

2020 Def Rushing Stats Allowed						2019 Def Rushing Stats Allowed						YoY Improvement*					
Team	FPA/g	AM/g	Yds/g	YPC	TD	Team	FPA/g	AM/g	Yds/g	YPC	TD	Team	FPA/g	AM/g	Yds/g	YPC	TD
ARI	17.4	27.3	125.5	4.6	13.0	ARI	15.4	27.4	120.1	4.4	9.0	ARI	2.0	-0.2	5.4	0.2	4.0
ATL	16.1	23.8	104.9	4.4	15.0	ATL	16.0	26.3	110.9	4.2	13.0	ATL	0.1	-2.6	-6.0	0.2	2.0
BAL	15.8	21.9	108.8	4.6	13.0	BAL	13.8	21.3	93.4	4.4	12.0	BAL	1.9	2.6	15.4	0.2	1.0
BUFF	19.8	25.9	119.6	4.6	21.0	BUFF	14.8	24.3	103.1	4.2	12.0	BUFF	5.0	1.6	16.6	0.4	9.0
CAR	18.5	25.5	121.0	4.7	17.0	CAR	26.0	27.8	143.5	5.2	11.0	CAR	-7.5	-2.3	-22.5	-0.5	-14.0
CHI	15.5	27.4	113.4	4.1	11.0	CHI	16.2	25.9	102.0	3.9	16.0	CHI	-0.7	1.5	11.4	0.2	-5.0
CIN	19.7	28.9	148.2	5.1	13.0	CIN	21.3	31.5	148.9	4.7	17.0	CIN	-1.6	-2.6	-0.7	0.4	-4.0
CLE	17.1	25.8	110.8	4.3	16.0	CLE	21.6	28.9	144.7	5.0	19.0	CLE	-4.5	-3.2	-33.9	-0.7	-1.0
DAL	21.4	31.9	158.8	5.0	20.0	DAL	15.6	25.4	103.5	4.1	14.0	DAL	7.8	6.4	55.3	0.9	6.0
DEN	21.3	27.1	130.0	4.8	22.0	DEN	14.5	26.6	111.4	4.2	9.0	DEN	6.7	0.5	18.6	0.6	13.0
DET	23.6	30.4	134.9	4.4	27.0	DET	16.5	28.4	115.9	4.1	13.0	DET	7.1	2.0	18.9	0.3	14.0
GB	17.3	24.8	112.8	4.5	16.0	GB	17.6	25.7	120.1	4.7	15.0	GB	-0.4	-0.9	-7.3	-0.2	1.0
HOU	25.0	30.8	160.3	5.2	24.0	HOU	16.6	25.2	121.1	4.8	12.0	HOU	8.4	5.6	39.2	0.4	12.0
IND	15.1	24.4	90.5	3.7	16.0	IND	12.8	23.9	97.9	4.1	8.0	IND	2.3	0.4	-7.4	-0.4	8.0
JAX	24.0	32.3	153.3	4.7	23.0	JAX	22.6	27.2	139.3	5.1	23.0	JAX	1.4	5.1	13.9	-0.4	0.0
KC	17.5	27.1	122.1	4.5	14.0	KC	18.1	26.0	128.2	4.9	14.0	KC	-0.6	1.1	-6.1	-0.4	0.0
LAC	18.4	26.7	119.8	4.5	17.0	LAC	16.9	26.8	112.8	4.2	15.0	LAC	1.5	-0.1	7.0	0.3	2.0
LAR	13.6	24.3	91.3	3.8	12.0	LAR	16.9	27.8	113.1	4.1	15.0	LAR	-3.3	-3.5	-21.8	-0.3	-3.0
LV	21.6	27.4	125.8	4.6	24.0	LV	15.4	25.3	98.1	3.9	15.0	LV	6.1	2.1	27.7	0.7	9.0
MIA	18.0	25.8	116.4	4.5	17.0	MIA	19.2	30.3	135.4	4.5	15.0	MIA	-1.2	-4.6	-19.0	0.0	2.0
MIN	20.6	29.5	134.4	4.6	19.0	MIN	13.8	25.3	108.0	4.3	8.0	MIN	6.8	4.3	26.4	0.3	11.0
NYG	19.5	29.0	131.4	4.5	17.0	NYG	12.2	22.8	95.5	4.2	7.0	NYG	7.3	6.2	35.9	0.3	10.0
NO	13.5	24.4	93.9	3.9	11.0	NO	13.6	21.6	91.3	4.2	12.0	NO	-0.1	2.8	2.6	-0.3	-1.0
NYJ	16.4	27.0	111.4	4.1	14.0	NYJ	18.5	29.3	113.3	3.9	19.0	NYJ	-2.1	-2.3	-1.9	0.2	-5.0
NYI	17.2	27.8	112.0	4.0	16.0	NYI	13.2	26.1	86.9	3.3	12.0	NYI	4.0	1.8	25.1	0.7	4.0
PHI	20.1	30.1	125.8	4.2	20.0	PHI	13.9	22.1	90.1	4.1	13.0	PHI	6.2	8.0	35.6	0.1	7.0
PIT	16.0	25.9	111.4	4.3	13.0	PIT	13.6	28.9	109.6	3.8	7.0	PIT	2.4	-3.0	1.9	0.5	6.0
SEA	16.3	24.5	95.6	3.9	18.0	SEA	20.0	24.3	117.7	4.9	22.0	SEA	-3.7	0.3	-22.1	-1.0	-4.0
SF	15.1	26.9	106.4	4.0	12.0	SF	15.4	25.1	112.6	4.5	11.0	SF	-0.2	1.8	-6.2	-0.5	1.0
TB	11.8	22.4	80.6	3.6	10.0	TB	11.5	22.6	73.8	3.3	11.0	TB	0.3	-0.3	6.8	0.3	-1.0
TEN	18.8	26.7	120.8	4.5	18.0	TEN	15.7	25.9	104.5	4.0	14.0	TEN	3.1	0.8	16.3	0.5	4.0
WAS	16.5	26.8	112.8	4.2	14.0	WAS	19.9	30.8	146.2	4.7	14.0	WAS	-3.3	-4.1	-33.4	-0.5	0.0
AVG	24.8	26.9	118.9	4.4	16.7	AVG	22.8	26.1	112.9	4.3	14.0	AVG	1.6	0.8	6.0	0.1	2.7

*A negative number indicates the defense got better against that stat.

Advanced Nfl Schedule

Martin L. Schulman



Advanced Nfl Schedule:

Pro Football Schedules Ivan Urena,2013-12-25 This book explains how the NFL determines each team s opponents and how the league s scheduling format has evolved throughout the years It includes a history on the evolution of the pro football schedule explores all of the scheduling formulas used in the National Football League American Football League and the All America Football Conference and presents home and away opponent charts from 1933 through the 2017 season **Fantasy Football For Dummies** Martin L. Schulman,2022-07-26 Get in the game and start building your dream team Millions of people worldwide play fantasy football and you can join the fun with Fantasy Football For Dummies We ll teach you the basics and give you the skills you need to create and manage your ultimate fantasy team Learn how to scout and draft players use the best strategies to compete against other fantasy owners and win your fantasy league championship You can easily manage your team and stay up to date on player stats with the how tos and insider tips in this book Check out this fun and entertaining guide to fantasy football and you ll be on your way to becoming a successful fantasy team owner manager and coach Understand how fantasy football works Learn about the various fantasy league options Draft and manage your fantasy team and change your roster effectively week to week Maximize your chances of winning with effective tips and strategies This Dummies guide updated with the latest apps and rule changes is for the millions of people who are already playing fantasy football today and want to improve their fantasy league performance and it s perfect for beginners interested in joining a league and learning the basics Yes that means you **2006 NFL Record & Fact Book** Editors at the NFL,2006-07-25 The 2006 NFL Record Fact Book is a must for every football fan This 768 page reference book is jam packed with all the facts and figures a football fan would ever want including all time records team rosters and schedules past standings Super Bowl results and more The Record Fact Book also includes a digest of NFL rules team directories and active and career coaching records It is the official record and fact book for the sports media covering the NFL Phil Simms CBS Sports has said of previous editions the NFL Record Fact Book is an invaluable tool for those who follow the NFL The ultimate guide to the NFL 2006 season The only reference book authorized by the National Football League and distributed to NFL teams and news organizations Includes complete statistics on the previous season as well as comprehensive player and team information All time NFL individual and team records included 2006 NFL draft summary Includes Fantasy Football section Complete game schedule and digest of NFL rules *2004 NFL Record & Fact Book* Editors at the NFL,2004-08-03 The 2004 NFL Record Fact Book is a must for every football fan This 768 page reference book is jam packed with all the facts and figures a football fan would ever want including all time records team rosters and schedules past standings Monday night football scores and more The Record Fact Book also includes a digest of NFL rules team directories and active and career coaching records It is the official record and fact book for the sports media covering the NFL Phil Simms CBS Sports has said of previous editions The NFL Record Fact Book is an invaluable tool for those who follow the NFL *2007 NFL*

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