



Football Trading Room

The Football Trading Club

Tuesday, 6 January 2026

Good day,

I hope this finds you well. We turn our attention to Premier League action as West Ham United host Nottingham Forest at the London Stadium, with both sides locked in a tense relegation battle and separated by just four points.

Fixture: West Ham United vs Nottingham Forest

Competition: English Premier League

Date & Time: Monday, 6 January 2026 — 20:00 GMT

Venue: London Stadium



[Form](#) | [Standings](#) | [Head-to-Head](#)

West Ham United

- Position: 18th | Points: 14 | Record: W3 D5 L12
- Last match: Wolves 3–0 West Ham (Away, 3 January — 3 days ago)
- Last 5 (League): D-L-L-L-L | 0.20 PPG
- Home form: W2 D1 L7

Nottingham Forest

- Position: 17th | Points: 18 | Record: W5 D3 L12
- Last match: Aston Villa 3–1 Nottingham Forest (Away, 3 January — 3 days ago)

- Last 5 (League): W-L-L-L-L | 0.60 PPG
- Away form: W2 D2 L6

Head-to-Head (Premier League)

- Last meeting: Nottingham Forest 0–3 West Ham (August 2025)
- Previous 5 league meetings: West Ham 2 wins, Forest 3 wins



Key Stats and Metrics (League Only)

Metric	West Ham	Nottingham Forest
Goals For / Against	21 / 41	19 / 33
Avg Goals Scored	1.22 (home)	0.70 (away)
Avg Goals Conceded	2.30 (home)	1.42 (away)
xG / xGA / xGD (per match)	1.16 / 1.77 / -0.61	1.12 / 1.55 / -0.43
Clean Sheets	5% (0% home)	25% (20% away)
Failed to Score	40% (home 40%)	50% (away 60%)
BTTS	55% (home 60%)	45% (away 30%)
Over 2.5 Goals	45% (home 40%)	50% (away)
Over 3.5 Goals	25%	20%
Shots on Target / 90	4.01	3.62
Goals per SoT	0.29	0.26
SoT Against / 90	5.48	4.96



Injuries / Absentees

West Ham United:

- Out: Fabiański (Goalkeeper), Diouf (Defender), Todibo (Defender), Wan-Bissaka (Defender)
- Doubtful: Paquetá (Midfielder), Todibo (Defender)

Nottingham Forest:

- Out: Chris Wood (Forward)
- Doubtful: Hudson-Odoi (Winger), Ndoye (Winger)

Summary

Match Odds: West Ham 3.25 | Draw 3.50 | Nottingham Forest 2.42

This is a high-pressure relegation fixture between 18th and 17th, and the data reflects two sides struggling for control and confidence. West Ham's defensive numbers are among the weakest in the league, conceding over 2.3 goals per home match and keeping no clean sheets at the London Stadium. Their negative xGD highlights structural issues rather than short-term variance.

Forest's away output is limited in terms of creativity (just 0.70 goals scored per away game), but they remain competitive through organisation and have shown a slightly better defensive base on the road than West Ham at home. Both sides are missing key attacking options, yet West Ham's need to chase points at home is likely to create a stretched game state.

Given West Ham's defensive fragility, Forest's counter-attacking threat, and the general volatility associated with relegation six-pointers, a goals-based angle remains the most reliable way to approach this fixture.

Recommendation

Market: Over / Under 2.5 Goals

Selection: Over 2.5 Goals

Price: 2.00

Points: 5

🔗 <https://www.betfair.com/exchange/plus/football/market/1.252247790>

 **Value Assessment**

Estimated Probability: 55%

Fair Value Price: 1.82

Market Price: 2.00

Value: +9.89% (Decent Value)

All prices are quoted from Betfair Exchange and are subject to change.

Best regards,

[Football Trading Club](#)