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Weekly Picks Against the Spread

NFL Picks – Week 1 (Against the Spread)

Cowboys @ Giants

Pick: Cowboys -2.5

Confidence: ■■■■■■

AI Analysis: The AI model favors Dallas due to significant trench advantages. The Cowboys rank top 5 in pressure rate, while the Giants offensive line allowed the third-most pressures in 2024. The spread also presents value based on line movement: opening at -3.5 and moving to -2.5, the public may be backing NYG due to home field, but our model adjusts for QB efficiency, WR/CB matchups, and recent red zone scoring percentage.

Bills @ Jets

Pick: Jets +3.5

Confidence: ■■■■■■

AI Analysis: This is a classic home underdog spot. The AI model projects a 57% chance the Jets cover based on turnover margin, defensive line matchup, and rest advantage. Buffalo's secondary struggles against slot-heavy passing attacks, and the Jets have improved targeting in that zone. Public money is heavily on Buffalo, creating fade opportunity.

49ers @ Bears

Pick: 49ers -6.5

Confidence: ■■■■■■

AI Analysis: San Francisco holds a top-3 rush offense DVOA, while Chicago ranks 28th in rush defense efficiency. AI modeling favors San Francisco by 9.2 points ATS after adjusting for travel, weather, and QB pressure index. The Bears' offensive line has not improved and may struggle against SF's defensive front, especially in early downs.

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Note: DVOA (Defense-adjusted Value Over Average) is an advanced metric that measures a team's efficiency by comparing success on every play to a league average, adjusted for situation and opponent.

Sample