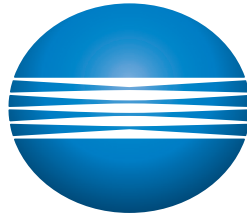




LOS ANGELES RAMS



KONICA MINOLTA

**LOS ANGELES RAMS
TRAINING CAMP
RELEASE**





THE LOS ANGELES RAMS EMBARK ON 2019 CAMPAIGN SEEKING THIRD-STRAIGHT NFC WEST TITLE



2019 SCHEDULE

PRESEASON				
Aug. 10	at Oakland Raiders	5:00 p.m. (Sat.)	KCBS	
Aug. 17	Dallas Cowboys (Honolulu)	7:00 p.m. (Sat.)	KCBS	
Aug. 24	Denver Broncos	6:00 p.m. (Sat.)	KCBS	
Aug. 29	at Houston Texans	5:00 p.m. (Thur.)	KCBS	
REGULAR SEASON				
Sept. 8	at Carolina Panthers	10:00 a.m.	FOX	
Sept. 15	New Orleans Saints	1:25 p.m.	FOX	
Sept. 22	at Cleveland Browns	5:20 p.m. (SNF)	NBC	
Sept. 29	Tampa Bay Buccaneers	1:05 p.m.	FOX	
Oct. 3	at Seattle Seahawks	5:20 p.m. (Thur.)	FOX/NFLN	
Oct. 13	San Francisco 49ers	1:05 p.m.	FOX	
Oct. 20	at Atlanta Falcons	10:00 a.m.	FOX	
Oct. 27	Cincinnati Bengals (London)	10:00 a.m.	CBS	
BYE WEEK				
Nov. 10	at Pittsburgh Steelers	1:25 p.m.	FOX	
Nov. 17	Chicago Bears	5:20 p.m. (SNF)	NBC	
Nov. 25	Baltimore Ravens	5:15 p.m. (Mon.)	ESPN	
Dec. 1	at Arizona Cardinals	1:05 p.m.	FOX	
Dec. 8	Seattle Seahawks	5:20 p.m. (SNF)	NBC	
Dec. 15	at Dallas Cowboys	1:25 p.m.	FOX	
TBD	at San Francisco 49ers	TBD	TBD	
Dec. 29	Arizona Cardinals	1:25 p.m.	FOX	

For information on tickets, please visit: www.therams.com/tickets

RAMS COMMUNICATIONS

Visit the Rams Media Information Portal for weekly releases, media guide, access to the Rams media credential system and other pertinent media information at

www.therams.com/media

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KONICA MINOLTA



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FINAL 2018 NFC WEST STANDINGS

Team	W	L	T	Pct.	PF	PA	Conf.	Div.
Los Angeles	13	3	0	.813	527	384	9-3	6-0
Seattle	10	6	0	.625	428	347	8-4	3-3
San Francisco	4	12	0	.250	342	435	2-10	1-4
Arizona	3	13	0	.188	225	425	3-9	2-4

RAMS KICKOFF 2019 CAMPAIGN AT UCI



Rams WR Robert Woods

Irvine, Calif. - The Los Angeles Rams head south for their fourth-consecutive training camp on the campus of the University of California, Irvine to start the 2019 season.

Fresh off the organization's fourth Super Bowl appearance, third-year head coach Sean McVay looks to build on last season's 13-3 record, which is tied for the second-most wins in a single season in franchise history.

Offensively, the Rams are returning nine-of-11 starters from a season ago, with only offensive linemen Brian Allen and Joe Noteboom being the two new projected starters protecting Pro Bowl QB Jared Goff.

Defensively, L.A. returns eight-of-11 starters from its Super Bowl run and features free agent additions LB Clay Matthews and S Eric Weddle, who have combined for 22 NFL seasons and 12 Pro Bowl appearances.

There are 33 new faces on the Rams roster entering this year's training camp, which features 28 rookies, including the eight-man 2019 draft class, 20 undrafted free agents and five free agents.

The 2019 training camp will feature seven open practices at UCI. Rookies and quarterbacks report on Wednesday, July 24 and the remainder of the team will report to camp on Friday, July 26.

The team will host a "Kickoff Festival" for fans on Saturday, July 27 and the day will include interactive games, giveaways and appearances from Rams Cheerleaders, Legends, and team mascot, Rampage.

Additional training camp information plus details on the themed practices registration for player autograph signings, the Rams Rookie program, giveaways and the booster club tailgate are available at www.therams.com/trainingcamp. Weather and field conditions are evaluated daily, so all dates and times provided are subject to change.

RAMS 2018 REGULAR SEASON LEADERS

Passing	Comp/Att.	Yards	TDs	INTs	Rtg.
Jared Goff	364/561	4,688	32	12	101.1
Rushing	Att.	Yards	Avg.	Long	TDs
Todd Gurley II	256	1,251	4.9	36	17
Receptions	Rec.	Yards	Avg.	Long	TDs
Robert Woods	86	1,219	14.2	39t	6
Receiving Yards	Yards	Rec.	Avg.	Long	TDs
Robert Woods	1,219	86	14.2	39t	6
Tackles	Total	Solo	Asst.		
Cory Littleton	125	90	35		
Sacks	No.	Yards			
Aaron Donald	20.5	183.5			
Interceptions	No.	Yards	Avg.	Long	TD
John Johnson III	4	46	11.5	35	0
Punting	No./Yards	Avg.	Net Avg.	In20	Long
Johnny Hekker	43/1,992	46.3	43.0	21	68
Kicking	FGM	FGA	FG Pct.	Long	Points
Greg Zuerlein	27	31	87.1	56	116
Punt Returns	Ret/FC	Yards	Avg.	Long	TDs
JoJo Natson	26/10	280	10.8	60	0
Kickoff Returns	Ret.	Yards	Avg.	Long	TDs
Blake Countess	17	419	24.6	40	0

2019 TRAINING CAMP INFORMATION



TRAINING CAMP SCHEDULE

The Los Angeles Rams 2019 Training Camp will feature seven practices at UCI that are open to the public.

All open practices are free to the public and will kick off on Saturday, July 27, starting at 4 p.m. Gates open 90 minutes prior to the start of practice. Tickets are required for each day of camp. While training camp is free and open to the public, all attendees must possess a valid ticket for entry. Fans must register for a free ticket at therams.com/trainingcamp or on the Rams Mobile App. (Note: Ticket registrations also will be available onsite.)

Weather and field conditions are evaluated daily, so all dates and times provided are subject to change, including autograph sessions.

PRACTICES OPEN TO THE PUBLIC

Day, Date	Time	Fan Activation
Saturday, July 27	4 p.m.	Kickoff Festival
Sunday, July 28	4 p.m.	Vamos Rams Day
Monday, July 29	4 p.m.	Legends Reunion Day
Tuesday, July 30	4 p.m.	Youth Sports Day
Wednesday, July 31		No practice, players' day off
Thursday, August 1	10 a.m.	Joint Practice at Chargers
Friday, August 2	2 p.m.	Everyday Heroes
Saturday, August 3	2 p.m.	Family Day
Sunday, August 4	2 p.m.	Training Camp Finale

<https://www.therams.com/trainingcamp>

RAMS-CHARGERS JOINT PRACTICES

This year's training camp will feature a home-and-home pair of joint practices with the Rams and Chargers. The Chargers will host the Rams on Thursday, Aug. 1 at 10 a.m. at Jack Hammett Sports Complex. Two days later, the Rams host the Chargers on Saturday, Aug. 3, at 2:00 p.m. at UCI.

RAMS-CHARGERS JOINT PRACTICE INFORMATION

Thursday, August 1	10 a.m., Jack Hammett Sports Complex
Saturday, August 3	2 p.m., UCI

For additional information on the Chargers training camp visit, visit <https://www.chargers.com/camp/>



RAMS CREDENTIAL INFORMATION

The Rams media access policy has been carefully crafted to foster a positive relationship with all media in conjunction with the overall policies of the NFL. The ultimate goal of our team policy is to ensure a professional working environment, the delivery of accurate and timely information, and to accommodate the goals of the media and the team.

Only credential requests from accredited working media on specific assignment for a recognized news organization or sports publication will be honored. Demand for credentials is high, and as such, each media outlet requesting access will be considered on a case-by-case basis and is subject to the discretion of the Los Angeles Rams Communications Department.

Media interested in covering practices should request credentials online at www.therams.com/media. Questions on credentials can be sent to credentials@rams.nfl.com.

TRAINING CAMP MEDIA POLICY

The following guidelines for all local, regional and national media covering the 2019 Los Angeles Rams Training Camp:

MEDIA CHECK-IN

Members of the media must check in with the Rams Communications Department upon their initial visit to training camp. Media check-in is at the entrance to the practice field from parking lot 6.

TRAINING FACILITY ACCESS

All areas except for the media work room are off-limits to all members of the media unless accompanied or cleared by a member of the team's communications department. Live shots on team grounds are not permitted unless approved in advance by the team's communications department.

PRACTICE ACCESS

- Practice will be open to the public for training camp.
 - Media must remain in the designated area at all times.
 - Still photographers will be allowed to shoot the entire practice.
 - Television cameras may shoot the stretching and individual periods of practice, approximately the first 20 minutes.
 - No reporting on strategy, personnel groupings or trick plays. (Media may NOT record, discuss on air, blog, or publish: number of repetitions taken by any player; length of any practice; attire worn by players; various positions the players participated in; which players practiced or did not practice; conversations that take place on field between players and/or coaches).
 - No cell phones or laptops are allowed on the grounds at any time once camp breaks.
 - Only Coach McVay will discuss injuries with the media.
- The Rams have a zero tolerance policy regarding the above procedures

HEAD COACH SEAN McVAY

During training camp, Coach McVay will be available to the media on the field following the conclusion of each open practice unless otherwise stated by the communications department.

COORDINATORS & ASSISTANT COACHES

Run Game Coordinator Aaron Kromer, Pass Game Coordinator/Quarterbacks Coach Shane Waldron, Defensive Coordinator Wade Phillips and Special Teams Coordinator John Fassel will be available periodically post-practice, as scheduled by the head coach.

GENERAL MANAGER & OTHER STAFF

General Manager Les Snead will be available at select times. All requests must be made through the team's communications department. No other member of the football operations staff will be available unless approved in advance by Senior Director of Communications Artis Twyman. Calls or other contacts made directly to staff members' offices will be referred to the communications department.

PLAYERS

- Player requests should be submitted to the team's communications department in advance whenever possible.
- The locker room will be closed to all media during training camp.
- Players are not available until all their responsibilities (i.e. lifting, position meetings, etc.) for that time period are completed.
- Players will not be available at any time when they are in the team facility except during regularly scheduled media access periods.
- Players are available after preseason games in the locker room.
- Media are respectfully asked not to call players, football personnel, or coaches on their own. The team requests that you respect the media policy and contact the communications department for every attempt to be put in contact with a player.
- All players will be encouraged by the team to accommodate all interviews. However, the player does have the right to decline.

2019 TRAINING CAMP INFORMATION



FAN INFORMATION

FAN ACTIVATION ZONE

Rams training camp will once again feature an interactive area for fans, which will open two hours prior to every practice. This area will include a stage with entertainment, cheerleader performances, trivia and interviews. Fans can explore the merchandise experience with product customization opportunities, Rams legends photo and autographs brought to you by UNIFY, "The Dream Continues" exhibit featuring the NFC Championship trophy, virtual reality for the new LA Stadium, and more.

DEDICATED KIDS ZONE

The Rams Kids Zone will include inflatables, vertical jump, plinko, face painting, balloon animals and a 50-yard football field where the whole family can play.

BEER GARDEN

With an expanded footprint, fans who are 21 or older will be able to enjoy a cold beverage before and during practice. The beer garden is located at the north end of the practice field.

SEASON TICKET MEMBER EXPERIENCES

Rams Training Camp provides three experiences dedicated exclusively to season ticket members: fan tunnel, post practice field access and reserved bleacher seating. Season ticket members have received communication in the Rams member spotlight newsletter where they can register for their preferred experience at training camp on the day(s) they have secured valid tickets (via Rams Account Manager). No later than one week prior to that select day of training camp, winners will receive a "You've Been Selected" email including the details for participating in the designated experience.

SHADED SEATING

All bleacher areas will be shaded. Seats will be occupied on a first-come, first-serve basis, so fans are encouraged to arrive early.

THEME DAYS & GIVEAWAYS

The Rams will feature select theme days with unique giveaways at the main entrance.

KICKOFF FESTIVAL

2019 Rams schedule magnet giveaway (Sat. July 27).

VAMOS RAMS DAY

Rams knit scarf giveaway. Exclusive sale of "Vamos Rams" merchandise & live performance from a Latin band (Sun. July 28).

LEGENDS REUNION DAY

Poster featuring Rams Legends giveaway (Mon. July 29). More than 50 former players representing six decades of Rams will be in attendance. A special discussion panel with Legends will be featured.

YOUTH SPORTS DAY

Rams compression arm sleeve giveaway (Tues. July 30). Rams will celebrate student-athletes and the stars of today and tomorrow.

EVERYDAY HEROES

Honoring military members, first responders and their families. Rams challenge coin with bottle opener giveaway (Fri. Aug. 2).

FAMILY DAY

Rams shoelaces giveaway (Sat. Aug. 3). This day will feature a practice with the Los Angeles Chargers.

TRAINING CAMP FINALE

2019 Rams schedule magnet giveaway (Sun. Aug. 4). Additionally, as part of a training camp tradition, the full roster will be available for a limited time after practice for autographs.

Tickets are required for each day of camp. While training camp is free and open to the public, all attendees must possess a valid ticket for entry. Fans must register for a free ticket at therams.com/trainingcamp or on the Rams Mobile App. (Note: Ticket registrations also will be available onsite.)

AUTOGRAPH SCHEDULE

All kids (ages 5-14) who visit the Rams Kids Club tent in the Fan Zone have an opportunity to be selected for one of two memorable experiences. Parents or guardians may sign up their kids for a chance to be selected for the Rams Rookies program or for the post-practice autographs.

2019 Los Angeles Rams Training Camp Autograph Schedule (subject to change)

Saturday, July 27	Defensive Line
Sunday, July 28	Quarterbacks/Tight Ends
Monday, July 29	Defensive Backs
Tuesday, July 30	Running Backs/Wide Receivers
Friday, August 2	Offensive Line
Saturday, August 3	Linebackers/Special Teams
Saturday, August 4	Full Roster

RAMS-RAIDERS JOINT PRACTICES

The Oakland Raiders will host the Los Angeles Rams for two joint practice sessions as part of the teams' 2019 Training Camp schedule. The Raiders are featured on this year's HBO show, *Hard Knocks*.

The Raiders and Rams will practice on Wednesday, Aug. 7 and Thursday, Aug. 8 at 10 a.m. at the Raider's training camp home in Napa, Calif. The Raiders will then host the Rams in the preseason opener for both teams at the Oakland-Alameda County Coliseum on Saturday, Aug. 10, at 5 p.m.

For more information on the Raiders media procedures and policies, visit: <https://www.raiders.com/media/>

UC IRVINE INFORMATION

Founded in 1965, UCI is the youngest member of the prestigious Association of American Universities. The campus has produced three Nobel laureates and is known for its academic achievement, premier research, innovation and anteater mascot. Led by Chancellor Howard Gillman, UCI has more than 30,000 students and offers 192 degree programs. It's located in one of the world's safest and most economically vibrant communities and is Orange County's second-largest employer, contributing \$5 billion annually to the local economy.

The Rams' agreement with UCI returned professional football to Orange County for the first time in two decades. Rams fans can watch players in action for free on UCI's Crawford Field on a variety of days throughout the summer.

Although UCI doesn't have a football team, the campus takes great pride in its facilities and athletic accomplishments. In just 50 years, Anteater teams have won 28 national championships, and there have been 53 Anteater Olympians and Paralympians. UCI men's volleyball has won four national titles in the past decade.

For additional information about UCI, visit <http://uci.edu/about/index.php>

MEDIA PARKING INFORMATION

GENERAL MEDIA PARKING

Credentialed media covering practice may park for free in Parking Lot 6A with their training camp credential.

TV TRUCK PARKING

Media with TV Truck/Satellite Trucks should park in Parking Lot 6. Media must request TV Truck/Satellite Truck Parking at least 24 hours in advance. No exceptions will be made.

2019 TRAINING CAMP INFORMATION



TRAINING CAMP FREQUENTLY ASKED QUESTIONS

Are all training camp practices open to the public?

The Los Angeles Rams 2019 Training Camp will feature seven practices at UCI that are open to the public.

Does the practice schedule change?

The practice schedule can change. Weather and field conditions are evaluated daily. Practice times are subject to change without notice. Please visit www.therams.com/trainingcamp for any practice updates.

Is there a charge to see any of the practices?

There is no charge for fans to attend any of the open training camp practices. Fans will need to purchase parking. Please see below for parking rates.

Where will fans park during training camp?

Parking will be available to fans in the Mesa Parking Structure (next to the Bren Events Center). Fans are encouraged to purchase parking passes at a discounted rate of \$13 per car online at: www.parking.uci.edu/rams

Parking passes purchased in-person on the day of practice will cost \$16 per car.

Where do fans with disabilities park?

Rams fans do not need to make advance arrangements with UCI Transportation for disabled parking or mobility assistance. Vehicles with handicapped placards or license plates will be automatically directed to the designated reserved parking areas. UCI Transportation also is pleased to provide special assistance to those individuals with accessibility needs. Once you've parked your vehicle, please notify a UCI Transportation staff member if you need assistance to Crawford Sports Complex. Our cart drivers will shuttle you to and from the Bren Events Center turnout. This service is limited to the disabled/mobility impaired individual and one family member.

Are backpacks and bags allowed at practice?

For the safety and enjoyment of all fans attending Rams practice, only small bags will be permitted during open training camp practices at UCI. All persons and/or bags may be subject to inspection. Prohibited items include, but are not limited to: purses larger than a clutch bag, coolers, briefcases, backpacks, fanny packs, cinch bags, luggage of any kind, seat cushions, computer bags and camera bags or any bag larger than the permissible size.

Will fans be able to get autographs?

Players to sign following the end of practice. All kids (ages 5-14) who visit the Rams Plinko game in the Kid's Zone have an opportunity to win one of two memorable experiences including participating in the Rams Rookies program or post-practice autographs. Please see the daily schedule on the home page for which position groups will be signing each day. (Please note, this is subject to change.)

What should I bring to training camp?

For your comfort, please feel free to bring the following items to training camp: hats, jackets, rain gear, sunglasses, sunscreen, binoculars, umbrellas, and strollers. The following items will not be permitted at training camp: outside alcohol, outside food and beverage, coolers, glass containers, noise makers, loud radios, large signs or inappropriate attire. Also, no weapons of any kind, regardless of persons with concealed carry handgun permits, will be allowed.

May I bring my camera to training camp?

Yes. Feel free to bring your camera to take photos of players and coaches. Flash photography is not allowed. Video cameras will not be allowed.

May I bring a cooler or food to training camp?

No coolers or outside food and beverage, including alcohol, are permitted.

Will there be seating at training camp?

Limited bleacher seating for fans will be provided around the practice fields. All bleachers are covered and they are available on a first come, first served basis.

Are pets allowed at practice?

Animals are not allowed due to the size of the crowd and safety concerns. The only exception is service animals for those with disabilities.

Can I purchase merchandise at training camp?

Fans may purchase authentic Rams merchandise at training camp near the fan entrance. In addition, a large merchandise trailer will be available in the Rams Fan Activation Area.

Will concessions be available at training camp?

UCI Hospitality and Dining will provide concessions at the far end of the field in the Fan Activation Area. There will be sodas, candy, hotdogs, nachos and more. A training camp menu can be found on www.therams.com/trainingcamp. The 2019 training camp has a beer garden for those who wish to cool off with an adult beverage.

What will be available in the Fan Activation Area?

Rams training camp will once again feature an interactive area for fans, which will open two hours prior to every practice. This area will include a stage with entertainment, Cheerleader performances, trivia and interviews. Fans can explore the merchandise experience with product customization opportunities, Rams Legends Photo and Autographs brought to you by UNIFY, "The Dream Continues" exhibit featuring the NFC Championship Trophy, Virtual Reality for the new LA Stadium, and more.

What time should I arrive to watch practice?

Gates open 90 minutes before practice begins.



KEY CONTRIBUTORS



OFFENSE



WR Cooper Kupp – Third-year pro has played in 23 regular season games with 14 starts and appeared in one postseason contest. Through the first seven games of 2018, ranked fourth on the team in receptions (35) and third in receiving yards (527) before being placed on injured reserve. Posted a career-high 162 yards receiving with two touchdowns on nine receptions vs. Minnesota (9/27/18). Kupp was the first Rams rookie in franchise history to catch eight passes in a postseason game (vs. Atlanta, 1/6/18). Has 102 career-receptions for 1,435 yards and 11 touchdowns.

TE Tyler Higbee – Played in 48 career regular season games with 39 starts in addition to starting all four postseason contests he's appeared in. Posted 24 receptions for 292 yards and two touchdowns in 16 games played during the 2018 campaign. Has caught 60 passes for 672 yards with four touchdowns in his career. Posted a career-best 98 yards receiving on four receptions against the Seahawks in a 2017 Week 5 contest.

LT Andrew Whitworth – 14th-year pro has started 195-of-199 career regular season games played and started all 10 postseason games he has played in. Named the team's 2018 Walter Payton Man of the Year candidate for his work in the community. Voted a team captain by his peers his first two seasons with the Rams. Named to his fourth-career Pro Bowl following the 2017 campaign.

LG Joe Noteboom – Second-year pro out of Texas Christian, appeared in all 16 regular season games and three postseason contests as a rookie in 2018. Was drafted in the third round, No. 89 overall in the 2018 NFL Draft.

C Brian Allen – Second-year pro out of Michigan State, appeared in all 16 regular season games and three postseason contests as a rookie in 2018. Was drafted in the fourth round, No. 111 overall in the 2018 NFL Draft.

RG Austin Blythe – Fourth-year pro has appeared in 40 regular season games with 18 starts, including all 16 games of the 2018 campaign at the right guard position. Earned his first postseason start in his second-career playoff game in 2018 NFC Divisional Round, the first-of-three postseason starts. Joined the team via waivers from the Indianapolis Colts prior to the 2017 campaign. Committed only one penalty and allowed only one sack in 16 starts during the 2018 regular season.

RT Rob Havenstein – Fifth-year pro, started all 59 career regular season games played and all four postseason contests. Has committed only 11 penalties in 59 regular season games. A second-round selection (No. 57 overall) by the Rams in the 2015 NFL Draft, signed a contract extension prior to the 2018 campaign.

WR Brandin Cooks – Acquired by the Rams via a trade that sent the Rams 2018 first-round pick to the Patriots. Signed a five-year contract extension prior to reporting to training camp. Sixth-year pro has played in 74 regular season games with 62 starts. Finished second on the team with 80 receptions and receiving yards (1,204) with a 15.1 yards per reception average in 2018. Posted at least 1,000 yards receiving in each of the last four seasons. Became the first player in NFL history to record three-straight 1,000-yard receiving seasons on three different teams. Recorded 360 career receptions for 5,147 yards and 32 touchdowns. Started all six postseason contests in his career, including back-to-back Super Bowl appearances. Led the Rams in Super Bowl LIII with 120 yards receiving.

WR Robert Woods – The USC product has played in 85 regular season games with 75 starts through the 2018 regular season. Led the team with 86 receptions for 1,219, which are both new single-season career highs during the 2018 regular season. Led the team in receptions (nine) and receiving yards (142) against the Falcons in the 2017 Wild Card game. Woods' 142 receiving yards were the fourth-highest output in a single postseason game in Rams history and is the fourth receiver in franchise history to post 100-plus receiving yards in their postseason debut with the Rams. Started all four postseason games played.

QB Jared Goff – Started all 38 regular season games he has played in as a professional and all four postseason contests. During the 2018 regular season, completed 364-of-561 passing attempts for 4,688 yards, 32 touchdowns, 12 interceptions and a 101.1 QB rating. Recorded three-straight games with over 350 yards while completing at least 75 percent of his passes, the longest streak in league history (Weeks 2-4). Established a career-best 465 yards passing vs. Minnesota in Week 4 win with a career-high 158.3 QB rating, the most passing attempts by a QB with a perfect QB rating in league history. Became the fourth-youngest quarterback to start a Super Bowl.

RB Todd Gurley II – Fifth-year pro has started 57-of-58 career regular season games played. Recorded his first-career 200-plus yard rushing game against Denver (10/14/18), totaling 208 yards on 28 attempts with two rushing touchdowns. Posted 1,251 yards rushing on 256 attempts (4.9 yards/rush) with 17 touchdowns on the ground and caught 59 passes for 580 yards and four receiving touchdowns and 1,831 yards from scrimmage in 2018. Rushed 14 times for 101 yards in his playoff debut against Atlanta, becoming the first Rams running back to notch a 100-plus yard game in his postseason debut since 1945. Posted over 100 yards rushing in back-to-back playoff games in 2017 Wildcard and 2018 Divisional Round.

TE Gerald Everett – Third-year pro has played in all 32 regular season games with two starts, in addition to one postseason start in four postseason games played. Posted a career-best 320 yards and three touchdowns on 33 receptions during the 2018 regular season, including a 40-yard game-winning score against the Chiefs in Week 11. In his career, totaled 564 yards receiving on 49 receptions.

WR Josh Reynolds – Third-year pro has played in 32 regular season games with nine starts and appeared in four postseason contests with two starts. During the 2018 regular season, posted career highs in receptions (29) and receiving yards (402), while averaging 13.9 yards per reception, with five touchdowns. The Texas A&M product has rushed the ball twice for a total of eight yards in 2018. In his career, Reynolds has posted 506 yards on 40 receptions with six total touchdowns.



DEFENSE



DE Michael Brockers – The eighth-year pro started 105-of-107 career regular season games played and all four postseason contests. Tallied the Rams first sack of the 2018 season in Week 1 at Oakland. The LSU product has 20.0 career sacks, eight passes defended, two forced fumbles and one fumble recovery. Finished seventh on the team with 54 tackles (33 solo) during the 2018 regular season. Started his playoff debut, a 2017 Wild Card contest against the Falcons, recorded 0.5 sack in 2017 Wild Card contest, a sack split with DT Aaron Donald.

NT Sebastian Joseph-Day – First-year pro was inactive for all 16 regular season games and all three postseason contests as a rookie in 2018. Selected in the sixth-round, No. 195 overall of the 2018 NFL Draft.

DT Aaron Donald – Five-time Pro Bowler has started 74-of-78 regular season games played in addition to all four postseason games. Posted first 2.0 sacks of 2018, his eighth career multi-sack game, in a Week 4 win over Minnesota, tallied at least 1.0 sack in 10 of the final 13 games of the 2018 regular season, including a career-best 4.0 sacks in a Week 7 win at San Francisco. Posted seven multi-sack games in 2018, finishing with 20.5 sacks on the season, a new career-best and the most in a single season by a Rams defender. Won back-to-back NFL Defensive Player of the Year awards in 2017 and 2018. Has 59.5 career sacks.

OLB Samson Ebukam – Third-year pro out of Eastern Washington played in 32 regular season games with 16 starts through his first two seasons as a pro, in addition to four postseason games with two postseason starts. Posted his first sack of 2018 (third career) in Week 2 win over Arizona. Forced a fumble in back-to-back games, at Denver, at San Francisco (Weeks 5-6) and his third of the season at New Orleans in a Week 9 contest. Tallied 39 tackles (24 solo) and 3.0 sacks during the 2018 regular season. Became the first player to record a sack, an interception and two touchdowns since sacks became an official stat in 1982.

OLB Dante Fowler Jr. – Fifth-year pro has played in 47 regular season games with seven starts entering 2019, started six games as a Ram in 2018. Joined the Rams via a trade before the 2018 trade deadline. Has 27 career QB hits, 18 tackles for loss, 16.0 sacks, four forced fumbles and four fumble recoveries. Posted his first sack as a Ram, a strip sack, of Seahawks QB Russell Wilson setting up a touchdown in a 2018 Week 10 game. Recorded the Rams first sack of the 2018 postseason in his first postseason start in the NFC Divisional Round. Started the NFC Championship and pressured Drew Brees in OT, forcing an interception.

LB Clay Matthews – 11th-year pro out of USC returns to Southern California for the 2019 campaign. Started 143-of-137 regular season games played, in addition to 15 starts in 15 postseason contests. In his career, recorded 83.5 sacks, 189 quarterback hits, 118 tackles for loss, 15 forced fumbles, recovered five fumbles, snared six interceptions and scored two touchdowns. The six-time Pro Bowler is tied for the fourth-most seasons with six-plus sacks among active players in the NFL since 2009 with eight. The Agoura Hills, native is the Packers all-time leading sack holder with 83.5 sacks in his 10 seasons in Green Bay.

LB Cory Littleton – Fourth-year pro has played in all 48 regular season games and four postseason games since joining the team as an undrafted free agent following the 2016 NFL Draft. Earned 21 career regular season starts, including all 16 in 2018. In 2018 Week 1 contest, recorded 13 total tackles and one interception. Led the team with 125 total tackles in 2018 (90 solo). Tallied 17 passes defended, seven quarterback hits, 11 tackles for loss, one forced fumble, four interceptions and 5.0 sacks in his career. Blocked a punt vs. Chargers in Week 3 and at San Francisco Week 7, deflected a punt in a Week 5 win at Seattle in 2018. His 125 tackles were tied for the 10th-most in the NFL during the 2018 campaign. Earned Pro Bowl honors as a special teamer following the 2018 season.

CB Aqib Talib – 12th-year professional, acquired via trade during 2018 offseason. Played in 143 regular season games with 129 starts. Recorded a 103-yard interception returned for a touchdown in 2017. Has 10 career pick-sixes, two short of matching the all-time NFL record for interceptions returned for touchdowns (12) set by Rod Woodson. Tallied his first interception as a Ram in a Week 15 loss to the Eagles. Started all 11 postseason games he has appeared in, including a Super Bowl 50 win, as a member of the Denver Broncos. Five-time Pro Bowler, most recently following the 2016 season.

CB Marcus Peters – Fifth-year pro joined the Rams via a trade with the Kansas City Chiefs in the 2018 offseason. Recorded a pick-six in Rams debut, intercepting Raiders QB Derek Carr and returned it 50 yards for a TD. Since entering the league in 2015, has recorded 22 interceptions, most in the NFL during that span. Started all 61 career regular season games played, including all 16 in 2018, in addition to starting all seven career-postseason games he has appeared in. Named to consecutive Pro Bowls following the 2015 and 2016 seasons.

FS Eric Weddle – A six-time Pro Bowler, has appeared in 185 games with 170 in his first 12 years in the league, including 16 starts in each of his last three seasons. His 29-career interceptions stand third among active safeties. In 2017, posted six interceptions, one of which he returned for a touchdown. Earned three Pro Bowl honors the last three consecutive seasons. Help Baltimore become the top-ranked defense during the 2018 season.

SS John Johnson III – Third-year pro out of Boston College played in all 32 regular season games for the Rams with 27 starts through the 2018 regular season. Posted Rams first interception of 2018 in season opener at Oakland, led the team with four interceptions on the season. Earned first-career start in team's 2017 Week 5 game against the Seahawks, recorded first-career interception and returned it 69 yards setting up a FG in his first start. Finished second on the team with 118 total tackles (81 solo) during the 2018 regular season. Intercepted Saints QB Drew Brees in NFC Championship. Started all four postseason games played.

CB Nickell Robey-Coleman – Sixth-year CB earned first start as a Ram in a 2017 Week 2 contest. Played in 95 regular season games with 20 starts in his career. Tallied 35 total tackles (24 solo) in 2018 regular season. Posted six career interceptions and two returned for touchdowns. Registered 50 total tackles, including 36 solo with two interceptions and nine passes defended in 2017.

THE MCVAY FILE



On January 12, 2017, Los Angeles Rams Owner/ Chairman E. Stanley Kroenke named Sean McVay the 23rd full-time head coach in franchise history. McVay became the youngest coach in modern NFL history.

In McVay's second season guiding the Rams, the 32-year-old leader turned in one of the best seasons in franchise history. The Rams posted a 13-3 record, which tied for the second-best record in franchise history, won a pair of playoff games and advanced to the Rams fourth Super Bowl appearance days after his 33rd birthday, becoming the youngest NFL head coach to ever help his team to a Super Bowl.

The 2018 Los Angeles Rams built on the successful foundation McVay and company laid in their first season in 2017. With the guidance of McVay, the Rams' passing attack finished among the top-10 in

passing yards per attempt (8.33, 4th), passing yards per game (295.6, 5th) and touchdowns (32, tied for 8th). Third-year QB Jared Goff set career-bests across the stat sheet, amassing 4,688 passing yards, the second-best single-season output in Rams history.

In the run game, RB Todd Gurley II followed up an MVP caliber 2017 season with an equally impressive 2018 campaign in which he led the NFL in touchdowns (21) and points scored amongst non-kickers (132) for the second-consecutive year. His 17 rushing touchdowns were a career-high and the second-most single season rushing scores in Rams history.

The Rams are the league's top-scoring team (1,005) since the start of the 2017 season and are the only team in the NFL to have scored over 1,000 points in the two-year span.

L.A. added star power to its defensive unit following the 2017 season. The Rams played stout defensive football down the stretch, securing a first-round bye in the 2018 playoffs. The Rams held the Patriots offensive attack to only 13 points in Super Bowl LIII. The defense was led by DT Aaron Donald, who posted a franchise-best 20.5 sacks, the most ever by a defensive tackle. Donald recorded 183.5 sack yards, the most ever by a defender in a single season. As a unit, the Rams ranked sixth with 1.6 takeaways per game.

The Rams special teams unit continued to flourish during the 2018 season, highlighted by LB Cory Littleton earning his first-career Pro Bowl nod. Littleton blocked a pair of punts during the 2018 season. K Greg Zuerlein converted on a 57-yard game winning field goal in overtime of the NFC Championship game to send the Rams to the Super Bowl. The 57-yarder marked the longest game-winning kick in playoff history.

In his first season guiding the Rams, McVay completed one of the greatest offensive turnarounds in NFL history. He helped the Rams move from the 32nd-ranked scoring offense in 2016 to the league's top-scoring team in 2017, marking the first time in league history a team has gone from last to first in scoring. The first-year head coach led the Rams to an 11-5 record and their first NFC West title since the 2003 season, earning the team's first playoff berth since 2004.

Following his first season in L.A., McVay was named The Associated Press Coach of the Year, becoming the youngest head coach to ever win the award. RB Todd Gurley II brought home Offensive Player of the Year honors, while DT Aaron Donald was named the Defensive Player of the Year, marking the first time in the 45 year history of the awards there was a sweep of three of the league's top awards. The Rams placed eight players in the 2018 Pro Bowl, the most in a single season by the franchise since the 1999 campaign.

Under McVay's guidance in 2017, second-year QB Jared Goff flourished, earning his first Pro Bowl appearance. Goff completed 296-of-477 (62.1 percent) of his passes for 3,804 yards with 28 touchdowns and seven interceptions posting a 100.5 QB rating on the season. Gurley led the league in scrimmage yards finishing the year with 2,093 yards, including 1,305 rushing yards and 788 receiving yards. Additionally, Gurley was the league's highest scoring non-kicker posting 19 total touchdowns on the season.

The Rams defense posted the fourth-most sacks (48.0), tied for sixth in interceptions (18) and finished the 2017 campaign fifth in total takeaways with 28 on the season. The 28 takeaways directly resulted in 126 points for L.A., the second-best total in the NFL.

In his first season as head coach, the Rams special teams unit played an integral part in the team's success and was rewarded with a total of four special teamers being named to the Pro Bowl. The L.A. special teams unit was a top-10 finisher in 18 of the 22 statistical categories in the 2017 special-teams rankings.

Before joining the Rams, McVay completed his third season as the Redskins' offensive coordinator in 2016 after initially being promoted to the position on January 15, 2014. Prior to his promotion during the 2014 offseason, McVay spent three seasons as the team's tight ends coach (2011-13) and one as an offensive assistant (2010).

The 2016 Redskins' offensive unit broke many franchise records and ranked in the top-three in a number of statistical categories. The Washington offense became the first unit in franchise history to average over 400 yards per game (403.4) and notched a franchise record 6,545 total net yards.

Quarterback Kirk Cousins finished the year with single-season team records in completions (406) and passing yards (4,917) and matched his team record for 300-yard passing games (seven). His 4,917 passing yards ranked third in the

NFL in 2016 and are the 15th-most in a season in NFL history. Cousins closed out the season ranked second in the NFL in passing yards per game (297.4), passing yards per play (7.84) and yards per play (6.4), in addition to being the league's third ranked offensive team, averaging 403.4 yards per game.

From 2015-16, Cousins threw for 9,083 yards, the fourth highest output by a quarterback trailing only Drew Brees (10,078), Matt Ryan (9,535) and Philip Rivers (9,178).

The Redskins offense had eight players finish the season with at least 500 yards from scrimmage (DeSean Jackson, Pierre Garcon, Jamison Crowder, Rob Kelley, Chris Thompson, Jordan Reed, Vernon Davis and Matt Jones), tying the 2011 New Orleans Saints for the most in a single season in NFL history.

McVay's group posted a breakout campaign in his second year as offensive coordinator in 2015, including record-setting performances by quarterback Kirk Cousins and tight end Jordan Reed. McVay's scheme and tutelage helped Cousins break Redskins records for attempts (543), completions (379), passing yards (4,166) and 300- yard passing games (seven) in a single season. Reed has been a direct beneficiary of McVay's work, spending 2013 as a member of his unit during McVay's time as tight ends coach and being a focal point of the offense in 2015, as Reed recorded 87 receptions for 952 yards (both team records for a tight end) with 11 receiving touchdowns (one shy of the team record) in 2015.

Collectively, McVay's 2015 offense recorded Top 10 rankings in third down percentage (43.5, fifth in the NFL), red zone scoring percentage (61.2, eighth), yards per play (5.6, 10th) and points per game (24.3, 10th). The Redskins also led the NFL with a team-record 69.5 completion percentage in 2015, leading the league in the category for the 11th time in team history and the first time since 1970.

In his first season as offensive coordinator in 2014, McVay helped the offense to a Top 10 league ranking in yards per play (5.7) despite starting three different quarterbacks. His work with the three passers was instrumental in setting a team record for completion percentage (66.5 percent, later broken in 2015) and helping facilitate the explosive debut season of wide receiver DeSean Jackson. Jackson averaged a league-best 20.9 yards per reception and became only the fourth player in team history to lead the NFL in that category.

In 2013, McVay played a crucial role in Reed's development, as the then-rookie compiled 45 receptions for 499 yards – both Redskins' single-season rookie tight end records – despite Reed playing in only nine games. Under McVay's tutelage, Reed joined Chris Cooley (2004) as the only Redskins tight ends named to the PFWA All-Rookie Team. In addition, McVay helped tight end Logan Paulsen from an undrafted free agent into a 30-game starter from 2010-13, with Paulsen increasing his reception total each season.

During Washington's NFC East championship season in 2012, McVay's unit was productive despite losing starting tight end Fred Davis to a torn Achilles tendon in Week 7. Davis had led the team in both receptions (24) and receiving yards (325) through seven games before being placed on the reserve/injured list.

In 2011, McVay played an integral role in Davis' emergence, as the then fourth-year tight end surpassed his previous career highs despite playing in only 12 games. Davis caught 59 passes for 796 yards, the second-highest total on the team in both categories. Before missing the final four games of the season, Davis was on pace to set a franchise record in receiving yards by a tight end and was on pace to post the first 1,000-yard receiving season by a tight end in Redskins' history.

McVay served as an offensive assistant to the Redskins in 2010 in addition to working with the tight ends during the final four weeks of the season following coach Jon Embree's departure. The Redskins offense ranked eighth in the NFL in passing yards per game (244.6) and tight end Chris Cooley ranked second among NFL tight ends in receptions (77) and third in receiving yards (849). The offensive unit also set a franchise record for completions in a season (349), and registered a touchdown pass in 15 consecutive games for the first time in team history.

McVay joined the Redskins prior to the 2010 season after an undefeated regular season with the Florida Tuskers of the United Football League (UFL). The Tuskers finished a perfect 6-0 before losing in the UFL's inaugural championship game. McVay originally entered the National Football League as an offensive assistant with the Tampa Bay Buccaneers in 2008.

During his time in Tampa Bay, McVay worked closely with wide receiver Antonio Bryant, who recorded career highs in receptions (83), receiving yards (1,248), and touchdowns (seven), en route to winning The Sporting News Comeback Player of the Year Award.

Following his second season as an NFL head coach, McVay ranked 17th on Fortune Magazine's World's Greatest Leaders Top-50 List. McVay is joined on the list by the likes of Bill Gates and Jacinda Ardern, the Prime Minister of New Zealand. The complete rankings are found in the May 2019 issue of Fortune.

McVay graduated from Miami University (Ohio) where he played wide receiver from 2004-07, earning Miami's Scholar-Athlete Award in 2007. His grandfather, John, served in various roles – including vice president/director of football operations from 1983-94 – for the San Francisco 49ers from 1979-95, overseeing five Super Bowl championship squads and earning induction into the 49ers Hall of Fame in 2013.



COORDINATORS' CORNER



RUN AND PASS GAME COORDINATORS

Aaron Kromer, Run Game Coordinator: Aaron Kromer begins his third season with the Los Angeles Rams, his second season serving as the team's run game coordinator. In his first two seasons with the Rams, Kromer served as the offensive line coach overseeing one of the most stable offensive line units. During the 2018 campaign, the offensive front kept the same five starters for all 16 regular season games, catapulting QB Jared Goff to a career-year and a rushing attack that finished in the top-three in touchdowns (2nd), rushing first downs (2nd) and rush yards per game (3rd).

In 2017, with the help of Kromer and the offensive coaching staff, the Rams improved from the 32nd ranked scoring team in 2016 to the league's top-scoring team in 2017.

A veteran of more than 18 years as an offensive line coach, Kromer came to Los Angeles prior to the 2017 season after serving the past two seasons in the same capacity with the Buffalo Bills. In his 19 years as an NFL offensive line coach or coordinator, Kromer has helped 16 players earn a total of 23 Pro Bowl appearances.

Shane Waldron, Pass Game Coordinator: Waldron is entering his sixth NFL season, third with the Los Angeles Rams, second season serving as the team's passing game coordinator and first season as quarterbacks coach.

In 2018, Waldron helped lead a Rams' passing attack that finished among the top-10 in passing yards per attempt (4th), passing yards per game (5th) and touchdowns (tied-8th) and saw QB third-year Jared Goff set career-bests across the stat sheet.

Under Waldron's guidance in 2017, the tight end duo of Tyler Higbee and Gerald Everett combined for 539 yards, three touchdowns and averaged 13.1 yards per reception. Everett recorded a 69-yard reception in his second game as a professional which tied for the second-longest reception by a tight end during the 2017 season.

Previously, Waldron served as the Washington Redskins offensive quality control coach for the 2016 season. That season, Washington's offense broke the franchise record for total net yards in a single season (6,454), surpassing the previous team record set in 1989.

FASSEL'S FLYERS

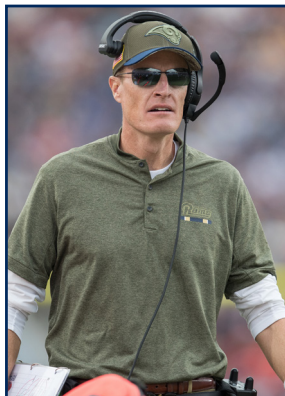
The Rams have developed a reputation for delivering the unexpected in the kicking game, and special teams coordinator John Fassel is at the helm of the trickery that has helped the Rams become one of the NFL's best when it comes to special teams.

In his seventh season leading the Rams special teams, Fassel's group continued to flourish in 2018 in all four-core phases of special teams, despite using multiple kickers and returners during the regular season.

P Johnny Hekker demonstrated his versatility in a Week 2 shutout over the Arizona Cardinals. Hekker was thrust into emergency kicking duties. Hekker made his first career field goal, a 20-yard attempt, connected on a point after try, recorded five kickoffs, two of which went for touchbacks and punted twice with a 41.0 net average.

A special team standout, LB Cory Littleton took over starting linebacker duties in addition to his special teams roles and flourished doing both.

K Greg Zuerlein converted on a 57-yard game winning field goal in overtime of the NFC Championship game to send the Rams to the Super Bowl. The 57-yarder marked the longest game-winning kick in playoff history.



Special Teams Coordinator John Fassel

PHILLIPS' PHILOSOPHIES

Wade Phillips, who is in his 50th year of coaching, enters his third season with the Rams as defensive coordinator on Head Coach Sean McVay's staff.

A veteran coach entering his 42nd NFL season, Phillips owns 37 years of experience as a defensive coordinator or head coach. Phillips continued his streak of helping teams to the playoffs in his first season with the organization when the Rams clinched the NFC West in 2017, marking the eighth-straight team that has made the postseason in Phillips' first year with the organization.



Defensive Coordinator Wade Phillips

After adding defensive star power in advance of the 2018 campaign, the Rams defensive unit jelled in the second half of a season and was a major contributor to the playoff success of the franchise. In 2018, L.A. ranked third in the league in takeaways (30).

DT Aaron Donald was named The Associated Press Defensive Player of the Year for a second-consecutive season in 2018 after posting a franchise-best 20.5 sacks, the most by an interior defensive lineman since sacks became official in 1982. As a team, the Rams recorded 41.0 sacks and 100 quarterback hits in Phillips' second season leading the Rams defense.

Donald was named AP Defensive Player of the Year for his efforts. Donald became the first player in Rams history to ever earn the distinction of AP Defensive Player of the Year. In 2017, Donald racked up 52 tackles, 31 solo (according to coaches' stats), 11.0 sacks for 95 yards, five forced fumbles, one fumble recovery and two passes defensed, despite playing in only 14 games. Donald had team highs in sacks (11.0), quarterback hits (27) and forced fumbles (5).

Phillips has been a part of 21 different top-10 defensive units during his NFL career and has coached a total of 31 Pro Bowlers, including Pro Football Hall of Famers Elvin Bethea, Curley Culp, Rickey Jackson, Bruce Smith and Reggie White.

LOS ANGELES RAMS COACHES

Head Coach.....	Sean McVay
Assistant Head Coach/Linebackers/Front Coordinator.....	Joe Barry
Special Teams Coordinator.....	John Fassel
Defensive Coordinator.....	Wade Phillips
Run Game Coordinator.....	Aaron Kromer
Pass Game Coordinator/Quarterbacks.....	Shane Waldron
Assistant Defensive Line/Defensive Quality Control...	Thad Bogardus
Assistant Wide Receivers.....	Liam Coen
Assistant Special Teams.....	Matt Daniels
Assistant Offensive Line.....	Andy Dickerson
Safeties.....	Ejiro Evero
Assistant Coordinator/Offense.....	Jedd Fisch
Assistant Strength and Conditioning.....	Edward Grayer
Defensive Line.....	Eric Henderson
Offensive Quality Control.....	Zak Kromer
Strength Assistant.....	Fernando Noriega
Running Backs.....	Skip Peete
Tight Ends.....	Wes Phillips
Cornerbacks.....	Aubrey Pleasant
Director of Strength Training and Performance.....	Ted Rath
Assistant Quarterbacks.....	Zac Robinson
Outside Linebackers.....	Chris Shula
Assistant Strength and Conditioning.....	Dustin Woods
Wide Receivers.....	Eric Yarber

RAMS TEAM NOTES



PRO BOWL RAMS



Rams 2018 Pro Bowl Participants P Johnny Hekker, QB Jared Goff, KR/PR Pharoah Cooper, T Andrew Whitworth, LS Jake McQuaide, RB Todd Gurley II

Following a strong 2018 season, four members of the Los Angeles Rams were named to the 2019 Pro Bowl, DT Aaron Donald, QB Jared Goff, RB Todd Gurley II and special teams ace, LB Cory Littleton. It marked Littleton's first-career appearance in the all-star game.

During the 2019 offseason, the Rams added defensive star power in LB Clay Matthews (six) and S Eric Weddle (six), who have combined for 12 total Pro Bowls.

Since entering the NFL in 2014, Donald has concluded each season with a Pro Bowl nomination. McQuaide made his second-consecutive appearance following the 2017 campaign.

Current Rams Pro Bowl Appearances

Player	Year
DT Aaron Donald	2015, 2016, 2017, 2018, 2019
QB Jared Goff	2018, 2019
RB Todd Gurley II	2016, 2018, 2019
P Johnny Hekker	2014, 2016, 2017, 2018
ST (LB) Cory Littleton	2019
LB Clay Matthews	2009, 2010, 2011, 2012, 2014, 2015
LS Jake McQuaide	2017, 2018
CB Marcus Peters	2016, 2017
CB Aqib Talib	2014, 2015, 2016, 2017, 2018
S Eric Weddle	2011, 2013, 2014, 2017, 2018, 2019
T Andrew Whitworth	2012, 2015, 2016, 2018
K Greg Zuerlein	2018

LONGEST TENURED RAMS



LS Jake McQuaide

There are five current Rams who have played at least 75 regular season games for the franchise, led by LS Jake McQuaide with 128 career regular season games played in a Rams uniform. McQuaide has played in every game since joining the franchise as an undrafted free agent following the 2011 NFL Draft.

P Johnny Hekker (112), DL Michael Brockers (107), K Greg Zuerlein (103) and DT Aaron Donald (78) join McQuaide for most games played for the Rams organization.

McQuaide is the longest-tenured Ram and is the only player on the team that was signed or drafted prior to the arrival of General Manager Les Snead in advance of the 2012 NFL Draft.

Pos.	Player	Games Played for the Rams
LS	Jake McQuaide	128
P	Johnny Hekker	112
DL	Michael Brockers	107
K	Greg Zuerlein	103
DT	Aaron Donald	78

T Andrew Whitworth (199) has the most NFL games played of anyone on roster. His 199 games played ranks 24th amongst active players.

FRESH FACES

Despite returning 18-of-22 starters from the team's 2018 Super Bowl run, the Rams have 33 new faces, including 28 rookies, as the team opens this season's training camp.

Of the 33 new faces, 16 are on defense, including a pair of six-time Pro Bowlers in LB Clay Matthews and S Eric Weddle. The Rams used five-of-eight draft selections on the defensive side of the ball, including L.A.'s top draft selection, S Taylor Rapp, in the second round of the 2019 NFL Draft.

Offensively, the Rams added reserve quarterbacks Blake Bortles and John Wolford in free agency before using a third-round selection on RB Darrell Henderson Jr. out of Memphis. L.A. used two additional draft picks on a pair of tackles in Bobby Evans out of Oklahoma and David Edwards out of Wisconsin.

Pos. Name College Height Weight Obtained

Free Agents (5):

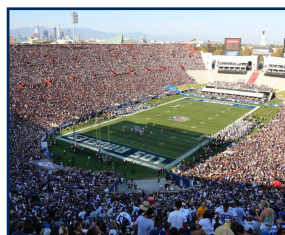
QB	Blake Bortles	Central Florida	6-5	236	FA-'19
LB	Josh Carraway	Texas Christian	6-3	242	FA-'19
LB	Clay Matthews	USC	6-3	255	FA-'19
S	Eric Weddle	Utah	5-11	195	FA-'19
QB	John Wolford	Wake Forest	6-1	200	FA-'19

Rookies (28):

S	Taylor Rapp	Washington	6-0	208	D2-'19
RB	Darrell Henderson Jr.	Memphis	5-8	208	D3A-'19
CB	David Long Jr.	Michigan	5-11	196	D3B-'19
T	Bobby Evans	Oklahoma	6-4	312	D3C-'19
DT	Greg Gains	Washington	6-1	312	D4-'19
T	David Edwards	Wisconsin	6-6	308	D5-'19
S	Nick Scott	Penn State	5-11	201	D7A-'19
LB	Dakota Allen	Texas Tech	6-1	232	D7B-'19
WR	Alex Bachman	Wake Forest	6-0	190	UDFA-'19
TE	Kendall Blanton	Missouri	6-6	262	UDFA-'19
G	Chandler Brewer	Middle Tenn. St.	6-6	320	UDFA-'19
TE	Romello Brooker	Houston	6-5	253	UDFA-'19
TE	Kennen Brown	Texas State	6-3	250	UDFA-'19
RB	Matt Colburn	Wake Forest	5-10	200	UDFA-'19
DT	Marquise Copeland	Cincinnati	6-2	287	UDFA-'19
DL	Landis Durham	Texas A&M	6-3	255	UDFA-'19
S	Jake Gervase	Iowa	6-1	212	UDFA-'19
WR	Jalen Greene	Utah State	6-2	205	UDFA-'19
G	Brandon Hitner	Villanova	6-6	305	UDFA-'19
C	Vitas Hrynkiewicz	Youngstown St.	6-4	300	UDFA-'19
DT	Bryant Jones	Miss. Valley St.	6-1	304	UDFA-'19
OL	Matt Kaskey	Dartmouth	6-7	325	UDFA-'19
LB	Ketner Kupp	E. Washington	6-0	225	UDFA-'19
WR	Johnathan Lloyd	Duke	6-0	190	UDFA-'19
LB	Natrez Patrick	Georgia	6-3	242	UDFA-'19
LB	Troy Reeder	Delaware	6-3	245	UDFA-'19
DT	Boogie Roberts	San Jose St.	6-2	289	UDFA-'19
WR	Nsimba Webster	E. Washington	5-10	180	UDFA-'19

Additionally, there were three coaches added to the Rams this offseason - Defensive Line Coach Eric Henderson, Tight Ends Coach Wes Phillips and Assistant Quarterbacks Coach Zac Robinson.

HOME IS WHERE THE HEART IS



The Los Angeles Rams once again call the Los Angeles Memorial Coliseum home, the original home of the Los Angeles Rams from 1946-1979 and once again from 2016 through the 2019 campaign.

Los Angeles has a regular season record of 153-86-8 in games played at the Coliseum. Los Angeles also hosted 11 playoff contests at the Coliseum. Los Angeles went 7-0 at home twice in its first 34 seasons in the Coliseum, during the 1973 and 1977 seasons.

RAMS TEAM NOTES



DOMINATING THE DIVISION

Under Head Coach Sean McVay, the Rams are 10-2 against NFC West opponents, including a perfect 4-0 against the Arizona Cardinals and have outscored the Cardinals 130-25. L.A. has outscored NFC West foes, 392-225, through McVay's first 12 divisional games. The Rams finished 6-0 in the NFC West during the 2018 season. The last time an NFC West team accomplished the feat was the Cardinals in 2008. It marked the first time the Rams swept the NFC West since 1999.

After defeating the Seahawks at CenturyLink Field on Oct. 7, 2018, the 49ers at Levi's stadium two weeks later and the Cardinals in Week 16, the Rams improved to 6-0 in NFC West road contests and a perfect 2-0 under McVay at CenturyLink Field, State Farm Stadium and Levi's Stadium. The Rams swept the Seahawks in 2018, marking the first time since 2015 L.A. has swept the Seahawks.

The Rams entered Week 17 of the 2017 season with a two-game lead in the NFC West and an 11-4 record when they decided to rest their starters against the 49ers.

The Rams outscored their divisional opponents 171-112 during the 2017 season, which was a 59-point differential. It was the highest positive point differential in the division for the Rams since 2001 when the Rams outscored their divisional opponents 274-160 for a 114-point differential. The 2001 Rams played in a five team division and therefore had eight divisional games that season.

The Rams also posted 30-plus points against all three of their divisional opponents last season. The 2002 Rams were the last team to accomplish that feat.

Date	Opponent	Score	Differential
09/21/17	at San Francisco	41-39	+2
10/08/17	vs. Seattle	10-16	-6
10/22/17	vs. Arizona	33-0	+33
12/03/17	at Arizona	32-16	+16
12/17/17	at Seattle	42-7	+35
12/31/17	vs. San Francisco	13-34	-21
9/16/18	vs. Arizona	34-0	+34
10/7/18	at Seattle	33-31	+2
10/21/18	at San Francisco	39-10	+29
11/11/18	vs. Seattle	36-31	+5
12/23/18	at Arizona	31-9	+22
12/30/18	vs. San Francisco	48-32	+16
Total		392-225	+167

NO FIRST, AND 10

The 2019 NFL Draft marked the 83rd draft for the Rams franchise dating back to the second-ever NFL draft in 1937. The team has not had a first-round selection in 10 of those drafts, including a three-year span from 2017-2019.

The season following a draft in which the team didn't make a selection in the first round, the Rams went on to win at least 10 games on six different occasions (1967, 1968, 1973, 1984, 2017, 2018), including four seasons where the Rams claimed the NFC West title (1967, 1973, 2017, 2018).

Additionally, five of the franchise's 21 ties have come during those 10 seasons.

Year (Traded to)	Record, Divisional Finish
2019 (choice to Atlanta)	TBD
2018 (choice to New England)	13-3, first in NFC West
2017 (choice to Cleveland through Tenn.)	11-5, first in NFC West
1987 (choice to Houston)	6-9, third in NFC West
1984 (choice to Kansas City)	10-6, second in NFC West
1973 (choice to New England)	12-2, first in NFC West
1972 (choice to NY Giants through N.E.)	6-7-1, third in NFC West
1968 (choice to Detroit)	10-3-1, second in NFC West
1967 (choice to Minnesota)	11-1-2, first in NFC West
1948 (choice to Detroit)	6-5-1, third in Western Conference

In total, the Rams are 85-41-5 (.649) all-time the season after not selecting in the first round of that year's draft.

TOP-SCORING TEAMS



RB Todd Gurley II

The Rams have scored 30-plus points 21 times since the start of the 2017 regular season, a feat the franchise achieved only three times during the 2015 and 2016 seasons combined. The Rams have scored 1,005 points since the start of the 2017 season and are 19-2 when scoring at least 30 points under McVay.

In 2018, the Rams scored 30 or more points in 12 of their 16 games, finished second in the NFL in points scored (527) and points per game average (32.9), trailing the only Chiefs.

Rams Head Coach Sean McVay immediately fixed the team's scoring issues, surpassing the 224 points scored in 2016 in only eight games in 2017 and seven games in 2018. The Rams not only improved, they went from worst to first in total scoring and points per game from the 2016 to the 2017 season with 478 points scored and averaged 29.9 points per game.

Team	Points	Points/GM
1. Kansas City Chiefs	565	35.3
2. Los Angeles Rams	527	32.9
3. New Orleans Saints	504	31.5
4. New England Patriots	436	27.3
5. Indianapolis Colts	433	27.1

Team	Points	Points/GM
1. Los Angeles Rams	1,005	31.4
2. Kansas City Chiefs	980	30.6
3. New Orleans Saints	952	29.8
4. New England Patriots	894	27.9
5. Pittsburgh Steelers	834	26.1

Since the start of the 2017 season, RB Todd Gurley II has scored 246 points by way of 30 rushing touchdowns, 10 receiving touchdowns and three two-point conversions. The 246 points ranks seventh in the NFL over the last two seasons and Gurley is the only non-kicker in the top-15 individual points scored over the last two seasons.

MARGINALLY GREAT

The Rams were one-of-two teams with 13 wins during the 2018 season. L.A.'s average margin of victory of 13.00 points in those wins was the second-largest margin of victory amongst the top-two teams with at least 13 wins on the season.

Team	Avg. Margin of Victory	Record
1. New Orleans Saints	13.92	13-3
2. Los Angeles Rams	13.00	13-3

The Rams not only won games during the 2017 season, but they won by a large margin. They finished the 2017 season ranked second in the league in margin of victory, outscoring opponents by an average of 18.91 points per game.

Team	Avg. Margin of Victory	Record
1. Jacksonville Jaguars	20.20	10-6
2. Los Angeles Rams	18.91	11-5
3. Baltimore Ravens	18.33	9-7

RAMS TEAM NOTES



FIRST ROUND FOCUS

The Rams possess 10 players who entered the league as first-round selections in the NFL Draft, four of their 10 current first-round selections were drafted by the Rams.

L.A. has a pair of third overall selections made by the Jacksonville Jaguars in 2014 and 2015 in QB Blake Bortles and OLB Dante Fowler Jr. The Rams defensive unit features six former first-round selections.

First-Round Players on the Rams

Player	Position	Draft	Selection
Blake Bortles (Jax)	QB	2014	3rd overall
Michael Brockers	DL	2012	14th overall
Brandin Cooks (NO)	WR	2014	20th overall
Aaron Donald	DT	2014	13th overall
Dante Fowler Jr. (Jax)	DE	2015	3rd overall
Jared Goff	QB	2016	1st overall
Todd Gurley II	RB	2015	10th overall
Clay Matthews	LB	2009	26th overall
Marcus Peters (KC)	CB	2015	18th overall
Aqib Talib (TB)	CB	2008	20th overall



Rams QB Jared Goff and NFL Commissioner Roger Goodell during 2016 NFL Draft

TAKING IT TO THE CRIB

The Rams were one-of-six teams to record a pick-six in the 2018 season opener, continuing a trend of scoring on defense. L.A. is one-of-three teams in the league with at least six interceptions returned for a touchdown since defensive coordinator Wade Phillips took over the defense prior to the 2017 season.

CB Marcus Peters posted the first pick-six of the 2018 season for the Rams. OLB Samson Ebukam had a monster game in the team's Week 11 contest against the Chiefs. Ebukam recorded a sack, an interception and scored two defensive touchdowns, including a pick-six, the second for the Rams this season. LB Cory Littleton recorded two picks and scored one touchdown in Week 17.



CB Marcus Peters

Most Interception Return for TDs Since Start of 2017 Season

Team	INTs	TDs
1. Chicago Bears	35	7
2t. Los Angeles Rams	36	6
2t. Cincinnati Bengals	23	6
4t. Houston Texans	26	5
4t. Detroit Lions	26	5
4t. New York Giants	29	5

BEST OF THE BEST

Since Head Coach Sean McVay took over, the Rams have been amongst the best in the NFL in numerous offensive, defensive and special teams rankings. Below is a list of several categories that the Rams are ranked top three in the league over the past two seasons combined under Head Coach Sean McVay.

Top Rams Rankings in the NFL (2017-2018)

Rams Critical Variables	Rams Result	NFL Rank
Team Wins-Losses	24-8	Tied 1st
Team Point Differential	+292	1st
Team Turnover Differential	+18	3rd

Rams Offense	Rams Result	NFL Rank
Points/Game	31.4	1st
Points/Off Takeaways	239	1st
Red Zone TDs	84	1st
Red Zone Drives	149	1st
Yards/Reception	12.7	Tied 1st
Average Drive Start (all drives)	31.3	1st
Receiving 1st Down Percentage	61%	2nd
Rushing TDs	40	2nd
YAC/Reception	6.2	2nd
Explosive Plays (12+ rush, 16+ pass)	274	2nd
Passing Yards/Attempt	8.1	2nd
Explosive Passes (12+ pass)	195	3rd
Interceptions	19	3rd
Yards/Game	392	3rd
Points/Drive	2.65	3rd

Rams Defense	Rams Result	NFL Rank
Takeaways	58	Tied 1st
Interceptions	36	1st
Fumble Recoveries	22	3rd

Rams Special Teams	Rams Result	NFL Rank
Punts/Net Average	43.8	1st
Punts/Percent Inside 20	47%	1st
Punt Blocks	5	1st
Opponent Net Punt Average	38%	2nd
Punts	108	2nd
Opponent Punt Return Yards	256	2nd
Kickoff/Average	64.0	2nd
Punts/Gross Average	47.3	3rd
Kickoff Return/Average Start	26.5	3rd
Kickoff/Touchback Percentage	74%	3rd

FOLLOW OUR LEAD

The Los Angeles Rams haven't had to worry much about making a comeback since Head Coach Sean McVay arrived in 2017. Through two seasons, opposing teams have spent a total of 601 minutes and 41 seconds trailing the Rams. The time stamp is equivalent to just over 40 quarters of playing time. During the 2018 Divisional Round, the Dallas Cowboys spent an extra 21 minutes and 27 seconds trailing the Rams. Additionally, the Rams have had 13 games in the two seasons where they haven't trailed their opponents the entire game. McVay and the Rams haven't trailed their divisional opponents during the entirety of the game for seven-of-12 games played.

Games Where Rams Never Trained Their Opponent (McVay Era)

Season, Week, Opponent	Opp. Trailing Time
2017, Week 1, vs. Indianapolis Colts	25:35
2017, Week 3, at San Francisco 49ers	30:09
2017, Week 7, vs. Arizona Cardinals	16:03
2017, Week 9, at New York Giants	27:15
2017, Week 12, vs. New Orleans Saints	24:34
2017, Week 13, at Arizona Cardinals	31:02
2017, Week 15, at Seattle Seahawks	21:50
2018, Week 2, vs. Arizona Cardinals	20:01
2018, Week 3, vs. Los Angeles Chargers	24:48
2018, Week 6, at Denver Broncos	23:16
2018, Week 7, at San Francisco 49ers	24:09
2018, Week 13, at Detroit Lions	26:15
2018, Week 17, vs. San Francisco	26:15

RAMS TEAM NOTES



HONOR ROLL

During L.A.'s 2018 season, six Rams combined for 12 conference honors during the regular season, including nine NFC Player of the Week accolades and three NFC Player of the Month accolades.

In his first game of the 2018 season, K Greg Zuerlein connected on four-of-five field goal attempts, including a 55-yarder from the dirt to earn the first player of the week honors for the Rams during the 2018 season. Two weeks later, DB Blake Countess was named the Special Teams Player of the Week for his Week 3 efforts in which he returned a blocked punt for a touchdown and returned two kickoffs for 51 yards (25.5 yards/return).

QB Jared Goff earned his second-career NFC Player of the Week accolades after posting career numbers against the Vikings in a Week 4 game. Two days later, Goff was named the NFC's Offensive Player of the Month for September.

RB Todd Gurley II received his first 2018 Player of the Week accolades following a Week 6 performance at Denver which featured him rushing a career-high 208 yards and two touchdowns. Gurley went on to win Offensive Player of the Month for October. Gurley was named NFC POW for a Week 13 effort.

DT Aaron Donald received his first Player of the Week Accolades since the 2016 season, after establishing a career-high 4.0 sacks against the 49ers in a Week 7 win. Donald earned his first-career Player of the Month accolades for October 2018 and again for December 2018. OLB Samson Ebukam earned NFC Defensive Player of the Week accolades following his 1.0 sack, one interception and two touchdown game against the Chiefs in Week 11. Donald was named Week 16 POW for a 3.0-sack performance against the Cardinals.

There were five Rams honored 10 times during the 2017 campaign with two NFC Special Teams Players of the Week, four NFC Offensive Players of the Week, one NFC Defensive Player of the Week, two NFC Offensive Players of the Month and two Special Teams Players of the Month. Gurley's six touchdowns led the NFC and were tied for first in the NFL in the opening month of the 2017 season.

Zuerlein booted his way into the Rams history books in the 2017 Week 4 win over Dallas with a 7-of-7 showing on field goal attempts, establishing a new franchise record for single-game made field goals and posting 23 points. Zuerlein was named the NFC Special Teams Player of the Month for October 2017, his first-career player of the month accolades. Zuerlein continued his hot streak becoming the first player in NFL history to be named the NFC Special Teams Player of the month in back-to-back months.

Player	Award	(Season)
Blake Countess	NFC ST POW	Week 3 (2018)
Aaron Donald	NFC Def POW	Week 1 (2015)
Aaron Donald	NFC Def POW	Week 14 (2015)
Aaron Donald	NFC Def POW	Week 4 (2016)
Aaron Donald	NFC Def POW	Week 7 (2018)
Aaron Donald	NFC Def POM	October (2018)
Aaron Donald	NFC Def POW	Week 16 (2018)
Aaron Donald	NFC Def POM	December (2018)
Samson Ebukam	NFC Def POW	Week 11 (2018)
Jared Goff	NFC Off POW	Week 9 (2017)
Jared Goff	NFC Off POW	Week 4 (2018)
Jared Goff	NFC Off POM	September (2018)
Todd Gurley II	NFC Off POM	September (2017)
Todd Gurley II	NFC Off POW	Week 4 (2017)
Todd Gurley II	NFC Off POW	Week 15 (2017)
Todd Gurley II	NFC Off POW	Week 16 (2017)
Todd Gurley II	NFC Off POW	Week 6 (2018)
Todd Gurley II	NFC Off POM	October (2018)
Todd Gurley II	NFC Off POW	Week 13 (2018)
Johnny Hekker	NFC ST POW	Week 5 (2012)
Johnny Hekker	NFC ST POW	Week 10 (2016)
Johnny Hekker	NFC ST POM	December (2016)
Nickell Robey-Coleman	AFC Def POW	Week 5 (2016)
Greg Zuerlein	NFC ST POW	Week 4 (2012)
Greg Zuerlein	NFC ST POW	Week 13 (2012)
Greg Zuerlein	NFC ST POW	Week 11 (2014)
Greg Zuerlein	NFC ST POW	Week 4 (2017)
Greg Zuerlein	NFC ST POM	October (2017)
Greg Zuerlein	NFC ST POM	November (2017)
Greg Zuerlein	NFC ST POW	Week 1 (2018)

COACH 'EM UP

Rams Head Coach Sean McVay took over a team that was coming off of a 4-12 season and ranked 32nd in scoring and helped transform it into the No. 1 scoring team in the league and helped secure the franchise's first NFC West title since 2003.



HC Sean McVay

Due to his excellent first season and his instrumental part in revamping the Rams offense, McVay was chosen as the Associated Press Coach of the Year for 2017. He is the fourth head coach in franchise history to achieve this honor.

The last Rams head coach to win the award was Dick Vermeil in 1999.

Vermeil helped guide the Rams to a 13-3 record, winning the NFC West and culminating with the franchise's lone Super Bowl victory over the Titans, 23-16, in Super Bowl XXXIV. Chuck Knox was the only other rookie head coach in franchise history to win the award.

McVay became the youngest coach in NFL history to win the Associated Press Coach of the Year award. McVay was 31 years old during the team's final game of the season. Previously, Don Shula (34 years old) was the youngest coach to win the award.

Youngest Coaches to Win AP Coach of the Year

Coach, Year, Team	Age
1. Sean McVay, 2017, LA	31
2. Don Shula, 1964, Baltimore Colts	34

McVay became the seventh active head coach to win the Associated Press Coach of the Year Award. McVay is 2-0 against the coaches on this list. The Rams defeated Jason Garrett and the Cowboys, 35-30 in Week 4 and they defeated Sean Payton and the Saints, 26-20 in Week 12.

Active AP Coach of the Year Winners

Coach, Team Won With	Year(s) won AP Award
Sean McVay, LA	2017
Jason Garrett, Dal	2016
Ron Rivera, Car	2015 & 2013
Bill Belichick, NE	2010, 2007 & 2003
Marvin Lewis, Cin	2009
Sean Payton, NO	2006
Andy Reid, Phi	2002

Following his second season with L.A., McVay led the Rams to Super Bowl LIII, becoming the youngest head coach in Super Bowl history (33 years old) to guide his team to a World Championship appearance.

THAT'S MY COACH

Head Coach Sean McVay's record through the first 32 regular season games of his coaching tenure is one of the best starts of all coaches hired since 2000.

McVay won 24-of-32 games during his first two regular seasons as a head coach. He trails only former 49ers Head Coach Jim Harbaugh for the most wins through the first two seasons. Harbaugh had a tie in his first two years as a head coach.

Most Wins as Head Coach Through First 32 Games since 2000		
Team	W-L	Win %
1. Jim Harbaugh, SF	24-7-1	77%
2t. Sean McVay, LA	24-8	75%
2t. Jim Caldwell, Ind	24-8	75%
2t. Mike Martz, StL	24-8	75%

RAMS POSTSEASON NOTES



AGE IS JUST A NUMBER

According to the Elias Sports Bureau, in 2017 Rams Head Coach Sean McVay became the youngest coach to win his division (since 1970), win the NFC West and youngest head coach to ever make the NFL playoffs a season ago. McVay was just 31 years old in his first season as head coach of the Rams. At 32 years old, in 2018, he became the youngest head coach to win a playoff game when the Rams defeated the Cowboys in the NFC Divisional Round.



HC Sean McVay

McVay is also the youngest head coach to ever lead a team in a Super Bowl (33 years old). Steelers Head Coach Mike Tomlin, who was 36 years old when he guided Pittsburgh to a Super Bowl title and is the youngest head coach in NFL history to ever win a World Championship.

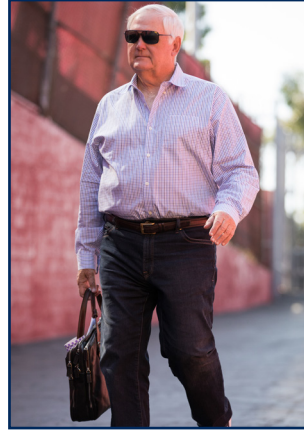
Below is a look at the previous youngest head coaches in the aforementioned categories.

Previous youngest head coach to win NFC West: Dick Nolan, San Francisco, 1970 – 38 years, 269 days old on last day of regular season.

Previous youngest head coach to win his division (since 1970): John Madden, Oakland, 1970 – 34 years, 254 days old on last day of regular season. Madden was also the previous youngest to win a playoff game at 33 years old when he won his first game with the Raiders in 1969.

Previous youngest head coach to appear in a postseason game: Ray Flaherty, Dec. 13, 1936: 33 years, 103 days old.

WADE'ING FOR THE PLAYOFFS



DC Wade Phillips

Since joining the Denver Broncos for his first stint with the organization in 1989, the last eight teams Defensive Coordinator Wade Phillips has joined either as a defensive coordinator or head coach have all made the playoffs in his first season with the team.

Prior to joining the L.A. coaching staff, Phillips helped the Denver Broncos to a Super Bowl 50 title in his second stint with the Broncos organization, this time serving as the team's defensive coordinator.

Phillips, who is in his 41st year coaching in the NFL, will make his 21st appearance in the post season following the 2018 regular season.

In his 20 playoff campaigns, Phillips' teams have a 16-20 overall record with two Super Bowl appearances and one Super Bowl title.

Team	Year
Denver Broncos	1989
Buffalo Bills	1995
Atlanta Falcons	2002
San Diego Chargers	2004
Dallas Cowboys	2007
Houston Texans	2011
Denver Broncos	2015
Los Angeles Rams	2017

ROUND-BY-ROUND BREAKDOWN

This was the 29th playoff berth in franchise history. Los Angeles holds a 21-26 postseason record and is 12-8 in home playoff games.

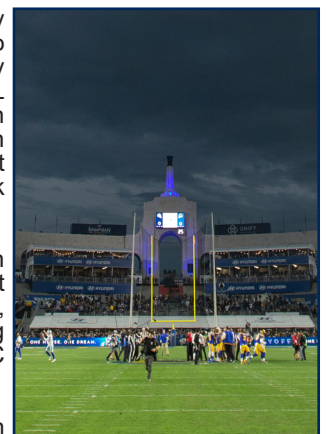
The 2018 campaign marked the second time that the Rams advanced to the playoffs since the 2004 campaign, when they defeated the Seahawks, 27-20, in the Wild Card Round and fell to Atlanta, 47-17, on Jan. 15, 2005 in the Divisional Round.

Round	Overall	Home	Away
Wild Card	3-6	0-2	3-4
Divisional	11-8	8-2	3-6
Conference	6-9	4-4	2-5
Super Bowl	1-3	N/A	N/A
Totals	21-26	12-8	7-15

*Played in four Super Bowls in a neutral location with a 1-3 record.

MAKING THE BEST OF IT

The Los Angeles Rams are only the second team in NFL history to host a playoff game in a temporary stadium and the first team in NFL history to win a playoff game in a temporary stadium, in addition to being the first team to host a playoff game in back-to-back seasons in a temporary venue.



Memorial Coliseum

The Rams posted a 13-3 record in 2018, the third-of-four seasons at Los Angeles Memorial Coliseum, and won the NFC West, earning the No. 2 seed in the 2019 NFC Playoffs.

L.A. finished the 2017 season with an 11-5 record and won the NFC West. The Rams hosted the defending NFC Champion Atlanta Falcons in last year's Wild Card Round at the Coliseum and fell by a score of 26-13.

In 2015, the Minnesota Vikings finished their second season of a two-year stint at TCF Bank Stadium on the campus of the University of Minnesota. The Vikings hosted the Seattle Seahawks in the third-coldest game in NFL history, a game Minnesota lost by a score of 10-9.

The 2017 Wild Card game marked the Rams' first playoff game at the Los Angeles Memorial Coliseum since Jan. 7, 1979, when the Rams lost to the Dallas Cowboys in the NFC Championship Game.

POSTSEASON POINTS

The 2018 Rams (59) posted the third-most postseason points by any single team in Rams history. L.A. was 32 points short of the current franchise record-holders, the 2001 'Greatest Show on Turf' Rams.

During the 2018 regular season, the Rams averaged 32.9 points per game, the second-best total across the entire NFL.

Team	Rams Postseason Scoring (by Season)	
	Games	Total Points
1. 2001 Rams	3	91
2. 1999 Rams	3	83
3. 2018 Rams	3	59

RAMS POSTSEASON NOTES



SAME COOKS, DIFFERENT SEASON(ING)

After finishing the 2018 regular season with an average of 15.1 yards per reception, WR Brandin Cooks continued to make big-time catches in the postseason. Cooks (15.4) finished ranked fifth among receivers in yards per reception (minimum seven receptions) in the postseason and is the only receiver in the top five that played in Super Bowl LIII.



WR Brandin Cooks

In his career, Cooks has played in six playoff contests, including back-to-back trips to the Super Bowl with the Patriots in 2017 and the Rams in 2018. The Oregon State product has caught 29 passes for 447 yards and averaged 15.4 yards per reception.

2018 Postseason Leaders in Average Yards Per Reception (Minimum Seven Receptions)

Player, Team	Yards/Rec.
1. Sammy Watkins, KC	17.6
2. Michael Gallup, Dal	17.1
3. T.Y. Hilton, Ind	16.1
4. Mike Williams, LAC	15.7
5. Brandin Cooks, LA	15.4

NO PUN(T) INTENDED

P Johnny Hekker (six) finished the 2018 postseason tied for with most punts inside the 20-yard line. Additionally, Hekker set an NFL Super Bowl record when he punted for a long of 65 yards.

Most Punts Inside the 20-Yard Line in the 2018 Postseason

Team	Punts
1t. Johnny Hekker, LA	6
1t. Ryan Allen, NE	6
3t. Pat O'Donnell, Chi	4
3t. Rigoberto Sanchez, Ind	4
3t. Cameron Johnston, Phi	4

THIRD DOWN DOMINATORS

In the Rams Divisional Playoff Game against the Dallas Cowboys, L.A. allowed only one third down conversion in 10 attempts by Dallas. Against New Orleans in the NFC Championship, L.A. held the Saints to a six-of-14 showing. The Rams 27.8 percent third down playoff defense is the best amongst the final four teams.

2018 Third Down Defense Amongst Final Four Teams

Team	Attempts	Conversions	Pct.
1. Los Angeles Rams	36	10	27.8%
3. New England Patriots	35	12	34.3%
3. New Orleans Saints	23	8	34.8%
4. Kansas City Chiefs	28	13	46.4%

ABOVE AVERAGE 'BACKS

The Los Angeles Rams had not one, but two running backs to each produce 100-plus yard rushing games in the 2018 Divisional Round. In the 2018 postseason, RB Todd Gurley II and RB C.J. Anderson were among the leaders in average yards per carry (minimum 12 rushes).

2018 Postseason Leaders in Average Yards Per Rush (Min. 12 Rushes)

Player, Team	Rushing Avg.
1. Marlon Mack, Ind	5.88
2. Todd Gurley II, LA	5.33
3. Sony Michel, NE	4.73
4. Mark Ingram II, NO	4.67
5. Damien Williams, KC	4.54
6. Rex Burkhead, NE	4.17
7. C.J. Anderson, LA	4.11

TACKLES CAME BACK NEGATIVE

The Los Angeles Rams totaled 12 tackles for loss in the 2018 postseason, which was tied for the third most in the playoffs. Rams OLB Dante Fowler Jr. led the league in postseason tackles for loss with four.

Most Tackles For Loss in the 2018 Postseason

Team	TFL
1t. Los Angeles Chargers	15
1t. New England Patriots	15
3t. Los Angeles Rams	12
3t. Indianapolis Colts	12
5. Philadelphia Eagles	9

KEEPING THE QB GOFF THE GROUND

The Los Angeles Rams offensive line neutralized the Dallas Cowboys pass rush and did not allow a sack for the third time this season (Week 9 at New Orleans, Week 17 vs. San Francisco). It marked only the second game during the 2018 campaign (including playoffs) that the Cowboys did not register a sack.

In the Divisional Round, QB Jared Goff was only pressured once on his 28 drop backs, per NextGenStats. Goff's pressure rate of 3.4 percent was the second-lowest in a game for any QB this season (minimum of 20 drop backs).

2018 Postseason Fewest Sacks Allowed Amongst Final Four Teams

Team	Sacks Allowed
1. New England Patriots	1
2. New Orleans Saints	4
3. Los Angeles Rams	5
4. Kansas City Chiefs	8

ONE-TWO PUNCH

Against the Dallas Cowboys in the Divisional Round, the Rams featured two running backs, C.J. Anderson (123 yards) and Todd Gurley II (115 yards), each posting 100-plus yards on the ground, marking the first time in franchise postseason history and only the sixth time it has happened in the postseason in the NFL since 1966.

Teams with Multiple 100-Plus Yard Postseason Rushers Since 1966

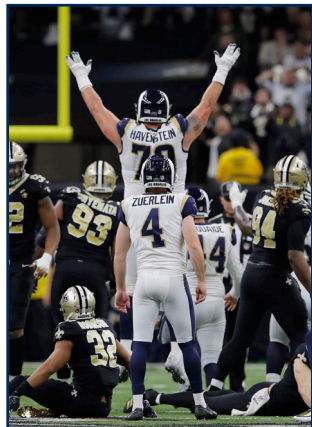
Year, Team	Player (yards)	Player (yards)
2018, Rams	C.J. Anderson (123)	Todd Gurley II (115)
2012, 49ers	Colin Kaepernick (181)	Frank Gore (119)
2004, Falcons	Warrick Dunn (142)	Michael Vick (119)
1997, Broncos	Terrell Davis (184)	Derek Loville (103)
1976, Vikings	Chuck Foreman (105)	Brent McClanahan (101)
1967, Raiders	Hewritt Dixon (144)	Pete Banaszak (116)

In every postseason game in the NFL since 1966 that featured two 100-plus yard rushers, their team has won the game.

RAMS POSTSEASON NOTES



POSTSEASON POINT PRODUCER



K Greg Zuerlein

Rams K Greg Zuerlein scored double-digit points in two of his three postseason games played. His 29 total points this postseason are the most by any Rams player in a single postseason in franchise history.

Zuerlein scored 26 points in the team's first two playoff games, which are also the most in any two-game postseason stretch in franchise history, a record previously held by TE Tom Fears who scored 18 points in two postseason contests in 1950.

Zuerlein was a perfect four-of-four on his field goal attempts in the NFC Championship at the New

Orleans Saints, including a game-winning 57-yarder in overtime. That 57-yard made field goal proved to be the longest game-winning field goal in NFL playoff history, sending the Rams to Super Bowl LIII.

Rams Highest Single-Postseason Point Totals

Player	Season	Points
1. K Greg Zuerlein (3 games)	2018	29
2. K Jeff Wilkins (3 games)	2001	25
3. K Jeff Wilkins (3 games)	1999	21
4. K Frank Corral (3 games)	1979	19
5t. TE Tom Fears (2 games)	1950	18
5t. RB Marshall Faulk (3 games)	2001	18

CHAMPIONS OF THEIR YOUTH

Rams rookie RB John Kelly (22 years, 122 days) became the third youngest player in franchise history to play in a Super Bowl. The rookie out of Tennessee played six special teams snaps in his Super Bowl debut.

There have been 11 22-year-old players to play in a Super Bowl for the Rams - four in 1979, four in 1999 and three in 2001.

Youngest Rams Players to Play in a Super Bowl

Player	Age
1. TE Brandon Manumaleuna	22 years, 30 days
2. DT Ryan Pickett	22 years, 118 days
3. RB John Kelly	22 years, 122 days

Youngest Rams Players to Win a Super Bowl

Player	Age
1. WR Az-Zahir Hakim	22 years, 242 days
2. DB Dre' Bly	22 years, 254 days
3. FB James Hodgins	22 years, 276 days

POSTSEASON SEPARATION SENSATION

Rams pass catchers provided QB Jared Goff plenty of space to throw into during the 2018 postseason. Among all eligible L.A. receivers with at least five targets, RB C.J. Anderson led the way with 5.46 yards of separation at the time of throw.

Rams Average Yards of Separation at Throw (2018 Postseason)

Player	Avg. Yards
RB C.J. Anderson	5.46
RB Todd Gurley II	5.29
TE Tyler Higbee	5.27
WR Robert Woods	3.76
WR Brandin Cooks	3.09
WR Josh Reynolds	2.98
TE Gerald Everett	2.61

POSTSEASON RUSHING LEADERS

The 2018 Rams totalled 412 total rushing yards in their three postseason games following the 2018 regular season. The 412 yards rushing is the second-highest single postseason total in franchise history.

L.A. posted a postseason franchise-best 273 yards rushing in the team's NFC Divisional Round win over the Dallas Cowboys.

Rams Total Postseason Single-Season Rushing Yards

Team	Games	Rushing Yards
1. 1979 Rams	3	482
2. 2018 Rams	3	412
3. 1985 Rams	2	355

POSTSEASON CENTURY CLUB

Including Super Bowl LIII, there were six players to post 100-plus yard rushing games in the 2018 postseason. The Los Angeles Rams were the only team to have two running backs with 100-plus yard rushing games. Denver Broncos RB Terrell Davis (184) and RB Derek Loville (103) were the last duo to each break 100 rushing yards in the same postseason game in 1997.

Top Rushing Single-Game Performances (2018 Postseason)

Players	Team	Rushing Yards
1. Marlon Mack, Ind (at Houston)		148
2. Ezekiel Elliott, Dal (vs. Seattle)		137
3. Sony Michel, NE (vs. Los Angeles Chargers)		129
4. Damien Williams, KC (vs. Indianapolis)		129
5. C.J. Anderson, LA (vs. Dallas)		123
6. Todd Gurley II, LA (vs. Dallas)		115

POSTSEASON SCRIMMAGE YARD LEADERS

L.A. posted the third-most scrimmage yards in a single postseason in franchise history (1,105) after compiling 845 through their three 2018 postseason contests against the Cowboys, Saints and Patriots.

WR Brandin Cooks, who played in his second-consecutive Super Bowl, led the Rams in scrimmage yards this postseason, amassing 297 yards from scrimmage in three games played, including two-consecutive games with over 100 yards receiving (NFC Championship, Super Bowl LIII).

Rams Postseason Single-Season Scrimmage Yards

Team	Games	Scrim. Yards
1. 1999 Rams	3	1,174
2. 2001 Rams	3	1,135
3. 2018 Rams	3	1,105
4. 1979 Rams	3	1,091
5. 1989 Rams	3	1,053

POSTSEASON PASSING LEADERS

The Rams threw for 724 yards in three postseason games following the 2018 regular season. It is the fourth-highest passing total of any Rams team in postseason action in franchise history.

The Rams threw for 309 yards in the NFC Championship win over New Orleans, which included a 12-yard completion from P Johnny Hekker in a clutch fourth-down conversion on a fake punt attempt.

Rams Total Postseason Passing Yards (by Season)

Team	Games	Passing Yards
1. 1999 Rams	3	1,063
2. 2001 Rams	3	793
3. 1989 Rams	3	737
4. 2018 Rams	3	724
5. 2004 Rams	2	612
6t. 1950 Rams	2	609
6t. 1979 Rams	3	609

RAMS OFFENSIVE NOTES



THREE'S COMPANY

Through Weeks 1-7 of the 2018 season, RB Todd Gurley II scored three touchdowns in three different games, marking the fifth time since 1950 a player had three, three-score games in the team's first seven games.

Hall of Famer Jim Brown (1958), Emerson Boozer (1972) and Priest Holmes (2002, 2004) all achieved the feat. Brown earned MVP honors following the 1958 season, while Holmes brought home NFL Offensive Player of the Year accolades following the 2002 campaign.

Gurley scored three touchdowns against the Cardinals in Week 2, at Seattle in Week 5 and at San Francisco in a Week 7 contest.

Gurley has five games in his career with at least three touchdowns and scored a career-best four touchdowns against the Seahawks in a 2017 Week 15 win at CenturyLink Field.



RB Todd Gurley II performing a trust fall as a touchdown celebration

TOP OF THE PACK TODD

A season after being an MVP candidate and earning Offensive Player of the Year accolades, Rams RB Todd Gurley II continued his dominance into the 2018 season.

Gurley finished amongst the best in the NFL in essentially every major rushing category including rushing yards (1,251, 3rd), rush yards per game (89.4, 2nd) and 10-plus yard rushes (35, 2nd) during the 2018 regular season.

The former Georgia Bulldog also added 580 receiving yards and four receiving touchdowns. Gurley ranked fourth in the league in scrimmage yards (1,831), led the league in rushing touchdowns (17) and scrimmage touchdowns (21) and finished fourth in total points scored (132) despite playing only 14 games last season.



RB Todd Gurley II

A NOSE FOR THE RED ZONE

The Los Angeles Rams finished the 2018 regular season leading in red zone drives after creating 80 different opportunities to score within 20 yards of the end zone. Of those 80 drives in the red zone, the Rams offense has converted 88.8 percent of the drives into points.

Most Red Zone Drives in 2018

Team	Red Zone Drives
1. Los Angeles Rams	80
2. Kansas City Chiefs	71
3. New Orleans Saints	69
4. Indianapolis Colts	64
5t. Tampa Bay Buccaneers	60
5t. Houston Texans	60

SCORING BY ANY MEANS

The Rams lit up the scoreboard with the third-most scrimmage touchdowns (55) during the 2018 regular season. However, they also ranked highly in non-offensive touchdowns and were only one-of-six teams with at least five this season.

Non-Offensive Touchdown Leaders (2018)

Team	Total	Non-Offense
1. Chicago Bears	50	6
2t. Kansas City Chiefs	71	5
2t. Los Angeles Rams	60	5
2t. Cincinnati Bengals	45	5
2t. Miami Dolphins	38	5
2t. New York Jets	34	5

Four of L.A.'s five non-offensive scores this season came against AFC West opponents. The Rams' three pick-sixes were tied for the second-most (seven teams) in the NFL this season.

Rams Non-Offensive Touchdowns (2018)

Play Description	Opponent	Result
M. Peters 50-yard INT return	OAK	W, 33-13
B. Countess 0-yard punt block recovery	LAC	W, 35-23
S. Ebukam 11-yard fumble recovery	KC	W, 54-51
S. Ebukam 25-yard INT return	KC	W, 54-51
C. Littleton 19-yard INT return	SF	W, 48-32

2018 Rushing Yards Leaders

Player	Rushing Yards
1. Ezekiel Elliott, Dal	1,434
2. Saquon Barkley, NYG	1,307
3. Todd Gurley II, LA	1,251
4. Joe Mixon, Cin	1,168
5. Chris Carson, Sea	1,151

2018 Rushing Yards Per Game Leaders (Min. 6 Games)

Player	Rushing Yards Per Game
1. Ezekiel Elliott, Dal	95.6
2. Todd Gurley II, LA	89.4
3. Joe Mixon, Cin	83.4
4. Chris Carson, Sea	82.2
5. Saquon Barkley, NYG	81.7

2018 10-Plus Yard Rush Leaders

Player	10+ Rushes
1. Ezekiel Elliott, Dal	41
2. Todd Gurley II, LA	35
3. Joe Mixon, Cin	34
4. Chris Carson, Sea	33
5t. Christian McCaffrey, Car	31
5t. Saquon Barkley, NYG	31

2018 Rushing Touchdown Leaders

Player	Rushing TDs
1. Todd Gurley II, LA	17
2. Alvin Kamara, NO	14
3t. James Connor, Pit	12
3t. Derrick Henry, Ten	12

2018 Scrimmage Yards Leaders

Player	Scrimmage Yards
1. Saquon Barkley, NYG	2,028
2. Ezekiel Elliott, Dal	2,001
3. Christian McCaffrey, Car	1,965
4. Todd Gurley II, LA	1,831
5. Julio Jones, Atl	1,592

2018 Scrimmage Yards Per Game Leaders

Player	Scrimmage Yards Per Game
1. Ezekiel Elliott, Dal	133.4
2. Todd Gurley II, LA	130.8
3. Saquon Barkley, NYG	126.8
4. Christian McCaffrey, Car	122.8
5. Melvin Gordon, LAC	114.6

2018 Scrimmage Touchdown Leaders

Player	Scrimmage TDs
1. Todd Gurley II, LA	21
2. Alvin Kamara, NO	18
3t. Antonio Brown, Pit	15
3t. Saquon Barkley, NYG	15

RAMS OFFENSIVE NOTES



25 AND UNDER, 8-0 CLUB

Third-year quarterback Jared Goff celebrated his 24th birthday with a 23-20 win in the Mile High City against the Denver Broncos, helping the Rams to their sixth win to start the 2018 season.



QB Jared Goff

The Rams improved to 8-0 before dropping a Week 9 contest at New Orleans. Goff became only the second quarterback in the Super Bowl era to win their teams first eight games of a season all while under the age of 25. He joins Hall of Fame QB Dan Marino (1984 Dolphins) as the only quarterbacks to achieve the feat.

The 1984 Dolphins finished the season 14-2 and advanced to Super Bowl XIX where they fell to the San Francisco 49ers.

Vikings QB Daunte Culpepper started the 2000 season 6-0 while he was under the age of 25, but dropped the next two games.

WINNING BIG

Since Head Coach Sean McVay took over prior to the start of the 2017 season, the Rams have won six games by at least 29 points. Other than the New Orleans Saints (three), no other NFL team has more than two wins of at least 29 points in that time frame.

The Rams big wins have come twice against the Cardinals, once against the 49ers, Seahawks, Giants and the Colts.

The Ravens, Jaguars, Bears, Chargers, Chiefs, Patriots and Cowboys are the only seven teams with two big wins over the past two regular seasons.

Big Wins, Defined As Outscoring a Team by At Least 29 points

Team	29-plus point wins
1. Los Angeles Rams	6
2. New Orleans Saints	3
3t. Jacksonville Jaguars	2
3t. Baltimore Ravens	2
3t. Chicago Bears	2
3t. Los Angeles Chargers	2
3t. Kansas City Chiefs	2
3t. New England Patriots	2
3t. Dallas Cowboys	2

RUNNING THROUGH THE WOODS

WR Robert Woods isn't only good at catching, but also rushing. Amongst all wide receivers throughout the league in 2018, Woods (157) finished third in the league in rushing yards.

Woods had 19 rushing attempts for 157 yards and averaged 8.3 yards per rushing attempt. The former Trojan recorded a 56-yard rushing attempt in a Week 5 win over the Seahawks and a 4-yard rushing touchdown in a Week 16 win over the Cardinals.

Most Rushing Yards by Receiver in 2018

Player, Team	Rushing Yards
1. Cordarrelle Patterson, NE	228
2. D.J. Moore, Car	172
3. Robert Woods, LA	157
4. Tyreek Hill, KC	151
5. Julian Edelman, NE	107

WE'RE GOING STREAKING!



RB Todd Gurley II

Rams RB Todd Gurley II had a touchdown streak of 13-straight regular season games from 2017 Week 14 game against the Philadelphia Eagles to Week 10 of the 2018 regular season.

Gurley's streak is a franchise record for the longest consecutive regular season game stretch with a touchdown. In the team's Week 9 loss at New Orleans, Gurley passed Elroy 'Crazylegs' Hirsch who previously held the Rams franchise record for consecutive regular season games with a touchdown, when he went 11-straight games played with a touchdown spanning the 1950-51 seasons.

Hall of Fame RB LaDainian Tomlinson has the longest regular-season touchdown streak since 1970, going 18-straight regular season games with a touchdown from 10/3/04 to 10/16/05.

Additionally, former Bill O.J. Simpson had a 14-game touchdown streak and former Redskin John Riggins, Redskin George Rogers and 49er Jerry Rice all have had 13-game touchdown streaks since 1970.

RUMBLING, BUMBLING, NOT FUMBLING

Ball security is a crucial point of emphasis for Sean McVay's Rams - and L.A. practiced what they preached throughout the regular season.

Rams' ballcarriers fumbled only 17 times (tied sixth fewest) last season, putting the ball on the ground on 2.06 percent of their total touches (sixth fewest).

Fumble/Touch Percentage (2018)

Player	Fum/Lost	Fum/Touch%
1. New England Patriots	11/7	1.29
2. Cincinnati Bengals	11/4	1.59
3. Detroit Lions	14/7	1.80
4. Minnesota Vikings	15/10	1.92
5. Indianapolis Colts	17/9	2.02
6. Los Angeles Rams	17/7	2.06

COOKING ON THE TURF

WR Brandin Cooks made several big catches in 2018. Cooks ended the 2018 regular season sixth in the league in average yards per reception (min. 60 receptions) with 15.1 yards/rec. WR Robert Woods ended the season ranked eighth (14.2).

2018 League Leaders in Average Yards Per Reception (Minimum 60 Receptions)

Player, Team	Avg. Yards./Rec.
1. Mike Evans, TB	17.7
2. Tyreek Hill, KC	16.8
3. T.Y. Hilton, Ind	16.7
4. George Kittle, SF	15.6
5. Kenny Golladay, Det	15.2
6. Brandin Cooks, LA	15.1

RAMS OFFENSIVE NOTES



AN ODE TO THE GREATEST SHOW ON TURF

The Rams Week 4 win over the Vikings featured three receivers each with over 100 yards receiving, which is the first time for the Rams since the 2000 season. Hall of Fame QB Kurt Warner noted similarities between the 2018 Los Angeles Rams and the 1999 Rams, which earned the nickname, the Greatest Show on Turf.



Top: Former WR Isaac Bruce
Bottom: WR Cooper Kupp

Below is a look at how the Rams 2018 season compares to the Rams 1999 season. Both teams posted a 13-3 record. The 1999 season ended with a 23-16 victory over the Tennessee Titans in Super Bowl XXXIV, which was played in Atlanta, which was also the host city of Super Bowl LIII.

1999 Rams Offensive Stats vs. 2018 Rams Offensive Stats

Statistic	1999	2018
Points Scored	526	527
Opponents' Points Score	242	384
Point Differential	+284	+143
Total First Downs	337	401
Rushing First Downs	102	134
Passing First Downs	207	236
First Downs By Penalty	28	31
Third Down Conversions	91/194 (.469)	86/191 (.450)
Total Net Yards	6,412	6,738
Net Passing Yards	4,353	4,507
Yards Per Passing Attempt	8.6	8.3
Rushing Yards	2,059	2,231
Yards Per Rushing Attempt	4.8	4.9

TOP GUN QUARTERBACK



QB Jared Goff

Rams QB Jared Goff improved in each of the first four games of the season. He became the first quarterback in league history to post three consecutive games with over 350 yards passing while completing at least 75 percent of his passes in Weeks 2-4.

Goff established career highs in passing yards (465), quarterback rating (158.3) and passing touchdowns (five) against the Vikings in the team's Week 4 win. In that game, Goff attempted 33 passes, which are the most pass attempts by a QB with a perfect rating in NFL history.

During the 2018 regular season, Goff finished amongst the best in the league in passing yards (4,688, 4th) and yards per attempt (8.36, 4th). His 32 passing touchdowns were tied for the sixth-most during the 2018 season.

2018 NFL Passing Leaders Sorted by Passing Yards

Player	Comp/Att.	Yards	TDs	QB Rating
1. Ben Roethlisberger, Pit	452/675	5,129	34	96.5
2. Patrick Mahomes, KC	383/580	5,097	50	113.8
3. Matt Ryan, Atl	422/608	4,924	35	108.1
4. Jared Goff, LA	364/561	4,688	32	101.1
5. Andrew Luck, Ind	430/639	4,416	39	98.7

COOKS WITH CONSISTENCY



WR Brandin Cooks

Rams WR Brandin Cooks has been a consistent pass catcher since he entered the league in 2014 as a first-round draft pick by the New Orleans Saints.

Cooks posted his first 1,000-plus yard receiving season in 2015 (1,138 yards receiving) and is the only player in NFL history to post three consecutive 1,000-plus yards receiving on three different teams in a three-year span. Cooks has 5,050 career receiving yards on 352 receptions.

Since entering the league in 2014, Cooks ranks sixth in the NFL in 25-yard receptions, hauling in 55 catches of over 25

yards, including eight in 2018.

Most 25-Plus Yard Receptions Since 2014

Player	25-Plus Yard Receptions
1. Antonio Brown, Pit	75
2. T.Y. Hilton, Ind	74
3. Julio Jones, Atl	68
4. DeAndre Hopkins, Hou	61
5. Mike Evans, TB	56
6. Brandin Cooks, LA	55

WARNING! HIGH SPEEDS AHEAD

The Rams roster is deep with speedsters capable of reaching top gears of 20+ miles per hour. In 2018, Los Angeles has had 13 players surpass the 20mph mark with the ball in their hands or while making a play a total of 28 times.

WR Brandin Cooks and CB Sam Shields have each eclipsed the 21 MPH mark in games this season. Cooks ran a 4.33 40-yard dash at the 2014 NFL Combine, while Shields posted a 4.30 40-yard dash at the 2010 NFL Combine.

Rams Players to Reach 20mph in 2018

Player	Week	Speed (mph)
1. WR Brandin Cooks	Week 4	21.23
2. CB Sam Shields	Week 11	21.17
3. WR JoJo Natson	Week 2	20.93
4. WR Brandin Cooks	Week 10	20.80
5. S Lamarcus Joyner	Week 10	20.76
6. WR KhaDarel Hodge	Week 16	20.76
7. WR Robert Woods	Week 16	20.74
8. RB Todd Gurley II	Week 6	20.72
9. WR Cooper Kupp	Week 4	20.70
10. WR Cooper Kupp	Week 4	20.58
11. CB Troy Hill	Week 6	20.55
12. WR Josh Reynolds	Week 13	20.49
13. CB Sam Shields	Week 4	20.43
14. CB Sam Shields	Week 16	20.43
15. WR JoJo Natson	Week 16	20.41
16. WR JoJo Natson	Week 2	20.40
17. WR Brandin Cooks	Week 2	20.35
18. WR Brandin Cooks	Week 6	20.25
19. S Lamarcus Joyner	NFC Div.	20.21
20. S Marqui Christian	Week 9	20.19
21. CB Marcus Peters	NFC Conf.	20.15
22. WR Brandin Cooks	Week 11	20.15
23. WR Brandin Cooks	Week 16	20.15
24. CB Marcus Peters	Week 15	20.09
25. WR Josh Reynolds	NFC Conf.	20.07
26. CB Troy Hill	Week 10	20.07
27. WR Pharoh Cooper	Week 1	20.03
28. RB Todd Gurley II	Week 9	20.00

RAMS OFFENSIVE NOTES



LINING THEM UP

Entering the 2019 season, the Rams will see two new starters on the offensive line in C Brian Allen and G Joe Noteboom.

Last season, the Rams were the only team in the league to use the same five offensive linemen for every game this season.

During the 2018 season, L.A. allowed 33 sacks, tied for the eighth-fewest sacks allowed during the regular season.

Of L.A.'s 1,100 offensive snaps during the 2018 regular season, all five starters played at least 90 percent of the time while two - Austin Blythe and Rob Havenstein - played every regular season snap.

In 2017, four Rams offensive linemen cracked the top-10 for the most total snaps played by a lineman in a single season in franchise history, including former G Jamon Brown whose 1,127 snaps were the most by an offensive lineman in Rams history.

One of Head Coach Sean McVay's first tasks was shoring up the Rams offensive line - a unit that saw six different starting combinations during the 2016 campaign. The Rams were the only team in the NFL to use the same five starting offensive linemen in 15 of their contests last season before resting starters during Week 17.



T Andrew Whitworth



GOING GOFF IN THE SCORING COLUMN



QB Jared Goff

QB Jared Goff became the first player in league history to pass for at least 350 yards while completing at least 75 percent of his passes in three consecutive games, capped off with one of the best performances by a quarterback in league history in the team's Week 4 win over the Minnesota Vikings.

Against the Vikings, Goff established career highs in passing yards (465), passing touchdowns (5) and quarterback rating (158.3). Goff attempted 33 passes, which are the most pass attempts by a QB with a perfect rating in NFL history.

During the 2018 regular season, Goff was amongst the best in the league in passing yards (4,688, 4th), yards per attempt (8.4, 4th), and QB rating (101.1, 8th). His 32 passing touchdowns were tied for the sixth-most with Drew Brees and Philip Rivers.

WRs Robert Woods and Cooper Kupp have emerged as Goff's favorite end zone targets. Kupp has caught 11 touchdowns from Goff in his first 23 NFL games before being placed on IR.

Goff was one of only four quarterbacks to pass for over 300 yards with four passing touchdowns a season ago in the team's 51-17 win over the New York Giants.

In his first road start of his sophomore campaign, a Thursday Night game at San Francisco, the Cal product had what was then his most efficient day in the NFL, completing 22-of-28 passing attempts (79 percent) for 292 yards, three touchdowns and no interceptions with a 145.8 QB rating, earning his first road victory.

Goff threw three touchdowns in the first half of his first-career road start as a rookie in a Week 12 matchup with the New Orleans Saints in 2016, becoming the third rookie to throw three touchdowns in their first-career road start over the past 20 years.

Jared Goff Career TD Passes by Receiver

Receiver	TD Passes
Cooper Kupp	11
Robert Woods	11
Todd Gurley II	10
Sammy Watkins	8
Josh Reynolds	6
Brandin Cooks	5
Gerald Everett	5
Tyler Higbee	4
Kenny Britt	2
Malcolm Brown	1
Tavon Austin	1
Lance Kendricks	1
Total	65



THE LONGEST YARD



RB Todd Gurley II

During the 2018 regular season, the Los Angeles Rams finished second in the league in scrimmage yards (6,961). The Rams also finished second in the league in scrimmage yards per game (435.1), scored the third-most scrimmage touchdowns (55) and were tied for the fourth-most in scrimmage yards per touch (8.4).

The Rams offense amassed over 500 yards of offense in consecutive weeks (Weeks 3-4), including 556 yards in the team's Week 4 win over the Vikings, in which they averaged over 10 yards per play. The two games with over 500 yards were the

first two 500-plus yard outings by the Rams since Head Coach Sean McVay took over in 2017.

Individually, RB Todd Gurley II finished fourth in the league in scrimmage yards (1,831), led the league in scrimmage touchdowns (21) and averaged 5.8 scrimmage yards per touch and 130.8 yards from scrimmage per game in his 14 games played during the 2018 campaign.

2018 NFL Scrimmage Yardage Leaders Sorted by Scrimmage Yards

Team	Scrim. Yards	Yards/Touch	Yards/Game
1. Kansas City Chiefs	6,981	9.0	436.3
2. Los Angeles Rams	6,961	8.4	435.1
3. Tampa Bay Bucs	6,881	8.6	430.1
4. Pittsburgh Steelers	6,619	8.2	413.7
5. Atlanta Falcons	6,522	8.5	407.6



WOODS MOVES THE STICKS

Throughout the 2018 regular season, WR Robert Woods helped the Rams offense continue driving down the field by making catches for a first down. Woods finished with a total of 66 receptions that resulted in a first down, ranking him tied for eighth in the league. Among the receivers with at least 70 receptions this season, the second-year Ram (76.7 percent) ranked third in average percentage in first down gains per reception.

Highest Percentage in First Downs Per Reception (Min. 70 Receptions)

Player, Team	Percentage
1. Mike Evans, TB	79.1
2. Kenny Golladay, Det	78.6
3. Robert Woods, LA	76.7
4. T.Y. Hilton, Ind	72.4
5. Tyler Boyd, Cin	71.1

RAMS OFFENSIVE NOTES



FINDING FIRST DOWNS

The Los Angeles Rams moved the ball on offense during the 2018 regular season. L.A. led the league with 401 first downs, 74 more than the league average of 307 and 51 more than the average of all teams that qualified for the 2018 playoffs (350).

Of the Rams' 401 first downs, L.A. had 134 rushing first downs, 236 passing first downs and gained 31 first downs via penalty.

Teams	First Downs
1. Los Angeles Rams	401
2. Tampa Bay Bucs	388
3. Kansas City Chiefs	384
4. Pittsburgh Steelers	378
5. New Orleans Saints	377

MULTI-SCORE THREAT

Since entering the league in 2015, RB Todd Gurley II leads all running backs with 13 games of scoring multiple rushing touchdowns.

In those 13 games, Gurley has run 259 times for 1,343 yards (694 after contact), 77 first downs, 29 touchdowns and averaged 5.2 yards per carry.

Multiple Rushing TD Performances since 2015

Player, Team	Multi-TD Games
1. Todd Gurley II, LA	13
2. David Johnson, Ari	8
3t. Ezekiel Elliott, Dal	7
3t. Carlos Hyde, Jax	7
3t. Mark Ingram II, NO	7
3t. LeGarrette Blount, Det	7

TREMENDOUS THIRD DOWNS

L.A. faced 191 third downs during the 2018 regular season and converted 86 of those attempts (45.0 percent), which was the fifth-best third-down conversion rate in the NFL.

In the team's Week 4 contest against the Vikings, the Rams only faced six third down attempts, the fewest third down plays by L.A. this season.

2018 Regular Season Third Down Conversions

Team	3rd downs	Converted	Percentage
1. Indianapolis Colts	214	104	48.6%
2. Kansas City Chiefs	176	83	47.2%
3. Tampa Bay Bucs	187	86	46.0%
4. Atlanta Falcons	203	92	45.3%
5. Los Angeles Rams	191	86	45.0%

TRIPLE THREAT TODD

RB Todd Gurley II scored three rushing touchdowns against the Seattle Seahawks in the team's 33-31 Week 5 win, marking Gurley's third-career three rushing touchdown game. He joins Hall of Fame company in Eric Dickerson and Marshall Faulk as the only Rams running backs with at least three, three rushing touchdown games in franchise history.



RB Todd Gurley II

Most Three Rushing Touchdown Games in Franchise History

Player	3 Rushing TD Games
1. Marshall Faulk	6
2. Eric Dickerson	4
3. Todd Gurley II	3

SCORING SUMMARIES



WR Josh Reynolds

During the 2018 campaign, the Rams outscored their opponents 527-384 with an average margin of victory of 13.0 points. The 527 points were the second-most in the league during the 2018 regular season, while the 143 point differential was the third-best in the league in 2018.

The Los Angeles Rams defense didn't allow a fourth quarter touchdown through the first five games of the season and allowed only 82 fourth quarter points, the sixth-fewest fourth quarter points allowed in the NFL in 2018. The Rams outscored opponents by 60 points in the second half of games, the third-best second-half differential in the NFL.

2018 Regular Season Scoring Differential

Team	Scored	Allowed	Differential
1. New Orleans Saints	504	353	151
2. Kansas City Chiefs	565	421	144
3. Los Angeles Rams	527	384	143
4. Chicago Bears	421	283	138
5. New England Patriots	436	325	111

2018 Regular Season Scoring Differential By Quarter

Team	1Q	2Q	3Q	4Q
1. New Orleans Saints	-17	60	23	79
2. Kansas City Chiefs	91	19	36	-5
3. Los Angeles Rams	21	62	25	35
4. Chicago Bears	47	80	16	1
5. New England Patriots	8	76	-6	33

YACITY YAC, DON'T COME BACK

Since entering the league in 2015, RB Todd Gurley II leads the NFL by a wide margin in rushing yards gained after first contact.

Gurley tallied at least 587 rushing yards after contact (YAC) in each of his first three pro campaigns. With 617 yards (2nd most) after contact during the 2018 season, Gurley surpassed that mark for the fourth consecutive season.

In 2017, the Rams dual-threat back also led the NFL in receiving yards after first contact (262) and combined yards after first contact (882 - rushing and receiving).

Rushing Yards After First Contact (2015-present)

Player	Rush YAC
1. Todd Gurley II	2,503
2. Frank Gore	2,001
3. Mark Ingram II	1,991

COOKS UP A STREAK

WR Brandin Cooks posted at least 100 yards receiving in three-straight games, from Weeks 9-11, which is tied for the fifth-longest 100-yard game streak in franchise history. Isaac Bruce had 100-yard game streaks of four and six in his Rams tenure.

Cooks posted five 100-yard games in his first season as a member of the Los Angeles Rams.

Most Consecutive 100-Yard Games in Franchise History

Player	Streak	Year
1. Isaac Bruce	6 games	1995
2t. Elroy Hirsch	5 games	1951
2t. Bob Boyd	5 games	1954
4. Isaac Bruce	4 games	2004
5t. Brandin Cooks	3 games	2018
5t. Torry Holt	3 games	2003
5t. Torry Holt	3 games	2000
5t. Torry Holt	3 games	2000 (spanned two seasons)

RAMS OFFENSIVE NOTES



THREE IS THE MAGIC NUMBER

The Los Angeles Rams averaged 30:42 minutes of possession per game during the 2018 regular season, thanks to a league-low 10.4 percent of their offensive drives ending in three-and-outs.

After going three-and-out on the first series of the season at Oakland, the Rams didn't have another three-and-out until the team's Week 4 game against the Vikings.

Of the Rams' 183 offensive series during the regular season, there were only 19 three-and-outs, meaning the Rams went three-and-out on only 10.4 percent of the offensive drives. L.A. was the only team in the league to go three-and-out less than 13 percent (10.4 percent) of their offensive drives. New Orleans had the league's second-best three-and-out percentage (13.1 percent). The Jets had the worst three-and-out percentage at 29.6 during the 2018 season.



WR Cooper Kupp

Team	2018 Three-And-Out Drives	Off. Series	3-&-outs	Percentage
1. Los Angeles Rams	183	19	10.4%	
2. New Orleans Saints	168	22	13.1%	
3. Tampa Bay Bucs	184	25	13.6%	
4. Kansas City Chiefs	170	26	15.3%	
5. Pittsburgh Steelers	182	30	16.5%	

OFFENSIVE EXPLOSION

Under Head Coach Sean McVay, the Rams have shown a knack for creating explosive plays in all phases of the game. During the 2018 regular season, L.A. recorded 115 explosive plays, an average of over seven per game.

During the 2017 regular season, the Rams tallied 105 total explosive plays, 30 of which came during the second quarter of play - the most in any single quarter a season ago.

**Explosive plays are defined as 20-plus yard passes, rushes, receptions or returns.*

Player	Team	Rams 2018 Explosive Plays (by Player)	Explosive Plays
QB Jared Goff			69
WR Brandin Cooks			22
WR Robert Woods			21
RB Todd Gurley II			16
DB Blake Countess			9
WR Cooper Kupp			9
WR Pharoh Cooper			8
WR JoJo Natson			7
WR Josh Reynolds			6
TE Gerald Everett			4
TE Tyler Higbee			3
RB C.J. Anderson			2
CB Marcus Peters			2
CB Aqib Talib			2
CB Sam Shields			1
OLB Samson Ebukam			1
S John Johnson III			1
LB Cory Littleton			1

Player	Team	Rams 2018 Explosive Plays (by Quarter)	Explosive Plays
First Quarter			24
Second Quarter			29
Third Quarter			34
Fourth Quarter			28
Total			115

MASTERS OF SEPARATION

Rams pass catchers have provided QB Jared Goff plenty of space to throw into this season. Among all eligible L.A. receivers (min. 10 targets), RB Todd Gurley II led the way with 4.80 yards of separation at the time of throw during the 2018 campaign.

Rams Average Yards of Separation at Throw (2018)

Player	Avg. Yards
RB Todd Gurley II	4.80
TE Gerald Everett	4.15
WR Cooper Kupp	3.86
WR Robert Woods	3.69
WR Josh Reynolds	3.68
TE Tyler Higbee	3.64
WR Brandin Cooks	3.03

NIXING THE BLITZING

Since entering the league in 2016, QB Jared Goff has picked apart opponents' blitzes. He holds the fifth-highest passer rating among signal callers with at least 200 passing attempts against the blitz. Goff is one of only six QBs with a rating over 100.0 in that time.

The Rams quarterback has also benefited from avoiding negative plays. Goff has thrown only five interceptions (tied-sixth fewest) and his 24 sacks taken are the tenth-fewest during that span.

In 2018, Goff's 105.2 passer rating against the blitz ranked sixth among all quarterbacks with at least 50 attempts.

Highest Passer Rating vs. the Blitz Since 2016

Player	TD/INT	Rating
1. Deshaun Watson	12/2	109.6
2. Matt Ryan	32/6	105.9
3. Tom Brady	27/6	105.1
4. Drew Brees	23/8	104.8
5. Jared Goff	22/5	104.5

BOBBY TREES GETTING 60 CONSISTENTLY



WR Robert Woods

Wide receiver Robert Woods reached the 1,000-yard mark for the first season in his career in a 2018 Week 14 contest in Chicago.

Woods reached the milestone delivering week-to-week in consistent fashion this season and that trend continued through the 2018 regular season.

Woods became just the fourth player in NFL history to record 14-straight games with at least 60 yards receiving (Weeks 2-16), joining Antonio Brown, Andre Johnson and

Marvin Harrison as some of the most consistent wide receivers in a single season in NFL history.

The former USC Trojan finished the season with a team-best 86 receptions for 1,219 yards with six receiving touchdowns. Woods average 79.2 receiving yards per game and 14.2 yards per reception in his second season with the Rams in 2018.

RAMS OFFENSIVE NOTES

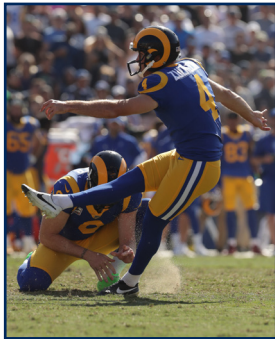


SECOND HALF SUCCESS

Since Head Coach Sean McVay took over control of the Rams in 2017, L.A. has been amongst the best at making adjustments at halftime and outscoring their opponents in the second half.

Through the 2018 regular season, the Rams outscored their opponents by 35 points in the fourth quarter, continuing a trend set in motion a season ago of second-half success.

The Los Angeles Rams outscored the Oakland Raiders 10-0 in the third quarter of the teams' 2018 Week 1 contest. L.A. followed it up outscoring the Cardinals 8-0 in the third quarter of the teams' Week 2 contest at the Coliseum. The Rams outscored their first three opponents 32-7 in the third quarter.



K Greg Zuerlein

2018 Fourth Quarter Points Differential Leaders			
Team	Scored	Allowed	Differential
1. New Orleans Saints	162	83	+79
2. Indianapolis Colts	125	83	+42
3. Tennessee Titans	101	62	+39
4. Houston Texans	110	72	+38
5t. Cincinnati Bengals	119	84	+35
5t. Los Angeles Rams	117	82	+35

The Rams were the third-best second-half team in football during the 2018 regular season. L.A. outscored its opponents 248-188 in the second half of its 16 games. The +60 point second half differential was the third-best in the NFL this season.

2018 Second Half Point Differential Leaders			
Team	Scored	Allowed	Differential
1. New Orleans Saints	256	154	+102
2. Baltimore Ravens	193	111	+82
3. Los Angeles Rams	248	188	+60
4. Seattle Seahawks	221	167	+54
5t. Indianapolis Colts	212	163	+49
5t. Philadelphia Eagles	216	167	+49

PASSING LEADERS

The Los Angeles Rams amassed 4,730 gross yards passing during the 2018 regular season, thanks in large part to a passing attack that has stretched the field.

During the 2018 campaign, the Rams averaged 8.33 yards per passing attempt, the fourth-best average in the league and 40 completions of over 25 yards, the second-most in the league this season.

Average Yards Per Passing Attempt (2018)	
Team	Yards/Passing Att.
1. Kansas City Chiefs	8.79
2. Tampa Bay Bucs	8.57
3. Los Angeles Chargers	8.43
4. Los Angeles Rams	8.33
5. Houston Texans	8.23

BRING 'EM OUT, BRING 'EM OUT

Since 2017, the Los Angeles Rams offense have been starting their offensive drives with great field position. The Rams are ranked first in the league in average starting field position with starting their drives at an average of 31.3-yard line

Average Starting Field Position for Offenses Since 2017	
Team	Field Position
1. Los Angeles Rams	31.3
2. Baltimore Ravens	31.0
3. New Orleans Saints	30.3
5t. Kansas City Chiefs	29.8
5t. Minnesota Vikings	29.8

LET'S SCORE SOME MORE



RB Todd Gurley II

Despite missing the last two games of the regular season, RB Todd Gurley II posted the fifth-most points during the 2018 season with 132 points, which was the highest-scoring output by a non-kicker during the 2018 season. Saints RB Alvin Kamara is the next closest non-kicker, he scored 114 points and averaged 7.6 points per game.

Gurley had a 22-point effort in the team's 34-0 Week 2 win over the Cardinals and an 18-point game against the Seahawks in Week 5 and the 49ers in Week 7.

Since entering the league in 2015, Gurley leads the league in touchdowns (56) with 46 rushing touchdowns and 10 receiving touchdowns. His 342 total points since 2015 are the 21st-most points scored in that time frame and the most by a non-kicker.

2018 NFL Individual Leading Scorers	
Player	Total Points
1. K Ka'imi Fairbairn, Hou	150
2. K Justin Tucker, Bal	141
3. K Harrison Butker, KC	137
4. K Wil Lutz, NO	136
5. RB Todd Gurley II, LA	132

Despite only playing in 14 games in 2017, K Greg Zuerlein still led the league in total points scored during the 2017 regular season with 158 points scored. Zuerlein kicked off the 2018 season with a 15-point effort at Oakland in the team's Week 1 game. Zuerlein fell two points shy of former RB Marshall Faulk for the second-best single season scoring (160 points in 2000) and five points shy of former K Jeff Wilkins for the highest scoring season by a Ram in franchise history (163 points in 2003). Former Chargers RB LaDainian Tomlinson holds the NFL single season record with 186 points scored in 2006.

Gurley finished 13th in the NFL in 2017 with 114 points scored, the highest total by a non-kicker.

2017 NFL Individual Leading Scorers	
Player	Total Points
1. Greg Zuerlein, LA	158
2. Stephen Gostkowski, NE	156
3. Robbie Gould, SF	145
4. Chris Boswell, Pit	142
5. Harrison Butker, KC	142

TEN AND TEN AGAIN

Led by QB Jared Goff and RB Todd Gurley II, the Rams offense ranked first in the NFL in offensive plays of 10-plus yards during the 2018 regular season. L.A. has scored 22 of their 54 offensive touchdowns (41 percent) on plays of the 10-plus yard variety.

Most Offensive Plays of 10+ Yards (2018)	
Team	Plays
1. Los Angeles Rams	266
2. Tampa Bay Buccaneers	263
3. Kansas City Chiefs	251
4. Atlanta Falcons	250
5. Los Angeles Chargers	247

RAMS DEFENSIVE NOTES



TAKE IT AND 'LEEB IT

Rams CB Aqib Talib has made a career of taking the ball away - Talib ranks second among all active players in interceptions (35), which is first among active cornerbacks.



CB Aqib Talib

The Kansas State product leads all active players in career pick-sixes (10), which ranks fourth all-time. Talib is one-of-seven defenders that has ever recorded two or more pick-sixes in three different seasons (2011, 2014, 2015). Talib trails former defensive back Rod Woodson for the all-time pick-six record (12). With his next interception returned for a touchdown, Talib will move into a three-way tie for second place with former DBs Darren Sharper and Charles Woodson (11).

All-Time Pick-Sixes

Player	Ints returned for TDs
1. Rod Woodson	12
2t. Darren Sharper	11
2t. Charles Woodson	11
4. Aqib Talib	10

Pick-Sixes Among Active Players

Player	Ints returned for TDs
1. Aqib Talib, LA	10
2t. Janoris Jenkins, NYG	7
2t. Johnathan Joseph, Hou	7
4. Malcolm Jenkins, Phi	6

Interceptions Among Active Defensive Backs

Player	Interceptions
1. Reggie Nelson, Oak	38
2. Aqib Talib, LA	35
3. Brent Grimes, TB	33
4t. Tramon Williams, GB	32
4t. Richard Sherman, SF	32

Aqib Talib returned an interception 103 yards for a touchdown against Dallas in a 2017 Week 2 which is tied for the third-longest interception return in NFL history. The play also represented the third-longest return of any kind in Broncos' history.

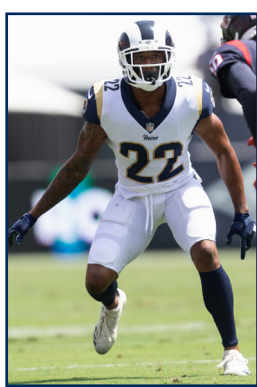
Longest Interceptions Returned for TDs in NFL History

Player	Distance
1. Ed Reed, Bal. vs. Phi. (11/23/08)	107t
2. Ed Reed, Bal. vs. Cle. (11/7/04)	106t
3t. Aqib Talib, Den. vs. Dal. (09/17/17)	103t
3t. Louis Oliver, Mia. at Buf. (10/4/92)	103t
5. Six players	102t

Talib's Interceptions Sorted By Quarterback

Quarterback	Ints	Quarterback	Ints
Jason Campbell.....	3	Max Hall.....	1
Matt Ryan.....	3	Matt Hasselbeck.....	1
Geno Smith.....	3	Colin Kaepernick.....	1
Joe Flacco.....	2	Carson Palmer.....	1
Andrew Luck.....	2	Dak Prescott.....	1
Jameis Winston.....	2	Philip Rivers.....	1
Derek Anderson.....	1	Aaron Rodgers.....	1
Charlie Batch.....	1	Tony Romo.....	1
Tom Brady.....	1	Matthew Stafford.....	1
Jimmy Clausen.....	1	Alex Smith.....	1
Andy Dalton.....	1	Seneca Wallace.....	1
Dak Prescott.....	1	Jake Delhomme.....	1
Josh Freeman.....	1	Nick Foles.....	1

PETERS' PICKS



CB Marcus Peters

Through his fourth professional regular season, CB Marcus Peters has collected more interceptions than anyone else since he entered the league in 2015.

Peters not only leads the league in interceptions (22) since 2015, he also leads all players with over 10 interceptions in average interception return yardage (26.7 yards per return).

Among all active cornerbacks, no one else has had more interceptions before their 25th birthday.

In addition to leading the league in interceptions since 2015, the Oakland native ranks third in pass break-ups with 63, trailing Darius Slay (69) and Robert Alford (65) for the league lead.

2015-Present Interception Leaders

Player	Interceptions
1. Marcus Peters, LA	22
2. Reggie Nelson, Oak	16
3. Darius Slay, Det	15
4t. Trumaine Johnson, NYJ	14
4t. Damarius Randall, Cle	14
6t. Micah Hyde, Buf	13
6t. Ha Ha Clinton-Dix, GB/Was	13

2015-Present Interception Return Average (Min. 10 Ints)

Player	Int Return Avg.
1. Marcus Peters, LA	26.7 yards
2. Josh Norman, Was	22.7 yards
3. Reshad Jones, Mia	22.3 yards
4. Stephon Gilmore, N.E.	18.9 yards
5. Eric Weddle, Bal	17.7 yards

Interceptions Before 25th Birthday (Active DBs)

Player	Interceptions
1. Marcus Peters, LA	19
2t. Aqib Talib, LA	15
2t. Patrick Peterson, Ari	15
2t. Earl Thomas, Sea	15
5. Joe Haden, Pit	13

2015-Present Pass Break-Ups

Player	PBUs since 2015
1. Darius Slay, Det	69
2. Robert Alford, Atl	65
3. Marcus Peters, LA	63
4. Stephon Gilmore, N.E.	59
5t. Casey Hayward Jr., LAC	57
5t. Janoris Jenkins, NYG	57

Peters' Interceptions Sorted By Quarterback

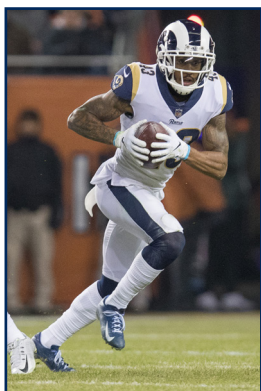
Quarterback	Ints	Quarterback	Ints
Philip Rivers.....	4	Teddy Bridgewater....	1
Derek Carr.....	3	Brian Hoyer.....	1
Jimmy Clausen.....	2	Patrick Mahomes.....	1
Ryan Fitzpatrick.....	2	Johnny Manziel.....	1
Peyton Manning.....	2	Ben Roethlisberger...1	
Brock Osweiler.....	2	Trevor Siemian.....	1
Mitchell Trubisky.....	1		

RAMS DEFENSIVE NOTES



TAKE IT AWAY AND MAKE 'EM PAY

The Rams took the ball away from their opponents 30 times during the 2018 regular season, the third-most in the NFL and 58 times since the start of the 2017 season which is tied for the best total over the last two seasons. L.A. has scored 239 points off takeaways since Sean McVay became the head coach, the most in the league since the start of the 2017 season. L.A. scored a league-best 113 points off takeaways during the 2018 regular season.



S John Johnson III

Not only did the Rams take the ball away a season ago, they made their opponents pay for turning the ball over. L.A. finished the 2017 regular season ranked fifth in the league in total takeaways with 28.

The Rams scored 126 points off of turnovers, the second-best total created by the defensive unit in 2017. 26.4 percent of the team's points last season came following a takeaway, which was the fourth-highest percentage in the NFL.

Most Points Off Takeaways in 2017-18 Seasons

Team	Points Off Takeaways
1. Los Angeles Rams	239
2. Chicago Bears	179
3t. Baltimore Ravens	177
3t. Jacksonville Jaguars	177
5. Kansas City Chiefs	170

HURRIES ON THE UP

The Rams pass rush made its presence known to opposing quarterbacks in 2018. L.A. finished with the fourth-most quarterback hurries (91) in the league during the 2018 regular season.

DT Aaron Donald ranked second among all defenders with 29 hurries, including four games with at least four hurries this season.

**Hurry is defined as a situation when a QB is forced to throw the ball earlier than intended or is chased around/out of the pocket as the result of defensive pressure.*

Quarterback Hurries (2018)

Player, Team	QB Hurries
1. J.J. Watt, Hou	32
2. Aaron Donald, LA	29
3t. Khalil Mack, Chi	27
3t. Jadeveon Clowney, Hou	27
5. Cameron Jordan, NO	25

Rams rookie DL John Franklin-Myers, L.A.'s second of two fourth-round picks this year, finished tied for third among all 2018 rookies with 10 defensive hurries.

Franklin-Myers also ranked tied for third on the team in hurries (10) and fourth in total pressures (16.0), trailing Donald and OLB Samson Ebukam in hurries.

Quarterback Hurries (2018 Rookies)

Player, Team	Drafted	QB Hurries
1t. Bradley Chubb, Den	Round 1	13
1t. Harold Landry, Ten	Round 2	13
3t. John Franklin-Myers, LA	Round 4	10
3t. Genard Avery, Cle	Round 5	10
3t. Lorenzo Carter, NYG	Round 3	10
3t. Arden Key, Oak	Round 3	10

COUNT IT ALL FOR LOSS

Both against the run and the pass, the Rams defense is among the NFL's best over the past three-plus seasons when it comes to making plays behind the line of scrimmage.

Since the start of the 2015 season, the Rams rank seventh in the league in opponents' negative plays, preventing 420 of the opponents' plays from reaching the line of scrimmage.

The Rams forced 88 negative plays in 2018 after recording 91 negative plays during the 2017 regular season. The Rams defense forced 113 negative plays by opposing offenses in 2016, the third-most in the NFL that season.

The Rams finished the 2015 season with a league-best 132 negative plays, which included 82 negative rushes and 50 negative passing plays by their opponents.

2015-Present NFL Leaders, Opponent Negative Plays

Team	Plays
1. Arizona Cardinals	466
2. Jacksonville Jaguars	440
3. Carolina Panthers	438
4. Philadelphia Eagles	436
5. Miami Dolphins	430
6. Dallas Cowboys	425
7. Los Angeles Rams	424



DT Aaron Donald

BROCKERS BRINGING IT

DL Michael Brockers recorded the Rams first sack of the 2018 campaign, bringing down Raiders QB Derek Carr for a three-yard loss. Brockers has the third-most tackles of all Rams defensive linemen and finished seventh on the team during the 2018 regular season with 54 total tackles (33 solo).



DL Michael Brockers

Brockers led the Rams defensive line with 65 total tackles during the 2017 season, the fifth-most on the team. The LSU product also added eight TFL, 4.5 sacks, eight QB hits and four PDs in 2017.

Since entering the league as a first-round pick in 2012, Brockers has started 104-of-106 games played. Brockers was one-of-three defensive linemen during the 2017 season to have multiple PDs in one game.

In 2016, he recorded the second-most tackles on the team by an interior defensive lineman (58). His 58 total tackles ranked eighth on the team two seasons ago. In 2016, the LSU product tallied seven quarterback pressures and four quarterback hits despite missing two games in the middle of the season.

Brockers finished the 2015 season with career highs in tackles (74) and tackles for loss (12). His tackle for loss total was tied for third among all Rams.

Brockers has posted 40 TFL, 43 QB hits, 20.0 sacks, eight PDs, forced two fumbles and recovered one fumble appearing in 107 games with 105 starts through his seventh regular season in the National Football League.

RAMS DEFENSIVE NOTES



FORCING FUMBLES



Rams defenders forcing a fumble

The Los Angeles Rams forced two fumbles against the Los Angeles Chargers in the teams' Week 3 contest, the first two forced fumbles by the Rams this season. The Rams 12 forced fumbles during the 2018 season was tied for the 14th-most in the league during the 2018 season.

As a team, the Rams have forced 102 fumbles since 2012. The 102 forced fumbles is tied for the fourth-best total in the NFL during that span.

Defensive Coordinator Wade Phillips continues to build defenses predicated on forcing turnovers. The Rams defense forced 17 fumbles during

Phillips' first season as defensive coordinator in 2017. The 17 forced fumbles were tied for the most in the league a season ago with the Jacksonville Jaguars. Phillips' Broncos defensive unit forced 34 fumbles in his two seasons as coordinator, tied for the fourth-best total in those two seasons.

Player	Team Forced Fumble Totals 2012-Present	Forced Fumbles
1. Carolina Panthers		108
2. New England Patriots		107
3. Washington Redskins		104
4t. Los Angeles Rams		102
4t. Denver Broncos		102

TALKING TACKLES FOR LOSS

Rams DT Aaron Donald has used an explosive first step to make a living in opponents' backfields since entering the league in 2014. Since the start of the 2014 season, Donald leads the league in tackles for loss, tallying 97 in 78 games played.



DT Aaron Donald

The Pitt product finished first in the NFL with 25 tackles for loss during the 2018 regular season. Donald posted 15 TFL in 14 games during the 2017 season. The 15 TFL was tied for the ninth-most last season and the most by an interior defensive lineman. Donald recorded a then career-high 22 tackles for loss in his second season in the NFL in 2015.

Player	2014-Present NFL Leaders - Most Tackles for Loss	TFL
1. Aaron Donald, LA		97
2. J.J. Watt, Hou		80
3t. Khalil Mack, Chi		78
3t. Calais Campbell, Jax		78
5t. Cameron Jordan, NO		75
5t. Michael Bennett, Phi		75

SERIOUS SACK NUMBERS



LB Clay Matthews

LB Clay Matthews returned to Southern California for his 11th NFL season - the region he was raised and played his college ball after spending his first 10 NFL seasons in Green Bay.

After being drafted by the Packers in the first round of the 2009 NFL Draft, Matthews went on to become the franchise's leading sack artist, amassing 83.5 sacks in his time in Green and Gold.

The former Trojan recorded at least 6.0 sacks in eight of his first 10 NFL seasons, which is tied for the third-most seasons with six-plus sacks among active players in the NFL since 2009. Additionally, Matthews has had four seasons with at least 10.0 sacks.

Among all active players, Matthews' 83.5 sacks ranks in the top-five in sacks since 2009.

Player (Team)	2009-Present Active NFL Leaders - Sacks	Sacks
1t. Von Miller, Den		98.0
1t. Cameron Wake, Mia		98.0
3. J.J. Watt, Hou		92.0
4. Ryan Kerrigan, Was		84.5
5. Clay Matthews, GB/LA		83.5

Player (Team)	2009-Present Active NFL Leaders 6.0-Plus Sack Seasons	6.0-Plus Sack Seasons
1. Calais Campbell, Ari/Jax		9
2. Cameron Wake, Mia		8
3t. Clay Matthews, GB/LA		8
3t. Carlos Dunlap, Cin		8
3t. Ryan Kerrigan, Was		8

WEDDLE WAITS FOR PICKS

S Eric Weddle has earned Pro Bowl honors in three-consecutive years - all while playing for the Ravens (six career Pro Bowl honors). In 2018, Weddle helped lead the Ravens' No. 1 defense, which allowed the NFL's fewest yards (292.9) per game.



S Eric Weddle

Weddle has recorded 29-career interceptions since entering the league as a second-round draft choice (No. 37 overall) by the San Diego Chargers in the 2007 NFL Draft. Weddle's 29 interceptions is tied for the 14th-most by anyone in the NFL since 2007 and ranks first amongst active safeties on a roster heading into the 2019 preseason.

The SoCal native has returned four of his 29 interceptions for touchdowns.

Player (Team)	Active NFL Safety Leaders - Interceptions	Interceptions
1. Eric Weddle, SD/Bal/LA		29
2. Earl Thomas, Sea/Bal		28
3. Antoine Bethea, Ind/SF/Ari/NYG		24
4t. Kurt Coleman, Phi/KC/Car/NO/Buf		21
4t. Reshad Jones, Mia		21
4t. Devin McCourty, NE		21

Additionally, Weddle has recorded 9.5 sacks in his career, that is tied for the third-most by any active safety in the NFL. Weddle recorded 1.0 sack in each of the last three seasons.

RAMS DEFENSIVE NOTES



TAKE FIVE

Keeping L.A.'s offense on the field has been an objective of the Rams defense. Out of 179 opponent drives, the Rams defense allowed only 15 of those drives to last five minutes or longer - tied for the fewest in the NFL during the 2018 regular season.

Opponent 5+ Minute Drives (2018)		
Player	Opp. Drives	5+ Mins.
1t. New England Patriots	187	15
1t. Los Angeles Rams	179	15
3t. San Francisco 49ers	182	16
3t. Seattle Seahawks	176	16
5. Pittsburgh Steelers	184	17

INTERCEPTING THE RANKS

Since 2017, the Los Angeles Rams defense ranks first in the league in interceptions (36) and total interception yards (691).

Most Interception Yards Since 2017	
Team	Interception Yards
1. Los Angeles Rams	691
2. Chicago Bears	583
3. Cincinnati Bengals	561
4. Los Angeles Chargers	549
5. Baltimore Ravens	484

SACK IT ON BACK

The Los Angeles Rams defense posted 41.0 sacks last season. Of those 41.0 sacks, the defense pushed back teams a total of 326.0 yards and finished sixth in the NFL in defensive sack yards.

Most Defensive Sack Yards in 2018	
Team	Def. Sack Yards
1. Minnesota Vikings	361.0
2t. Kansas City Chiefs	347.0
2t. Pittsburgh Steelers	347.0
4. Chicago Bears	339.0
5. Arizona Cardinals	333.0
6. Los Angeles Rams	326.0

JOHNSON KEEPING THE DEFENSE SAFE

Since S John Johnson III was drafted by the Los Angeles Rams in 2017, he has proved to be a problem for opposing offenses. The second-year pro finished the 2018 regular season with four interceptions, one forced fumble, 11 passes defended and 118 total tackles. Johnson (22) ranks second in the NFL in most passes defended amongst all safeties since 2017. He is also ranked fourth in total tackles with 188 amongst all safeties since his rookie season in 2017.

Most Passes Defended by a Safety Since 2017	
Player, Team	Passes Defended
1. Kevin Byard, Ten	24
2. John Johnson III, LA	22
3. D.J. Swearingen, Was/Ari	20
4. Jamal Adams, NYJ	18
5. Harrison Smith, Min	17

Most Tackles by a Safety Since 2017	
Player, Team	Total Tackles
1. Jamal Adams, NYJ	197
2. Landon Collins, NYG	195
3. Reshad Jones, Mia	194
4. John Johnson III, LA	188
5. Antoine Bethea, Ari	178

BIG PLAYERS MAKING BIG SACKS

The Los Angeles Rams defense made big-time sacks in 2018. Of the team's 41.0 sacks, the Rams (7.95) ranked first in the league in average yards per sack.

Team	Avg. Yards/Sack
1. Los Angeles Rams	7.95
2. New England Patriots	7.93
3. New York Jets	7.51
4. Green Bay Packers	7.32
5. Minnesota Vikings	7.22

CAN'T CATCH THIS

Since Defensive Coordinator Wade Phillips took over the Rams defense in 2017, the team ranks fourth in passes defended in the NFL with 164. In the 2018 regular season, the Rams totaled 68 passes defended and was led by LB Cory Littleton with 13.

Most Passes Defended Since 2017	
Team	Passes Defended
1. Baltimore Ravens	172
2. New Orleans Saints	171
3. Chicago Bears	167
4. Los Angeles Rams	164
5. Philadelphia Eagles	160

ANYTHING BUT LITTLE(TON)

During the 2018 campaign, Rams LB Cory Littleton led the team in total tackles (125). The third-year linebacker finished tied for the 10th-most tackles among all NFL defenders.



LB Cory Littleton

Littleton also posted 13 passes defended this season, which was the most by a linebacker and tied for the 13th-most by any defender in 2018.

During the season finale against the 49ers, Littleton notched two interceptions of 49ers QB Nick Mullens, returning the latter 19 yards to the end zone for his first career pick-six.

Littleton also recorded at least five tackles and one pass defended in five of L.A.'s first six games of 2018.

In his 48 career regular season games played, Littleton has 17 passes defended, 11 tackles for loss, seven QB hits, 5.0 sacks, four interceptions and one forced fumble.

PUSH 'EM BACK, ALL (THE) TIME

In 2018, DT Aaron Donald broke former Giants DE Michael Strahan's NFL record for total defensive sack yards in a single season. With Donald's 20.5 sacks, the All-Pro defensive tackle was able to move offenses back a total of 183.5 yards and led the league in defensive sack yards by a player by 61.5 yards.

Donald (183.5) ended the 2018 regular season with more defensive sack yards than two teams - the Bengals (173.0) and Raiders (80.0).

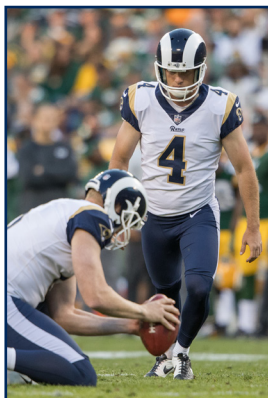
Most Defensive Sack Yards in a Single Season(All-Time)	
Player, Year	Def. Sack Yards
1. Aaron Donald, 2018	183.5
2. Michael Strahan, 2001	177.5
3. Jason Taylor, 2002	162.5
4. DeMarcus Lawrence, 2017	160.0
5. Jared Allen, 2011	150.5

RAMS SPECIAL TEAMS NOTES



A LEG UP IN THE SCORING COLUMN

Against Buffalo in the Rams 2016 Week 5 contest, K Greg Zuerlein made his 100th career field goal. He now has connected on 177 field goals and 222 PATs in his seven-year NFL career.



K Greg Zuerlein

Against the Cowboys in the 2017 Week 4 contest, Zuerlein booted the Rams to their third win of the season, accounting for 23 of the team's 35 points, connecting on 7-of-7 field goal attempts and 2-of-2 PATs. The seven made field goals established a franchise record for single-game field goals and his 23 points is the second-highest total for a Ram in a single game. Zuerlein ties Billy Cundiff for the third-most points by a kicker in a single game in NFL history, falling three points short of Rob Bironas' 26-point effort on 10/21/07. On the season, Zuerlein was 36-of-38 on field goal attempts and 35-of-36 on PATs.

Zuerlein's 97.4 percent PAT success rate is the fourth-highest percentage in franchise history. Zuerlein is the only kicker in franchise history that has kicked PATs from the 2-yard line and the 15-yard line.

In his career, Zuerlein has scored 753 points and connected on 177-of-212 FG attempts and 222-of-228 PATs.

Zuerlein ranks third in franchise history with 753 career points, and posted a personal-best 158 points, which was the most points by anyone during the 2017 regular season.

GREG THE LEG

Rams K Greg "The Leg" Zuerlein is one of the most prolific long-distance kickers in NFL history and against the Bears in a 2018 Week 14 contest, set the franchise record for 50-plus yard field goals, connecting on his 27th from at least 50 yards. In his career, Zuerlein has hit 28-of-48 field goals from long distance.

At Minnesota (11/8/15), he broke his own team record with a 61-yard field goal. In the process, he became just the second kicker in NFL history to make two 60-yard field goals in a career, joining Sebastian Janikowski. Coincidentally, Rams Special Teams Coordinator John Fassel held the same position with the Raiders when Janikowski accomplished his feat.

Zuerlein owns five of the six longest field goals made in Rams history, and his 61-yard kick in Minnesota was the longest in the NFL during the 2015 season.

Zuerlein has been one of the best deep ball kickers in the league since he arrived in 2012. With 28 career kicks from 50 yards or more, Zuerlein is tied for the most field goals of 50 yards or more in team history.

He passed Josh Brown during the 2017 season to move into second on the Rams all-time scoring list. He has the fifth-most 50-yard field goals in the NFL since 2012. Justin Tucker has connected on a league-best 36 field goals from 50-plus since 2012.

Most FG made from 50 yards or more, Rams History		
Player	Years	FG Made
1t. Greg Zuerlein	2012-present	28
2. Jeff Wilkins	1997-07	26
3. Josh Brown	2008-11	15
4. Tony Zendejas	1991-94	8

SPECIAL, SPECIAL TEAMS

Rams LB Cory Littleton blocked a punt in the 2018 Week 3 contest against the Los Angeles Chargers and against the 49ers in Week 7. His four blocked punts since the start of the 2017 season are the most in the NFL and is one of four players with four blocked punts since 2000.

During the 2017 season, Littleton was the first player to block multiple punts in a single season since 2014 when Tennessee's Jurrell Casey and Buffalo's Anthony Dixon each had two blocks.

DB Blake Countess returned a blocked punt for a touchdown vs. Philadelphia (12/10/17) and against the Los Angeles Chargers (9/23/18), becoming the first player to score on a blocked punt in consecutive seasons since Ed Reed returned three blocked punts for touchdowns during the 2002 and 2003 seasons.

The Rams were one-of-five teams in the NFL to block a punt during the 2017 season and they are the only team with multiple blocked punts, marking the 12th season in which a Rams team has blocked multiple punts in a single season. They are the first team to do so in franchise history since the 2003 Rams.

The 2017 Rams were the first team to block multiple punts and return them for touchdowns since 2014 when the Philadelphia Eagles (three) and Minnesota Vikings (two) achieved the feat. On the season, L.A. blocked three punts, one PAT and one field goal.



LB Cory Littleton's blocked punt against the Chargers in Week 3 of 2018

JOHNNY BE GOOD!

In the Rams' 2018 Week 2 win over the Arizona Cardinals, P Johnny Hekker had to step in as the place kicker for the injured K Greg Zuerlein in addition to his punting duties.



P Johnny Hekker

Hekker made his first career field goal, a 20-yard attempt, connected on a point after try, recorded five kickoffs, two of which went for touchbacks and punted twice with a 41.0 net average.

Hekker joins Cardinals K Phil Dawson as the only active players with at least one made field goal and a touchdown pass.

In his career, Hekker has 542 punts with a 43.4 net average and 217 punts downed inside the 20-yard line, is one-of-one on field goal attempts and PATs and has completed 12-of-20 passing attempts for 168 yards, one touchdown and a 103.8 QB rating (including playoffs). Hekker recorded his first NFL rushing attempt on a fake field goal in a Week 9 game at New Orleans. Hekker gained three yards on the play and was marked just short of the line-to-gain.

RAMS SPECIAL TEAMS NOTES



RETURN ON INVESTMENT

Despite having five different players return a punt during the 2018 regular season, the Los Angeles Rams finished 10th in the NFL in punt return average (10.2 yards/return).

WR JoJo Natson has returned 26 punts for 280 yards (10.8 yards/return) with 10 fair catches. Natson ranked seventh in the NFL amongst qualified punt returners in average return (10.8) and sixth in total punt return yards (280).



Returner JoJo Natson

Former WR Pharoah Cooper returned two punts for 12 yards (6.0 yards/return) with one fair catch. DB Marqui Christian returned a punt deflected by LB Cory Littleton 11 yards. WR Cooper Kupp returned one punt for four yards with three fair catches. WR Robert Woods has one fair catch on the season.

2018 Individual Punt Return Average Leaders

Team	Avg.
1t. Andre Roberts, NYJ	14.1
1t. Dwayne Harris, Oak	14.1
3. Desmond King II, LAC	13.8
4. Cyrus Jones, NE/Bal	13.2
5. Tarik Cohen, KC	12.5
6. Marcus Sherels, Min.	12.0
7. JoJo Natson, LA	10.8

2018 Individual Punt Return Yardage Leaders

Team	Yards
1. Tarik Cohen, Chi	411
2. Andre Roberts, NYJ	324
3. Desmond King II, LAC	318
4. Cyrus Jones, NE/Bal	304
5. Dwayne Harris, Oak	281
6. JoJo Natson, LA	280
7. Marcus Sherels, Min	276

2018 Team Punt Return Average Leaders

Team	Avg.
1. New York Jets	13.0
2. Chicago Bears	12.5
3. Kansas City Chiefs	11.9
4. Oakland Raiders	11.6
5. Baltimore Ravens	11.5
6. Minnesota Vikings	10.9
7. Cincinnati Bengals	10.7
8t. Los Angeles Chargers	10.5
8t. Miami Dolphins	10.5
10. Los Angeles Rams	10.2

FAKE IT 'TIL YOU MAKE IT

Rams Special Teams Coordinator John Fassel has been finding ways to scheme against opponents since joining the team in 2012. Fassel has attempted 20 fake plays (18 punts, one field goal, one PAT) and has successfully converted on 12 of them - 10 fake punts, one field goal and one PAT. Since then, the Rams have a fake play success rate of 60 percent. Additionally, the special teams unit scored a touchdown in 2012 and a two-point conversion in 2014 off of fake play calls.

The Rams special teams have averaged over 15 yards per play on their 10 successful fake punts since 2012.

Fassel's Fake Play Success By Season

Season	Fake Success/Attempts
2012	3/3
2013	0/2
2014	3/3
2015	1/2
2016	1/2
2017	1/3
2018	3/5

JOHNNY ON THE SPOT

P Johnny Hekker posted the third-best net average in NFL history with a 44.3 net average during the 2017 regular season, the second-best average of Hekker's career. Tennessee punter Brett Kern led the league in 2017 with a 44.6-yard net average.

Hekker enjoyed a record-breaking 2016 season, recording the most punts downed inside opponents' 20-yard line in NFL history. Additionally, Hekker broke his own NFL single-season net punting average record (46.0). Hekker booted a then career-long 75-yard punt against the Carolina Panthers in the Rams' 2016 Week 9 contest, and bested himself a week later with a 78-yarder against the New York Jets.

The Oregon State product finished the 2016 season with 98 punts, a 47.8-yard gross punting average, 51 punts inside opponents 20-yard line with only one touchback. As a unit, the Rams punt coverage team limited opponents to 152 return yards on 35 attempts and limited opponents to a league-best 4.3-yard average. With the outstanding coverage unit and directional punting, Hekker posted a 46.0-yard net average on the season, the best in NFL history.

Hekker led the NFL in 2015 in net average (43.7), gross average (47.9) and punts downed inside the opponents' 20 yard-line (41). Since the NFL began tracking punts inside 20 yard-line in 1976, Hekker is the first player to lead the league in gross, net and punts placed inside the 20-yard line in the same season.

Highest Net Punting Average in a Season (Since 1976)

Player	Punts	Net Avg
1. Johnny Hekker, LA - 2016	98	46.0
2. Brett Kern, Ten - 2017	75	44.6
3. Johnny Hekker - LA - 2017	65	44.3
4t. Johnny Hekker, LA- 2013	78	44.2
4t. Sam Martin, Det - 2016	62	44.2
5. Andy Lee, SF - 2011	78	44.0

HE'S WORTH AN ARM AND A LEG

Since entering the league in 2012, Rams P Johnny Hekker has been utilized as a weapon on special teams in a variety of ways, including with his arm. To date including playoffs, Hekker has attempted 20 passes, completing 12 of them for 156 yards and a 102.1 passer rating. He has completed at least one pass in six-of-seven seasons, including the last five in a row. Hekker set a single-season high for completions (3) in his rookie year in 2012.

Johnny Hekker Career Passing (2012-present)

Player	Comp/Att.	Yards	TDs	QB Rating
Johnny Hekker	12/20	168	1	103.8

Hekker's 12 completions have gone to 11 different players and 11-of-12 have been successful first down conversions, most recently to CB Sam Shields in a clutch fake punt in the NFC Championship. The Rams punter also completed a pass for a successful two-point conversion in 2014.

Johnny Hekker Career Completions

Play (Year)	Qtr.	Down/Distance
12 yards to Sam Shields (2018)	2	4th-and-5
7 yards to Gerald Everett (2018)	2	4th-and-7
12 yards to Sam Shields (2018)	2	4th-and-3
6 yards to Pharoah Cooper (2017)	2	4th-and-7
28 yards to Josh Reynolds (2017)	4	4th-and-6
4 yards to Chase Reynolds (2016)	3	4th-and-1
20 yards to Cody Davis (2015)	3	4th-and-2
19 yards to Stedman Bailey (2014)	4	4th-and-4
18 yards to Benny Cunningham (2014)	4	4th-and-3
21 yards to Rodney McLeod (2012)	2	4th-and-4
19 yards to Lance Kendricks (2012)	4	4th-and-8
2-yard TD to Danny Amendola (2012)	2	4th-and-2

RAMS SPECIAL TEAMS NOTES



FLIPPING FIELDS

P Johnny Hekker continues to be not only one of the most accurate punters in the NFL, but has developed into a complete special teams weapon at flipping the field.

Hekker became the first punter in the NFL to record a 75-plus yard punt in back-to-back games since Patriots' P Luke Prestridge in 1984.

The Oregon State product established a career-long 75-yard punt in the team's 2016 Week 9 contest against the Carolina Panthers, a record that stuck for a week before he booted a 78-yarder against the New York Jets in the Rams' Week 10 contest. On the season, Hekker had three punts over 75 yards.

There were only nine 70-plus yard punts during the 2016 NFL campaign, Hekker and Jaguars' Brad Norton each had a 78-yarder to their name. There had not been one 70-yard punt through the first three weeks of the 2017 season.

Hekker's 46.0-yard net average led the league in 2016, and ranks first in NFL history for a single season. Previously, the 16-game record was 44.2, a record Hekker himself set in 2013.

Since the NFL went to a 16-game season in 1978, the lowest opponent punt return average, with a minimum of 25 returns, is 2.6 yards, set by the Rams in 2013. The 2016 version of the Rams saw its opponents return 35 punts for just a 4.3 yards per return average.



P Johnny Hekker

Longest Punts Since 2012

Player, Team	Distance
1. Robert Malone, NYJ	84
2t. Jordan Berry, Pit	79
2t. Drew Butler, Pit	79
2t. Brett Kern, Ten	79
2t. Britton Colquitt, Cle	79
6t. Johnny Hekker, LA	78
6t. Brad Nortman, Jax	78

GAME-WINNING GREG

Since joining the Rams in 2012 as a sixth-round selection, K Greg Zuerlein has been clutch when it counts. The 2018 Pro Bowler has completed eight game-winning field goals for the Rams in his career and holds an average of 43.75 yards per game-deciding field goal.

Greg Zuerlein's Career Game-Winning Field Goals

Year, Week, Opponent	Distance
2012, Week 13, vs. San Francisco 49ers	54 yards
2013, Week 1, vs. Arizona Cardinals	48 yards
2014, Week 2, at Tampa Bay Buccaneers	38 yards
2014, Week 9, at San Francisco 49ers	39 yards
2015, Week 1, vs. Seattle Seahawks	37 yards
2016, Week 10, at New York Jets	34 yards
2018, Week 8, vs. Green Bay Packers	43 yards
2018, NFC Champ. at New Orleans Saints	57 yards

ONE 'HEK' OF A RECORD

P Johnny Hekker went on a 13-game streak without a touchback, the longest of his career. He had previously posted two separate nine-game streaks without a touchback.

In the team's 2016 Week 16 game against the San Francisco 49ers, Hekker recorded four punts inside the 20-yard line, moving him in to sole possession of the single-season record with 51 punts downed inside opponents' 20-yard line. The punts downed inside the 20 aided his 46.0 net yard average, the best in league history.



P Johnny Hekker

The record was previously held by Arizona punter Dave Zastudil, who amassed 46 punts inside opponents territory during the 2012 season. Zastudil needed 112 punting attempts to reach the record and also recorded eight touchbacks. Hekker reached 51 punts inside the 20 with 98 punting attempts and only committed one touchback during the 2016 season. Hekker punted a career-high 98 times in 2016.

Single-Season Punts Inside the 20 Record

Player	Punts	Inside 20
1. Johnny Hekker, LA - 2016	98	51
2. Dave Zastudil, Ari - 2012	112	46
3. Dustin Colquitt, KC - 2012	83	45

SHORT CHANGED RETURN

The Rams allowed their opponents 8.7 yards per punt return during the 2018 regular season on only 12 opponent punt returns. Hekker posted a net punting average of 43.0 yards in 2018.

Hekker and the Rams coverage units have backed opponents up deep in their own territory and limited opponents to average just 6.5 yards per punt return, which is the lowest average in the NFL since the start of the 2012 season.



LS Jake McQuaide

The Rams special teams units have flourished since Special Teams Coordinator John Fassel took over prior to the 2012 season. During the 2017 regular season, the Rams opponents averaged 6.1 yards per return, the ninth-best mark in the league, while P Johnny Hekker's 44.3 net yard average was the second-best total last season.

2012-Present Team Punting Leaders Avg. Opp. Return

1. Los Angeles Rams	6.5
2. Kansas City Chiefs	7.3
3t. San Francisco 49ers	7.4
3t. Minnesota Vikings	7.4
5. New England Patriots	7.6

LOS ANGELES RAMS STATISTICS



RAMS 2018 POSTSEASON STATS



Won 2, Lost 1

1/12/19	W	30-22	vs. Dallas Cowboys
1/20/19	W	26-23	at New Orleans
2/3/19	L	13-3	vs. New England

Total First Downs	Rams	Opponent
	63	60
Rushing	24	17
Passing	36	35
Penalty	3	8
3rd Down: Made/Att	14/40	10/36
3rd Down Pct.	35.0%	27.8%
4th Down: Made/Att	3/3	3/5
4th Down Pct.	100.0%	60.0%
Possession Avg.	31:19	28:41
Total Net Yards	1,097	1,005
Avg. Per Game	365.7	335.0
Total Plays	204	187
Avg. Per Play	5.4	5.4
Net Yards Rushing	412	252
Avg. Per Game	137.3	84.0
Total Rushes	92	75
Net Yards Passing	685	753
Avg. Per Game	228.3	251.0
Sacked/Yards Lost	5/39	4/24
Gross Yards	724	777
Attempts/Completions	107/60	108/67
Completion Pct.	56.1%	62.0%
Had Intercepted	2	2
Punts/Average	14/44.9	13/42.4
Net Punting Avg.	44.8	39.2
Penalties/Yards	20/170	10/66
Fumbles/Ball Lost	3/0	4/0
Touchdowns	5	6
Rushing	4	3
Passing	1	3
Returns	0	0

Score By Periods	Q1	Q2	Q3	Q4	OT	Pts
Rams	3	27	13	13	3	59
Opponents	20	3	15	20	0	58

Scoring	TD	Ru	Pa	Rt	PAT	FG	2Pt	Pts
G.Zuerlein	0	0	0	0	5/5	8/10	0	29
C.Anderson	2	2	0	0	0/0	0/0	0	12
T.Gurley	2	2	0	0	0/0	0/0	0	12
T.Higbee	1	0	1	0	0/0	0/0	0	6
Rams	5	4	1	0	5/5	8/10	0	59
Opponents	6	3	3	0	5/5	5/6	1	58

2-Pt. Conversions: Rams 0/0, Opponents: 1/1
 Sacks: D.Fowler 1.5, N.Suh 1.5, J.Franklin 1.0
Rams: 4.0, Opponents: 5.0

Rushing	No.	Yds	Avg	Long	TD
C.Anderson	46	189	4.1	15	2
T.Gurley II	30	160	5.3	35t	2
J.Reynolds	2	25	12.5	16	0
J.Goff	9	22	2.4	11	0
R.Woods	4	11	2.8	9	0
B.Cooks	1	5	5.0	5	0
Rams	92	412	4.5	35t	4
Opponents	75	252	3.4	26	3

Receiving	No.	Yds	Avg	Long	TD
B.Cooks	19	292	15.4	36	0
R.Woods	17	172	10.1	18	0
J.Reynolds	8	121	15.1	33	0
T.Higbee	6	55	9.2	19	1
T.Gurley II	4	5	1.3	7	0
C.Anderson	3	17	5.7	9	0
G.Everett	2	50	25.0	39	0
S.Shields	1	12	12.0	12	0
Rams	41	495	12.1	39	1
Opponents	46	515	11.2	44	3

Interceptions	No.	Yds	Avg	Long	TD
C.Littleton	1	0	0.0	0	0
J.Johnson	1	0	0.0	0	0
Team	2	0	0.0	0	0
Opponents	2	1	0.5	1	0

Punting	No	Yds	Avg	Net	TB	In	Lg	B
J.Hekker	14	629	44.9	44.8	0	6	65	0
Rams	14	629	44.9	44.8	0	6	65	0
Opponents	13	551	42.4	39.2	0	5	53	0

Punt Returns	Ret	FC	Yds	Avg	Long	TD
J.Natson	5	2	24	4.8	13	0
S.Shields	1	0	17	17.0	17	0
Rams	4	2	29	7.3	17	0
Opponents	0	2	0	0	0	0

Kickoff Returns	No.	Yds	Avg	Long	TD
J.Natson	2	44	22.0	27	0
Rams	2	44	22.0	27	0
Opponents	8	217	27.1	38	0

Field Goals	1-19	20-29	30-39	40-49	50+
G.Zuerlein	0/0	3/3	1/1	2/3	2/3
Rams	0/0	3/3	1/1	2/3	2/3
Opponents	0/0	1/1	2/2	2/3	0/0

Fumbles Lost:
 Opponent Fumble Recoveries:

Passing	Att	Cmp	Yds	Cmp%	Yds/Att	TD	TD%	Int	Int%	Long	Sack /Lost	Rating
J.Goff	106	59	712	55.7%	6.7	1	0.9%	2	1.9%	39	5/39	71.7
J.Hekker	1	1	12	100.0%	12.0	0	0.0%	0	0.0%	12	0/0	116.7
Rams	107	60	724	56.1%	6.8	1	0.9%	2	1.9%	39	5/39	72.3
Opponents	108	67	777	62.0%	7.2	3	2.8%	2	1.9%	44	4/24	85.3

RAMS REGULAR SEASON 2018 DEFENSIVE STATS



Player	Total	Solo	Assisted	Sacks	Sack Yds	FF	PD	Safeties	QBH	TFL
Cory Littleton	125	90	35	4.0	43.0	0	13	1	4	9
John Johnson III	118	81	37	0.0	0.0	1	11	0	2	3
Lamarqus Joyner	78	58	20	1.0	11.0	0	3	0	1	3
Mark Barron	60	43	17	1.0	10.0	1	1	1	1	3
Aaron Donald	59	41	18	20.5	183.5	4	1	0	41	25
Ndamukong Suh	59	36	23	4.5	25.5	0	4	0	19	4
Michael Brockers	54	33	21	1.0	3.0	0	0	0	4	4
Marcus Peters	43	33	10	0.0	0.0	0	8	0	1	0
Samson Ebukam	39	24	15	3.0	11.0	3	1	0	6	6
Nickell Robey-Coleman	35	24	11	0.0	0.0	0	4	0	0	3
Troy Hill	34	29	5	0.0	0.0	0	5	0	0	1
Marqui Christian	33	26	7	0.0	0.0	0	1	0	1	0
Ramik Wilson	31	22	9	0.0	0.0	1	2	0	0	3
Aqib Talib	23	18	5	0.0	0.0	1	5	0	0	0
Dante Fowler Jr.	21	15	6	2.0	18.0	1	1	0	5	4
Sam Shields	19	16	3	0.0	0.0	0	4	0	0	1
Matt Longacre	17	8	9	1.0	0.0	0	0	0	6	0
John Franklin-Myers	10	6	4	2.0	14.0	1	0	0	6	1
Bryce Hager	10	6	4	0.0	0.0	0	1	0	0	0
Ethan Westbrooks	8	5	3	1.0	7.0	0	1	0	2	1
Blake Countess	4	2	2	0.0	0.0	0	2	0	0	0
Dominique Easley	4	4	0	0.0	0.0	0	0	0	0	0
Justin Lawler	4	3	1	0.0	0.0	0	0	0	0	1
KhaDarel Hodge	1	1	0	0.0	0.0	0	0	0	0	0
Isaiah Johnson	0	0	0	0.0	0.0	0	0	0	1	0
Total	889	624	265	41.0	326.0	13	68	2	100	72
Opponent	922	685	237	33.0	223.0	11	64	1	72	70

2018 REGULAR SEASON SPECIAL TEAMS TACKLES



Player	Total	Solo	Assisted
Blake Countess	5	5	0
Ramik Wilson	4	4	0
Bryce Hager	4	4	0
Micah Kiser	4	2	2
Justin Davis	3	3	0
KhaDarel Hodge	3	3	1
Marqui Christian	3	2	1
Sam Shields	3	2	1
Jake McQuaide	2	1	1
Malcolm Brown	2	2	0
Nickell Robey-Coleman	2	1	1
Isaiah Johnson	1	1	0
Sam Ficken	1	1	0
Samson Ebukam	1	1	0
Josh Reynolds	1	1	0
John Johnson III	1	1	0
Dominique Hatfield	1	0	1
Justin Lawler	1	0	1
Johnny Hekker	1	1	0
Greg Zuerlein	1	1	0
Justin Lawler	1	1	0
JoJo Natson	1	1	0

RAMS 2018 POSTSEASON DEFENSIVE STATS



<u>Player</u>	<u>Total</u>	<u>Solo</u>	<u>Assisted</u>	<u>Sacks</u>	<u>Sack Yds</u>	<u>FF</u>	<u>PD</u>	<u>Safeties</u>	<u>QBH</u>	<u>TFL</u>
Cory Littleton	29	22	7	0.0	0.0	0	3	0	0	1
Mark Barron	22	14	8	0.0	0.0	0	1	0	0	0
John Johnson III	18	12	6	0.0	0.0	0	1	0	0	0
Lamarcus Joyner	15	10	5	0.0	0.0	0	0	0	0	0
Michael Brockers	13	7	6	0.0	0.0	0	1	0	0	0
Aqib Talib	13	11	2	0.0	0.0	1	0	0	1	0
Dante Fowler Jr.	12	8	4	1.5	8.5	0	0	0	3	4
Marcus Peters	11	8	3	0.0	0.0	0	2	0	0	1
Ndamukong Suh	10	6	4	1.5	6.5	0	0	0	5	2
Aaron Donald	9	5	4	0.0	0.0	0	0	0	4	3
Samson Ebukam	8	7	1	0.0	0.0	1	1	0	0	1
Nickell Robey-Coleman	5	4	1	0.0	0.0	0	3	0	0	0
John Franklin-Myers	3	2	1	1.0	9.0	1	0	0	1	0
Bryce Hager	1	1	0	0.0	0.0	0	0	0	0	0
Total	103	74	29	3.0	15.0	2	7	0	10	10
Opponent	140	94	46	1.0	8.0	0	5	0	7	8

2018 POSTSEASON SPECIAL TEAMS TACKLES



<u>Player</u>	<u>Total</u>	<u>Solo</u>	<u>Assisted</u>
Bryce Hager	3	1	2
Micah Kiser	2	2	0
Troy Hill	1	1	0
John Kelly	1	1	0
KhaDarel Hodge	1	1	0
Samson Ebukam	1	1	0
Johnny Mundt	1	1	0
Greg Zuerlein	1	1	0

LOS ANGELES RAMS ROSTER



LOS ANGELES RAMS PRONUNCIATION



15	Alex BACHMAN	BOCK-man
66	Austin BLYTHE	BLY-th
41	MARQUI Christian.....	MAR-key
27	DONT'E DEAYON	DAWN-tae/dee-ON
64	JAMIL DEMBY	JAH-meal/Dem-BEE
50	Samson EBUKAM	ay-BOO-kahm
39	Jake GERVASE	JIR-voss
30	Todd GURLEY II	GUR-lee
79	Rob HAVENSTEIN	HAY-vin-stine
11	KHADAREL Hodge.....	ka-DARE-uhl
48	TRAVIN Howard.....	TRAY-vin
63	VITAS HRYNKIEWICZ	VEE-tas/Ha-rank-AH-witz
61	Jeremiah KOLONE	Ka-low-knee
44	Jake McQUAIDE	Mc-KWAYD
45	OGBONNIA OKORONKWO	o-BO-ny-uh/o-kor-RON-kwo
87	Austin PROEHL	PROLE
47	RAMON Richards.....	ruh-moan
23	NICKELL ROBEY -Coleman.....	Nick-ELL/Robe-EE
21	AQIB TALIB	UH-keeb/TUH-leeb
14	NSIMBA Webster.....	Simba (silent N)
49	TREVON Young.....	TRAH-von
4	Greg ZUERLEIN	ZURR-line

LOS ANGELES RAMS ALPHABETICAL ROSTER



NO.	PLAYER	POS	HT	WT	DOB	AGE	EXP	COLLEGE	H.S. HOMETOWN	ACQUIRED
8	Allen, Brandon	QB	6-2	209	9/5/1992	26	1	Arkansas	Fayetteville, Ark.	FA-'17
55B	Allen, Brian	C	6-2	303	10/11/1995	23	2	Michigan State	Hinsdale, Ill.	FA-'18
51	Allen, Dakota	LB	6-1	232	11/2/1995	23	R	Texas Tech	Humble, Texas	D7B-'19
15	Bachman, Alex	WR	6-0	190	5/29/1996	23	R	Wake Forest	Westlake Village, Calif.	FA-'19
86	Blanton, Kendall	TE	6-6	262	11/10/1995	23	R	Missouri	Blue Springs, Mo.	FA-'19
66	Blythe, Austin	OL	6-3	298	6/16/1992	27	4	Iowa	Williamsburg, Iowa	W(IND)-'17
5	Bortles, Blake	QB	6-5	236	4/28/1992	27	6	Central Florida	Oviedo, Fla.	FA-'19
67	Brewer, Chandler	G	6-6	320	6/12/1997	22	R	Middle Tennessee State	Florence, Ala.	FA-'19
90	Brockers, Michael	DL	6-5	305	12/21/1990	28	8	LSU	Houston, Texas	D1-'12
84	Brooker, Romello	TE	6-5	253	12/11/1995	23	R	Houston	Houston, Texas	FA-'19
48B	Brown, Keenan	TE	6-3	250	12/22/1995	23	R	Texas State	Houston, Texas	FA-'19
34	Brown, Malcolm	RB	5-11	222	5/15/1993	26	4	Texas	Cibolo, Texas	FA-'15
42w	Carraway, Josh	LB	6-3	242	4/13/1994	25	1	Texas Christian	Flower Mound, Texas	FA-'19
26	Christian, Marqui	S	5-11	207	10/27/1994	24	4	Midwestern State	Spring, Texas	W(AZ) - '16
37	Colburn, Matt	RB	5-10	200	7/27/1997	21	R	Wake Forest	Irmo, S.C.	FA-'19
12	Cooks, Brandin	WR	5-10	183	9/25/1993	25	6	Oregon State	Stockton, Calif.	T(NE) - '18
93	Copeland, Marquise	DT	6-2	287	5/9/1997	22	R	Cincinnati	Cleveland, Ohio	FA-'19
33	Davis, Justin	RB	6-1	199	11/11/1995	23	3	Southern California	Stockton, Calif.	FA-'17
27W	Deayon, Dont'e	DB	5-9	159	1/28/1994	25	3	Boise State	Rialto, Calif.	FA-'18
64	Demby, Jamil	OL	6-5	321	6/20/1996	23	1	Maine	Vineland, N.J.	D6B-'18
99	Donald, Aaron	DT	6-1	280	5/23/1991	28	6	Pittsburgh	Pittsburgh, Pa.	D1B-'14
96	Durham, Landis	OLB	6-3	255	8/31/1997	21	R	Texas A&M	Plano, Texas	FA-'19
50	Ebukam, Samson	OLB	6-3	245	5/9/1995	24	3	Eastern Washington	Portland, Ore.	D4B-'17
73	Edwards, David	T	6-6	308	3/20/1997	22	R	Wisconsin	Downers Grove, Ill.	D5-'19
71	Evans, Bobby	T	6-4	312	3/24/1997	22	R	Oklahoma	Allen, Texas	D3C-'19
81	Everett, Gerald	TE	6-3	240	6/25/1994	25	3	South Alabama	Decatur, Ga.	D2-'17
56	Fowler Jr., Dante	OLB	6-3	255	8/3/1994	24	5	Florida	St. Petersburg, Fla.	T(JAX)-'18
97	Fox, Morgan	DE	6-3	275	9/12/1994	24	3	Colorado State Pueblo	Colorado Springs, Colo	FA-'16
94	Franklin-Myers, John	DL	6-4	288	9/26/1996	22	2	Stephen F. Austin	Greenville, Texas	D4B-'18
91	Gaines, Greg	DT	6-1	312	5/6/1996	23	R	Washington	La Habra, Calif.	D4-'19
39	Gervase, Jake	S	6-1	212	9/18/1995	23	R	Iowa	Davenport, Iowa	FA-'19
16	Goff, Jared	QB	6-4	222	10/14/1994	24	4	California	Novato, Calif.	D1-'16
3	Greene, Jalen	WR	6-2	205	6/13/1996	23	R	Utah State	Inglewood, Calif.	FA-'19
30	Gurley II, Todd	RB	6-1	224	8/3/1994	24	5	Georgia	Tarboro, N.C.	D1-'15
54	Hager, Bryce	LB	6-1	237	5/4/1992	26	5	Baylor	Austin, Texas	D7A-'15
36	Halfield, Dominique	CB	5-10	178	12/13/1994	24	3	Utah	Los Angeles, Calif.	FA-'17
79	Havenstein, Rob	T	6-8	330	5/13/1992	27	5	Wisconsin	Mount Airy, Md.	D2-'15
6	Hekker, Johnny	P	6-5	241	2/8/1990	29	8	Oregon State	Bothell, Wash.	FA-'12
27B	Henderson Jr., Darrell	RB	5-8	208	8/19/1997	21	R	Memphis	Batesville, Miss.	D3A-'19
89	Higbee, Tyler	TE	6-6	255	1/1/1993	26	4	Western Kentucky	Clearwater, Fla.	D4A-'16
20	Hill, Troy	CB	5-11	183	8/29/1991	27	5	Oregon	Youngstown, Ohio	W(NE) - '15
60	Hitner, Brandon	G	6-6	305	5/15/1995	24	R	Villanova	Glen Mills, Pa.	FA-'19
11	Hodge, KhaDarel	WR	6-2	205	1/3/1995	24	2	Prairie View A&M	D'Lo, Miss.	FA-'18
48W	Howard, Travin	LB	6-1	219	5/10/1996	23	1	Texas Christian	Longview, Texas	D7A-'18
63	Hrynkiwicz, Vitas	C	6-4	300	10/27/1995	23	R	Youngstown State	Somerset, N.J.	FA-'19
43	Johnson III, John	S	6-0	209	12/19/1995	23	3	Boston College	West Hyattsville, Md.	D3B-'17
62	Jones, Bryant	DL	6-1	304	4/15/1997	22	R	Miss. Valley State	Riverside, Calif.	FA-'19
69	Joseph-Day, Sebastian	DT	6-4	310	3/21/1995	24	1	Rutgers	Stroudsburg, Pa.	D6C-'18
68	Kaskey, Matt	OL	6-7	325	3/17/1997	22	R	Dartmouth	Winnetka, Ill.	FA-'19
42B	Kelly, John	RB	5-10	205	10/4/1996	22	2	Tennessee	Detroit, Mich.	D6A-'18
59	Kiser, Micah	LB	6-0	244	1/25/1995	24	2	Virginia	Baltimore, Md.	D5A-'18
61	Kolone, Jeremiah	OL	6-3	316	10/23/1994	24	1	San Jose State	Fallbrook, Calif.	FA-'19
18	Kupp, Cooper	WR	6-2	208	6/15/1993	26	3	Eastern Washington	Yakima, Wash.	D3A-'17
55W	Kupp, Ketner	LB	6-0	225	11/15/1996	22	R	Eastern Washington	Yakima, Wash.	FA-'19
53	Lawler, Justin	DL	6-4	265	12/23/1994	24	2	SMU	Pottsboro, Texas	D7B-'18
58	Littleton, Cory	LB	6-3	228	11/18/1993	25	4	Washington	Spring Valley, Calif.	FA-'16
10	Lloyd, Johnathan	WR	6-0	190	12/4/1995	23	R	Duke	Graham, N.C.	FA-'19
41	Long Jr., David	DB	5-11	196	2/6/1998	21	R	Michigan	Los Angeles, Calif.	D3B-'19
52	Matthews, Clay	LB	6-3	255	5/14/1986	33	11	Southern California	Agoura Hills, Calif.	FA-'19
44	McQuaide, Jake	LS	6-2	235	12/7/1987	31	9	Ohio State	Cincinnati, Ohio	FA-'11
82	Mundt, Johnny	TE	6-4	233	11/23/1994	24	2	Oregon	Modesto, Calif.	FA-'17
19	Natson, JoJo	WR	5-7	153	2/1/1994	25	3	Akron	Fort Lauderdale, Fla.	FA-'18
72	Neary, Aaron	C/G	6-4	299	11/15/1992	26	1	Eastern Washington	Richland, Wash.	W(PHI)-'17
70	Noteboom, Joe	T	6-5	321	6/19/1995	24	2	Texas Christian	Plano, Texas	D3-'18
45	Okoronkwo, Ogbornia	OLB	6-2	253	4/24/1995	24	1	Oklahoma	Houston, Texas	D5B-'18
38	Parker, Steven	DB	6-1	210	12/14/1995	23	1	Oklahoma	Tulsa, Okla.	FA-'18
57	Patrick, Natrez	LB	6-3	242	7/9/1997	22	R	Georgia	Atlanta, Ga.	FA-'19
22	Peters, Marcus	CB	6-0	195	1/9/1993	26	5	Washington	Oakland, Calif.	T(KC)-'18
25	Peterson, Kevin	CB	5-11	185	3/22/1994	25	2	Oklahoma State	Muskogee, Okla.	FA-'16
87	Proehl, Austin	WR	5-10	175	10/11/1995	23	1	North Carolina	Charlotte, N.C.	FA-'18
24	Rapp, Taylor	S	6-0	208	12/22/1997	21	R	Washington	Bellingham, Wash.	D2-'19
95	Reeder, Troy	LB	6-3	245	9/13/1994	24	R	Delaware	Hockessin, Del.	FA-'19
83	Reynolds, Josh	WR	6-3	196	2/16/1995	24	3	Texas A&M	San Antonio, Texas	D4A-'17
47	Richards, Ramon	CB	5-11	188	11/29/1995	23	1	Oklahoma State	San Antonio, Texas	FA-'18
65	Roberts, Boogie	DT	6-2	289	1/19/1996	23	R	San Jose State	Los Angeles, Calif.	FA-'19
23	Robey-Coleman, Nickell	CB	5-8	180	1/17/1992	27	7	Southern California	Frostproof, Fla.	FA-'17
46	Scott, Nick	S	5-11	201	5/17/1995	24	R	Penn State	Fairfax, Va.	D7A-'19
92	Smart, Tanzel	DT	6-1	295	11/6/1994	24	2	Tulane	Baton Rouge, La.	D6A-'17
21	Talib, Aqib	CB	6-1	209	2/13/1986	33	12	Kansas	Richardson, Texas	T(DEN)-'18
88	Thomas, Michael	WR	6-1	189	8/16/1994	24	3	Southern Mississippi	Chicago, Ill.	D6C-'16
14	Webster, Nsimba	WR	5-10	180	1/27/1996	23	R	Eastern Washington	Antioch, Calif	FA-'19
32	Weddle, Eric	S	5-11	195	1/4/1985	34	13	Utah	Rancho Cucamonga, Calif.	FA-'19
77	Whitworth, Andrew	T	6-7	330	12/12/1981	37	14	LSU	Monroe, La.	FA-'17
31	Williams, Darius	DB	5-9	187	3/15/1993	26	2	Alabama-Birmingham	Jacksonville, Fla.	W(BAL)-'18
9	Wolford, John	QB	6-1	200	10/16/1995	23	1	Wake Forest	Jacksonville, Fla.	FA-'19
17	Woods, Robert	WR	6-0	195	4/10/1992	27	7	Southern California	Gardena, Calif.	FA-'17
49	Young, Trevon	OLB	6-4	259	4/1/1995	24	1	Louisville	Des Moines, Iowa	D6D-'18
4	Zuerlein, Greg	K	6-0	191	12/27/1987	31	8	Missouri Western	Lincoln, Neb.	D6-'12

LOS ANGELES RAMS NUMERICAL ROSTER



3	Jalen Greene	WR	6-2	205	6/13/1996	23	K	Utah State	Ingewood, Calif.	FA-'19
4	Greg Zuerlein	K	6-0	191	12/27/1987	31	8	Missouri Western	Lincoln, Neb.	D6-'12
5	Blake Bortles	QB	6-5	236	4/28/1992	27	6	Central Florida	Oviedo, Fla.	FA-'19
6	Johnny Hekker	P	6-5	241	2/8/1990	29	8	Oregon State	Bothell, Wash.	FA-'12
8	Brandon Allen	QB	6-2	209	9/5/1992	26	1	Arkansas	Fayetteville, Ark.	FA-'17
9	John Wolford	QB	6-1	200	10/16/1995	23	1	Wake Forest	Jacksonville, Fla.	FA-'19
10	Johnathan Lloyd	WR	6-0	190	12/4/1995	23	R	Duke	Graham, N.C.	FA-'19
11	KhaDarel Hodge	WR	6-2	205	1/3/1995	24	2	Prairie View A&M	D'Lo, Miss.	FA-'18
12	Brandin Cooks	WR	5-10	183	9/25/1993	25	6	Oregon State	Stockton, Calif.	T(NE)-'18
14	Nsimba Webster	WR	5-10	180	1/27/1996	23	R	Eastern Washington	Antioch, Calif	FA-'19
15	Alex Bachman	WR	6-0	190	5/29/1996	23	R	Wake Forest	Westlake Village, Calif.	FA-'19
16	Jared Goff	QB	6-4	222	10/14/1994	24	4	California	Novato, Calif.	D1-'16
17	Robert Woods	WR	6-0	195	4/10/1992	27	7	Southern California	Gardena, Calif	FA-'17
18	Cooper Kupp	WR	6-2	208	6/15/1993	26	3	Eastern Washington	Yakima, Wash.	D3A-'17
19	JoJo Natson	WR	5-7	153	2/1/1994	25	3	Akron	Fort Lauderdale, Fla.	FA-'18
20	Troy Hill	CB	5-11	183	8/29/1991	27	5	Oregon	Youngstown, Ohio	W(NE)-'15
21	Aqib Talib	CB	6-1	209	2/13/1986	33	12	Kansas	Richardson, Texas	T(DEN)-'18
22	Marcus Peters	CB	6-0	195	1/9/1993	26	5	Washington	Oakland, Calif.	T(KC)-'18
23	Nickell Robey-Coleman	CB	5-8	180	1/17/1992	27	7	Southern California	Frostproof, Fla.	FA-'17
24	Taylor Rapp	S	6-0	208	12/22/1997	21	R	Washington	Bellingham, Wash.	D2-'19
25	Kevin Peterson	CB	5-11	185	3/22/1994	25	2	Oklahoma State	Muskogee, Okla.	FA-'16
26	Marqui Christian	S	5-11	207	10/27/1994	24	4	Midwestern State	Spring, Texas	W(AZ)-'16
27B	Darrell Henderson Jr.	RB	5-8	208	8/19/1997	21	R	Memphis	Batesville, Miss.	D3A-'19
27W	Dont'e Deayon	DB	5-9	159	1/28/1994	25	3	Boise State	Rialto, Calif.	FA-'18
30	Todd Gurley II	RB	6-1	224	8/3/1994	24	5	Georgia	Tarboro, N.C.	D1-'15
31	Darrius Williams	DB	5-9	187	3/15/1993	26	2	Alabama-Birmingham	Jacksonville, Fla.	W(BAL)-'18
32	Eric Weddle	S	5-11	195	1/4/1985	34	13	Utah	Rancho Cucamonga, Calif.	FA-'18
33	Justin Davis	RB	6-1	199	11/1/1995	23	3	Southern California	Stockton, Calif.	FA-'17
34	Malcolm Brown	RB	5-11	222	5/15/1993	26	4	Texas	Cibolo, Texas	FA-'15
36	Dominique Hatfield	CB	5-10	178	12/13/1994	24	3	Utah	Los Angeles, Calif.	FA-'17
37	Matt Colburn	RB	5-10	200	7/27/1997	21	R	Wake Forest	Irmo, S.C.	FA-'19
38	Steven Parker	DB	6-1	210	12/14/1995	23	1	Oklahoma	Tulsa, Okla.	FA-'18
39	Jake Gervase	S	6-1	212	9/18/1995	23	R	Iowa	Davenport, Iowa	FA-'19
41	David Long Jr.	DB	5-11	196	2/6/1998	21	R	Michigan	Los Angeles, Calif.	D3B-'19
42B	John Kelly	RB	5-10	205	10/4/1996	22	2	Tennessee	Detroit, Mich.	D6A-'18
42W	Josh Carraway	LB	6-3	242	4/13/1994	25	1	Texas Christian	Flower Mound, Texas	FA-'19
43	John Johnson III	S	6-0	209	12/19/1995	23	3	Boston College	West Hyattsville, Md.	D3B-'17
44	Jake McQuaide	LS	6-2	235	12/7/1987	31	9	Ohio State	Cincinnati, Ohio	FA-'11
45	Ogbonnia Okoronkwo	OLB	6-2	253	4/24/1995	24	1	Oklahoma	Houston, Texas	D5B-'18
46	Nick Scott	S	5-11	201	5/17/1995	24	R	Penn State	Fairfax, Va.	D7A-'19
47	Ramon Richards	CB	5-11	188	11/29/1995	23	1	Oklahoma State	San Antonio, Texas	FA-'18
48B	Keenen Brown	TE	6-3	250	12/22/1995	23	R	Texas State	Houston, Texas	FA-'19
48W	Travin Howard	LB	6-1	219	5/10/1996	23	1	Texas Christian	Longview, Texas	D7A-'18
49	Trevon Young	OLB	6-4	259	4/1/1995	24	1	Louisville	Des Moines, Iowa	D6D-'18
50	Samson Ebukam	OLB	6-3	245	5/9/1995	24	3	Eastern Washington	Portland, Ore.	D4B-'17
51	Dakota Allen	LB	6-1	232	11/2/1995	23	R	Texas Tech	Humble, Texas	D7B-'19
52	Clay Matthews	LB	6-3	255	5/14/1986	33	11	Southern California	Agoura Hills, Calif.	FA-'19
53	Justin Lawler	DL	6-4	265	12/23/1994	24	2	SMU	Pottsboro, Texas	D7B-'18
54	Bryce Hager	LB	6-1	237	5/4/1992	26	5	Baylor	Austin, Texas	D7A-'15
55B	Brian Allen	C	6-2	303	10/11/1995	23	2	Michigan State	Hinsdale, Ill.	D4A-'18
55W	Ketner Kupp	LB	6-0	225	11/15/1996	22	R	Eastern Washington	Yakima, Wash.	FA-'19
56	Dante Fowler Jr.	OLB	6-3	255	8/3/1994	24	5	Florida	St. Petersburg, Fla.	T(JAX)-'18
57	Natrez Patrick	LB	6-3	242	7/9/1997	22	R	Georgia	Atlanta, Ga.	FA-'19
58	Cory Littleton	LB	6-3	228	11/18/1993	25	4	Washington	Spring Valley, Calif.	FA-'16
59	Micah Kiser	LB	6-0	244	1/25/1995	24	2	Virginia	Baltimore, Md.	D5A-'18
60	Brandon Hithner	G	6-6	305	5/15/1995	24	R	Villanova	Glen Mills, Pa.	FA-'19
61	Jeremiah Kolone	OL	6-3	316	10/23/1994	24	1	San Jose State	Fallbrook, Calif.	FA-'19
62	Bryant Jones	DL	6-1	304	4/15/1997	22	R	Miss. Valley State	Riverside, Calif.	FA-'19
63	Vitas Hrynkiwicz	C	6-4	300	10/27/1995	23	R	Youngstown State	Somerset, N.J.	FA-'19
64	Jamil Demby	OL	6-5	321	6/20/1996	23	1	Maine	Vineland, N.J.	D6B-'18
65	Boogie Roberts	DT	6-2	289	1/19/1996	23	R	San Jose State	Los Angeles, Calif.	FA-'19
66	Austin Blythe	OL	6-3	298	6/16/1992	27	4	Iowa	Williamsburg, Iowa	W(IND)-'17
67	Chandler Brewer	G	6-6	320	6/12/1997	22	R	Middle Tennessee State	Florence, Ala.	FA-'19
68	Matt Kaskey	OL	6-7	325	3/17/1997	22	R	Dartmouth	Winnetka, Ill.	FA-'19
69	Sebastian Joseph-Day	DT	6-4	310	3/21/1995	24	1	Rutgers	Stroudsburg, Pa.	D6C-'18
70	Joe Noteboom	T	6-5	321	6/19/1995	24	2	Texas Christian	Plano, Texas	D3-'18
71	Bobby Evans	T	6-4	312	3/24/1997	22	R	Oklahoma	Allen, Texas	D3C-'19
72	Aaron Neary	C/G	6-4	299	11/15/1992	26	1	Eastern Washington	Richland, Wash.	W(PHI)-'17
73	David Edwards	T	6-6	308	3/20/1997	22	R	Wisconsin	Downers Grove, Ill.	D5-'19
77	Andrew Whitworth	T	6-7	330	12/12/1981	37	14	LSU	Monroe, La.	FA-'17
79	Rob Havenstein	T	6-8	330	5/13/1992	27	5	Wisconsin	Mount Airy, Md.	D2-'15
81	Gerald Everett	TE	6-3	240	6/25/1994	25	3	South Alabama	Decatur, Ga.	D2-'17
82	Johnny Mundt	TE	6-4	233	11/23/1994	24	2	Oregon	Modesto, Calif.	FA-'17
83	Josh Reynolds	WR	6-3	196	2/16/1995	24	3	Texas A&M	San Antonio, Texas	D4A-'17
84	Romello Brooker	TE	6-5	253	12/11/1995	23	R	Houston	Houston, Texas	FA-'19
86	Kendall Blanton	TE	6-6	262	11/10/1995	23	R	Missouri	Blue Springs, Mo.	FA-'19
87	Austin Proehl	WR	5-10	175	10/11/1995	23	1	North Carolina	Charlotte, N.C.	FA-'18
88	Michael Thomas	WR	6-1	189	8/16/1994	24	3	Southern Mississippi	Chicago, Ill.	D6C-'16
89	Tyler Higbee	TE	6-6	255	1/1/1993	26	4	Western Kentucky	Clearwater, Fla.	D4A-'16
90	Michael Brockers	DL	6-5	305	12/21/1990	28	8	LSU	Houston, Texas	D1-'12
91	Greg Gaines	DT	6-1	312	5/6/1996	23	R	Washington	La Habra, Calif.	D4-'19
92	Tanzel Smart	DT	6-1	295	11/6/1994	24	2	Tulane	Baton Rouge, La.	D6A-'17
93	Marquise Copeland	DT	6-2	287	5/9/1997	22	R	Cincinnati	Cleveland, Ohio	FA-'19
94	John Franklin-Myers	DL	6-4	288	9/26/1996	22	2	Stephen F. Austin	Greenville, Texas	D4B-'18
95	Troy Reeder	LB	6-3	245	9/13/1994	24	R	Delaware	Hockessin, Del.	FA-'19
96	Landis Durham	OLB	6-3	255	8/31/1997	21	R	Texas A&M	Plano, Texas	FA-'19
97	Morgan Fox	DE	6-3	275	9/12/1994	24	3	Colorado State Pueblo	Colorado Springs, Colo.	FA-'16
99	Aaron Donald	DT	6-1	280	5/23/1991	28	6	Pittsburgh	Pittsburgh, Pa.	D1B-'14

LOS ANGELES RAMS 2019 TRANSACTIONS



DATE	NAME	MOVE
Feb. 6	DB Dont'e Deayon	Free Agent Signing
Feb. 6	LB Travin Howard	Free Agent Signing
Feb. 6	T Kyle Murphy	Free Agent Signing
Feb. 6	WR Austin Proehl	Free Agent Signing
Feb. 7	QB Brandon Allen	Free Agent Signing
Feb. 7	T Darrell Williams	Free Agent Signing
Feb. 8	C/G Aaron Neary	Free Agent Signing
Feb. 8	DB Steven Parker	Free Agent Signing
Feb. 8	DB Ramon Richards	Free Agent Signing
March 7	LB Mark Barron	Waived
March 8	S Eric Weddle	Signed
March 19	QB Blake Bortles	Signed
March 21	LB Clay Matthews	Signed
March 22	RB Malcolm Brown	First Refusal Rights Exercised
April 10	OB John Wolford	Signed
April 15	DE Morgan Fox	Exclusive Rights Signing
April 15	DB Dominique Hatfield	Exclusive Rights Signing
April 15	WR KhaDarel Hodge	Exclusive Rights Signing
April 15	WR JoJo Natson	Exclusive Rights Signing
April 15	DB Kevin Peterson	Exclusive Rights Signing
April 15	DB Blake Countess	Signed RFA Tender
April 16	T Kyle Murphy	Waived, Non-Football Injury
April 29	G Jeremiah Kolone	Signed
May 1	T Darrell Williams	Waived
May 2	DB Blake Countess	Waived
May 2	LB Josh Carraway	Signed
May 6	LB Bryce Hager	Signed
May 14	WR Alex Bachman	Signed
May 14	TE Kendall Blanton	Signed
May 14	T Chandler Brewer	Signed
May 14	TE Romello Brooker	Signed
May 14	TE Keenen Brown	Signed
May 14	RB Matt Colburn	Signed
May 14	DT Marquise Copeland	Signed
May 14	OLB Landis Durham	Signed
May 14	DB Jake Gervase	Signed
May 14	WR Jalen Greene	Signed
May 14	T Brandon Hittner	Signed
May 14	C Vitas Hrynkiwicz	Signed
May 14	DT Brant Jones	Signed
May 14	T Matt Kaskey	Signed
May 14	WR Johnathan Lloyd	Signed
May 14	LB Natrez Patrick	Signed
May 14	T Justice Powers	Signed
May 14	LB Troy Reeder	Signed
May 14	DT Boogie Roberts	Signed
May 14	WR Justin Sumpter	Signed
May 14	T Tyrell Thompson	Signed
May 14	WR Nsimba Webster	Signed
May 15	WR Justin Sumpter	Waived, Non-Football Injury
May 15	LB Ketner Kupp	Signed
May 21	T Justice Powers	Waived
June 13	DT Tyrell Thompson	Waived/Injured

DATE NAME MOVE

HOW THE 2019 LOS ANGELES RAMS WERE BUILT



DRAFTEES (34)

FREE AGENTS (45)

TRADES/WAIVERS (9)

2019	S Taylor Rapp (2) RB Darrell Henderson Jr. (3a) CB David Long Jr. (3b) T Bobby Evans (3c) DT Greg Gaines (4) T David Edwards (5) S Nick Scott (7a) LB Dakota Allen (7b)	WR Alex Bachman (UDFA) TE Kendall Blanton (UDFA) QB Blake Bortles (FA) G Chandler Brewer (UDFA) TE Romello Brooker (UDFA) TE Keenen Brown (UDFA) LB Josh Callaway (FA) RB Matt Colburn (UDFA) DT Marquise Copeland (UDFA) DL Landis Durham (UDFA) S Jake Gervase (UDFA) WR Jalen Greene (UDFA) G Brandon Hitner (UDFA) C Vitas Hrynkiewicz (UDFA) DT Bryant Jones (UDFA) OL Matt Kaskey (UDFA) LB Ketner Kupp (UDFA) WR Johnathan Lloyd (UDFA) LB Clay Matthews (FA) LB Natrez Patrick (UDFA) LB Troy Reeder (UDFA) DT Boogie Roberts (UDFA) WR Nsimba Webster (UDFA) S Eric Weddle (FA) QB John Wolford (FA)	
2018	T Joe Noteboom (3) OL Brian Allen (4a) DE John Franklin-Myers (4b) LB Micah Kiser (5a) OLB Ogbornia Okoronkwo (5b) RB John Kelly (6a) OL Jamil Demby (6b) DL Sebastian Joseph (6c) OLB Trevon Young (6d) LB Travin Howard (7a) DL Justin Lawler (7b)	DB Dont'e Deayon (FA) WR KhaDarel Hodge (FA) T Kyle Murphy (FA) WR JoJo Natson (FA) DB Steven Parker (UDFA) WR Austin Proehl (FA) CB Ramon Richards (UDFA)	WR Brandin Cooks (T-NE) CB Marcus Peters (T-KC) CB Aqib Talib (T-DEN) DB Darius Williams (W-BAL) DE Dante Fowler Jr. (T-JAX)
2017	TE Gerald Everett (2) WR Cooper Kupp (3a) S John Johnson III (3b) WR Josh Reynolds (4a) OLB Samson Ebukam (4b) DT Tanzel Smart (6)	QB Brandon Allen (FA) RB Justin Davis (UDFA) CB Dominique Hatfield (UDFA) TE Johnny Mundt (UDFA) CB Nickell Robey-Coleman (FA) T Andrew Whitworth (FA) WR Robert Woods (FA)	C Austin Blythe (W-IND) C/G Aaron Neary (W-PHI)
2016	QB Jared Goff (1) TE Tyler Higbee (4a) WR Michael Thomas (6c)	DE Morgan Fox (UDFA) LB Cory Littleton (UDFA) CB Kevin Peterson (FA)	S Marqui Christian (W-AZ)
2015	RB Todd Gurley II (1) T Rob Havenstein (2) LB Bryce Hager (7)	RB Malcolm Brown (UDFA)	CB Troy Hill (W-NE)
2014	DT Aaron Donald (1)		
2012	DL Michael Brockers (1) K Greg Zuerlein (6)	P Johnny Hekker (UDFA)	
2011		LS Jake McQuaide (UDFA)	

FA - Free Agent; UFA - Unrestricted Free Agent; UDFA - Undrafted Free Agent; RFA - Restricted Free Agent; W - Waivers; T - Trade