

PITTSBURGH

AFC NORTH



Head Coach: Mike Tomlin (4th year)
Off. Coord: Bruce Arians; Def. Coord: Dick LeBeau
2009 Record: SUR 9-7, PSR 6-10, O-U 10-6
Field: Heinz Field (64,450) Grass



It can safely be said that the Steelers don't handle success very well. They have won two Super Bowls in the last five seasons under two different coaches (Bill Cowher & Mike Tomlin) and then failed to make the playoffs either of the ensuing years. WR Santonio Holmes, half of the Super Bowling-winning connection two seasons ago in Tampa, has been traded to the Jets after his continuing series of off-field incidents. And the other half, QB Ben Roethlisberger, has been suspended for six games after his second sex-related incident in three years, this one in Georgia. Yes, charges were dropped. And the suspension might be reduced to four games if Roethlisberger completes the NFL-mandated program of evaluation and recommended treatment, and avoids further trouble. But despite his heroic performances on the field (Steeler-record 4328 YP last season), Big Ben no longer is a hero off it, with his name usually booed at other Pittsburgh sporting events, No. 7 jersey sales plummeting, "partying Ben" photos on the Internet, and reports surfacing of the QB bailing on restaurant bills and balking at greens fees.

The economics of the situation (i.e., his big contract) help keep him in Pittsburgh, and most of his teammates voice willingness to give him another chance. But until Ben's return, HC Mike Tomlin will choose between re-acquired veteran Byron Leftwich (the team's backup in 2008), mobile youngster Dennis Dixon (one career start), and long-time backup Charlie Batch (now 35). Tomlin says he has a pecking order in mind and that he will name a No. 1 by training camp.

One thing is sure. The Steelers will hug the ground more frequently in the absence of Roethlisberger, who loved orchestrating Pittsburgh's pass-oriented, no-huddle offense, often using his size and strength to buy time until spotting a receiver. In contrast, Leftwich is a virtual statue in the pocket, while the mobile Dixon lacks experience. Tomlin is even experimenting with a fullback as a lead blocker in Bruce Arians' single-back offense, with Arians being chided by some for saying last year, "There's not a fullback on the roster. There's a running back who plays fullback; a TE who plays fullback. I don't have a fullback. There's no fullback in my offense; there's never going to be one." Lesson? Never say never.

The Steelers are also girding their loins elsewhere to pound the ball, spending their top pick on highly-regarded center Maurkice Pouncey (the Rimington winner at Florida), hoping to develop him in the mold of Mike Webster & Dermontti Dawson. And they added 229-pound RB Jonathan Dwyer in the sixth round from Georgia Tech to help support the blossoming Rashard Mendenhall (1108 YR in '09) and respected third-down back Mewelde Moore, with Willie Parker allowed to move to Washington as a free agent. Dwyer needs time to develop as a receiver and QB protector after playing in the triple option, but he's shown an impressive burst for a big back. Veterans Antwaan Randle El (spent his first four years in Pittsburgh) and Arnaz Battle provide depth at WR, with the speedy Mike Wallace (19.4 ypc LY, 6 TDs) taking over for the departed Holmes. Limas Sweed is out for the year due to a torn Achilles.

The Pittsburgh defense was No. 3 vs. the run LY, but No. 12 vs. the pass, disturbing in the respect that *in six of their seven losses, the Steelers blew fourth-quarter leads!* Part of the reason was the absence of S Troy Polamalu—the on-field leader for defensive coordinator Dick LeBeau, who's finally in the Hall of Fame—for virtually the entire season due to a pair of knee injuries. Also, the Pittsburgh corners repeatedly disappointed in the clutch, prompting GM Kevin Colbert to trade for former Steeler CB Bryant McFadden from Arizona and add S Will Allen from Tampa Bay. Gilbert used the draft to add youthful speed to LeBeau's formidable LB crew. No. 2 pick Jason Worilds is now the team's fastest LB, No. 5 Stevenson Sylvester is a college edge rusher being moved inside, and No. 4 Thaddeus Gibson fits the Steeler mold. DE Ziggy Hood blossomed LY when steady Aaron Smith missed 15 games.

Bottom Line: Roethlisberger's absence might end up yielding some positives, including a re-focus on the ground game, a tightening of the secondary, and a more responsible QB in the long run. HC Tomlin is a no-excuse guy, so look for the Steelers to challenge the Ravens & Bengals.

PRESEASON NOTES: Tomlin is 10-3 SU as an exhibition coach, but only 7-6 vs. the spread—4-2 as a home favorite, 1-3 as a road or neutral favorite, and 2-1 as a dog.

2009 PITTSBURGH STEELERS

REGULAR-SEASON STAT LEADERS						
PASSING	PA	PC	YDS	PCT TD	INT	RAT
Roethlisberger	337	506	4328	66.6	26	12 100.5
D. Dixon	12	26	145	46.2	1	1 60.6
TOTAL	351	536	4496	65.5	28	14 98.1

RUSHING	No.	Yds	Avg	Long	TD
R. Mendenhall	242	1108	4.6	60	7
W. Parker	98	389	4.0	34	0
M. Moore	35	118	3.4	15	0
B. Roethlisberger	40	82	2.1	15	2
M. Wallace	5	48	9.6	21	0
TOTAL	428	1793	4.2	60	10

RECEIVING	No.	Yds	Avg	Long	TD
S. Holmes	79	1248	15.8	57	5
H. Ward	95	1167	12.3	54	6
H. Miller	76	789	10.4	41	6
M. Wallace	39	756	19.4	60	6
R. Mendenhall	25	261	10.4	26	1
M. Moore	21	153	7.3	19	2
W. Parker	6	64	10.7	27	1
TOTAL	351	4496	12.8	60	28

FIELD GOALS	1-19	20-29	30-39	40-49	50+
J. Reed	1/1	7/7	15/16	4/5	0/2
TOTAL	1/1	7/7	15/16	4/5	0/2

DEFENSE	Total	Tackles	Assists	Sacks	FR
W. Gay	78	70	8	1.0	1
J. Frazier	102	68	34	3.0	1
R. Clark	89	68	21	0.0	0
J. Harrison	79	60	19	10.0	5
L. Timmons	78	56	22	7.0	4
I. Taylor	62	53	9	1.0	0
L. Woodley	62	50	12	13.5	1
T. Carter	61	49	12	1.0	1
B. Keisel	54	36	18	3.0	1
K. Fox	44	31	13	0.0	0
D. Townsend	27	24	3	0.0	0
C. Hampton	43	23	20	2.5	0
T. Polamalu	20	18	2	0.0	0
R. Mundy	25	17	8	0.0	0
T. Kirschke	26	16	10	1.0	0
N. Eason	16	15	1	0.0	0
P. Bailey	13	13	0	0.0	0
J. Burnett	17	12	5	0.0	0
A. Frazier	13	8	5	0.0	0
S. Logan	11	6	5	0.0	0
A. Smith	9	6	3	2.0	0
TOTAL	1026	779	247	47	14
OPPONENTS	1156	829	327	50	16

INTERCEPTIONS	No	Yards	Avg	Long	TD
T. Polamalu	3	17	5.7	16	0
R. Clark	3	0	0.0	0	0
T. Carter	2	53	26.5	48	1
TOTAL	12	189	15.8	82	2
OPPONENTS	14	398	28.4	94	2

2010

S.12 ATLANTA
S.19 Tennessee
S.26 Tampa Bay
O.03 BALTIMORE
O.10 Bye
O.17 CLEVELAND
O.24 Miami
O.31* New Orleans
N.08* Cincinnati
N.14* NEW ENGLAND
N.21 OAKLAND
N.28 Buffalo
D.05* Baltimore
D.12 CINCINNATI
D.19 NY JETS
D.23* CAROLINA
J.02 Cleveland

2009

		(SUR: 9-7 PSR: 6-10 O-U: 10-6)	
S.10* TENNESSEE-OT	L -6	13-10	u35'
S.20 Chicago	L -2	14-17	u38
S.27 Cincinnati	L -3	20-23	o37
O.04* SAN DIEGO	W -6	38-28	o43
O.11 Detroit	L -10	28-20	o44
O.18 CLEVELAND	L -14	27-14	o38
O.25 MINNESOTA	W -6	27-17	u46'
N.01 Open Week			
N.09* Denver	W -3	28-10	u39'
N.15 CINCINNATI	L -7	12-18	u41'
N.22 Kansas City-OT	L -10	24-27	o40'
N.29* Baltimore-OT	W +7	17-20	o34
D.06 OAKLAND	L -14	24-27	o37
D.10* Cleveland	L -10	6-13	u33'
D.20 GREEN BAY	L -2	37-36	o41'
D.27 BALTIMORE	W -2	23-20	o42
J.03 Miami	W -3	30-24	o45'

2008

		(SUR: 15-4 PSR: 11-8 O-U: 11-8)	
S.07 HOUSTON	W -6	38-17	o43'
S.14* Cleveland	L -6	10-6	u44
S.21 Philadelphia	L +3	6-15	u44'
S.29* BALTIMORE-OT	L -5	23-20	o33'
O.05* Jacksonville	W +5	26-21	o36'
O.12 Bye			
O.19 Cincinnati	W -9	38-10	o35
O.26 NY GIANTS	L -3	14-21	u41'
N.03* Washington	W +2	23-6	u37
N.09 INDIANAPOLIS	L -3	20-24	o39
N.16 SAN DIEGO	L -4	11-10	u42'
N.20* CINCINNATI	W -11	27-10	o34'
N.30 New England	W +1	33-10	o39'
D.07 DALLAS	W -3	20-13	u38'
D.14 Baltimore	W +3	13-9	u34
D.21 Tennessee	L -2	14-31	o34'
D.28 CLEVELAND	W -11	31-0	u33
J.11 SAN DIEGO-P	W -6	35-24	o37'
J.18 BALTIMORE-P	W -6	23-14	o34'
F.01* Arizona	L -7	27-23	o46'

(Super Bowl XLIII at Tampa, FL)

2007

		(SUR: 10-7 PSR: 9-8 O-U: 9-8)	
S.09 Cleveland	W -4	34-7	o36'
S.16 BUFFALO	W -9	26-3	u38'
S.23 S. FRANCISCO	W -9	37-16	o37'
S.30 Arizona	L -5	14-21	u42
O.07 SEATTLE	W -5	21-0	u40'
O.14 Bye			
O.21* Denver	L -3	28-31	o38
O.28 Cincinnati	W -3	24-13	u48
N.05* BALTIMORE	W -9	38-7	o36
N.11 CLEVELAND	L -10	31-28	o47
N.18 NY Jets-OT	L -9	16-19	u40
N.26* MIAMI	L -16	3-0	u39
D.02* CINCINNATI	W -7	24-10	u40
D.09 New England	L +10	13-34	u47'
D.16 JACKSONVILLE	L -3	22-29	o35
D.20* St. Louis	W -8	41-24	o43
D.30 Baltimore	L -3	21-27	o34'
J.05* JACKSONVILLE	W +2	29-31	o39'

2006

		(SUR: 8-8 PSR: 8-8 O-U: 9-6-1)	
S.07* MIAMI	W -1	28-17	o35'
S.18* Jacksonville	L -2	0-9	u37'
S.24 CINCINNATI	L -2	20-28	o43
O.01 Bye			
O.08* San Diego	L +3	13-23	u37
O.15 KANSAS CITY	W -6	45-7	o37
O.22 Atlanta-OT	L -2	38-41	o37'
O.29 Oakland	L -9	13-20	u38'
N.05 DENVER	L -3	20-31	o36'
N.12 NEW ORLEANS	W -5	38-31	o45'
N.19 Cleveland	W -3	24-20	u37
N.26 Baltimore	L +3	0-27	u39
D.03 TAMPA BAY	W -7	20-3	u40
D.07* CLEVELAND	W -7	27-7	n34
D.17 Carolina	W -3	37-3	o38'
D.24 BALTIMORE	L -3	7-31	o36'
D.31 Cincinnati-OT	W +6	23-17	u44

PITTSBURGH

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PITTSBURGH 2009 REGULAR SEASON TEAM STATS

	STEELERS	OPPONENTS
TOTAL FIRST DOWNS	331	274
FIRST DOWNS (Rushing-passing-by penalty)	96-210-25	70-186-18
THIRD DOWN CONVERSIONS	80/203	96/227
FOURTH DOWN CONVERSIONS	8/12	7/10
TOTAL OFFENSIVE YARDS	5941	4885
OFFENSE (Plays-Average Yards)	1014-5.9	967-5.1
TOTAL RUSHING YARDS	1793	1438
RUSHING (Plays-Average Yards)	428-4.2	372-3.9
TOTAL PASSING YARDS	4148	3447
PASSING (Comp-Att-Int-Avg)	351-536-14-8.4	319-548-12-6.9
SACKS	47	50
FIELD GOALS	27/31	22/29
TOUCHDOWNS	41	37
(Rushing-Passing>Returns-Defensive)	10-28-0-3	7-22-4-4
TIME OF POSSESSION	32:51	28:21

PROJECTED OFFENSE

QB	4	Byron Leftwich	7	Ben Roethlisberger (Susp.)
	10	Dennis Dixon	16	Charlie Batch
RB	34	Rashard Mendenhall	21	Mewelde Moore
			41	Jonathan Dwyer (6th Rd)
FB	44	Frank Summers	38	Demetrius Taylor
TE	83	Heath Miller	49	Sean McHugh
	89	Matt Spaeth	85	David Johnson
WR	86	Hines Ward	82	Antwaan Randle El
	84	Antonio Brown (6th Rd)	19	Tyler Grisham
WR	17	Mike Wallace	81	Arnaz Battle
			88	Emmanuel Sanders (3rd Rd)
LT	78	Max Starks	66	Tony Hills
LG	68	Chris Kemoeatu	71	Chris Scott (5th Rd)
C	62	Justin Hartwig	53	Maurkice Pouncey (1st Rd)
RG	79	Trai Essex	65	Kraig Urbik
RT	74	Willie Colon	72	Jonathan Scott

PROJECTED DEFENSE

DE	91	Aaron Smith	96	Ziggy Hood
NT	98	Casey Hampton	76	Chris Hoke
DE	99	Brett Keisel	93	Nick Eason
			95	Doug Worthington (7th Rd)
OLB	56	Lamarr Woodley	54	Andre Frazier
			90	Thaddeus Gibson (4th Rd)
ILB	51	James Farrior	50	Larry Foote
ILB	94	Lawrence Timmons	57	Keyaron Fox
			47	Stevenson Sylvester (5th Rd)
OLB	92	James Harrison	97	Jason Worilds (2nd Rd)
CB	20	Bryant McFadden	27	Joe Burnett
S	43	Troy Polamalu	37	Tuff Harris
S	25	Ryan Clark	26	Will Allen
CB	24	Ike Taylor	22	William Gay
			40	Crezdon Butler (5th Rd)

PROJECTED SPECIALISTS

K	3	Jeff Reed	5	Piotr Czech
P	9	Daniel Sepulveda	8	Adam Graessle

Pittsburgh 2010 Draft Picks

Rd	Player	Pos.	Ht.	Wt.	School
1 (18)	Maurkice Pouncey	C	6'4"	304	Florida
2 (52)	Jason Worilds	DE	6'1"	254	Virginia Tech
3 (82)	Emmanuel Sanders	WR	5'11"	186	SMU
4 (116)	Thaddeus Gibson	DE	6'2"	243	Ohio State
5 (151)	Chris Scott	OT	6'4"	319	Tennessee
5 (164)	Crezdon Butler	CB	6'0"	191	Clemson
5 (166)	Stevenson Sylvester	LB	6'2"	231	Utah
6 (188)	Jonathan Dwyer	RB	5'11"	229	Georgia Tech
6 (195)	Antonio Brown	WR	5'10"	186	Central Michigan
7 (242)	Doug Worthington	DT	6'5"	292	Ohio State

PITTSBURGH STEELERS POINTSPREAD BREAKDOWN (INCLUDING PLAYOFFS)

	SUR	Spread	Home	Home	Road	Road	SB	Fav	Fav>3	Dog	After
			SUR	Sprd	SUR	Sprd	Sprd	Sprd	Sprd	Sprd	SUL
2009	9-7	6-10	6-2	3-5	3-5	3-5	---	5-10	2-8	1-0	2-5
2008	15-4	11-8	8-2	6-4	6-2	5-3	0-1	7-7	7-5	4-1	2-2
2007	10-7	9-8	7-2	6-3	3-5	3-5	---	8-7	8-6	1-1	4-2
2006	8-8	8-8	5-3	5-3	3-5	3-5	---	7-6	5-2	1-2	4-4
2005	15-5	13-6-1	5-3	3-4-1	9-2	9-2	1-0	9-5-1	8-3-1	4-1	3-2
L5 Years	57-31	47-40-1	31-12	23-19-1	24-19	23-20	1-1	36-35-1	30-24-1	11-5	15-15

PITTSBURGH STEELERS 2009

REGULAR SEASON STAT RANKINGS

OFFENSE	TOTAL	RANK
TOTAL OFFENSE (Yds. Per Game)	371.3	7
FIRST DOWNS (Per Game)	20.7	9
POINTS PER GAME	23.0	12
RUSHING (Yds. Per Game)	112.1	19
RUSHING TDS	10	T-20
PASSING OFFENSE (Yds. Per Game)	259.2	9
PASSING COMPLETION %	65.5	7
PASSING TDS	28	T-7
FIELD GOALS	27	T-6
TIME OF POSSESSION	32:52	3
DEFENSE	TOTAL	RANK
TOTAL DEFENSE (Yds. Per Game)	305.3	5
SCORING DEFENSE	20.2	T-12
RUSHING DEFENSE (Yds. Per Game)	89.9	3
PASSING DEFENSE (Yds. Per Game)	215.4	16
PASS COMPLETION%	58.2	7
INTERCEPTIONS	12	25
SACKS	47	2
TOTAL TEAM PENALTIES	85	T-23
TURNOVER MARGIN	-3	20

PITTSBURGH—2009 Game-by-Game Statistics

OPPONENT	PF	PA	RA-YR	PC-PA-I-YP	SK	F-FL	RA-YR	PC-PA-I-YP	SK	F-FR
Tennessee	13	10	23/36	33/43/2/321	4	1-1	25/86	22/35/1/234	1	2-1
Chicago	14	17	22/105	23/35/1/203	2	1-1	18/43	27/38/0/232	1	1-0
Cincinnati	20	23	28/102	22/31/1/271	1	0-0	19/100	20/37/0/173	2	0-0
San Diego	38	28	36/177	27/34/0/320	3	4-2	8/16	21/36/0/235	3	1-1
Detroit	28	20	21/82	23/30/1/262	3	1-0	25/110	23/37/1/225	7	4-0
Cleveland	27	14	36/140	23/35/1/403	3	3-3	23/91	9/26/2/106	2	2-2
Minnesota	27	17	20/106	14/26/0/153	3	2-1	23/89	34/51/1/297	4	1-1
Denver	28	10	29/173	21/29/1/202	3	1-1	14/27	23/38/3/215	2	0-0
Cincinnati	12	18	18/80	20/40/1/146	4	1-0	29/61	18/30/0/157	2	0-0
Kansas City	24	27	31/114	33/44/2/401	3	2-1	20/68	15/30/0/214	5	2-1
Baltimore	17	20	38/153	12/26/1/145	0	0-0	29/132	23/35/0/261	5	3-2
Oakland	24	27	27/132	18/24/1/269	1	1-0	28/109	20/34/0/287	3	1-0
Cleveland	6	13	22/75	18/32/0/141	8	0-0	37/171	6/19/0/84	1	1-0
Green Bay	37	36	19/65	29/46/0/472	5	0-0	12/60	26/48/0/376	1	0-0
Baltimore	23	20	23/48	17/33/1/238	4	1-1	38/175	13/25/1/148	4	2-2
Miami	30	24	36/202	18/28/1/201	3	2-1	25/99	20/30/3/204	3	1-0

PITTSBURGH TEAM STATISTICS 2006-2009 (INCLUDING ALL PLAYOFF GAMES)

YEAR	OFFENSE													DEFENSE																					
	SUR	PSR	PF	PA	FD	RA	RY	YPC	F-FL	T-R-P	PC	PA	PI	SK	YP	YPP	YPT	FD	RA	RY	YPC	F-FR	T-R-P	PC	PA	PI	SK	YP	YPP	YPT	DIF	APR	OPR	TO	
2009	9-7	6-10	23	20	21	27	112	4.2	20-12	41-10-28	22	34	14	50	259	7.7	16.1	17	23	90	3.9	21-10	37-7-22	20	34	12	46	216	6.3	15.1	-1.1	.7	5.5	32	-4
2008	15-4	11-8	23	15	18	29	103	3.5	30-11	48-20-22	19	31	16	56	208	6.6	13.7	15	23	74	3.2	27-12	29-9-18	19	34	25	60	173	5.1	16.5	2.8	1.1	4.1	32	+10
2007	10-7	9-8	25	18	19	32	130	4.1	22-9	50-11-36	18	29	17	53	198	7.0	13.2	15	23	93	4.0	30-14	35-8-23	18	33	13	40	172	5.3	15.0	1.8	1.8	7.0	33	+1
2006	8-8	8-8	22	20	20	29	124	4.2	27-14	42-16-23	20	33	23	49	233	7.1	16.2	17	26	89	3.5	16-9	36-10-21	20	33	20	39	212	6.4	15.3	-9	2.2	4.7	31	-8