

CASE NFL

NFL WEEK 11

1. Rams -3 hosting Seahawks (2 units)

Seattle is 4-12-1 ATS in its last 17 road games. So we know the Seahawks are a very bad road team. They have lost eight of their past nine away contests. The spread is low enough where you basically just need the Rams to win.

I see the Rams' offense picking up with Sam Bradford finally shaking a lingering ankle sprain. He's getting a tremendous season from Steven Jackson and finally has a top-notch wide receiver in Brandon Lloyd.

The Seahawks are missing their two best cornerbacks. Seattle's defensive strength has been its run defense. But in the last two weeks, Baltimore and Dallas combined to average 5.8 yards per run on the Seahawks gaining 238 yards on 41 carries. Jackson returned to the lineup back on Oct. 16 after being out. Since then, he's the league's second-leading rusher with 583 yards in five games. He's put together three straight 100-yard rushing games.

The Rams have a cluster injury problem in their secondary. But the Seahawks rank 29th in total offense.

Quarterback Tarvaris Jackson is limited by a pectoral injury and just this past week Seattle lost its right side of its offensive line with John Moffitt and James Carpenter out for the year with knee injuries. They will be replaced by Paul McQuistan and Breno Giacomini, which is a severe downgrade.

2. Falcons -6 hosting Titans (1 unit)

Falcons coach Mike Smith is in the running for bonehead coaching move of the season after having his team go for a first-down on a fourth-and-one from his own 29 in overtime against New Orleans last week.

That move, of course, backfired. Smith and the Atlanta players have been hearing about it all week. They are anxious to end their frustrations against Tennessee.

If you discount games against the Saints, the Falcons have won 20 of their last 22 regular-season home contests. They have been golden in this price range covering eight of the last 10 times they've been favored in the 3 1/2 to 10 point range at home.

Matt Ryan has a 14-to-two touchdown-to-interception ratio in his last eight November games. He has a strong history of playing much better in Georgia Dome than on the road.

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The Titans have failed to cover in six of their past nine road contests. They are 6-13 ATS versus opponents with a winning record. Their passing attack is down with top receiver Kenny Britt out for the season.

The Falcons have allowed an average of 16.5 points in their last four games with three of those opponents having strong offenses - the Panthers, Lions and Saints. The Titans remain reliant on Chris Johnson, who finally showed some signs of breaking out of his season-long slump in the second half of last week's game against Carolina.

The Panthers do not have a good defense, however. The Falcons rank No. 3 in run defense. Johnson still is not close to being the back he was in 2009. The Titans don't have enough ammunition to trade points with Ryan.

3. Raiders-Vikings over 45 (1 unit)

Minnesota's strength is running the ball with Adrian Peterson. Oakland can pass the ball against Minnesota's beat-up secondary.

Put these two teams on a fast indoor track and it spells over the total. The Vikings have gone over nine of the past 13 times when playing on carpet.

Peterson is averaging 5.2 yards per rush at home this season with seven touchdowns and a 134-yard average per game. The Raiders are once again weak on run defense yielding 5.1 yards per carry. Peterson should have plenty in the tank after carrying just 14 times this past Monday in a blowout loss to the Packers.

Only four teams are giving up more points per game than the Raiders. Oakland has surrendered an average of 27.6 points in its last three games facing San Diego, Kansas City and Denver. The Vikings' offense is better than the Chiefs and Broncos.

The Vikings, though, are extremely weak in the secondary with several key defensive backs out, including their best cornerback, Antoine Winfield. The Vikings rank 30th in pass defense.

The Raiders have upgraded their quarterback position from Jason Campbell to Carson Palmer and can take advantage. Yes, Jared Allen has been a pass rushing terror with 13 1/2 sacks, but the Raiders are second in the league in fewest sacks allowing just 11. Allen will go against left tackle Jared Veldheer, who has improved tremendously from his rookie season giving up only two sacks this season.

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4. Ravens -7 hosting Bengals (1 unit)

It doesn't appear as if A.J. Green is going to be able to play this week after suffering a knee injury in last week's Bengals' loss to the Steelers.

That means the Bengals are going to be not only missing a key offensive player, but also a key defensive player with cornerback Leon Hall out for the year after tearing his left Achilles tendon versus Pittsburgh.

These two injuries are huge for an overachieving Bengals team that doesn't have an overabundance of talent.

Green is Andy Dalton's top receiver and first-look. Green has hauled in six of Dalton's 14 touchdown throws. Baltimore ranks in the top six in the key defensive statistical categories, including No. 3 in total defense and fewest points allowed at 16.9 per game. The Ravens have given up the fewest touchdowns through the air.

It's going to be very difficult for the run-oriented, conservative Bengals to muster many big-plays against such a strong defense being on the road and likely without Green. The Ravens are in a foul mood after being upset at Seattle. The Ravens have played terrible on the road. Two of their road defeats occurred after beating the Steelers the previous week. They will be highly motivated for this matchup.

The key is how many points the Ravens can muster against a good Bengals defense? Hall's injury really hurts the Bengals because now they don't have the cornerback depth to play nearly as much man-to-man coverage. Hall easily was Cincinnati's top cover corner.

Joe Flacco has a history of playing much better at home. He's also better taking what defenses give him in zone coverage rather than attacking vertically. The Ravens also realize that Ray Rice has to be a bigger part of the offense again. Good things usually happen for the Ravens when they feature Rice, which will be the case here. Rice has averaged 4.5 yards per carry during his past four games against the Bengals and an average of 118 yards from scrimmage.

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5. Dallas (-8) at Washington 1:00PM 1 UNIT

When these teams first met, the Cowboys emerged with an 18-16 victory as 3 point HF in week 3. As a result of the Washington ineptitude, it makes this an 11 point swing in just 8 short weeks. But the move is warranted. Without key skilled position performers, Hightower and Moss, and QB Grossman with a 6/11 ratio, this is a Washington offense in shambles. In the L5 games they have averaged just 55 RYPG. To put that in perspective consider that Dallas rookie RB Murray has averaged 150/8.0 in the last four games. Cowboys enter with solid momentum following a pair of victories including 44-7 vs Buffalo last week when they outgained the Bills 431-271 and were +4 in the net TO column. Pure momentum play on the Cowboys in this.

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