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Green bay seattle line

Seattle's Russell Wilson (3) and Green Bay's Aaron Rodgers (12) square off at historic Lambeau Field ... [+] in nfc divisional playoff games Sunday. Getty Images The Green Bay Packers and Seattle Seahawks play two time zones. They are separated by four states and nearly 2,000 miles. But in the past decade, these two NFC powers have created one of the better rivalries in football. The Packers and Seahawks have met seven times since the start of the 2012 season, with Seattle holding a 4-3 advantage. All seven games were won by the home team, including the 2014 NFC Championship Game, in which the Seahawks rallied for an unlikely 28-22 win in overtime. The teams will meet again Sunday at 5:40 a.m. CST at historic Lambeau Field in the NFC Divisional Playoff game. Green Bay (13-3) is a 4.5-point favorite over Seattle (12-5). They're a tough team. Packers coach Matt LaFleur said. On the road they were also extremely tough. It's going to be a big challenge. Here's a look at each positional group and the team that has the advantage. Seattle QUARTERBACKS gave Russell Wilson a four-year, \$140 million contract extension in April 2019 with \$65 million in guarantees that made him the NFL's highest-paid player. He was worth every penny. Wilson had another MVP-type season, with 31 touchdown passes, just five interceptions, 4,110 passing yards and a 106.3 passer rating. Wilson has a 9-5 playoff record, leading Seattle to the Super Bowl championship in 2013 and second place in 2014. Wilson is also one of the most clutch players in the league, and after just eight seasons, already ranks 21st in game-winning drives (28) and 23rd all-time in fourth quarterback comeback wins (21). Wilson is especially dangerous when he breaks the containment, gets out of his pocket and prolongs the game. You really have to think about how to play two games - the starting game and then when the game breaks down and Russell starts moving, that's a whole new game, Packers safety Darnell Savage said. Stay disciplined and keep your eyes in the right places. Just don't relax, really. Just kind of stay with him. Green Bay's Aaron Rodgers signed a four-year, \$134 million contract extension in August 2018. The deal could be worth up to \$180 million if Rodgers hits all the incentives. Rodgers, 36, has had two ho-hum years, at least by his standards, since signing this deal. Rodgers' passer rating this season was 95.4, his third-lowest since he became a starter in 2008. Percentage of completion (62.0%) and yards per attempt (7.0) were also the second lowest at the time. Midway through the 2019 campaign, Rodgers had an 84.2 quarterback passer rating. And in the last three games, he has finished un-Rodgers as 53.9% of his passes. I think the timing has been gone a lot of years,' Rodgers said recently. It's just a matter of finding those concepts where the timing was good. Rodgers holds a 9-7 postseason record, 99.4 passer rating and led Green to the Super Bowl title in 2010. ADVANTAGE: Seahawks RUNNING BACKS Green Bay Aaron Jones tied for the NFL lead this season with 16 rushing touchdowns and ranked 12th with a career-high 1,084 rushing yards. Jones also finished second to the Packers in receptions (49) and receiving yards (474), and his 19 total touchdowns tied for the NFL lead. We have a lot of confidence in him,' Packers coach Matt LaFleur said of Jones. I think he has a lot of confidence in what's going on there. We're going to need another great performance from him. In the last month of the year, Seattle lost its first three running backs - Chris Carson (hip), Rashaad Penny (knee) and C.J. Prosise (broken arm) - to season-ending injuries. The Seahawks then signed 33-year-old Marshawn Lynch, who was out of football. Lynch had six carries for seven yards and a touchdown in Seattle's wild-card game win last week, and also caught two passes for 25 yards. But Seattle coach Pete Carroll said this week that he would put a lot more on Lynch's plate on Sunday. Marshawn will play more, Carroll said Monday. He's going to play more this week. He's ready for it, and he's had enough time with us. He's sure of what he's doing and what he's planning. Rookie Travis Homer, a sixth-round draft pick last April, is more of a third down back. ADVANTAGE: Packers receiver Seattle Tyler Lockett and rookie J.K. Metcalf are among the more dangerous duos Green Bay faces this year. Lockett set career-highs this season in receptions (82) and receiving yards (1,057), and added eight touchdowns. Metcalf, who dropped out of the 2019 draft in the second round, had a great first year with 58 catches, 900 yards and seven TDs. Then in the Seahawks' wild card win last week, Metcalf had seven catches for 160 yards and a touchdown. Metcalf (6-4, 229) has an impressive size, while Lockett (5-10, 182) is smaller and faster. Tight end Jacob Hollister spent the first six weeks of the year on the practice squad, then had 41 catches and three touchdowns in the last 10 games of the year. Green Bay's Davante Adams had just one catch for seven yards when the Packers and Seahawks met in the 2014 NFC Championship Game. This was just Adams' second postseason game, though, and he learned quickly the playoffs are a completely different beast. I certainly wasn't fully aware of how intense it was going to be,' Adams said of the playoff contest. So that's one of the main things that I made sure I pointed out to the young guys this week, letting them know that it's going to be a little more intense than what I've seen in the past in these past games. ADVANTAGE: Seahawks OFFENSIVE LINE Green Bay offensive line ranked No. 6 in the Pro Football Focus league. The Packers' average time to pressure 2.62 seconds was No. 1 in the league. Oddly enough, Green Bay has started five games together the last 14 games of the year. I think it's a huge advantage, just that continuity. Packers head coach Matt Said. I think it's priceless. Especially when you're talking about your offensive line. I think it was definitely great for us. Seattle's offensive line ranked No. 27 by PFF, and making things worse, the Seahawks have all kinds of injury issues to deal with. Seattle starting left guard Mike Iupati is questionable with a neck/finger problem. Iupati, a four-time Pro Bowler, missed last week's game against Philadelphia and was replaced by second-year man Jamarco Jones. Jones fought mightily against the Eagles in the run game but picked up OK in pass protection. Left tackle Duane Brown is questionable as he recovers from minor knee surgery and will make a game-day decision. George Fant has started for Brown in the past two games but is also questionable with a groin injury. Starting centre Justin Britt suffered a torn ACL midway through the season and was replaced by fourth-year man Joey Hunt. Hunt was mediocre, at best, allowing three sacks in eight starts. Right-hander D.J. Fluker, a first-round draft pick in 2013, has moved from guard to guard in recent years, where he has been stunning. Right tackle Germain Ifoedi allowed six sacks and had 13 penalties this season. We've been rocking along pretty good for a while. Seattle coach Pete Carroll said of his offensive line. We got a little drunk so late in the year. ADVANTAGE: The Packers Defensive Line Seahawks are playing more of their 4-3 base - and less nickel - than at any time in Carroll's 10 years as head coach. Defensive end Jadeveon Clowney, the No.1 pick in the 2014 draft, had a quiet year with 3.0 sacks. But Clowney had a big game last week against Philadelphia with a sack and five tackles. Ex-Lion Ziggy Ansah had just 2.5 sacks this year and is questionable with a neck injury. The end of Quinton Jefferson (ankle) is also questionable, but Carroll said he looks like he's going. Fellow end Rasheem Green led Seattle with 4.0 sacks during the regular season. Defensive tackle Jarran Reed was suspended six games at the start of the year for violating the NFL's personal conduct policy in 2017. Reed, who had 10.5 sacks in 2018, never returned to that level. Defensive tackle Poona Ford packs 310 pounds on his 5-foot-11 frame and is hard to release in the running game. Green Bay's Kenny Clark had 6.0 sacks and 52 assists in another highly productive season. ADVANTAGE: Seattle Seahawks linebacker Bobby Wagner is arguably the best middle linebacker in football and the key to Seattle's defense. Wagner is one of the best running defenders of his generation. Not only does he have a career-high 159 tackles this season, Wagner's ability to read and respond means he is usually also the first person to make contact with enemy ball carriers. Wagner has

also been dominant in coverage for several years thanks to his rare ability to cover the sideline to the sideline. It's funny because you're sitting there trying so hard to take advantage of deception, but guys like him, it doesn't even is, Packers offensive coordinator Nathaniel Hackett said wagner. You do a lot of things, and he's so locked in his keys. Especially a guy of his caliber, but also to be in the same system for so long, It's like a quarterback who's been in the same system for so long, It's hard to fool these guys. Strongside ' backer KJ Wright is another solution machine (132). Cody Barton took over on the weak side last week when Mychal Kendricks went on injured reserve with a knee injury. The fall from Kendricks to Barton is extreme. According to Pro Football Focus, Green Bay's Za'Darius Smith led the NFL with 93 pressures and finished sixth in the league with 13.5 sacks. Preston Smith finished eighth in the NFL with 12.0 sacks and had four games with at least 1.5 sacks. ADVANTAGE: Packers secondary Seattle acquired safety Quandre Diggs from Detroit in October, a move that paid off in spades. In just five regular-season games, Diggs had three interceptions, a forced touchdown and a 55-yard interception return for a touchdown. Really smart, really instinctive, gives other guys confidence, Seattle coach Pete Carroll told Diggs. He's a batsman, he'll turn the ball over. He was a really good footballer and when he's out there, the other guys play better. And so it is, this is a real tribute to him, who he is all about. He really helped us. Fellow safety Bradley McDougald has been solid since arriving from Tampa Bay in 2017. Shaquill Griffin was Seattle's top cornerback. Griffin has good ball skills and is extremely aggressive in both coverage and running support. No. 2 Tre Flowers (6-3, 203) is long, slim and has decent speed. But Flowers had two critical pass interference penalties last week and is a weaker link between the Seahawks' two corners. Packers safety Adrian Amos was a huge addition for a team that had arguably the worst safety game in football in 2018. It's that steady composure on the back, Packers coach Matt LaFleur told Amos. I'm glad we got Adrian here. Horns Jaire Alexander, Kevin King and rookie safety Darnell Savage will make their first playoff start. ADVANTAGE: Even Green Bay special teams Mason Crosby made 26-of-29 postseason field goals (89.7%). Returning ace Tyler Ervin provided support for kickoffs (26.7) and punts (9.6). Seattle return men Tyler Lockett (kickoffs) and David Moore (punts) were so-so. Kicker Jason Myers went 23-of-28 on field goals this season (82.1%), while punter Michael Dickson had a solid year (45.1 average, 40.9 net). ADVANTAGE: Even coaching Pete Carroll, 68, is the oldest head coach in the NFL. But Carroll has a youthful exuberance that makes him feel decades younger. Carroll is the winning coach in the Seahawks' history with a 100-59-1 regular season record. Carroll, who was also head coach for the New York Jets and New England earlier in his career, has an 11-8 career record. Carroll led the Seahawks to the postseason for the last eight years. Seattle defeated Denver in the Super Bowl in 2013 and lost to New England in the Super Bowl the following year. I'll tell you what, he's got a lot of energy, Packers coach Matt LaFleur said of Carroll. He's been doing it for so long at such a high level that I have a lot of respect and admiration for him, exactly what he's been able to achieve throughout his career. Green Bay's Matt LaFleur is the coach of the year after leading the Packers to a 13-3 record and their highest seed for the playoffs since 2014. LaFleur will coach his first playoff game, though, and 10 members of his staff will make their playoff debut. According SI.com, Seattle's coaching staff has 313 playoff experience, while Green Bay has only 71. Tell Matt (LaFleur) that it's a big advantage for us, okay? Carroll joked this week. Actually, it is. ADVANTAGE: Seahawks Prediction: Packers 27, Seahawks 17 Season record: 12-4 12-4

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