



LA @ Seattle Seahawks

MyFootballToolbox.com Game Day Preview



LA

Record: 11-3 Odds: +1.5 O/U: 42.5 Power Ranking #2 Moneyline: 102 Thursday 12/18/2025 5:15PM PST

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
wk11: SEA 19 @ 21 LA wk12: TB 7 @ 34 LA wk13: LA 28 @ 31 CAR
wk14: LA 45 @ 17 ARI wk15: DET 34 @ 41 LA

After an impressive offensive performance against the Lions, the Rams need to address their defensive vulnerabilities, as they allowed too many big plays. As they prepare to face Seattle this week, tightening up on defense will be crucial for

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	ACT	#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	#38	Nick Vannett	9			0	TE#148		
TE	ACT	#18	Terrance Ferguson	0			272	TE#33		
TE	RES	#89	Tyler Higbee	9			0	TE#40		
K	ACT	#92	Harrison Mevis	1			229	K#37		
DB	#4	Ahkello Witherspoon	DL	#52	Larrell Murchison	OL	#50	Beaux Limmer		
DB	#32	Chris Smith II	DL	#95	Poona Ford	OL	#65	Coleman Shelton		
DB	#14	Cobie Durant	DL	#57	Ty Hamilton	OL	#72	D.J. Humphries		
DB	#31	Darius Williams	DL	#90	Tyler Davis	OL	#68	David Quessenberry		
DB	#21	Derion Kendrick	LB	#0	Byron Young	OL	#67	Justin Dedich		
DB	#1	Emmanuel Forbes	LB	#8	Jared Verse	OL	#69	Kevin Dotson		
DB	#2	Jaylen McCollough	LB	#10	Josaiah Stewart	OL	#73	Steve Avila		
DB	#30	Josh Wallace	LB	#53	Nate Landman	OL	#71	Warren McClendon Jr.		
DB	#3	Kam Curl	LB	#48	Omar Speights	P	#42	Ethan Evans		
DB	#26	Kamren Kinchens	LB	#56	Shaun Dolac					
DL	#55	Braden Fiske	LB	#51	Troy Reeder					
DL	#94	Desjuan Johnson	LS	#44	Jake McQuaide					
DL	#91	Kobie Turner	OL	#77	Alaric Jackson					

2024 Draft

2023 Draft

2022 Draft



LA @ Seattle Seahawks

MyFootballToolbox.com Game Day Preview

SEAHAWKS



Record: 11-3 Odds: -1.5 O/U: 42.5 Power Ranking #3 Moneyline: -122 Thursday 12/18/2025 5:15PM 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 wk13: MIN 0 @ 26 SEA
wk14: SEA 37 @ 9 ATL wk15: IND 16 @ 18 SEA

Managing to defeat the Colts without crossing the end zone for a touchdown certainly raises concerns about offensive efficiency. Facing the Rams this week, they'll need to elevate their gameplay significantly to secure a victory, as such a

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	RES	#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	RES	#18	Elijah Arroyo	0			0	TE#28		
TE	ACT	#81	Eric Saubert	8			0	TE#98		
TE	ACT	#90	Nick Kallerup	0			0	TE#135		
DE	#8	Coby Bryant	DL	#98	Rylie Mills	0	OL	#75	Anthony Bradford	
DB	#21	Devon Witherspoon	LB	#53	Boye Mafe		OL	#77	Bryce Cabeldue	
DB	#29	Josh Jobe	LB	#57	Connor O'Toole		OL	#67	Charles Cross	
DB	#20	Julian Love	LB	#0	DeMarcus Lawrence		OL	#64	Christian Haynes	
DB	#28	Nehemiah Pritchett	LB	#58	Derick Hall		OL	#76	Grey Zabel	
DB	#3	Nick Emmanwori	LB	#42	Drake Thomas		OL	#61	Jalen Sundell	
DB	#27	Riq Woolen	LB	#13	Ernest Jones		OL	#74	Josh Jones	
DB	#39	Ty Okada	LB	#51	Jared Ivey		OL	#78	Mason Richman	
DL	#95	Brandon Pili	LB	#52	Patrick O'Connell		OL	#55	Olu Oluwatimi	
DL	#91	Byron Murphy II	LB	#48	Tyrice Knight		P	#4	Michael Dickson	
DL	#90	Jarran Reed	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