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Vickers leads the way

By Matt Florjancic, ClevelandBrowns.com Staff Writer Posted 22 hours ago

Not much attention comes with playing the fullback position, but that is just fine for the Browns' Lawrence Vickers.

It takes a certain mentality to play fullback in the National Football League.

At his best, a fullback gets little recognition while those he blocks for gain yardage, score touchdowns and see their names in the headlines. At his worst, a fullback misses an assignment, allows the defense to break through the offensive line and gives up an uncontested hit on either the quarterback or running back.



A fullback receives few carries, but handles much responsibility in the backfield. So who would want to play this position for the Cleveland Browns, or any team in the NFL?

Lawrence Vickers, a fifth-year player from the University of Colorado by way of Forest Brook High School in Houston, Texas.

"You're kind of like a rattlesnake coiled up and then, right at the last minute, you shoot out and 'Boom;' playing to the whistle," Vickers said. "Linebackers have got to get tackles. They need those tackles and it's my job to keep them away from the tackles, but it's all about how you do it. Of course, I can get in front of them and block them. I want to dominate all the time, whoever's in front of me.

"I'm a backburner-type of guy. I look at myself like that," he continued. "I really don't ask for a lot. You never really hear me complaining about this or complaining about that. I want to do the dirty work. I want to do that job that most people can't do and most people can't play the fullback position. It's not like blocking on a line. It's a collision. It's a gut-check every single time. Most of the time, it's you and that person who's sitting right here who's really supposed to make this play regardless of if you're there or not. When you dominate them and then, you get up and celebrate and the fans love it, I love that. It motivates me."

Vickers knows that playing the fullback position comes with little or no recognition and that is just fine with him.

"Who do you know that's going to know the fullback on the team? Just being honest, when you think of NFL football, who do you think about? They've got a great wide receiver or a good running back or their left tackle or their center," he said. "You never hear people say, 'Oh, their fullback is the truth.' You don't really hear that and I want to change their minds at all times. I take a lesson from everybody, Tony Richardson (New York Jets), Lorenzo Neal (San Diego Chargers), Sam Gash (New England Patriots), Moran (Norris) out in San Fran. I like a lot of things they do."

SETTING A TONE

Playing hard and using physicality to open holes for running backs is a difficult way to make a living in the NFL. Even at 6-feet tall and 250 pounds, Vickers is responsible for taking on linebackers who are at his size or bigger.

"Can't nobody touch him (my running back). Can't nobody touch my quarterback. Can't nobody touch my o-linemen. Can't nobody touch my receivers. Nobody," said Vickers. "I feel like I'm the big brother of the whole group. I play the game like I love it because I do. What else could I be doing? I don't want to do anything else. I'm living the dream, honestly and I'm going to live it till the end of time, until they say, 'Vick, come on. Let me get them pads.' And when

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they do take those pads, they're going to put them in gold and put them on a shelf. That's my mindset. I'm going to be the best anytime I'm on the field. Why not? I'm going to play this game like they played it with no facemasks, just down and dirty. That's how I was brought up.

"It's been like this since I first started playing football," he added. "I think the first time I played, I was in fourth grade. I was in Ms. Brown's class and had been wanting to play. I was a baseball player and I always wanted to be a football player, but they didn't have any good football leagues around where I was. It was still in my neighborhood, but it was on the other side of my neighborhood."

The passion that Vickers displays every Sunday did not just show up when he signed a professional contract. It was present long before then, nurtured by his father and a desire to accept new challenges in the world of sports.

Once Vickers got the chance to play football, he never looked back.

"My dad took me one day after school," said Vickers. "He took me to sign up and they had a game the same day he took me out there to sign up. I didn't know how to put pads in, nothing. They were like, 'We want him to play now.' I had no cleats. I'm in some Chuck Taylors; they were green and we were the Eagles. My first game playing, I ran a couple touchdowns and then, they started calling me 'Crazy Man' and 'Ultimate Warrior.' That was my name at first. It had something to do with rage.

"It was my dad that put that in my head," he added. "Even before I went to practice, he made me practice outside with ankle weights so I could run around the corner. He used to time me to go to the store to get him a Snickers to see how fast I could do it. It was always a competition with everything and it was always winning. Losing was not an option. It was never an option for me in anything. I don't lose."

THE ART OF HITTING

Vickers has gotten just one carry since the 2008 season, but has proven to be a valuable contributor to the offense.

He served as the lead blocker for Jerome Harrison's record-setting day in Kansas City on December 20, 2009. The Browns rushed for 351 total yards that day, the second-best total in team history and Harrison's 286 yards were the most ever by a Browns running back. It was also the third-best game by a running back in NFL history.

With Vickers leading the way, the Browns averaged 4.2 yards-per-carry and led the NFL with 900 rushing yards over the last month of the 2009 season.

"It's always a process to hitting. I go through a process before, even when the play's called," Vickers said. "I'm in my stance reading the defense and seeing what they're going to do. It's like a flashback because I always go back to when I'm watching them on film, how they take on blocks? How they get low? Are they like a dog, meaning somebody that goes real hard and if they do have somebody like that, how are they going to take on my block when I hit them? Most of the time, it's a real slow process. You see it happen. It's almost in slow-motion or 3D.

"It's kind of like a 'hit stick' button on a (video) game," he explained. "When you're playing the game, and you want him, and you see him about to break, you're just warming it up and 'Boom!' That's exactly how it happens in the game. Once I hit him, it's over. Nine times out of ten, people don't like to finish. Linebackers want to make the play; that's their main objective. They really don't want to hit. If they can go around you and make the play, that's their main thing. They don't get any credit for blowing up a fullback, but the fullback gets all the credit for blowing them up. It seems like I'm always in that position where my block counts. If I don't make this block, this play is not going to work. If I do, it's going to look like something. I love it when it looks like something."

RUNNING MATE

During the early part of the season, the Browns running game achieved a lot of success with **Peyton Hillis** getting the bulk of the carries.

Hillis started against the **Baltimore Ravens** when Harrison was inactive due to injury. Running behind Vickers, he gained 144 yards in Baltimore, becoming the first Browns rusher to gain 100 or more yards against the Ravens. In the Browns' 23-20 win over the **Cincinnati Bengals**, Hillis gained 102 yards and scored one touchdown on 27 carries.

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Vickers worked with Hillis, who is known for a punishing running style, during the preseason and gained respect for the first-year Browns running back.

"It was money," Vickers said. "It was like going to the bank and you know that check is going to get cashed. It was like hitting the lotto. You've got two big guys back there, one that's going to make sure that nothing happens to him. That's my job, not to let anybody touch him. His job is to make sure that if they do get ready to touch him, do what I would do. It's like a thunderstorm.

"It's like music because nine times out of ten, people don't want to see him," he continued. "People don't want to see him and I'm going to make sure they don't even want to. They would rather take it from me than take it from him because he doesn't have to grab them. He can just hit and keep going. So, pick your poison, whichever way you want to do it? You could either take it fast with me or slow with him."

WAITING FOR THE JETS

Vickers' approach to the responsibilities he faces week-in and week-out never changes. However, there is one matchup that Vickers is looking forward to later this season when the Browns host the Jets on November 14th.

"I am showing no love," he said. "I know what I'm doing and they're watching it saying, 'Oh, when I get ready to play him, I'm going to have to come with it.' I'm making it harder on myself. I tell my wife that all the time. They're going to be gunning for me, but I've got to live up to it. That's my name.

"One person in particular, I give him his respect. He's a good player. I feel like if I was in his position, I would play the same way. It's Bart Scott," added Vickers. "We've got unfinished business, me and him. Me and him, we just don't give up. One time, he got the best of me. We played Baltimore here and we beat them when Jamal (Lewis) got here. I think he got the best of me and told me. It was at the end of the game. We still won the game; I still played good. Ever since then, I've always respected his game, but I have to get him. Now, I'm fine-tuning this machine."

URL: http://www.clevelandbrowns.com/news/article-1/Vickers-leads-the-way/3113c489-8fdb-493d-84c7-5d9cbd0305db

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Green Bay Packers LB Brad Jones joins growing list of injured defensive players

By Pete Dougherty •

pdougher@greenbaypressgazette.com • October 27. 2010

The Green Bay Packers might have to face the NFL's No. 2 rushing team this week without three of their top four defensive linemen and two of their four starting linebackers.

Additional information

(Links will open in a new window)

- ♦ The Packers' roster
- ◆ This week's featured player photo gallery: Desmond Bishop.
- ◆ Sign up for Green Bay Packers text alerts.

The latest subtraction from their depleted front seven came Wednesday when they placed starting outside linebacker Brad Jones on injured reserve because of a shoulder injury he aggravated last week against Minnesota. That comes on top of two front-seven backups going on injured reserve Monday: defensive end Mike Neal (shoulder) and linebacker Brady Poppinga (knee).

Jones is the Packers' second starting linebacker who's out for the season, along with inside linebacker Nick Barnett (wrist).

The Packers also are looking at the real possibility of playing the 5-1 New York Jets this week without one or both of their injured starting defensive ends, Ryan Pickett and Cullen Jenkins, and don't have the preferred replacement for either, Neal.

"Well, we're going to show up and play," coach Mike McCarthy said of cobbling together a defensive front this week. "I don't know exactly who's going to be out there yet. But we're going to be ready to go, I can promise you that. (The Jets) are probably the best run team that we'll face so far this year. That's the opinion of our coaches."

Jones' loss hits the Packers at one of their thinnest positions even going into the season, outside linebacker, and comes after what McCarthy called his best game of the season. The injury dates to training camp and had sidelined him for the final three preseason games.

Before the Packers placed Jones on IR Wednesday, McCarthy said at a press conference the linebacker would need surgery, though he left open whether that meant immediately or after the season. The move presumably means Jones will have the surgery immediately.

With Poppinga's season finished also, Undrafted rookie Frank Zombo becomes the undisputed starter at right outside linebacker, with former practice-squad player Robert Francois the top backup. The Packers also added two outside linebackers to their 53-man roster this week, Diyral Briggs and Erik Walden, though if either is a game-day active Sunday, it would be only for special teams and emergency duty.

The Packers aren't ruling out Pickett or Jenkins for this week, though their outlook isn't promising. Jenkins was a limited participant in practice Wednesday after a strained calf in warm-ups last week prevented him from playing against Minnesota, so he has the better chance of the two to play. Pickett tried to come back too early from ankle injury last week, hobbled through six snaps, then left the game for good.

"(Pickett) didn't go backwards, they told me," McCarthy said. "So he is about the same (as last week), I guess, if you are trying to rate it."



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With Neal out for the season, The Packers will have to lean on nose tackle B.J. Raji to play almost the entire game against the Jets and rotate three or possibly four linemen around him in their base (three linemen) and nickel (two linemen) packages: second-year pro Jarius Wynn; seventh-round rookie C.J. Wilson; Michael Montgomery, who played with the Packers from 2005 to 2009 and was signed off the street last week; and nose tackle Howard Green, whom the Packers claimed off waivers Wednesday.

Wilson and Wynn played extensively against Minnesota after Jenkins was lost in warm-ups and Pickett in the first quarter. Wilson finished with eight tackles and Wynn two, including a fourth-quarter sack.

Green (6-2, 340), who not coincidentally was cut by the Jets this week, is a sixth-year pro who's on his sixth NFL team and has 12 career starts.

"That's tough," outside linebacker Clay Matthews said of the potential loss of Pickett this week. "You need a big guy in the middle not only to stop the run but to help in the pass game, get some pressure on them. I've been talking to C.J. and some of the guys about what we need to accomplish this week, especially in stopping the run. We're going to see a very familiar team with how (the Jets) like to pound the ball (similar to Minnesota), so we need to stop that and make them pass."

It's common practice in the NFL for teams to pick up a player recently cut by their upcoming opponent for access to inside information, though the Packers haven't regularly used the tactic. So the Packers might want Green more for his knowledge of the Jets than as a backup nose tackle, though the Jets, like the Packers, use a 3-4 scheme.

The Packers also added a fourth new player this week, Matt Wilhelm, an inside linebacker who takes Barnett's spot on the roster. With veteran Desmond Bishop as a replacement for Barnett, and Brandon Chillar to take snaps in the nickel, the Packers don't need Wilhelm to contribute other than possibly on special teams.

Regardless, the Packers can expect the Jets to attack that front seven on the ground. The Jets have perhaps the best offensive line in the NFL with a quality tackle duo (Damien Woody and D'Brickashaw Ferguson) and a premier center (Nick Mangold), and an effective one-two punch with halfbacks Shonn Greene and LaDainian Tomlinson.

Greene (5-11, 226) is the starter and a power back who runs mostly between the tackles, but the big story with the Jets so far has been the rejuvenated Tomlinson. After two seasons of precipitous decline, the former All-Pro left what had become a poisonous environment in San Diego and has played with a chip on his shoulder with his new team. The Jets try to get the 31-year-old open space on run plays and dump-off passes, and he's delivered with a 5.3-yard average per carry that is third-highest among the top-25 rushers in the NFL.

"I think he's running (ticked) off," Chillar said.



Packers moves



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A look at the roster moves the Packers made Tuesday and Wednesday:

Coming

- ♦ LB Diyral Briggs (waivers)
- ◆ LB Matt Wilhelm (free agent)
- ◆ LB Erik Walden (free agent)
- ♦ NT Howard Green (waivers)

Going

- ◆ LB Maurice Simpkins (waived)
- ◆ LB Brady Poppinga (injured reserve)
- ◆ DE Mike Neal (injured reserve)
- ♦ LB Brad Jones (injured reserve)

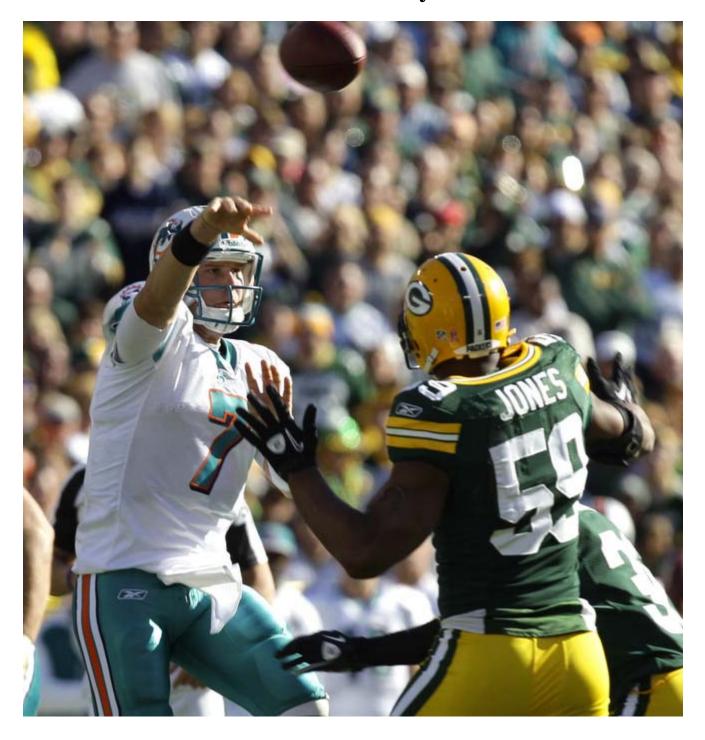






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Packers linebacker Jones done for year



Rick Wood

Brad Jones is the fifth Packers' starter to be placed on injured reserve this season. The others include Ryan Grant, Morgan Burnett, Nick Barnett and Jermichael Finley.

Team gets busy on waiver wire

By Tom Silverstein

Oct. 27, 2010 (32) Comments

Green Bay — Anyone who thinks Green Bay Packers general manager Ted Thompson isn't a wheeler and dealer needs to check the transaction wire.

In a matter of 72 hours, he and his personnel staff claimed linebacker Diyral Briggs on waivers from Denver, signed linebackers Matt Wilhelm and Erik Walden off the street and claimed nose tackle Howard Green from the New York Jets on waivers.

Talk about active.

Of course, this has little to do with Thompson's record on acquiring talent through means other than the draft. This is emergency help that he hopes can provide some support for a team devastated by injury.

Thompson found out earlier this week that linebacker Brad Jones would need shoulder surgery at some point this season and for a while it appeared there was some hope that he could delay it until the end of the season.

"We don't have our hands around exactly when the surgery is going to occur and so forth, but it's the same shoulder that Brad injured in training camp," coach Mike McCarthy said. "He has been fighting through it."

The awarding of Green came at the end of the business day, and that's when Thompson put Jones on injured reserve, ending his season. The move makes room on the 53-man roster for the 6-2, 340-pound journeyman run-stuffer, who was released Tuesday.

Jones became the 10th player and fifth starter to be put on injured reserve through the first seven games of the season. It's the most starters the Packers have lost in a season in more than a decade and the overall total of 10 is two short of the all-time high during the McCarthy era, set in 2006.

By comparison, the 1996 and '97 Packers Super Bowl teams had 11 players (four starters) on injured reserve combined.

The urgency to acquire Green came from doubt about defensive ends Cullen Jenkins (calf) and Ryan Pickett (ankle) being ready for the New York Jets on Sunday. Nose tackle B.J. Raji played 65 of 68 snaps last Sunday and if Pickett isn't available, Raji would be in danger of being worn down.

Green should be able to fill in for a dozen snaps if needed.

The Jets barely used Green. He wasn't on the opening-day roster but was added in Week 2, released during Week 4, signed again in Week 5 and released at the start of Week 8. He was active Weeks 3 and 5 and had one tackle, one quarterback hit and one forced fumble.

Before the Jets, he had stints with Seattle ('07-'08), New Orleans ('03-'04), Houston ('02) and Baltimore ('02).

Green did not take part in practice and should be available Thursday. The offensive coaches may want to pick his brain about the Jets' defense, given his familiarity with it.

McCarthy said he wouldn't know until the end of the week whether Pickett and Jenkins would be available. Pickett did not practice, but Jenkins took part in the walk-through.

Asked whether he could cobble together a defensive line for Sunday, McCarthy said: "Well, we're going to show up and play. I don't know exactly who's going to be out there yet. But we're going to be ready to go, I can promise you that."

Of the three linebackers that were signed, Wilhelm has the best chance of being active Sunday. In fact, the eighth-year veteran, who has spent the better part of his career playing on special teams, was with the top units in practice.

An inside linebacker who has started 22 games, the 6-4, 247-pound Wilhelm suffered a torn medial collateral ligament in his knee while with San Francisco and was released Sept. 9. The 49ers told him they'd be interested in bringing him back when he was healthy, but the Packers came calling first.

"It's just an opportunity," Wilhelm said. "I like what Coach McCarthy has going on here and the defense and the names they have and the playmaking ability. To be a part of it is an honor."

The 6-2, 250-pound Walden, who like Briggs plays outside linebacker, was a sixth-round pick in '08 before hooking on with Kansas City, where he played in nine games in 2008. He played in six games with Miami that season, 11 in '09 and two this year before being released.

For his career, he has 23 tackles.

"I'm excited about having the three linebackers," McCarthy said. "I told them in the team meeting today, they are going to have an opportunity to make an impact on our special teams. I think our special teams improved. I thought they were productive against Minnesota and we have had a lot of change, but I think there is definitely more to get out of our special-teams units. They will be given that opportunity first."

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Rams getting help in veteran safety

BY JIM THOMAS | Posted: Thursday, October 28, 2010 12:10 am

Once Michael Lewis lost his starting job in San Francisco, he wanted a new job. Three weeks later, he got his wish.

After starting the first three games of the 2010 season with the 49ers, the veteran safety was asked to help mentor rookie Taylor Mays. The idea of helping to groom his replacement didn't sit well with Lewis, who asked for and got his release.

That took place in early October. Now, at the end of October, Lewis has landed in his preferred destination, signing with the Rams.

"In my mind I kind of had (an idea) that if I had an opportunity, that this is where I wanted to be," Lewis said.

Why St. Louis?

"Because of familiarity with Coach Spags, and having played for him back when I was in Philadelphia," Lewis said. "I kind of know the defense a little bit."

That's right, Lewis is yet another Rams defender who once played for coach Steve Spagnuolo. In 2002, Lewis was a second-round draft pick by Philadelphia out of the University of Colorado. Lewis' position coach during his first two NFL seasons? Yep, Steve Spagnuolo.

"He was a technician," Lewis said. "He was very technical. He wanted you to do things the right way."

With James Butler suffering a knee injury against Tampa Bay, and Darian Stewart still out with a hamstring injury, the Rams were down to only two safeties before adding Lewis, who has a reputation as a tough run defender.

"Strong football player," Spagnuolo said. "He does a lot of good things. He's smart, loves the game of football. There's a history between us, so I've got a lot of confidence in him."

To make room for Lewis on the active roster, defensive tackle Clifton Ryan was placed on the injured reserve list. Ryan has had recurring problems with migraine headaches and hasn't played since opening day against Arizona.

Lewis isn't the only addition to the banged-up secondary. Cornerback Quincy Butler, who started seven games with the Rams last season, has rejoined the team after being claimed off waivers from New Orleans.

After a good preseason with the Rams this summer, Quincy Butler was surprised at his release Labor Day weekend.

"Yeah, but it comes with the territory," he said. "Things happen for a reason, and obviously I'm back."

His old locker now belongs to practice squad running back Chauncey Washington, but Q. Butler's new digs are just two stalls down. He was brought in for a physical Oct. 5, with the Rams giving him an indication he might be re-signed if injuries struck the cornerback position.

That time is now. Justin King (hamstring) continues to be sidelined, and starter Ron Bartell was limited in practice Wednesday with neck and thigh injuries.

"Injuries happen all the time, and unfortunately guys get hurt," Q. Butler said. "I'm glad to be back. It's like family. I'm ready for my opportunity to play again."

Obviously, Lewis is also eager to get back on the field. He joined the 49ers as a free agent in 2007 and is almost linebacker-sized at 6-1, 222 pounds. He has been most effective as a box safety defending the run. As such he has had a few collisions with his new teammate, Steven Jackson, in recent seasons.

"When you're facing a guy like that who runs hard, who runs downhill, that's a tough tackle," Lewis said, laughing. "I'm just happy that I'm on his team now."

In six of his first eight NFL seasons, Lewis topped 100 tackles, including 108 last year for the 49ers. An effective blitzer, Lewis has $10\frac{1}{2}$ career sacks, and although not known for his coverage skills, he also has 12 career interceptions.

Lewis made the Pro Bowl following the 2004 season in Philadelphia. By that time Spagnuolo had been reassigned to coaching linebackers with the Eagles. All told, Lewis has 108 NFL regular-season starts.

When asked about his demise and departure from San Francisco this season, Lewis played nice.

"You know what? They decided to go in a different direction and we decided to go in a different direction," he said. "I have fond memories there — and I'll just leave it at that."

But surely, he's looking forward to the Rams' two games against the 49ers — Nov. 14 in San Francisco and Dec. 26 in St. Louis, right?

"We'll worry about the 49ers when we get to the 49ers," Lewis said. "But right now, I'm concentrating on the Carolina Panthers."

The Rams face Carolina in a noon kickoff Sunday in the Edward Jones Dome.

It's uncertain whether Lewis will see any time on defense Sunday behind starters Oshiomogho Atogwe and Craig Dahl. The Rams' terminology is similar but not identical to what the Eagles used a few years ago when Lewis was in Philly.

"But I like to study, so I'm going to go home and study, get in my playbook, and try to learn the system as fast as possible," he said.



[Print without images]



Wednesday, October 27, 2010

Thoughts: Michael Lewis' return to NFC West

By Mike Sando ESPN.com

After placing defensive tackle <u>Clifton Ryan</u> on injured reserve, the <u>St. Louis Rams announced Wednesday</u> the signing of strong safety <u>Michael Lewis</u>, giving the team another solid veteran role player on defense.

My thoughts? Thanks for asking, Brian.

Lewis should be fresh after sitting out the last four games, including three since the <u>San Francisco 49ers</u> granted him his release. Lewis should be motivated. He didn't like the way the 49ers handled their decision to replace him with rookie <u>Taylor Mays</u> in the starting lineup. He skipped the team's subsequent trip to Atlanta, then received his release.

The Rams needed Lewis because injuries have hit them hard at safety and in the secondary overall. It's not clear whether the Rams will keep Lewis around once their injury situation improves. But with the 49ers on the schedule in Week 10, following the Rams' bye week, Lewis could help with preparations for that game.

Safeties sometimes have a broader view of the game than players at most other positions. They sometimes help teammates line up. They tend to help with communication. They often are more familiar with how a defense fits together as opposed to knowing only their assignments.

Lewis, 30, has vast experience. He'll know the ins and outs of the 49ers' defensive scheme. He'll have a very good feel for the 49ers' personnel. Those things aren't going to decide games, necessarily, but there's no downside for the Rams. Adding veterans Fred Robbins and Na'il Diggs has served them well to this point. Robbins played for Rams coach Steve Spagnuolo when both were with the New York Giants. Diggs was with Rams defensive coordinator Ken Flajole in Carolina. Lewis was with Spagnuolo in Philadelphia.

Lewis is best in run support. The Rams allowed 124 yards rushing against Tampa Bay in Week 7. Missed tackles were a factor.

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