



Minnesota Vikings @ Seattle Seahawks

MyFootballToolbox.com Game Day Preview



VIKINGS

Record: 4-7 Odds: +10.5 O/U: 41.5 Power Ranking #23 Moneyline: 440 Sunday 11/30/2025 1:05PM PST

wk1: MIN 27 @ 24 CHI wk2: ATL 22 @ 6 MIN wk3: CIN 10 @ 48 MIN
wk4: MIN 21 @ 24 PIT wk5: MIN 21 @ 17 CLE wk7: PHI 28 @ 22 MIN
wk8: MIN 10 @ 37 LAC wk9: MIN 27 @ 24 DET wk10: BAL 27 @ 19 MIN
wk11: CHI 19 @ 17 MIN wk12: MIN 6 @ 23 GB

J.J. McCarthy poses a significant challenge for the Vikings. When even a skilled coach like Kevin O'Connell faces difficulties in resolving issues, it raises concerns about potential solutions. The situation requires urgent attention to prevent McCarthy from becoming a persistent issue as the

Head Coach: Kevin O'Connell

Off. Coord: Wes Phillips

Def. Coord: Brian Flores

Changes This Year: The Vikings enter 2025 with key offseason moves including the first-round draft pick of offensive lineman Donovan Jackson and the acquisition of quarterback Carson Wentz after trading Sam Howell. They bolstered their receiving corps and running back depth with signings and draft rookies like Myles Price. The team faced some injury setbacks and roster shuffling but aims to build on last year's surprising 14-3

Pos	Stat	No	Name	Exp	YrsTm	Contract	ADP	PreRank	Rank	PrevTeams
QB	RES	#11	Carson Wentz	9			319	QB#60		
QB	ACT	#9	J.J. McCarthy	1			133	QB#19		
QB	ACT	#12	Max Brosmer	0			0	QB#104		
RB	ACT	#30	C.J. Ham	9			318	RB#107		
RB	ACT	#27	Jordan Mason	3			127	RB#32		
RB	RES	#32	Ty Chandler	3			285	RB#91		
RB	ACT	#36	Zavier Scott	2			0	RB#285		
WR	ACT	#19	Adam Thielen	12			151	WR#61		
WR	ACT	#1	Jalen Nailor	3			0	WR#118		
WR	ACT	#3	Jordan Addison	2			108	WR#42		
WR	ACT	#18	Justin Jefferson	5			4	WR#2		
WR	ACT	#13	Tai Felton	0			0	WR#157		
TE	RES	#86	Gavin Bartholomew	0			427	TE#84		
TE	ACT	#84	Josh Oliver	6			305	TE#49		
TE	ACT	#87	T.J. Hockenson	6			56	TE#6		
K	ACT	#16	Will Reichard	1			215	K#18		

DB #7 Byron Murphy	DL #90 Tyrion Ingram-Dawkins	OL #74 Donovan Jackson
DB #6 Dwight McGlothern	LB #43 Andrew Van Ginkel	OL #67 Justin Skule
DB #23 Fabian Moreau	LB #51 Blake Cashman	OL #65 Michael Jurgens
DB #22 Harrison Smith	LB #98 Bo Richter	OL #78 Ryan Kelly
DB #2 Isaiah Rodgers	LB #57 Chaz Chambliss	OL #76 Will Fries
DB #24 Jay Ward	LB #15 Dallas Turner	P #17 Ryan Wright
DB #44 Josh Metellus	LB #55 Eric Wilson	
DB #37 Tavierre Thomas	LB #0 Ivan Pace Jr.	
DB #26 Theo Jackson	LB #96 Tyler Batty	
DL #61 Jalen Redmond	LS #42 Andrew DePaola	
DL #97 Javon Hargrave	OL #64 Blake Brandel	
DL #93 Jonathan Allen	OL #75 Brian O'Neill	
DL #50 Levi Drake Rodriguez	OL #71 Christian Darrisaw	

2024 Draft

1.10: J.J. McCarthy, QB, Michigan
1.17: Dallas Turner, LB, Alabama
4.108: Khyree Jackson, DB, Oregon
6.177: Walter Rouse, OL, Oklahoma
6.203: Will Reichard, K, Alabama
7.230: Michael Jurgens, OL, Wake Forest
7.232: Levi Drake Rodriguez, DT, Texas A&M-Commerce

2023 Draft

1.23: Jordan Addison, WR, USC
3.102: Mekhi Blackmon, CB, USC
4.134: Jay Ward, S, LSU
5.141: Jaquelin Roy, DT, LSU
5.164: Jaren Hall, QB, BYU
7.222: DeWayne McBride, RB, Ala-Birmingham

2022 Draft

1.32: Lewis Cine, DB, Georgia
2.42: Andrew Booth, CB, Clemson
2.59: Ed Ingram, G, LSU
3.66: Brian Asamoah, LB, Oklahoma
4.118: Akayleb Evans, DB, Missouri
5.165: Ezezi Otomewo, DT, Minnesota
5.169: Ty Chandler, RB, North Carolina
6.184: Vederian Lowe, OL, Illinois
6.191: Jalen Nailor, WR, Michigan St.
7.227: Nick Muse, TE, South Carolina



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SEAHAWKS

Record: 8-3 Odds: -10.5 O/U: 41.5 Power Ranking #5 Moneyline: -600 Sunday 11/30/2025 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
wk11: SEA 19 @ 21 LA wk12: SEA 30 @ 24 TEN

After a tough outing against the Rams where Sam Darnold threw four interceptions, he rebounded impressively in the matchup against the Titans. His performance showed resilience and poise, reigniting optimism about his potential. In addition to Darnold's bounce-back, Jaxon Smith-Njigba

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	#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	RES	#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	#92	Quinton Bohanna	OL	#67	Charles Cross		
DB	#23	D'Anthony Bell	LB	#53	Boye Mafe	OL	#64	Christian Haynes		
DB	#1	Derion Kendrick	LB	#44	Chazz Surratt	OL	#76	Grey Zabel		
DB	#21	Devon Witherspoon	LB	#0	DeMarcus Lawrence	OL	#74	Josh Jones		
DB	#29	Josh Jobe	LB	#58	Derick Hall	OL	#55	Olu Oluwatimi		
DB	#28	Nehemiah Pritchett	LB	#42	Drake Thomas	P	#4	Michael Dickson		
DB	#3	Nick Emmanwori	LB	#50	Jamie Sheriff					
DB	#27	Riq Woolen	LB	#52	Patrick O'Connell					
DB	#39	Ty Okada	LB	#7	Uchenna Nwosu					
DL	#95	Brandon Pili	LS	#41	Chris Stoll					
DL	#91	Byron Murphy II	OL	#72	Abraham Lucas					
DL	#99	Leonard Williams	OL	#75	Anthony Bradford					
DL	#94	Mike Morris	OL	#77	Bryce Cabeldue					

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