

**Fantasy football PPR rankings for 2025:  
Running back**

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**Schefter's cheat sheet: Value picks and  
sleepers to target**

9d - Adam Schefter

**2025 Fantasy Football Draft Guide:  
Rankings, mock drafts and analysis**

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**Hill not among Fins' captains following  
apology**

MIAMI DOLPHINS 33m - Marcel Louis-Jacques

**Steelers starting RB Warren inks 2-year  
extension**

PITTSBURGH STEELERS 28m - Brooke Pryor

**Jets GM: Fields can follow Mayfield,  
Darnold path**

NEW YORK JETS 4d - Rich Cimini

**Parsons traded to Packers, gets record  
contract**

DALLAS COWBOYS 3d - Todd Archer

**Broncos get 'good news' on Mims' groin  
injury**

DENVER BRONCOS 4d - Jeff Legwold

**Packers' Love OK playing with repaired  
thumb**

GREEN BAY PACKERS 4d - Rob Demovsky

**Fins WR Hill practices; RB Wright has  
procedure**

MIAMI DOLPHINS 4d - Marcel Louis-Jacques

**Jags' Hunter 'rolling full speed,' OK for Week  
1**

JACKSONVILLE JAGUARS 4d - Michael DiRocco

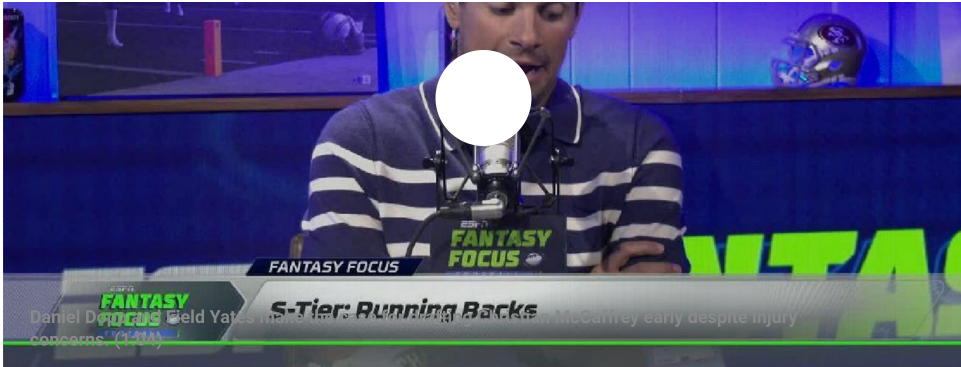
**'Not doing that': 49ers won't trade WR  
Jennings**

SAN FRANCISCO 49ERS 4d - Nick Wagoner

**Fantasy football rankings for 2025**

# Fantasy football draft rankings 2025: Running back PPR

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Fantasy staff  
Aug 29, 2025, 06:15 PM ET

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2025 Fantasy Football Rankings & Depth Charts

By position: QB | RB | WR | TE | K | DST

Mike Clay: Dynasty top 240 & rookie ranks | Top 200 & positional

Tristan H. Cockcroft: PPR top 200 & superflex top 150

Eric Karabell: Superflex top 150

Field Yates: PPR top 100

IDP: Top 50 DLs, LBs and DBs

Cheat Sheet Central: Find a sheet that fits your needs

Depth charts: Offense | Defense

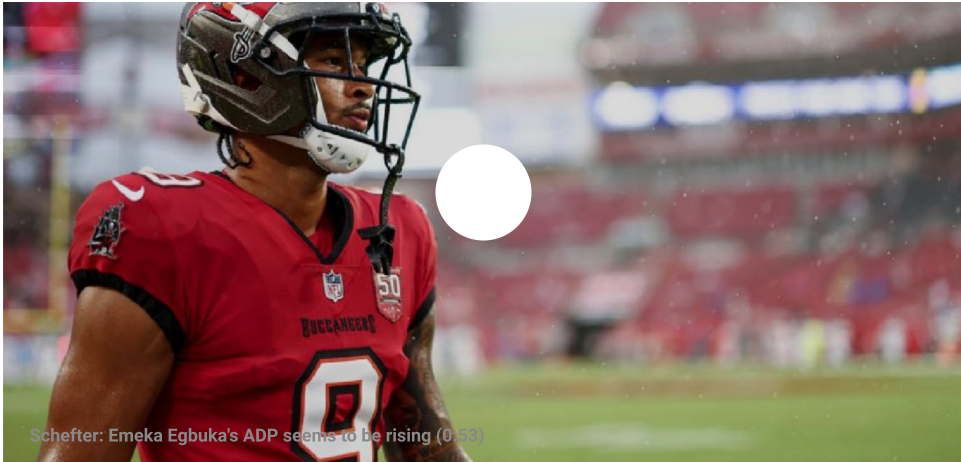
Our analysts update their rankings throughout the preseason, valuing players as if drafting today.

2025 PPR Running Back Rankings									
	Bowen	Clay	Cockcroft	Dopp	Karabell	Loza	Moody	Yates	AVG
son, Atl	1	1	1	1	1	1	1	1	1.0
bs, Det	2	3	2	2	2	2	2	3	2.3
'kley, Phi	3	2	3	5	5	4	3	2	3.4
nty, LV	4	5	5	4	4	3	5	5	4.4
cCaffrey, SF	5	4	4	3	10	5	4	4	4.9
ane, Mia <span>Q</span>	6	6	6	6	7	6	7	7	6.4
ry, Bal	7	9	8	7	3	7	6	6	6.6
aylor, Ind	8	7	9	8	8	8	8	9	8.1
j, TB	9	10	7	10	6	9	12	11	9.3
bs, GB	10	8	11	11	9	10	11	8	9.8
wn, Cin	12	11	10	9	11	12	9	10	10.5
iams, LAR	11	12	12	12	12	11	10	12	11.5
ok, Buf	13	13	13	13	13	13	15	14	13.4
tampton, LAC	14	14	14	16	17	15	16	15	15.1

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bbard, Car	18	16	18	18	15	19	19	17	17.5
ill, NYJ	19	20	15	23	19	20	17	20	19.1
Henderson, NE	21	18	19	20	20	18	25	19	20.0
wift, Chi	20	21	21	21	23	21	20	22	21.1
rtgomery, Det	22	23	23	19	22	24	24	21	22.3
ird, Ten	24	22	22	26	25	22	21	23	23.1
ies Sr., Min	23	24	24	24	21	25	26	24	23.9
ieco, KC	25	26	26	22	24	23	23	25	24.3
, Den	26	25	25	25	26	26	22	26	25.1
icy Jr., NYG	29	27	28	29	29	27	27	27	27.9
irren, Pit	28	28	27	30	28	29	28	30	28.5
nson, Pit	27	34	29	27	27	31	30	28	29.1
illiams, Dal	32	33	31	28	33	28	29	31	30.6
eler, Wsh	30	30	36	32	30	32	31	29	31.3
oskey-Merritt, Wsh	31	29	34	31	35	30	36	33	32.4
anne Jr., Jax	35	37	30	33	34	36	32	34	33.9
ns, Den	33	31	33	38	32	33	40	32	34.0
e Stevenson, NE <span>Q</span>	34	32	35	34	31	34	38	36	34.3
ason, Min	37	36	37	37	40	37	35	39	37.3
iebo, NYG	36	35	38	41	36	35	42	35	37.3
bonnet, Sea	40	40	32	35	37	42	33	43	37.8
White, TB <span>Q</span>	38	44	43	40	39	38	39	37	39.8
by, Jax	39	38	39	45	42	40	34	46	40.4
Judkins, FA	42	50	41	39	43	39	NR	44	43.6
on, Ari	41	43	40	43	41	41	50	NR	43.8
ord, Cle	43	42	44	47	38	47	45	NR	44.6
b, Hou	44	41	46	50	46	49	37	45	44.8
ris, LAC <span>Q</span>	45	48	42	44	47	46	43	48	45.4
i, Hou <span>O</span>	46	NR	NR	36	44	45	NR	41	45.6
len, NYJ	48	47	47	48	49	48	41	38	45.8
ue, Dal <span>Q</span>	47	45	45	49	48	43	NR	42	46.3
ars, Ten <span>IR</span>	NR	NR	NR	42	45	NR	NR	40	47.8
Tuten, Jax	49	39	50	NR	50	50	48	NR	48.5

# Adam Schefter's fantasy football cheat sheet: Value picks and sleepers to



Schefter: Emeka Egbuka's ADP seems to be rising (0.3)



Adam Schefter  
Aug 23, 2025, 06:50 AM ET



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Each year, we at ESPN Fantasy endeavor to help with your *fantasy football* draft prep, including sleepers lists and cheat sheets. In this column, you will get the best of both worlds, as ESPN NFL Insider Adam Schefter offers his personal list of early-, mid- and late-round targets in 2025 fantasy leagues.

Below are some players who could be fantasy standouts this season and outperform their current average draft position (ADP). If given a choice at certain junctures in the draft, or in tiebreaker situations, these are players who will receive strong consideration.

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For context, I am in a 12-team league, in which some of these players will not need to be drafted, and a 16-team league, in which some of them might be more valuable. As always, consider the size of your league and your scoring system in any player evaluation, but I believe the players below hold strong value relative to their ADPs and are poised to have productive seasons.

Just as the NFL has elite quarterbacks, so does fantasy. **Josh Allen**, **Lamar Jackson** and **Joe Burrow** have racked up huge numbers for their teams and fantasy managers, but there is plenty of depth this year, and quality quarterbacks can be found in later rounds, if you choose to wait at the position.

### Early rounds

**Lamar Jackson, Baltimore Ravens:** Coach John Harbaugh believes Jackson is one of the best passers -- yes, *passers* -- in NFL history. But Jackson's running makes him one of the best fantasy quarterbacks in history.

**Josh Allen, Buffalo Bills:** In the past year, Allen has won an MVP, gotten married and restructured his contract as he looks to duplicate -- and even improve upon -- his incredible 2024 season.

### Middle rounds

**Baker Mayfield, Tampa Bay Buccaneers:** From the time he turned up in Tampa, Mayfield has exceeded expectations while the Buccaneers have assembled potent offensive options.

**Bo Nix, Denver Broncos:** Nix is a better dual threat than people realize, and can rack up fantasy points with his legs as much as his arm.

### Late rounds

**Drake Maye, New England Patriots:** A bigger version of Bo Nix, in the junior mold of Josh Allen, Maye can score points in the air or on the ground.

**Michael Penix Jr., Atlanta Falcons:** In his brief stint at the end of last season, Penix proved he belongs. He is the Falcons' quarterback of the future and will be a fantasy fixture.

**Trevor Lawrence, Jacksonville Jaguars:** Under new coach Liam Coen, Lawrence has been put in a position to achieve his potential.

## Running back

A case can be made to draft either **Bijan Robinson** or **Jahmyr Gibbs** with the No. 1 pick this season. Coming off a deep running back draft in April, this crop of running backs has been elevated by a number of rookies who have a chance to make meaningful fantasy contributions this season.

### Early rounds

**Bijan Robinson, Falcons:** He would be my No. 1 pick this year.

**Bucky Irving, Buccaneers:** Irving emerged in his rookie year and seized control of the Buccaneers' No. 1 running back spot.

Middle rounds



**Field Yates: Fantasy managers are likely overlooking Isiah Pacheco** Field Yates explains why Chiefs RB Isiah Pacheco is likely being undervalued in drafts.

**Omarion Hampton, Los Angeles Chargers:** Few coaches love to run the football as much as Jim Harbaugh and Greg Roman, and Hampton is expected to be the lead back.

**TreVeyon Henderson, Patriots:** Demonstrated speed, elusiveness and big-play ability this preseason and will be used in conjunction with [Rhamondre Stevenson](#).

**RJ Harvey, Broncos:** Rookie running backs sometimes are brought along slowly in Sean Payton's offense, but as the season progresses, so should Harvey.

**Isiah Pacheco, Kansas City Chiefs:** An injury derailed a strong start to his 2024 season. Pacheco is healthy this year.

Late rounds

**Jacory Croskey-Merritt, Washington Commanders:** There has been an inordinate amount of hype surrounding this seventh-round pick.

**Quinshon Judkins and Dylan Sampson, Cleveland Browns:** Cleveland needs, and is expected to have, one of its rookie running backs to be a factor.

**Trey Benson, Arizona Cardinals:** It's time for last year's third-round draft pick to show he has a place in Arizona's offense.

**Jaydon Blue, Dallas Cowboys:** Blue has elite elusiveness and is expected to be a third-down factor.


**Bhayshul Tuten, Jaguars:** The rookie will likely contribute early and be consistent this season. He has too much speed not to.

**Will Shipley, Philadelphia Eagles:** Shipley is solid insurance for managers who roster running back Saquon Barkley.

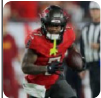
Wide receiver

With the NFL's reliance on the passing game, so many receivers have been developed that this could be the deepest group of wideouts in fantasy history. Catching contributors are available at all levels of the draft, but especially up high.


EDITOR'S PICKS



**2025 Fantasy Football Draft Guide: Rankings, mock drafts and analysis**  
3d • Fantasy staff



**The best picks for each draft slot in Rounds 1 and 2 in 12-team leagues**  
11d • Tristan H. Cockcroft



**Tough draft-day decisions: Can you pick a top-5 QB and top-3 TE and like your team?**  
10d • Daniel Dopp

**Amon-Ra St. Brown, Lions:** Target machine who is as tough and dependable as they come.

**Nico Collins, Houston Texans:** When healthy, he has the ability to be one of the top fantasy receivers.

**Malik Nabers, New York Giants:** Has a lingering toe issue and, were it not for that, his talent is on par with any receiver in the league.

**Middle rounds**

**Marvin Harrison Jr., Cardinals:** He will not be drafted as high as last year, but he likely will produce more this year.

**Jaxon Smith-Njigba, Seattle Seahawks:** Showed how productive he could be during his rookie season and should continue to shine.


**DeVonta Smith, Eagles:** A.J. Brown gets a lot of attention in Philadelphia, but Smith still gets a lot of targets.

**Jameson Williams, Lions:** Headed into a contract year, Williams has the motivation to go along with the talent.

**Rome Odunze, Chicago Bears:** He has already built a rapport with QB Caleb Williams that will connect them for years.

**Ricky Pearsall, San Francisco 49ers:** There have been so many injuries to 49ers wideouts that someone has to produce for them. Pearsall can.

Later rounds

0:38

Why Jordan Addison still has fantasy appeal despite suspension Mike Clay explains why WR Jordan Addison still has plenty of appeal despite his 3-game suspension and being ranked as a WR40 option.



bet as any.

**Emeka Egbuka, Buccaneers:** The team has been pleased and impressed with how its first-round pick has looked in camp.

**Keon Coleman, Bills:** Coleman has looked good during training camp, like he's ready to make a second-year jump.

**Marvin Mims Jr., Broncos:** He began to emerge last season and it should continue this season.

**DeMario Douglas, Patriots:** New England needs its receivers to step up, and Douglas did at camp.

**Dyami Brown, Jaguars:** Follow the money. The Jaguars paid him about \$10 million per year as a free agent.

**Jaylin Noel, Texans:** With Tank Dell out indefinitely, Houston needs the type of big plays that Noel can provide.

**Troy Franklin, Broncos:** The Broncos have a lot of wide receivers, but Franklin -- who played with Nix in college -- is capable of making plays.

Tight end

This is a top-heavy position, with Brock Bowers, Trey McBride and George Kittle being the headliners. Once it gets past them, there is uncertainty and some risk.

Early rounds

**Brock Bowers, Las Vegas Raiders:** Last year's first-round pick looked like a star in his rookie season in Vegas.

**Trey McBride, Cardinals:** There were times last season when he played like a baby Gronk.

Middle rounds

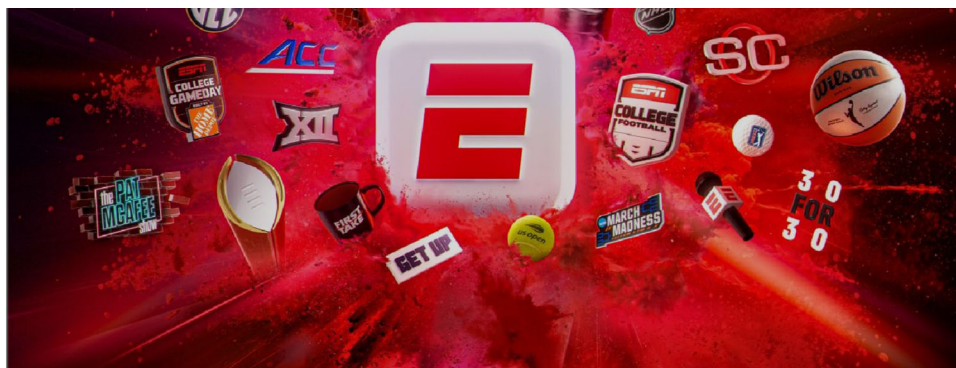
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**Sam LaPorta, Lions:** Flashed superstar potential as a rookie in 2023, when the Lions featured him.

**Evan Engram, Broncos:** Sean Payton has been waiting for an effective pass-catching tight end, and now he has one.

**Jake Ferguson, Cowboys:** Coming off an injury, Ferguson is poised to resume his production in Dallas' offense.

#### Later rounds

**Isaiah Likely, Ravens:** He could be the No. 1 tight end on many teams. Things are tougher in Baltimore with [Mark Andrews](#) around, but the Ravens know how talented Likely is.

**Theo Johnson, Giants:** Johnson was a factor as his rookie season progressed and should be even better this season.

**Ja'Tavion Sanders, Carolina Panthers:** He flashed during his rookie season as well, and has a chance to take a meaningful jump in Year 2.

**AJ Barner, Seahawks:** Seattle needs a tight end to step up, and Barner might be up to the task.