

DALLAS COWBOYS 2026 SEASON PREVIEW

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

SPORTS WIRE NETWORK

HEAD COACH	2025 RECORD	2025 PLAYOFFS	BYE WEEK	HOME OPENER
Brian Schottenheimer	7–9–1 · 2nd NFC East	Missed playoffs	Week 14	Sun Sept 20 vs WSH

2026 SCHEDULE & RESULTS TRACKER

WK	DATE	OPPONENT	TIME (CT)	RESULT
1	Sun Sept 13	at New York Giants	7:20 · SNF	_____
2	Sun Sept 20	vs Washington Commanders	3:25 · FOX	_____
3	Sun Sept 27	vs Baltimore Ravens	3:25 · Intl	_____
4	Sun Oct 4	at Houston Texans	Noon	_____
5	Thu Oct 8	vs Tampa Bay Buccaneers	7:15 · TNF	_____
6	Sun Oct 18	at Green Bay Packers	7:20 · SNF	_____
7	Mon Oct 26	at Philadelphia Eagles	7:15 · MNF	_____
8	Sun Nov 1	vs Arizona Cardinals	Noon	_____
9	Sun Nov 8	at Indianapolis Colts	Noon	_____
10	Sun Nov 15	vs San Francisco 49ers	3:25 · FOX	_____
11	Sun Nov 22	vs Tennessee Titans	Noon	_____
12	Thu Nov 26	vs Philadelphia Eagles	3:30 · Thnx	_____
13	Mon Dec 7	at Seattle Seahawks	7:15 · MNF	_____
14	—	BYE WEEK	—	_____
15	Sun Dec 20	at Los Angeles Rams	3:25 · CBS	_____
16	Sun Dec 27	vs Jacksonville Jaguars	7:20 · SNF	_____
17	Sun Jan 3	vs New York Giants	Noon	_____
18	Sun Jan 10	at Washington Commanders	TBD*	_____

Home games in bold. *Dates/times set by NFL flex scheduling.
Preseason: at Seahawks · at Cardinals · vs Saints

KEY OFFSEASON ADDITIONS

- EDGE Rashan Gary — trade
- S Jalen Thompson
- CB Cobie Durant
- S P.J. Locke
- QB Sam Howell
- EDGE Von Miller

NOTABLE DEPARTURES

- DT Osa Odighizuwa — traded to San Francisco
- DL Solomon Thomas — traded to Tennessee
- WR Jalen Tolbert
- LB Logan Wilson — retired

ROOKIES TO WATCH

- S Caleb Downs (Ohio State, Rd 1)
- EDGE Malachi Lawrence (UCF, Rd 1)
- LB Barham (Rd 3)

THE RETURNING CORE

- QB Dak Prescott
- WR CeeDee Lamb
- K Brandon Aubrey — Three 55+ yd FGs in one game
- WR George Pickens — 1,429 yds in 2025
- RB Javonte Williams
- DT Quinnen Williams — Acquired from NYJ

THE OUTLOOK

Coming off 7–9–1 and a missed postseason, 2nd in the NFC East.
Week 3 is played abroad in Rio de Janeiro.
6 primetime dates (Weeks 1, 5, 6, 7, 13, 16).
Bye falls in Week 14.

2026 NFL MILESTONES

- Nov 10 — Trade deadline
- Jan 10 — Regular season ends (Week 18)
- Jan 16–18 — Wild Card Weekend
- Feb 14 — Super Bowl LXI, SoFi Stadium

Scores, injuries & tonight's game — updated daily: dfwsportswire.com/cowboys

Never miss a kickoff — free weekly email: dfwsportswire.com/cowboys-printable-schedule

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