

2026 Fantasy Football Sleepers & Busts

Draft-Day Cheat Sheet | Sleepers - Breakouts - Busts

Draft values shift every August as camps open. These are our players to target and to fade for 2026 - use them alongside your rankings, not instead of them.

Sleepers to Target

Player	Pos	Team	Why
Travis Etienne Jr.	RB	Jaguars	Featured touches plus pass-game work at a discount.
Cam Skattebo	RB	Giants	Physical runner in line for a bigger workload.
Jonathon Brooks	RB	Panthers	Talented back returning to a lead role.
Michael Pittman Jr.	WR	Colts	Steady target volume priced as a WR3.
Wan'Dale Robinson	WR	Giants	High-floor PPR slot with growing targets.
Rome Odunze	WR	Bears	Year-three leap candidate with alpha upside.
Isaiah Likely	TE	Ravens	Ascending red-zone weapon at a cheap price.
Chig Okonkwo	TE	Titans	Low-cost tight end with a target bump coming.

Breakout Candidates

Player	Pos	Team	Why
Omarion Hampton	RB	Chargers	Featured early-down and goal-line role.
Jeremiyah Love	RB	Cardinals	Explosive rookie with three-down upside.
Luther Burden III	WR	Bears	Dynamic slot with an expanding route tree.
Emeka Egbuka	WR	Buccaneers	Efficient target-earner poised for a jump.
Colston Loveland	TE	Bears	Athletic tight end set for a bigger role.

Busts to Avoid at Cost

Player	Pos	Team	Why
Christian McCaffrey	RB	49ers	Elite price with real age and injury risk.
Derrick Henry	RB	Ravens	Age-cliff risk at a top-tier cost.
Josh Jacobs	RB	Packers	Workload and efficiency regression risk.
Rashee Rice	WR	Chiefs	Cost up on uncertain volume and availability.
Mike Evans	WR	Buccaneers	Touchdown-dependent as target share thins.
Kyle Pitts	TE	Falcons	Perennial hype that outruns the output.

How to use this sheet: sleepers are late-round upside picks, breakouts are ascending players worth a slight reach, and busts are talented names whose draft price has outrun their likely production. Adjust for your league's scoring and roster size.