

NFL - 2010 Fantasy Football Seattle Seahawks Team Preview

Written by Patrick Mayo

Sunday, 22 August 2010 10:00 - Last Updated Monday, 23 August 2010 14:18

We have many great articles planned leading up to the 2010 Fantasy Football season including sleepers, busts, rookies, strategy, full player rankings and projections all wrapped up into a nifty draft kit to help you win your league next year. Stay tuned for more, but for now, here's a team preview for you.

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

OFF-SEASON TRANSACTIONS

KEY ADDS

- Tate, Golden
- Washington, Leon
- Okung, Russel
- Williams, Mike
- Whitehurst, Charlie

KEY SUBTRACTIONS

None

NOTE: The Seahawks had a lot of holes to fill in the off-season and did their best with the options presented to them. They've patched up the O-Line with superstar tackle Russel Okung. He should help both in the running game and provide some decent protection for Matt Hasselbeck... Leon Washington has been brought in to join the cluster of other options currently

NFL - 2010 Fantasy Football Seattle Seahawks Team Preview

Written by Patrick Mayo

Sunday, 22 August 2010 10:00 - Last Updated Monday, 23 August 2010 14:18

on the roster. Expect Washington to play a similar role that he has with the Jets -- 3rd down back/return specialist... Golden Tate will figure into the receiving mix and be a quality fantasy option. Can't say the same for former USC product Mike Williams.

THE BIG QUESTION

Is it possible to win a fantasy championship rostering any Seahawks?

It's going to be tough. Seattle is in full rebuilding mode, but a soft division could lead to some productive games. Matt Hasselbeck will start the year at pivot and actually has a few decent options to throw to. I can't endorse drafting him in anything outside of the deepest leagues, but he'll have some good match ups during the season and is worth a look in those weeks. TJ Houshmandzadeh and Deion Branch will start at receiver and both are plenty capable. Unfortunately, Hasselbeck likes to throw all over the field mitigating the impact of any one receiver. The aforementioned Tate has the highest upside of any receiver on the team and is fantastic late round pick. He could be your team's WR3 by season's end. TE John Carlson is back as a starter and certainly has the talent to take the next step, but his circumstance leads me to believe that he's a better breakout candidate in 2011.

ALSO

The running game is something that will cause owners headaches all season long. I personally like Justin Forsett, but coaches just don't seem to. Forsett came on strong towards the end of 2009 and is your best bet from some decent production from this backfield. Washington will be used more as a 3rd down back and is a much better selection in PPR leagues. Julius Jones is still in town and will somehow manage to win the starting job despite a real lack of talent or speed. He's a stay away.

FANTASY DEPTH CHART

NFL - 2010 Fantasy Football Seattle Seahawks Team Preview

Written by Patrick Mayo

Sunday, 22 August 2010 10:00 - Last Updated Monday, 23 August 2010 14:18

QB

- Hasselbeck, Matt
- Whitehurst, Charlie
- Losman, JP

RB

- Jones, Julius
- Forsett, Justin
- Washington, Leon

WR

- Houshmandzadeh, TJ
- Branch, Deion
- Tate, Golden
- Williams, Mike
- Butler, Deon

TE

- Carlson, John
- Baker, Chris

NOTE: Butler, Tate and Williams will battle for the 3rd receiver job, but all are likely to see the field at some point in this spread offense. Look for Butler to be used to stretch the field, while Williams is more of a red zone play maker. Tate should win the 3rd spot and start the year in the slot... As mentioned, Jones is likely to win the RB job for opening day, but don't count on him

NFL - 2010 Fantasy Football Seattle Seahawks Team Preview

Written by Patrick Mayo

Sunday, 22 August 2010 10:00 - Last Updated Monday, 23 August 2010 14:18

keeping the job for any length of time. Forsett's the guy you want... Olindo Mare returns as the Seahawks' place kicker, but that's not something you should too concerned about. Seattle's offense won't be scoring too many points, touchdowns or field goals, so unless he gets on a hot streak, there's no reason to own him... Despite some upgrades through the draft the past few years, this defense still has more holes than a Connect Four board. Playing in a division as weak as the AFC West, you would think they're would be some respectable match ups along the way, but it's not going to work out that way. Even the Rams will look like an offensive force against this sieve-like unit.

Again, ask a question about your fantasy team in our [FORUM](#) . Leave a comment about this article down below.