



RUNNING BACK // 6-0 // 205 // NORTH TEXAS '18
ACQUIRED: T, '22 (5F)
HOMETOWN: ELKHART, TEXAS // BORN: 11/16/95
NFL: SEVENTH SEASON // DOLPHINS: THIRD SEASON



NFL CAREER

TRANSACTIONS:

- Traded from San Francisco to Miami on Nov. 1, 2022.
- Signed to San Francisco's active roster on Sept. 4, 2019.
- Signed to San Francisco's practice squad on Sept. 1, 2019.
- Waived by San Francisco on Aug. 31, 2019.
- Signed to San Francisco's active roster on Nov. 24, 2018.
- Signed to San Francisco's practice squad on Sept. 2, 2018.
- Waived by San Francisco on Sept. 1, 2018.
- Signed by San Francisco as an undrafted college free agent on May 2, 2018.

CAREER HIGHLIGHTS:

- Played in 63 career games with 16 starts.
- 515 carries for 2,313 yards (4.5 avg.) and 18 TDs.
- 71 receptions for 566 yards (8.0 avg.) and 5 TDs.
- 4 solo special teams tackles.
- 5 miscellaneous tackles.
- 3 miscellaneous fumble recoveries.
- Appeared in 5 postseason contests with 1 start – 3 with San Francisco and 2 with Miami.

2023 (MIAMI):

- Played in 10 games.
- Inactive for 1 game.
- Missed the first 6 games of the season after being placed on injured reserve on Aug. 31 and activated on Oct. 21.
- 41 carries for 188 yards (4.6 avg.).
- 14 receptions for 85 yards (6.1 avg.).

AT N.Y. JETS (11/24): 11 carries for 56 yards (5.1 avg.); 3 receptions for 17 yards (5.7 avg.).

AT BALTIMORE (12/31): 3 carries for 21 yards (7.0 avg.); 3 receptions for 13 yards (4.3 avg.).

VS. BUFFALO (1/7): 9 carries for 45 yards (5.0 avg.).

POSTSEASON:

AFC WILD CARD AT KANSAS CITY (1/13): 1 reception for 6 yards (6.0 avg.).

2022 (SAN FRANCISCO/MIAMI):

- Played in 8 games with 1 start with Miami.
- Inactive for 1 game with Miami.

- 84 carries for 392 yards (4.7 avg.) and 3 TDs with Miami.
- 12 receptions for 94 yards (7.8 avg.) and 1 TD with Miami.
- 1 miscellaneous tackle with Miami.
- Traded to Miami on Nov. 1.
- Played in 8 games with 6 starts with San Francisco.
- 92 carries for 468 yards (5.1 avg.) and 2 TDs with San Francisco.
- 10 receptions for 91 yards (9.1 avg.) with San Francisco.
- 1 miscellaneous tackle with San Francisco.
- 1 miscellaneous fumble recovery with San Francisco.

VS. L.A. RAMS (10/3): 18 carries for 74 yards (4.1 avg.) and 1 TD.

- Scored on a 32-yard rush to give San Francisco a 1st-quarter lead.

AT CAROLINA (10/9): 17 carries for 120 yards (7.1 avg.) and 1 TD; 1 reception for 12 yards; 1 miscellaneous fumble recovery.

- Topped 100 rushing yards for the 4th time in his career.

- Scored on a 1-yard carry in the 4th quarter to extend San Francisco's lead.

AT CHICAGO (11/6): 9 carries for 51 yards (5.7 avg.); 3 receptions for 21 yards (7.0 avg.) and 1 TD.

- Scored on a 10-yard pass from QB Tua Tagovailoa in the 3rd quarter, which would ultimately prove to be the game-winning TD.
- Made his Dolphins debut.

VS. CLEVELAND (11/13): 17 carries for 119 yards (7.0 avg.) and 1 TD; 2 receptions for 24 yards (12.0 avg.).

- Posted the 5th 100-yard game of his career and his 1st with the Dolphins.

POSTSEASON:

AFC WILD CARD AT BUFFALO (1/15): 10 carries for 23 yards (2.3 avg.) and 1 TD; 1 reception for 13 yards.

- Scored on a 1-yard TD run in the 4th quarter to make it a 1-score game.

2021 (SAN FRANCISCO):

- Played in 9 games with 4 starts.
- Dressed but did not play 1 game.
- Missed the 1st 7 games of the season after beginning the season on the physically unable to perform list.

- 79 carries for 294 yards (3.7 avg.) and 2 TDs.
- 7 receptions for 31 yards (4.4 avg.).
- 1 solo special teams tackle.
- 1 miscellaneous fumble recovery.

VS. ATLANTA (12/19): 21 carries for 110 yards (5.2 avg.) and 1 TD; 2 receptions for 9 yards (4.5 avg.).

- Recorded the 3rd 100-yard game of his career; 1 miscellaneous fumble recovery.
- Scored on a 5-yard TD run in the 3rd quarter to give San Francisco a 2-score lead.

AT TENNESSEE (12/23): 14 carries for 45 yards (3.2 avg.) and 1 TD; 3 receptions for 12 yards (4.0 avg.).

- Scored on a 1-yard carry on the game's opening drive to give San Francisco an early lead.

POSTSEASON:

NFC WILD CARD AT DALLAS (1/16): Played but did not record any stats.

NFC DIVISIONAL AT GREEN BAY (1/22): Played but did not record any stats.

NFC CHAMPIONSHIP AT L.A. RAMS (1/30): Inactive.

2020 (SAN FRANCISCO):

- Played in 12 games with 3 starts.
- Inactive for 1 game.
- Missed 3 games after being placed on injured reserve on Oct. 31 and being activated on Nov. 28.
- 126 carries for 600 yards (4.8 avg.) and 7 TDs.
- 13 receptions for 133 yards (10.2 avg.) and 3 TDs.
- 2 miscellaneous tackles.
- 1 miscellaneous fumble recovery.

AT NEW ENGLAND (10/25): 17 carries for 112 yards (6.6 avg.) and 3 TDs; 2 receptions for 8 yards (4.0 avg.).

- It was the 1st 100-yard game of his career.
- Scored on a 3-yard run in the 1st quarter, a 16-yard run in the 2nd quarter and a 7-yard run in the 3rd quarter in San Francisco's 33-6 victory.
- His 3 rushing TDs were the most by a 49ers RB in a road game since Roger Craig had 3 on Oct. 16, 1988 at the L.A. Rams.

AT ARIZONA (12/26): 22 carries for 183 yards (8.3 avg.); 1 reception for 21 yards and 1 TD.

- Rushed for more than 100 yards for the 2nd time in the season.
- Caught a 21-yard TD pass from QB C.J. Beathard in the 1st quarter.
- His 183 rushing yards were the most by a 49ers player since Carlos Hyde had 193 on Dec. 11, 2016.

VS. SEATTLE (1/3): 20 carries for 76 yards (3.8 avg.) and 1 TD; 3 receptions for 12 yards (4.0 avg.) and 1 TD.

- Rushed for a 7-yard TD in the 4th quarter to give San Francisco a 10-point lead.
- Caught a 3-yard TD pass from QB C.J. Beathard in the 4th quarter.

2019 (SAN FRANCISCO):

- Played 10 games.
- Inactive for 5 games.
- Spent 1 game on San Francisco's practice squad.
- 27 carries for 105 yards (3.9 avg.) and 4 TDs.
- 3 receptions for 34 yards (11.3 avg.) and 1 TD.

- 2 solo special teams tackles.
- 1 miscellaneous tackle.

AT CINCINNATI (9/15): 10 carries for 34 yards (3.4 avg.) and 2 TDs.

- Scored on a 2-yard carry in the 2nd quarter to give San Francisco a 14-point lead.

- Rushed for a 4-yard TD in the 4th quarter.

VS. PITTSBURGH (9/22): 8 carries for 18 yards (2.3 avg.) and 2 TDs.

- Rushed for 2 TDs in the 3rd quarter, giving San Francisco a 4-point lead entering the final frame.
- Became the first 49ers player since Frank Gore in 2013 to have multiple rushing TDs in consecutive weeks.

VS. ARIZONA (11/17): 1 reception for 25 yards and 1 TD.

- Scored on his only touch of the game, a 25-yard TD reception from QB Jimmy Garoppolo, to give San Francisco a 4-point lead with 31 seconds remaining.

POSTSEASON:

NFC DIVISIONAL VS. MINNESOTA (1/11): Inactive.

NFC CHAMPIONSHIP VS. GREEN BAY (1/19): Inactive.

SUPER BOWL LIV VS. KANSAS CITY (2/2): 1 reception for 20 yards.

- Caught a 20-yard pass from QB Jimmy Garoppolo on a 3rd-and-5 play near the end of the 1st half to give San Francisco a 1st down.

2018 (SAN FRANCISCO):

- Played in 6 games with 2 starts.
- Spent 10 games on San Francisco's practice squad.
- 66 carries for 266 yards (4.0 avg.).
- 12 receptions for 98 yards (8.2 avg.).
- 1 solo special teams tackle.

AT TAMPA BAY (11/25): 7 carries for 33 yards (4.7 avg.); 1 reception for 8 yards.

- Made his NFL debut.

AT SEATTLE (12/2): 15 carries for 61 yards (4.1 avg.); 8 receptions for 73 yards (9.1 avg.).

- Posted 100+ yards from scrimmage for the 1st time in his career.

VS. DENVER (12/9): 23 carries for 90 yards (3.9 avg.); 1 reception for 6 yards.

- Made his 1st NFL start.

BEFORE THE NFL

COLLEGE (NORTH TEXAS):

- 4-year letterman (2014-17) and 3-year starter.
- Finished his career as the school's 4th all-time leading rusher (3,205 yards), 3rd in rushing TDs (32) and 4th in all-purpose yards (4,009).

CAREER: Played in 41 games with 28 starts; 561 carries for 3,205 yards (5.7 avg.) and 32 TDs; 70 receptions for 527 yards (7.5 avg.) and 2 TDs; 12 kickoff returns for 279 yards (23.3 avg.).

SENIOR (2017): Started 11 games; 188 carries for 1,215 yards (6.5 avg.) and 16 TDs; 24 receptions for 168 yards (7.0 avg.).

- 2nd-team All-Conference USA.

JUNIOR (2016): Played in 11 games with 10 starts; 169 carries for 936 yards (5.5 avg.) and 14 TDs; 29 receptions for 247 yards (8.5 avg.) and 1 TD.

SOPHOMORE (2015): Played in 10 games with 7 starts; 155 carries for 830 yards (5.4 avg.) and 1 TD; 12 receptions for 71 yards (5.9 avg.); 12 kickoff returns for 279 yards (23.3 avg.).

TRUE FRESHMAN (2014): Played in 9 games; 49 carries for 224 yards (4.6 avg.) and 1 TD; 5 receptions for 41 yards (8.2 avg.) and 1 TD.

HIGH SCHOOL (ELKHART HS – ELKHART, TEXAS)

SENIOR (2013): 2,749 rushing yards and 36 TDs.

- 1st-team all-state.

JUNIOR (2012): 2,329 rushing yards and 26 TDs.

- 2nd-team all-state.

OFF THE FIELD

PERSONAL:

- **MAJOR:** Kinesiology.

JEFF WILSON JR.'S NFL REGULAR SEASON STATS

YEAR	TEAM	GP	GS	RUSHING				RECEIVING					
				ATT	YDS	AVG	LG	TD	REC	YDS	AVG	LG	TD
2018	SAN FRANCISCO	6	2	66	266	4.0	18	0	12	98	8.2	24	0
2019	SAN FRANCISCO	10	0	27	105	3.9	25	4	3	34	11.3	25t	1
2020	SAN FRANCISCO	12	3	126	600	4.8	34	7	13	133	10.2	21t	3
2021	SAN FRANCISCO	9	4	79	294	3.7	17	2	7	31	4.4	11	0
2022	SAN FRANCISCO	8	6	92	468	5.1	41	2	10	91	9.1	16	0
	MIAMI	8	1	84	392	4.7	28	3	12	94	7.8	14	1
2023	MIAMI	10	0	41	188	4.6	15	0	14	85	6.1	12	0
NFL TOTALS		63	16	515	2313	4.5	41	18	71	566	8.0	25t	5

JEFF WILSON JR.'S NFL PLAYOFF STATS

YEAR	TEAM	GP	GS	RUSHING				RECEIVING					
				ATT	YDS	AVG	LG	TD	REC	YDS	AVG	LG	TD
2019	SAN FRANCISCO	1	0	0	0	0.0	-	0	1	20	20.0	20	0
2021	SAN FRANCISCO	2	0	0	0	0.0	-	0	0	0	0.0	-	0
2022	MIAMI	1	1	10	23	2.3	6	1	1	13	13.0	13	0
2023	MIAMI	1	0	0	0	0.0	-	0	1	6	6.0	6	0
PLAYOFF TOTALS		5	1	10	23	2.3	6	1	3	39	13.0	20	0

ADDITIONAL STATS

Special Teams Tackles: (San Francisco) 1 in 2018, 2 in 2019, 1 in 2021 for total of 4.

Miscellaneous Tackles: (San Francisco) 1 in 2019, 2 in 2020, 1 in 2022, (Miami) 1 in 2022 for total of 5.

Miscellaneous Fumble Recoveries: (San Francisco) 1 in 2020, 1 in 2021, 1 in 2022 for total of 3.

SINGLE-GAME CAREER HIGHS

- Rushes:** 23 vs. Denver, 12/9/18
- Rushing Yards:** 183 at Arizona, 12/26/20
- Longest Rush:** 41 at Carolina, 10/9/22
- Rushing TDs:** 3 at New England, 10/25/20
- Receptions:** 8 at Seattle, 12/2/18
- Receiving Yards:** 73 at Seattle, 12/2/18
- Longest Reception:** 25t vs. Arizona, 11/17/19
- Receiving TDs:** 1 5 times, last: at Chicago, 11/6/22

100-YARD RUSHING GAMES (5)

DATE	OPPONENT	ATT	YDS	AVG	LG	TD
10/25/20	at New England	17	112	6.6	7	3
12/26/20	at Arizona	22	183	8.3	34	0
12/19/21	ATLANTA	21	110	5.2	17	1
10/9/22	at Carolina	17	120	7.1	41	1
11/13/22	CLEVELAND	17	119	7.0	20t	1

2018 GAME-BY-GAME STATS (SAN FRANCISCO)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/09	at Minnesota		PRACTICE SQUAD				
09/16	DETROIT		PRACTICE SQUAD				
09/23	at Kansas City		PRACTICE SQUAD				
09/30	at L.A. Chargers		PRACTICE SQUAD				
10/07	ARIZONA		PRACTICE SQUAD				
10/15	at Green Bay		PRACTICE SQUAD				
10/21	L.A. RAMS		PRACTICE SQUAD				
10/28	at Arizona		PRACTICE SQUAD				
11/01	OAKLAND		PRACTICE SQUAD				
11/12	N.Y. GIANTS		PRACTICE SQUAD				
11/25	at Tampa Bay	1/0	7	33	4.7	18	0
12/02	at Seattle	1/0	15	61	4.1	11	0
12/09	DENVER	1/1	23	90	3.9	11	0
12/16	SEATTLE	1/0	7	46	6.6	16	0
12/23	CHICAGO	1/0	11	27	2.5	8	0
12/30	at L.A. Rams	1/1	3	9	3.0	7	0
2018 TOTALS		6/2	66	266	4.0	18	0

2019 GAME-BY-GAME STATS (SAN FRANCISCO)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/08	at Tampa Bay		PRACTICE SQUAD				
09/15	at Cincinnati	1/0	10	34	3.4	14	2
09/22	PITTSBURGH	1/0	8	18	2.3	5	2
10/07	CLEVELAND		INACTIVE				
10/13	at L.A. Rams	1/0	0	0	0.0	-	0
10/20	at Washington	1/0	5	20	4.0	6	0
10/27	CAROLINA	1/0	2	6	3.0	4	0
10/31	at Arizona	1/0	0	0	0.0	-	0
11/11	SEATTLE		INACTIVE				
11/17	ARIZONA	1/0	0	0	0.0	-	0
11/24	GREEN BAY	1/0	2	27	13.5	25	0
12/01	at Baltimore	1/0	0	0	0.0	-	0
12/08	at New Orleans		INACTIVE				
12/15	ATLANTA	1/0	0	0	0.0	-	0
12/21	L.A. RAMS		INACTIVE				
12/29	at Seattle		INACTIVE				
2019 TOTALS		10/0	27	105	3.9	25	4

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
01/11	MINNESOTA*		INACTIVE				
01/19	GREEN BAY**		INACTIVE				
02/02	at Kansas City***	1/0	0	0	0.0	-	0
PLAYOFF TOTALS		1/0	0	0	0.0	-	0

* NFC Divisional game

** NFC Championship

*** Super Bowl LIV

2020 GAME-BY-GAME STATS (SAN FRANCISCO)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/13	ARIZONA	1/0	0	0	0.0	-	0
09/20	at N.Y. Jets	1/0	2	3	1.5	2	0
09/27	at N.Y. Giants	1/0	12	15	1.3	4	1
10/04	PHILADELPHIA	1/0	3	6	2.0	3	0
10/11	MIAMI	1/0	4	27	6.8	9	0
10/18	L.A. RAMS		INACTIVE				
10/25	at New England	1/1	17	112	6.6	17	3
11/01	at Seattle		INJURED RESERVE				
11/05	GREEN BAY		INJURED RESERVE				
11/15	at New Orleans		INJURED RESERVE				
11/29	at L.A. Rams	1/0	12	40	3.3	10	0
12/07	BUFFALO	1/0	7	47	6.7	18	0
12/13	WASHINGTON	1/0	11	31	2.8	11	1
12/20	at Dallas	1/0	16	60	3.8	12	1
12/26	at Arizona	1/1	22	183	8.3	34	0
01/03	SEATTLE	1/1	20	76	3.8	18	1
2020 TOTALS		12/3	126	600	4.8	34	7

2021 GAME-BY-GAME STATS (SAN FRANCISCO)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/12	at Detroit		RESERVE/PUP				
09/19	at Philadelphia		RESERVE/PUP				
09/26	GREEN BAY		RESERVE/PUP				
10/03	SEATTLE		RESERVE/PUP				
10/10	at Arizona		RESERVE/PUP				
10/24	INDIANAPOLIS		RESERVE/PUP				
10/31	at Chicago		RESERVE/PUP				
11/07	ARIZONA		DID NOT PLAY				
11/15	L.A. RAMS	1/0	10	28	2.8	6	0
11/21	at Jacksonville	1/1	19	50	2.6	11	0
11/28	MINNESOTA	1/0	2	5	2.5	4	0
12/05	at Seattle	1/0	0	0	0.0	-	0
12/12	at Cincinnati	1/1	13	56	4.3	12	0
12/19	ATLANTA	1/1	21	110	5.2	17	1
12/23	at Tennessee	1/1	14	45	3.2	9	1
01/02	HOUSTON	1/0	0	0	0.0	-	0
01/09	at L.A. Rams	1/0	0	0	0.0	-	0
2021 TOTALS		9/4	79	294	3.7	17	2

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
01/16	at Dallas*	1/0	0	0	0.0	-	0
01/22	at Green Bay**	1/0	0	0	0.0	-	0
01/30	at L.A. Rams***		INACTIVE				
PLAYOFF TOTALS		2/0	0	0	0.0	-	0

* NFC Wild Card game

** NFC Divisional game

*** NFC Championship

2022 GAME-BY-GAME STATS (SAN FRANCISCO/MIAMI)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/11	at Chicago	1/0	9	22	2.4	5	0
09/18	SEATTLE	1/1	18	84	4.7	16	0
09/25	at Denver	1/1	12	75	6.3	37	0
10/03	L.A. RAMS	1/0	18	74	4.1	32t	1
10/09	at Carolina	1/1	17	120	7.1	41	1
10/16	at Atlanta	1/1	7	25	3.6	9	0
10/23	KANSAS CITY	1/1	7	54	7.7	15	0
10/30	at L.A. Rams	1/1	4	14	3.5	12	0
SAN FRANCISCO TOTALS		8/6	92	468	5.1	41	2
11/06	at Chicago	1/0	9	51	5.7	28	0
11/13	CLEVELAND	1/0	17	119	7.0	20t	1
11/27	HOUSTON	1/1	13	39	3.0	9	1
12/04	at San Francisco	1/0	1	3	3.0	3	0
12/11	at L.A. Chargers	1/0	4	26	6.5	20	0
12/17	at Buffalo		INACTIVE				
12/25	GREEN BAY	1/0	9	37	4.1	12	1
01/01	at New England	1/0	15	45	3.0	11	0
01/08	N.Y. JETS	1/0	11	71	6.5	21	0
MIAMI TOTALS		8/1	84	392	4.7	28	3
2022 TOTALS		16/7	176	860	4.9	41	5

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
01/15	at Buffalo*	1/1	10	23	2.3	6	1

* AFC Wild Card game

2023 GAME-BY-GAME STATS (MIAMI)

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
09/10	at L.A. Chargers		INJURED RESERVE				
09/17	at New England		INJURED RESERVE				
09/24	DENVER		INJURED RESERVE				
10/01	at Buffalo		INJURED RESERVE				
10/08	N.Y. GIANTS		INJURED RESERVE				
10/15	CAROLINA		INJURED RESERVE				
10/22	at Philadelphia	1/0	0	0	0.0	-	0
10/29	NEW ENGLAND	1/0	5	23	4.6	11	0
11/05	at Kansas City	1/0	2	6	3.0	6	0
11/19	LAS VEGAS		INACTIVE				
11/24	at N.Y. Jets	1/0	11	56	5.1	14	0
12/03	at Washington	1/0	4	11	2.8	6	0
12/11	TENNESSEE	1/0	0	0	0.0	-	0
12/17	N.Y. JETS	1/0	2	5	2.5	5	0
12/24	DALLAS	1/0	5	21	4.2	8	0
12/31	at Baltimore	1/0	3	21	7.0	15	0
01/07	BUFFALO	1/0	9	45	5.0	13	0
2023 TOTALS		10/0	41	188	4.6	15	0

DATE	OPPONENT	P/S	ATT	YDS	AVG	LG	TD
01/13	at Kansas City*	1/0	0	0	0.0	-	0

* AFC Wild Card game