QB, North Carolina
5.149: Cole Turner, TE, Nevada
7.230: Chris Paul, OL, Tulsa
7.240: Christian Holmes, CB, Oklahoma St.