2 Winning Strategies for MLB Betting

by Sports Insights
Baseball may be referred to as America’s Pastime, but it’s also the sport which can turn the highest profit.

The MLB season is long and this gives you even more opportunities to take advantage of your edge and maximize your units won. In comparison to the 256 NFL games played in a normal regular season, the MLB plays 2,430 games. Even though the ROI is exactly the same for both sports, the sheer volume of wagering opportunities creates a significant difference in the amount of units won for each sport. A 2% edge in baseball offers exponentially more wagering opportunities than football and, in turn, a profit that’s more than 9.5 times greater.

Also, when betting baseball you don’t have to win 52.38% of your games to break even. Because baseball is a low scoring sport, it is bet on the moneyline. This means you are simply wagering on who will win the game. Lower winning percentages can still be extremely profitable because of the plus-payouts of moneyline underdogs.

Baseball is a great sport to be good at, and we’ve got it down to a science. See how you can use our edge to make baseball your most profitable sport by using the following 2 MLB betting strategies.

**Underdogs with High Totals**

We examined the relationship between totals (also known as the over/under) and the performance of underdogs and found that as totals increased, underdogs performed increasingly well. High totals mean more scoring and more unpredictability and this tends to benefit the underdog.

Since 2005, you would have gone 6,934-8,970 with +69.26 units won by taking every underdog when the closing total is at least 8.5.

For example, let’s say the Colorado Rockies are hosting the Arizona Diamondbacks. Since Coors Field is renowned for being one of the best “hitter’s parks,” let’s assume that the closing total is 11. That means that oddsmakers are expecting both teams to score a lot of runs, and therefore each run is comparatively less valuable.

Assuming that the Diamondbacks are +150 underdogs, they would likely provide additional value since this volatility levels the playing field. That disproportionately benefits the team getting plus money, since they can still win less than 50% of their games and remain profitable.

You should not be betting on every underdog when the total is at least 8.5, but it continues to be a profitable trend that should be taken into consideration when you’re placing a bet.
Betting Against the Public

We’ve said it time and time again: you should always bet against the public. It’s our contrarian and highly profitable mantra.

The public loves to bet favorites and overs, so most of our contrarian betting systems focus on underdogs and unders. It’s human nature to root for winners and scoring, and the media tends to over-hype these teams, which furthers this tendency.

Imagine the sports betting marketplace as a seesaw. If too many people load up on one side (typically caused by an overreaction to recent results), oddsmakers need to even the weight and minimize their risk, so they adjust the line and encourage action on their opponent. If you’re willing to take the unpopular side and go against the grain, these shaded lines create additional value.

Our earlier analysis found that underdogs have been extremely profitable when the closing total is at least 8.5. Additional research found that when these teams receive less than 30% of moneyline bets, they have gone 2,513-3,494 with +132.43 units won. This has made it the most profitable range for contrarian betting.

We constantly advocate that you should buy on bad news and sell on good. Most uneducated or “square” bettors overreact to recent results and overvalue the league’s elite teams. For that reason, there’s typically value in taking teams after a loss or fading teams atop the standings.

Since the league’s top teams typically win between 95-100 games each season, we decided that teams with a winning percentage of at least 60% would be considered elite. We look at betting against – or “fading” - these upper echelon teams, since the start of the 2005 season, and found tremendous value with a 15.8% return on investment, or $15.80 profit for every $100 bet.

While 15.8% is great, we went even further. Baseball is a long grind with a grueling 162-game schedule so we looked at betting against tired teams. It turns out, when opposing teams have played at least six games in the past seven days, that return on investment jumps from 15.8% to 19.2%, a $19.20 profit on every $100 bet.

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