



25

XAVIEN HOWARD

CORNERBACK // 6-1 // 203 // BAYLOR '16

ACQUIRED: D2, '16

HOMETOWN: HOUSTON, TEXAS // BORN: 7/4/93

NFL: EIGHTH SEASON // DOLPHINS: EIGHTH SEASON



2018, 2020, 2021, 2022



2022, 2023

NFL CAREER

TRANSACTIONS:

- 2nd-round pick (38th overall) by Miami in the 2016 NFL Draft.

CAREER HONORS:

- 2022 Pro Bowl selection.
- No. 56 on the NFL Network Top 100 list in 2022.
- 2021 Pro Bowl selection.
- AFC Defensive Player of the Week (vs. Baltimore, 11/11/21).
- No. 17 on the NFL Network Top 100 list in 2021.
- 2020 1st-team All-Pro.
- 2020 1st-team PFWA All-NFL.
- 2020 1st-team PFWA All-AFC.
- 2020 Pro Bowl selection.
- 2020 Dan Marino Team MVP Award.
- No. 55 on the NFL Network Top 100 list in 2019.
- 2018 Pro Bowl selection.
- 2018 Dan Marino Team MVP Award.
- AFC Defensive Player of the Week (vs. Buffalo, 12/2/18).
- AFC Defensive Player of the Week (vs. New England, 12/11/17).

CAREER HIGHLIGHTS:

- Played in 93 career games with 92 starts.
- 313 tackles (245 solo), 2.0 sacks, 29 interceptions, 87 passes defended, 4 forced fumbles and 5 fumble recoveries; 2 interception returns for TDs; 2 fumble return for TDs.
- His 29 interceptions since 2016 lead the league:

MOST INTERCEPTIONS (2016-PRESENT)

PLAYER	TEAM	INT
1. XAVIEN HOWARD	MIA.	29
2. Justin Simmons	Den.	28
3. Kevin Byard	Ten.	27
4. J.C. Jackson	LAC/NE	26
5. Quandre Diggs	Det./Sea.	24
Marcus Peters	KC/LAR/Bal./LV	24
Darius Slay	Det./Phi.	24

- His 29 interceptions are tied for 4th-most in Dolphins history:

MOST INTERCEPTIONS IN DOLPHINS HISTORY

PLAYER	YEARS	INT
1. Jake Scott	1970-75	35
2. Dick Anderson	1968-77	34
3. Sam Madison	1997-2005	31
4. XAVIEN HOWARD	2016-23	29
Glenn Blackwood	1979-87	29
Patrick Surtain	1998-2004	29

- His 87 career passes defended are 2nd-most in Dolphins history (since records were tracked in 1991):

MOST PASSES DEFENSED IN TEAM HISTORY (SINCE 1991)

PLAYER	YEARS	PD
1. Sam Madison	1997-2005	104
2. XAVIEN HOWARD	2016-23	87
3. Patrick Surtain	1998-2004	86
4. Jason Taylor	1997-07, '09, '11	84
5. Terrell Buckley	1995-99, 2003	77

- His 10 interceptions in 2020 led the NFL and were the most in a season since 2007 when San Diego CB Antonio Cromartie had 10:

NFL INTERCEPTION LEADERS (2020)

PLAYER	TEAM	INT	YDS	TD
1. XAVIEN HOWARD	MIAMI	10	77	0
2. J.C. Jackson	New England	9	80	0
3. Tyrann Mathieu	Kansas City	6	70	1
4. Justin Simmons	Denver	5	90	0
Quandre Diggs	Seattle	5	57	0
Harrison Smith	Minnesota	5	33	0

- Intercepted passes in 5 consecutive games (11/15/20-12/13/20), which is tied for the longest streak in Dolphins history.

- Tied for the NFL lead with 7 interceptions in 2018:

NFL INTERCEPTION LEADERS (2018)

PLAYER	TEAM	INT	YDS	TD
1. XAVIEN HOWARD	MIAMI	7	54	0
Kyle Fuller	Chicago	7	52	0
Damontae Kazee	Atlanta	7	52	0
4. Eddie Jackson	Chicago	6	81	2

- His 7 interceptions in 2018 were tied for 9th in single-season team history.

- His 3 multi-interception games in 2018 is a Dolphins single-season record.

- Became the 4th player and 2nd CB in team history to have multiple years with 7-plus interceptions.
- Became 1st player in Dolphins history to have multiple interceptions in consecutive games when he had two interceptions in games vs. Denver on 12/3/17 and vs. New England on 12/11/17. He did it again at Indianapolis on 11/25/18 and vs. Buffalo on 12/2/18.
- Was 1 of just 4 NFL players to post at least 5 passes defended in a game in the 2017 season when he had 5 passes defended vs. Denver on 12/3/17.
- On 12/11/17 vs. New England, he became 1st player to intercept Patriots QB Tom Brady twice in the same game since Indianapolis' Mike Adams on Nov. 16, 2014.
- Started 2 postseason games.
- Is a 2-time team captain (2022-23).

2023 (MIAMI):

- Started 6 games.
- Inactive for 1 game.
- 27 tackles (23 solo), 1 interception and 4 passes defended.
- Serves as team captain.

AT L.A. CHARGERS (9/10): 6 tackles (5 solo), 1 pass defended.

AT NEW ENGLAND (9/17): 6 solo tackles, 1 interception and 1 pass defended.

- Intercepted a pass from QB Mac Jones on 1st down in the 3rd quarter at Miami's own 3-yard line.

VS. N.Y. GIANTS (10/8): 4 tackles (3 solo) and 1 pass defended.

2022 (MIAMI):

- Started 15 games.
- Inactive for 2 games.
- 45 tackles (35 solo), 1 interception, 12 passes defended and 2 fumble recoveries; 1 fumble return for a TD.
- Served as a team captain.

VS. NEW ENGLAND (9/11): 2 solo tackles and 1 pass defended.

- Deflected a pass from QB Mac Jones in the end zone that was intercepted by S Jevon Holland on New England's first possession.

VS. CLEVELAND (11/13): 4 tackles (1 solo) and 1 fumble recovery.

- Recovered a fumble forced by DT Zach Sieler in the 1st quarter.

VS. HOUSTON (11/27): 1 pass defended and 1 fumble recovery.

- Recovered a fumble forced by S Eric Rowe in the 2nd quarter and returned it 16 yards for his 4th career TD.

AT SAN FRANCISCO (12/4): 3 solo tackles, 1 interception and 2 passes defended.

- Intercepted a pass from QB Brock Purdy on a 4th down in the 2nd half.

POSTSEASON:

AFC WILD CARD AT BUFFALO (1/15): 3 solo tackles, 1 interception and 2 passes defended.

- Intercepted QB Josh Allen in the 2nd quarter and returned it 49 yards for the 3rd-longest

postseason interception return in Dolphins history.

- It was his 2nd career postseason interception.

PRO BOWL:

- Selected to the Pro Bowl for the 4th time in his career.
- Became the 1st Dolphins player selected to a 4th Pro Bowl since Cameron Wake (2010, 2012-14, 2016).
- Became just the 2nd Dolphins cornerback to earn at least 4 Pro Bowl selections, joining Sam Madison (1999-2002).

HONORS:

- No. 56 on the NFL Network Top 100 list.

2021 (MIAMI):

- Started 16 games.
- Inactive for 1 game.
- 50 tackles (39 solo), 1.0 sack, 5 interceptions, 16 passes defended, 2 forced fumbles and 2 fumble recoveries; 1 interception return for a TD; 1 fumble return for a TD.

AT NEW ENGLAND (9/12): 5 tackles (4 solo), 1 forced fumble and 1 fumble recovery.

- Forced a RB Damien Harris fumble inside the 10-yard line and recovered it in the 4th quarter with 3:35 remaining to preserve the win.

VS. BALTIMORE (11/11): 5 solo tackles, 1 forced fumble and 1 fumble recovery; 1 fumble return for a TD.

- Forced a WR Sammy Watkins fumble on 3rd-and-10 in the 4th quarter and returned it 49 yards for a TD.

VS. CAROLINA (11/28): 1 solo tackle, 1 interception and 1 pass defended.

- Intercepted a QB Cam Newton pass intended for WR DJ Moore on 2nd-and-15 in the 2nd quarter.

VS. NEW ENGLAND (1/9): 3 solo tackles, 1 interception and 1 pass defended; 1 interception return for a TD.

- Intercepted a QB Mac Jones pass intended for WR Jakobi Meyers on 3rd-and-1 in the 1st quarter and returned it 37 yards for a TD to extend Miami's lead to 14-0.

PRO BOWL:

- Selected to start the Pro Bowl for the 3rd time in his career.
- Became the 2nd Dolphins cornerback to start 3+ Pro Bowls, joining Sam Madison (1999-2001).

HONORS:

- AFC Defensive Player of the Week (vs. Baltimore, 11/11).
- No. 17 on the NFL Network Top 100 list.

2020 (MIAMI):

- Started all 16 games.
- 51 tackles (40 solo), 10 interceptions, 20 passes defended and 1 forced fumble.
- His 10 interceptions in 2020 tied the single-season franchise record set by CB Dick Westmoreland in 1967 and were the most by an NFL player since 2007 (Antonio Cromartie).

AT SAN FRANCISCO (10/11): 2 tackles (1 solo), 1 interception and 2 passes defended.

- Intercepted a QB Jimmy Garoppolo pass

intended for WR Deebo Samuel and returned it 29 yards in the 2nd quarter.

VS. L.A. CHARGERS (11/15): 3 tackles (1 solo), 1 interception and 2 passes defended.

- Intercepted a QB Justin Herbert pass intended for WR Mike Williams in the 4th quarter.

AT N.Y. JETS (11/29): 3 tackles (2 solo), 1 interception and 3 passes defended.

- Intercepted a QB Sam Darnold pass intended for WR Breshad Perriman in the 4th quarter.

PRO BOWL:

- Selected to start the Pro Bowl for the 2nd time in his career.
- Became the 4th Dolphins cornerback to earn multiple Pro Bowl selections, joining Sam Madison (1999-2002), Patrick Surtain (2002-04) and Brent Grimes (2013-15).

HONORS:

- 1st-team All-Pro.
- 1st-team PFWA All-NFL.
- 1st-team PFWA All-AFC.
- Recipient of the Dan Marino Team MVP Award.

2019 (MIAMI):

- Started 5 games.
- Inactive for 2 games.
- Missed the rest of the season after being placed on injured reserve on Oct. 30.
- 17 tackles (12 solo), 1 interception and 4 passes defended.

VS. NEW ENGLAND (9/15): 4 tackles (3 solo) and 1 pass defended.

VS. L.A. CHARGERS (9/29): 5 tackles (4 solo).

AT PITTSBURGH (10/29): 1 solo tackle, 1 interception and 3 passes defended.

- Intercepted QB Mason Rudolph on Pittsburgh's first possession.

HONORS:

- No. 55 on the NFL Network Top 100 list.

2018 (MIAMI):

- Started 12 games.
- Inactive for 4 games.
- 35 tackles (25 solo), 7 interceptions, 12 passes defended and 1 fumble recovery.
- Tied for the NFL lead with 7 interceptions.
- His 7 interceptions were tied for 9th in single-season team history.
- Set a Dolphins single-season record with 3 multi-interception games.

VS. OAKLAND (9/23): 1 solo tackle, 2 interceptions and 3 passes defended.

- Intercepted a QB Derek Carr pass intended for WR Amari Cooper in the 1st quarter.
- Picked off QB Derek Carr in the end zone with 2:59 remaining in the game.

AT INDIANAPOLIS (11/25): 5 solo tackles, 2 interceptions and 3 passes defended.

- Intercepted QB Andrew Luck at Miami's 40-yard line with 1:00 remaining in the 2nd quarter.
- Picked off Luck again on the next play at Miami's 13-yard line with 46 seconds remaining in the 1st half.
- Became 1st NFL player with interceptions on back-to-back plays since Broncos S Darian

Stewart on Nov. 16, 2016 and 1st Dolphins player to do it since S Mike Kozlowski on Dec. 19, 1981.

VS. BUFFALO (12/2): 4 tackles (3 solo), 2 interceptions and 2 passes defended.

- Intercepted QB Josh Allen in the end zone as time expired in the 2nd quarter.
- Picked off QB Josh Allen again on 3rd-and-10 at Miami's 41-yard line in the 3rd quarter.

PRO BOWL:

- Selected to start the Pro Bowl for the 1st time in his career.
- Extended the team's streak to 21 consecutive seasons with a defensive player selected.
- Became the 4th Dolphins cornerback to earn a Pro Bowl selection, joining Sam Madison (1999-2002), Patrick Surtain (2002-04) and Brent Grimes (2013-15).

HONORS:

- 2nd-team All-Pro.
- PFWA All-AFC cornerback.
- Recipient of the Dan Marino Team MVP Award.
- AFC Defensive Player of the Week (vs. Buffalo, 12/2).

2017 (MIAMI):

- Started all 16 games.
- 48 tackles (42 solo), 1.0 sack, 4 interceptions and 13 passes defended; 1 interception return for a TD.
- His 4 interceptions were tied for 8th in the AFC and 12th in the NFL.

VS. DENVER (12/3): 1 tackle, 2 interceptions and 5 passes defended.

- Intercepted QB Trevor Siemian and returned it 30 yards for a TD in the 2nd quarter.
- Picked off Siemian again in the 4th quarter.
- It was the first 2 regular-season interceptions of his career.
- Was 1 of just 4 NFL players to post at least 5 passes defended in a game in the 2017 season.

VS. NEW ENGLAND (12/11): 2 interceptions.

- Intercepted QB Tom Brady on 3rd-and-10 in the 1st quarter.
- Picked off Brady again on 3rd-and-16 in the 3rd quarter and returned the ball 29 yards.
- Became 1st player in Dolphins history to have multiple interceptions in consecutive games.
- Became 1st player to intercept Brady twice in the same game since Indianapolis' Mike Adams on Nov. 16, 2014.

AT BUFFALO (12/17): 4 solo tackles and 1 sack.

- Sacked QB Tyrod Taylor for a loss of 11 yards in the 3rd quarter, the first sack of his career.

HONORS:

- AFC Defensive Player of the Week (vs. New England, 12/11).

2016 (MIAMI):

- Played in 7 games with 6 starts.
- Inactive for 9 games.
- 40 tackles (29 solo), 6 passes defended and 1 forced fumble.

AT SEATTLE (9/11): 11 tackles (6 solo).

- Started in his NFL debut.
- Became 1st Dolphins rookie to start Week 1 at

cornerback since Sean Smith (2009).

- His 11 tackles were a season high.

VS. CLEVELAND (9/25): 6 solo tackles, 1 pass defended and 1 forced fumble.

- Forced a fumble from WR Ricardo Lewis in the 3rd quarter.

AT N.Y. JETS (12/17): 3 solo tackles and 3 passes defended.

POSTSEASON:

AFC WILD CARD AT PITTSBURGH (1/8): 5 tackles (3 solo), 1 interception and 2 passes defended.

- Broke up a pass intended for WR Antonio Brown on 3rd-and-10 in the 4th quarter.
- Intercepted QB Ben Roethlisberger on 3rd-and-8 and returned it 11 yards in the 4th quarter.
- Became the 2nd rookie in team history to record an interception in a playoff game (Troy Vincent, 1992).

BEFORE THE NFL

COLLEGE (BAYLOR):

- 3-year letterman (2013-15) and 2-year starter.

CAREER: Played in 39 games with 26 starts; 98 tackles (84 solo), 1.5 sacks, 10 interceptions, 33 passes defended, 1 forced fumble and 1 fumble recovery.

- Part of the most successful 4-year span in school history, winning two conference titles (2013-14), two bowl games and compiling 40 wins.

JUNIOR (2015): Started all 13 games; 42 tackles (37 solo), 5 interceptions, 15 passes defended and 1 fumble recovery.

- His 5 interceptions led the team
- Consensus 1st-team All-Big 12.

SOPHOMORE (2014): Started all 13 games; 51 tackles (42 solo), 1.5 sacks, 4 interceptions and 13 passes defended.

- His 17 passes defended were 2nd in the Big 12 and 11th nationally.
- His 4 interceptions were tied for 3rd in the Big 12.
- Honorable mention All-Big 12.

REDSHIRT FRESHMAN (2013): Played all 13 games; 5 solo tackles, 1 interception, 1 pass defended and 1 forced fumble.

- Redshirted in 2012.

HIGH SCHOOL (WHEATLEY HS – HOUSTON, TEXAS)

- Played defensive back and quarterback.
- Also participated in basketball and ran track.

SENIOR (2011): 32 solo tackles, 9 interceptions and 33 pass breakups.

- Returned 2 interceptions for TDs.
- 1st-team all-state

COMMUNITY:

2022:

- Co-hosted a Thanksgiving meal distribution with teammate Teddy Bridgewater for 300 families at Bunche Park in Miami Gardens.

2021:

- Sponsored his 2nd annual holiday bike giveaway for youth in the Miami Gardens community.
- Hosted a Thanksgiving meal distribution at the Boys & Girls Club of Broward for 35 South Florida families.

2020:

- Hosted a holiday bike giveaway for 100 Miami Gardens youth.
- Purchased food from Sunday's Eatery in Miami Gardens and distributed meals and masks to community members during the COVID-19 pandemic.

2019:

- In 2019, visited Baptist Hospital to surprise kids with holiday gifts and provided Thanksgiving meals to 20 local families in collaboration with Generational Cure, a local nonprofit dedicated to issues facing today's youth.

2018:

- Hosted a youth football camp in his hometown of Houston in 2018.

2017:

- Cheered on participants at the 7th annual Dolphins Cancer Challenge in February.
- Helped surprise 100 underprivileged children with their own beds from Ashley HomeStore.
- Annually participates in the AARP Foundation Million Meal Pack to pack more than 1 million meals in a single day for the South Florida senior community.
- Helped spearhead a clothing and food drive for Hurricane Harvey victims in his hometown of Houston.

PERSONAL:

- **PRONUNCIATION:** First name is pronounced EX-ay-vee-n.
- **MAJOR:** Health, kinesiology and leisure studies.

XAVIEN HOWARD'S NFL REGULAR SEASON STATS

YEAR	TEAM	GP	GS	TACKLES					INTERCEPTIONS					FUMBLES	
				TOT	SOLO	ASST	SK	YDS	INT	YDS	LG	TD	PD	FF	FR
2016	MIAMI	7	6	40	29	11	0.0	0.0	0	0	-	0	6	1	0
2017	MIAMI	16	16	48	42	6	1.0	11.0	4	71	30t	1	13	0	0
2018	MIAMI	12	12	35	25	10	0.0	0.0	7	52	39t	0	12	0	1
2019	MIAMI	5	5	17	12	5	0.0	0.0	1	0	-	0	4	0	0
2020	MIAMI	16	16	51	40	11	0.0	0.0	10	77	29t	0	20	1	0
2021	MIAMI	16	16	50	39	11	1.0	0.0	5	54	37t	1	16	2	2
2022	MIAMI	15	15	45	35	10	0.0	0.0	1	0	-	0	12	0	2
2023	MIAMI	6	6	27	23	4	0.0	0.0	1	0	-	0	4	0	0
NFL TOTALS		93	92	313	245	68	2.0	11.0	29	254	39	2	87	4	5

XAVIEN HOWARD'S NFL PLAYOFF STATS

YEAR	TEAM	GP	GS	TACKLES					INTERCEPTIONS					FUMBLES	
				TOT	SOLO	ASST	SK	YDS	INT	YDS	LG	TD	PD	FF	FR
2016	MIAMI	1	1	5	3	2	0.0	0.0	1	11	11	0	2	0	0
2022	MIAMI	1	1	3	3	0	0.0	0.0	1	49	49t	0	2	0	0
PLAYOFF TOTALS		2	2	8	6	2	0.0	0.0	2	60	49	0	4	0	0

ADDITIONAL STATS

Defensive Touchdowns: 30-yard interception return vs. Denver (12/3/17), 49-yard fumble return vs. Baltimore (11/11/21), 37-yard interception return vs. New England (1/9/22), 16-yard fumble return vs. Houston (11/27/22).

SINGLE-GAME CAREER HIGHS

Tackles: 11 at Seattle, 9/11/16
Sacks: 1.0 Twice, last: at New Orleans, 12/27/21
Interceptions: 2 5 times, last: vs. Buffalo, 12/2/18
Passes Defensed: 5 vs. Denver, 12/3/17
Fumble Recoveries: 1 5 times, last: vs. Houston, 11/27/22
Forced Fumbles: 1 4 times, last: vs. Baltimore, 11/11/21