**Dallas Cowboys**

The Dallas Cowboys finished 2023 with owner Jerry Jones saying the Cowboys are all in next season. In 2023, the Cowboys finished the season winning the NFC East with a 12-5 record and being second in the NFC overall. Everything looked in place for a huge playoff run but were not there long as they went up against a tough Green Bay Packers team in the wildcard round, losing 48-32. Overall it was a good season even though the ending was bitterly disappointing.

The Cowboys have quarterback Dak Prescott once again to lead the squad. Dak heads into the year in a contract year and will be looking to impress so a new contract can be discussed early. In 2023 Dak finished with 4516 passing yards which was third in the NFL, with 36 passing touchdowns and 9 interceptions. Should something happen to Dak in the season, he will be backed up by Trey Lance, whose career is yet to take off since being drafted by the San Francisco 49ers. Cooper Rush also makes the roster and will battle for the backup spot.

The Cowboys lose the running back one from last season as they see Tony Pollard leave in free agency to go to the Titans. They do, however, bring back 2022 running back one as Ezekiel Elliott rejoins on a one-year deal. Elliott, who was always rumoured to be a Jones favourite, finished 2023 with 642 yards for the Patriots before rejoining the Cowboys. He will be backed up by Rico Dowdle, Deuce Vaughn, and recently signed Dalvin Cook. The running back room doesn't look as impressive this season for the Cowboys as Elliott has had a couple of poor years and Dalvin Cook will hope to roll back the years as well.

Dak will have superstar wide receiver CeeDee Lamb to throw the ball to, and he is comfortably the best receiver on the team. Lamb finished second in receiving yards with a hugely impressive 1749 and 12 touchdowns. Brandon Cooks is likely to be wide receiver two on the team; he will need to improve on last year’s stats of 657 yards. He did have eight touchdowns, which was a good return. The receiver room does look light even with Lamb leading it. The wide receiver three slot will be battled out between Jalen Tolbert, Jalen Brooks, and KaVontae Turpin. Turpin will likely be used as a kick and punt returner as well. Ryan Flournoy and David Burden also make the roster to add depth.

They do, however, have a good pass-catching tight end. Jake Ferguson impressed last season and became a reliable target for Dak. He was able to take over the tight end slot left by Dalton Schultz and had a breakout season finishing with 761 yards on the season. The Cowboys will be hoping for a further jump from him in 2024. Ferguson is likely to be the number two or three target this coming season. He will be backed up by Luke Schoonmaker who heads into year 2. The Cowboys also keep John Stephens Jr and Brevin Spann-Ford on the roster and they will hope to take any chance given to them.

The offensive line takes a bit of a huge hit in free agency, as the Cowboys lose Tyron Smith and Tyler Biadasz. They do, however, look to replace both with left tackle Tyler Guyton joining through the first round of the draft. Tyler Smith will be next to him at the left guard spot. Brock Hoffman and rookie Cooper Beebe look to battle it out for the starting centre spot. Zack Martin will continue at right guard, and Terence Steele will look to take the starting right tackle job. Matt Waletzko,Chuma Edoga,Earl BostickJr and Asim Richards add tackle depth. TJ Bass and Nathan Thomas add depth at guard.

The defensive line also has a bit of a shake-up with Dante Fowler, Dorance Armstrong, Jonathan Hawkins, and Neville Gallimore all departing. However, there is still a strong group here, with elite edge rushers Micah Parsons and DeMarcus Lawrence on the outside. The pass rush remains strong. The Cowboys added Marshawn Kneeland as a rotation piece from the draft. Chauncey Golston, Durrell Johnson and Tyrus Wheat were kept for depth. The defensive tackles are likely to be led by Chauncey Golston who plays both inside and outside and Osa Odighizuwa. However, a year one-to-two jump from Mazi Smith may add some pressure. Jordan Phillips, LinvalJospeh and Viliami Fehoko Jr will be Cowboys as a rotation piece, so the Cowboys’ defensive line looks like a strong unit once again.

The linebackers were improved in the off-season. Eric Kendricks joins and will be joined by Marist Liufau and Damone Clark in a starting role. DeMarvion Overshown will hopefully get the chance to suit up this year after sitting out last season with an ACL tear, proving why the Cowboys selected him a year before. Wrapping up the linebacker room is Buddy Johnson who will also see game time.

The Cowboys’ secondary had a few changes. Stephon Gilmore and Jayron Kearse leave the squad in free agency. It is likely the starting corners will be Trevon Diggs and DaRon Bland. The two have a strong partnership and will hope that continues. Caelen Carson, Andrew Booth Jr, C.J Goodwin will be in the rotation when required. Nickel corner is likely Jourdan Lewis, who resigns with the team. The safety spots are likely to be Donovan Wilson and Malik Hooker, but they will be under pressure from Israel Mukuamu, Markquese Bell and Juanyeh Thomas.

The kicker of the Cowboys is one of the very best. Brandon Aubrey had a terrific first season, only missing two field goals. He cemented himself as a really reliable boot and someone the Cowboys can rely on when needed.

Overall, the activity from the Cowboys does not have me believing the quote that they are all in this year. There are a few question marks on the roster to make a real push to dethrone the Chiefs and even take the NFC title from the 49ers. That being said, there are some huge players on this team that, if they play well, can lead this team to another really strong playoff run. Leaders Dak Prescott, CeeDee Lamb, and Micah Parsons will be hugely vital to the Cowboys’ success this season.

**Philadelphia Eagles**

The Philadelphia Eagles entered 2023 with high expectations after their narrow Super Bowl loss to the Chiefs, with hopes of securing the victory this time around. The regular season started strong for the Eagles, who soared to an 8-1 record by their Week 10 bye. They continued their dominance, winning the next two games to reach 10-1. However, they faltered down the stretch, losing five of their last six games and finishing with an 11-6 record. This loss of momentum was evident in the playoffs, where they suffered a crushing defeat to the Buccaneers in the wildcard round.

Jalen Hurts will once again be at the helm for the Eagles, aiming to recapture the early-season form that made them so formidable. Hurts threw for just under 4,000 yards in the 2023 season, finishing with 3,858 yards, 23 passing touchdowns, and 15 rushing touchdowns—many of those from the infamous 'tush push' formation. The new season brings a change in the backup quarterback position, with Marcus Mariota leaving in free agency. The Eagles traded for Kenny Pickett, who had fallen out of favour in Pittsburgh, to fill the role. Tanner McKee also makes the roster as the third quarterback.

A major change in the Eagles' backfield is the acquisition of star running back Saquon Barkley from the Giants, a huge free-agent signing. Barkley, who played 14 games last season, was just shy of 1,000 rushing yards with 962 and added 280 receiving yards. With a strong offensive line and talented receivers, Barkley hopes to make explosive plays that have become his trademark. Joining the backfield is rookie Will Shipley from Clemson, who will compete with Kenneth Gainwell for the backup role.

The wide receiver corps remains strong, led by A.J. Brown and DeVonta Smith, both of whom posted over 1,000 receiving yards last season. Brown was fifth in the NFL in receiving yards, while Smith finished 20th, making them one of the league's top duos. The competition for the third receiver spot is fierce, with Jahan Dotson likely to edge out rookies Ainias Smith and Johnny Wilson after his recent trade. Britain Convey and Jacob Harris also make the roster. The front three for the Eagles look like a real force and one of the best starting groups in the NFL.

Tight end Dallas Goedert remains a reliable target for Hurts, despite his production dipping to 592 receiving yards last season due to injuries. The Eagles hope to keep him healthy this season, with either Grant Calcaterra or Albert Okwuegbunam being the back-ups, these two should give the Eagles a fairly solid backup if Goedert misses time again, however they are not as big of a threat. McCallan Castles also makes the roster adding valuable depth.

The Eagles boast one of the NFL's best offensive lines, with left guard Landon Dickerson re-signing to continue his partnership with left tackle Jordan Mailata. The line will see a significant change at centre following the retirement of Jason Kelce, a six-time All-Pro who leaves behind an incredible legacy. Cam Jurgens will step into Kelce's shoes. New addition Mekhi Becton from the Jets will take over at right guard, while Lane Johnson returns at right tackle. Rookie Trevor Keegan from Michigan and Tyler Steen will add depth at guard and centre, while Fred Johnson, Adrian Kinnard and Le’Raven Clark provide tackle depth.

On the defensive side, the Eagles' line will be anchored by nose tackle Jordan Davis, with Jalen Carter and Milton Williams flanking him. Carter impressed in his rookie season, earning All-Rookie honours and narrowly missing out on Defensive Rookie of the Year. They have Moro Ojomo, Byron Young and Thomas Booker IV in the rotation. The edge rushers will see a change with Haason Reddick's departure to the Jets, replaced by Bryce Huff, who joins Josh Sweat on the outside. Nolan Smith is entering his second year and is expected to make a leap, while veteran Brandon Graham returns for another season. Rookie Jalyx Hunt adds depth to the edge-rushing rotation alongside Patrick Johnson.

The Eagles' linebacker corps has been bolstered by the arrival of Devin White in free agency, who is expected to play a crucial role alongside Zack Baun, another free-agent addition. Nakobe Dean, who played only five games last season due to injuries, and rookie Jermaine Trotter will rotate in and hope to make significant contributions when needed. Oren Burks and Ben Van Sumeren get the depth spots.

In the secondary, the Eagles addressed key needs through the draft, using their top two picks on Quinton Mitchell and Cooper DeJean, who will compete for the nickel spot but can also fill other roles. The safety room saw the return of C.J. Gardner-Johnson after a season with the Lions, pairing him with last year’s leading tackler, Reed Blankenship. James Bradberry, Sydney Brown, Tristan McCollum and Avonte Maddox add further depth, while Darius Slay continues to lead the cornerbacks. Kelee Ringo, entering his second year, will aim to step up and secure a starting role, with Isaiah Rodgers and Eli Ricks providing backup.

Jake Elliott will continue his duties as the Eagles' kicker after a stellar 2023 season, where he achieved a 93.8% success rate on field goals, including 45 of 46 attempts. The Eagles are counting on Elliott to maintain his accuracy in the upcoming season.

As the Eagles prepare for the new season, hopes are high not only for winning the NFC East but also for making another Super Bowl run. The addition of Saquon Barkley is seen as a potential game-changer, addressing a key need and possibly providing the missing piece for a championship run. Despite the loss of the legendary Jason Kelce, the Eagles' offensive line remains strong, ready to protect Jalen Hurts. With key draft picks shoring up the secondary and other areas of need, the Eagles are poised to be a formidable contender in the NFC once again.

**New York Giants**

The Giants enter 2024 with hopes of erasing the memories of a disappointing 2023 season. Finishing with a 6-11 record, there wasn’t much for fans to cheer about. Starting quarterback Daniel Jones was sidelined after just six games, a significant drop-off after leading the team to the playoffs the previous year. As the team heads into 2024, they’ll be doing so without star running back Saquon Barkley, which may prompt a shift from their previously run-heavy offence to a more balanced attack.

Daniel Jones is healthy again and ready to lead the Giants. Despite being limited to six games in 2023, he managed 909 passing yards. Should Jones struggle or face further injury, Drew Lock, who previously backed up Geno Smith in Seattle, is prepared to step in. Additionally, Tommy DeVito, who had a few promising moments last season, remains an option. Jones will be hoping his injuries are behind him and he can showcase his skills this year that took the Giants to the playoffs a couple of seasons ago.

The absence of Saquon Barkley leaves a significant void in the Giants' offence. To fill this gap, the Giants have brought in Devin Singletary, the leading rusher from the Texans, who posted a career-high 898 yards in 2023. The team also added Tyrone Tracy through the draft to provide depth alongside Eric Gray. Singletary will likely lead the group however Tracy showed some really good moments in pre-season that could be valuable to the side once the season starts.

Jones will have a new top target in rookie wide receiver Malik Nabers, drafted sixth overall as the second receiver off the board. Nabers enters the league with high expectations following an outstanding final college season. He joins Wan'Dale Robinson, who is entering his third year and will be looking to build chemistry with Jones over a full season. Jaylin Hyatt is also aiming for a breakout in his second year, while Darius Slayton, who led the team with 770 receiving yards in 2023, and Gunner Olszewski, Bryce Ford-Wheaton and Chase Cota add depth to the receiving corps.

Tight end Darren Waller retired in the offseason, creating another gap in the offence. Daniel Bellinger and rookie Theo Johnson will compete for the starting tight end role. Bellinger is expected to start the season, but if Johnson impresses, he could quickly ascend to the top of the depth chart. Chris Manhertz also makes the roster and will add depth.

The Giants’ offensive line will see several new faces in 2024. Andrew Thomas provides consistency at left tackle, but Jon Runyan is set to take over at left guard. John Michael Schmitz remains at centre, while Greg Van Roten starts at right guard with newcomer Jermaine Elumunor at right tackle. The depth includes Austin Schlottman, Jake Kubas, Joshua Ezeudu and Aaron Stinnie, who will join Evan Neal in the rotation.

Defensively, the Giants boast one of the league’s best lines heading into 2024, operating primarily out of a 3-4 scheme. The addition of Brian Burns from the Panthers bolsters a unit that already features second-team All-Pro Dexter Lawrence and Rakeem Nunez-Roches. Boogie Basham, D.J Davidson and Jordan Riley add to the rotation. Meanwhile Kayvon Thibodeaux and Azeez Ojulari provide additional pressure on the edges. Thibodeaux, coming off a breakout season with 11.5 sacks, is poised to be a game-changer. Burns could also play as an outside linebacker. Benton Whitley adds a rotation piece in the ranks as well.

The linebacker corps is anchored by Bobby Okereke, who led the team with an impressive 149 tackles in 2023. Micah McFadden, who also recorded over 100 tackles last season, returns as his partner in the middle. The group’s depth includes Carter Coughlin, Dyontae Johnson, Ty Summers new signing Matthew Adams, and rookie Darius Muasau.

In the secondary, the Giants are counting on second-round pick Tyler Nubin to fill the void left by Xavier McKinney. Nubin, considered the top safety in the draft, will have help from Dane Belton and Jason Pinnock. Anthony Johnson Jr, Jonathan Sutherland and Elijah Riley also make the roster and add good depth to the safety spot for the Giants. At cornerback, Cor'Dale Flott and Deonte Banks are expected to start, with Adoree Jackson and Tre Hawkins as backups. Dru Phillips will continue in the nickel spot, with versatile Isaiah Simmons available to step in as needed. Nick McCloud also makes the roster.

Kicker Graham Gano returns, hoping to bounce back from a subpar 2023 season where he made just 64% of his field goals.

Overall, the Giants' defence looks strong, particularly on the line, with playmakers throughout. However, the losses of McKinney and Barkley on both sides of the ball are concerning, as they were key contributors. The Giants' success in 2024 largely hinges on Daniel Jones' health and the offence's ability to adapt to new personnel. While a playoff run seems unlikely this year, the Giants could still secure some big wins if everyone stays healthy and performs to their potential.

**Washington Commanders**

The Washington Commanders had a disappointing 2023 season, finishing with a 4-13 record. This outcome secured them the second overall pick in the draft and prompted a change in head coach, with Dan Quinn taking the reins for the 2024 season. The off-season was marked by numerous moves, including six selections in the top 100 of the draft, which the Commanders hope will help turn the tide for the team.

The first major change came with the second overall draft pick, Jayden Daniels, who is set to take over as the starting quarterback, replacing Sam Howell. Daniels, a dual-threat quarterback from LSU, brings a fresh dynamic to the team. He will be backed up by Marcus Mariota, who joins from the Eagles, with Jeff Driskel serving as the third-string quarterback. Sam Hartman makes the roster whilst Mariota starts the season on IR.

Last year's leading rusher, Brian Robinson Jr., who recorded 733 yards and five touchdowns in 15 games, will see competition in the backfield. The Commanders added Austin Ekeler from the Chargers in free agency, a potential game-changer if he can regain his 2022 form. Though Ekeler showed signs of slowing down last year, a productive off-season and fewer snaps could see him return to his explosive self in a dual-threat backfield. Jeremy McNichols will serve as the backup to Robinson and Ekeler.

The wide receiver corps looks somewhat thin heading into 2024. The Commanders lost Curtis Samuel in free agency and traded Jahan Dotson, leaving Terry McLaurin as the primary option. McLaurin, who achieved his fourth consecutive 1,000-yard season, remains a key player. Jamison Crowder stays with the team, and they’ve added Olamide Zaccheaus in free agency. Luke McCaffrey, the brother of 49ers superstar Christian McCaffrey, joins through the draft. Additionally, Noah Brown, cut by the Texans, was a late addition to the roster. Dyami Brown will provide further depth.

Zach Ertz is set to be the leading tight end this season. However, given that he hasn't managed a full season since 2019, the Commanders added Ben Sinnott in the draft for extra depth. John Bates and Colson Yankoff will also be ready to step in if needed.

In the offensive line, the Commanders added two centres in free agency, with Tyler Biadasz likely to start over fellow signing Michael Deiter. Nick Allegretti will start at left guard, while Sam Cosmi is set to start at right guard, with Chris Paul as the backup. Andrew Wylie and Brandon Coleman will start at right and left tackle, respectively, with Cornelius Lucas and Trent Scott with serving as backup tackles.

The defensive line will be anchored by Daron Payne, joined by second-round draft pick Jar’Zhan Newton, who will compete with Jonathan Allen for a starting spot. Phidarian Mathis will provide backup, while Norell Pollard begin the season on injured reserve. On the edge, free-agent signings Clelin Ferrell and Dorance Armstrong are expected to start, likely ahead of Efe Obada and rookie Javonte Jean-Baptiste.

The linebacker corps sees significant changes, with Bobby Wagner, Frankie Luvu, and Dante Fowler all joining in free agency. The trio is expected to start, with other free-agent signing Mykal Walker and rookie Jordan Magee joining Jamin Davis in the rotation. Much can be expected of this new group.

The secondary also underwent major changes, with only Benjamin St-Juste at cornerback and Quan Martin at safety returning as starters from last season. Jeremy Chinn joins the safety group and will start alongside Martin following Kamren Curl’s departure in free agency. Jeremy Reeves and Darrick Forrest are likely to be immediate backups, with Dominique Hampton, Percy Butler, and Tyler Owens making the roster as reserves. Michael Davis will start opposite St-Juste at cornerback, with Emmanuel Forbes Jr. backing them up. Mike Sainristil, a draft pick, will likely start at nickelback, with Noah Igbinoghene as his backup.

Cade York joins the team via trade, hoping to secure his spot in the league after a rough 2023 season, where he struggled with a 75% success rate on field goals with the Browns. York has already been cut and Austin Siebert now signed to the roster.

The Commanders enter the 2024 season with a young roster, and the opportunity to watch their development will be the most exciting aspect for the team. While a playoff run is likely out of reach, and there are still gaps to be filled on the roster, the Commanders are hopeful that their draft picks will step up and fill these voids. This year seems set to be a rebuilding period, but with the right progress, the Commanders could lay a solid foundation for future success. In the meantime, fans can expect to see flashes of potential and growth from the team's emerging talent, setting the stage for what could be a brighter future in the seasons to come.

**Outlook and Predictions**

The Cowboys head into the new season after resigning Ceedee Lamb and will hope that will be the boost they need. The Eagles improved heavily in the defence as well as adding a couple of valuable pieces in offence. The Giants are a team in transition, they have young receivers that they will hope to see the best out of. Commanders are full of young talent and could be the surprise package of the division.

**Prediction:**

1. Eagles
2. Cowboys
3. Commanders
4. Giants