NFL Predictions: New York Jets AFC East Preview

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The Jets were a huge surprise in 2006 under new Head Coach Eric Mangini. New York went 10-6, finished second in the AFC East and earned a playoff tilt with the Patriots. Those developments led to some bigger expectations heading into the 2007 season, and the Jets again surprised by turning out a 4-12 record. This off season the team made some moves to get back into the playoff race and their odds reflect the roster upgrades. NFL Betting lines at Sportsbook.com have New York at -190 odds to win over eight games.

The Jets did not really have an offensive identity last season and their statistical rankings reflected this fact. The team did the quarterback shuffle around the mid-season point to help boost their sagging numbers, but the move was to no avail. The team's production was poor regardless of who was under center (Chad Pennington or Kellen Clemens). So, the Jets took a real drastic step this year to correct their quarterback issues, they traded to get Brett Favre. If he plays like he did in 2007, Favre will be a major upgrade for the team and they will almost certainly surpass last season's 16.8 point per game average.

New York also worked to revamp a leaky offensive line and improve the running game by adding Alan Faneca (OG), Damien Woody (OG), and Tony Richardson (FB) to the roster.

The 2007 Jets defense did not suffer the same woes that the offense did, but they still had their share of hard times. They gave up 22.2 points per game and an average of 134.8 yards per game on the ground. The unit's sack numbers also dropped from 35 in 2006 to just 29 last season. Club officials are hopeful that the additions of Ohio State defensive end Vernon Ghoulston, former Cardinal LB/DE Calvin Pace, and former Panther defensive tackle Kris Jenkins will help increase the sack numbers as well as decrease the opposition's rushing production.

NFL Betting lines at Sportsbook.com list the Jets at +2500 odds to win the Super Bowl, +1200 odds to win the AFC Championship, and +500 odds to win the AFC East.

Prediction: 2nd Place AFC East.

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