

The banner features a dark background on the left with the title 'Gridiron Gold Sheet Football Newsletter' in yellow and white. A yellow oval with '\$15' is in the center. On the right, a hand holds a football. Below the title, it says '5 NCAA & 4 NFL BEST BETS + PICKS FOR ALL GAMES Award Winning Football Newsletter Since 1981'. At the bottom, it reads 'Dennis Stagliano's Best Bets Gridiron Gold Sheet Football Newsletter Volume 44 Issue 4' and 'NFL Week 4, 2025'.

**Gridiron Gold Sheet
Football Newsletter**

\$15

**5 NCAA & 4 NFL BEST BETS + PICKS FOR ALL GAMES
Award Winning Football Newsletter Since 1981**

Dennis Stagliano's Best Bets Gridiron Gold Sheet Football Newsletter

Volume 44 Issue 4

NFL Week 4, 2025

NFL Landscape:

Lions sack Jackson seven times in 38-30 win over Ravens

Relentless: Detroit's pass rush unit dominated Baltimore's offensive line, recording seven sacks of Lamar Jackson for a loss of 55 yards. Aidan Hutchinson had a huge fourth quarter, with a sack and a forced fumble of Derrick Henry.

Jared Goff completed 20 of 28 passes (71%) for 202 yards, one touchdown, and no interceptions. His favorite target was Amon-Ra St. Brown (7-77-1).

David Montgomery rushed for 151 yards and two touchdowns on 12 carries, while Jahmyr Gibbs totaled 99 scrimmage yards and two scores on 27 touches.

Derrick Henry has now fumbled in all three games this season. Mark Andrews had a bounce-back performance for Baltimore, with six catches for 91 yards and two touchdowns.

Cowboys could place WR Lamb, RG Booker on IR

Jerry Jones told reporters the Cowboys may place CeeDee Lamb and Tyler Booker on injured reserve. Both are dealing with high ankle sprains. Booker is expected to miss four to six weeks, making him a strong candidate for injured reserve. The first round rookie ranks 12th among guards in run blocking grade (72.0). Lamb's sprain is considered less severe, and he could return in as little as two weeks. Lamb caught 16 of 24 targets for 222 yards in the first two weeks of the season. He walked out of the stadium on Sunday with a minimal limp.

Lamb's injury should lead to more targets for Jake Ferguson, George Pickens, Jalen Tolbert, and KaVontae Turpin. Note that Ferguson served as Dak Prescott's preferred pass catcher after Lamb left the game, catching 13 of 14 targets for 82 yards.

Nick Bosa (ACL) out for season

Bosa tore the ACL in his right knee and needs season-ending surgery. There is no damage to other ligaments, which should make the rehab process less complicated. Bosa partially tore the ACL in the same knee as a senior in high school in 2015. He tore the ACL in his left knee in 2020. In the first two weeks of the season, Bosa had two sacks, eight pressures, and a 21.9% pass rush win rate. Since Bosa entered the league in 2019, the 49ers are 65-32 in games with him on the field and 6-12 without him. San Francisco will move forward with Mykel Williams (first-round rookie), Bryce Huff, Yetur Gross-Matos, and Sam Okuayinonu.

Brock Purdy (toe) will increase his practice involvement and could return to action this week.

Falcons make staff changes

The Falcons fired receivers coach Ike Hilliard and are moving offensive coordinator Zac Robinson down from the coaching box to the field. The hope is that Robinson's move will improve in-game communication with Michael Penix. Robinson struggled to scheme production out of Kirk Cousins last year and has failed with Penix so far this season — despite having a roster rich in talented playmakers and an above average offensive line. Atlanta currently ranks 31st in scoring (14.0 ppg).

In 3 games this season, Penix has completed just 59% of his passes for 605 yards, one TD, and 2 picks. Bijan Robinson — the recipient of many check-downs — leads the team in receiving yards.

Chargers to lean on RB Hampton with Harris injured

Omarion Hampton will take on the workhorse role in the Chargers' backfield with Najee Harris out for the season. Harris tore his Achilles against the Broncos on Sunday. Hampton, a first round rookie, was fantastic against Denver, totaling 129 scrimmage yards and a touchdown on 25 touches (19 carries, six catches). The Chargers may have found a diamond in the rough. He's picked it up the slack and taken it in stride and may make the offense more balanced. Behind Hampton, the Chargers have Hassan Haskins and two backs on the practice squad — Kimani Vidal and Amar Johnson.

PRO FOOTBALL BEST BETS

Washington Commanders vs Atlanta Falcons – Total 45.5

Best Bet: UNDER

This matchup profiles as a slugfest between two offenses still searching for an identity. The Falcons showed how broken they are last week in Charlotte, where Michael Penix Jr. delivered one of the most inept quarterback performances of the season. Penix barely cleared 120 yards passing, threw a backbreaking pick-six, and never looked comfortable against a Carolina defense that had been shredded in prior weeks. Atlanta's offensive line didn't help, allowing consistent pressure, and their timing-based passing game collapsed. That is not a recipe for success against a Washington defense that thrives on collapsing the pocket and forcing turnovers.

The Commanders, for their part, are not an explosive team offensively. Jayden Daniels has shown flashes of poise and mobility, but Washington's attack is built around controlled tempo and avoiding mistakes. Their Week 3 win over Las Vegas was a perfect example — a 41-point outburst on paper, but padded by short fields, a defensive touchdown, and a Raider meltdown late. When forced to march the field, Washington typically relies on the ground game and safe throws underneath. That style chews clock but rarely produces quick-strike scoring.

From a statistical standpoint, both clubs point to the Under. Washington's games have gone Under in five of their last seven road trips, while Atlanta is 4-1 Under in its past five home games. Neither offense ranks inside the league's top 20 in yards per play, and both defenses are top-12 in opponent red-zone touchdown percentage. That's the classic profile of stalled drives ending in field goals rather than touchdowns.

Matchups matter most. The Falcons' inability to protect Penix against pressure sets up a long day against a Washington front keyed by Montez Sweat and Jonathan Allen. Meanwhile, Washington's offense will try to hide Daniels with a run-heavy plan, especially on the road. Expect both teams to be conservative, hoping to win the field-position battle rather than chasing points.

This total opened in the mid-40s and still sits at 45.5, but the situational read screams lower. With neither side trusted to sustain drives, and both defenses capable of generating negative plays, this looks like an ugly grinder. TAKE: **UNDER 45.5**

Cleveland Browns vs Detroit Lions – Lions -8.5

Best Bet: LIONS -8.5

Cleveland's upset of Green Bay last week was more about the Packers' mistakes than the Browns' competency. Joe Flacco managed only 165 yards passing and Cleveland finished with just 14 first downs. They were dominated at the line of scrimmage but survived thanks to a late interception and a blocked kick. That kind of smoke-and-mirrors victory won't fly against Detroit, who just manhandled Baltimore.

The Lions imposed their will with a punishing run game, racking up over 150 yards on the ground and grinding down the Ravens' front. Jared Goff complemented that attack by hitting Amon-Ra St. Brown in key moments, and Detroit's offensive line gave him a clean platform to operate. Against Cleveland, who continues to leak up front, Detroit should once again dominate time of possession and force the Browns into obvious passing downs.

That's a nightmare for Flacco. The Lions' pass rush led by Aidan Hutchinson thrives when opponents must throw, and Hutchinson himself has been a one-man wrecking crew off the edge. Flacco's mobility is nonexistent, and with Detroit collapsing pockets all afternoon, turnovers are inevitable. Meanwhile, Detroit's offense has balance and efficiency, ranking top-5 in scoring.

Situationally, Detroit is also in the right spot. They've covered 7 of their last 9 at home, while Cleveland is just 2-6 ATS in its last 8 road games. Power ratings give Detroit a double-digit edge, and Walters' recap of Cleveland's fluky win makes the mismatch clear.

The Browns were outgained badly last week, and Detroit won't let them off the hook with mistakes. Expect the Lions to jump out early, force Flacco into a chase mode, and pull away in the second half. TAKE: **LIONS -8.5**

Carolina Panthers vs New England Patriots – Panthers +5.5

Best Bet: PANTHERS +5.5

New England's offense is in shambles, and Mike Vrabel's decision-making has not helped. The Patriots turned the ball over five times against Pittsburgh — two fumbles by Rhamondre Stevenson, another by Antonio Gibson, and two costly Drake Maye interceptions. Despite those gifts, the Patriots still couldn't win, producing just 14 points and 203 net yards. Now they're being asked to cover more than a field goal against a Panthers team that just humiliated Atlanta 30-0.

Carolina's defense looked revitalized, forcing Michael Penix Jr. into repeated errors while scoring a defensive touchdown of their own. They held Atlanta to just 203 yards and controlled the game from start to finish. That defensive front should overwhelm a Patriots offensive line that has struggled all year in pass protection and ball security.

On offense, Bryce Young wasn't spectacular, but he didn't need to be. He managed the game, converted key third downs, and avoided the big mistakes that doomed Maye and company. The Panthers leaned on a short passing game and timely runs to control tempo. Against New England's mistake-prone offense, that formula is enough.

The matchup edge is glaring. Carolina is healthier, better at forcing turnovers, and riding high after their first shutout win in years. New England, meanwhile, is reeling, and their home field isn't worth laying this kind of number when the offense can't be trusted.

ATS history backs it up too — the Patriots are 3-8 ATS in their last 11 as a home favorite, while Carolina is 5-2 ATS in its last seven as a road dog of more than a field goal.

Don't overthink it: the wrong team may even be favored. TAKE: **PANTHERS +5.5**

GUARANTEED NFL PICKS "IF YOU DON'T WIN, YOU DON'T PAY"

GUARANTEED NFL PICKS

New Orleans Saints vs Buffalo Bills – Bills -16.5

*Best Bet: **BILLS -16.5***

Buffalo rolled to 3-0 with a 31-21 win over Miami, but that score actually flattered the Dolphins. The Bills dominated early, scoring on their first two drives and marching into the red zone again before stalling. Josh Allen threw for over 280 yards and 3 touchdowns, while the defense bottled up Miami outside of two fluky long possessions. Despite some mid-game lapses, Buffalo was in full control.

The Saints, on the other hand, are a disaster. They've been outclassed in all three phases, and last week's 44-13 loss to Seattle was another embarrassment. Their special teams were a comedy of errors — allowing two return touchdowns, a blocked punt, and missing a field goal. Offensively, Spencer Rattler remains mistake-prone, and the ground game is nonexistent. Against Buffalo's top-5 defense, the Saints are unlikely to find any consistency.

This spread is steep, but the situation supports it. Buffalo is dominant at home, covering 8 of its last 11 in Orchard Park. New Orleans has failed to cover 6 of its last 8 on the road and is already three games behind in the NFC South race. With morale cratering and a roster devoid of playmakers, it's hard to see them hanging around here.

Allen should carve up the Saints' secondary with Khalil Shakir and Stefon Diggs, while James Cook continues to balance the attack. Meanwhile, Buffalo's front seven will live in Rattler's lap, forcing turnovers and short fields. This has the feel of a blowout where the only question is whether Buffalo calls off the dogs late.

Big spreads require big mismatches — and this is one. TAKE: **BILLS -16.5**

PRO FOOTBALL QUICK PICKS

Pittsburgh Steelers at Minnesota Vikings – Vikings -2.5, O/U 41

The Steelers continue to live dangerously, leaning on defense while producing very little yardage. Last week they were outgained badly by New England but survived thanks to turnovers. Minnesota, meanwhile, got healthy in a big way with Christian Darrisaw and Harrison Smith returning, and the difference was obvious in their 48-10 dismantling of Cincinnati. Carson Wentz had time to throw, Justin Jefferson dominated, and the defense forced four turnovers. Pittsburgh's offensive line will be tested in this dome environment, and their limited offense is unlikely to keep pace. TAKE: **VIKES -2.5**

Tennessee Titans at Houston Texans – Texans -7, O/U 40

Houston's offense looked broken again last week in Jacksonville as C.J. Stroud threw two costly picks and lost a fumble. The Texans' offensive line is in shambles, and the ground game with Nick Chubb remains non-existent. Tennessee hasn't been much better, but Cam Ward at least moved the chains in spurts before turnovers piled up. This sets up as a defensive slugfest with long stretches of ugly football. Houston may still sneak out the win, but the number looks too heavy. TAKE: **TITANS +7**

Los Angeles Chargers at New York Giants – Chargers -6, O/U 44

Justin Herbert was sharp in rallying the Chargers late against Denver, and his chemistry with Keenan Allen and rookie Ladd McConkey continues to grow. The Giants, however, have little offensive juice. Russell Wilson has been a liability, throwing another costly red-zone interception last week as boos rained down at MetLife. Even with the Giants' defense doing its part to contain Mahomes, they've lacked balance and finishing power. Herbert should find enough big plays to separate against a stagnant opponent. TAKE: **CHARGERS -6**

Philadelphia Eagles at Tampa Bay Buccaneers – Eagles -3.5, O/U 44

Philadelphia stormed back from a 26-7 deficit last week behind A.J. Brown, but Jalen Hurts was battered again and Lane Johnson's injury leaves the offensive line shaky. Tampa Bay, meanwhile, keeps grinding out late-game wins behind Baker Mayfield and a timely defense. The Bucs' pass rush led by Vita Vea will test an Eagles front that's been inconsistent at best. With Evans questionable, expect Mayfield to lean on Emeka Egbuka and Bucky Irving to keep pace. This looks like another tight finish where the home dog holds value. TAKE: **BUCCANEERS +3.5**

Indianapolis Colts at Los Angeles Rams – Rams -3, O/U 49

Daniel Jones and Jonathan Taylor shredded Tennessee last week, while the Colts' defense opened with a pick-six to put the game away early. They're one of the NFL's surprise 3-0 teams. The Rams, however, have been equally resilient, with Matthew Stafford finding Davante Adams and Puka Nacua in clutch spots. Kyren Williams gives balance to the attack, and Aaron Donald remains disruptive. This looks like a four-quarter battle, but the Rams' depth and home edge give them the nod. TAKE: **RAMS -3**

Jacksonville Jaguars at San Francisco 49ers – 49ers -3, O/U 47

Trevor Lawrence has been mistake-prone, tossing three interceptions over the last two weeks and failing to capitalize in the red zone. San Francisco has its own issues, with Brock Purdy sidelined and Mac Jones under center, but the defense remains opportunistic. Christian McCaffrey's versatility gives the Niners enough offense to complement their pass rush. Jacksonville's line has struggled against elite fronts, which spells trouble here. Even if Jones is conservative, San Francisco should control the trenches and the scoreboard. TAKE: **49ERS -3**

Baltimore Ravens at Kansas City Chiefs – Ravens -2.5, O/U 48

Baltimore is leaning on its defense and opportunistic scoring, forcing turnovers in bunches against Cleveland last week. Derrick Henry still hasn't found his stride, but Lamar Jackson has been efficient enough through the air to complement the defense. Kansas City continues to labor offensively, relying on short fields and a single Tyquan Thornton deep ball last week against the Giants. Patrick Mahomes looks out of sync with his receivers, and Travis Kelce has been quiet. Until KC shows more firepower, Baltimore is the stronger side. TAKE: **RAVENS -2.5**

Chicago Bears at Las Vegas Raiders – Raiders -1, O/U 48

Caleb Williams broke out last week with three touchdown passes, including a deep strike to Rome Odunze, as Ben Johnson dialed up creative looks. Chicago's offense finally looked dynamic, while the defense kept Dallas in check after CeeDee Lamb's injury. The Raiders, meanwhile, continue to sputter with Geno Smith at quarterback — he threw three interceptions last week and left points all over the field. With no ground support, Las Vegas is overly reliant on short passing. Chicago has the momentum and the playmakers to win outright. TAKE: **BEARS +1**



Green Bay Packers at Dallas Cowboys – Packers -6.5, O/U 47

Green Bay collapsed late at Cleveland thanks to Jordan Love's interception and a blocked field goal, wasting another solid defensive performance. The Cowboys, though, are reeling after a flat performance in Chicago where their offense produced just 14 points without CeeDee Lamb. Dak Prescott has been under siege, and Javonte Williams' fumble issues have killed drives. Green Bay's pass rush can replicate what Chicago did, while Love has shown enough poise to exploit Dallas' soft secondary. This line looks short given the trajectory of both teams. TAKE: **PACKERS -6.5**

New York Jets at Miami Dolphins – Dolphins -2.5, O/U 44

Tyrod Taylor gave the Jets life late against Tampa Bay, but their offensive line continues to crumble and the defense has been gashed on the ground. Miami's offense is inconsistent, but Tua Tagovailoa found Tyreek Hill for 100+ yards and Jaylen Waddle for a score last week. The Dolphins' secondary has issues, yet the Jets don't have the passing game to exploit it. Miami's speed should be the difference at home, especially with Garrett Wilson battling through a shoulder issue.

TAKE: **DOLPHINS -2.5**

Cincinnati Bengals at Denver Broncos – Broncos -7, O/U 44

Jake Browning was a turnover machine in Minnesota, tossing a pick-six and fumbling twice in a blowout loss. The Bengals look rudderless without Joe Burrow, and the offensive line is a weekly liability. Denver, on the other hand, has found balance with J.K. Dobbins running hard and Bo Nix flashing enough composure to move the offense. The Broncos' front forced three takeaways against the Chargers, and they should feast on Cincinnati's miscues. This looks like another long road trip for a team in disarray. TAKE: **BRONCOS -7**



THIS WEEKS GRIDIRON GOLD SHEET BEST BETS

	Best Bet	Best Bet	Best Bet	Best Bet
NFL	FALCONS UNDER 45.5	LIONS – 8.5	PANTHERS + 5.5	BILLS – 16.5

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