

THE WASHINGTON COMMANDERS

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PRESS RELEASE

For Immediate Release
March 2, 2026

WASHINGTON COMMANDERS NAME D.J. WILLIAMS QUARTERBACKS COACH

LOUDOUN COUNTY, Va. – The Washington Commanders announced today they have named D.J. Williams as the team’s quarterbacks coach.

Williams is entering his first season with the organization. He spent the last two seasons as the offensive assistant/assistant quarterbacks coach (2024) and quarterbacks coach (2025) for the Atlanta Falcons.

In 2024, Williams worked with QB Kirk Cousins and QB Michael Penix Jr. Cousins had 3,508 passing yards, averaging 21.6 completions per game (66.9 overall completion percentage), and 18 total touchdowns. Penix Jr. had completed 61-of-105 passes for 775 yards with three touchdowns. Atlanta remained in the top 10 in the league for passing yards per game (239.3) during the 2024 season.

Williams helped lead Cousins to a franchise record in both completions (42) and passing yards (509) in Week 5. Cousins also became the 13th player to pass for at least 500 yards and four touchdowns in a single game since NFL history.

From 2019-21 and in 2023, Williams participated in NFL/Black College Football Hall of Fame Quarterback Coaching Summit. He served as the National Team quarterbacks coach.

Prior to joining the Falcons Williams spent five seasons with the New Orleans Saints. In 2023 Williams helped saints quarterback Derek Carr complete 375-of-548 attempts (64.8 percent) for 3,878 yards, 25 touchdowns and eight interceptions with a 97.7 passer rating in his first season with New Orleans. Carr finished the season top 10 among quarterbacks in completions, passing touchdowns and passer rating.

While in New Orleans Williams served as the club’s offensive assistant (2019-23) after working with the team’s coaches and football operations staff (2018).

Williams began his NFL coaching career as a training camp intern for the New Orleans Saints in 2017.

Native of Zachary, Louisiana, Williams attended Grambling State University (2011-15) where he played quarterback and earned his bachelor's degree. Williams is the son of Washington legend and senior advisor Doug Williams who was the first Black quarterback to win the Super Bowl when he led Washington to victory in Super Bowl XXII in 1988.

– Washington Commanders est. 1932 –