

Rank	Running Back	Trending up	Trending Down	Target
9/7	Last updated	<b>Scott Atkins from SI Fantasy – RUNNING BACK RANKINGS - @ScottFantasy</b>		
1	Christian McCaffrey, CAR	No brainer. You don't need me to tell you how good he is.		
2	Saquon Barkley, NYG	No brainer. You don't need me to tell you how good he is.		
3	Ezekiel Elliott, DAL	These are the ONLY three backs I'd take before Michael Thomas.		
4	Dalvin Cook, MIN	I'm perfectly okay with you reversing this tier, but when Cook is on the field, I think he justifies this draft capital.		
5	Alvin Kamara, NO			
6	Joe Mixon, CIN	With an improved offensive line, Joe Mixon is primed for a big season. <a href="#">He's went over 1,100 yards each of the last two seasons</a> and he might see increased use in the passing game. This is the final year of his rookie deal, so look for him to play lights out as he seeks to improve the 1.2 million this season to somewhere north of 8 million per year in the next contract. UPDATE: He received his contract. He deserved it, but I was hoping he'd play with a chip on his shoulder.		
7	Derrick Henry, TEN	I won't fault you if you decide Henry isn't for you at 7, as 6 through 9 are interchangeable. I just always lean towards the receptions rather than the Touchdown variance, although I don't see much stopping Henry from a repeat performance.		
8	Miles Sanders, PHI	Update: He's expected to be ready week one. A lower body injury, (hamstring) now considered week to week and could miss some time. This drops him at least 5 spots. No competition. Was the #6 RB from weeks 9-16 last season and his usage will likely go up this season, not down.		
9	Clyde Edwards-Helaire, KC	Has everything you look for except the pass protection, which apparently isn't a big deal in KC's shotgun offense. I'm not so sure, which is why I have him here.		
10	Josh Jacobs, LV			
11	Nick Chubb, CLE	Kareem hunt looks really good. Being evaluated for a concussion after a first pads day hit from LB Mack Wilson. C'mon man, this is supposed to be practice! Chubb should get 20 carries+ a game w 40ish receptions. Late last season, we saw his usage tail off I think due in part to no chance for the playoffs. This could happen again.		
12	Kenyan Drake, ARI	I will be honest with you. I'm succumbing to group think on this one. I've never been a big fan, but his top 24ppg fantasy performance over last season's second half was certainly impressive. Hate seeing him in a boot late August. Kingsbury said it was just precautionary, but I'll admit I'm worried.		
13	Aaron Jones, GB	Arguably the best back not named McCaffrey last season. Only 3 20 carry games all season and less than 50 receptions are a concern and the TDs have to come way down from 2019. Having said that, even with a 10 TD regression, he's still a RB1.		
14	Austin Ekeler, LAC	I love his upside, but I worry that the offense will take a step back under Tyrod. Still, Ekeler is a PPR machine and should safely be considered in the turn area of the first round.		

15	James Conner, PIT	
16	Jonathan Taylor, IND	We all know that fantasy playoffs are won in weeks 14-16. By that time, Taylor will be ready to carry you to a fantasy title. The only question is how long it will take for him to supplant Marlon Mack as the lead back. Most assume a timeshare is in the works for this season with Mack, but I don't think it will take the fans very long to see there is a big reason why Taylor was selected with the 41st overall pick in this year's NFL draft. Taylor is 5-10 and 226 lbs., (shorter and heavier than Mack) and ran a 4.39 40 at the combine (so faster too). According to PFF, Taylor forced the most missed tackles of any B1G running back (75, next highest was J.K. Dobbins 52). He recorded a whopping 1,909 yards with over twenty touchdowns (21) but also was used as a pass-catcher with 26 receptions for 252 yards and another five scores. He is my clear No. 1 rookie in this class and it should show right away as he gets to face the second-easiest schedule against running backs in 2020. Make sure you read the recent feature by All Colts Editor Phillip B. Wilson to find out what he predicts Taylor to do in the latter part of the season. I have the 1.01 pick coming up in an industry expert draft and depending on who's there, I'm seriously contemplating taking the Colts rookie at the 2/3 turn, but under no circumstances should you allow him to slip past you in the 4th round. ADP in the 6th is completely absurd.
17	David Johnson, HOU	
18	Le'Veon Bell, NYJ	
19	Todd Gurley, ATL	
20	Chris Carson, SEA	
21	Melvin Gordon, DEN	Remains to be seen what kind of carry workload the two backs will have. I'm guessing 50/50 with receptions leaning to Gordon.
22	J.K. Dobbins, BAL	I think we'll see him used a lot this season. 150 carries with upside for more.
23	Cam Akers, LAR	Explosive. Can't wait to see him play. It's a bit crowded to start the season, but my mid-season, it should be his job to lose.
24	Raheem Mostert, SF	
25	Devin Singletary, BUF	Singletary belongs in this tier. While both Allen and Moss take his TD value away, he should prove to be heavily involved in this offense.
26	Kareem Hunt, CLE	Licking his chops. Would instantly become a RB1 with injury to Chubb. Without, he should still be involved as a time share back and in fourth quarters where the Browns are trailing as he's the better receiver.
27	Leonard Fournette, TB	And just like that, problem solved. He's a Buc and should likely see a good workload of carries in a split backfield with Ronald Jones. 55-30-5 carries split likely between the top 3 backs on the roster.
28	Antonio Gibson, WAS	Good chance to impress with the Guice release. Some scouts say his upside is "The Next Jamaal Charles".

29	David Montgomery, CHI	I like him a lot, but as long as Cohen is vulturing his PPR game, he's dependent on big plays and touchdowns.
30	Tarik Cohen, CHI	Underrated and underutilized. Outscored Montgomery 9 times last season in PPR leagues. If this offense can figure out what it wants to be, both backs could be startable on a weekly basis.
31	D'Andre Swift, DET	Dealing with an injury. Keep an eye on. He might be slow out of the gate, but once he gets going, look out. I think he immediately steps in as the best back on the roster. Kerryon will deserve touches but by mid-season it will be a 60-40 split favoring Swift. He's a target.
32	Mark Ingram II, BAL	200 carries, 5 yards per carry, 10 rushing TDs, including 5 receiving TDs. What more could you ask for in 2019. Now he's 30 so expect this to pull back some as the rookie gets acclimated.
33	Phillip Lindsay, DEN	Our insiders in Denver feel he has enough talent to hold off a furious full court press from Gordon. We could see a dreaded time share situation.
34	Zack Moss, BUF	I think its Singletary's job to lose, but in non PPR leagues I'd bump him ten spots. He's a downhill thumper and should be in the goal line and short yardage packages. Allen is always a threat to vulture as well.
35	Boston Scott, PHI	Scott is a nice roster addition to your fantasy team. He will be useful more than we think and with an injury to Sanders becomes an every week starter.
36	Marlon Mack, IND	Solid handcuff to Taylor with potential for more if Taylor struggles.
37	Matt Breida, MIA	
38	Latavius Murray, NO	Kamara holdout rumors continue so he's rising my board.
39	Tevin Coleman, SF	Represents tremendous value considering the fact remains that Mostert has never been the starter.
40	Chase Edmonds, ARI	With Drake dinged up, we might see an Edmonds opportunity arise. Very interesting flier.
41	Jordan Howard, MIA	
42	Damien Harris, NE	Don't be surprised if Bilichick pulls a fast one and names Harris the day one starter and he never looks back.
43	Ryquell Armstead, JAC	I like him! Just landed on the reserve/COVID list, the second such time he has landed on the list. He may have just been exposed but he should be out for a few weeks. Chris Thompson will see more work while Devine Ozigbo and James Robinson will also get a shot to contribute now. Big, quick feet, impossible to bring down with an arm tackle. Hits the hole extremely hard. Has a great opportunity to seize the job for the time being.
44	Alexander Mattison, MIN	
45	Darrel Williams, KC	Apparently, he's trusted by the coaching staff and may end up splitting carries with the rookie. Wow wow wow.
46	Tony Pollard, DAL	Excellent option that should be more involved this season. Very exciting player.

47	Joshua Kelley, LAC	Looks to have passed Justin Jackson on the depth chart already. He and Ekeler will be fun to watch.
48	Kerryon Johnson, DET	His knee injury put an end to an unimpressive sophomore season (3.6ypc) and he missed 8 games. Swift is better in every way but does represent handcuff potential.
49	Sony Michel, NE	
50	Ronald Jones II, TB	He's rising rapidly. The Vaughn hype has slowed way down.
51	James White, NE	Without Brady, I'm just not seeing it.
52	Chris Thompson, JAC	A PPR dream but hasn't been healthy since 2017.
53	Benny Snell Jr., PIT	TARGET. His ADP is 206 RB79, so as you can see, I'm much higher on him than others. If Conner misses time, its Snell's job to lose.
54	A.J. Dillon, GB	Oh my. This pick screams of potential. They will find a way to get him in the fold and this will be detrimental to Jones RB1 status. He's that good. He's a downhill runner who should really get going in the cold month of December at Lambeau.
55	Devine Ozigbo, JAX	Gets an opportunity. 5-11, 222 lbs. 4.7 40. Played at Nebraska where he produced an impressive 7.1 yards per carry.
56	Darrell Henderson, LAR	
57	James Robinson, JAX	Another back on the depleted Jacksonville roster that has a chance to contribute on early downs. Undrafted from Illinois State with 4,400 rushing yards and 44 TDs but the film looks solid. Looking more and more like a Robinson/Ozigbo backfield with Thompson the 3rd down back. This running game is in trouble.
58	Jerick McKinnon, SF	Keep hearing rumors that he might be immediately better than Tevin Coleman on day one now that he's fully healthy. Keep an eye on.
59	Bryce Love, WAS	He might just be the most well rounded back on the roster. Gibson is still my preference, but Love had something special in his early college years.
60	Malcolm Brown, LAR	Don't be surprised if he leads in touches through the first few weeks.
61	Duke Johnson, HOU	
62	Darrynton Evans, TEN	There's a lot to like about Evans but he hasn't flashed well in camp. Talent usually rises to the top, so I think by mid-season he is a serviceable PPR lightning to Derrick Henry's thunder.
63	Anthony McFarland Jr., PIT	You have to watch his video highlights to appreciate how special this kid might be. He's rising up my board.
64	Adrian Peterson, DET	Now a Lion, may contribute until Swift returns from injury and maybe longer.
65	Nyheim Hines, IND	
67	Carlos Hyde, SEA	

68	Darwin Thompson, KC	The KC backfield has potential if the rookie doesn't hit right out of the gate.
69	Ke'Shawn Vaughn, TB	Has missed time on the COVID list and the other backs have shined. Has long term upside and if RoJo falters in any way (injury, fumbling, COVID etc.) Vaughn could pounce and steal the job.
70	Jamaal Williams, GB	
71	Justin Jackson, LAC	
66	Eno Benjamin, ARI	With Drake already dinged up, Eno might get called up. Don't be surprised if its Edmonds/Eno week one.
72	Peyton Barber, WAS	One of the few backs remaining on the roster. Don't be surprised when he has more carries than anyone else.
73	Lamical Perine, NYJ	
74	Frank Gore, NYJ	
75	Mike Davis, CAR	Now the handcuff to McCaffrey.
76	Rashaad Penny, SEA	May take him some time to return from last year's injury but should contribute when he does.
77	Lynn Bowden Jr., MIA	Was traded probably due to off the field conduct and may be switched to WR in Miami. A big playmaker with the ball in his hands.
78	Giovani Bernard, CIN	
79	LeSean McCoy, TB	I think he'll be cut or traded at the first sign of injury on the roster.
80	Mike Boone, MIN	Looked good in limited action last year.
81	DeeJay Dallas, SEA	
82	Justice Hill, BAL	
83	Gus Edwards, BAL	
84	Brian Hill, ATL	
85	Ito Smith, ATL	
86	Jalen Richard, LV	
87	Dion Lewis, NYG	
88	Rex Burkhead, NE	
89	Devonta Freeman, FA	May get signed, but some report he's not in game ready shape so would need time before contributing.

90	Royce Freeman, DEN	
91	Jaylen Samuels, PIT	
92	Kyle Juszczyk, SF	
93	DeAndre Washington, KC	Cut by the Chiefs.
94	Dare Ogunbowale, FA	Cut by the Bucs after the Fournette signing.
95	Lamar Miller, FA	Cut by the Patriots.
96	Reggie Bonnafon, FA	Cut by the Panthers. Mike Davis is now the CMC handcuff
97	Derrius Guice, FA	Cut and released for alleged crimes.