



Seattle Seahawks @ LA

MyFootballToolbox.com Game Day Preview

SEAHAWKS



Record: 7-2 Odds: +2.5 O/U: 48.5 Power Ranking #6 Moneyline: 136 Sunday 11/16/2025 1:05PM 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 wk9: SEA 38 @ 14 WAS wk10: ARI 22 @ 44 SEA

Sam Darnold had a relatively stress-free outing against the Cardinals, thanks to a dominant defensive performance. The Seahawks' fierce front line played exceptionally well and will need to maintain that level of intensity as they face the Rams this week. With their defense in top form, they have the potential to disrupt opposing offenses and make a significant

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	#82	Cody White	5			0	WR#260		
WR	ACT	#10	Cooper Kupp	8			81	WR#39		
WR	RES	#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	#22	Rashid Shaheed	3			129	WR#53		
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	#90	Nick Kallerup	0			0	TE#135		
DE	#8	Coby Bryant	DL	#92	Quinton Bohanna	0	OL	#75	Anthony Bradford	
DE	#23	D'Anthony Bell	LB	#53	Boye Mafe		OL	#77	Bryce Cabeldue	
DB	#1	Derion Kendrick	LB	#44	Chazz Surratt		OL	#67	Charles Cross	
DB	#21	Devon Witherspoon	LB	#57	Connor O'Toole		OL	#76	Grey Zabel	
DB	#29	Josh Jobe	LB	#0	DeMarcus Lawrence		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	#99	Leonard Williams	LS	#41	Chris Stoll					
DL	#94	Mike Morris	OL	#72	Abraham Lucas					

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



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wk1: HOU 9 @ 14 LA wk2: LA 33 @ 19 TEN wk3: LA 26 @ 33 PHI
wk4: IND 20 @ 27 LA wk5: SF 26 @ 23 LA wk6: LA 17 @ 3 BAL
wk7: LA 35 @ 7 JAX wk9: NO 10 @ 34 LA wk10: LA 42 @ 26 SF

With Matthew Stafford delivering stellar performances, the Rams are primed to take on the Seahawks this Sunday. Their defensive front possesses game-wrecking potential, which could be a key factor in securing a victory.

Head Coach: Sean McVay

Off. Coord: Mike LaFleur

Def. Coord: Chris Shula

Changes This Year: The Rams enter the 2025 season with a solid core led by quarterback Matthew Stafford and an upgraded wide receiver room featuring Davante Adams and Puka Nacua. They retained key contributors like Kyren Williams at running back and added depth in tight ends for more 12-personnel formations. The team made numerous roster changes, bringing in 12 new players while maintaining a

Pos	Stat	No	Name	Exp	YrsTm	Contract	ADP	PreRank	Rank	PrevTeams
QB	ACT	#11	Jimmy Garoppolo	11			295	QB#40		
QB	ACT	#9	Matthew Stafford	16			165	QB#25		
QB	ACT	#13	Stetson Bennett	2			315	QB#70		
RB	ACT	#22	Blake Corum	1			0	RB#66		
RB	ACT	#27	Jarquez Hunter	0			0	RB#77		
RB	ACT	#23	Kyren Williams	3			30	RB#12		
RB	ACT	#20	Ronnie Rivers	3			0	RB#191		
WR	ACT	#17	Davante Adams	11			34	WR#16		
WR	ACT	#88	Jordan Whittington	1			0	WR#125		
WR	ACT	#15	Konata Mumpfield	0			0	WR#182		
WR	ACT	#12	Puka Nacua	2			8	WR#6		
WR	RES	#5	Tutu Atwell	4			0	WR#101		
WR	ACT	#19	Xavier Smith	2			0	WR#283		
TE	ACT	#84	Colby Parkinson	5			0	TE#76		
TE	ACT	#87	Davis Allen	2			390	TE#77		
TE	ACT	#18	Terrance Ferguson	0			272	TE#33		
TE	ACT	#89	Tyler Higbee	9			0	TE#40		
K	ACT	#16	Joshua Karty	1			0	K#32		

DB #14	Cobie Durant	DL #95	Poona Ford	OL #50	Beaux Limmer
DB #31	Darius Williams	DL #57	Ty Hamilton	OL #65	Coleman Shelton
DB #1	Emmanuel Forbes	DL #90	Tyler Davis	OL #72	D.J. Humphries
DB #2	Jaylen McCollough	LB #0	Byron Young	OL #68	David Quessenberry
DB #30	Josh Wallace	LB #8	Jared Verse	OL #67	Justin Dedich
DB #3	Kam Curl	LB #10	Josaiah Stewart	OL #69	Kevin Dotson
DB #26	Kamren Kinchens	LB #53	Nate Landman	OL #79	Rob Havenstein
DB #37	Quentin Lake	LB #6	Nick Hampton	OL #73	Steve Avila
DB #25	Roger McCreary	LB #48	Omar Speights	OL #71	Warren McClendon Jr.
DL #55	Braden Fiske	LB #56	Shaun Dolac	P #42	Ethan Evans
DL #94	Desjuan Johnson	LB #51	Troy Reeder		
DL #91	Kobie Turner	LS #44	Jake McQuaide		
DL #52	Larrell Murchison	OL #77	Alaric Jackson		

2024 Draft

2023 Draft

2022 Draft