**Buffalo Bills**

The Bills in 2023 made the playoffs yet again, led by Josh Allen they went to the divisional round before losing out to the eventual winners of the Super Bowl, the Kansas City Chiefs. The Bills went into the offseason knowing they had to balance the books also. There were plenty of cap casualties for the Bills as a small rebuild was needed since not everyone could stay and be paid. However, it is fair to say they did a great job of it.

Reviewing the squad, we will start with quarterbacks, and this room looks a terrific one. There is no better place to start than the franchise quarterback Josh Allen. Allen finished 2023 with 4306 passing yards, 524 yards rushing. Allen passed for 29 touchdowns and rushed for 15 more touchdowns. This year Allen will be backed up by former number one overall pick Mitchell Trubisky. Although Trubisky’s career hasn’t gone as he planned, he lands in a good spot backing up Allen, although he is unlikely to see the field in 2024.

The Bills lose running back Nyheim Hines who could have been a huge part of the Bills' offence this season with the new kickoff rules. However, that doesn’t and wouldn’t take away any carries from the impressive running back James Cook who had a great season last season. Cook doubled his rookie rushing yards with 1122 in 2023, as well as 445 receiving yards and 6 touchdowns. Cook could see a few carries taken off him this year by rookie Ray Davis, especially in the red zone, as Davis comes with a reputation of being strong in the run whereas Cook is known more for his speed and smoothness. Ty Johnson and Darryton Evans will also be in the room adding some depth to the side.

Khalil Shakir at the end of the season gave hope that the losses of Stefon Diggs and Gabe Davis will not affect the Bills as much as first thought. Diggs and Davis were the top two receivers last season and will be huge losses. With those losses it became one of the biggest area of need for the Bills. They addressed this in both the draft and free agency. Keon Coleman was selected with their first draft pick at 33, then adding Curtis Samuel, Mack Hollins, and Marquez Valdez-Scantling. Coleman is seen as one of the top receivers in the draft and could lead the Bills in receptions this year alongside Shakir. The starting wide receiver three spot is up for grabs. Curtis Samuel and Marquez Valdez-Scantling have at times shown they can be reliable, and Mack Hollins has shown this as well as looking strong on special teams. All of these names could really contribute massively to the Bills and take pressure off rookie Keon Coleman.

These aren't the only pass options though for Josh Allen. He has two very good tight ends. Dalton Kincaid finished with 673 receiving yards and 2 touchdowns last season. He is in line for a huge breakout season in this offence coming from Utah with a huge reputation; he will be backed up by Dawson Knox who will more than likely be in the blocking role but is still very reliable for the Bills. The Bills also have Quintin Morris to add some depth.

There are more important pieces to the Bills' offence, that is their offensive line that is paid to protect Allen. It starts with three-time Pro Bowler Dion Dawkins at left tackle. Next to him is David Edwards at left guard; these two formed a strong partnership in 2023. Connor McGovern at centre will need to be a big part of the offensive line in 2024, which will be joined by rookie of the year team member O’Cyrus Torrence and right tackle Spencer Brown. The Bills should have continuity in the offensive line with all these coming back, although not all were starters last year. Depth was added at centre with draft pick Sedrick Van Pran-Granger. They also add international player pathway selection Travis Clayton who will be the backup tackle once back from IR. There is more tackle depth with Ryan Van Demark as well as rookie Tylan Gramble. Alec Anderson will step in at guard when required. These players will be hoping to fill any voids left by Mitch Morse and Ryan Bates who left in free agency. Last season this group gave up the least amount of sacks in the NFL with just 24. Allen will be hoping for the same this season.

The defensive line remains strong for the Bills with DaQuon Jones, Ed Oliver, Austin Johnson and adding in rookie Dewayne Carter from Duke in the defensive tackle spots, and only losing Tim Settle in free agency. The edge is full of big-name players in Von Miller, who the Bills will be hoping to recover his old form after a disappointing season following a serious knee injury. He is joined by the very impressive AJ Epenesa and depth pieces added to help the rush game with Greg Rousseau, Dawuane Smoot, Casey Toohill and rookie Javon Solomon.

The strength in the defence doesn't stop there; Matt Milano will lead the linebacker room once again if he can get back onto the field after he will start the season on IR. He is joined by a couple of new faces with Nicholas Morrow joining in free agency and Edefuan Ulofoshio via the draft. Terrel Bernard, Joe Andreessen and Baylon Spector add much-needed depth here, and the Bills will be hoping for a jump from Dorian Williams as he heads into year two and is likely to be the starter in Milano’s absence alongside Bernard.

The Bills' secondary is where the biggest hits happened. They lose one-time All-Pro players Tre'Davious White (corner) and Jordan Poyer (safety), a two-time second-team All-Pro in safety Micah Hyde, and versatile back Siran Neal. This leaves a cornerback room of Rasul Douglas, Christian Benford, Ja’Marcus Ingram, Kaiir Elam, and nickel cornerback Taron Johnson who will have Brandon Codrington in rotation. All of them will be looking to cement their place in the starting lineup. Rasul Douglas looks the most likely to take cornerback one, so that leaves one cornerback spot. Taylor Rapp looks set to continue in the safety role, having played in 16 games last season. Rookie Cole Bishop could be valuable support and comes with a good reputation from his time at Utah. Mike Edwards and Cam Lewis are likely to be the ones who support them. It is likely however that Damar Hamlin will start over Mike Edwards and Bishop however. Tarrell Burgess starts the year on IR but could help the side once back.

Place kicker Tyler Bass will continue his role, and he is a good kicker and will most likely have another successful season.

The Bills squad is strong even with some of the big losses. They should be able to make yet another challenge for both their division, and maybe conference and Super Bowl. The pressure will be on Josh Allen to once again show why he is seen as one of the very best in the league. The offensive side of the ball could be an interesting watch with the new receivers. Overall you should expect another strong season even with the changes.

**Miami Dolphins**

The Dolphins' 2023 season seemed poised for an AFC East title, but a final day loss to the Bills dashed those hopes, leaving them with an 11-6 record. This set up a challenging wildcard round matchup against the eventual Super Bowl champions, the Kansas City Chiefs. Despite the disappointing finish, the Dolphins had an impressive season. However, 2024 might prove tougher due to some significant departures. The Dolphins appear to have found capable replacements, and with their explosive offensive weapons, they remain a formidable challenge.

Off-season cap casualties allowed the Dolphins to extend Tua Tagovailoa, who returned to lead the team after a stellar 2023 season where he surpassed 4,000 passing yards for the first time, finishing with a league-leading 4,624 yards. Skyler Thompson has won the battle for the backup quarterback role, ensuring solid depth behind Tagovailoa. Tua recently got a new contract and will look to prove the deal was a good one once again.

Running back is a position of strength for the Dolphins heading into 2024. Raheem Mostert is expected to be the lead back, though this will be a running back by committee situation. Mostert reached 1,000 yards for the first time in his career and led the NFL with 18 touchdowns. De’Von Achane, who finished with 800 rushing yards and was one of the most explosive players in 2023, returns to add more firepower. They are joined by Jalen Wright, drafted out of Tennessee, and veteran Jeff Wilson Jr making this running back group one of the best and most dynamic in the league.

Tyreek Hill topped the NFL in receiving yards last season with 1,799, maintaining his status as one of the league's best receivers. His partner, Jaylen Waddle, also surpassed 1,000 yards for the third consecutive season. They receive additional support from Odell Beckham Jr., who joins via free agency from the Ravens. Beckham will start on IR however will provide a valuable target in the wide receiver three spot. Braxton Berrios re-signed and will likely handle kick and punt returns, as well as starting as receiver three. The Dolphins also bolstered their receiving corps by drafting Malik Washington and Tahj Washington, adding even more depth and talent. Both will not be ready to start the season so Robbie Chosen Anderson and Grant DeBose will start at the rotation spots. River Cracraft and Anthony Schwartz also start the season on IR.

The tight end position sees a significant upgrade with Jonnu Smith joining from Atlanta. This acquisition provides Tua with another valuable weapon and improves on Durham Smythe, who now moves into a backup role but will still contribute when needed. Julian Hill and Tanner Conner also make the team for added depth.

The offensive line undergoes some changes. Robert Hunt departed in free agency, but the Dolphins brought in reinforcements. Aaron Brewer joins as the starting centre, with Liam Eichenberg likely to start at right guard while backing up Brewer at centre. Robert Jones re-signed this offseason and will likely back up left guard Isaiah Wynn once he is back fully fit. Terron Armstead will continue to anchor the line at left tackle, with rookie Patrick Paul as his backup. Austin Jackson remains at right tackle, with Kendall Lamm serving as the swing tackle. The Dolphins also keep Andrew Mayer and Lester Cotton for inside depth. Kion Smith will also be there once back from IR.

The defence saw the most significant changes. The Dolphins lost Raekwon Davis and Christian Wilkins from the defensive tackle position, leaving Zack Sieler as the primary returnee. However, the Dolphins strengthened this unit by signing Benito Jones, Calais Campbell, and re-signing Da’Shawn Hand, providing both starters and depth in their 3-4 defence with Brandon Pili also keeping a roster spot. They also lost outside linebacker/defensive end Andrew Van Ginkel in free agency and initially allowed Emmanuel Ogbah to walk, though he has since re-signed. With injuries to Jaelan Phillips and Bradley Chubb late last season, the Dolphins addressed potential absences by drafting Chop Robinson and Mohamed Kamara, ensuring plenty of depth. Quinton Bell and Phillips are likely to start the season. Chubb, Cam Brown and Cameron Goode all start the season IR and will hope to return and influence the sides season.

The linebacker room also saw changes. David Long Jr., who led the team in tackles, will continue to start, but the Dolphins lost Jerome Baker. He is replaced by Anthony Walker and Jordyn Brooks, both added via free agency, further strengthening the position with quality depth. Duke Riley and Channing Tindall also make the roster adding valuable depth and special teams positions.

The secondary underwent significant changes as well. The Dolphins lost safeties Deshon Elliott and Brandon Jones, along with cornerback Xavien Howard. However, they turned these losses into positives by adding Jordan Poyer, who is expected to start at safety alongside Jevon Holland. Marcus Maye, Elijah Campbell, and rookie Patrick McMorris will provide backup support. At cornerback, Kendall Fuller joins Jalen Ramsey as the starters, with Cam Smith, Ethan Bonner, and the versatile Siran Neal backing them up. Storm Duck also makes the roster. Kader Kohou beat out Nik Needham will compete for the nickel spot.

Jason Sanders returns as the placekicker after converting 24 of 28 field goals last season, with his only misses coming from beyond 40 yards, and one missed extra point. For the Dolphins to challenge for the Super Bowl, they will need Sanders to improve his consistency on longer kicks.

Overall, the Dolphins look strong despite losing several key starters from the 2023 season. They managed to turn those losses into added depth by addressing key areas of need, making the roster look more robust. It remains to be seen how much of an impact these losses will have, but the offence boasts intriguing new starters and depth pieces that Mike McDaniel is likely to utilise creatively. If the defensive changes pay off, the Dolphins could be in for a big season in Miami.

**New York Jets**

The Jets entered 2023 with high hopes of making a serious playoff run, but disaster struck just four snaps into the season when Aaron Rodgers suffered a season-ending injury. This setback derailed their season, leading to a disappointing 7-11 record. However, as the Jets head into 2024, there is renewed optimism. With Rodgers returning and key improvements elsewhere, Jets fans have reason to believe their team can make a run at the playoffs.

Rodgers, recovering from the Achilles injury that ended his 2023 season, is expected to be ready for the start of the season. He'll be aiming to recapture the form that earned him back-to-back MVP awards just a few years ago. The Jets added Tyrod Taylor in free agency as a backup, hoping for better insurance than the departing Zach Wilson provided. The Jets also selected Jordan Travis in the draft. Though Travis is unlikely to play this year due to a severe injury at the end of his college career, time spent learning under Rodgers could benefit his long-term development.

Breece Hall will once again lead the Jets' backfield. Hall was impressive last season, finishing with 994 rushing yards and 591 receiving yards, making him one of the league’s top dual-threat running backs. Hall has a new backup in rookie Braelon Allen, who joined via the draft and will be looking to alleviate some of the workload. The Jets also drafted Isaiah Davis to ensure depth and support for Hall. Israel Abanikanda also makes the roster making this group a young and exciting one.

The wide receiver room has been bolstered with new additions to complement standout Garrett Wilson. Wilson capped his second season with another 1,000-yard campaign, emerging as a major bright spot for the Jets. Joining him is Mike Williams from the Chargers, though Williams only managed three games in L.A. last year before injury ended his season. Rookie Malachi Corley, known as the "YAC God" in college, will look to make an impact when called upon. Allen Lazard and Xavier Gibson provide additional rotation. Irvin Charles, Malik Taylor and Marcus Riley are all included in the depth spots.

Tyler Conklin will remain the Jets’ starting tight end after finishing 2023 with 621 receiving yards, though he did not record a touchdown. Conklin was the team's second-leading receiver, and he will be hoping for more support as the Jets have added more weapons for Rodgers. Jeremy Ruckert, will serve as Conklin’s backup. Brenden Bates and Kenny Yeboah all make the roster which will also help with depth.

The offensive line received a major boost with the signing of Tyron Smith in free agency, who will start at left tackle. Rookie first-rounder Olu Fashanu will be his backup. John Simpson, also joining from the Ravens, will start at left guard, strengthening the left side alongside centre Joe Tippmann, who had a stellar rookie season and was named to the All-Rookie Team. Xavier Newman will back him up. Alijah Vera-Tucker will start at right guard with Wes Schweitzer backing him up when back from IR. Morgan Moses, another addition from the Ravens, will anchor the right tackle spot with Carter Warren and Max Mitchell in back up. These additions make the Jets' offensive line look solid heading into the new season.

The Jets' defensive line also received key boosts with the acquisitions of Javon Kinlaw and Haason Reddick in the offseason. However, concerns linger about Reddick’s contract demands, which, if unresolved, could be a major issue. If Reddick plays, he could form a formidable duo with Jermaine Johnson and Will McDonald, though the loss of Bryce Huff, who led the team in sacks last year, could be significant. Erik Watts and Micheal Clemons are the rotation with Takkarist McKinley and Braiden McGregor in the depth spots. Kinlaw will start inside alongside former first-team All-Pro Quinnen Williams, with Leki Fotu and Solomon Thomas providing depth. Leonard Taylor III is also on the squad providing great depth to the group.

C.J. Mosley re-signed with the Jets after leading the team with 151 tackles last season. He will continue to partner with Quincy Williams, who also had a big year with 139 tackles. Jamien Sherwood will join the starting rotation, with Zaire Barnes, Chazz Surratt, and Jimmy Ciarlo ready to step in as needed.

The secondary will once again be led by back-to-back first-team All-Pro Sauce Gardner, who will look to lock down one side of the field, with D.J. Reed on the other. Rookie Qwan’tez Stiggers and Brandin Echols will back up Gardner and Reed. Jarrick Bernard-Converse is the depth piece. The Jets did lose Jordan Whitehead at safety, so Chuck Clark and Tony Adams are expected to be the starters, with Isaiah Oliver and Ashtyn Davis providing rotation. Michael Carter II will continue to play in the nickel position.

The Jets re-signed kicker Greg Zuerlein in the offseason after a reliable 2023 campaign in which he made 92% of his field goals. The Jets and Zuerlein will hope to continue that success in 2024.

Overall, the Jets appear poised to mount a serious challenge in 2024, with the hope that a healthy Aaron Rodgers can lead the way. The offence has strong weapons in Hall and Wilson, and the additions of Williams and Corley could be the missing pieces to elevate the unit. The defence remains strong, with playmakers across the field. The Jets will hope to see Reddick play for them and help make a deep playoff run in a very tough division. Success in the AFC East, particularly against the Dolphins and Bills, will be key to their playoff aspirations.

**New England Patriots**

The Patriots head into 2024 without Bill Belichick for the first time since 2000. His last season in New England was a huge disappointment as they finished with a 4-13 record. Jerod Mayo leads the team in 2024, being promoted from linebackers coach after playing his whole career at New England. It will no doubt be a tough season for the rookie head coach with so many question marks in the team.

The first major question mark is who will be the starting quarterback. The Patriots drafted Drake Maye with the third selection of the draft, and he is seen as the quarterback of the future. The Patriots also added Jacoby Brissett to the quarterback room to help guide the young rookie; however, he has won the early starting role of the season. Joe Milton also joins via the draft. The change in quarterback was needed after the Patriots traded away Mac Jones in the offseason. Drake Maye will hope to be the starting quarterback of the future but may have to wait to get the starting role.

There is no question regarding the running back room: Rhamondre Stevenson will be the lead back once again. He finished the season with 619 rushing yards after a season ending injury cost him game time. The Patriots let his backup, Ezekiel Elliott, walk in free agency. They replaced him with Antonio Gibson, who will more than likely be the pass-catching or change-of-pace back, a role he is suited to. JaMycal Hasty makes the roster and will also provide some depth for Stevenson.

Wide receiver was a huge area of need for the Patriots this offseason, which they addressed by re-signing Kendrick Bourne who will start the season on PUP list. They then used their second-round draft pick to select Ja’Lynn Polk and a fourth-round pick on Javon Baker. These three, plus the returning DeMario Douglas, who led the team in receiving yards last season, and recently signed KJ Osborn, make the receiver room something to watch, especially after cutting JuJu Smith-Schuster. Tyquan Thornton, Kayshon Bouttee and TaQuae Jackson also make the roster and will be used in depth situations.

Tight end Mike Gesicki walked away in free agency, but the Patriots did re-sign their number one tight end from last season, Hunter Henry. Henry was second in receiving yards last season, and he will be hoping for another good season. He is joined by veteran Austin Hooper through free agency and Jaheim Bell via the draft.

The Patriots lost starting right tackle Trent Brown but were able to re-sign Mike Onwenu, who could move from right guard to right tackle due to his versatility along the line. Starting left tackle Chukwuma Okorafor has some competition this year with rookie Caedan Wallace joining; however, Wallace will likely be used as a swing tackle this season. Demontrey Jacobs, Vederian Lowe and Tyrone Wheatley make the roster as back up tackles. Cole Strange and Sidy Sow will look to continue at the left and right guard spots when they return from injury. They also have rookie cover with Layden Robinson joining Michael Jordan, Jake Andrews, Nick Leverett and Zach Thomas in the backup interior spots. Center David Andrews will likely start even when Andrews returns from IR.

The Patriots normally operate a 3-4 base defence; the inside will likely be similar to last season with Keion White, Davon Godchaux, and Christian Barmore being the likely starters when Barmore is fit. Daniel Ekuale will likely start in his absence. Armon Watts joins in free agency and will be the likely backup when off IR. Deatrich Wise Jr, Jeremiah Pharms, Eric Johnson II and Trysten Hill all make the roster for depth. The Edge lost the biggest piece of the Patriots defence when the ever-impressive Matthew Judon left to go to the Falcons. Anfernee Jennings and recently re-signed Joshua Uche will start on the edge with Judon leaving. The edge does need some depth adding as without Judon it looks short and only Oshane Ximines in rotation. Keion White may take some outside reps should he be required to.

The linebackers have reinforcements. After losing Mack Wilson Sr., the Patriots picked up Sione Takitaki, who impressed at the end of the season for the Browns in free agency. Takitaki starts on the PUP list however will likely claim the starting spot alongside Ja’Whaun Bentley and Jahlani Tavai. Raekwon McMillan, Christian Elliss and Oshane Ximines backing them up.

There are big changes in the secondary as the Patriots lose Jalen Mills, Adrian Phillips, Alex Austin, and Myles Bryant in free agency. The Patriots re-signed safety Kyle Dugger, who will pair up with Jabrill Peppers. Jaylin Hawkins joins in free agency and will back the two up alongside Marte Mapu, Dell Pettis and Brenden Schooler. Christian Gonzalez will look to impress after showing great signs before the season-ending injury last year in his rookie season. Gonzalez was hugely impressive in his four games and looked like an early front-runner for Defensive Rookie of the Year before the injury occurred. Jonathan Jones will partner with Gonzalez. Marcellas Dial Jr. joins from the draft and will be a backup alongside Alex Austin and Marco Wilson. Marcus Jones will start at nickel when required.

The place kicker will likely be Chad Ryland, who joined in 2023 from the draft with the Patriots' fourth-round selection. The Patriots will be hoping they have found a placekicker of the future this season.

The Patriots are not likely to be heading to the playoffs. The squad is in a rebuild. It is the end of a huge era with Belichick leaving after so long. It will be interesting to see how Jerod Mayo leads the Patriots. He will have a lot of followers in the dressing room as a former player as well as a coach with the team. The Patriots will find out this season if they have their quarterback of the future and leader on offence. Drake Maye comes with a big reputation from college and will be hoping that transpires in the NFL. Matthew Judon will once again be the strong presence on defence. The Patriots are most likely in for a tough season but could see a glimpse of what the future holds.

**Outlook and Prediction**

The Bills lose some really key players this off season, the new look team will be an interesting watch. The Dolphins also lose some big players in the off season, both these look to have replaced them, however time will tell. The Jets will be hoping for a big season after so much promise before the Rodgers injury. The Patriots are in a complete rebuild and will likely not challenge this year.

**Prediction:**

1. Dolphins
2. Bills
3. Jets
4. Patriots