



NFL CAREER

TRANSACTIONS:

- Signed by Miami on May 10, 2022.
- Traded from New England to the L.A. Rams on Aug. 24, 2021.
- 1st-round pick (31st overall) by New England in the 2018 NFL Draft.

CAREER HIGHLIGHTS:

- Played in 55 career games with 35 starts.
- 743 carries for 3,137 yards (4.2 avg.) and 18 TDs.
- 47 receptions for 386 yards (8.2 avg.) and 2 TDs.
- 8 kickoff returns for 167 yards (20.9 avg.).
- Appeared in 8 postseason games with 3 starts.
- Won Super Bowl LVI with the L.A. Rams and Super Bowl LIII with New England.

2021 (L.A. RAMS):

- Played in all 17 games with 7 starts.
- 208 carries for 845 yards (4.1 avg.) and 4 TDs.
- 21 receptions for 128 yards (6.1 avg.) and 1 TD.
- 4 kickoff returns for 90 yards (22.5 avg.).

VS. JACKSONVILLE (12/5): 24 carries for 121 yards (5.0 avg.) and 1 TD; 3 receptions for 8 yards (2.7 avg.).

- Scored on a 5-yard TD run to give the L.A. Rams a 10-0 lead in the 1st quarter.

VS. SEATTLE (12/21): 18 carries for 92 yards (5.1 avg.); 2 receptions for 23 yards (11.5 avg.).

AT MINNESOTA (12/26): 27 carries for 131 yards (4.9 avg.) and 1 TD; 1 reception for 4 yards.

- Scored on a 1-yard TD run in the 1st quarter to give the L.A. Rams a 7-0 lead.

POSTSEASON:

NFC WILD CARD VS. ARIZONA (1/17): 13 carries for 58 yards (4.5 avg.).

NFC DIVISIONAL AT TAMPA BAY (1/23): 1 carry for 4 yards; 2 receptions for -4 yards (-2.0 avg.).

NFC CHAMPIONSHIP VS. SAN FRANCISCO (1/30): 10 carries for 16 yards (1.6 avg.); 1 reception for -4 yards.

SUPER BOWL LVI AT CINCINNATI (2/13): 2 carries for 2 yards (1.0 avg.).

2020 (NEW ENGLAND):

- Played in 9 games with 6 starts.
- Missed 7 games after being placed on injured reserve on Oct. 5 and activated on Nov. 21.

- 79 carries for 449 yards (5.7 avg.) and 1 TD.
- 7 receptions for 114 yards (16.3 avg.) and 1 TD.

VS. MIAMI (9/13): 10 carries for 37 yards (3.7 avg.) and 1 TD.

- Scored on a 1-yard TD run in the 4th quarter to give New England a 21-11 lead.

VS. LAS VEGAS (9/27): 9 carries for 117 yards (13.0 avg.); 2 receptions for 23 yards (11.5 avg.).

VS. N.Y. JETS (1/3): 16 carries for 76 yards (4.8 avg.); 3 receptions for 60 yards (20.0 avg.) and 1 TD.

- Caught a 31-yard TD pass from QB Cam Newton to give New England a 28-14 lead in the 4th quarter.

2019 (NEW ENGLAND):

- Played in all 16 games with 14 starts.
- 247 carries for 912 yards (3.7 avg.) and 7 TDs.
- 12 receptions for 94 yards (7.8 avg.).

AT WASHINGTON (10/6): 16 carries for 91 yards (5.7 avg.) and 1 TD; 3 receptions for 32 yards (10.7 avg.).

- Scored on a 14-yard TD run to give New England a 16-7 lead in the 3rd quarter.

AT N.Y. JETS (10/21): 19 carries for 42 yards (2.2 avg.) and 3 TDs; 1 reception for -8 yards.

- Scored on a 3-yard TD run to give New England a 7-0 lead in the 1st quarter.

- Scored on a 1-yard TD run to give New England a 24-0 lead in the 2nd quarter.

- Scored on a 1-yard TD run to give New England a 31-0 lead in the 4th quarter.

VS. BUFFALO (12/21): 21 carries for 96 yards (4.6 avg.); 1 reception for 5 yards.

POSTSEASON:

AFC WILD CARD VS. TENNESSEE (1/4): 14 carries for 61 yards (4.4 avg.); 2 receptions for 9 yards (4.5 avg.).

2018 (NEW ENGLAND):

- Played in 13 games with 8 starts.
- Inactive for 3 games.
- 209 carries for 931 yards (4.5 avg.) and 6 TDs.
- 7 receptions for 50 yards (7.1 avg.).
- 4 kickoff returns for 77 yards (19.3 avg.).

AT JACKSONVILLE (9/16): 10 carries for 34 yards (3.4 avg.); 1 reception for 7 yards.

- Made his NFL debut.

VS. MIAMI (9/30): 25 carries for 112 yards (4.5 avg.) and 1 TD.

- Scored on a 10-yard TD run to give New England a 38-0 lead in the 4th quarter.
- It was his 1st 100-yard rushing game.

VS. KANSAS CITY (10/14): 24 carries for 106 yards (4.4 avg.) and 2 TDs.

- Scored on a 4-yard TD run to give New England a 10-3 lead in the 1st quarter.
- Scored on a 1-yard TD run to give New England a 24-9 lead in the 2nd quarter.

AT N.Y. JETS (11/25): 21 carries for 133 yards (6.3 avg.) and 1 TD; 2 receptions for 12 yards (6.0 avg.)

- Scored on a 1-yard TD run to give New England a 27-13 lead in the 4th quarter.

POSTSEASON:

AFC DIVISIONAL VS. L.A. CHARGERS (1/13): 24 carries for 129 yards (5.4 avg.) and 3 TDs; 1 reception for 9 yards.

- Scored on a 1-yard TD run to give New England a 7-0 lead in the 1st quarter.
- Scored on a 14-yard TD run in the 1st quarter to give New England a 14-7 lead.
- Scored on a 5-yard TD run to give New England a 35-7 lead in the 2nd quarter.

AFC CHAMPIONSHIP AT KANSAS CITY (1/20): 29 carries for 113 yards (3.9 avg.) and 2 TDs.

- Scored on a 1-yard TD run to give New England a 7-0 lead in the 1st quarter.
- Scored on a 10-yard TD run to give New England a 24-21 lead in the 4th quarter.

SUPER BOWL LIII VS. L.A. RAMS (2/3): 18 carries for 94 yards (5.2 avg.) and 1 TD.

- Scored on a 2-yard TD run to give New England a 10-3 lead in the 4th quarter.

CAREER: Played in 47 career games with 11 starts; 591 carries for 3,638 yards (6.2 avg.) and 33 TDs; 64 receptions for 621 yards and 6 TDs; 4 kickoff returns for 71 yards (17.8 avg.).

SENIOR (2017): Played in 14 games with 2 starts; 156 carries for 1,227 yards (7.9 avg.) and 16 TDs; 9 receptions for 96 yards (10.7 avg.) and 1 TD.

- Rose Bowl MVP.

JUNIOR (2016): Played in 12 games with 2 starts; 152 carries for 840 yards (5.5 avg.) and 4 TDs; 22 receptions for 149 yards (6.8 avg.) and 1 TD.

SOPHOMORE (2015): Played in all 13 games with 6 starts; 219 carries for 1,161 yards (5.3 avg.) and 8 TDs; 26 receptions for 270 yards (10.4 avg.) and 3 TDs; 2 kickoff returns for 34 yards (17.0 avg.)

- 3rd-team All-SEC.

TRUE FRESHMAN (2014): Played in 8 games with 1 start; 64 carries for 410 yards (6.4 avg.) and 5 TDs; 7 receptions for 106 yards (15.1 avg.) and 1 TD; 2 kickoff returns for 37 yards (18.5 avg.).

HIGH SCHOOL (AMERICAN HERITAGE HS – PLANTATION, FLA.)

SENIOR (2013): 1,833 rushing yards and 24 TDs.

- 1st-team all-state.
- USA Today Florida Football Player of the Year.

OFF THE FIELD

PERSONAL:

- **PRONUNCIATION:** Last name is pronounced muh-SHELL.
- **MAJOR:** Communication studies.

BEFORE THE NFL

COLLEGE (GEORGIA):

- 4-year starter (2014-17).

SONY MICHEL'S NFL REGULAR SEASON STATS

YEAR	TEAM	GP	GS	RUSHING					RECEIVING				
				ATT	YDS	AVG	LG	TD	REC	YDS	AVG	LG	TD
2018	NEW ENGLAND	13	8	209	931	4.5	34t	6	7	50	7.1	13	0
2019	NEW ENGLAND	16	14	247	912	3.7	26	7	12	94	7.8	19	0
2020	NEW ENGLAND	9	6	79	449	5.7	48	1	7	114	16.3	31t	1
2021	L.A. RAMS	17	7	208	845	4.1	39	4	21	128	6.1	24	1
NFL TOTALS		55	35	743	3137	4.2	48	18	47	386	8.2	31t	2

SONY MICHEL'S NFL PLAYOFF STATS

YEAR	TEAM	GP	GS	RUSHING					RECEIVING				
				ATT	YDS	AVG	LG	TD	REC	YDS	AVG	LG	TD
2018	NEW ENGLAND	3	2	71	336	4.7	40	6	1	9	9.0	9	0
2019	NEW ENGLAND	1	0	14	61	4.4	25	0	2	9	4.5	7	0
2021	L.A. RAMS	4	1	26	80	3.1	35	0	3	-8	-2.7	0	0
PLAYOFF TOTALS		8	3	111	477	4.3	40	6	6	10	1.7	9	0

ADDITIONAL STATS

Miscellaneous Tackles: (New England) 2 in 2018, 1 in 2019, (L.A. Rams) 1 in 2021 for total of 4 (P-1).

Kickoff Returns: (New England) 4 for 77 yards in 2018, (L.A. Rams) 4 for 90 yards in 2021 for total of 8 for 167 yards.

SINGLE-GAME CAREER HIGHS

Rushes:	29	at Kansas City, 1/20/19 (AFC Championship)
Rushing Yards:	133	at N.Y. Jets, 11/25/18
Longest Rush:	48	vs. Las Vegas, 9/27/20
Rushing TDs:	3	Twice, last: at N.Y. Jets, 10/21/19
Receptions:	3	5 times, last: at Baltimore, 1/2/22
Receiving Yards:	60	vs. N.Y. Jets, 1/3/21
Longest Reception:	31t	vs. N.Y. Jets, 1/3/21
Receiving TDs:	1	Twice, last: vs. Tennessee, 11/7/21

100-YARD RUSHING GAMES (9)

DATE	OPPONENT	ATT	YDS	AVG	LG	TD
9/30/18	MIAMI	25	112	4.5	23	1
10/14/18	KANSAS CITY	24	106	4.4	15	2
11/25/18	at N.Y. Jets	21	133	6.3	33	1
12/23/18	BUFFALO	18	116	6.4	19	1
1/13/19	L.A. CHARGERS*	24	129	5.4	40	3
1/20/19	at Kansas City**	29	113	3.9	11	2
9/27/20	LAS VEGAS	9	117	13.0	48	0
12/5/21	JACKSONVILLE	24	121	5.0	25	1
12/26/21	at Minnesota	27	131	4.9	16	1

* AFC Divisional

** AFC Championship

2018 GAME-BY-GAME STATS (NEW ENGLAND)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/09	HOUSTON						INACTIVE
09/16	at Jacksonville	1/0	10	34	3.4	15	0
09/23	at Detroit	1/1	14	50	3.6	12	0
09/30	MIAMI	1/1	25	112	4.5	23	1
10/04	INDIANAPOLIS	1/0	18	98	5.4	34t	1
10/14	KANSAS CITY	1/1	24	106	4.4	15	2
10/21	at Chicago	1/1	4	22	5.5	18	0
10/29	at Buffalo						INACTIVE
11/4	GREEN BAY						INACTIVE
11/11	at Tennessee	1/0	11	31	2.8	7	0
11/25	at N.Y. Jets	1/1	21	133	6.3	33	1
12/02	MINNESOTA	1/1	17	63	3.7	8	0
12/09	at Miami	1/1	20	57	2.9	9	0
12/16	at Pittsburgh	1/0	13	59	4.5	13	0
12/23	BUFFALO	1/0	18	116	6.4	19	1
12/30	N.Y. JETS	1/1	14	50	3.6	14	0
2018 TOTALS			13/8	209	931	4.5	34t 6

DATE	OPPONENT	P/S	REC	YDS	AVG	LG	TD
01/13	L.A. CHARGERS*	1/0	24	129	5.4	40	3
01/20	at Kansas City**	1/1	29	113	3.9	11	2
02/03	at L.A. Rams***	1/1	18	94	5.2	26	1
PLAYOFF TOTALS			3/2	71	336	4.7	40 6

* AFC Divisional

** AFC Championship

*** Super Bowl LIII

2019 GAME-BY-GAME STATS (NEW ENGLAND)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/08	PITTSBURGH	1/1	15	14	0.9	5	0
09/15	at Miami	1/1	21	83	4.0	12	1
09/22	N.Y. JETS	1/0	9	11	1.2	5t	1
09/29	at Buffalo	1/1	17	63	3.7	15	0
10/06	at Washington	1/1	16	91	5.7	25	1
10/10	N.Y. GIANTS	1/1	22	86	3.9	26	0
10/21	at N.Y. Jets	1/1	19	42	2.2	11	3
10/27	CLEVELAND	1/1	21	74	3.5	16	0
11/03	at Baltimore	1/0	4	18	4.5	10	0
11/17	at Philadelphia	1/1	10	33	3.3	12	0
11/24	DALLAS	1/1	20	85	4.3	17	0
12/01	at Houston	1/1	10	45	4.5	17	0
12/08	KANSAS CITY	1/1	5	8	1.6	3	0
12/15	at Cincinnati	1/1	19	89	4.7	12	0
12/21	BUFFALO	1/1	21	96	4.6	25	0
12/29	MIAMI	1/1	18	74	4.1	9	1
2019 TOTALS			16/14	247	912	3.7	5t 7

DATE	OPPONENT	P/S	REC	YDS	AVG	LG	TD
01/04	TENNESSEE*	1/0	14	61	4.4	25	0

* AFC Wild Card

2020 GAME-BY-GAME STATS (NEW ENGLAND)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/13	MIAMI	1/1	10	37	3.7	7	1
09/20	at Seattle	1/1	7	19	2.7	5	0
09/27	LAS VEGAS	1/1	9	117	13.0	48	0
10/05	at Kansas City						INJURED RESERVE
10/18	DENVER						INJURED RESERVE
10/25	SAN FRANCISCO						INJURED RESERVE
11/01	at Buffalo						INJURED RESERVE
11/09	at N.Y. Jets						INJURED RESERVE
11/15	BALTIMORE						INJURED RESERVE
11/22	at Houston						INJURED RESERVE
11/29	ARIZONA	1/0	0	0	0.0	-	0
12/06	at L.A. Chargers	1/0	10	35	3.5	10	0
12/10	at L.A. Rams	1/0	7	22	3.1	8	0
12/20	at Miami	1/1	10	74	7.4	17	0
12/28	BUFFALO	1/1	10	69	6.9	29	0
01/03	N.Y. JETS	1/1	16	76	4.8	13	0
2020 TOTALS			9/6	79	449	5.7	48 1

2021 GAME-BY-GAME STATS (L.A. RAMS)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/12	CHICAGO	1/0	1	2	2.0	2	0
09/19	at Indianapolis	1/0	10	46	4.6	11	0
09/26	TAMPA BAY	1/1	20	67	3.4	15	0
10/03	ARIZONA	1/0	3	11	3.7	9	0
10/07	at Seattle	1/0	11	37	3.4	15	1
10/17	at N.Y. Giants	1/0	9	42	4.7	15	0
10/24	DETROIT	1/0	2	4	2.0	4	0
10/31	at Houston	1/0	9	42	4.7	14	0
11/07	TENNESSEE	1/0	7	20	2.9	8	0
11/15	at San Francisco	1/0	4	20	5.0	7	0
11/28	at Green Bay	1/0	3	14	4.7	7	0
12/05	JACKSONVILLE	1/1	24	121	5.0	25	1
12/13	at Arizona	1/1	20	79	4.0	19	0
12/21	SEATTLE	1/1	18	92	5.1	39	0
12/26	at Minnesota	1/1	27	131	4.9	16	1
01/02	at Baltimore	1/1	19	74	3.9	14	1
01/09	SAN FRANCISCO	1/1	21	43	2.0	14	0
2021 TOTALS		17/7	208	845	4.1	39	4

DATE	OPPONENT	P/S	REC	YDS	AVG	LG	TD
01/17	ARIZONA*	1/1	13	58	4.5	35	0
01/23	at Tampa Bay**	1/0	1	4	4.0	4	0
01/30	SAN FRANCISCO***	1/0	10	16	1.6	8	0
02/13	at Cincinnati****	1/0	2	2	1.0	3	0
PLAYOFF TOTALS		4/1	26	80	3.1	35	0

* NFC Wild Card

** NFC Divisional

*** NFC Championship

**** Super Bowl LVI