



Josh Grizzard joined the Miami Dolphins in 2017 and is in his second stint as a quality control coach. He spent the 2020-21 seasons as wide receivers coach and previously served as a quality control coach from 2017-19.

Grizzard helped the Dolphins post three consecutive winning seasons from 2020-22. The 2022 Dolphins won nine games and earned their first playoff berth since 2016. Grizzard worked with the offense, which finished in the top 10 (sixth, 364.5 yards per game) for the first time since 1995. Miami's offense was extremely efficient, averaging 6.1 yards per play and 7.7 net yards per pass attempt, which were both second-best in the NFL.

In 2021, Grizzard mentored wide receiver Jaylen Waddle, who had the most productive rookie season of any pass-catcher in Dolphins history. Waddle set the NFL's rookie receptions record with 104. The mark shattered the previous Dolphins rookie high of 84 set by wide receiver Jarvis Landry in 2014. His 104 receptions ranked third in Dolphins history regardless of experience. Waddle became the first rookie in team history to top 1,000 receiving yards, finishing with 1,015. He became the 22nd NFL rookie and 11th different Dolphins player to have 1,000 receiving yards in a season.

Grizzard oversaw a receivers unit that had a lot of transition in 2020. Eight different wide receivers caught passes for the Dolphins and five of them set or tied a career high in a major receiving category. Wide receiver DeVante Parker had the second-most productive season of his seven-year NFL career, leading the team with 63 receptions and 793 receiving yards (12.6 avg.). Wide receiver Jakeem Grant had a career-high 36 receptions for 373 yards (10.4 avg.).

As a quality control coach in 2019, Grizzard worked closely with the wide receivers group as Parker compiled one of the best seasons by a receiver in Dolphins history. Parker set career highs in receptions (72), receiving yards (1,202) and receiving touchdowns (9), and his 1,202 receiving yards were the most by a wide receiver in the AFC and ranked fifth among all NFL players. The total was sixth in single-season team history.

In 2018, Grizzard helped the Dolphins offense improve from 24th to ninth in the NFL with a 4.68 yards per carry average. The Dolphins also set an NFL record with three different wide receivers throwing a touchdown in the same season – Albert Wilson, Danny Amendola and Kenny Stills.

Grizzard spent four seasons (2013-16) at Duke where he was a graduate assistant/quality control coach working primarily with the quarterbacks. He was promoted into that role following the 2013 season, when he served as a football operations assistant. Grizzard helped the Blue Devils to their best three-year stretch (2013-15) in school history with 27 total wins, an ACC Coastal division title and three consecutive bowl appearances.

In 2016, he worked with quarterback Daniel Jones and helped the redshirt freshman rank No. 6 in the ACC and lead all conference freshmen with 276.8 yards of total offense per game. Jones went on to be drafted sixth overall by the New York Giants in the 2019 NFL Draft.

In 2015, Grizzard helped first-year starting quarterback Thomas Sirk throw for 2,625 yards and 16 touchdowns while rushing for 803 yards and eight more scores. Sirk became one of just three quarterbacks in ACC history to throw for 2,500-plus yards and rush for 800-plus yards in a single season. His 3,428 total offensive yards were second all-time in single-season school history.

The 2014 Blue Devils featured five All-ACC selections and compiled 421 total points, the second-most in school history. Anthony Boone, the winningest quarterback in the history of Duke football, earned All-ACC honors and the team finished in the top five in six offensive statistics in conference play.

Grizzard played defensive back at Yale and graduated with a degree in political science. He earned his master's degree in Christian studies from Duke.

Grizzard is a native of Zebulon, North Carolina. His last name is pronounced grizz-ARD.

JOSH GRIZZARD'S COACHING CAREER

2013-16	Duke	Football Operations Assistant (2013) Graduate Assistant (2014-15) Assistant Quarterbacks/Graduate Assistant/Quality Control (2016)
2017-present	Miami Dolphins	Offensive Quality Control (2017-18) Quality Control (2019) Wide Receivers (2020-21) Quality Control (2022-)