

2024-2025

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WHO IS THE TRUE

MVP

UNANIMOUS

ROTY

MOST IMPROVED

PLAYER

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THE 2025 NFL YEARBOOK

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A close-up, low-angle shot of Lamar Jackson wearing a Baltimore Ravens helmet. He is looking upwards with a determined expression. The background is a vibrant, colorful nebula or galaxy, creating a dramatic and cosmic atmosphere. The helmet is black with purple and gold accents, featuring the Ravens logo.

THE TRUE MVP

LAMAR JACKSON

The 2025 NFL MVP race was one of the closest of all-time, with Josh Allen narrowly beating out Lamar Jackson to win the 2024 NFL MVP award despite Jackson being named the 2024 first-team All Pro by the same organization and group of voters that select both awards. The stats and record were on Jackson's side, were the voters afraid of giving Jackson his third MVP, or did Josh Allen truly deserve it.

LAMAR JACKSON

The Scrambler

Lamar Jackson is poised to win his third NFL MVP award, and for good reason. After starting the season 0-2, Jackson has led the Baltimore Ravens on an incredible winning streak to secure the AFC North title. The Ravens have only lost four games since Week 3, three of those being regular season games.

Jackson's dynamic play has been the key to their success. Jackson has thrown for 4,172 yards (6th in the league) and 41 touchdowns (2nd most), while only throwing four interceptions—a significant improvement from his past seasons. His dual-threat ability remains his most dangerous weapon, rushing for over 900 yards and scoring four rushing touchdowns. Defensive coordinators continue to struggle to contain Jackson, who is a nightmare for pass rushers.

This recent weekend in a divisional game against the Buffalo Bills, he started the game shaky with two turnovers but ended up beating Allen in almost every statistical category. When comparing Josh Allen and Lamar Jackson, Allen is more of a commanding player and may be more valuable to the Bills, but he hasn't had a strong enough passing season, unlike Jackson. Jackson's combination of passing efficiency, rushing dominance and leadership make him the most deserving candidate for the 2025 NFL MVP award.



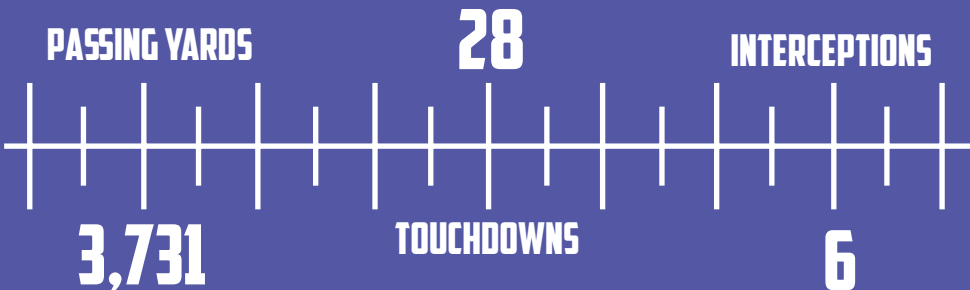
JOSH ALLEN

The Gun Slinger

In any other season, Josh Allen might have been a lock for MVP. He led the Buffalo Bills to a 13-4 record, highlighted by a pivotal Week 13 victory over the previously undefeated Kansas City Chiefs. Allen's passing numbers aren't as impressive as other candidates—he ranks 14th in passing yards and 7th in passing touchdowns. However, his dual-threat capability as both a passer and rusher sets him apart.

He didn't put up very impressive stats in the recent divisional game against the Baltimore Ravens with under 130 passing yards. Now people are just wondering if he can finally beat the Chiefs in the AFC Championship after losing to them in three playoff games in the past four years. One of his most memorable moments this season came when he caught his own pass for a touchdown, a highlight that will be remembered for years.

Despite his leadership and highlight-reel plays, his overall statistics fall short compared to others in the race, but his record and bad defense keep him a possible lock for MVP. NFL MVP, voted on by the Associated Press, has morphed into a quarterback award.



THE BREAKDOWN



While Saquon Barkley, Joe Burrow, and Ja'Marr Chase have been left vying for the consolation prize of AP Offensive Player of the Year at the NFL Honors, Lamar Jackson and Josh Allen stand alone as legitimate contenders for most valuable. Jackson, who has won MVP for the Ravens twice, including in 2023, is trying to join an exclusive all-time group of six players who have earned three or more MVPs.

That will make him a lock for the Pro Football Hall of Fame following Jim Brown, Johnny Unitas, Brett Favre, Peyton Manning, Tom Brady, and Aaron Rodgers. Jackson is also trying to join, Brown, Favre, Manning, Rodgers, and Joe Montana as the only players to repeat as MVP. Allen, however, is positioned to play spoiler with his first such award, also hoping to become the first Bills player to win it since Thurman Thomas in 1991.

Lamar Jackson and Josh Allen both started 17 games, but Jackson played in most of the Week 18 contest while Allen left after the first snap. Still, when weighing these numbers, Jackson was the better, more prolific, and efficient passer in 2024. It's also notable that Jackson's positive marks are career highs, better than his MVP work in '19 and '23. Jackson also led the league in YPA and rating in 2023, while Burrow took home the TD and yardage crowns.



THE IMPACT

Although it's admirable Allen threw a career-low six interceptions, none of his other marks are career bests or 2024 league-bests. When looking at the side-by-side numbers without considering to whom they belong, Jackson should have the edge. But can Allen make up ground on the ground? Jackson also leads here in two categories, so the only real difference is the fact Allen scored three times as often rushing than Jackson. But Jackson still accounted for 45 combined TDs to 40 for Allen.

If running is supposed to be the difference-maker, it's not there for Allen. Then it comes down to what they did in big games, including against each other. Allen did have the two highest-profile QB wins, taking down the Chiefs and Lions, now both the respective No. 1 seeds in each conference. Jackson did fall in massive games against the Chiefs and Eagles, the NFC No. 2 seed, but the Ravens also beat the Commanders, Buccaneers, Broncos, Chargers, Steelers, and Texans, or six of the 14 playoff teams. Oh, wait, make that seven. Jackson's Ravens also beat Allen's Bills to make it half of the playoff teams. Jackson's Ravens did lose to Allen's Bills at Buffalo in a 27-25 divisional playoff thriller, but knowing NFL MVP is, given for the regular season, Jackson won the relevant head-to-head meeting.



“Were the voters affarid of giving Jackson his third MVP, or did Josh Allen truely deserve it?”

Recency bias be damned, but way back in a Week 4 game that counts like the rest of them, the Ravens beat the Bills, 35-10. Allen combined for 201 passing and rushing yards and didn't produce a TD for his team. Jackson? He went for 156 yards and two TDs through the air and 54 yards and two TDs on the ground. Jackson has now gone three-for-three in saying he should be the easy MVP over Allen.