

SEATTLE SEAHAWKS



POSITION OUTLOOK FOR 2026

QUARTERBACKS - Seattle moved on from Geno Smith last year and brought in Sam Darnold (#1DC '18 USC), who had rebuilt his career in Minnesota with 4,564 yards and a 36-13 ratio. Darnold backed it up by leading Seattle to a Super Bowl title, throwing for 4,048 yards (67.7%) with a 25-14 ratio and keeping himself in the top-10 QB conversation. Drew Lock (#2DC '19 Missouri) returns as a veteran #2, while Jalen Milroe (#3DC '25 Alabama) showed some preseason spark and still has developmental upside. Darnold may not have the name value of the elite tier, but after two strong seasons in two offenses, Seattle's QB room looks stable and deeper than expected.

RUNNING BACKS - Seattle entered last year with Kenneth Walker III (#2DC '22 Michigan St) and Zach Charbonnet (#2DC '23 UCLA) both back, while adding Damien Martinez (#7DC '25 Miami). Walker bounced back with 1,027 (4.6) and was the Super Bowl MVP, while Charbonnet added 730 (4.0) and 12 TD's before a late ACL injury. Walker left for Kansas City and Martinez did not stick, leaving Charbonnet, Emanuel Wilson and Jadarrian Price (#1DC '26 Notre Dame), who had 674 (6.0), 11 TD and 2 KR TD's last year. This is a real downgrade from last year, but Price gives them a home-run threat and could help fill the void left by Walker.

RECEIVERS - Seattle replaced DK Metcalf and Tyler Lockett last year with Cooper Kupp (LA Rams) and rookies Elijah Arroyo (#2DC Miami Fla) and Tory Horton (#5DC Colorado St). Jaxon Smith-Njigba (#1DC '23 Ohio St) exploded for 119 catches, an NFL-high 1793 yards (15.1) and 10 TD's to earn Offensive Player of the Year, while Kupp added 593 (12.6) and TE AJ Barner 519 (10.0). Rashid Shaheed was acquired from New Orleans at midyear and re-signed giving them more speed and threat on returns, and the entire top group returns. With Horton and Arroyo healthy, this is a deep unit built around one of the NFL's best WR's.

OFFENSIVE LINE - Coming off 54 sacks allowed, Seattle drafted LG Grey Zabel (#1DC '25 North Dakota St) and settled on Jalen Sundell at C. The Seahawks improved to 123 ypg rush (4.1) and cut sacks in half to 27, with Zabel earning All-Rookie honors and Sundell not allowing a sack. LT Charles Cross, Zabel, Sundell, RG Anthony Bradford and RT

Abraham Lucas all return. With five starters back, this has gone from a weakness to a strength.

DEFENSIVE LINE - Adding DeMarcus Lawrence (Dallas) to Leonard Williams, Byron Murphy II and Jarran Reed gave Seattle one of the NFL's deepest fronts. The Seahawks allowed just 3.7 ypc, finished #3 in our RDR and totaled 47 sacks, with Williams and Murphy leading with seven apiece and Lawrence adding six. Reed re-signed and the entire core returns. Age is a slight concern with Williams, Lawrence and Reed, but this remains an elite unit likely back in top 5 conversation.

LINEBACKERS - The mid-2024 trade for Ernest Jones gave Seattle its defensive leader entering last season, with Tyrice Knight, Derick Hall and Boye Mafe also back. Jones earned Second-Team All-Pro honors with 126 tackles and five int's, while Drake Thomas emerged with 96 tackles and Mafe slipped to two sacks. Mafe leaves for Cincinnati, but Dante Fowler Jr. (Dallas; 3 sacks) joins Uchenna Nwosu and Hall outside. With Jones and Thomas inside, this remains a strong group.

DEFENSIVE BACKS - Seattle returned Devon Witherspoon, Riq Woolen, Coby Bryant and Julian Love last year while adding Nick Emmanwori (#2DC '25 South Carolina). The Seahawks finished #10 in our PDR, allowing 3619 yards with a 20-18 ratio. Witherspoon had 72 tackles in 12 games, Emmanwori added 81 and Bryant led the secondary with four int's. Woolen and Bryant depart, with Josh Jobe moving into a starting role and Bud Clark (#2DC TCU) and Julian Neal (#3DC Arkansas) drafted. The talent remains strong, but replacing two regulars could produce a slight drop.

SPECIAL TEAMS - Seattle went into last season with the proven K-P duo of Jason Myers and Michael Dickson, then added explosive RS Rashid Shaheed at midyear. Myers hit 41-48 FG's, Dickson posted a 42.2 net and earned Second-Team All-Pro honors and Shaheed scored on both a kick and punt return as Seattle finished #3 in our special teams rankings. All three return, leaving the Super Bowl champions with one of the NFL's strongest and most stable units.

COACH - Mike Macdonald stepped into Pete Carroll's large shoes in 2024 and went 10-7, becoming the first 10-win team to miss the playoffs since 2020

Miami. Last year he made the big leap, guiding 60-to-1 Seattle to a 14-3 record and a 29-13 Super Bowl win over New England. Macdonald now enters year three already owning a ring, but the challenge changes with Seattle going from surprise team to hunted.

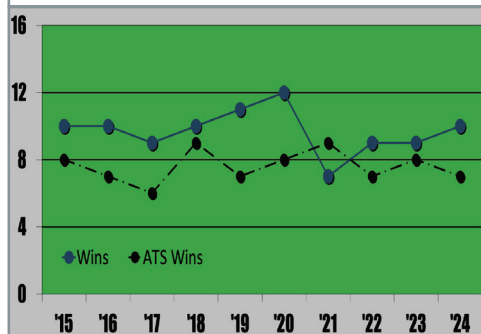
OFFENSE - Klint Kubiak left to become Las Vegas HC after Super Bowl Champion Seahawks jumped from #15 to #7 in total offense and #3 in scoring during its trophy winning season. First-time OC Brian Fleury arrives from San Francisco and will keep the same offensive foundation. Sam Darnold and OPOY Jaxon Smith-Njigba return, although SB MVP Kenneth Walker departed. The continuity should keep this among the league's most productive offenses.

DEFENSE - Mike Macdonald and DC Aden Durde return for year three after Seattle improved from #12 to #6 in total defense. The Seahawks led the NFL in scoring defense at 17.2 ppg and on third downs at 32.1%, while finishing #3 against the run. Most of the championship core returns, making this the foundation of their title defense.

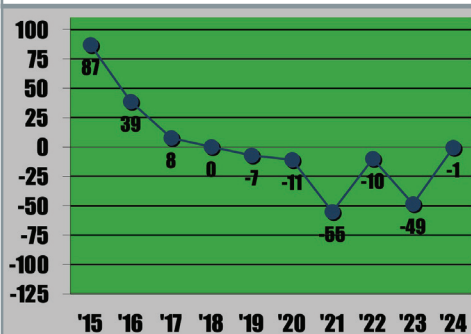
OFFSEASON GRADE B - Seattle kept most of its Super Bowl core intact, extending All-Pro WR Jaxon Smith-Njigba and EDGE Derick Hall while retaining WR Rashid Shaheed and CB Josh Jobe. The Seahawks lost Super Bowl MVP RB Kenneth Walker, S Coby Bryant, CB Riq Woolen and EDGE Boye Mafe, but wisely avoided the nearly \$130 million those four received elsewhere. EDGE Dante Fowler and several inexpensive veterans provide depth, while #1DC RB Jadarrian Price, #2DC S Bud Clark and #3DC CB Julian Neal were drafted as potential replacements. Seattle lost more immediate talent than it added, but retained its stars, avoided several expensive contracts and positioned itself to receive four compensatory picks.

2026 FORECAST - Seattle surged from 10-7 to a franchise-record 14-3 and won the Super Bowl in Mike Macdonald's second season. The Seahawks led the NFL with a +191 point differential, outgained opponents by approximately 65 ypg and lost their three games by only nine combined points, so their success was no fluke. QB Sam Darnold threw for 4048 yards with a 25-14 ratio, while Jaxon Smith-Njigba led the NFL with 1793 receiving yards. The #1 scoring defense returns most of its stars, although losing Kenneth Walker and three defensive starters creates some regression risk. First-time play-caller Brian Fleury and one of the NFL's toughest schedules are additional concerns, especially in a loaded NFC West. Another 14-win season is unlikely, but Seattle remains one of the NFC's best teams and should produce another double-digit-win season.

SU & ATS WINS



YPG DIFF



AVG GAME GRADE

