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American football linebacker Aaron DonaldDonald in 2019No 99 – Los Angeles RamsPosition:Defensive bankruptcy Personal information: (1991-05-23) May 23, 1991 (age 29)Pittsburgh, PennsylvaniaHeight:6 ft 1 in (1.85 m)Weight:280 lb (127 kg)Career informationLise:Penn Hills(Pittsburgh, Pittsburgh, Pittsburgh Pennsylvania)College:PittsburghNFL Draft:2014 / Round: 1 / Pick: 13Kariyer history St. Louis / Los Angeles Rams (2014–present) Roster status:ActiveCareer events and awards 2× NFL Defensive Player of the Year (2017, 2018) NFL Defensive Rookie of the Year (2014) 5× All-Pro (2015-2019) 7× Pro Bowl (2014-2020) NFL sacker (2018) NFL 2010s All-Decade Team PFWA All-Rookie Team (2014) ACC Defensive Player of the Year (2011) 3) Broncho Nagurski Trophy (2013) Chuck Bednarik Award (2013) Lombardi Award (2013) Outland Trophy (2013) Unanimous All-American (2013) NFL stats , 2020Tackles:84.5Zorla fumbles:19Fumble recovery:6Pass deviations:12Player stats NFL.comPlayer stats pfr Aaron Charles Donald (born May 23, 1991) is an American football defense team[1] for the Los Angeles Rams National Football League (NFL). He played college football in Pittsburgh. 13 in the first round of the 2014 NFL Draft. In his six years in the league, he was selected to seven Pro Bowls, won the NFL Defensive Rookie of the Year award and was named AP NFL Defensive Player of the Year, which he won back-to-back in 2017 and 2018. Donald has been cited as one of the greatest defensive bankruptcies of all time. In 2019, NFL Top 100 Players were ranked as the NFL's best player by his peers. [2] A native of Pittsburgh at an early age, Donald grew up one of three children of a working-class family in the city's Lincoln-Lemington-Belmar neighborhood. His father Archie introduced aaron to exercise, who wanted to provide more structure in his son's life. Aaron later agreed that he was lazy as a child. By the time she was 14, she and her father woke up at 4:30 a.m. and almost immediately began exercising for about two hours in the basement gym, which Archie had placed in the family home. [3] Donald attended Penn Hills High School, where he played high school football for head coach Ron Graham. [4] In each of his last two years, he was selected to the All-State Class AAAA team and compiled 63 challenges, 15 losses and 11 sacks as a top team. And the offense has begun. Rivals.com as a three-star candidate by The New Year, he is the 37th best in the country [5] and has gone to his hometown of Pittsburgh on other scholarship offers from Toledo, Akron and Rutgers. [6] [7] College career As a true freshman, Donald played all 13 games as a backup End. He recorded 11 fights, including three losses and two sacks. [8] As a sophomore in 2011, Donald made the top 11 and launched an exit campaign. He recorded 47 fights, including 16 losses, 11 sacks and one fuming error, and was named second-team All-Big East. [9] As a teenager, he recorded 64 challenges, including 18.5 losses, 5.5 sacks and one forced incompetence. [10] In his final season, he became one of the NCAA's most prolific defensive players. He has 59 struggles, including 28.5 losses, 11 sacks and four fuming errors. He was named ACC Defensive Player of the Year and became a unanimous All-American. [11] Statisticspittsburgh Panthers Year GP Tackles Lost Sacks Int FF 2010 13 11 3 2 0 0 2011 13 45 16 11 0 1 2012 13 64 18.5 5 5 0 1 2013 13 59 28.01.2013 5 11 0 4 Total 52 181 66 29.5 0 6 Award and honor Lombardi Award[13] Broncho Nagurski Trophy[14] Chuck Bednarik Award[15] Outland Trophy[16] Professional career Donald at 2014 NFL Combine at , Donald set a record for the fastest 40-yard dash time to fight a defense with 4.68. The record, previously held by Tank Johnson, ran 4.69 in 2004. He then made comparisons to John Randle. [17] Donald, St. 13th [18] Preliminary draft of the 2014 NFL Draft in the first round by the Louis Rams Can Length Weight Arm length Hand size 40-yard dash 10-yard split 20-yard split 20-yard shuttle Three cone drill Vertical jump Wide jump Bench press 6 ft 0 3.4 in (1.85 m) 285 lb (129 kg) 32 5 5 8 in(0.83 m) 9 7.8 in (0.25 m) 4.68 s 1.59 s 3.21 s 4.39 s 7.11 s 32 in (0.81 m) 9 ft 8 in (2.95 m) 35 reps all values of the NFL Combine[19] On June 16, 2014, the Rams signed Donald to a four-year contract and signed a \$10.13 million rookie contract. The contract also included a \$5.69 million signing bonus and a fifth-year option. [20] On September 7, 2014, Donald made his NFL debut against the Minnesota Vikings, completing a 34-6 loss with four goals. [21] The following week, he recorded three struggles and his first NFL sack during an NFL sack that defeated the Tampa Bay Buccaneers 19-17. [22] On October 13, 2014, he made his career debut against the San Francisco 49ers and finished with four solo challenges. [23] Donald, who recorded 47 challenges, nine sacks and two errors, was one of five rookies selected to the 2015 Pro Bowl. [24] [25] Donald won the NFL Defensive Rookie of the Year award and was named to the NFL All-Rookie Team. [26] During the 2015 season, Donald began the season as a defensive back for the Rams in 2015. In the opening game of the season against the Seattle Seahawks, he recorded a career-high nine total challenges and two sacks, helping the Rams win 34-31 in overtime. [28] He was selected as an NFC Defensive Player. Week for his performance for the first time in his NFL career. [29] On December 13, 2015, Donald won the Second Defensive Player of the Week award in the NFC in 2015 after his performance against the 14th [30] [31] Lions. [32] Donald started all 16 games and finished the season with 69 challenges, 11 sacks, one pass defense and an unsuccessful recovery. [33] He was nominated for the All-Pro Team for the first time in his NFL career. [34] He auditioned for the Pro Bowl for the second consecutive season. [35] Also among the 2016 NFL Top 100 Players, the 14th [36] 2016 season was on September 12, 2016, when Donald lost 28-0 to the San Francisco 49ers on Monday Night Football. [37] Four days later, he was fined \$21,269 for unnecessary roughness (\$9,115) and unsportsmanlike conduct (\$12,154). [39] Donald, who defeated the Arizona Cardinals 4-13, had 1.5 sacks, five total struggles, one loss, five quarterback hits and a forced incompetence. [40] After his performance against the Cardinals, he won the NFC Defensive Player of the Week award for the third time in his career. [41] On October 21, 2016, he was fined \$18,231, or 18,231, for the Detroit Lions. [20] Donald was selected to his third Consecutive Pro Bowl and second First Team All-Pro. [42] Donald also ranked 15th in the 2017 NFL Top 100 Players rankings [43] On April 12, 2017, the Rams exercised the fifth annual option on Donald's contract. [44] He did not attend training camp and pre-season training due to a contract extension dispute. He accumulated nearly \$1.4 million in fines for not participating, and each game he missed cost him a game check from his base salary of \$1.8 million. [45] On September 9, 2017, Donald reported to the Rams and physically passed, but did not play in the season opener against the Indianapolis Colts the next day, and the Rams won the game 46-9. [46] On December 19, 2017, Donald was selected to his fourth consecutive Pro Bowl. [47] He was also later named the All-Pro first team for the third time. [48] Donald finished the 2017 season with 41 challenges, 11 sacks and five forced incompetencies. [49] After the 2017 season, Donald was named NFL Defensive Player of the Year. [50] He was ranked first in the NFL Top 100 Players of 2018 #7 by his peers. [51] During the 2018 season, After winning the NFC Championship Game on August 31, 2018, after losing an entire off-season period, Donald signed a six-year, \$135 million contract extension with a \$87 million guarantee. [52] Khalil Mack signed a \$141 million contract with the Chicago Bears the next day after being traded from Oakland, but the deal made him the highest-earning defensive player in NFL history. Against the San Francisco 49ers during Week 7, Donald recorded a career-high four sacks against quarterback C. J. Beathard, who won the NFC Defensive Player of the Week for the fourth time in his career in a 39-10 victory with nine struggles, 6 losses and five quarterback hits. [54] Donald was drafted NFC Defensive Player of the Month for October after recording eight sacks, 17 challenges and a forced incompetence. [55] 16th [56] Three sacks increased his season total to 19.5, the most in a season with a defensive bankruptcy previously held by Keith Millard with 18.0. [57] Donald, 17th [58] [59] Donald was named NFC Defensive Player of the Year in December, and his second award this season was what happened. [60] On January 4, 2019, Donald was named to the AP All-Pro First Team. [61] On February 2, 2019, Donald was named NFL Defensive Player of the Year. [62] Donald joined Lawrence Taylor and J. J. Watt as the only consecutive players. [63] Donald helped the Rams reach Super Bowl LIII by defeating the Dallas Cowboys in the League Tour and the New Orleans Saints in the NFC Championship. [64] In the Super Bowl, Donald scored five points, but the Rams lost to the New England Patriots, 13-3, and the Patriots offensive lineman (including Joe Thuney) backed Donald up with a double-team nickname. [66] [67] [68] [69] He was drafted the best player in the NFL by his peers in the NFL Top 100 Players of 2019. [70] In the 2019 season against the Cleveland Browns, he was fined \$21,056 for his hit on Mayfield six days after the game. Three weeks later, against the San Francisco 49ers, Donald defeated Jimmy Garoppolo, 20-7. [72] In the next game against the Atlanta Falcons, Donald recorded a strip sack to Matt Ryan and saved the ball in a 37-10 victory. [73] During the 11th week of Sunday Night Football against the Chicago Bears, Donald recorded two sacks, four challenges and one pass in a 17-7 victory and won the NFC Defensive Player of the Week award. [74] In the 2020 season, Donald won Game 3 against the Buffalo Bills in 2020 against the Washington Football Team. It was a strip sack that was later recovered during the 35-32 loss. [77] 5. Against the Washington Football Team in the week, Donald recorded four sacks during a 30-10 victory[78] On October 14, 2020, Donald recorded a pass sack in week 5 [79] against the Miami Dolphins in a 28-17 loss to rookie quarterback Tua Tagovailoa in tagovailoa's first passing attempt of his career. [80] In Week 12 against the San Francisco 49ers, Donald Nick recorded a sack on Mullens and was returned by teammate Troy Hill during Raheem Mostert's 23-20 loss. [81] Donald was selected to the 2021 Pro Bowl. [82]

Awards 7× Pro Bowl selection, (2014-2019) 5× First Team All-Pro selection (2015-2019) 5× PFWA All-NFL Team (2015-2019) 4× PFF NFL Defensive Player of the Year (2015, 2016, 2018, 2019) NFL 2010s All-Decade Team Associated Press NFL Defensive Player of the Year (2017, 2018) Pro Football Writers Association NFL Defensive Player of the Year (2018) Kansas City Committee 101 NFC Defensive Player of the Year (2017, 2018) NFL leader/Deacon Jones Award (2018) 6× NFL Top 100 (2015-2020) ranked 92 in 2015 2016 in 2016×7 in 15th place. , Dec. 2018) 7× NFC Defensive Player of the Week (2015 – Week 1, Week 14; 2016 – Week 4; 2018 – Week 7, Week 16; 2019 – Week 11; 2020 – Week 5) NFL Defensive Rookie of the Year (2014) PFWA All-Rookie Team (2014) NFL career statistics Legend Led the league NFL Defensive Player of the Year Bold Career high Regular season St. Louis/Los Angeles Rams Season Tackles Interceptions Fumbles Year GP GS Comb Total Ast Sack TFL PD Int Yds Avg Lng TD FF FR Yds TD 2014 16 12 48 38 10 9.0 18 1 – – 0.0 – – 2 0 0 0 2015 16 16 69 43 26 11.0 22 1 – – 0.0 – – 0 1 40 0 2016 16 16 47 35 12 8.0 17 5 – – 0.0 – – 2 0 0 0 2017 14 14 41 32 9 11.0 15 1 – – 0.0 – – 5 1 0 0 2018 16 16 59 41 18 20.5 25 1 – – 0.0 – – 4 2 0 0 2019 16 16 48 29 19 12.5 20 2 – – 0.0 – – 2 1 0 2020 14 14 39 23 16 12.5 11 1 – – 0.0 – – 4 1 10 0 Career 108 1 04 351 243 108 84,5 128 12 0 0 00 0 0 0 0 0 19 6 40 0 Postseason Los Angeles Rams Season ChallengeLer Interceptions Fumbles Year GP GS Thru Total As TFL PD Int Yds Avg Lng TD FF FR Yds TD 2017 1 1 5 4 1 0.5 1 – – 2018 3 3 3 19 5 4 0.0 – – Career 4 4 14 9 5 0.5 4 0 0 0 0 0 0 0 Personal life Donald's, 0 0 0 0 Personal life Donald's, 0 0 0 0 Personal life Donald's, 0 0 0 0 Personal life Donald's, 0 0 0 0 Personal life Donald's, Archie Jr. had a less successful football career; The latter is a star linebacker in Toledo who, according to ESPN writer Alden Gonzalez, leapt around the NFL as an undrafted free agent until his retirement The brothers, who shared bunk beds in their childhood, often considered one day helping their parents retire and, according to Gonzalez, became one of the driving forces in Aaron's career. [3] On April 27, 2020, Donald announced on Twitter that he had graduated from the University of Pittsburgh with a communications degree. [84] References ^ Aaron Donald NFL Player Profile. ^Top 100 Players of 2019': Los Angeles Rams linebacker Aaron Donald. NFL.com. Accessed August 1, 2019. ^ a b Gonzalez, Alden (January 12, 2019). How Rams DT Aaron Donald became the most unstoppable force in the NFL. ESPN.com. Accessed January 12, 2019. Divittorio, Michael. As Penn Hills prepares for the Super Bowl, Aaron cares a lot about Donald, triblive.com. Accessed February 11, 2019. Aaron Donald - Rivals.com. rivals.yahoo.com. ^ Aaron Donald Recruit Interests. 247sports.com. Accessed February 11, 2019. Bouchette, Ed. Dave Wannstedt and Pitt didn't know what was in Aaron Donald. Then he said the camp started. Pittsburgh Post-Gazette. Accessed February 11, 2019. Aaron Donald 2010 Game Diary. College Football .com Sports-Reference. Accessed February 11, 2019. Aaron Donald 2011 Game Diary. 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Los Angeles Rams at Miami Dolphins – November 1, 2020. Pro-Football-Reference.com. Accessed November 4, 2020. San Francisco 49ers at Los Angeles Rams - November 29, 2020. Pro-Football-Reference.com. Accessed December 2, 2020. DaSilva, Cameron (December 21, 2020). Aaron Donald and Jalen Ramsey are the Rams' only Professional Bowlers, Coach Teli. Accessed December 22, 2020. Archie Donald - Football. Toledo Athletic University. Accessed August 2, 2019. Megan Armstrong (April 27, 2020). Rams' Aaron Donald, College Graduate, Pittsburgh alumni. Bleacher Report. Accessed July 5, 2020. External links Los Angeles Rams bo Pittsburgh Panthers bio Retrieved from football Page 2, the 40-yard dash is a sprint covering 40 meters (36.58 m). It is primarily coached by speed and scouts to assess the momentum of American football players, especially for the NFL Draft, but also for hiring college. When a player is enrolled, college or professional football can have a heavy impact on his prospects. This has traditionally been true of skill positions such as just running back, wide receiver, and defensive back, although now a quick 40-yard dash is considered important for almost every position. The 40-yard dash athletics is not an official race, and the IAAF is not a recognized race. The origin of the footballers in the timing for 40 meters comes from an average distance of one punt and the time required to reach that distance. [1] Approximately 40 meters from the Punts scrimmage line averages and hangtime (flight time) averages 4.5 seconds; Therefore, a coach knows that a player can run 40 meters in 4.5 seconds, he will be able to leave the line of scrimmage when kicking a punt, and reach the point where the ball comes down when it arrives. Timing method and part comparisons In terms of judging a person's speed, the best method of timing is to start through lasers and stop when time has passed. A laser start (from a fixed position) is more accurate for measuring pure speed because it does not record a runner's reaction time, but the timing of a 40-yard dash this method can affect accuracy up to 0.5 seconds via manual stopwatch method. The National Football League (NFL) did not begin using partial electronic timing (i.e. started by hand, electronically stopped) at the NFL Scouting Combine until 1999. [2] For measuring purposes in the join, the run is made on the bottom sideline from the 40-yard line to the finish line, which is the built-in exhaustion area, and for electronically timed 40-yard dashes, the runner is allowed to start at any time, and a timer starts the clock manually. In contrast, the track and field racing runner has a starting ball, reaction that takes about 0.24 seconds (based on FAT timing); In addition, IAAF rules state that runners with a response time of less than 0.1 seconds can be disqualified. This aspect means that a reaction time is unaccounted for, and given that using manual timing on the 40-yard line can significantly change the time of the runner, comparisons with track times are fundamentally impossible: methods cannot be compared with the strict electronic timing used in athletics. [4] For example, Jacoby Ford, who ran 4.28 s in the 2010 NFL Combine, had a college best of 6.51 on his 60-yard run (outside the all-time list of 40). [4] Records Bo Jackson claimed 40 yards rushing with a time of 4.13 s[5][6], and there were also reports that Jackson ran a 4.12 run in 1986. [7] Texas Tech's Jakeem Grant was hand-filled by the New Orleans Saints scout with a 4.10 run in 2016, breaking Jackson's record. [9] In the early 1980s, Baylor's Gerald McNeil rushed for 40 yards with 4.19 seconds before transferring to the United States Football League (USFL). [10] Deion Sanders rushed for 40 yards with 4.27 seconds to play in 1989. [11] In 2013, Carlin Isles recorded a time of 4.22 during practice at a facility with the Detroit Lions. [12] In 2017, Olympic sprinter Christian Coleman ran for 4.12 seconds on the field in response to claims that NFL players were as fast as Usain Bolt. [13] A year and a half after retiring from active competition, Usain Bolt ran a 4.22 in running shoes and track suits at the Superbowl promotional event on February 2, 2019 in Atlanta, Georgia. [14] NFL Scouting Combine This is a list of official 40-yard line results under 4.31 seconds recorded in the NFL Scouting combine since 1999, the first year electronic timing was implemented at the NFL Scouting Combine. [15] [16] Time Name Height Weight Position College Year Draft R 4.22 John Ross 5 ft 11 in (1.80 m) 190 lb (86.2 kg; 13.6 st) Wide receiver Washington 2017 No. 9 Overall Cincinnati Bengals [17] 4.24 Rondel Menendez 5 ft 9 in (1.75 m) 192 lb (87.1 kg; 13.7 st) Wide receiver Eastern Kentucky 1999 No. 247 Atlanta Falcons overall by Chris Johnson 5ft 11 (1.80m) 192lb (87.1kg; 13.7 st) East Carolina running back 2008 No. 24 Overall by Titans Jerome Mathis 5 ft 11 in (1.80 m) 184 lb (83.5 kg; 13.1 st) Wide receiver Hampton 2005 No. 114 Houston Texans overall 5 ft 8 in (1.73 m) by Dri Archer 173 lb (78.5 kg; 12.4 st) Running back by the Pittsburgh Steelers 2014 No 97 overall by the Pittsburgh Steelers 6 ft 0 (1.83 m) 190 lb (86.2 kg; 13.6 st) Wide receiver Alabama 2020 No. 12 Las Vegas Raiders Stanford Routt 6 ft by overall 2 in (1.88 m) 193 lb (87.5 kg; 13.8 st) Cornerback Houston 2005 No. 38 overall by Oakland Raiders Marquise Goodwin 5 ft 10 in (1.78 m) 181 lb (82.1 kg; 12.9 st) Wide receiver Texas 2013 No. 78 Overall by Buffalo Bills 4.28 Champ Bailey 6 ft 0 in (1.83 m) 192 lb (87.1 kg; 13.7 st) Cornerback Georgia 1999 No. 7 by the Washington Redskins overall (1.75 m) 190 (lb 86.2 kg; 13.6 kg; st) Wide receiver Clemson 2010 No. 108 Oakland Raiders jalen myrick overall 5 ft 10 in (1.78 m) 200 lb (90.7 kg; 14.3 st) Cornerback Minnesota 2017 No. 222 overall by Jacksonville Jaguars [18] J. J. Nelson 5 ft 10 in (1.78 m) 156 lb (70.8 kg; 11.1 st) Wide receiver UAB 2015 No. 159 overall by Arizona Cardinals [19] DeMarcus Van Dyke 6 ft 1 in (1.85 m) 187 lb (84.8 kg; 13.4 st) Cornerback Miami 2011 No. 81 Oakland Raiders overall 4.29 Fabian Washington 5ft 11 in (1.80m) 188lb (85.3kg; 13.4 st) Cornerback Nebraska 2005 No. 23 Oakland Raiders overall by Zedrick Woods 5ft 11 (1.80m) 205lb (93.0kg); 14.6 st) Safety Mississippi 2019 Undrafted [20] Javelin Guidry 5 ft 9 in (1.75 m) 191 lb (86.6 kg; 13.6 st) Cornerback Utah 2020 Undrafted 4.30 Darrent Williams 5 ft 9 in (1.75 m) 176 lb (79.8 kg; 12.6 st) Cornerback Oklahoma State 2005 No. 56 by Denver Broncos Tye Hill 5 ft 10 in (1.78 m) 185 lb (83.9 kg; 13.2 st) Cornerback Clemson 2006 No. 15 St Louis Rams by Yamon Figurs 5 ft 11 in (1.80 m) 174 lb (78.9 kg; 12.4 st) Wide receiver Kansas State 2007 No. 74 Baltimore Ravens Darrius Heyward-Bey overall 6 ft 2 in (1.88 m) 210 lb (95.3 kg; 15.0 st) Wide Maryland receiver 2009 No. 79. Overall by the Oakland Raiders [21] Jamel Dean 6 ft 1 in (1.85 m) 206 lb (93.4 kg; 14.7 st) Cornerback Auburn 2019 No. 94 overall by the Tampa Bay Buccaneers [22] According to the report to combine the five-year NFL in average time by location, wide receivers and cornerbacks had the fastest average time running 49.49. The following average periods were measured for players who played at least 5 games in the NFL between 2000 and 2012. [23] Position Time Wide receiver 4.48 Cornerback 4.48 Running back 4.49 Free safety 4.53 Strong safety 4.55 Outside linebacker 4.65 Tight end 4.70 Defenders4.76 Fullback 4.80 Defensive bankruptcy 4.80 Quarterback 4.93 Defensive bankruptcy 5.06 Center 5.30 Offensive team 5.32 Offensive guard 5.36 References ^ MacCambridge, MacCambridge (2005). America's Game: The Epic Story of How Pro Football Captured a Nation (1st ed.). New York: Anchor Books. p. 29. ISBN 978-0-375-72506-7. 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