



WASHINGTON REDSKINS

NOVA SPORTS PERFORMANCE CENTER AT REDSKINS PARK – LOUDOUN COUNTY, VA.

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PRESS RELEASE

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REDSKINS NAME SAM MILLS III AS DEFENSIVE LINE COACH

LOUDOUN COUNTY, Va. – The Washington Redskins announced today that they have named Sam Mills III as defensive line coach.

Mills III is entering his 16th NFL season after spending the previous 15 with the Carolina Panthers. Mills III served the Panthers organization in a variety of coaching roles including defensive line/game management coach (2019), defensive line coach (2018), assistant defensive line (2011-17), defensive quality control (2006-10) and defensive assistant (2005).

While serving as the club's defensive line coach in 2019, Mills III also assisted head coach Ron Rivera with clock management, replay challenges and other situational football analysis. Since 2012, no group of defensive linemen have produced more sacks than Mills III's group in Carolina, registering 368. In addition to getting to the quarterback, the defensive line has been integral in the Panthers ability to stop the run as their rush defense has ranked in the top six in the NFL in three of the past six seasons and overall ranks sixth with 104.2 rushing yards allowed since 2012.

In 2018, four of the top eight sack artists in Panthers franchise history were on the roster. All-time Panthers sack leader Julius Peppers tallied five sacks on the season, bringing his career total to 159.5 sacks, fourth most all-time in NFL history. Defensive tackle Kawann Short tallied 50 tackles, 22 quarterback pressures and three sacks on the season, earning Pro Bowl honors for the second time in his career.

The defensive line helped the Panthers record 50 sacks in 2017, ranking third in the NFL and fourth in their franchise history. The line also helped the Panthers rank third in the league in rushing defense, giving up just 88.1 rushing yards a game, the second fewest in Carolina's history. In 2016, Mills III helped tutor a defensive line that produced 35 of the team's 47 sacks, which ranked second in the NFL. Defensive tackles Short and Star Lotulelei combined for 10 sacks, tied for the fifth-most sacks by a pair of defensive tackles in the NFL.

In 2015, Mills III assisted a unit that was an essential part of a defense that helped the Panthers reach Super Bowl 50. Carolina's defensive line recorded 33.5 of the team's 44 sacks. The unit contributed to a defense that ranked sixth in the NFL in total defense, the fourth consecutive season the team fielded a top 10 defense and also helped Carolina rank fourth in the NFL in rushing defense.

In 2014, Mills III assisted a defense that finished 10th in the NFL in total defense. The defensive line totaled 32.5 of the team's 40 sacks. In Carolina's 27-16 NFC Wild Card victory over Arizona, the defensive line gathered four sacks to help limit the Cardinals to an NFL postseason record-low 78 total net yards.

During the 2013 season, Mills III aided a unit that helped the Panthers lead the NFL with 60 sacks, including a team-record nine at Atlanta, and ranked second in total defense, second in rushing defense and sixth in passing defense.

In 2012, Mills worked with a line that was responsible for 37 of Carolina's 39 sacks. Prior to the 2011 season, Mills added assistant defensive line coach to his title along with serving as Carolina's defensive quality control coach, though he actually had been working with the defensive line since 2006. He assisted a line that accounted for 25.5 of the team's 31 sacks.

Mills III followed in his father's footsteps by playing at Montclair (N.J.) State, where the elder Mills was an NCAA Division II All-American at linebacker. Mills III started 20 games in two seasons at defensive back for the Red Hawks and totaled 71 tackles, two interceptions, 14 passes defended, three forced fumbles and one fumble recovery. Mills III has been a member of the coaching staff for the East-West Shrine Game five times and served as head coach of the East team in 2018.

MILLS III FOOTBALL TIMELINE

2019: Defensive Line/Game Management, Carolina Panthers
2018: Defensive Line Coach, Carolina Panthers
2011-17: Assistant Defensive Line Coach, Carolina Panthers
2006-10: Defensive Quality Control, Carolina Panthers
2005: Defensive Assistant, Carolina Panthers
1997-99: Defensive Back, Montclair

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ABOUT THE REDSKINS: Headquartered at Inova Sports Performance Center at Redskins Park in Ashburn, Virginia, and owned by [Daniel Snyder](#), the historic Washington Redskins Football Club has won five World Championship titles including the 1937 and 1942 National Football League Championship games, as well as Super Bowls XVII, XXII and XXVI. Founded in 1932 as the Boston Braves in Massachusetts, the team changed its name to the Redskins in 1933 and relocated to Washington, D.C. in 1937. Since then, the team has become one of the most recognizable professional sports franchises in history, featuring multiple Hall of Fame coaches, 19 members of the Pro Football Hall of Fame (with 11 others who also were Redskins) and becoming the first team in the NFL with an official marching band and fight song, "Hail to the Redskins." The Redskins have been owned by [Dan Snyder](#) since 1999, and beginning in 1997, began playing their home games at FedExField in Landover, Md.

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