



# Seattle Seahawks @ Carolina Panthers

MyFootballToolbox.com Game Day Preview



## SEAHAWKS

Record: 12-3 Odds: -7.0 O/U: 42.5 Power Ranking #1 Moneyline: -375 Sunday 12/28/2025 10:00AM 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 wk16: LA 37 @ 38 SEA

Rallying to beat the Rams has positioned the Seahawks as the top seed in the NFC with just two weeks remaining in the regular season. However, they face a challenging road game against the Panthers this week, which will test their ability to

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  | 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  | #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                 | #94 | Mike Morris       |          | 0   | OL      | #75  | Anthony Bradford |
| DE  | #23  | D'Anthony Bell     | DL                 | #98 | Rylie Mills       |          |     | OL      | #77  | Bryce Cabeldue   |
| DB  | #21  | Devon Witherspoon  | LB                 | #53 | Boye Mafe         |          |     | OL      | #67  | Charles Cross    |
| DB  | #29  | Josh Jobe          | LB                 | #57 | Connor O'Toole    |          |     | OL      | #64  | Christian Haynes |
| DB  | #20  | Julian Love        | LB                 | #0  | DeMarcus Lawrence |          |     | OL      | #76  | Grey Zabel       |
| DB  | #28  | Nehemiah Pritchett | LB                 | #42 | Drake Thomas      |          |     | OL      | #61  | Jalen Sundell    |
| DB  | #3   | Nick Emmanwori     | LB                 | #13 | Ernest Jones      |          |     | OL      | #74  | Josh Jones       |
| DB  | #27  | Riq Woolen         | LB                 | #51 | Jared Ivey        |          |     | OL      | #78  | Mason Richman    |
| DB  | #39  | Ty Okada           | LB                 | #52 | Patrick O'Connell |          |     | OL      | #55  | Olu Oluwatimi    |
| DL  | #95  | Brandon Pili       | LB                 | #48 | Tyrice Knight     |          |     | P       | #4   | Michael Dickson  |
| DL  | #91  | Byron Murphy II    | LB                 | #7  | Uchenna Nwosu     |          |     |         |      |                  |
| DL  | #90  | Jarran Reed        | LS                 | #41 | Chris Stoll       |          |     |         |      |                  |
| DL  | #99  | Leonard Williams   | 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



# Seattle Seahawks @ Carolina Panthers

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## PANTHERS

Record: 8-7 Odds: +7.0 O/U: 42.5 Power Ranking #14 Moneyline: 295 Sunday 12/28/2025 10:00AM PST

wk1: CAR 10 @ 26 JAX wk2: CAR 22 @ 27 ARI wk3: ATL 0 @ 30 CAR  
wk4: CAR 13 @ 42 NE wk5: MIA 24 @ 27 CAR wk6: DAL 27 @ 30 CAR  
wk7: CAR 13 @ 6 NYJ wk8: BUF 40 @ 9 CAR wk9: CAR 16 @ 13 GB  
wk10: NO 17 @ 7 CAR wk11: CAR 30 @ 27 ATL wk12: CAR 9 @ 20 SF  
wk13: LA 28 @ 31 CAR wk15: CAR 17 @ 20 NO wk16: TB 20 @ 23 CAR

After securing a crucial victory against the Buccaneers with some pivotal plays in the final moments, the Panthers now turn their attention to a challenging matchup against the Seahawks. Bryce Young demonstrated his potential by delivering crucial

Head Coach: Dave Canales

Off. Coord: Brad Idzik

Def. Coord: Ejiro Evero

Changes This Year: The Panthers enter 2025 with Dave Canales in his second season as head coach and a focus on developing young quarterback Bryce Young. They strengthened the offensive line and added weapons around Young while bolstering the defense with a mix of draft picks and veteran signings, aiming to take a step forward after a rebuilding year.

| Pos | Stat | No  | Name              | Exp | YrsTm | Contract | ADP | PreRank | Rank | PrevTeams |
|-----|------|-----|-------------------|-----|-------|----------|-----|---------|------|-----------|
| QB  | ACT  | #14 | Andy Dalton       | 14  |       |          | 414 | QB#71   |      |           |
| QB  | ACT  | #9  | Bryce Young       | 2   |       |          | 189 | QB#24   |      |           |
| RB  | ACT  | #30 | Chuba Hubbard     | 4   |       |          | 42  | RB#18   |      |           |
| RB  | RES  | #24 | Jonathon Brooks   | 1   |       |          | 0   | RB#200  |      |           |
| RB  | ACT  | #5  | Rico Dowdle       | 5   |       |          | 0   | RB#59   |      |           |
| RB  | ACT  | #23 | Trevor Etienne    | 0   |       |          | 0   | RB#83   |      |           |
| WR  | RES  | #83 | David Moore       | 8   |       |          | 332 | WR#128  |      |           |
| WR  | ACT  | #13 | Hunter Renfrow    | 6   |       |          | 257 | WR#103  |      |           |
| WR  | ACT  | #18 | Jalen Coker       | 1   |       |          | 0   | WR#89   |      |           |
| WR  | ACT  | #15 | Jimmy Horn Jr.    | 0   |       |          | 278 | WR#115  |      |           |
| WR  | ACT  | #4  | Tetairoa McMillan | 0   |       |          | 75  | WR#29   |      |           |
| WR  | ACT  | #17 | Xavier Legette    | 1   |       |          | 159 | WR#62   |      |           |
| TE  | ACT  | #0  | Ja'Tavion Sanders | 1   |       |          | 0   | TE#36   |      |           |
| TE  | ACT  | #85 | James Mitchell    | 3   |       |          | 0   | TE#153  |      |           |
| TE  | ACT  | #84 | Mitchell Evans    | 0   |       |          | 266 | TE#58   |      |           |
| TE  | ACT  | #82 | Tommy Tremble     | 4   |       |          | 440 | TE#67   |      |           |
| K   | ACT  | #10 | Ryan Fitzgerald   | 0   |       |          | 250 | K#33    |      |           |

|                          |                             |                       |
|--------------------------|-----------------------------|-----------------------|
| DB #29 Akayleb Evans     | DL #75 Jared Harrison-Hunte | LB #32 Trevin Wallace |
| DB #26 Chau Smith-Wade   | DL #93 LaBryan Ray          | LS #44 J.J. Jansen    |
| DB #36 Demani Richardson | DL #99 Tershawn Wharton     | OL #63 Austin Corbett |
| DB #8 Jaycee Horn        | DL #52 Trevis Gipson        | OL #64 Cade Mays      |
| DB #22 Lathan Ransom     | LB #57 Bam Martin-Scott     | OL #68 Damien Lewis   |
| DB #2 Mike Jackson       | LB #56 Christian Rozeboom   | OL #79 Ikem Ekwonu    |
| DB #21 Nick Scott        | LB #53 Claudin Chereus      | OL #74 Jake Curhan    |
| DB #33 Robert Rochell    | LB #98 D.J. Wonnum          | OL #60 Nick Samac     |
| DB #7 Tre'von Moehrig    | LB #40 Krys Barnes          | OL #72 Taylor Moton   |
| DL #94 A'Shawn Robinson  | LB #55 Maema Njongmeta      | OL #77 Yosh Nijman    |
| DL #97 Bobby Brown III   | LB #11 Nic Scourton         | P #6 Sam Martin       |
| DL #92 Cam Jackson       | LB #3 Princely Umanmielen   |                       |
| DL #95 Derrick Brown     | LB #48 Thomas Incoom        |                       |

### 2024 Draft

1.32: Xavier Legette, WR, South Carolina  
2.46: Jonathon Brooks, RB, Texas  
3.72: Trevin Wallace, LB, Kentucky  
4.101: Ja'Tavion Sanders, TE, Texas  
5.157: Chau Smith-Wade, DB, Washington St.  
6.200: Jaden Crumedy, DT, Mississippi St.  
7.240: Michael Barrett, LB, Michigan

### 2023 Draft

1.1: Bryce Young, QB, Alabama  
2.39: Jonathan Mingo, WR, Mississippi  
3.80: DJ Johnson, OLB, Oregon  
4.114: Chandler Zavala, G, North Carolina St.  
5.145: Jammie Robinson, DB, Florida St.

### 2022 Draft

1.6: Ikem Ekwonu, T, North Carolina St.  
3.94: Matt Corral, QB, Mississippi  
4.120: Brandon Smith, LB, Penn St.  
6.189: Amare Barno, DE, Virginia Tech  
6.199: Cade Mays, OL, Tennessee  
7.242: Kalon Barnes, CB, Baylor