

Minnesota Vikings: 2023 Season Outlook



By [Jorden Hampton](#) June 8, 2023

The 2023 offseason has been eventful for the Minnesota Vikings. Star Running Back Dalvin Cook is set to be released Friday according to NFL Network Reporter Tom Pelissero.

Cook's name has been in the headlines for weeks. Sports reporters believe Cook will land with the Miami Dolphins. The Broncos could also pursue Cook.

Cook's production has been top-notch. Cook has rushed for 5,993 yards which ranks third in Vikings' history. Cook has scored 47 touchdowns.

Where are the Vikings Going?

The Minnesota Vikings enjoyed a successful 2022 season. Vikings football went 13-4 and won the NFC North. Wide Receiver Justin Jefferson won Offensive Player of The Year.

So where do the Vikings go from here? Minnesota has changed its roster and were active in the offseason. Minnesota's front office moved on from Defensive Coordinator Ed Donatell.

Minnesota's [defense](#) ranked 31st and allowed 388.7 yards per game. Brian Flores was hired as the new defensive coordinator.

Minnesota released core players like Adam Thielen and Eric Kendricks. Thielen was a valuable player for the Vikings. During [his career](#), Thielen caught 534 passes, recorded 6,682 yards and

scored 55 receiving touchdowns. [Kendricks](#) recorded 919 tackles, 15 sacks, forced four fumbles, had six fumble recoveries and nine interceptions.

Defensive End Danielle Hunter is on the trading block. Hunter has recorded 378 tackles, 71 sacks, forced seven fumbles and recovered four fumbles.

Quarterback Kirk Cousins has one year left on his [contract](#). Cousins has a \$20.2 million cap hit. Minnesota drafted Hendon Hooker in the 2023 NFL Draft.

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It seems like the Vikings are trying to get younger and gain more capital. Moving on from large contracts helps Minnesota's salary cap. Minnesota's offense and defense features young players like Justin Jefferson, Alexander Mattison, Lewis Cine and Mekhi Blackmon.

Minnesota is in a unique spot. Minnesota has talented skill players and Kevin O'Connell is a good coach. The NFC North is wide open and filled with unproven rosters. Minnesota has a chance to defend its NFC North crown and prove 2022 wasn't a fluke.

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