



# Premium Picks

NFL Week 5

**FEATURING:**

Professional NFL handicapping selections & breaking down the betting action.

**POINTS**BET

Thank you for your subscription to NFL Picks Pro.

Week 4 was a success, we went 2-1 with the Packers covering the season's first 2 unit play.

The league has tighten up at the top. I don't see any elite level teams right now. It's a week-to-week league for sure, don't get caught over-reacting to a single game outcome.

Here are my Week 5 Bets.

## Saints at WFT

### Details

**Saints -2½**

**Total: 43½**

**Saints -140 | WFT +120**

This is a game of conviction for me. I've got WFT winning this game 6 out of 10 times, so getting 2½ is a nice bonus. Of course I'd be even happier if the line moves to 3.

Here's the deal. Jamies Winston is capable of anything. I'm factoring in a good game from him, but we all know he could single handedly kill the Saints. I don't like inconsistent QB play and that's my conviction #1.

Conviction #2 is the WFT Defense. So far... the great defense we heard about all summer is a myth. This is a get-right game for them. New Orleans o-line can be had, particularly up the middle where WFT is strong. I think this game is where we find out if Washington has a good defense or not. I believe they do.

I'm going with a point spread play in this game, but 1 and 2 points are mostly insignificant. An alternative would be to take the money line with Washington.

**The Pick: WFT +2½**

# Eagles at Panthers

## Details

**Panthers -4½**

**Total: 45**

**Panthers -170 | Eagles +145**

Long time subscribers know I'm always looking to play under totals. This one caught my eye early on. Both teams have been involved in some high scoring games recently - with Dallas. Neither team wants to play high scoring shootouts however.

These defensive units are matched up much better against average/below average offenses- like themselves. Carolina is the stronger unit and capable of shutting down a QB like Hurts, who won't threaten them much in the passing game.

Penalties are a big factor in totals. Philly has continually killed themselves with offensive penalties, ranking worst in the league. Not to be outdone... Carolina tops the league in special teams penalties, consistently giving themselves poor field position.

**The Pick: Under 45**

# Bears at Raiders

## Details

**Raiders -5½**

**Total: 44½**

**Raiders -240 | Bears +200**

Well the QB controversy is over in Chicago. Fields takes over and gets Vegas coming off a Monday Night loss. I don't really know what to make of the Gruden email rumor going around, but he doesn't strike me as someone who's bothered by distractions.

Fields may give Chicago's struggling offense a boost, but he could also be a disaster if the Raiders can pressure him often. Keep in mind what happened to Fields against the Browns... Vegas may not have Myles

Garrett, but they do have a very good pass rush that can easily run through the Bears offensive line.

Actually both offensive lines are bad, but I think Carr is more likely to overcome their weakness and put up points consistently.

I got the Raiders ranked significantly higher than Chicago with the biggest advantage being the Vegas offense vs the Bears D. I see Vegas winning this game 75% of the time. We are giving up only 5½ points which limits our exposure to backdoor covers.

**The Pick: Raiders -5½**

## Giants at Cowboys

### Details

**Cowboys -7**

**Total: 52½**

**Cowboys -320 | Giants +260**

Dallas has played very well this season, you can't deny it. I don't think the betting public has caught up yet, which is why this spread isn't higher.

The Cowboys offense is very efficient, and has several players emerging/improving that have helped keep things rolling along. I love how Kellen Moore drives the analytics guys crazy with his attention to the rushing attack. In my opinion it makes them more unpredictable and dangerous.

Neither defense is ranked highly. The Giants probably have a better pass rush, but it's not enough to make a huge impact. Dallas has been relying on turnovers which are difficult to count on as a handicapper. Micah Parsons is a true difference maker. He's dominant at several different positions and that gives Dallas an edge defensively.

I don't like giving up a touchdown, but the Dallas offense should control this game - with Daniel Jones and Saquon trying to keep up. I don't think they'll be able to and there's a good chance Dallas puts this one away early.

## The Pick: Cowboys -7

# Prop Sheet

Props is all about value. Here's a list of prop bets I think offer the great value.

- D Adams receptions over  $7\frac{1}{2}$  (-110)
- Ben Roethlisberger rushing yards over  $\frac{1}{2}$  (+145)
- K Cousins over  $2\frac{1}{2}$  passing TDs (+150)
- L Roundtree III rush/rec yards over  $21\frac{1}{2}$  (-110)
- T Hill over  $3\frac{1}{2}$  recv yards (-115)
- B Edwards under  $3\frac{1}{2}$  receptions (+120)
- J McKissic under  $3\frac{1}{2}$  receptions (+110)
- R Cobb under  $3\frac{1}{2}$  receptions (+110)
- H Henry under  $2\frac{1}{2}$  receptions (+130)

## Enjoy the Games and Good Luck!

**PS: If you're looking for a US Legal Sportsbook give my friends at [PointsBet](#) a visit and cash in on their 2 Risk Free Bets - Up To \$2000!**

# My Game Plan

- I use a 1-2 unit system
- 90% of my picks are 1-unit games
- 10% are 2-unit games (max bet)
- All teasers are 1-unit bets
- Props are .25 units (I track them independently)