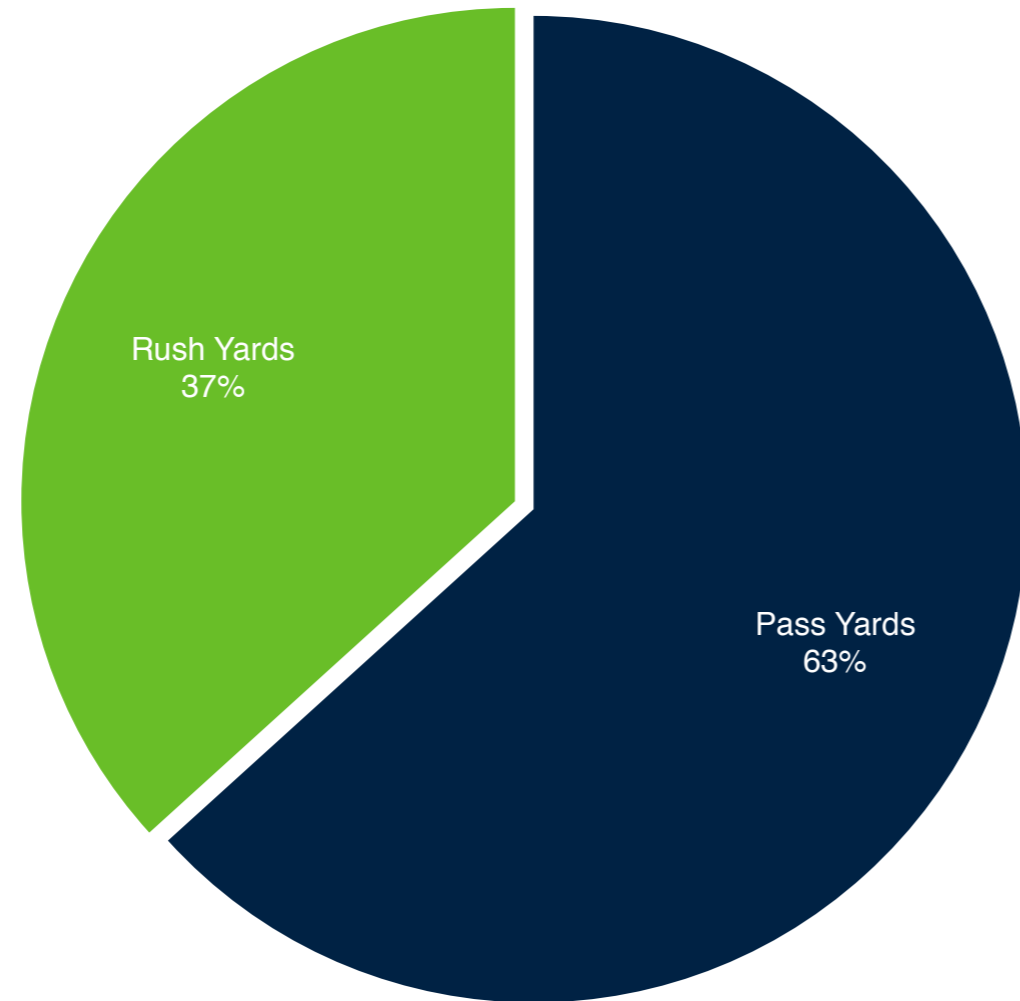




## Seattle Seahawks

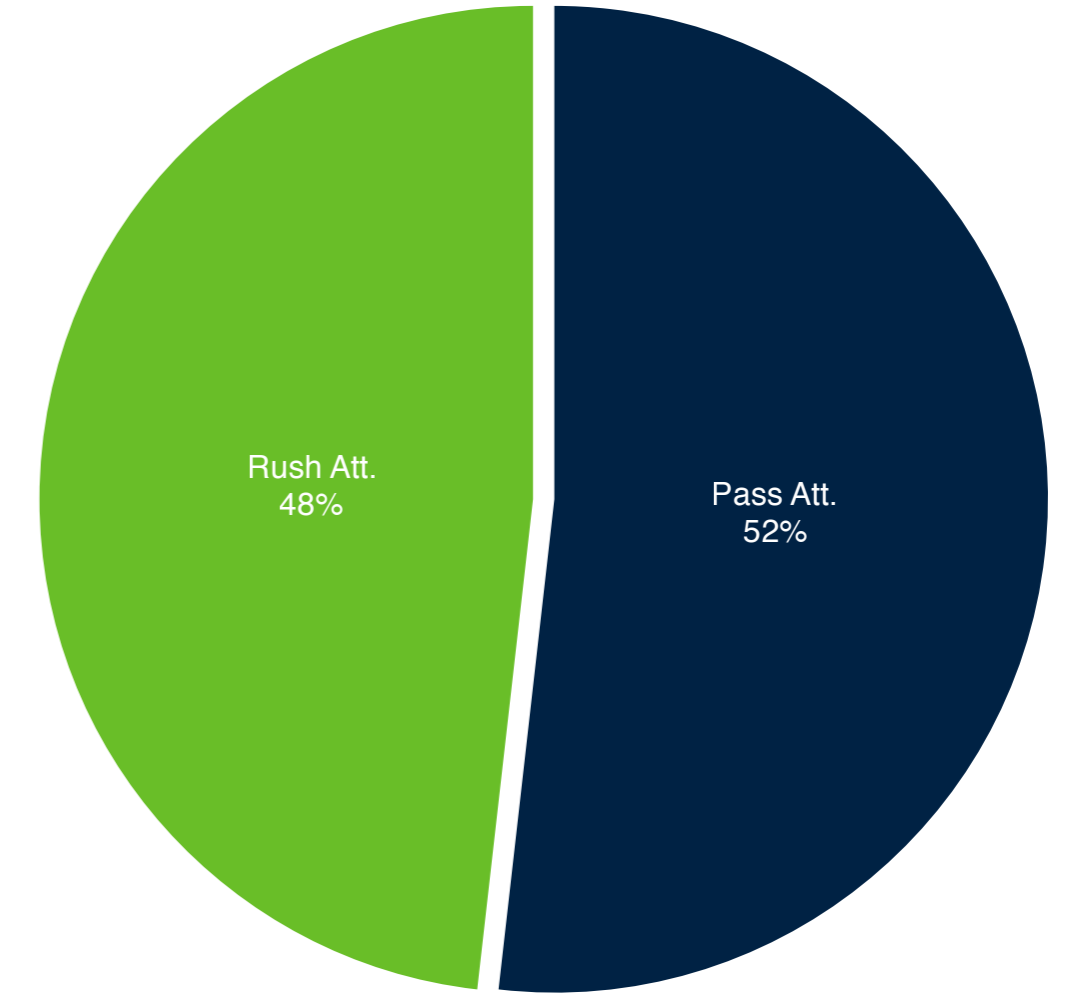
### Total Offense

| Total Yards | Pass Yards | Rush Yards |
|-------------|------------|------------|
| 5991        | 3791       | 2200       |



### Pass/Rush Att

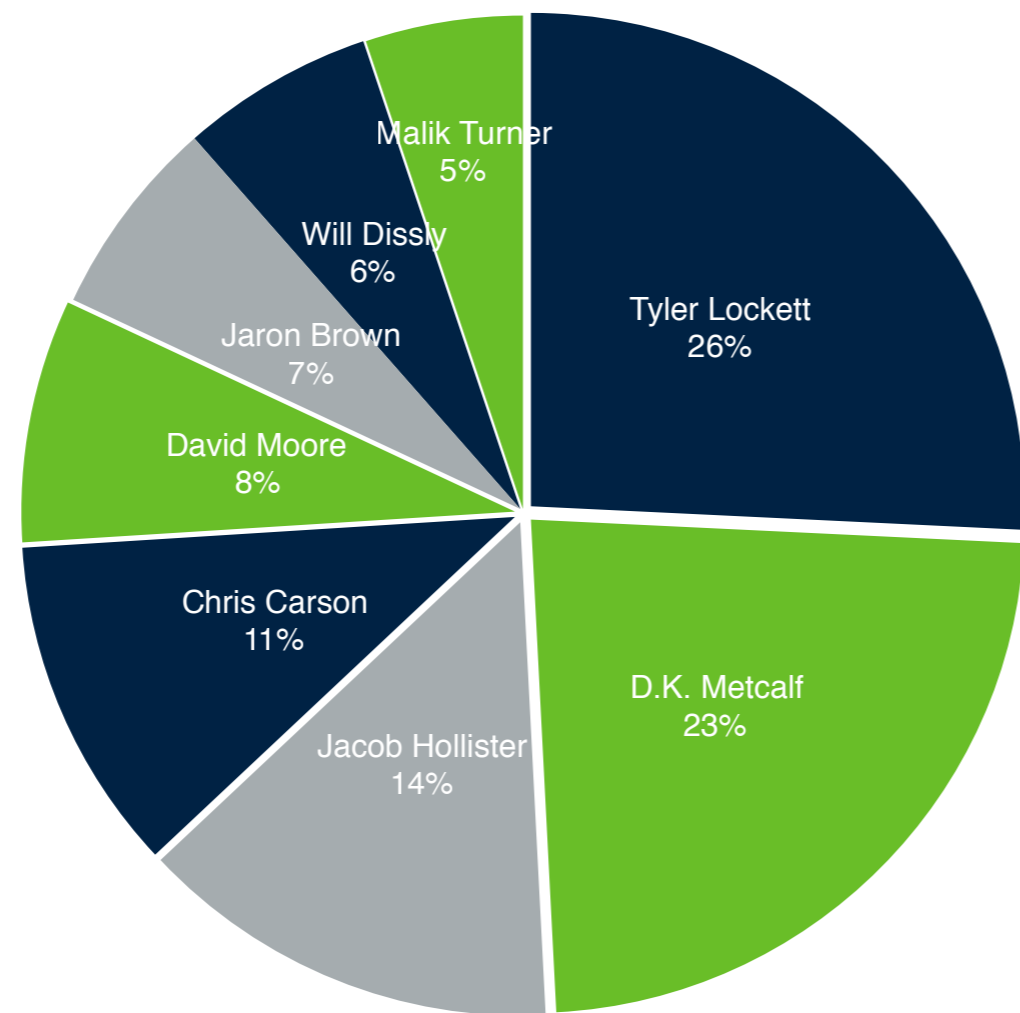
| Total Att. | Pass Att. | Rush Att. |
|------------|-----------|-----------|
| 998        | 517       | 481       |



### Receiving Targets

| Players         | Targets |
|-----------------|---------|
| Tyler Lockett   | 110     |
| D.K. Metcalf    | 100     |
| Jacob Hollister | 59      |
| Chris Carson    | 47      |
| David Moore     | 34      |
| Jaron Brown     | 28      |
| Will Dissly     | 27      |
| Malik Turner    | 22      |

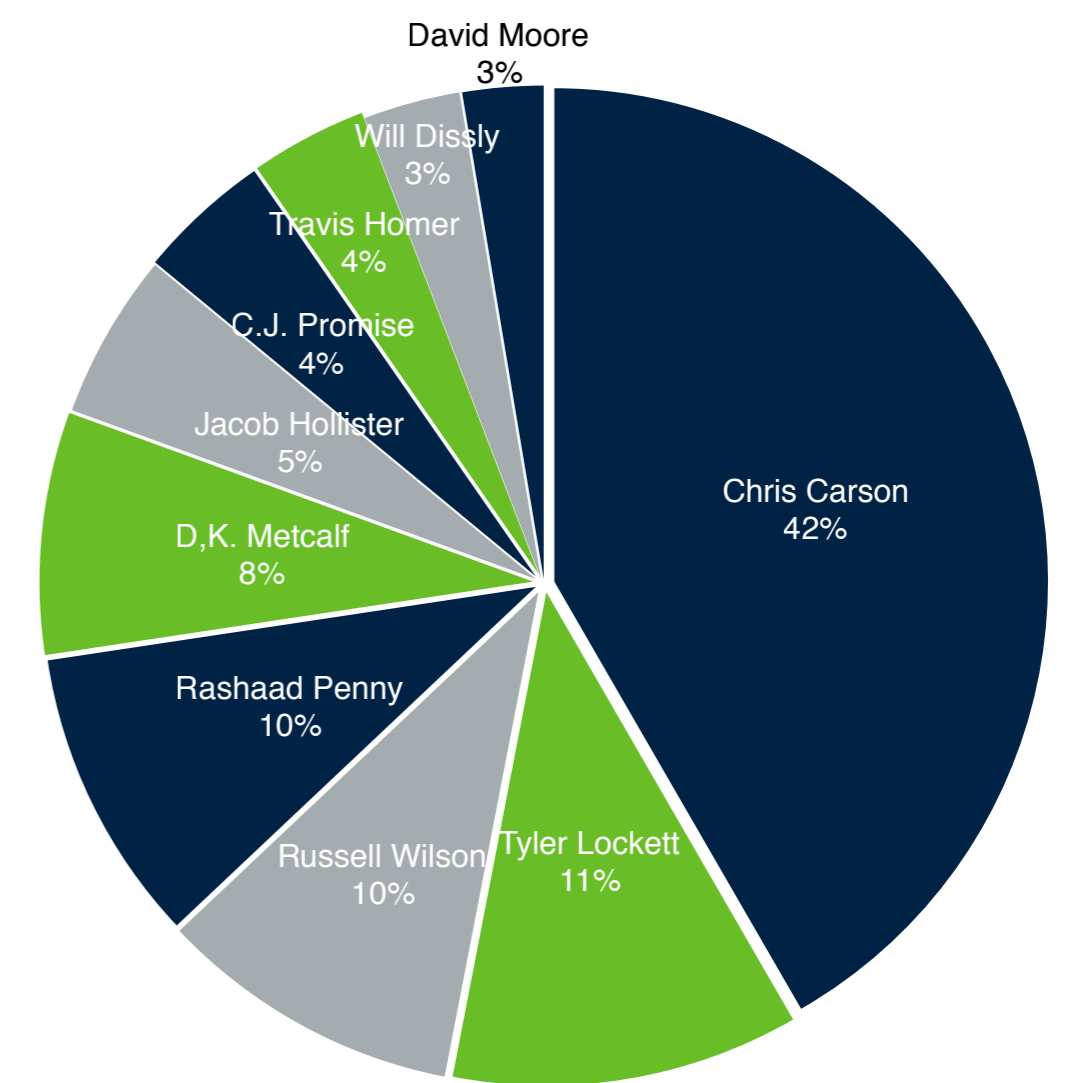
Players With At least 20 total targets



### Players Total Touches

| Players         | Touches |
|-----------------|---------|
| Chris Carson    | 315     |
| Tyler Lockett   | 86      |
| Russell Wilson  | 75      |
| Rashaad Penny   | 73      |
| D.K. Metcalf    | 60      |
| Jacob Hollister | 41      |
| C.J. Promise    | 33      |
| Travis Homer    | 29      |
| Will Dissly     | 24      |
| David Moore     | 20      |

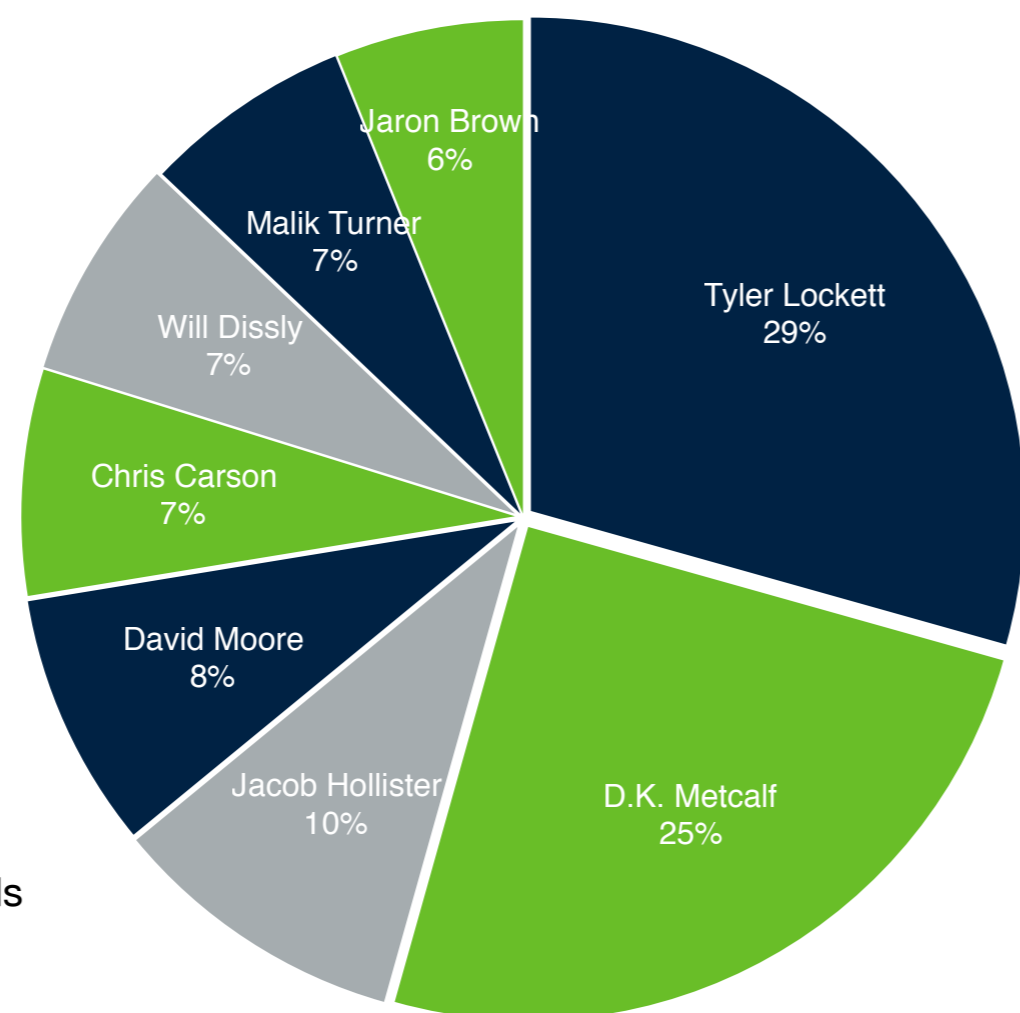
Players With At least 20 total touches



### Receiving Yards

| Players         | Yards |
|-----------------|-------|
| Tyler Lockett   | 1057  |
| D.K. Metcalf    | 900   |
| Jacob Hollister | 349   |
| David Moore     | 301   |
| Chris Carson    | 266   |
| Will Dissly     | 262   |
| Malik Turner    | 245   |
| Jaron Brown     | 220   |

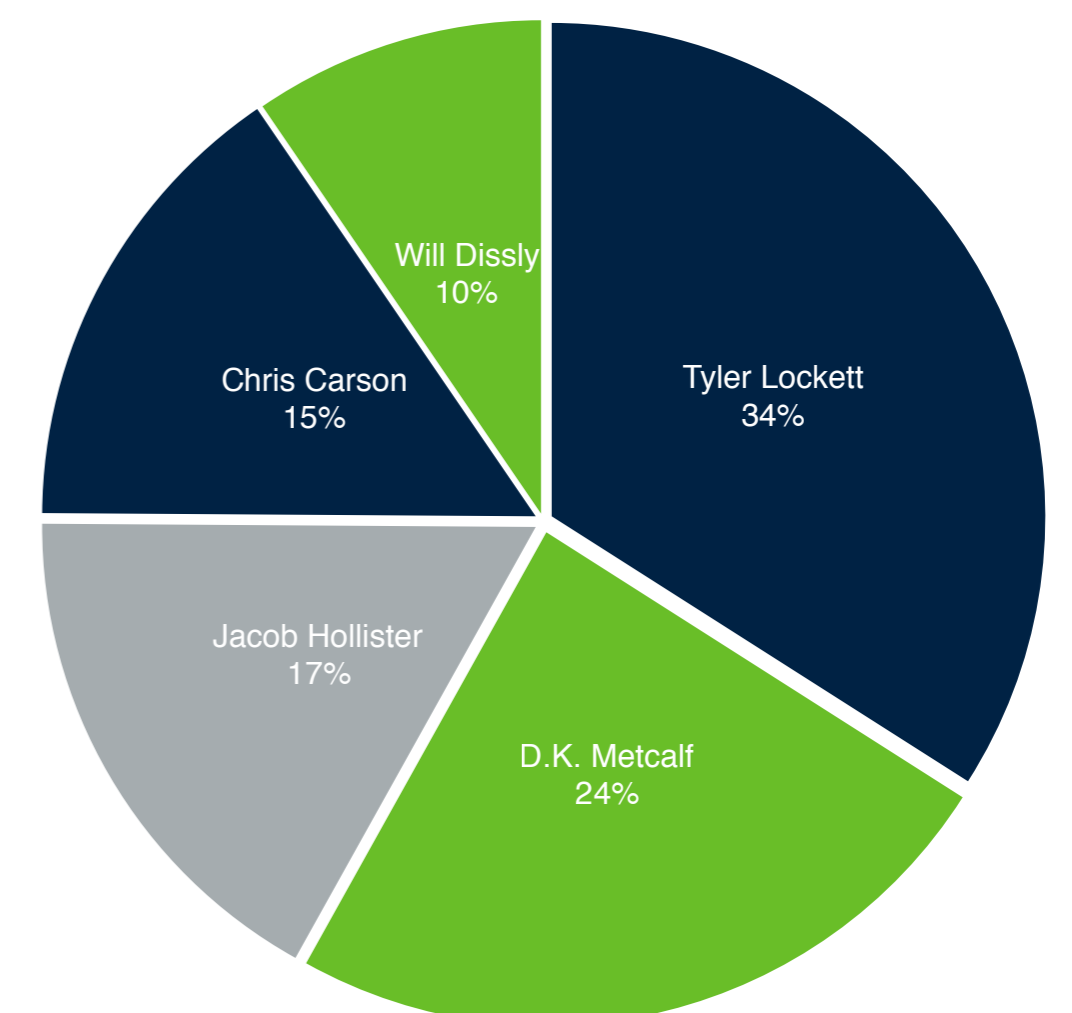
Players with at least 150 Receiving yards



### Receptions

| Players         | Receptions |
|-----------------|------------|
| Tyler Lockett   | 82         |
| D.K. Metcalf    | 58         |
| Jacob Hollister | 41         |
| Chris Carson    | 37         |
| Will Dissly     | 23         |

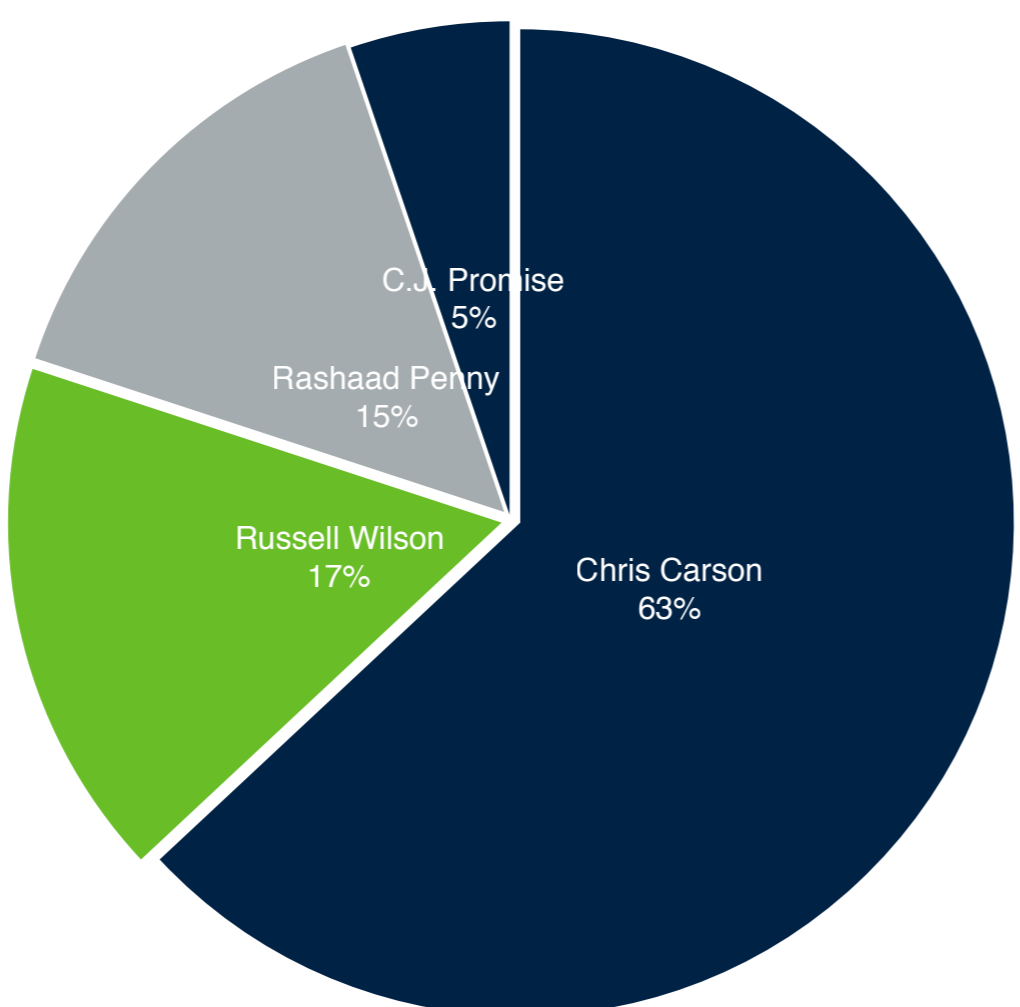
Players With At least 20 total receptions



### Rushing Attempts

| Players        | Attempts |
|----------------|----------|
| Chris Carson   | 278      |
| Russell Wilson | 75       |
| Rashaad Penny  | 65       |
| C.J. Promise   | 23       |

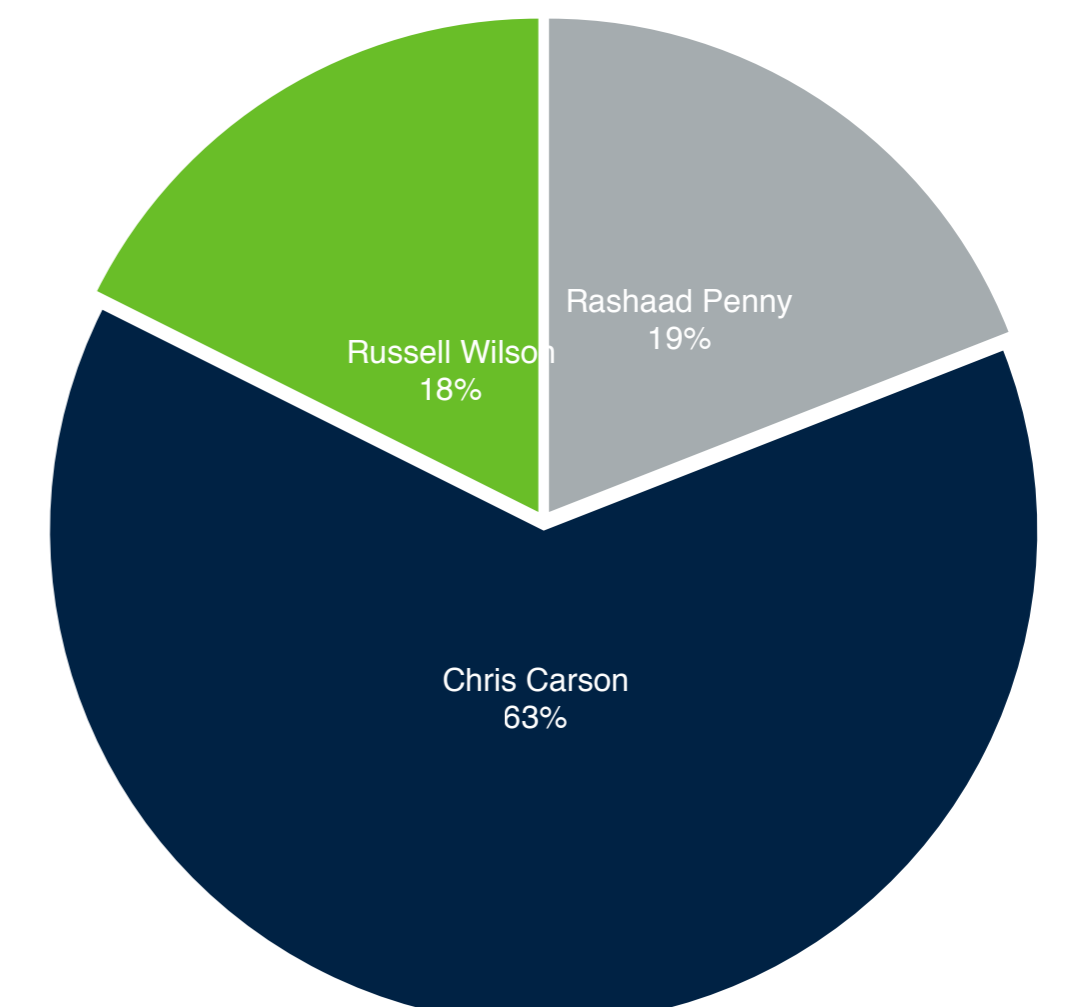
Players With At least 20 total attempts



### Rush yards

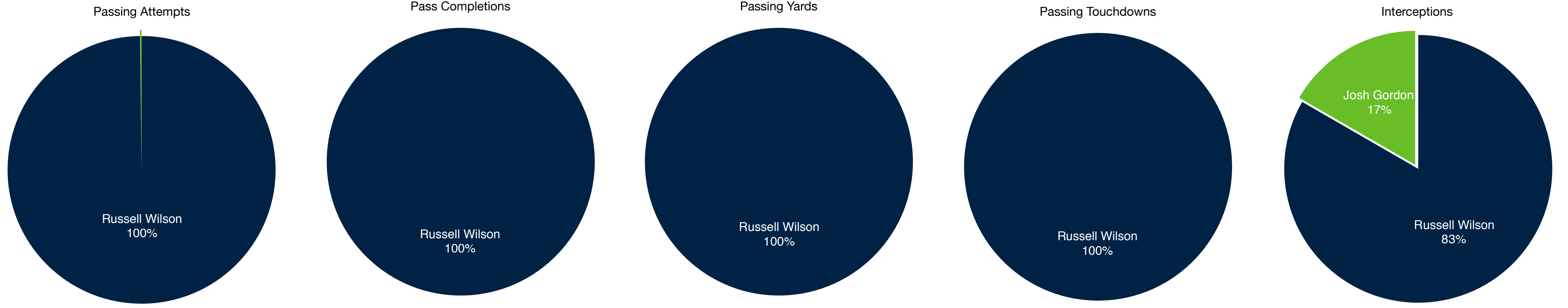
| Players        | Yards |
|----------------|-------|
| Chris Carson   | 1230  |
| Rashaad Penny  | 370   |
| Russell Wilson | 342   |

Players with at least 150 yards rushing



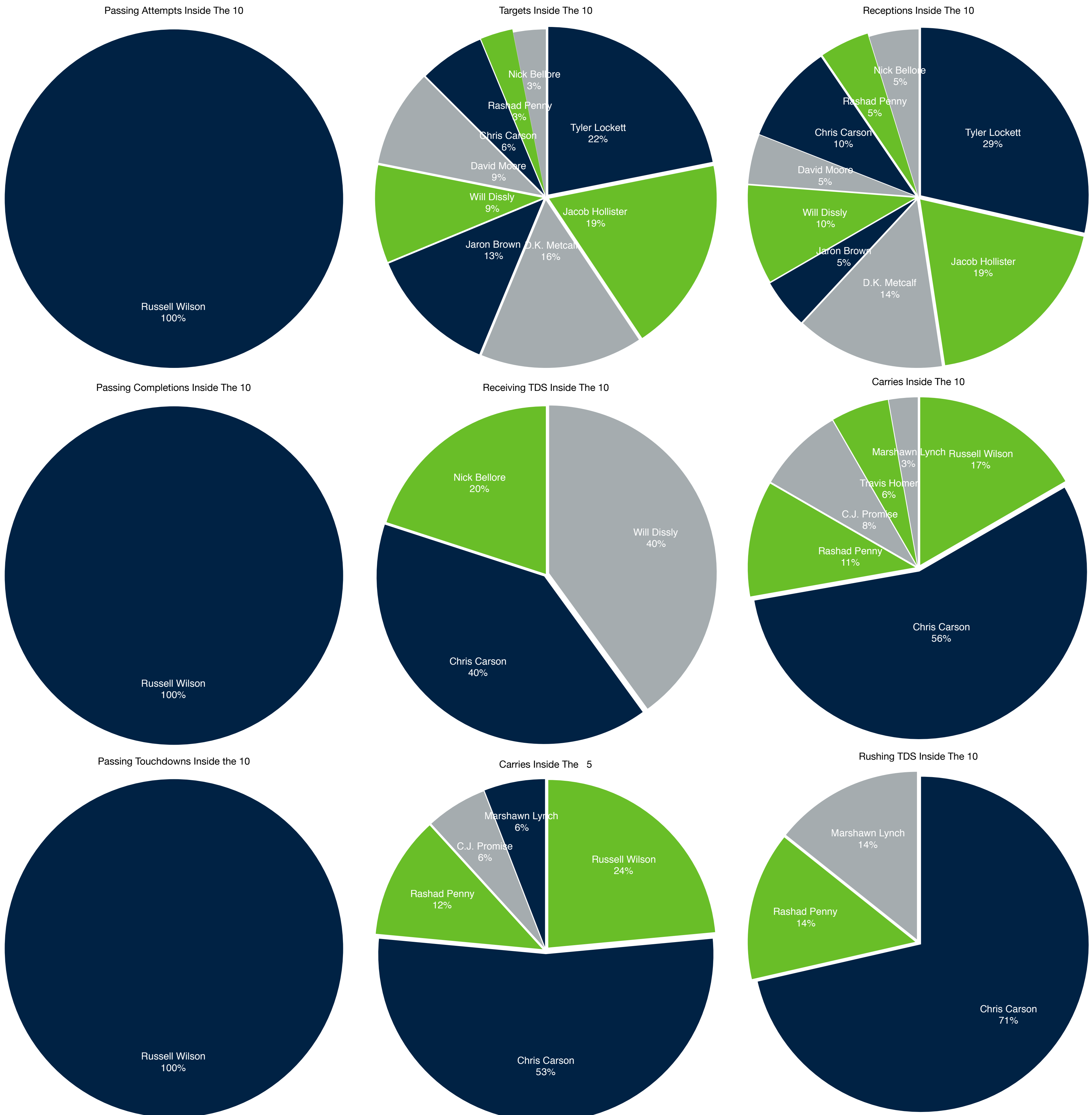
**Passing Stats**

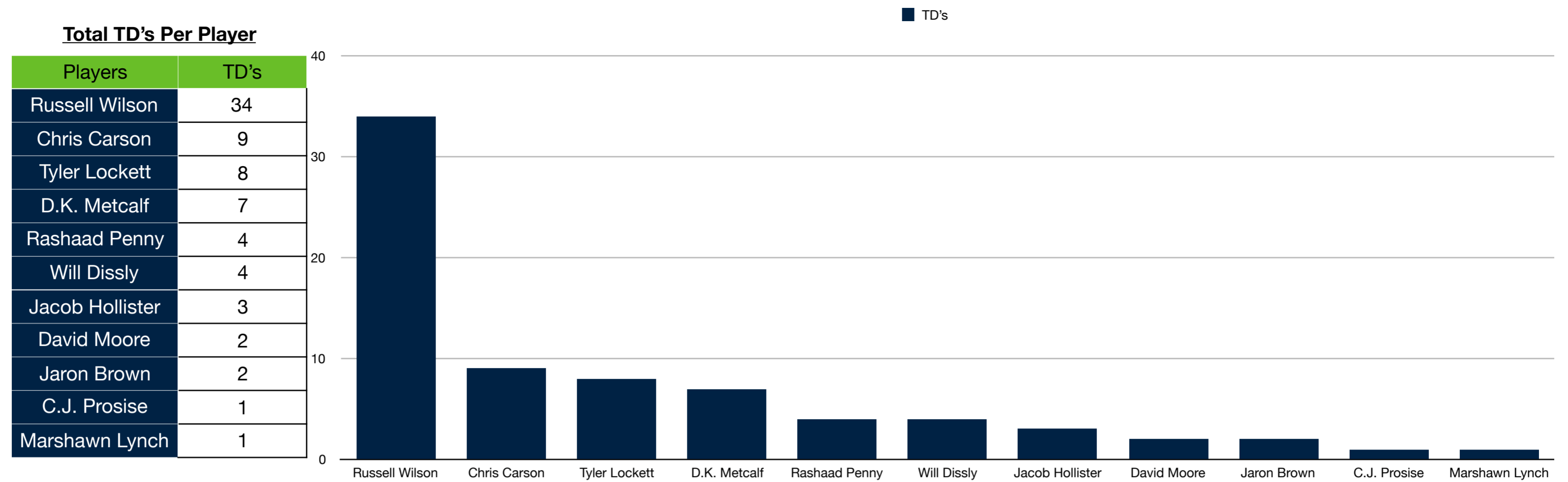
| Player         | Pass Attempts | Pass Completions | Passing Yards | Passing Touchdowns | Interceptions |
|----------------|---------------|------------------|---------------|--------------------|---------------|
| Russell Wilson | 516           | 341              | 4110          | 31                 | 5             |
| Josh Gordon    | 1             | 0                | 0             | 0                  | 1             |



**Red Zone Stats**

| Players         | Passing Attempts Inside The 10 | Passing Completions Inside The 10 | Passing Touchdowns Inside The 10 | Targets Inside The 10 | Receptions Inside The 10 | Receiving TDS Inside The 10 | Carries Inside The 10 | Carries Inside The 5 | Rushing TDS Inside The 10 |
|-----------------|--------------------------------|-----------------------------------|----------------------------------|-----------------------|--------------------------|-----------------------------|-----------------------|----------------------|---------------------------|
| Russell Wilson  | 33                             | 20                                | 15                               | 0                     | 0                        | 0                           | 6                     | 4                    | 0                         |
| Tyler Lockett   | 0                              | 0                                 | 0                                | 7                     | 6                        | 0                           | 0                     | 0                    | 0                         |
| Jacob Hollister | 0                              | 0                                 | 0                                | 6                     | 4                        | 0                           | 0                     | 0                    | 0                         |
| D.K. Metcalf    | 0                              | 0                                 | 0                                | 5                     | 3                        | 0                           | 0                     | 0                    | 0                         |
| Jaron Brown     | 0                              | 0                                 | 0                                | 4                     | 1                        | 0                           | 0                     | 0                    | 0                         |
| Will Dissly     | 0                              | 0                                 | 0                                | 3                     | 2                        | 2                           | 0                     | 0                    | 0                         |
| David Moore     | 0                              | 0                                 | 0                                | 3                     | 1                        | 0                           | 0                     | 0                    | 0                         |
| Chris Carson    | 0                              | 0                                 | 0                                | 2                     | 2                        | 2                           | 20                    | 9                    | 5                         |
| Rashad Penny    | 0                              | 0                                 | 0                                | 1                     | 1                        | 0                           | 4                     | 2                    | 1                         |
| C.J. Promise    | 0                              | 0                                 | 0                                | 0                     | 0                        | 0                           | 3                     | 1                    | 0                         |
| Travis Homer    | 0                              | 0                                 | 0                                | 0                     | 0                        | 0                           | 2                     | 0                    | 0                         |
| Marshawn Lynch  | 0                              | 0                                 | 0                                | 0                     | 0                        | 0                           | 1                     | 1                    | 1                         |
| Nick Bellore    | 0                              | 0                                 | 0                                | 1                     | 1                        | 1                           | 0                     | 0                    | 0                         |





### **PFF Oline Rank #27 In 2019**

The Seahawks couldn't keep pressure off Russell Wilson all season. They had a terrible time keeping their Hall of fame bound Qb upright without him running around and doing Russell Wilson type things to keep plays alive. Carson was met at the line of scrimmage on a very consistent basis. The line just never came together as a unit. Let's hope for Carson's sake The addition of a good a run-blocking tight end in Greg Olson. Helps make some holes for the run game and gives Russell time to make even more plays downfield.

**Key Additions:** WR Phillip Dorsett, CB Quinton Dunbar, OL B.J. Finney, TE Jacob Hollister, Edge Bruce Irvin, G Mike Iupati, T Cedric Ogbuehi, TE Greg Olsen, DT Jarran Reed, LB Jordyn Brooks, Edge Darrell Taylor, G Damien Lewis, TE Colby Parkinson, RB DeeJay Dallas, Edge Alton Robinson, WR Freddie Swain, TE Stephen Sullivan

**Key Departures:** QB Geno Smith, RB C.J. Prosise, RB Marshawn Lynch, WR Jaron Brown, WR Josh Gordon, TE Ed Dickson, T George Fant, OL Germain Ifedi, DT Al Woods, DE Ezekiel Ansah, DE Quinton Jefferson, LB Mychal Kendricks, OLB Jadeveon Clowney, S Tedric Thompson