

THE WASHINGTON COMMANDERS

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PRESS RELEASE

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WASHINGTON COMMANDERS NAME **BEN STEELE TIGHT ENDS COACH**

LOUDOUN COUNTY, Va. – The Washington Commanders announced today they have hired Ben Steele as the team’s tight ends coach.

Steele enters his first season with Washington after serving as tight ends coach for the Arizona Cardinals for the past three seasons.

During his tenure with the Arizona Cardinals, Steele mentored TE Trey McBride who set a new NFL single-season receptions record for a tight end with 126 receptions in 2025. McBride also led the league in receptions (126), receiving yards (1,239) and was selected for his second consecutive Pro Bowl appearance after finishing his second consecutive 1,000-yard season.

In 2024, under Steele’s guidance McBride ranked second in the league in receptions (112), receiving yards (1,146), third in receptions of 25-plus yards (6) and earn his first Pro bowl selection.

Steele became tight ends coach for the Arizona Cardinals in 2023.

Steele spent the 2021 season as an assistant offensive line coach for the Minnesota Vikings and assistant offensive line coach for the Denver Broncos in 2022.

From 2019-2020 Steele served as the offensive assistant coach and tight ends coach for the Atlanta Falcons.

Steele was promoted to tight ends coach in 2017 after serving as Tampa’s offensive quality control coach from 2014-16. During his tenure with Tampa, the team ranked among the league leaders in several offensive categories, including ninth in yards per game (361.1), sixth in third-down conversion rate (42.8 percent.) and sixth in first downs (676). In 2016, the Buccaneers set a franchise record and ranked sixth in the NFL with a 43.9 percent third-down conversion rate.

Steele joined Tampa Bay following six seasons working on the collegiate level, capped by a season as tight ends coach and recruiting coordinator for UC-Davis (2013). Prior to his time with the Aggies, Steele spent two seasons (2011-12) at the University of California, as an administrative assistant for the offensive coaching staff.

In 2009 he joined the University of Colorado's coaching staff as an operations and recruiting assistant and graduate assistant (2010).

Steele returned to his alma mater Mesa State College as an offensive assistant coach in 2008 after finishing his career in the league with the Houston Texans in 2007.

As a player in the league, Steele was a member of the Minnesota Vikings (2004), Green Bay Packers (2004-05) and the Houston Texans (2006-07). He played in 17 games with the Packers registering four receptions for 42 yards and 15 tackles while playing special teams.

In 2002, Steele joined the European American football team Frankfurt Galaxy based in Frankfurt, Germany where he recorded 11 receptions for 110 yards and a touchdown.

Steele started his collegiate career at Fort Lewis College where he played football from 1996-98. He redshirted the 1996 season and played tight end in 1997 and '98 where he garnered 10 receptions for 84 yards and one touchdown.

A native of Palisade, Colorado, Steele graduated from Mesa State College in 2001 with a degree in communications with an emphasis in broadcasting.

– Washington Commanders est. 1932 –