**Baltimore Ravens**

The Ravens come off a great season, narrowly missing out on the Conference championship title with a 17-10 loss to the eventual Super Bowl champions, the Kansas City Chiefs. The Ravens were led by season MVP Lamar Jackson, who put in hugely impressive displays against the Detroit Lions, Miami Dolphins, Cincinnati Bengals, and a terrific performance against the Houston Texans in the divisional round, along with other solid performances along the way.

The Ravens were able to lean on a hugely impressive defence with leaders all over the field when the offence needed them to. Not to mention the near-perfect display from both sides of the ball in the San Francisco 49ers game.

There were some big losses for the Ravens in free agency. We will start with the quarterback room. Back-up and former pro-bowl quarterback Tyler Huntley leaves, leaving Josh Johnson as the back-up to defending MVP Lamar Jackson. Lamar Jackson had his best passing season in 2023 with 3678 yards, also adding 821 rushing yards making him once again one of the very best dual threat quarterbacks. He will be hoping for another strong season and lead this team deep into the playoffs once again.

In the running back room, the Ravens lose Gus Edwards and JK Dobbins to the Chargers. However, they make a huge upgrade by adding Derrick Henry to be the starter from the Titans. Henry finished with 1167 rushing yards even with a struggling offensive line which is not a worry with the Ravens, expect another huge King Henry season. He gets back up from his running back partners Justice Hill and the hugely impressive rookie Keaton Mitchell, although Mitchell’s season-ending injury could halt his progress heading into 2024 with a stint on IR to start the season. Rasheen Ali is also in the depth chart. Derrick Henry could be the vital and final piece for the Ravens. He is one of the very best in the NFL and will need to be respected, opening running lanes for the versatile quarterback Lamar Jackson and his rushing ability.

The receiver room loses Devin Duvernay and Odell Beckham Jr., who were replaced by Devontez Walker via the draft in the fourth round, Walker could be fighting to take the wide receiver two role in 2024 behind number one choice Zay Flowers. Zay Flowers led the Ravens in receiving yards in 2023 with 858 and impressed in his rookie year. Rashod Bateman, who heads into year four is still there and will be hoping to improve on the 367 yards from last season, as well as veteran Nelson Agholor, who returns to the Ravens for his second year. The Ravens also have Deonte Harty, Tylan Wallace and Isaiah Washington ready to step in when required.

That is not the only weapon Lamar Jackson will be throwing to. The Ravens have two huge weapons in the side with tight ends Mark Andrews and Isaiah Likely. Andrews is coming off an injury-plagued season, resulting in his worst yards to date, but he will always be one of Lamar’s favourite targets. Likely stepped into the role when Andrews got injured, making these two players huge to the Ravens success once again. Charlie Kolar is also in the tight end room.

The Ravens lose a huge presence in their offensive line with Kevin Zeitler and John Simpson leaving in free agency. However, the offensive line is still a hugely talented one with Ronnie Stanley at left tackle, Andrew Vorhees at left guard, who will start his first season in the NFL after losing his rookie season to injury, standout centre and pro-bowler Tyler Linderbaum, Ben Cleveland or Daniel Faalele likely stepping into the right guard position, and second-round pick Roger Rosengarten will battle it out with Patrick Mekari at right tackle. There are also depth pieces with Josh Jones who was picked up in free agency, rookie Nick Samac also joining. Malaesala Aumavae-Laulu will also be a nice depth piece.

The defensive line remains fairly consistent, only losing Jadeveon Clowney to the Panthers through free agency. They re-sign the massively impressive second-team all-pro Justin Madubuike, Michael Pierce and Brent Urban, who are joined by Travis Jones and Broderick Washington in the tackle positions, as well as outside linebackers Odafe Oweh, David Ojabo, the re-signed Kyle Van Noy, and Adisa Isaac. Tavius Robinson and Malik Hamm are also in the rotation. This group led the NFL in sacks last season and will look to continue that trend.

If you thought that was the only weapon in defence, you would be wrong. Linebackers Roquan Smith, Trenton Simpson, Malik Harrison, Devon Jennings, and free agent signing Chris Board should fill the void left by Patrick Queen heading to the Steelers. Trenton Simpson looks likely to start with first-team all-pro Smith. Simpson has big shoes to fill but came with a big reputation out of Clemson, recording 71 tackles in his final season. More will be required, but tackle machine Smith will likely finish as leading tackler again after his impressive 158 last season.

The secondary will be led once again by Kyle Hamilton, who was first-team all-pro for the first time last season. He will be alongside Marcus Williams, who will have to step up to fill the shoes of Geno Smith, who left via free agency. Eddie Jackson, Ar’Darius Washington, Beau Braden are all in back up. Ronald Darby leaves the cornerback room, and the Ravens addressed this by selecting speedster Nate Wiggins out of Clemson to join the solid Marlon Humphrey and Brandon Stephens. Jalyn Armour-Davis will also be there and re-signed Arthur Maulet who will start at nickelback. Depth was also added in the secondary with draft picks TJ Tampa corner from Iowa in the 4th and Sanoussi Kane safety out of Purdue in the 6th.

The Ravens have the most reliable kicker in the game with Justin Tucker, who will no doubt help win the close games with his superb boot. Not only is it accurate, but it is also long.

The Ravens lost a few massive pieces from their roster last season, but the depth from last season and the pieces they added via the draft still make this roster one of the best and strongest in the NFL. Lamar Jackson, one of the best in the NFL, will look to continue and try to regain the NFL MVP status. He will need more from the wide receiver room led by Zay Flowers; a much better season is needed from Rashod Bateman and Nelson Agholor, who had just 700 yards between them. If that doesn't happen, expect Devontez Walker to be given time earlier than John Harbaugh may want. The sack leaders from last season will also look to continue a strong season. Nine and a half sacks leave the team from Clowney, and 3.5 from Patrick Queen, but Trenton Simpson could be ready to fill the void left by Queen, though it will be difficult to replace the production from Clowney. Looking at the roster as a whole, the Ravens are set up once again to make a run at the Super Bowl in 2024. They look like one of the best rosters in the NFL, and it is hard to find an area in which the Ravens are not well-equipped.

**Cleveland Browns**

The Browns come into 2024 after a fairly successful 2023 season. The Browns had a record number of quarterbacks used in 2023, which should have halted their momentum due to injuries, including a severe injury to star running back Nick Chubb. However, Coach of the Year Kevin Stefanski was able to rally the team and pick up wins. The key to their late success was 2023 Comeback Player of the Year Joe Flacco, who secured vital wins to take the Browns to the playoffs. Unfortunately, they faced an energised Texans team that stopped Flacco in the second half. Despite the injuries, it was a good season for the Browns, giving them a positive outlook heading into 2024, even with the tough AFC North division.

The quarterback room became an area of need for the Browns, with DeShaun Watson unable to complete a full season for two consecutive years for the Browns. The Browns used five quarterbacks last year: DeShaun Watson, Dorian Thompson-Robinson, P.J. Walker, Joe Flacco, and Jeff Driskel. They lost Flacco, Walker, and Driskel to free agency. To address the uncertainty around Watson, the Browns added veteran Jameis Winston. Watson will hope to get back to the 2020 version where he was seen as one of the very best in the NFL. He heads into 2024 under pressure, with Winston and Thompson-Robinson waiting for the opportunity.

The running back room also gets added depth. Nick Chubb should not be written off as a huge part of the Browns' offence if he is fit to play. If Chubb can come back from the horrific injury sustained in week 2 of 2023 he will likely lead the Browns once again. If not, expect Jerome Ford to take the lead role initially, as he became a reliable back last season for the Browns finishing with 813 yards on the season. Pierre Strong Jr will be the back up and will likely be the backup whilst Chubb gets fit.

The wide receiver room will be led once again by Amari Cooper, who comes off his most productive season with 1,250 yards. Cooper gets help with the offseason addition of Jerry Jeudy, who has shown glimpses of becoming a good receiver and could be a huge addition to this receiving group. Elijah Moore will back them up and look to build on last season. Cedric Tillman will help get more opportunities, and Jamari Thrash joins through the draft, also hoping to impress. David Bell will also be ready to go.

DeShaun Watson will still have the trusty hands of David Njoku. There is a depth piece in Jordan Akins, who was a favourite red zone target of Watson during their time with the Texans. Akins will be hoping to reconnect those partnerships this season.

The offensive line took a battering from injuries last season, but if healthy, this is one of the better units in football. Left tackle Jedrick Wills Jr gets some support from Hakeem Adeniji, added via the draft. Joel Bitonio also gets depth support with Zak Zinter from Michigan at left guard. The centre spot will be occupied by Ethan Pocic. Wyatt Teller will be at right guard, alongside right tackle Jack Conklin. Conklin will be backed up by last year's standout rookie, Dawand Jones, who proved to be a smart pick by the Browns. The Browns also have James Hudson III in depth a tackle. Nick Harris and Luke Wypler back up centres, with Michael Dunn and Javon Cohen will be backup guards.

The defensive line doesn't change much for the Browns as they bring back Za’Darius Smith to pair with Defensive Player of the Year Myles Garrett. Ogbo Okoronkwo will be part of the rotation alongside Alex Wright and Isaiah McGuire. The tackle spots get a boost with second-round draft pick Michael Hall Jr joining re-signed Quinton Jefferson and Maurice Hurst. They will likely be in the rotation in the defensive tackle spot behind Shelby Harris and Dalvin Tomlinson on the defensive line.

The linebacker room took a blow in free agency. The Browns lost Anthony Walker, Sione Takitaki, Matthew Adams, Jordan Kunaszyk, and Jacob Phillips. However, reinforcements came with Jordan Hicks from the Vikings and Devin Bush from the Seahawks. They join Jeremiah Owusu-Koramoah to strengthen this area. Nathaniel Watson joins via the draft to add depth. Watson will be in the rotation along with Mohamoud Diabate, Tony Fields II and Brandon Bouyer-Randle.

There is not much change in the secondary for the Browns at cornerback. Denzel Ward and Martin Emerson look to be starters, with Kahlef Hailassie and Cameron Mitchell backing them up. Greg Newsome will continue in the nickel corner spot with Myles Harden adding depth. The safety room has continuity as well, with Grant Delpit and Juan Thornhill staying. Rodney McLeod will once again back them up. Ronnie Hickman,D’Anthony Bell and Chase Williams also make the roster adding the depth in the secondary. The continuity in the secondary will really help an already strong unit.

The Browns have Dustin Hopkins regains kicking responsibilities, he finished last season with a 92% success rate on field goals becoming a reliable boot for the Browns.

The Browns' roster looks ready for another playoff run this year. The defence remains strong. If the Browns can get quality consistency at quarterback and if Jeudy and Moore can show their best to help take pressure off Cooper, they could make huge leaps toward their end goal. Their division remains one of the toughest, so they will have to play very well to achieve this.

**Pittsburgh Steelers**

The Steelers' 2023 season unfolded largely as anticipated. They maintained a winning record, preserving Mike Tomlin's remarkable streak of non-losing seasons. Finishing with a 10-7 record, they made it to the playoffs but were eliminated in the wildcard round by the Bills. It was another solid season for the Steelers, who now look forward to 2024 with hopes of extending their non-losing streak to 21 consecutive seasons.

Last season, the Steelers faced challenges due to inconsistent quarterback play and questionable game management. Kenny Pickett, Mitchell Trubisky, and Mason Rudolph all saw time on the field, but none are on the current roster. Instead, the Steelers acquired Russell Wilson and Justin Fields in the off-season. The starting quarterback has yet to be determined, Justin Fields gets the week one nod with Wilson being injured and it's possible we could see the role change hands during the season. Both quarterbacks offer a clear upgrade over last year’s options, bringing potential stability to the position. Kyle Allen will be the backup on the roster.

The running back duo of Najee Harris and Jaylen Warren remains a strong point for the Steelers. Harris achieved his third consecutive 1,000-yard rushing season and had his best touchdown tally with eight. Warren, on the other hand, had a breakout season, recording 784 rushing yards and 370 receiving yards. The addition of Cordarrelle Patterson could prove valuable, particularly with the new kickoff rules and his versatility in the run game.

The receiver corps appears slightly diminished heading into 2024. George Pickens will once again lead the group, aiming to build on his 1,140 receiving yards from 2023. However, the departure of Diontae Johnson to the Panthers leaves a significant gap. The Steelers have attempted to bolster the position by signing Van Jefferson and Scotty Miller in free agency, alongside drafting Roman Wilson. With Johnson gone, one of these newcomers will need to step up to ensure the offence remains productive. Calvin Austin returns for year two adding the required depth.

Pat Freiermuth returns as the lead tight end after an injury-shortened 2023 season. A healthy Freiermuth could be crucial for either Wilson or Fields. Darnell Washington remains as backup, with Connor Heyward ready to step in when needed. MyCole Pruitt also makes the roster, making this group full of depth.

The Steelers reinforced their offensive line through the draft, selecting tackle Troy Fautanu and centre Zach Frazier with their top picks. Both players have the potential to start, although veteran Dan Moore Jr. at left tackle is likely to be the starter there, with Broderick Jones starting at right tackle. Isaac Seumalo and James Daniels will anchor the guard positions. The Steelers also keep Dylan Cook, Spencer Anderson, Ryan McCollum, Nate Herbig and Mason McCormick providing depth across the line.

On defence, the Steelers will again rely on their formidable outside linebackers, T.J. Watt and Alex Highsmith. Watt is coming off a stellar 19-sack season and narrowly missed out on Defensive Player of the Year honours, while Highsmith added seven sacks. Nick Herbig will rotate in, looking to make a second-year leap, with Jeremiah Moon also making the roster.. Inside, Cameron Heyward will anchor the line, joined by Keeanu Benton and Larry Ogunjobi, with Logan Lee and Dean Lowry adding rotation, with Isaiahh Loudermilk, Montravius Adams and DeMarvin Neal adding depth making this a frightful defensive line.

The linebacker corps will see changes, most notably the addition of Patrick Queen, who comes off a 133-tackle season with the Ravens. Elandon Roberts, who led the team in tackles last year, and rookie Payton Wilson to compete for the starting role whilst Cole Holcomb is out injured. With that injury the Steelers kept Mark Robinson, Tyler Matakevich and injured David Perales on the roster.

The secondary has been strengthened with the acquisition of Donte Jackson, who will pair with standout Joey Porter Jr. at cornerback. Cory Trice Jr and Darius Rush will be in the rotation. Safeties Minkah Fitzpatrick and DeShon Elliott form a strong backline, with Damontae Kazee and Terrell Edmunds in rotation, Rookie Ryan Watts providing depth when back from IR alongside Miles Killebrew and Jalen Elliott. Beanie Bishop will start at nickel during Cameron Sutton’s suspension.

Chris Boswell returns as the placekicker after matching his career-best field goal percentage last season at 93.5%. Cameron Johnston joins as the new punter, following a strong season with the Texans, and could significantly improve the Steelers' field position game.

As the new season approaches, it seems likely that the Steelers will once again avoid a losing record. The streak remains a powerful motivator, although the team’s offensive weapons are somewhat lacking. Improvement in quarterback play could, however, elevate the wide receiver group. The defence looks as formidable as ever, capable of leading the team to further success. With several position battles still to be decided, the pressure will be on whoever starts at quarterback to perform consistently.

**Cincinnati Bengals**

The Bengals' season last year did not go as planned. They were set for a playoff run, but disaster struck when franchise quarterback Joe Burrow got injured in Week 10 against the Baltimore Ravens, ruling him out for the season. This crushed the team's playoff hopes. Although backup quarterback Jake Browning played well, it was hard to match Joe Burrow’s high standards. In a tough run of games, the Bengals could have really used Burrow down the stretch. Without him, they just missed out on the playoffs. The Bengals will be hoping that Burrow can stay fit and look to impress in 2024.

Heading into 2024/25, the Bengals will be without some starters from the 2023/24 season. However, the quarterback room remains consistent, with Joe Burrow backed up by Jake Browning. The Bengals hope the injury doesn’t affect Burrow too much and that he can get back to his best quickly. Burrow finished 2023 with 2309 passing yards in 9 and a bit games. He did keep the ball safe as well with 15 touchdowns and only 6 interceptions. Burrow is a standout quarterback in the league and the Bengals look a real prospect to challenge in 2024/25.

The running back room took a huge hit with Joe Mixon being traded to the Texans. However, they added Zack Moss who will play alongside Chase Brown, who showed glimpses of brilliance despite a small stint on injured reserve. Moss will likely start the season as the primary running back, but expect a more committee-based approach as Chase Brown finished strong at the end of the season and left an impression on the team. Moss finished 2023 with 794 yards with the Colts in a joint effort with Taylor which will have helped the Bengals decision to acquire his services. Trayveon Williams and Chris Evans will also be of some use from the depth spot.

Burrow will still have star wide receiver Ja’Marr Chase to throw to. Chase is one of the very best in the game, and the LSU-turned-Bengals duo will be vital to the team's success next season, as long as Chase’s contract situation is resolved shortly. He will be partnered by Tee Higgins, who has signed the franchise tag for the season. Higgins had a down season last year with only 656 yards, his lowest receiving yards of his career. The Bengals added Alabama receiver Jermaine Burton, who looks likely to fill the void left by Tyler Boyd's departure to the Titans via free agency. There is depth in the room, with Joe Burrow and Jake Browning often looking at Trenton Irwin, Andrei Iosivas, and Charlie Jones.

The Bengals have added to their tight end room by bringing in Mike Gesicki to replace the departing Irv Smith. The Bengals also drafted two tight ends, Eric All and Tanner McLaughlin. The tight end room looks quite full, with Tanner Hudson and Drew Sample also battling it out for reps. Gesicki is likely to get the starting tight end spot so there will be a battle for the remaining reps given out.

Protecting Joe Burrow will be key to the Bengals' season. They lost Jonah Williams in free agency but upgraded the right tackle spot by adding Trent Brown from the Patriots. Another Brown (Orlando) will be the starting left tackle, and the remaining three spots are likely to be Cordell Volson at left guard, Ted Karras at centre, and Alex Cappa at right guard. Depth was added via the draft with first-round tackle Amarius Mims and seventh-round centre Matt Lee. Jaxson Kirkland and Cody Ford also add good depth to the line.

The defensive line has new faces with Sheldon Rankins coming in from the Texans to replace DJ Reader. Rankins, coming off a strong season, will look to build a strong relationship with BJ Hill on this inside of the defensive line. Kris Jenkins was added via the draft from Michigan, and McKinney Jackson from Texas A&M will also help. There is also Jay Tufele and Zach Carter to add some good rotation. They aim to add pressure from the inside to allow three-time Pro Bowler Trey Hendrickson and Sam Hubbard to get at the quarterback. They also hope Myles Murphy can make a jump in his second season in the defensive rotation. Joseph Osai, KJ Henry and Cedric Johnson wrap up the defensive line depth.

The linebacker room continues with Logan Wilson and Jermaine Pratt, who have formed a strong partnership. They will be backed up by Akeem Davis-Gaither, Joe Bachie and undrafted rookie Maema Njongmeta. Logan Wilson lead the team in tackles and interceptions last season with Pratt not far behind in tackles making these two a strong pairing.

The secondary loses Chidobe Awuzie at the cornerback spot, meaning Cam Taylor-Britt is likely to be paired with DJ Turner II, with rookie Josh Newton and Dax Hill as backups. They will also have DJ Ivey and Lance Robinson return once fit. Mike Hilton is likely to keep the starting nickel corner spot. The safety room saw significant upgrades with Geno Stone coming in from the Ravens and Vonn Bell resigning after a year at Carolina. Bell might rotate in the safety unit as Jordan Battle is in line for a starting role after an impressive rookie season. Tycen Anderson and Daijahn Anthony provide depth at the safety position.

The Bengals have a fairly reliable kicker in Evan McPherson, although he missed a few kicks last season, which was uncharacteristic compared to his rookie season.

The Bengals' roster looks strong, with a few areas of need addressed, particularly on defence. The offence is stacked even with Boyd's loss. Competing in the AFC North, one of the toughest divisions in football, the Bengals will need to be at their best. With superstars like Joe Burrow, Ja’Marr Chase, Trey Hendrickson, and others, they are more than capable of going the distance this year.

**Outlook and Prediction**

The Ravens lost some big names, however they do add some big names, non bigger than Derrick Henry. The Browns will hope they can get over their injuries from last year and leave the season with another run in the playoffs. The Steelers will want to keep the non losing season streak alive. The Bengals will be hoping Joe Burrow will stay fit and be able to have a successful season. This division is the hardest to predict, all the teams could potentially win the division.

**Prediction:**

1. Ravens
2. Bengals
3. Steelers
4. Browns