**AFC East**

**Buffalo Bills**

**Khalil Shakir** – With the departure of Stefon Diggs and Gabe Davis, Josh Allen is in need of new go-to targets. Khalil Shakir has shown flashes towards the end of last season, and he could step up into a prominent role. Alongside Keon Coleman and Dalton Kincaid, Shakir might emerge as one of the Bills' key offensive weapons this season.

**Miami Dolphins**

**De’Von Achane** – With Raheem Mostert turning 32, Achane is poised to take on a larger role in Miami's offence. His electrifying speed and ability to make defenders miss were evident last year, and this season could see him become the primary back for the Dolphins, especially as Mostert’s workload decreases.

**New England Patriots**

**Christian Gonzalez** – Gonzalez missed significant time due to injury last season, but in the four games he played, he looked like a future star. If the Patriots can keep him healthy, Gonzalez has the potential to lock down one side of the field and become one of the league’s elite cornerbacks.

**New York Jets**

**Jermaine Johnson** – While Garrett Wilson could have been the obvious choice with Aaron Rodgers returning, Jermaine Johnson is primed for a breakout year. Taking over the starting edge spot, Johnson enters his third year with 10 career sacks. Expect him to double that total this season as he anchors the Jets' defensive line.

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**AFC North**

**Baltimore Ravens**

**Zay Flowers** – Zay Flowers is poised to become Lamar Jackson's go-to target over Mark Andrews. Coming off a season with 858 receiving yards, the young wideout is set to take the next step in his development and potentially break the 1,000-yard mark this season, solidifying himself as the Ravens’ top option.

**Cincinnati Bengals**

**Andrei Iosivas** – With Tyler Boyd leaving in free agency, Iosivas is set to step into the WR3 role. He showed reliable hands last year, and now with more targets from Joe Burrow, he’s expected to elevate his game. While he won’t challenge Tee Higgins for WR2 status, Iosivas has the potential to carve out a significant role in Cincinnati’s high-powered offence.

**Cleveland Browns**

**Dawand Jones** – Injuries to the Browns’ offensive line forced Jones into action last year, and the third-round pick proved to be a steal. With continued concerns over injuries, Jones could see more playing time than anticipated, and he might solidify one of the tackle positions as his own.

**Pittsburgh Steelers**

**George Pickens** – With Diontae Johnson departing in free agency, Pickens becomes the clear No. 1 receiver in Pittsburgh. Pickens has the talent to make a big leap this year and take on the majority of the passing game’s responsibilities, which should result in a monster season for him.

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**AFC South**

**Houston Texans**

**Will Anderson Jr.** – The arrival of Danielle Hunter will take some pressure off Anderson, who was impressive in his rookie year. With fewer double teams and more attention on Hunter, Anderson should see a significant jump in production during his sophomore campaign.

**Indianapolis Colts**

**Anthony Richardson** – This one’s a no-brainer. Despite his 2023 season being cut short due to injury, Richardson flashed superstar potential. If he can stay healthy in 2024, the Colts could see him break out in a big way as the centrepiece of their offence.

**Jacksonville Jaguars**

**Travon Walker** – After a 10-sack season, Walker is ready to take another leap, especially with key defensive players like Hines-Allen returning from injury and Arik Armstead joining the line. The extra support should free Walker to wreak havoc, and he could emerge as the Jaguars' most dangerous pass rusher.

**Tennessee Titans**

**Will Levis** – Levis takes over the Titans' starting QB job after showing promise last season. With new head coach Brian Callahan, who comes from the Bengals, expect a more dynamic offence designed around Levis’ strengths. The additions of Calvin Ridley and Tony Pollard give him plenty of support, making a big second-year leap possible.

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**AFC West**

**Denver Broncos**

**Drew Sanders** – Despite starting the season on the PUP list, Sanders is set to reclaim his starting role once healthy. Known as a tackle machine from his college days at Arkansas, Sanders will look to continue that reputation in the NFL and could make a significant impact once he returns to the field.

**Kansas City Chiefs**

**Rashee Rice** – Rice had a solid showing last season, and with another year under his belt, he’s ready to take on a bigger role in Kansas City’s offence. As the Chiefs rely less on the ageing Travis Kelce, Rice could emerge as one of Patrick Mahomes’ go-to targets this season.

**Las Vegas Raiders**

**Zamir White** – White ended the last season strong, stepping in as the lead back for the final four games and racking up 397 rushing yards. He’s primed to be the Raiders' top running back this season, and with an increased workload, White could break out as the centrepiece of their rushing attack.

**Los Angeles Chargers**

**Quentin Johnston** – After a disappointing rookie season, Johnston is in a prime position to rebound. With Keenan Allen and Mike Williams gone, Johnston has a chance to step into the lead role. A new coaching staff could help him utilise his strengths and develop into a key player for the Chargers' offence.

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**NFC East**

**Dallas Cowboys**

**DeMarvion Overshown** – Overshown missed his rookie year due to injury, but now fully healthy, he’s ready to compete for a starting role alongside veteran Eric Kendricks. The Cowboys will be counting on his athleticism and versatility to improve their linebacker corps this season.

**New York Giants**

**John Michael Schmitz Jr.** – While this may seem an unconventional pick, Schmitz’s athleticism and potential to solidify the offensive line could be crucial for the Giants. Establishing chemistry with Daniel Jones early will be key, and if Schmitz plays to his potential, he could anchor the struggling Giants' offence.

**Philadelphia Eagles**

**Kelee Ringo** – The Eagles’ rookie is in line to make a big jump this year. Expected to start alongside Darius Slay, Ringo will benefit from a strong supporting cast in the secondary, with key additions via free agency and the draft, setting him up for success.

**Washington Commanders**

**Brian Robinson Jr.** – After leading the Commanders in rushing last season, Robinson is set for an even bigger workload this year with Antonio Gibson leaving in free agency. Despite Austin Ekeler’s arrival, Robinson is expected to maintain his role as the team’s primary back, setting him up for a strong season.

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**NFC North**

**Chicago Bears**

**Darnell Wright** – Wright is back as the starting right tackle, and the expectation is that he will take a step forward this year. With rookie QB Caleb Williams needing protection, Wright’s development will be critical to the Bears' offensive success.

**Detroit Lions**

**Jameson Williams** – Although many would point to Jahmyr Gibbs, Williams is the player to watch. Fully healthy and ready for Week 1, he’s positioned as the Lions’ WR2 with Josh Reynolds departing. Williams' target share will increase, giving him a great opportunity to have a breakout season.

**Green Bay Packers**

**Jayden Reed** – In a young receiving corps, Reed stands out as a potential WR1 with Christian Watson's frequent injuries. With Jordan Love also growing in his role, Reed could see more targets and be poised for a breakout season as a key player in Green Bay’s offence.

**Minnesota Vikings**

**Ivan Pace Jr.** – Pace was an undrafted gem last season, quickly becoming a vital piece of the Vikings' defence. Now set to lead the defence, Pace is expected to be a tackling machine. If he forms a strong partnership with Blake Cashman, this could be a standout season for the duo.

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**NFC South**

**Atlanta Falcons**

**Drake London** – The addition of Kirk Cousins could elevate London’s game. London has already proven himself capable in the NFL, but with a more consistent quarterback under centre, he could finally have his breakout year. A more pass-friendly offensive scheme should provide London with more opportunities to shine.

**Carolina Panthers**

**Bryce Young** – Young struggled in his rookie season, but the arrival of new head coach Dave Canales offers hope. Canales, known for revitalising Geno Smith and Baker Mayfield’s careers, will aim to develop a system that plays to Young’s strengths, giving him the chance for a much-needed breakout year.

**New Orleans Saints**

**Kendre Miller** – Though he may seem like a risk, Miller has the chance to be the future of the Saints' backfield. With Alvin Kamara and Jamaal Williams both nearing the end of their careers, Miller will likely get ample playing time once healthy and could take over as the lead back.

**Tampa Bay Buccaneers**

**Calijah Kancey** – Entering his second year, Kancey will be looking to build off his four-sack rookie campaign. Starting alongside Vita Vea on the defensive line, Kancey is expected to take on a larger role and could become one of the Bucs' key pass rushers later in the season.

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**NFC West**

**Arizona Cardinals**

**Michael Wilson** – With all the offseason buzz surrounding the arrival of Marvin Harrison Jr., Wilson might fly under the radar but could benefit from favourable matchups. With MHJ and Trey McBride drawing significant defensive attention, Wilson will have opportunities to exploit softer coverage and rack up big yardage. Additionally, having Kyler Murray back from Week 1 will provide a huge boost to Wilson’s production potential.

**Los Angeles Rams**

**Kobie Turner** – Turner was a revelation in his rookie season, racking up 9 sacks. With Aaron Donald’s departure, Turner will be expected to step into a leading role on the defensive line. Though the Rams added some reinforcements through the draft, Turner will still likely face double teams but has the skill to wreck opposing offences and anchor the Rams' defence.

**San Francisco 49ers**

**Ji’Ayir Brown** – After a stellar performance in the Super Bowl against the Chiefs, Brown heads into his second season as the starting safety alongside Talanoa Hufanga. With that experience under his belt, Brown will be expected to take a significant leap in year two and solidify himself as a key piece of the 49ers' secondary, hoping to replicate Hufanga’s breakout trajectory from last year.

**Seattle Seahawks**

**Jaxon Smith-Njigba** – JSN is widely regarded as a future star, coming from Ohio State’s elite receiver pipeline that produced Garrett Wilson and Chris Olave. The Seahawks are expecting big things from him, and he could quickly surpass Tyler Lockett as the WR2, making an immediate impact. JSN’s route running, hands, and playmaking ability make him a prime candidate for a breakout season as he integrates into Seattle’s potent offence.