

Core Sports Betting Newsletter - 07-09-2026

Hi All,

This week's articles take a closer look at some of the statistics that can provide an edge across combat sports and the NFL. From evaluating a boxer's knockout power to understanding takedown defense in MMA and identifying the NFL metrics that matter most, these guides focus on using meaningful data to make smarter betting decisions.

- [How to Use Knockout Percentage in Boxing Betting](#) – Learn when knockout percentage is a valuable indicator, when it can be misleading, and how to apply it alongside other boxing statistics.
- [How to Use Takedown Defense in MMA Betting](#) – Discover why takedown defense is one of the most important metrics in mixed martial arts and how it can influence fight outcomes.
- [The Most Predictive NFL Statistics for Betting: Metrics That Matter Most](#) – Explore the advanced and traditional NFL statistics that have the strongest connection to future performance and betting value.

As always, be well and bet smart.

--

Quote of the Week

"The fight is won or lost far away from witnesses—behind the lines, in the gym, and out there on the road." - *Muhammad Ali*

--

CSB Sports Betting Courses

Learn a structured, step-by-step approach to sports betting with CSB's NHL and MLB handicapping courses. Each course teaches a complete system for evaluating games, identifying qualified wagers, and managing your bankroll with discipline and consistency. Every strategy has been backtested over 10+ years, and the full backtesting results are included so you can see exactly how the systems have performed over time.

[Bounce-Back Regression - MLB Handicapping Course](#)

A structured MLB system focused on identifying value opportunities after lopsided losses, using regression principles and defined criteria to uncover qualified bounce-back situations.

[Hockey Pipes - NHL Handicapping Course](#)

A step-by-step system for identifying qualified NHL wagers using defined criteria and structured bankroll management.

[Payoff Pitch - MLB Handicapping Course](#)

A complete MLB betting framework that shows you exactly how to evaluate games and consistently identify qualified betting opportunities.

--

Articles of the Week

[How to Use Knockout Percentage in Boxing Betting](#)

Boxing bettors often focus on records, championship experience, recent performances, and betting odds when analyzing a fight. While those factors certainly matter, there are other statistics that can provide valuable insight into how a matchup may unfold. One of the most discussed and misunderstood metrics in boxing is knockout percentage.

[Read More](#)

[How to Use Takedown Defense in MMA Betting](#)

When most bettors analyze an MMA fight, they tend to focus on knockout power, striking volume, recent win-loss records, or submission finishes. While all of those factors can certainly influence a fight, one of the most overlooked statistics in MMA betting is takedown defense. A fighter's ability to prevent takedowns often determines where a fight takes place, which can dramatically affect the outcome.

Understanding how to use takedown defense in MMA betting can provide an advantage because many casual bettors underestimate how important defensive wrestling can be. A fighter does not necessarily need to be an elite wrestler to win fights. In many cases, simply being able to stay on their feet is enough to neutralize an opponent's greatest strength.

[Read More](#)

[The Most Predictive NFL Statistics for Betting: Metrics That Matter Most](#)

Every NFL season, bettors are flooded with statistics. Television broadcasts highlight passing yards, rushing totals, and time of possession. Sportsbooks publish trends, while analysts discuss records and scoring averages. The challenge is that not every statistic is equally useful when trying to predict future results.

[Read More](#)

--

Free Sports Betting Calculators

Make smarter betting decisions using [CoreSportsBetting.com's free tools](#). These calculators help you understand true odds, manage bankroll risk, and plan profitable betting cycles using structured, math-based analysis.

- [Moneyline Calculator](#) - Convert odds, implied probability, and profit instantly

- [Parlay Calculator](#) - Calculate combined odds, payout, and total profit
- [Kelly Criterion Calculator](#) - Determine the optimal bet size based on your edge
- [No-Vig Odds Calculator](#) - Reveal the true fair odds behind sportsbook margins
- [Cycle Profit Recovery Calculator](#) - See exactly what's needed to finish a cycle profitable
- [Losing Streak Probability Calculator](#) - Understand variance and prepare for inevitable streaks
- [Winning Percentage vs Moneyline Calculator](#) - Compare your win rate to odds to quickly identify if a bet offers value

These are the same tools used by disciplined bettors to remove emotion and make confident, informed wagering decisions.

--

Until next time, make it a great day!

J. Jefferies