

NFL Total Yards Statistics — 2025 Season

TIER 1: ELITE OFFENSES / DEFENSES

- Denver Broncos: #1 Total (387 ypg) – Dominant rushing (162 ypg, #1)
- Pittsburgh Steelers: #2 Total (327 ypg) – Balanced attack (147 rush, 180 pass)
- Washington Redskins: #3 Total (330 ypg) – Pass-heavy (141 rush, 188 pass)
- Dallas Cowboys: #1 Total (258 ypg) – Shutdown defense across the board
- Green Bay Packers: #2 Total (262 ypg) – Strong pass defense (169 ypg)
- Pittsburgh Steelers: #3 Total (278 ypg) – Elite pass rush (94 pass ypg allowed)

Off	RK	Yards (R-P-T)	Def	RK	Yards (R-P-T)
DEN	<1>	162-224-387	DAL	<1>	93-165-258
PIT	<2>	147-180-327	GB	<2>	93-169-262
WAS	<3>	141-188-330	SF	<4>	88-195-283
BUF	<4>	135-180-316	HOU	<7>	81-212-293
LV	<5>	130-213-343	BUF	<8>	92-202-294
HOU	<6>	123-185-307	PHI	<6>	101-187-287
PHI	<7>	119-231-350	BAL	<3>	132-243-375
KC	<8>	118-187-305	CAR	<9>	92-203-294
SF	<9>	116-210-326	MIA	<23>	87-253-340

TIER 2: STRONG OFFENSES / DEFENSES

Off	RK	Yards (R-P-T)	Def	RK	Yards (R-P-T)
CAR	<10>	114-199-313	SEA	<18>	122-206-327
CHI	<10>	114-182-296	KC	<19>	109-219-328
SEA	<12>	113-221-334	DET	<21>	109-229-337
GB	<13>	112-244-356	NYJ	<24>	131-212-342
JAX	<18>	103-270-374	LAC	<25>	115-228-343
DAL	<22>	99-210-308	DEN	<4>	86-193-279
NYJ	<14>	108-231-339	PIT	<3>	94-184-278
NYG	<21>	99-156-255	NYG	<13>	120-192-312
MIA	<19>	101-212-313	IND	<12>	100-212-312

TIER 3: AVERAGE OFFENSES / DEFENSES

- New Orleans Saints: #30 Total (271 ypg) – Weakest overall output
- Minnesota Vikings: #28 Total (317 ypg) – Limited rushing game (86 ypg)
- San Diego Chargers: #29 Total (311 ypg) – Inconsistent production
- Washington Redskins: #30 Total (385 ypg) – Horrific defense (worst in league)
- St Louis Rams: #29 Total (375 ypg) – Porous defense, both rushing & passing
- Baltimore Ravens: #28 Total (375 ypg) – New franchise, still developing

Off	RK	Yards (R-P-T)	Def	RK	Yards (R-P-T)
ATL	<27>	88-231-319	ATL	<26>	129-221-350
ARI	<23>	98-226-324	ARI	<17>	127-199-326
DET	<16>	106-211-317	CHI	<14>	97-216-313
BAL	<15>	107-254-361	TB	<15>	135-180-316
LAC	<29>	85-227-311	TB	<15>	135-180-316
CIN	<17>	105-200-305	CIN	<22>	107-233-339
IND	<25>	90-203-293	DET	<21>	109-229-337
NO	<30>	80-192-271	NO	<20>	152-178-330
MIN	<28>	86-232-317	MIN	<16>	126-194-319
LAR	<19>	101-159-260	LAR	<29>	124-251-375