

THE WASHINGTON COMMANDERS

21300 COACH GIBBS DR.
ASHBURN, VA 20147

BigBear.ai
PERFORMANCE CENTER

PRESS RELEASE

For Immediate Release
April 23, 2026

COMMANDERS DRAFT LB SONNY STYLES WITH NO. 7 PICK

LOUDOUN COUNTY, Va. – The Washington Commanders selected linebacker Sonny Styles in the first round (seventh overall) of the 2026 NFL Draft.

Styles (6-5, 243), played in 53 career games with 41 starts at Ohio State University from 2022-25. Throughout his collegiate career he recorded 244 total tackles (131 solo) with 9.0 sacks, 22.5 tackles for loss, 10 passes defensed, three forced fumbles, one fumble recovery and one interception.

Last season, Styles led the team in tackles with 82 total tackles and 46 solo tackles along with 6.5 tackles for loss, 1.0 sack, four passes defensed and one interception. Styles earned first-team All-America honors and was named first-team All-Big Ten on both the coaches and media votes. Styles was named co-captain for the season and was the recipient of the team's Block "O" Award and No. 0 jersey for toughness, accountability and the highest of character.

In 2024, Styles started all 16 games at linebacker and finished second on the team in tackles with 100, along with 10.5 tackles for loss, 6.0 sacks, five passes defensed and one forced fumble. He was named second-team All-Big Ten Conference.

From 2022-23, Styles played as a safety totaled 62 tackles, 5.5 tackles for loss, 2.0 sacks, one pass defensed and one forced fumble. His 53 total tackles during the 2023 season ranked fifth on the team and fourth in solo tackles (32).

A Pickerington, Ohio native, Styles attended Pickerington Central High School where he played as a safety from 2020-22 before transitioning to linebacker.

-WASHINGTON COMMANDERS ESTABLISHED 1932-

