

# 2008 Seattle Seahawks

REPLAY		
Won	Loss	Tie
1	15	0

ACTUAL		
Won	Loss	Tie
4	12	0

Passing:			Pct	Yards			Had	Pct			Pct	Avg.		
	Att	Com	Com	Gained	TD	Long	Int.	TD	Int	Gain	YPC	Rating	Sks	
Wallace, S	264	143	54.2	1529	7	62	0	2.7	0.0	5.8	10.7	80.2	15.0	
Hasselbeck	193	88	45.6	847	3	28	13	1.6	6.7	4.4	9.6	35.5	22.0	
Frye	23	14	60.9	90	0	25	0	0.0	0.0	3.9	6.4	69.1	1.0	

Rushing:						Interceptions:					
Att	Yards	Avg.	Long	TD		Int	Yards	Avg	Long	TD	
Morris	122	615	5.0	44	1	Wilson	6	35	5.8	24	0
Jones, J	146	566	3.9	33	3	Grant	5	129	25.8	36	0
Duckett	54	172	3.2	19	0	Trufant	1	-1	-1.0	0	0
Weaver	32	148	4.6	18	0						
Wallace, S	9	68	7.6	13	0						
Hasselbeck	8	66	8.3	19	0						
Frye	4	48	12.0	20	0						

Receiving:						Sacks:		No.
Rec	Yards	Avg.	Long	TD				
Carlson	67	690	10.3	34	3	Peterson		8.5
Engram	49	532	10.9	38	1	Kerney		6.0
Robinson, K	39	423	10.8	32	2	Mebane		5.5
Branch	25	215	8.6	25	3	Tapp		4.5
Weaver	19	241	12.7	62	0	Bernard, R		3.5
Jones, J	18	151	8.4	33	0	Jackson		2.0
Morris	11	54	4.9	25	0	Terrill		1.0
Taylor	11	95	8.6	19	1	Green		1.0



Punt Returns:						Scoring:							
No.	Yrds	Avg.	Long	TD		Rec	Rush	Ret	2PT	SAF	XP	FG	TOTAL
Forsett	22	190	8.6	30	0	TD	TD	TD					
Bumpus	4	41	10.3	22	0	Mare	0	0	0	0	14	34	116
						Carlson	3	0	0	0	0	0	18
						Branch	3	0	0	0	0	0	18
						Jones, J	0	3	0	0	0	0	18
						Robinson, K	2	0	0	0	0	0	12
						Morris	0	1	0	0	0	0	6

Kickoff Returns					
No.	Yrds	Avg.	Long	TD	
Wilson	88	2,173	24.7	60	0
Forsett	4	86	21.5	33	0
Duckett	1	25	25.0	25	0

TEAM OFFENSE		Replay	Actual			Replay	Actual
First Downs	234	14.6	16.6	Punts	93	5.8	5.6
Rushing	112	7	6.5	Yards Punted	4073	254.6	250.4
Passing	110	6.9	8.9	Average Yards Per Punt	43.8		44.5
Penalty	12	0.8	1.2				
				Punt Returns	30	1.9	2.2
Rushes	381	23.8	26.1	Yards Returned	243	15.2	22.1
Yards Gained (Net)	1700	106.3	110.5	Average Yards Per Return	8.1		10.1
Average Gain	4.5		4.2	Returned for TD	0		0
Passes Attempted	480	30	29.6	Kickoff Returns	93	5.8	4.8
Completed	245	15.3	16.4	Yards Returned	2284	142.8	121.8
Percent Completed	51	51	55.3	Average Yards Per Return	24.6		25.3
Total Yards Gained	2466	154.1	176.9	Returned for TD	0		0
Passer Tackled	38	2.4	2.3				
Yards Lost	257	16.1	13.4	Penalties	82	5.1	4.9
Net Yards Gained	2209	138.1	163.6	Yards Penalized	705	44.1	37.6
Yards Gained (Net) Per Pass Pla	4.3		5.1				
Yards Gained Per Completion	10.1		10.8	Fumbles	21	1.3	1.3
				Lost	13	0.8	0.8
Net Yards Gained							
Rushing and Passing	3909	244.3	274.1	Total Points Scored	202	12.6	18.4
Percent Total Yards - Rushing	43.49		40.3	Touchdowns (Total)	14	0.9	2
Percent Total Yards - Passing	56.51		59.7	Touchdowns Rushing	4	0.3	0.6
				Touchdowns Passing	10	0.6	1.1
Ball Control Plays	899	56.2	57.9	TD's on Returns and Recoveries	0	0	0.3
Average Gain (Net)	4.3		4.7	*Extra Points	14	0.9	1.9
				Safeties	1	0.1	0
Interceptions				Field Goals	34	2.1	1.5
Had Intercepted	13	0.8	0.9	Field Goal Attempts	37	2.3	1.7
Yards Opponents Returned	124		16.3	Percent Successful	91.9		88.9
Returned by Opponents for TD	0		0.1				

TEAM DEFENSE		Replay	Actual			Replay	Actual
First Downs	<b>371</b>	23.2	20.3	Punts	<b>68</b>	4.3	4.3
Rushing	<b>164</b>	10.3	6.1	Yards Punted	<b>2820</b>	176.3	188.1
Passing	<b>185</b>	11.6	12.9	Average Yards Per Punt	<b>41.5</b>		44.3
Penalty	<b>22</b>	1.4	1.2				
				Punt Returns	<b>45</b>	2.8	2.8
Rushes	<b>458</b>	28.6	28.6	Yards Returned	<b>533</b>	33.3	27.8
Yards Gained (Net)	<b>2089</b>	130.6	118.7	Average Yards Per Return	<b>11.8</b>		10.1
Average Gain	<b>4.6</b>		4.2	Returned for TD	<b>1</b>		0.1
Passes Attempted	<b>559</b>	34.9	35.4	Kickoff Returns	<b>50</b>	3.1	2.9
Completed	<b>390</b>	24.4	22.9	Yards Returned	<b>1310</b>	81.9	75.3
Percent Completed	<b>69.8</b>	69.8	64.7	Average Yards Per Return	<b>26.2</b>		25.6
Total Yards Gained	<b>4116</b>	257.3	271.4	Returned for TD	<b>2</b>		0
Passer Tackled	<b>34</b>	2.1	2.2				
Yards Lost	<b>226</b>	14.1	12.1	Penalties	<b>72</b>	4.5	5.1
Net Yards Gained	<b>3890</b>	243.1	259.3	Yards Penalized	<b>553</b>	34.6	41.9
Yards Gained (Net) Per Pass Pla	<b>6.6</b>		6.9				
Yards Gained Per Completion	<b>10.6</b>		11.9	Fumbles	<b>19</b>	1.2	1.6
				Lost	<b>5</b>	0.3	0.7
Net Yards Gained							
Rushing and Passing	<b>5979</b>	373.7	378	Total Points Scored	<b>447</b>	27.9	24.5
Percent Total Yards - Rushing	<b>34.94</b>		31.4	Touchdowns (Total)	<b>48</b>	3	2.5
Percent Total Yards - Passing	<b>65.06</b>		68.6	Touchdowns Rushing	<b>21</b>	1.3	0.8
				Touchdowns Passing	<b>24</b>	1.5	1.6
Ball Control Plays	<b>1051</b>	65.7	66.1	TD's on Returns and Recoveries	<b>3</b>	0.2	0.1
Average Gain (Net)	<b>5.7</b>		5.7	*Extra Points	<b>49</b>	3.1	2.6
				Safeties	<b>1</b>	0.1	0
Interceptions				Field Goals	<b>36</b>	2.3	2.3
Had Intercepted	<b>12</b>	0.8	0.6	Field Goal Attempts	<b>40</b>	2.5	2.6
Yards Opponents Returned	<b>163</b>		13.6	Percent Successful	<b>90</b>		90.2
Returned by Opponents for TD	<b>0</b>		0.1				