

Free Picks – January 5th Weekend

It was a great week for football at TopSportsTips last weekend. The NFLTopPicks team has hit 4 in a row with the Packers' victory against the Bears. This week we return with two strong plays on NBA and NFL to start 2007 off right.

As you know, we tend to be cautious laying a heavy number, but this situation appears solid for Suns fans, with Phoenix favored big against Miami. Shaq and Wade were both out when Phoenix beat Miami on Dec. 13 but this time around, the Heat have even bigger problems. Struggling Miami Heat are playing their 4th game without all-star guard Dwyane Wade who suffered a sprained wrist. Making matters worse, forwards Antoine Walker and James Posey were deactivated because their body fat levels are 1 percent over team orders.

On the other hand, Phoenix has been one of the strongest home teams this season, at 12-3. The Suns are on an four game win streak, and 13-1 against the Eastern Conference this season. We're not convinced the Heat will make a game of this, particularly since they've been unable to hit the century mark in 4 consecutive games. Finally, the Heat have got to be demoralized heading into this one against the NBA's highest-scoring team, whereas the Suns are back at their home court after winning all three on the road, and will come out pumped up, running and gunning.

- Play Phoenix Suns, ATS.

Both the Seattle Seahawks and the Dallas Cowboys finished the regular season in disappointment as they lost three of last four games. However, we like the Cowboys this week since they are a much more talented team than the Seahawks this season. Seattle is no longer a dominant team at home. They finished 5-3 at home after going 10-0, including two playoff victories, at the Qwest Field last season. They faced just one team with a winning record and two playoff teams during this season's home games.

Injuries are still the key issue for the Seahawk's offense. Now Darrel Jackson and three linemen are questionable. Even though Hasselbeck and Alexander are back to full strength, neither of them has looked as impressive as they did a year ago. In five December games, Hasselbeck threw for 1,036 yards, five touchdowns and five interceptions while completing 56.6 percent of his passes. He matched a career high with 15 interceptions this season despite playing only 12 games after missing time with a sprained knee. Alexander, who missed six games with a broken foot, is averaging just 3.6 yards per carry and has seven touchdowns and three fumbles.

Meanwhile, Dallas seems to play better on the road, as they come into this game with a 5-3 road record, which surpasses their home record. Also, Bill Parcells won't let games like last week happen too often and we expect a big bounce back for the Cowboys.

- Play Dallas Cowboys, ATS.

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