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2025 Salary Cap Draft Watchlist – High-Scoring Offense Focus (Big -10 League)

Overview: This watchlist highlights 30+ players from NFL teams expected to light up the scoreboard in 2025. Past Big -10 league results show that fantasy rosters loaded with players from high-scoring, winning teams tend to dominate. We've prioritized budget-efficient value **only if** the player's NFL offense is projected to put up plenty of points. (For reference, teams like the Bills, Ravens, Bengals, Chiefs, Eagles, Lions, and 49ers are all forecasted to have top-tier offenses in 2025 [1] [2] .) Using the league's positional requirements and scoring trends, we've balanced this list across positions. Elite point-scorers and dependable veterans are included (especially those on explosive units), and we clearly tag any rookies or deep sleepers playing in strong offenses.

Must-Have High-Offense Stars (worth top-dollar spend)

These are the premium fantasy assets on **elite NFL offenses**. They will cost a big chunk of your $200 budget, but their situation and talent offer league-leading upside. Targeting one or two of these stars can anchor your team's scoring.

- **Josh Allen (QB – BUF):** The engine of Buffalo's **#1 projected offense** [1] . Allen is a dual-threat monster who has kept the Bills top-3 in offensive efficiency for three straight years [3] . He's durable and virtually guarantees elite weekly points as long as he's healthy. Worth the steep price as a cornerstone QB1 in this format.
- **Patrick Mahomes (QB – KC):** Even in what felt like a "down" year, Mahomes led a 15-2 Chiefs team that still ranked top-8 in efficiency [4] . Kansas City's offense revolves around him – his floor is incredibly high, and if his young receivers step up, the ceiling is QB1 overall. A proven superstar on a perennial contender, lock him in if you can budget for a big QB spend.
- **Jalen Hurts (QB – PHI):** The Eagles should remain one of the NFL's highest-scoring teams [1] . Hurts' combo of passing and rushing (especially goal-line runs) makes him fantasy gold. Surrounded by an elite O-line and weapons, he's a weekly 30-point threat. Pay up for Hurts as a top-tier QB who can single-handedly win matchups.
- **Lamar Jackson (QB – BAL):** Jackson is coming off a video-game 2024 season (41 TD passes, 915 rush yards) that powered Baltimore to the **best offense in the NFL** [5] . With virtually the entire Ravens unit returning in 2025, Lamar should stay in MVP form. His legs and improved passing make him a high-priced but worthwhile target – he offers **QB1 overall** upside every week.
- **Christian McCaffrey (RB – SF):** The 49ers' do-it-all star remains fantasy's top running back when healthy. San Francisco endured a barrage of injuries last year yet still finished 9th in offense [6] – now a healthy CMC is back to spearhead this juggernaut. He'll be the focal point in a creative, high-octane scheme, piling up rush yards and receptions. You may have to spend $60+, but McCaffrey is a proven league-winner in a **strong offense**.
- **Tony Pollard (RB – DAL):** Dallas projects as a top-10 offense again [7] [8] , and Pollard is their featured back. He excelled after taking over in 2024, showing explosiveness in both the run and pass

game. With Ezekiel Elliott gone, Pollard handles goal-line duties on a team that scores often. He's a worthy high-dollar RB1 – a big-play runner on a high-scoring, playoff-caliber team.

- **Justin Jefferson (WR – MIN):** Jefferson is the exception to our "only strong offenses" rule – he's an offense unto himself. Minnesota is roughly league-average in projected points, but their passing attack is potent with Jefferson as the centerpiece. He led the NFL in yards two years ago and remains unmatched as a target hog. Even in a so-so offense, Jefferson's talent (and solid QB play) keep him a top-three fantasy WR. If you have the budget, he's as "must-have" as it gets.
- **Ja'Marr Chase (WR – CIN):** The Bengals are expected to be a top-3 scoring team [9], and Chase is their home-run threat. With Joe Burrow slinging it, Chase has 1,400+ yard, 15 TD upside. He's a cornerstone WR1 worth ~$50 of your cap. Lock in elite production from a **Super Bowl-contending offense** here.
- **Tyreek Hill (WR – MIA):** Hill is the fastest weapon on a Dolphins offense that, when Tua is healthy, can put up points in bunches. Miami isn't top-10 in projected points, but they're explosive (Tyreek nearly broke the yardage record in 2024). He's pricey, yet even as the Dolphins approach 30+ points some weeks, Hill can outscore everyone with one big play. You're paying for unrivaled big-play ability in a creative offense.
- **Stefon Diggs (WR – BUF):** The clear No.1 target for Josh Allen on the NFL's highest-projected scoring team [1]. Diggs is a volume machine, consistently finishing among the league leaders in targets and receptions. Buffalo's offense will give him plenty of red-zone chances, too. He's a reliable WR1 who brings week-winning potential whenever the Bills offense erupts (which should be often).
- **A.J. Brown (WR – PHI):** Brown is the top weapon on the Eagles' high-flying offense. Last year he set career highs and was integral to Philly's success. In 2025, expect more of the same: the Eagles will push the pace, and Brown's combination of size and speed makes him Hurts' favorite downfield and red-zone option. He's an elite talent on a **Super Bowl contender**, meriting a top-dollar bid.
- **CeeDee Lamb (WR – DAL):** Lamb is the young centerpiece of the Cowboys offense. Dallas struggled when Dak Prescott was injured, but with Dak back, this unit should rebound to its 2023 form (when it was a top-5 offense) [7]. Lamb will dominate targets, and now with a better complement (the team added WR **George Pickens**), defenses can't just double him [10]. He's a rock-solid WR1 who should come a bit cheaper than the very top names but can produce just as much.
- **Travis Kelce (TE – KC):** Even at 35, Kelce remains the unrivaled TE1 until proven otherwise. He's **Mahomes' go-to target** on a Chiefs team that will be in the red zone often. No other tight end can singlehandedly outscore mid-tier WRs like Kelce can. He's worth the splurge for the massive weekly edge – Kansas City's offense funnels through him, and he's a consistent 20+ points from your TE slot on a top offense.

Efficient Starters on Explosive Teams

These players won't be the very top-priced, but they provide **excellent value per dollar** spent. They are primary starters or proven producers on **high-scoring teams** – meaning they'll get plenty of opportunities to rack up fantasy points. You might be able to roster multiple names from this tier with a moderate budget, giving you a balanced, high-upside lineup.

- **Joe Burrow (QB – CIN):** If you don't grab a top-$ QB, Burrow is the perfect Plan B. Cincinnati is projected as a **top-3 offense** [9] and Burrow will distribute 35+ TDs with ease to Chase & co. He may lack the rushing of the ultra-elite QBs, but he'll come a bit cheaper while still anchoring your team as a reliable 25 PPG quarterback.

- **Justin Herbert (QB – LAC):** Herbert is a value starter attached to a Chargers offense expected to be above 400 points [11] . He's got a big arm and aggressive play-caller, and now in his prime, a 5,000-yard, 40-TD season is within reach. You can likely land Herbert for less than the top five QBs, but he could produce similar numbers if L.A.'s offense clicks (they've added receiving talent and improved the O-line).
- **Trevor Lawrence (QB – JAX):** Lawrence took a leap in 2024 and should continue trending up. Jacksonville's offense is around league-average in scoring projections, but T-Law benefits from new weapons (the Jags drafted WR Travis Hunter and another young WR1) [12] . With an improved supporting cast, Lawrence can post top-8 QB stats at a fraction of Allen/Mahomes' cost. A smart pick if you want to save budget at QB without sacrificing too much upside.
- **Bijan Robinson (RB – ATL):** Robinson's team (Falcons) isn't a top-10 offense, but he's such a special talent that he's still worth rostering as a high-end RB1. As a rookie he flashed elite ability, and by 2025 Atlanta may have a steadier QB to sustain drives. Bijan will be the focal point of the offense (both rushing and receiving), so even if the Falcons score ~24 PPG, he'll get a huge share. He's a efficient high-volume RB who might be slightly discounted due to team narrative.
- **Austin Ekeler (RB – LAC):** Ekeler remains a PPR gem on a Chargers offense that should be potent. There's always "age 30" risk, but he led the league in TDs recently and is heavily used in the red zone and passing game. On a team projected over 25 PPG [11] , Ekeler could easily bounce back to 18+ fantasy PPG and outplay backs who cost more. Don't overlook this stable veteran if others shy away due to age.
- **Travis Etienne Jr. (RB – JAX):** Jacksonville's lead back offers great bang for your buck. The Jags offense under Doug Pederson is creative and effective (nearly 390 projected points) [13] . Etienne handles the bulk of carries and has big-play ability. With defenses also having to respect Lawrence's passing, Etienne often finds light fronts – meaning efficient yards and TD chances. He's a solid RB2 who can produce like an RB1 many weeks.
- **Jahmyr Gibbs (RB – DET):** Gibbs is an ascending star in Detroit's **high-powered offense** (Lions projected ~431 points) [14] . By 2025 he's likely the 1A option, with his pass-catching making him especially valuable in this PPR-friendly league. Detroit scores plenty, and Gibbs will get those valuable touches in space. Scoop him up as an **efficient starter** – he could post top-10 RB numbers at a lower cost than established names.
- **Javonte Williams (RB – DEN):** Denver's offense quietly projects in the top 12, a big improvement under Sean Payton. Williams, two years removed from injury, should reclaim his workhorse role. The Broncos invested in their O-line, and if they're putting up ~25 PPG, Javonte will see abundant goal-line carries. He's a classic post-hype value: a talented young RB on a now **explosive team**, obtainable for a moderate salary but with RB1 upside.
- **Davante Adams (WR – LAR):** A year ago Adams was a must-have; now after an offseason trade to the Rams, he becomes a potential value play. Los Angeles has produced a top-10 offense whenever Stafford stays healthy [15] , and Adams should step in as **their WR1**. He'll draw plenty of targets from McVay's play designs. Because of his age (32), you might snag Adams cheaper than the younger elite WRs – but on a Rams team that should contend, he could still post double-digit TDs and 100+ catches [15] .
- **Amon-Ra St. Brown (WR – DET):** St. Brown is the model of consistency and now the alpha in a **top-8 scoring offense** [14] . He's a reception magnet (expect 100+ catches) and Jared Goff's favorite target on a Lions team that will put up points. Given he doesn't have the flash of a Chase or Hill, his auction cost may sit a tier lower – making him a fantastic value as a WR1 who produces every week.
- **Jaylen Waddle (WR – MIA):** Waddle benefits from Miami's explosive passing attack (even if they aren't top-five in total points, the *efficiency* when Tua plays is elite). With Tyreek Hill drawing defensive attention, Waddle often exploits single coverage for big gains. He finished as a WR1 in

2023 and could do so again, yet he'll likely be priced as a mid-range WR2. On any week Miami's offense erupts, Waddle can have a monster game. Scoop him up if others focus only on Hill.

- **DeVonta Smith (WR – PHI):** Playing across from A.J. Brown in Philadelphia, Smith quietly puts up excellent numbers. The Eagles are a **top-5 offense** [14] and Smith is a key piece, especially in games where teams double Brown. He's a precise route-runner who Hurts trusts on third downs. Smith can be your WR2 (or even high-end flex) acquired at a reasonable salary, with 1,100 yards and 8+ TD potential in this offense.
- **Brandon Aiyuk (WR – SF):** With Deebo Samuel gone from the 49ers, Aiyuk becomes the clear No.1 receiver for San Francisco. In 2024 he flashed his talent despite a chaotic year for the 49ers offense [6]. Now with better injury luck and stability, Aiyuk should thrive as Brock Purdy's top wideout. The 49ers are projected top-10 in scoring, and Aiyuk's precise routes and speed will be featured. He's a **mid-cost WR** who could post career-best numbers as the alpha target in a great system.
- **Mike Evans (WR – TB):** Tampa Bay surprised everyone with a top-8 offense in 2024 [2], and they return many pieces. Evans is older, but he's as steady as they come – 1,000 yards every year of his career. The QB situation stabilized (Baker Mayfield is coming off a career year, leading the Bucs to the playoffs) [2]. Evans should be available for a modest price due to age concerns, but on a high-scoring Bucs team he's a **stable veteran** who will deliver WR2 production (and he remains the top red-zone weapon for Tampa).
- **Mark Andrews (TE – BAL):** If you miss out on Kelce, pivot to Andrews for an elite tight end on a superb offense. Baltimore was **the NFL's best offense in 2024** [16], and Andrews led the team in targets. He's essentially a co-No.1 receiver for Lamar Jackson. Andrews will cost far less than Kelce but offers a weekly advantage at TE – he's capable of 20-point outings any given week in this efficient Ravens attack.
- **T.J. Hockenson (TE – MIN):** Hockenson is a volume play – the Vikings may only be middle-of-the-pack in points, but they *pass* a ton and Hockenson is a focal point. He led all tight ends in targets in late 2024 after arriving in Minnesota. With a young QB (J.J. McCarthy) likely starting in 2025 [17], Hockenson will be a security blanket. You get a high target share tight end without paying Kelce/Andrews prices. He's a reliable TE1 who rounds out a balanced roster well.

Budget Gems on High-Offense Teams

These players are often **overlooked or undervalued** in drafts but could produce big returns on a strong offensive team. They typically cost a fraction of your cap (or go in mid-to-late rounds in drafts), yet have clear roles that tie them to high scoring. Grabbing a couple of these gems can win you weeks without breaking the bank.

- **Jared Goff (QB – DET):** Need a cheap QB2 (or even QB1 if you stream)? Goff is your man. Detroit's offense is projected top-10 in scoring [14], and Goff quietly finished as a top-10 fantasy QB in 2023. He's not flashy, but with Amon-Ra, Gibbs, and a strong O-line, Goff will toss multiple TDs most weeks. In a $200 cap he'll be *very* affordable, letting you spend big elsewhere while still getting ~20 PPG at QB from a potent unit.
- **Matthew Stafford (QB – LAR):** Health is the question, but when Stafford plays, Sean McVay's Rams have *always* fielded a top-10 offense [15]. Now he has a new weapon in Davante Adams, plus emerging WR Puka Nacua. Stafford will likely go for a few bucks late in auctions due to last year's injury. Stash him as a backup or committee QB – if he stays upright, he could produce like a top-12 QB for *pennies* on the dollar in this high-octane passing scheme.

- **James Cook (RB – BUF):** Buffalo's starting RB comes cheap given the Bills' tendency to throw. But don't sleep on Cook as a bargain RB2/flex – the **top-scoring Bills offense** [1] will give him ample red-zone chances and receptions. He quietly put up over 1,000 scrimmage yards in 2024 and should see even more touches in 2025 with Devin Singletary gone. For a low price, you get the lead back attached to Josh Allen's offense – that's a gem.
- **Rachaad White (RB – TB):** Volume is king, and White has it. He's the workhorse for Tampa Bay, which unexpectedly became a playoff-caliber, high-scoring offense last season [2]. White is especially valuable in PPR – he caught 50+ balls in 2024. The efficiency wasn't great, but if the Bucs offense stays productive, White will stumble into TDs and rack up yards by sheer opportunity. He's often overlooked, but as a three-down back on a 25+ PPG team, he's a steal.
- **Brian Robinson Jr. (RB – WAS):** Washington's offense took a huge leap in 2024 (finishing 6th in the NFL) [18]. Robinson was a big beneficiary, becoming a dependable power back with double-digit TDs. The Commanders now have a dynamic young QB and added weapons, meaning sustained red-zone trips. Robinson isn't a flashy runner, which keeps his price low, but his role as goal-line hammer on a high-EPA offense makes him a sneaky RB2/flex who could easily post 10+ touchdowns again.
- **Isiah Pacheco (RB – KC):** Pacheco is the lead RB for Mahomes' Chiefs, yet many fantasy managers underrate him due to his limited passing-game use. While others chase upside, you can grab Pacheco late – and lock in the primary runner on a team that will be in scoring position frequently. He runs angry, piles up yards, and should see increased goal-line work in 2025 with a revamped O-line. If you can live without many receptions, Pacheco is a **high-offense gem** who'll greatly outperform his acquisition cost [19].
- **Quentin Johnston (WR – LAC):** Last year's rookie didn't make a huge splash, but the arrow is pointing up. By 2025, Chargers veteran WRs (Keenan Allen/Mike Williams) have dealt with injuries or decline, so Johnston steps into a starting role in a **top-13 offense** with Justin Herbert. He's a big target who can stretch the field. You can land Johnston for cheap due to his quiet 2024, but he has **breakout written all over him** as Herbert's potential WR2 – a perfect upside play for your bench that could turn into a weekly starter.
- **George Pickens (WR – DAL):** Pickens finds himself in Dallas after a surprise trade. The Cowboys needed a field-stretcher opposite CeeDee Lamb, and Pickens can be that guy [10]. Dak Prescott likes to take shots deep, and Pickens has shown elite contested-catch ability. Some will downgrade him as a "real-life WR2," but remember Dallas' offense will be high scoring – meaning plenty of targets to go around. He's the type of affordable WR3/flex who could explode for big games in Dallas's play-action attack.
- **Puka Nacua (WR – LAR):** Nacua was 2023's waiver wire darling, and although the Rams added Adams, Puka will still have a significant role. He proved to be a reliable possession receiver. With Cooper Kupp gone, Nacua should start alongside Adams. That Rams offense can support multiple fantasy receivers when clicking. Puka's hype cooled off, so his price is modest, but his talent and the McVay system make him a great value pick as a depth WR who could lead the team in catches if defenses focus on Adams.
- **Gabe Davis (WR – BUF):** Davis remains boom-or-bust, but on your bench (or as a matchup flex) he's gold. As Buffalo's field-stretcher, Davis will have spiked weeks whenever Allen uncorks a few deep shots. The Bills are expected to score the most points in 2025 [1], so betting on their No.2 WR in the late rounds is wise. Davis may be inconsistent, but at his minimal cost you're paying for the chance at 2-3 huge TD games that can swing a matchup in your favor.
- **Jauan Jennings (WR – SF):** Here's a **deep sleeper** to know – with Deebo gone, Jennings likely steps up as the 49ers' WR2 behind Aiyuk. San Francisco will remain creative and efficient offensively, and Jennings has earned trust as a chain-mover (and has sneaky big-play ability). He'll be essentially free

in drafts, but don't be surprised if he has a few 5-catch, 80-yard, 1-TD games this year. On a team projected top-10 in offense, Jennings could far exceed expectations as a plug-and-play depth piece.

- **Dalton Kincaid (TE – BUF):** Kincaid is a second-year tight end who could become a fantasy darling in 2025. Buffalo's offense creates ample scoring opportunities, and Kincaid started to come on late in his rookie year. He's a big slot receiver in TE's clothing – think a younger Dallas Goedert. With defenses focused on Diggs and Allen's running, Kincaid will often be the open man. At a thin position, grabbing a cheap Kincaid tied to Allen's league-best offense is a savvy move. He could easily finish as a top-8 TE without costing you much at all.

Late-Round Sleepers or Rookies on Strong Offenses

In the final phase of your draft or $1 flyer territory, target these upside picks. Each is either a **rookie** in an explosive situation or a under-the-radar player who could emerge. They won't be immediate starters for you, but if they hit, you've got a potential league-winner. We mark the true rookies for clarity. All of these guys are attached to offenses expected to put up lots of points – a fertile environment for surprise fantasy production.

- **Xavier Worthy (WR – KC, 2nd-Year Sleeper):** Worthy was Kansas City's first-round pick in 2024, and while his rookie year was quiet, he's now poised to take on a bigger role. With one of the league's best QBs (Mahomes) looking for a reliable wideout, Worthy's elite speed could be utilized more in 2025 [20] [4] . He's essentially free in drafts – stash him and you might end up with Mahomes' No.2 target if he breaks out in year two.
- **Marvin Mims Jr. (WR – DEN, Sleeper):** Mims flashed deep-threat ability as a rookie and should carve out a larger role in Denver's improved offense. With Sean Payton calling plays, the Broncos jumped to a top-12 offense. Mims has drawn comparisons to a young Devery Henderson (whom Payton coached) – a speedy vertical receiver who can win you a week with a couple of long bombs. He's a final-round lottery ticket who could become a flex starter if Russell Wilson continues his resurgence.
- **Travis Hunter (WR – JAX, ⓘ Rookie):** Hunter is a name to know – the Jaguars drafted this ultra-talented two-way player and reportedly will use him primarily at WR. Jacksonville's offense will be solid with Trevor Lawrence, and while there are established options, Hunter brings game-breaking ability. He offers *immediate* upside as a playmaker (some pundits see **WR2 production potential** in year one [12]). As a rookie, he'll go late in fantasy drafts, but he could be a surprise star if the Jags scheme touches for him. *(Rookie)*
- **Dalton Kincaid (TE – BUF, Sleeper):** Mentioned above as a gem, Kincaid also fits here as a breakout candidate. He's not a rookie (Year 2), but he's likely still on the board in late rounds at a shallow position. Kincaid's talent and Buffalo's offense make for a tantalizing combination – think of how **Sam LaPorta** burst on the scene last year. Investing a late pick in Kincaid could net you a top-5 fantasy TE given the circumstances.
- **Jordan Mason (RB – SF, Sleeper):** Mason is buried on the depth chart but is one Christian McCaffrey ankle tweak away from a major role on *the* 49ers. Even with CMC healthy, San Francisco may use Mason to spell him and close out games. The 49ers averaged 4.7 YPC as a team last year – whoever runs in this system produces. Mason runs with power and decisiveness; if opportunity knocks (and it often does in NFL), he could post shockingly good numbers for a waiver-level player. A smart end-of-bench stash if you have room, especially for CMC managers, as insurance tied to a top offense.
- **Jake Ferguson (TE – DAL, Sleeper):** Ferguson isn't a flashy name, but he's the starting tight end for Dallas, and that's worth noting. The Cowboys historically utilize the TE in the red zone. In 2024 Ferguson had steady if unspectacular output, but with another offseason rapport with Dak, he could

easily snag 6-8 TDs in 2025. If you punt the TE position, grabbing Ferguson late could yield a serviceable starter tied to a 25+ PPG offense. He won't be Kelce, but he'll massively outperform a minimum salary tag.

By focusing on players from high-scoring NFL teams, this watchlist maximizes your shot at weekly fantasy booms. Blend a few must-have stars with a good number of these value starters and upside sleepers. You'll build a balanced roster that leverages the proven correlation between offensive success and fantasy success [21] *– a strategy that past Big -10 champions have ridden to victory.* [2] [1]

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[1] [9] [11] [13] [14] Projected Highest Scoring NFL Teams for the 2025 Season
https://www.sharpfootballanalysis.com/betting/highest-scoring-nfl-teams-projected-this-season/

[2] [3] [4] [5] [6] [7] [8] [10] [15] [16] [18] [20] [21] Ranking Every NFL Offense for 2025 - The Ringer
https://www.theringer.com/2025/08/19/nfl/ranking-every-nfl-offense-2025-buffalo-bills-baltimore-ravens-49ers

[12] [17] [19] Fantasy Football 2025 - Sleepers, breakouts and busts - ESPN
https://www.espn.com/fantasy/football/story/_/page/FFSleepBustBreak25-45429092/fantasy-football-2025-rankings-nfl-sleepers-breakouts-busts