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It has only been 4 weeks but there are some clear trends that are appearing in the NFL and some squads to follow as you wager over/unders at the [sportsbook](#) website. Two teams are perfect when it comes to going over or under the total so far at the sportsbook. The New England Patriots have risen over the total in all four of their matches this year whereas the Vikings have gone below the total in all 3 of their competitions when [betting on football](#).

The New England Patriots went over the total again this past Monday night as their special teams were superb in a 41-14 win over Miami. The Patriots have been quite great on offense this year with Tom Brady and even though their defense competed all right vs Miami, they have not been pretty great in total. It has resulted in four straight overs against the odds at the online sports book. The New England Patriots went 10-6 last season and have made some changes since that time. They have released tight end Chris Baker following just a year, and they lost Jarvis Green and Benjamin Watson to the Denver Broncos and the Browns respectively. Wide receiver Randy Moss was also traded to the Minnesota Vikings.

Minnesota Vikings Under – The Minnesota Vikings have fallen under the total in all 3 of their games. They had a bye a week ago and play the New York Jets on Monday night in what figures to be yet another low scoring competition. The Minnesota Vikings offense has been Adrian Peterson and little else as Brett Favre has appeared old and tired. Minnesota's defense is excellent and in total their games have been low scoring. The Minnesota Vikings have needless to say been in headlines because of the circus encompassing Favre's supposed retirement and an ankle injury. The Vikings paid a lot of cash to keep the talented but aging Favre on board, and this might ultimately be the year that approach does not pay off. Following years of threatening retirement just to come back, if Favre's play does not strengthen soon, this might actually ultimately be his last year.

Over Teams - Eight squads have risen over the total in three of their 4 matches this year. They're the Jets, Houston Texans, Jaguars, Indianapolis Colts, Chargers, Raiders, Denver Broncos and Cardinals. Did you notice anything about those teams? Basically one of them are AFC squads. The scoring is in the AFC this year.

Under Squads – There are 7 squads that have gone below the total at the sportsbook in three of their four games. Baltimore and Pittsburgh are the two teams from the AFC which is sensible considering their formidable defenses. The other 5 squads are from the NFC. They're Philadelphia, Chicago, Green Bay, Carolina and St. Louis. The only surprise from that group is Green Bay since they have a strong offense. It should be noted that 3 teams, Dallas, Kansas City and Tampa Bay have performed only 3 games with two of their three going under the total at the sports book website.

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