

# 2022 NFC East Futures Betting Guide

This document breaks down the NFC East for 2022. I have spent countless hours studying the tape, predicting the impact of changes, and running simulations to accurately predict each team's range of outcomes in 2022. I do not use the market to value the teams; this is a completely independent exercise. To maximize its value, let me briefly explain some of the key numbers I use:

## Adjusted 2021 Wins

11.15

**Adjusted Wins** represent how many regular season games, on average, the team should have won in 2021 based purely on Effectiveness, if facing an average schedule. It factors in strength of schedule, playoff performance, and hidden schedule factors, but does not account for the team's own injuries. In other words, I don't guess how good a team *would have been* if healthy. I just tell you how good the team really was on the year.

**Projected Wins** represents how many regular season games the team should win, on average, in 2022 against its actual schedule. To get this number, I used last year's Effectiveness Ratings as a baseline, then adjusted for changes in health, roster, and situation. From there, I ran simulations of the schedule using my numbers (which obviously factors in actual strength of schedule) to determine the average number of wins.

## Projected 2022 Wins

10.64

## Betting Cheatsheet

	Win Total (Over)
<b>Best Odds</b>	10 (+100) (DK)
<b>True Odds</b>	-139
<b>Value</b>	Yes (Medium)

The **Betting Cheatsheet** provides true value, based on my simulations, of every Season Win Total, Division, and Super Bowl bet. I used the best available odds (**Best odds**) from a set of five books: Draftkings (DK), FanDuel (FD), Circa, Caesar's (CZ), and BetMGM (MGM). If you find better odds, great!

**True odds** represents the true probability of the bet translated to odds. So, my price in the example for Over 10 Wins would be -139. That means the +100 price has value, because -159 represents 58.2% implied odds and +100 represents 50% implied odds.

But you don't need to do the math yourself, because I tell you in the **Value** row whether the bet has value. My confidence level - on the range from Very Low to Very High - factors in variance and uncertainty, as well as the anticipated true odds. Best bets for each team are highlighted in green.

## Other Contents:

This PDF also contains links to my in-depth 2021 Team Studies for each team, breaking down performance after watching every snap of every game. At the end, I project out how I think the division could finish, along with any relevant playoff results. Finally, I include **every Futures bet I've placed** relevant to AFC East teams so you can see how my process has led to +EV bets already.

# Dallas Cowboys

## 2022 Season Preview

### 2021 Performance

#### The Numbers

Record: 12-6 (12-5)  
 (Lost in Wildcard)  
 Rank: 8th  
 Offense: 8th  
 Defense: 9th

#### Context

- Faced 30th-most difficult schedule of defenses.
- Faced 19th-most difficult schedule of offenses.
- Opponents ranked 32nd in relative strength due to Covid/injury absences.

#### Adjusted 2021 Wins

10.49

[View Full 2021 DAL Team Study](#)

### 2022 Projection

#### Key Offseason Changes

- Lost WR Amari Cooper and T La'el Collins.
- Lost DE Randy Gregory but added LB Anthony Barr.
- Drafted T Tyler Smith.

#### Projected 2022 Wins

9.91

### Defining Narrative

No team benefitted more from opponent injuries and Covid absences than the Cowboys last season, essentially nabbing four wins against NO, NYG, WAS, and PHI without much resistance. They also relied on a high rate of turnover creation to punish bad quarterbacks. With key losses on both sides of the ball, and uninspiring coaching (at best) from McCarthy, expect more disappointment from the Cowboys in 2022. Most notably, the offense projects to take a big step back without Amari Cooper, who has been a reliable target for Dak Prescott. Dak has never been the type of player to elevate a team above its circumstances, and thrives when the talent is at its best around him.

### Betting Cheatsheet

	Win Total (Over)	Win Total (Under)	Division	Super Bowl
<b>Best Odds</b>	10 (-110) (DK)	10.5 (-130) (FD)	+140 (DK)	+2000 (DK/CZ)
<b>True Odds</b>	+104	-149	+142	+5128
<b>Value</b>	None	Yes (Low)	None	None



# Philadelphia Eagles

## 2022 Season Preview

### 2021 Performance

#### The Numbers

Record: 9-9 (9-8)  
(Lost in Wildcard)  
Rank: 22nd  
Offense: 15th  
Defense: 28th

#### Context

- Faced 29th-most difficult schedule of defenses.
- Faced 21st-most difficult schedule of offenses.
- Opponents ranked 30th in relative strength due to Covid/injury absences.

#### Adjusted 2021 Wins

7.68

[View Full 2021 PHI Team Study](#)

### 2022 Projection

#### Key Offseason Changes

- Obtained WR A.J. Brown.
- Added DE Haason Reddick, LB Kyzir White, CB James Bradberry, and rookie DT Jordan Davis to the defense.

#### Projected 2022 Wins

9.51

### Defining Narrative

The Eagles took care of bad teams last year, defeating opponents in their 9 wins by an average margin of 16.4 points. But they did not win a single game against a quality opponent. When a team builds its offense around the run, this can happen. So the schedule could have a big impact on the Eagles' season, which likely is a good thing with the NFC East, NFC North, and AFC South on tap. But they also vastly improved their pass game with A.J. Brown and bolstered every level of the defense. With a strong offensive and defensive line, we could see the Eagles improve even against good teams in 2022. But by now, the market has fully caught up to their potential and they may be overvalued without proving it first on the field.

### Betting Cheatsheet

	Win Total (Over)	Win Total (Under)	Division	Super Bowl
<b>Best Odds</b>	9.5 (-130) (FD/MGM/Circa)	9.5 (+125) (DK)	+185 (FD)	+3000 (FD/CZ)
<b>True Odds</b>	-102	+102	+192	+10000
<b>Value</b>	None	Yes (Very Low)	None	None

# Washington Commanders

## 2022 Season Preview

### 2021 Performance

#### The Numbers

Record: 7-10  
(Missed Playoffs)  
Rank: 20th  
Offense: 20th  
Defense: 18th

#### Context

- Faced **10th-most difficult** schedule of defenses.
- Faced **2nd-most difficult** schedule of offenses.
- Opponents ranked **4th in relative strength** due to Covid/injury absences.

#### Adjusted 2021 Wins

7.93

[View Full 2021 WAS Team Study](#)

### 2022 Projection

#### Key Offseason Changes

- Added QB Carson Wentz.
- Shuffled up the offensive line, adding Gs Andrew Norwell and Trai Turner, but losing Brandon Scherff and Ereck Flowers.
- Drafted WR Jahan Dotson.

#### Projected 2022 Wins

8.44

### Defining Narrative

After facing a tough schedule - both actual and perceived - the Commanders catch a break in 2022 with what projects to be a much more favorable slate of opponents. They could improve their record without improving as a team, which is good because Carson Wentz has never made any team he's been on better than it was without him. With a good offensive line and talented pass-catchers, it's a good situation for Wentz. But he has shown no indication that he can outsmart a defense and take the easy ones consistently. This trend will likely limit the upside of what should be an average team overall. The numbers are there to be bullish on this team but I think we have seen enough from Carson Wentz at this point.

### Betting Cheatsheet

	Win Total (Over)	Win Total (Under)	Division	Super Bowl
<b>Best Odds</b>	7.5 (-115) (CZ)	8 (-120) (DK/Circa)	+575 (CZ)	+10000 (Circa)
<b>True Odds</b>	-172	+135	+487	+40000
<b>Value</b>	Yes (Medium)	None	Yes (Very Low)	None

# New York Giants

## 2022 Season Preview

### 2021 Performance

#### The Numbers

Record: 4-13  
(Missed Playoffs)  
Rank: 28th  
Offense: 31st  
Defense: 27th

#### Context

- Faced 12th-most difficult schedule of defenses.
- Faced 4th-most difficult schedule of offenses.
- Opponents ranked 3rd in relative strength due to Covid/injury absences.

#### Adjusted 2021 Wins

4.65

[View Full 2021 NYG Team Study](#)

### 2022 Projection

#### Key Offseason Changes

- Replaced HC Joe Judge with Brian Daboll.
- Lost CB James Bradberry but added G Jon Feliciano.
- Drafted EDGE Kayvon Thibodeaux and T Evan Neal.

#### Projected 2022 Wins

6.41

### Defining Narrative

The Giants have finally emerged from the era of Dave Gettleman and immediately made several positive steps towards turning the franchise around. Brian Daboll earned his first head coaching gig after his instrumental role in turning the Bills into perennial contenders. Of course, that was a team effort and Daniel Jones is not Josh Allen. They also had two top-seven picks in the draft. There is plenty of reason for long-term optimism, but this was a really bad team late last year and has a long way to go. I expect the turnaround will be slow and rocky, because Daniel Jones just isn't Josh Allen. I believe the Giants' long-term interests would be served by aiming for a top quarterback prospect in next year's draft.

### Betting Cheatsheet

	Win Total (Over)	Win Total (Under)	Division	Super Bowl
<b>Best Odds</b>	7 (+105) (DK/CZ)	7 (-115) (Circa)	+800 (DK/CZ)	+15000 (MGM)
<b>True Odds</b>	+152	-152	+1250	+66667
<b>Value</b>	None	Yes (Medium)	None	None

# 2022 NFC East Preview and Placed Bets



## Final Standings Prediction

Team	Record	Playoff Result
PHI	10-7	Loss in Wild Card
DAL	9-8	Miss Playoffs
WAS	7-10	Miss Playoffs
NYG	6-11	Miss Playoffs

## Official SharpClarke Futures

Bet	Odds	Units	Date Placed	CLV*
PHI to Make Playoffs	+125	1.5	3.25.22 (DK)	+21.1%
PHI to Miss Playoffs	+150	1.3	7.11.22 (DK)	+0.0%
DAL Under 10.5 Wins	-110	2	5.14.22 (FD)	+4.1%
PHI to Win NFC East	+250	0.5	5.18.22 (CZ)	+10.6%

\*CLV is measured here in terms of the change in implied win probability using the current line at the book where I placed the bet.

For access to all my NFL betting content through the 2022 season, including alerts for every bet (and much more), get the Betting package on [4for4.com](https://4for4.com), using the promo code SharpClarke for 10% off:

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