Miami Dolphins vs New York Jets NFL Week 8 Predictions

Contributed by Scott Burgess
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The NY Jets play host to the Miami Dolphins, Sunday Nov 1, as Miami looks for their first road win of the season. The Dolphins have won six of their past seven against AFC East opponents, including the last two. NFL oddsmakers at Sportsbetting.com have the Jets as -3.5 point home favs over the Dolphins with the over/under set at 40.5 points. Be sure to get your Miami Dolphins vs New York Jets NFL Week 8 Predictions in now at Sportsbetting.com

The Dolphins (2-4) lost to New Orleans 34-46 at home in Week 7 and now sit last in the AFC East. QB Chad Henne made 18 of 36 passes for 211 yards with two interceptions; overall he’s thrown for 659 yards with three TD passes and three interceptions in four games for a 76.5 passer rating. RB Ricky Williams had nine carries for 80 yards with three TD’s, while RB Ronnie Brown had 16 carries for 48 yards with a TD. WR Brian Hartline made three catches for 94 yards. The Dolphins picked off three interceptions and sacked Saints QB Drew Brees five times. Miami’s fourth ranked rush defense is going to have to watch out for the now best ranked running game in the league . The Jets have a 29th ranked passing game that should even out against the Dolphins 22nd ranked pass defense. They don’t air out the ball often with their 25th ranked pass game and probably won’t against the Jets fourth ranked pass defense. Miami has played very well at times this season, but a brutal schedule has left them with a firm hold on last place in the AFC East. If the Dolphins are to defend their AFC East title, they must get on a roll soon -- starting with the Jets. The Dolphins average 24.3ppg and give up 25.3ppg, while they average 10ppg on the road and allow 21ppg. They are 2-4 ATS and 4-2 over/under.

The Jets (4-3) won in Oakland 38-0 in Week 7 and sit second in the AFC East. QB Mark Sanchez made 9 of 15 passes for 143 yards with one TD pass; overall he’s thrown for 1,178 yards with six TD passes and 10 interceptions for a 61.5 passer rating. RB Shonn Greene had 19 carries for 144 yards with two TD’s, while RB Thomas Jones had 26 carries for 121 yards and a TD. WR David Clowney made four catches for 79 yards with a TD. The Jets accumulated 316 rushing yards and LB Calvin Pace recorded three sacks on the day. Miami squandered a 21 point lead in the first half as their defense let them down. Coach Rex Ryan prides himself on his defensive schemes, but the Dolphins' Wildcat formation completely confused the Jets defense in Week 5. Rex Ryan will no doubt have some fresh ideas in place to stop the Dolphins' unique attack , but whether they will work remains to be seen. Their defense is ranked 10th overall with a seventh ranked pass defense and 22nd ranked rush defense. If they can’t slow down the league’s second best running game, it’s going to be a long day for the Jets defense. Not to mention their offense will see little time on the field. Rookie RB Shonn Green had an impressive showing last week filling in for the injured RB Leon Washington, but that was against the Raiders, this is the first time he will face a defense that game plans for him. The Jets average 21.7ppg and give up 14.9ppg, while averaging 17.7ppg at home and allow 14ppg. They are 4-3 ATS and 3-4 over/under.

Recent Trends to Consider:

- Dolphins are 6-20-2 ATS in their last 28 meetings.
- Dolphins are 2-7-2 ATS in their last 11 meetings in New York.
- Underdog is 4-1-1 ATS in their last 6 meetings.
- Road team is 4-1-1 ATS in their last 6 meetings.
- Dolphins are 4-0 ATS in their last 4 vs. AFC East.
- Jets are 1-4 ATS in their last 5 games as a home favorite.
- Jets are 1-5 ATS in their last 6 games as a favorite of 3.5-10.0.

Miami Dolphins vs New York Jets
When: Sun, Nov 1, 2009 1:00 PM ET
Line: Sportsbetting.com
Pick: Dolphins +3.5

Point-Spreads.com Miami Dolphins vs New York Jets NFL Week 8 Predictions

The Bottom Line: The Dolphins know how to beat the Jets, the Jets are the ones who don’t know how to beat the Dolphins. Be sure to get your Miami Dolphins vs New York Jets NFL Week 8 Predictions in now at Sportsbetting.com and Cash in with sign-up bonuses, weekly reload bonuses and free payouts at SPORTSBETTING.com, where betting is safe, secure and easy.