

## NFL - 2009 Fantasy Football Week 10 Start/Sit Pick'em Preview

Written by Dave Gawron

Tuesday, 10 November 2009 00:00 - Last Updated Wednesday, 25 November 2009 12:44

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Below, we explore what *should* happen this week. Of course, in the NFL, only half of what should happen actually *does* happen, but playing the percentages gives you the best chance of winning. Remember, think twice before benching a stud based on match-ups. Consider the "standard" league to be a 12-team QB-2RB-3WR-FLEX-TE-K-D/ST PPR league.

1 = START ... 2 = strong start ... 3 = weak start ... 4 = BENCH

Ask a question about your lineup in our [FORUM](#) . Leave a comment about this article down below.

**ALERT!** We just updated our [Strength of Schedule Grid](#) on 11/13 to point out strong and weak schedules for the remainder of the 2009 season, so make sure you download it, print it, and keep it by your side to consult for every decision you make. Personally, I like to take a highlighter and highlight out the column for the current week each Monday as to easier see the remaining good and bad stretches.

### BYE WEEKS

#### Houston, NY Giants

### THURSDAY NIGHT

#### Chicago @ San Francisco

First Carson Palmer rips the Bears. Then Kurt Warner. Can Alex Smith complete the trifecta? Yes and no. Smith can toss 2 or 3 TDs here, but not 5. The 49ers offense is too conservative for

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that. We think Chicago comes out angry after their recent woes, and Jay Cutler does just enough to pull out the road win. **CHI 27, SF 24**

1: Gore

2: Cutler, Forte, Olsen, Gould; A.Smith, Gore, Crabtree, V.Davis

3: Hester, Knox, Bennett; Morgan, Nedney

4: CHI D; J.Hill, Bruce (INJ), SF D

### SUNDAY EARLY

#### Atlanta @ Carolina

Last week, Atlanta blew the Redskins away in their dome. The Panthers gave the Saints a scare down in New Orleans. This week, we expect the Panthers to play tough at home once again, but give way in the end. Michael Turner and DeAngelo Williams should run on most of the plays in this game. Atlanta's slightly better defense will probably make one more play that will make the difference, and Matt Ryan will manage the game just a little bit better than Jake Delhomme. Note that Steve Smith could have one of his better games this week, considering the state of the Falcons secondary. **ATL 27, CAR 21**

1: Turner; D.Williams

2: R.White, T.Gonzalez, Elam; J.Stewart, S.Smith

3: M.Ryan, ATL D

4: M.Jenkins; Delhomme, Muhammad, Jarrett, King, Rosario, Kasay, CAR D

#### Buffalo @ Tennessee

It's hard to believe, but the Titans have looked great since their 59-0 loss and bye week. Buffalo is a weak team, so look for more good things from Chris Johnson and the Titans this week. We wouldn't recommend Vince Young as a fantasy quarterback, but he's getting the job done in

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reality. The Titans D/ST makes for a sneaky play this week, if you don't like your other D/ST options. **TEN 24, BUF 10**

1: C.Johnson

2: M.Lynch; Bironas, TEN D

3: L.Evans, T.Owens (GTD), BUF D; Scaife

4: T.Edwards, F.Jackson, Lindell; V.Young, L.White, Gage (OUT), N.Washington, Britt

### Cincinnati @ Pittsburgh

Cincy won this match-up earlier in the year, but that was in Ohio. We're thinking Pennsylvania will be a different story. Both teams will try to run as much as possible with Cedric Benson and Rashard Mendenhall, but Carson Palmer and Ben Roethlisberger will likely have to take over at some point and put some points on the board. Still, expect a fairly low-scoring affair with good but not great fantasy production from the usual suspects. **PIT 20, CIN 13**

1: Benson, Ochocinco; H.Ward

2: Palmer; Roethlisberger, S.Holmes

3: Coles, CIN D; H.Miller, J.Reed, PIT D

4: Caldwell, S.Graham; M.Moore, W.Parker, M.Wallace

### Denver @ Washington

Denver is coming off the short week, but as Atlanta blew out the Redskins last week, so will the Broncos take care of business this week. Clinton Portis will miss the game with his concussion, making Ladell Betts a decent waiver wire pick-up if you're desperate. However, it's far from an ideal match-up for him. Look for Knowshon Moreno and Correll Buckhalter to make up for their awful performance against the Steel Curtain this past week with good games here. Kyle Orton won't have to throw often, but Brandon Marshall should still get his. **DEN 31, WAS 14**

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1: Marshall

2: Moreno, Buckhalter, Prater, DEN D

3: Orton, E.Royal; Betts, Sa.Moss

4: Stokley, Gaffney, Scheffler, D.Graham, J.Campbell, C.Portis (OUT), Randle EI, Cooley (OUT), Suisham, WAS D

### Detroit @ Minnesota

It's a juicy match-up for Adrian Peterson and Brett Favre, though it could be such a blowout that they're benched in the fourth quarter. Still, that would mean that they put up some nice numbers before then. Calvin Johnson is still a risky play shaking off his injury rust while Matthew Stafford shakes off his own rust. Kevin Smith may have trouble racking up rushing yards, but his receptions should make up for it in PPR leagues. Apparently, Brandon Pettigrew is worth a shot if you're still scrambling to replace Owen Daniels. **MIN 34, DET 14**

1: K.Smith; Favre, A.Peterson

2: Pettigrew; S.Rice, Harvin, Berrian, Shiancoe, Longwell, MIN D

3: Ca.Johnson; C.Taylor

4: Stafford, M.Morris, B.Johnson, Hanson, DET D

### Jacksonville @ NY Jets

The Jags will likely run, run, run here, but expect the Jets defense to come out strong after their bye week. Don't start Mark Sanchez, because you never know with rookies, but he has a shot at a really good day against a weak secondary. Beware... the boom-or-bust Sims-Walker could easily bust this week if the Jets key on him. **NYJ 20, JAC 17**

1: M.Jones-Drew; T.Jones

2: Sims-Walker; B.Edwards, Cotchery, Feely

3: Garrard; Sanchez, Keller, NYJ D

4: R.Jennings, Holt, M.Thomas, M.Lewis, Scobee, JAC D; S.Greene, Clowney

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### New Orleans @ St. Louis

It's hard to believe, but the Saints will walk away from Week 10 undefeated. The Rams are coming off a bye and are at home, but they're still no match for the juggernaut Saints. **NO 42, STL 14**

- 1: Brees, P.Thomas, Colston; S.Jackson
- 2: D.Henderson, Shockey, Carney, NO D
- 3: R.Bush, M.Bell, Meachem, L.Moore; Bulger, Avery
- 4: Burton, J.Brown, STL D

### Tampa Bay @ Miami

Tampa Bay shocked the world last week with their win over the Packers, but expect them to return to earth this week in Miami. The Dolphins are a strong team that put up a good fight against the Patriots last week. Bucs rookie quarterback Josh Freeman was great last week, but we think the Dolphins will find ways to rattle him on the road. Miami should run, run, run here, controlling the clock and the game. **MIA 24, TB 13**

- 1: R.Brown
- 2: R.Williams
- 3: Winslow; Carpenter, MIA D
- 4: Freeman, C.Williams, D.Ward, Bryant (INJ), Mi.Clayton, Stroughter, Barth, TB D; Henne, Bess, Camarillo, Hartline, Ginn, Fasano

### SUNDAY LATE

### Dallas @ Green Bay

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The Packers were shocked on the road in Tampa last week, while the red hot Cowboys handled a tough Eagles team. Tony Romo is on fire. To an extent, Green Bay should rebound from last week's embarrassment, but Dallas is too strong to let them win. The Packers o-line is really struggling, and the Cowboys will take advantage. **DAL 31, GB 21**

1: Barber; Rodgers

2: Romo, Austin, Witten, Folk, DAL D; Grant, G.Jennings, Driver

3: F.Jones, Ro.Williams; A.Green, Jam.Jones, Crosby

4: Choice, Crayton, M.Bennett; J.Nelson (OUT), D.Lee, J.Finley (INJ), GB D

### Kansas City @ Oakland

Oakland can be tough at home, as you saw when they beat the Eagles there earlier this year. They'll apparently get McFadden back this week, which should help (but check his status before gametime to make sure). However, Matt Cassel is way better than JaMarcus Russel. The Chiefs are rejuvenated with the release of Larry Johnson and addition of Chris Chambers. Do note that Chambers' Chiefs debut last week was fluky, and only use him as your WR3 or FLEX if you're desperate, as he could totally tank this week. It's not a slam dunk, because anything can happen with two bad teams, but expect Kansas City to pull out a road victory this week. **KC 20, OAK 10**

1: Bowe

2: McFadden

3: Cassel, J.Charles, Chambers, Succop; Z.Miller

4: K.Smith, Savage, Bradley, Wade, KC D; J.Russell, Fargas, M.Bush, Murphy, Schilens (INJ), Janikowski, OAK D

### Philadelphia @ San Diego

Philly is coming off of a tough loss against Dallas, while the Chargers return home from a hard-fought win against the Giants. Expect both teams to abandon the run early and pass all

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day. The Eagles should win because of their superior defense, but it should be a close one. As of this writing, Brian Westbrook is set to split carries with LeSean McCoy. **PHI 24, SD 20**

1: McNabb; Rivers, V.Jackson, Gates

2: D.Jackson, Maclin, Celek, Akers; Kaeding

3: Westbrook, McCoy, PHI D; Tomlinson, Sproles, Floyd

4: SD D

### Seattle @ Arizona

Both teams are hot and scoring well, but Arizona should win at home. Arizona's defense has had some good games this year, but also some bad ones. Matt Hasselbeck should be able to exploit them enough to put points on the board, but not enough to beat Kurt Warner and company. Even if Boldin plays on that ankle (which it looks like he will), you have to worry about the rust and risk of re-injury. **ARI 31, SEA 24**

1: Warner, Fitzgerald

2: Hasselbeck, J.Jones, Houshmandzadeh, Burleson; Hightower, Wells, Breaston, Rackers

3: Carlson, Mare; Boldin (INJ), ARI D

4: Forsett, Branch, SEA D; Urban

### SUNDAY NIGHT

#### New England @ Indianapolis

You do not want to miss this classic Tom Brady versus Peyton Manning match-up. Can the Pats hand the Colts their first loss of 2009? It'll be a hard-fought battle, that's for sure. Expect more passing than rushing, but both defenses should rise to the occasion and keep the score reasonable. **IND 23, NE 20**

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1: Brady, Moss; Manning, Wayne, Clark

2: Welker, Gostkowski; Addai, Stover

3: Maroney; D.Brown, Collie, Garcon

4: S.Morris (OUT), F.Taylor (OUT), Tate, Aiken, Watson, NE D; A.Gonzalez (OUT), IND D

### MONDAY NIGHT

#### Baltimore @ Cleveland

Baltimore needs to recover from their recent woes. The Browns are good for what ails them, even in Cleveland. Brady Quinn will get the start this week for Cleveland. While he's less mistake-prone than Derek Anderson, he can't make the big plays, so the Browns will still lose badly. The Ravens defense will be ravenous on Monday night. **BAL 27, CLE 6**

1: Rice

2: Flacco, Mason, Heap, Hauschka, BAL D

3: J.Lewis

4: K.Washington, Mi.Clayton; Quinn, J.Harrison, Massaquoi, Stuckey, Cundiff/Dawson, CLE D

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