

NEW YORK GIANTS 2026 SEASON PREVIEW

One-page printable cheat sheet · All times Eastern · Track your season in the W/L column

SPORTS WIRE NETWORK

HEAD COACH	2025 RECORD	2025 PLAYOFFS	BYE WEEK	HOME OPENER
John Harbaugh (Yr 1)	4–13 · 4th NFC East	Missed playoffs	Week 8	Sun Sept 13 vs DAL

2026 SCHEDULE & RESULTS TRACKER

WK	DATE	OPPONENT	TIME (ET)	RESULT
1	Sun Sept 13	vs Dallas Cowboys	8:20 · SNF	_____
2	Mon Sept 21	at Los Angeles Rams	8:15 · MNF	_____
3	Sun Sept 27	vs Tennessee Titans	1:00	_____
4	Sun Oct 4	vs Arizona Cardinals	1:00	_____
5	Sun Oct 11	at Washington Commanders	1:00	_____
6	Sun Oct 18	vs New Orleans Saints	1:00	_____
7	Sun Oct 25	at Houston Texans	1:00	_____
8	—	BYE WEEK	—	_____
9	Sun Nov 8	at Philadelphia Eagles	1:00	_____
10	Thu Nov 12	vs Washington Commanders	8:15 · TNF	_____
11	Sun Nov 22	vs Jacksonville Jaguars	1:00	_____
12	Sun Nov 29	at Indianapolis Colts	1:00	_____
13	Sun Dec 6	vs San Francisco 49ers	1:00	_____
14	Sun Dec 13	at Seattle Seahawks	4:25 · FOX	_____
15	Sun Dec 20	vs Cleveland Browns	1:00	_____
16	Mon Dec 28	at Detroit Lions	8:15 · MNF	_____
17	Sun Jan 3	at Dallas Cowboys	1:00	_____
18	Sun Jan 10	vs Philadelphia Eagles	TBD*	_____

Home games in bold. *Dates/times set by NFL flex scheduling.
Preseason: vs Vikings · at Dolphins · at Jets

NOTABLE DEPARTURES

- DT Dexter Lawrence — traded to Cincinnati for the

ROOKIES TO WATCH

- LB/EDGE Arvell Reese (Ohio State, Rd 1)
- OT Francis Mauigoa (Miami, Rd 1)
- CB Colton Hood (Tennessee, Rd 2)
- WR Malachi Fields (Notre Dame, Rd 3)

THE RETURNING CORE

- QB Jaxson Dart — NFC Off. Rookie of the Month
- OLB Abdul Carter
- LB Bobby Okereke — NFC Def. POW, Week 18

THE OUTLOOK

Coming off 4–13 and a missed postseason, 4th in the NFC East.
4 primetime dates (Weeks 1, 2, 10, 16).
Bye falls in Week 8.

2026 NFL MILESTONES

- Aug 30 — Final roster cuts to 53
- Nov 10 — Trade deadline
- Jan 16–18 — Wild Card Weekend
- Feb 14 — Super Bowl LXI, SoFi Stadium