

# Today's LIVE Bets: 9/29/2025

## NFL: New York Jets vs Miami Dolphins - 1 Unit (-105) - 7:10pm ET

[Against the Spread](#) - 👉 Click to get more info on tonight's match up

Under 44.5

### Analysis:

Two winless teams meet in Miami, but the sharper angle sits on the total. AFC East clashes with spreads of three or fewer have historically leaned low-scoring, with a long-term record of 77-38-4 (67%) to the Under when the number is set above 41.5. That trend lines up with what both sides have shown early in 2025: inconsistency on offense and defenses capable of tightening in divisional spots. The Dolphins have given up points in bunches this season, but they've also failed to move the ball efficiently, ranking bottom five in passing yards per game while averaging under 19 points. New York, meanwhile, has quarterback questions with Justin Fields banged up and Tyrod Taylor possibly stepping in again. The Jets have managed just 144 passing yards per game and are built around Breece Hall's ground attack, which tends to slow pace and limit possessions. Public money leans toward the Over with two shaky defenses on the field, but divisional familiarity and the matchup history point the other way. Expect a grind-it-out battle where both teams settle for field goals more often than touchdowns. The Under 44.5 is the sharper side on Monday night. **The public and money are both on the over, with 65% of the public and 56% of the money on the over to hit.**

## WNBA: Indiana Fever vs Las Vegas Aces - 1 Unit (-110) - 9:30pm ET

[Against the Spread](#) - 👉 Click to get more info on tonight's match up

Aces -7.5

### Analysis:

It's win-or-go-home in Vegas as the Aces look to punch their ticket to a fourth Finals in seven years. After dropping Game 4 in Indiana, Las Vegas returns home where they've been dominant, winning 10 of their last 11 at Michelob Ultra Arena by an average margin of 12.3 points. A'ja Wilson continues to be the series' centerpiece, coming off a 31-point performance despite the loss. The supporting cast - Jackie Young and Chelsea Gray - should find more room with Indiana's defense stretched thin after giving up 87+ in back-to-back games. Trends also line up on the side of the chalk. Indiana is just 8-16 ATS in its last 24 games when catching more than seven points, while .600+ win-percentage teams are a perfect 13-0 ATS as favorites of six or more after surrendering 87+ in a playoff game. With the Fever leaning heavily on Aliyah Boston and Kelsey Mitchell, fatigue and depth could show on the road in this high-leverage spot. The number at -7.5 may look hefty, but expect the Aces' firepower and home-court edge to carry them through to a double-digit win. **There's no information about the public or sharp sides for this game.**