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Andrew Rush/Post-Gazette

Head to head: Steelers RB DeAngelo Williams vs. Browns NT Danny Shelton



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How does DeAngelo Williams still do it?



How, at age 32, is he still able to produce four 100-yard games, close in on his first 1,000-yard season in six years and average 88.1 yards rushing in the nine games he has started for Le'Veon Bell?



How, in his 10th NFL season, is he able to average 4.6 yards per carry, still bounce runs outside and have more 20-yard runs (6) than all but eight players in the league?



Oh yeah, and be tied for the NFL lead among running backs with 11 touchdowns?

The "Bob," that's how.

The Bob is an elevated platform device Williams has used twice a day for the past three years. It stretches the ligaments

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Four Quick Questions

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Absolutely

Maybe

Not at all

No opinion

NEXT

and bones in his ankles to keep them loose and combat all the torque and running he is subjected to as an NFL running back.

“Your ankles take a pounding, so you’ve got to keep the ligaments and bones stretched out and healthy,” Williams said. “I’ll do it on both feet just to get them loose. It makes my feet feel real great.”

Williams uses the “Bob” for 10 minutes after practice and before he goes to sleep at night. It must be working because he has shown no signs of slowing down heading into the regular-season finale today at Cleveland.

Williams needs 101 yards rushing to reach 1,000 yards for the third time in his career and first since the 2009 season with the Carolina Panthers.

Nobody expected that, not even the Steelers when they signed him in free agency.

“It’s made a huge difference,” Williams said of his exercise device. “Your ankle kind of affects everything you do in this sport. If something is bothering you in your foot or your ankle, you change your running style or how you run and you overcompensate. Then your hamstring hurts or your glute is hurting or your hip flexor or your groin gets sore because you’re running different. It’s making sure everything is aligned and working properly.”


Barring something unforeseen, Williams should finish the regular season with his most carries since he had 216 in 2009 when he rushed for 1,117 yards. He has 899 yards rushing, third most in the AFC, on 195 attempts. What’s more, his 4.6-yard average is third-best among AFC backs with at least 100 carries. Bell remains first (556 yards on 113 carries) with a 4.9-yard average.


The Browns, though, haven’t allowed a 100-yard rusher since Arizona’s Chris Johnson in Week 8, a span of seven games. The addition of rookie nose tackle Danny Shelton, the 12th overall pick in the draft, along with the free-agent signing of defensive end Randy Starks has made a difference.


“I’ve been asked a ton of times about my age and how I’m able to do this or do that, and it boils down to just having fun,” Williams said. “I’ve rekindled my love for this game since I was fired from the team I was with before. Coming here is just a refresher course for me. I’m enjoying every minute of it.”


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Jerry Lynch 3 years ago

Just keep on keepin' on. What a welcome addition to our team you have been. I'm hoping you have several more years with us & I think a dual threat pass/run stacked backfield with LeVeon and yourself should strike fear into any defense now that they know you are not done, or even possibly have yet to reach your peak.

REPLY

0



Jack Fiftyeight 3 years ago

There is little need to run @ Shelton. Pull, trap, play action then in the 4th... :)

REPLY

(1 Replies)

0



Jack Fiftyeight 3 years ago

@Jack Fiftyeight PS Flea Flicker followed by Shovel pass to Fitz for the TD from a 2 back set

REPLY

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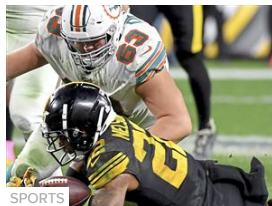
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