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# American Football Conference (AFC)

## AFC East

**Code:** DLPHN

**Name:** Miami Dolphins

**Prior Year:** 2023 Record: 9-8

**Linked to:** Buffalo Bills, New York Jets, New England Patriots

### Description

- 1.01 Based in Miami Gardens, Florida, the Miami Dolphins compete in the AFC East division, with team colors aqua, orange, and white. Their home games are played at Hard Rock Stadium.

### Plan

- 2.01 Make the playoffs, ideally as AFC East division champion to secure home-field advantage.
- 2.02 If necessary, enter the playoffs as a wild card team to ensure a shot at the title.
- 2.03 Advance through each playoff round with strategic adjustments to ensure peak performance in the championship game.

### Method

- 3.01 Offense: Primary focus on the passing game, aiming for 65% passing plays to capitalize on strong QB and WR talents. Target average: 280+ yards passing, 120+ yards rushing per game.
- 3.02 Defense: Emphasize a strong secondary to limit opponent passing yards. Target under 200 passing yards allowed per game and under 90 rushing yards.
- 3.03 Special Teams: Consistently accurate kicking with a 90%+ field goal conversion rate. Effective kickoff returns to start drives near or beyond the 30-yard line.

**Code:** BILLS

**Name:** Buffalo Bills

**Prior Year:** 2023 Record: 13-3

**Linked to:** Miami Dolphins, New York Jets, New England Patriots

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Description

- 1.01 Based in Orchard Park, New York, the Buffalo Bills compete in the AFC East division, with team colors royal blue, red, and white. Their home games are played at Highmark Stadium.

Plan

- 2.01 Secure a playoff birth, ideally by winning the AFCT East again.
- 2.02 Progress through each playoff round, adapting to opponents' strategies

Method

- 3.01 Offense: Balanced attack with a focus on both passing and running plays. Aim for 55% passing, targeting 250+ passing yards and 130+ rushing yards per game. If necessary, have Allen flop to draw a penalty.
- 3.02 Defense: Prioritize run-stopping capabilities and creating turnovers. Target under 100 rushing yards and 220 passing yards allowed per game.
- 3.03 Special Teams: Reliable field goal accuracy above 88%. Strong punt and kick return coverage to limit opponents' starting field position.

**Code:** JETS

**Name:** New York Jets

**Prior Year:** 2023 Record: 7-10

**Linked to:** Miami Dolphins, Buffalo Bills, New England Patriots

Description

- 1.01 Based in East Rutherford, New Jersey, the New York Jets compete in the AFC East division, with team colors green and white. Their home games are played at MetLif Stadium.

Plan

- 2.01 Claim a playoff spot by building consistency in divisional matchups, aiming for a top position in the AFC East.
- 2.02 Advance through each stage of the playoffs, capitalizing on defensive resilience and strategic offensive adjustments.
- 2.03 Strengthen the team's core by developing young talent and maintaining roster depth to handle the demands of a deep playoff push.

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### Method

- 3.01 Offense: Focus on establishing a balanced attack with a strong running game to control the clock, complemented by efficient passing to minimize turnovers. Aim for over 120 rushing yards and 250 passing yards per game.
  - 3.02 Defense: Emphasize aggressive pass rush and tight coverage to disrupt opponent's timing, aiming for at least two sacks and one interception per game.
  - 3.03 Special Teams: Enhance field position with consistent kickoff coverage and punt returns, targeting an average start position beyond the 30-yard line while minimizing opponents' returns.
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