

## Seattle travels to Miami

Contributed by Tony Simmons  
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The 4-6 Miami Dolphins are back home and will take on the 6-4 Seattle Seahawks in a 1:00 kickoff. The Dolphins come into the game with a 3 game losing streak, the last being a 19-14 lost in Buffalo to the Bills. The Seahawks are coming off a bye week after beating the Jets in Seattle 28-7.

Let's take a look at how these teams match up in the game on Sunday.

Miami comes into the game ranked 29th in total offense at 309.0 yards per game. They rank 21st in rushing at 100.9 yards per game and rank 24th in passing at 209.0 yards per game. The Dolphins rank 26th in scoring at 18.7 points per game. They face a Seattle defense that ranks 3rd in total defense at 296.8 yards per game. They rank 11th in rush defense giving up 100.6 yards per game, while ranking 3rd in pass defense at 196.2 yards per game. Seattle is 2nd in points allowed giving up 16.2 points per game and come in tied for 6th in sacks with 28.0.

The Dolphins come into this game on a major downslide offensively, as the running game that had been so good early in the season is a thing of the past. With the run game being a non factor, more pressure has been placed on rookie QB Ryan Tannehill and his play has suffered. Now the Dolphins face a Seattle defense with possibly the best secondary in football and Tannehill will have a very difficult time once again if the Dolphins cannot generate some type of run game. If the Dolphins are forced to count on Tannehill, this will be a long day, as the Dolphins just do not have wide receivers that can beat one on one coverage or scare anybody deep.

Defensively the Dolphins come into the game ranked 21st in defense giving up 363.0 yards per game. They rank 9th in rush defense in 96.8 yards per game and rank 27th in pass defense giving up 266.3 yards per game. The Dolphins rank 8th in points allowed at 20.8 points a game and rank 9th in sacks with 27.0. They face a Seattle offense that ranks 26th in total offense generating 317.2 yards a game. They rank 7th in rushing at 142.4 yards per game and rank 32nd in passing at 174.8 yards per game. They come in scoring 19.8 points a game, which ranks 24th.

The Dolphins defense has also regressed like the offense the last few weeks, specifically the run defense as the Dolphins now rank 9th. They will get a big dose of one Marshawn Lynch in this game and will need to perform better than they have the last few weeks. The Dolphins have 27 sacks, but still have the same issues they had in 2011. It Cameron Wake and everybody else. The Dolphins have to blitz to generate consistent pressure, and that leaves a secondary that has struggled all year long alone on islands. Miami will be facing a rookie QB in Russell Wilson, a young man that has very good mobility and can make plays with his legs to keep plays alive as well as running for yardage. Still, if the Dolphins are to have a chance, they need to be able to take the run game away and take their chances in the passing game.

Miami faces a very tough task, and it is made even more difficult by the fact that the Dolphins have regressed as a team the last 3 weeks. Seattle is undefeated at home with wins over New England and Green Bay, but are only 1-4 on the road.

This young team is now searching for answers, and it's going to be hard to find those answers against a Seattle team playing good football.