NFL Predictions: Seattle Seahawks NFC West Preview

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Last season the Seahawks continued their winning ways under Head Coach Mike Holmgren, going 10-6 and getting a post-season victory against the Redskins. This season the club will look to build on their streak of four NFC West titles and return to the playoffs in what could be Holmgren's last year. NFL betting lines at Sportsbook.com favor Seattle at -140 odds to win their division again.

Offensively the Seahawks should remain one of the more potent teams in the league. In 2007 they ranked ninth in the league, averaging 24.6 points per game. Quarterback Matt Hasselbeck led a passing game that posted 247.8 yards per contest and he should, despite some pre-season back issues, remain just as effective this year.

The Seahawk running game took a big step back in 2007 as Shawn Alexander dropped off considerably. Club officials signed Dallas free agent Julius Jones in the off-season as well as wrecking ball T.J. Duckett to help restore the ground attack.

The Seattle defense played well last season but they were not statistically dominant, ranking 10th, 12th, and 19th in total yards allowed, rushing yards allowed, and passing yards allowed respectively. However, they ranked sixth in the league in points per game allowed at 18.2.

The unit should be as good or better this year as all the starters are returning. They also added two defensive linemen in the draft, defensive end Lawrence Jackson (first round - USC) and defensive tackle Red Bryant (fourth round - Texas A&M). The front seven, which helped produce 45 sacks in 2007, now has some quality depth to go with star performers Patrick Kerney and Lofa Tatupu.

NFL Betting odds at Sportsbook.com have the Seahawks at +2500 odds to win the Super Bowl, +800 odds to win the NFC Championship, and -190 odds to win over 8.5 games.

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