The 2026 NFL Trade Deadline is Tuesday, November 10th at 4:00 PM EST. As a former GM, my strategy is simple: Buy only if the player will make a significant impact on your playoff run; Sell only if the compensation you receive is greater than what you would receive in March. All records listed below are through Week 7 (Eagles and Cowboys play Monday night).

There are three main factors driving the trade market this year:

1. Pass Rushers are the rarest commodity. Khalil Mack, Josh Sweat, DeForest Buckner, and Daron Payne are the top pass rushers available, and there are at least six playoff-contending teams (Bears, 49ers, Cowboys, Jaguars, Ravens, Packers) who need help in the front-seven. Therefore, sellers have leverage.
2. Receivers are a buyer's market. Brian Thomas Jr., Jerry Jeudy, Quentin Johnston, Calvin Ridley, and Jauan Jennings are all available. The Marvin Harrison Jr. trade (a 2027 second-round pick plus late-round picks) established the price ceiling for a struggling young WR.
3. The 2027 Comp-Pick Formula discourages renting. A player who is rented and then leaves in March can still provide a compensatory pick to his new team. Therefore, sellers who retain a pending free agent they do not plan to re-sign will typically receive less than they would have received in a trade at the deadline.

When I refer to waiting until the offseason, I mean one of three things:

* The player's value increases once a June 1 release date or guarantee trigger is visible;
* The buyer pool expands in March when every team has cap space;
* The team needs a new GM or coach in place prior to making a commitment to a direction.

Trades completed thus far: Joey Porter Jr. and Broderick Jones (Steelers -> Cowboys), Cam Jurgens (Eagles -> Ravens), J.J. McCarthy (Vikings -> Giants), Marvin Harrison Jr. (Cardinals -> Texans).

AFC East

Buffalo Bills (5-1) — Aggressive Buyer

Buffalo averages 32.8 points per game but cannot stop anyone through the air: 31st in passing yards allowed, 28th in EPA per dropback. With Josh Allen in his prime, each year without a championship is a wasted year, therefore this is the deadline to use a Day 2 pick on a defensive back.

* Trade for: A starting cornerback. Riq Woolen (Eagles, one-year contract) is my top target – length, ball skills, and no long-term financial obligation. Kristian Fulton is the less expensive alternative. If a safety becomes available, acquire him as well.
* Trade away: WR Joshua Palmer. Other receivers have surpassed him, and his salary can offset an incoming contract.
* Wait for the offseason: Any large-scale pass-rush acquisition. The edge rusher market is expensive this month; in March, teams with limited cap space will release or trade rushers for significantly less.

Miami Dolphins (1-5) — Seller, but selectively

Miami is rebuilding under head coach Jeff Hafley with quarterback Malik Willis, and young players such as Jacob Rodriguez, Caleb Douglas, and Chris Bell are the focus. Every player over the age of 28 who is not on a core contract should be available.

* Trade away: Edge Josh Uche (one-year contract) to any playoff-contending team that needs a situational pass rusher; a fifth- or sixth-round pick is reasonable. Tackle Austin Jackson as a cheap rental – even a seventh-round pick is preferable to paying him to lose.
* Trade for: Nothing with term. Only acquire a bad contract if the buyer includes a pick with it.
* Wait for the offseason: Zach Sieler. His contract extends through 2029, $10 million becomes fully guaranteed on the third day of the 2027 league year, and a post-June 1 release saves $13.2 million. This allows Miami to make a clean decision in March – either trade him prior to the guarantee or release him. Only trade him now if a team offers a Day 2 pick. Retain LB Jordyn Brooks; he is a culture piece for the rebuild.

New England Patriots (4-3) — Measured Buyer

Drake Maye is performing at his 2025 level, and that alone makes the Patriots a wild-card team. However, injury problems have plagued the team: 21 players have been placed on IR since June 1, including Mike Onwenu, Alijah Vera-Tucker, and Romeo Doubs, along with a high ankle sprain for TreVeyon Henderson. Acquire floor, not ceiling.

* Trade for: RB Tony Pollard (Titans, final year). Rhamondre Stevenson is averaging 3.7 yards per carry, and Pollard is a fourth- or fifth-round rental. Then acquire a veteran guard – interior depth protects your franchise QB.
* Trade away: Nothing that is significant. Do not trade Henderson; his pass-protection issues can be coached, and selling a big-play running back at his lowest value is poor business.

* Wait for the offseason: The acquisition of a premium WR or edge rusher. New England has the cap space to win in March, and this roster is one year away from being a true contender.

New York Jets (2-5) — Seller

The Jets recently lost at home to a winless Miami team and are 0-8 in the division under head coach Aaron Glenn. Geno Smith is a bridge quarterback, not an answer. The Sauce Gardner and Quinnen Williams trades last year already netted three first-round picks; now complete the job without affecting the young core.

* Trade away: Edge Will McDonald IV. His role is decreasing, and because he is signed through 2027 he will generate more value than a rental – request a third-round pick. CB Brandon Stephens (signed through 2028) is a good fit for cornerback-needy playoff-contending teams such as Pittsburgh, Detroit, and Buffalo.
* Trade for: Nothing. Accumulate 2027 picks.
* Wait for the offseason: Garrett Wilson. He was observed arguing on the sideline and received three targets on Sunday, however trading him now is a panic sale. Allow the next coaching staff and quarterback to make a decision. If he remains unhappy in March, every team will have cap space and his value will increase, not decrease. Same for Breece Hall.

AFC North

Baltimore Ravens (4-3) — Buyer, one move

Lamar Jackson's high ankle sprain caused him to miss several games, and the Ravens went 0-2 during the critical period (including a blown lead to Cincinnati). He is expected to return for Buffalo. Baltimore has already acquired a center (Cam Jurgens) and signed Trey Hendrickson after the Maxx Crosby physical failed. One additional player completes the roster.

* Trade for: A second edge rusher. Josh Sweat (Cardinals) is the player: Baltimore's system can maximize his potential, and a post-June 1 release saves Arizona $18.1 million next year, therefore Baltimore can acquire him now and make a decision later. Offer a fourth-round pick plus salary relief.
* Trade away: Retain WR Rashod Bateman. Zay Flowers' hamstring injury makes him essential this year, even though Ja'Kobi Lane is the future.
* Wait for the offseason: The decision regarding Bateman. Trading him in March saves approximately $4 million over two seasons with no in-season cost.

Cincinnati Bengals (4-2) — Buyer

Joe Burrow is healthy, and the 35 unanswered second-half points scored against Baltimore demonstrated what this offense is capable of. The defense is the problem: 22+ points allowed in four games, with a cornerback group consisting of DJ Ivey, Dax Hill, DJ Turner II, and rookie Tacario Davis.

* Trade for: A veteran cornerback. Zyon McCollum (Bucs) is a true No. 2 cornerback with term; Riq Woolen is the rental option. A third-round pick is a reasonable maximum price.
* Trade away: Edge Shemar Stewart. A 2025 No. 17 pick who is playing 8% of snaps has failed in this organization. A Day 2 pick, or a cornerback in return, is preferable to waiting.
* Wait for the offseason: Nothing significant. Cincinnati's window is during Joe Burrow's prime, therefore contract extensions for its young defenders should be addressed in the spring, not at the deadline.

Cleveland Browns (5-2) — Buy and Sell at once

Andrew Berry's roster is a playoff team, and the passing game has been handed over to rookies: KC Concepcion (8 receptions, 129 yards last week) and Denzel Boston. Deshaun Watson is playing winning football, and Quinshon Judkins is back. This is an opportune time to exchange a declining veteran for a need.

* Trade away: WR Jerry Jeudy (12 receptions, 150 yards). Kansas City, San Francisco, and Las Vegas all need receivers. Target a fourth-round pick, or trade him straight up for interior offensive line help.
* Trade for: A guard. Protection is the only factor that can disrupt a Deshaun Watson-led offense in January. Landon Dickerson (Eagles, on IR, signed through 2028) is the high-upside option if his knee is cleared medically.
* Wait for the offseason: The Watson question. Do not extend or commit until you have seen him play in December and January.

Pittsburgh Steelers (5-2) — Buyer, short-term

Aaron Rodgers is nearing the end of his career, therefore this is an all-in year. Pittsburgh has already traded Joey Porter Jr. and Broderick Jones to Dallas for a 2028 second-round pick, a 2027 third-round pick, and late-round picks, and insiders anticipate the team will remain active. The passing game is struggling due to protection.

* Trade for: An offensive tackle or guard first, then a cornerback to replace Porter. Brandon Stephens (Jets) is a fit with term through 2028.

* Trade away: QB Mason Rudolph only if a team loses its starter; behind him are Will Howard and Drew Allar, therefore the depth exists. LB Patrick Queen (final year of a three-year, $41 million contract) can be traded if a buyer pays a fifth-round pick.
* Wait for the offseason: Tackle Dylan Cook (benched). His value will not change by November 10th, and he serves as depth insurance for an Aaron Rodgers offense.

AFC South

Houston Texans (2-5) — Hold, don't chase

Houston has already acquired a player, trading a 2027 second-round pick and late-round picks to Arizona for Marvin Harrison Jr. This was a long-term investment in C.J. Stroud's next contract window, and I approve. However, a 2-5 team that is allowing 400-yard games should not continue to acquire players for this season.

* Trade for: Only a cheap running back if one is essentially free. David Montgomery is averaging 2.7 yards per carry. Tyler Allgeier or James Conner for a sixth-round pick is acceptable; anything more is chasing.
* Trade away: DT Sheldon Rankins, to allow rookie Kayden McDonald to play. Houston may need to absorb some of his $3.5 million 2027 guarantee in order to trade him.
* Wait for the offseason: The defensive reconstruction and any coaching or coordinator changes. A spring trade market with full cap space is the appropriate venue to repair a broken defense, not November.

Indianapolis Colts (2-5) — Seller

Chris Ballard is gone, Shane Steichen is on the hot seat, and Daniel Jones is not the long-term answer. Anthony Richardson requested a trade during the offseason. Indianapolis needs to become younger, and its most viable trade assets are on expiring contracts.

* Trade away: DeForest Buckner (32, final year, four sacks) is the premier interior pass rusher on the market. Green Bay and San Francisco should place bids; demand a 2027 third-round pick and accept a high fourth-round pick. DT Grover Stewart (expiring, no guarantees remaining) is a run-stopper for a playoff-contending team. Trade Richardson for whatever is offered.
* Trade for: Nothing.
* Wait for the offseason: Quenton Nelson and Jonathan Taylor. Trading franchise cornerstones without a GM in place is a mistake. A new GM can extend Nelson, place the franchise tag on him, or trade him in March. Taylor's market will expand once the new

regime determines it does not require him. WR Josh Downs, also expiring, is a candidate for extension, not a dump.

Jacksonville Jaguars (4-2) — Buyer for pass rush

Trevor Lawrence has the Jaguars leading the AFC South, however the defense has recorded only 11 sacks in six games, and Travon Walker and Josh Hines-Allen have combined for only 3.5 sacks. GM James Gladstone enjoys trading. Utilize him.

* Trade for: An interior pass rusher. Daron Payne (Commanders, final year of a four-year, $90 million contract) or Zach Sieler (Dolphins). Payne is the rental; Sieler provides you with 2027 control.
* Trade away: Brian Thomas Jr. – but only at a substantial price. He recorded 1,282 yards and 10 touchdowns as a rookie, did not play any second-half snaps against Houston, and sixth-round pick Josh Cameron is outperforming him. The Harrison Jr. trade establishes a second-round pick as the minimum price. Package BTJ for the pass rusher you require instead of trading him for picks.
* Wait for the offseason: If no team meets the second-round pick price, retain BTJ. His low $2.8 million 2027 salary makes him more appealing in March to teams with cap space.

Tennessee Titans (1-6) — Full Seller

The Titans are the worst team in the league, and the rebuild centers around Cam Ward and Carnell Tate. Every veteran who will not be with the team in 2028 should be available for trade.

* Trade away: RB Tony Pollard (29, expiring, four 1,000-yard seasons) to New England, Minnesota, or the Giants – a fourth-round pick is the target. Edge Jermaine Johnson II (fifth-year option) has substantial value to Dallas or Chicago. WR Calvin Ridley for anything; younger receivers require his snaps. Tyjae Spears (expiring) as well.
* Trade for: Bad contracts with picks attached. Tennessee has the cap space.
* Wait for the offseason: Jeffery Simmons. He is the highest-paid DT in history, and a deadline buyer cannot absorb that contract mid-season. In March, a team with cap space can offer a Quinnen Williams-level trade package. Same with John Franklin-Myers if Simmons remains.

AFC West

Denver Broncos (5-2) — Buyer at running back

Sean Payton's defense travels, but the offense is stagnant: Bo Nix ranks last in air yards per attempt, and the team averages 3.4 yards per carry. J.K. Dobbins, RJ Harvey, Jonah Coleman, and Tyler Badie have all been injured. Teams employ two-high safeties against Denver because no one fears the run.

* Trade for: A primary running back. Jonathan Taylor is the ideal option, but Indianapolis should not trade him without a GM. The realistic option is Tony Pollard or James Conner for a mid-round pick. Saquon Barkley only if Philadelphia absorbs salary.
* Trade away: CB Jahdae Barron (2025 first-round pick) as the sweetener in a larger trade package. He is buried behind Patrick Surtain and Riley Moss, and he is more valuable to Denver as trade currency than as a dime cornerback.
* Wait for the offseason: A No. 1 receiver. Acquire one in March once Bo Nix's development trajectory is clearer.

Kansas City Chiefs (5-1) — Buyer at receiver

Patrick Mahomes and Kenneth Walker III have the Chiefs leading the AFC once again. The deficiency is the same as last year: no dependable WR3, Xavier Worthy has not emerged, and Rashee Rice has injury and off-field concerns in a contract year.

* Trade for: Jerry Jeudy (Browns). His route-running skills align with Andy Reid's offense, he costs a Day 3 pick, and he does not necessitate a long-term decision. Brian Thomas Jr. is the higher-upside alternative if Jacksonville's price decreases.
* Trade away: OT Khalil Benson for a late-round pick, if a tackle-needy team contacts you. Buffalo and Detroit are logical suitors for CB Kristian Fulton; only trade him if the return is a starter at another position on the roster.
* Wait for the offseason: George Pickens. He is on the franchise tag in Dallas, and a deadline trade involves paying a first-round price plus a substantial extension. In March, Kansas City can negotiate on Rice's future first-round pick and then make a decision.

Las Vegas Raiders (3-4) — Small Seller, no fire sale

Klint Kubiak's initial team was ahead of schedule prior to a four-game losing streak. The true story is No. 1 pick Fernando Mendoza waiting behind Kirk Cousins. Every trade should contribute to Mendoza's development.

* Trade away: Kirk Cousins. A Day 2 pick is possible from a team that loses its starter, and trading him initiates the Mendoza era immediately. That is more valuable than three or four additional wins.
* Trade for: A young receiver with term. Quentin Johnston (Chargers, not a free agent until

2028) or Brian Thomas Jr. are buy-low candidates who can develop with Mendoza. Do not spend a first-round pick.
* Wait for the offseason: Maxx Crosby. Retain him. The Ravens withdrew their offer due to his knee physical in March, and his value is at its lowest at the deadline. If you rebuild around Mendoza, a healthy Crosby in March will command the two first-round picks Baltimore initially offered.

Los Angeles Chargers (0-6) — Seller

Justin Herbert is 0-6, Mike McDaniel's offense is under scrutiny, and Jim Harbaugh's entire staff is under evaluation. GM Joe Hortiz constructs through the draft, therefore convert veterans into picks.

* Trade away: Khalil Mack (35, one year, $18 million with $10 million already paid). He has recorded three sacks and 11 pressures, and Chicago and San Francisco desire him. A buyer is responsible only for his remaining salary, which makes a 2027 third-round pick realistic. Reports indicate the Chargers are rejecting offers; that is a mistake if it is for sentimental reasons. Also trade CB Donte Jackson (expiring), TE David Njoku, and one of the running backs (Omarion Hampton, Keaton Mitchell, Kimani Vidal).
* Trade for: Nothing.
* Wait for the offseason: WR Quentin Johnston and EDGE Tuli Tuipulotu. Tuipulotu (80.9 PFF grade) is in his final year, therefore an extension or the franchise tag is likely more prudent than a deadline trade. Derwin James remains.

NFC East

Dallas Cowboys (2-4) — Hold the checkbook

Jerry Jones will desire to acquire players; a GM should persuade him otherwise. Dak Prescott and CeeDee Lamb lead an offense that has been hindered by dropped passes, and the defense is among the worst in the league following the Micah Parsons trade. Dallas has already traded a 2028 second-round pick for Joey Porter Jr. Monday night's game against Philadelphia will determine the team's course of action.

* Trade for: If they win Monday night, one edge rusher – Jermaine Johnson II (Titans) is the value option at a fourth- or fifth-round pick. Dallas reportedly made three offers for Maxx Crosby; do not make a fourth at deadline prices.
* Trade away: TE Luke Schoonmaker, who lost the backup position during training camp, for a late-round pick.
* Wait for the offseason: George Pickens. He is on the franchise tag, and the long-term

deadline has passed. Trading him now provides a buyer with half a season and a contract negotiation headache, therefore the return decreases. In March, Dallas can tag-and-trade or sign-and-trade him to a team with cap space for a significantly better pick.

New York Giants (4-2-1) — Modest Buyer

John Harbaugh's first year is a surprise. Jaxson Dart tore his MCL in Week 2, Jameis Winston provided a bridge, and a fifth-round pick for J.J. McCarthy has been one of the best trades of the year. Cam Skattebo leads the running game. However, do not allow a successful start to result in a reckless acquisition: Dart is the long-term plan.

* Trade for: Backfield depth (James Conner or Tony Pollard) and a receiver. Calvin Ridley is the cheap option; Brian Thomas Jr. is the long-term option for Dart's return.
* Trade away: Kayvon Thibodeaux (expiring, no sacks in 11 games). He is the Giants' most valuable trade asset, and a playoff-contending team will pay for his pedigree. Accept a fourth-round pick and allocate his snaps to younger pass rushers.
* Wait for the offseason: The McCarthy vs. Dart decision. Two young quarterbacks provide the Giants with a valuable asset to trade in March, when quarterback-needy teams have cap space and draft picks to spend.

Philadelphia Eagles (2-4) — Seller, for once

Jalen Hurts is out for the season with blood clots, Lane Johnson retired, Saquon Barkley, DeVonta Smith, and Landon Dickerson have all suffered injuries, and Tanner McKee is the quarterback. Howie Roseman consistently acquires players. This year, the prudent course of action is to sell rentals and preserve the 2027 cap space.

* Trade away: CB Riq Woolen (one-year contract) to Buffalo or Cincinnati for a third-round pick. DT Moro Ojomo, TE Dallas Goedert, and edge A.J. Epenesa are all in contract years – trade whichever generates a Day 3 pick or better.
* Trade for: Nothing.
* Wait for the offseason: Saquon Barkley and Landon Dickerson. Barkley (29) is returning from injury, and his market is limited during the season. Dickerson is on IR and signed through 2028 (approximately $24 million remaining after this year). A buyer at the deadline pays for a medical uncertainty. A spring physical will provide both players with a much better price – or a reason to retain them.

Washington Commanders (1-4-1) — Seller

Terry McLaurin is out for the season, the offensive line cannot protect Jayden Daniels, and

Dan Quinn's tenure is likely concluding. Protecting Daniels and constructing the 2027 roster are of greater importance than the 2026 record.

* Trade away: Daron Payne (29, final year of a four-year, $90 million contract, $28 million cap hit, one sack). Jacksonville, Chicago, and San Francisco have the need. Washington may need to absorb some of his salary in order to receive a third-round pick. Edge Odafe Oweh and K'Lavon Chaisson can also be traded.
* Trade for: A young receiver for Daniels with term, utilizing the Payne return. Quentin Johnston is a logical buy-low target.
* Wait for the offseason: Stefon Diggs and any significant offensive line moves. The next head coach should select his own offensive linemen, and veteran receivers have more buyers in March.

NFC North

Chicago Bears (5-2) — Aggressive Buyer

Caleb Williams is back, and the Bears are a legitimate NFC North contender. The defense is good but lacks depth: 20th in pressure rate, Marcus Davenport retired after Week 4, and the linebackers (T.J. Edwards, Keyshaun Elliott, Jack Sanborn) are injured. Jaylon Johnson has regressed.

* Trade for: Khalil Mack, back home in Chicago. He is the premier rental pass rusher available, and a third-round pick for half a season of a future Hall of Famer in a championship race is worth it. If the Chargers refuse to sell, consider Josh Sweat or DeForest Buckner. Acquire Daron Payne if the cap allows.
* Trade away: Nothing core. Do not trade TE Cole Kmet after a season-ending injury – his value is nonexistent this year.
* Wait for the offseason: Kmet's contract and Jaylon Johnson's future. With Colston Loveland developing, Kmet becomes a March cap decision. Johnson's decline requires a full season of film before you make that decision.

Detroit Lions (4-2) — Buyer in the secondary

Jared Goff continues to lead the offense effectively, and the defense is improving, however Detroit leads the league in passing yards allowed. Terrion Arnold is out, and Brian Branch and Kerby Joseph have been injured. With $33.9 million in cap space, the second-most in the league, the Lions can acquire players.

* Trade for: A starting cornerback. Zyon McCollum (Bucs, first year of a three-year, $48

million extension) is the move because he is a multi-year solution. Kristian Fulton or Donte Jackson are rentals if Tampa's price is too high.
* Trade away: RT Larry Borom ($5 million), who serves as backup to first-round pick Blake Miller. Utilize his salary to match money.
* Wait for the offseason: Any safety move. Ensure Branch is healthy and evaluate both him and Joseph before acquiring a long-term replacement.

Green Bay Packers (4-3) — Buyer on the line

The Packers lost to Detroit on two missed field goals and dropped passes, however the primary issue is up front: 32nd in pass-block win rate. The Micah Parsons trade cost Green Bay its 2026 and 2027 first-round picks, therefore Brian Gutekunst must acquire players with Day 2 and Day 3 picks.

* Trade for: An offensive lineman. Quenton Nelson is the ideal target, but Indianapolis should retain him. Reasonable targets are a veteran guard or a swing tackle such as Dylan Cook (Steelers) for a late-round pick. If the price is reasonable, acquire DeForest Buckner as the interior pass rusher.
* Trade away: WR Jayden Reed (on IR). Christian Watson and Matthew Golden have surpassed him, but an injured receiver returns little value now.
* Wait for the offseason: Reed. Once healthy, he is a starting slot receiver on another team's roster, and a March trade will return a Day 2 pick instead of a sixth-round pick.

Minnesota Vikings (6-0) — Buyer at running back

Brian Flores' defense is supporting the NFC's last undefeated team. The offense averages approximately 21 points, struggles on third down, and Kyler Murray is still learning Kevin O'Connell's system. Justin Jefferson has missed time. The McCarthy trade indicated the Vikings are committed to winning now.

* Trade for: A running back partner for Aaron Jones. Tony Pollard is the efficient option; Jonathan Taylor is the premier option if Indianapolis changes its mind. A pass-rush rental (Zach Sieler) would provide Flores with additional resources to utilize.
* Trade away: Jauan Jennings. He has two receptions in a crowded room, and San Francisco needs him desperately. Receiving a Day 3 pick from an NFC contender is acceptable.
* Wait for the offseason: Murray's long-term commitment. A deep playoff run will establish the price; do not negotiate during the season.

NFC South

Atlanta Falcons (3-4) — Hold, lean sell

Michael Penix Jr. threw three touchdown passes in the upset of San Francisco, and four turnovers demonstrated what this defense can accomplish. However, 3-4 is a toss-up, not a contender. Sell what you will not pay; retain the core around Penix and Bijan Robinson.

* Trade away: S Jessie Bates III (final season of a four-year, $64.02 million contract, team-high 135.3 passer rating allowed). A playoff-contending team requiring a veteran safety will pay a fourth- or fifth-round pick now. In March he is a free agent and you receive, at best, a late compensatory pick in 2028. CB Mike Hughes can also be traded, providing snaps for rookie Aveion Terrell.
* Trade for: Nothing with term. Remain flexible.
* Wait for the offseason: Pass-rush investment. That is the free-agency priority.

Carolina Panthers (3-3) — Small Buyer

Bryce Young has Carolina in the playoff picture, leading the NFC South. Injuries are accumulating: Pro Bowl CB Jaycee Horn and Mike Jackson are on IR, and RT Taylor Moton was carted off the field with ankle and fibula injuries. The division is weak enough to win at 9-8.

* Trade for: A cornerback rental (Donte Jackson, a former Panther, is a natural fit) and a veteran right tackle. Neither should cost more than a fifth-round pick.
* Trade away: TE Ja'Tavion Sanders (one year remaining, healthy scratch). A playoff-contending team with tight end injuries will provide a late-round pick.
* Wait for the offseason: Any long-term investment in Young. Allow the second half of the season to demonstrate whether he is your franchise quarterback before you allocate premium picks or cap space.

New Orleans Saints (2-5) — Seller, retain the young core

Kellen Moore's job security is questionable following the loss in Paris, and Tyler Shough continues to demonstrate whether he is the answer. The Saints should sell aging veterans and protect anyone who will be relevant in 2028.

* Trade away: Edge Cameron Jordan, if he desires an opportunity to win a championship. He has recorded no sacks or tackles for loss, therefore the return is a seventh-round pick at most, but the gesture and cap space are worth it.
* Trade for: Nothing.

* Keep: Chase Young (three years, $51 million, 14 sacks since his neck injury, 18.1% pressure rate). Playoff-contending teams will contact you. Unless someone offers a first-round pick, he is a cornerstone, not a trade asset.
* Wait for the offseason: The coaching and quarterback evaluation. If Moore is dismissed, the new coaching staff will evaluate Shough and determine which veterans fit their system.

Tampa Bay Buccaneers (2-5) — Patient Seller

Baker Mayfield has returned from his thumb injury, and the offense rushed for over 250 yards in the victory at Carolina. This complicates Tampa's decision-making process. GM Jason Licht is expected to reset for 2027, and the weak NFC South may tempt him to pursue playoff contention. My recommendation: sell expiring contracts, retain multi-year contracts.

* Trade away: Edge Yaya Diaby (soon-to-be free agent) and DT A'Shawn Robinson (one-year contract, elite run defender) – both are true rentals that playoff-contending teams desire. RB Kenneth Gainwell ($7 million per year) to create carries for Sean Tucker.
* Trade for: Nothing.
* Wait for the offseason: Zyon McCollum, Vita Vea, and Chris Godwin. McCollum is in year one of a three-year, $48 million extension, and Vea (signed through 2027) has more buyers in March. Godwin's contract makes him easier to trade after the season. If Detroit offers a Day 2 pick for McCollum, accept it; otherwise retain all three.

NFC West

Arizona Cardinals (2-5) — Seller

First-year head coach Mike LaFleur is focusing on the future, and the Harrison Jr. trade (a second-round pick plus late-round picks) confirmed that. Jacoby Brissett is a temporary solution, and fans desire Carson Beck.

* Trade away: RB James Conner or Tyler Allgeier – Bam Knight is the most effective runner, therefore one veteran is redundant. Houston and the Giants need a running back. QB Gardner Minshew (47 career starts) to any team that loses its starter.
* Trade for: Nothing.
* Wait for the offseason: Josh Sweat and Budda Baker. Sweat (four years, $76.4 million, year two) has recorded only two sacks. Trading him now will generate a mid-round pick. In March, a post-June 1 release saves $18.1 million, therefore buyers are aware that Arizona must trade him – however more teams will have cap space to absorb the contract. Trade him now only if Baltimore or Chicago offers a third-round pick. Baker is signed through

2027 and is better traded in a spring market for safeties.

Los Angeles Rams (3-4) — Buyer at receiver

Matthew Stafford is 38 years old, therefore every season represents a championship window. Davante Adams is sidelined for six to ten weeks with a hamstring injury, Puka Nacua is also injured, and kicker Blake Grupe suffered an ACL tear. Kyren Williams and Blake Corum are carrying the offense. The NFC West is dominated by San Francisco, but a wild card spot is highly attainable.

* Trade for: A receiver who can contribute immediately and in 2027. Brian Thomas Jr. is the ideal fit for Sean McVay's offense; Quentin Johnston is the less expensive option. Allocate up to a second-round pick for BTJ.
* Trade away: TE Colby Parkinson (final year, $7 million this season). His salary can assist in matching money.
* Wait for the offseason: Stafford succession planning. Do not address the quarterback future through a trade deadline transaction.

San Francisco 49ers (6-1) — The Deadline's Largest Buyer

Brock Purdy is playing the best football of his career, and San Francisco possesses the most cap space in the league ($41.9 million). The injury list is severe: Ricky Pearsall (season-ending), Mike Evans, Christian McCaffrey, Christian Kirk, Deebo Samuel, De'Zhaun Stribling, and Demarcus Robinson. Mykel Williams recently returned from an ACL tear. This roster is constructed to win immediately, and the cap space must be utilized.

* Trade for: Two transactions. First, a receiver – Jauan Jennings returning from Minnesota is the cheap, familiar option; Jerry Jeudy is the upgrade. Second, a defensive lineman: DeForest Buckner, Khalil Mack, or Daron Payne. With that cap space, San Francisco can absorb a large salary from a seller who seeks financial relief and pay less in draft picks.
* Trade away: QB Mac Jones (final year) if a team loses its starter. A mid-round pick is reasonable compensation for a proven backup.
* Wait for the offseason: Long-term WR investment. Evans and the injured receivers will return in 2027; rent now, decide in March.

Seattle Seahawks (4-3) — Buyer at receiver

The defending champions lost Kenneth Walker III to Kansas City in free agency, and the running game has stalled with Jadarian Price on IR. Sam Darnold has Jaxon Smith-Njigba and little else. Zach Charbonnet and Price are returning, therefore the backfield will

improve independently.

* Trade for: A No. 2 receiver. Brian Thomas Jr. is the primary target if Jacksonville's price is a second-round pick; Calvin Ridley or Quentin Johnston are the budget options.
* Trade away: C Olu Oluwatimi (final year). Jalen Sundell secured the starting job, and a line-needy team will pay a late-round pick.
* Wait for the offseason: A running back. Charbonnet and Price will return shortly, therefore a deadline RB rental would be squandered.

The Offseason-Wait List

These are the players I would not trade by November 10th, because March provides a larger buyer pool, cleaner medical evaluations, or a contract trigger that shifts leverage.

Player	Team	Why March Pays More
Jeffery Simmons	Titans	Record DT contract is difficult to absorb mid-season; cap-rich teams can pay a first-round pick plus in March
Maxx Crosby	Raiders	Knee physical discouraged Baltimore; a healthy spring physical restores two-first-round pick value
George Pickens	Cowboys	Franchise-tag player; a tag-and-trade with a new contract beats a half-season rental price
Quenton Nelson / Jonathan Taylor	Colts	No GM in place; the next regime should determine whether to retain or sell its cornerstones
Zach Sieler	Dolphins	$10 million guarantee is activated on day 3 of the 2027 league year; trade-or-cut leverage peaks immediately prior
Josh Sweat	Cardinals	Post-June 1 cut saves $18.1 million; more teams can absorb the contract in March
Saquon Barkley / Landon Dickerson	Eagles	Both players are returning from injury; spring medical evaluations increase the price
Garrett Wilson / Breece Hall	Jets	Do not sell young stars during a coaching-change year
Jayden Reed	Packers	On IR now; a healthy slot receiver is a Day 2 asset in March
Zyon McCollum / Vita Vea	Buccaneers	Multi-year contracts are easier to trade when every team has cap space
J.J. McCarthy or Jaxson Dart	Giants	A young quarterback is most valuable when quarterback-needy teams are formulating draft plans