

# profootballsidedkick.com NFL 2026 Pre-Season Super Bowl Bets Analysis

## GOAL

Our goal is to analyze all 32 teams in search of two teams to bet in an "Exact Participants" bet for the Super Bowl. This is essentially betting an AFC and NFC Conference winners parlay. Teams in green lettering are best bets.

## ELIMINATION CRITERIA (orange headings)

**1. Strong Enough Roster:** We eliminate teams based on our subjective view of whether the team roster is good enough Super Bowl.

**2. Strong Enough Quarterback:** We eliminate teams based on our subjective view of whether the team quarterback is good enough to win the Super Bowl based on past performance and playoff experience.

**3. Weak/1st Time NFL Coaches:** We eliminate teams with weak or first time head coaches. Only 2 out of 60 or 3.3% of Super Bowl winners had first time head coaches (Don McCafferty, Balt, 1971 & George Seifert, SF, 1990).

**4. Not in 2025 Super Bowl:** Super Bowl winners return to the Super Bowl 30% of the time ( 18 of 60) and the loser only 10% ( 6 of 60) so we fade Seattle some & definitely New England. Super Bowl teams face loss of coaches, loss of free agents, free agents get tougher first place schedules & targets on their backs the following year.

**5. Rushing Yards In Prior Year:** Teams rushing in the bottom third of the league the prior year rarely make it to the Super Bowl.

## OTHER KEY DATA (maroon headings)

**1. Rush yards per game/Average Per Rush:** Studies show teams finishing in the bottom 3rd of the league the prior year have difficulty making to the Super Bowl.

**2. Strength of Schedule (lowest numbers are toughest schedules):** Strength of schedule has some impact on teams ability to make the playoffs and finish as division winners, the latter of which can affect home field playoff advantage.

AFC							
TEAMS	STRONG ENOUGH ROSTER	STRONG ENOUGH QUARTERBACK	NOT WEAK/ NOT 1ST TIME HEAD COACH	NOT IN 2025 SUPER BOWL		RUSH YPG/ YDS PER RUSH	2026 SCHEDULE STRENGTH
Los Angeles Chargers	Yes	Yes	Yes	Yes		12th / 13th	9
Denver Broncos	Yes	Yes	Yes	Yes		16th / 13th	15
Jacksonville Jaguars	Yes	Yes	Yes	Yes		20th / 27th	22
Kansas City Chiefs	Yes	Yes	Yes	Yes		25th / 20th	5
Cincinnati Bengals	No	Yes	Yes	Yes	n/a	n/a	n/a
New England Patriots	Yes	Yes	Yes	No	n/a	n/a	n/a
Baltimore Ravens	Yes	Yes	No	Yes	n/a	n/a	n/a
Buffalo Bills	Yes	Yes	No	Yes	n/a	n/a	n/a
Houston Texans	Yes	No	Yes	Yes	n/a	n/a	n/a
Indianapolis Colts	Yes	No	Yes	Yes	n/a	n/a	n/a
Miami Dolphins	No	No	No	Yes	n/a	n/a	n/a
Tennessee Titans	No	No	Yes	Yes	n/a	n/a	n/a
New York Jets	No	No	Yes	Yes	n/a	n/a	n/a
Pittsburgh Steelers	No	No	Yes	Yes	n/a	n/a	n/a
Las Vegas Raiders	No	No	No	Yes	n/a	n/a	n/a
Cleveland Browns	No	No	No	Yes	n/a	n/a	n/a

NFC							
TEAMS	STRONG ENOUGH ROSTER	STRONG ENOUGH QUARTERBACK	NOT WEAK/ NOT 1ST TIME HEAD COACH	NOT IN 2025 SUPER BOWL		RUSH YPG/ YDS PER RUSH	2026 SCHEDULE STRENGTH
Chicago Bears	Yes	Yes	Yes	Yes		3rd / 3rd	1
Los Angeles Rams	Yes	Yes	Yes	Yes		7th / 6th	13
Detroit Lions	Yes	Yes	Yes	Yes		14th / 6th	27
Green Bay Packers	Yes	Yes	Yes	Yes		15th / 24th	3
Philadelphia Eagles	Yes	Yes	Yes	Yes		18th / 20th	23

<b>Tampa Bay Buccaneers</b>	Yes	Yes	Yes	Yes		21st / 24th	21
<b>San Francisco 49ers</b>	Yes	Yes	Yes	Yes		24th / 30th	18
<b>Seattle Seahawks</b>	Yes	Yes	Yes	No	n/a	n/a	n/a
<b>Atlanta Falcons</b>	Yes	No	Yes	Yes	n/a	n/a	n/a
<b>Minnesota Vikings</b>	Yes	No	Yes	Yes	n/a	n/a	n/a
<b>Dallas Cowboys</b>	No	Yes	Yes	Yes	n/a	n/a	n/a
<b>Washington Commanders</b>	No	Yes	Yes	Yes	n/a	n/a	n/a
<b>New Orleans Saints</b>	No	No	Yes	Yes	n/a	n/a	n/a
<b>New York Giants</b>	No	No	Yes	Yes	n/a	n/a	n/a
<b>Carolina Panthers</b>	No	No	Yes	Yes	n/a	n/a	n/a
<b>Arizona Cardinals</b>	No	No	No	Yes	n/a	n/a	n/a

\* Cap Space: A projection per spotrac.com

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Super Bowl
11.7% (7 quently
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have
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SALARY CAP SPACE *
82 mil.
26 mil.
-\$16 mil.
-58 mil.
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a
n/a

SALARY CAP SPACE *
-\$11 mil.
41 mil.
-\$9 mil.
-\$4 mil.
10 mil.

14 mil.

23 mil.

n/a

n/a

n/a

n/a

n/a

n/a

n/a

n/a

n/a