



ELIJAH MITCHELL

25

RB

5-10 × 200 × LOUISIANA

5.2.98 × ERATH, LA × ROOKIE × ACQUIRED D-6 IN '21

AWARDS AND HONORS

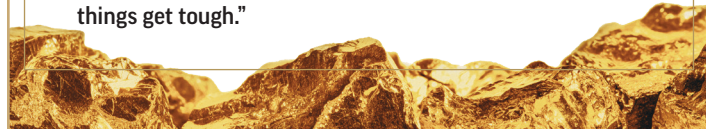
2021: FedEx Ground Player of the Week (Week 8)

2021 HIGHLIGHTS

- In his NFL debut at Det. (9/12), registered 19 carries for 104 yds. and 1 TD, a 38-yd. TD run, becoming the first rookie in franchise history to register 100-or-more rushing yds. in their NFL debut.
- Also became the first 49ers rookie to register a rushing TD in his NFL debut since RB Carlos Hyde registered a 4-yd. TD run in his debut at Dal. (9/7/14).
- The 38-yd. TD run was the longest by a 49ers rookie since WR Brandon Aiyuk had a 38-yd. rushing TD vs. Phi. (10/4/20).
- Rushed for 42 yds. on 17 carries along with 11 receiving yds. on 2 receipts. in his first NFL start at Phi. (9/19).
- Rushed for 107 yds. and 1 TD on 18 carries (5.9 avg.) vs. Ind. (10/24), marking his 2nd career 100-yd. game [104 yds. at Det. (9/12)]. Became 1 of 4 rookies in franchise history, and the first since 1961, to have 2-or-more games with 100-or-more rushing yds. [Billy Kilmer - 3 games (1961), Hugh McElhenny - 2 games (1952) & Joe Perry - 2 games (1950)].
- Registered 18 carries for a career-high 137 yds. and 1 TD at Chi. (10/31), giving him 3 rushing TDs on the season and 1 rushing TD in consecutive games.
- Became the first member of the 49ers to rush for 100-or-more yds. in back-to-back games since RB Matt Breida had back-to-back games with 100-plus rush yds. in Weeks 10 & 12 of the 2018 season (Week 11 Bye).
- Also became just the 2nd 49ers rookie in franchise history to rush for 100-or-more yds. in back-to-back games and 3 times in a season (QB Billy Kilmer - Weeks 3-5 of 1961).
- Registered 27 carries for 91 yds. vs. LAR (11/15), which were the most by a 49ers player since RB Frank Gore had 30 carries vs. Cle. (10/30/11) and the most by a 49ers rookie since RB Maurice Hicks had 34 at Arz. (12/12/04).
- Registered 27 carries for 133 yds. and 1 TD vs. Min. (11/28), while adding 5 receipts. for 35 yds. It also marked Mitchell's 4th game with 100-or-more rushing yds. this season [104 at Det. (9/12); 107 vs. Ind. (10/24); 137 at Chi. (10/31)], setting the franchise record for most games with 100-or-more rushing yds. by a rookie in franchise history [QB Billy Kilmer - 3 games (1961)].
- His 32 total touches were the most by a member of the 49ers in a single game since RB Frank Gore had 32 touches (28 carries, 4 receipts.) vs. Det. (12/27/09).
- Registered 22 carries for 66 yds. and 1 TD at Sea. (12/5), giving him rushing TDs in back-to-back games for the second time this season and 5 rushing TDs on his rookie season. His 5 rushing TDs are the most by a 49ers rookie since RB William Floyd had 6 rushing TDs in 1994.
- Rushed for 119 yds. on 21 carries while adding 2 receipts. for 11 yds. and his first career receiving TD vs. Hou. (1/2/22). Marked his 5th game with 100-or-more rushing yds. this season. He is also 1 of 4 rookie RBs since 1990 to register 100-or-more rushing yds. in at least 5 of his first 10 career games, joining RB Edgerrin James (1999 - 7 games), RB Adrian Peterson (2007 - 6 games) and RB Ezekiel Elliott (2016 - 5 games).

MITCHELL'S GOLDEN NUGGETS

- His love for the game of football has always been palpable to those around him. "I really believe he's in love with football," UL running backs coach Jabbar Juluke said.
- Prides himself on being known as a tough, hardworking running back and earned that reputation amongst his teammates and coaches at Louisiana. "Those moments make you feel pretty good," Mitchell said. "It means that the coaches trust you with the ball when it is crunch time. It makes you feel like you are a playmaker and someone the team can count on when things get tough."



MITCHELL'S GAME-BY-GAME

2021

Date	Opp	W/L	P/S	Rsh	Yds	Avg	Lg	TD	Rec	Yds	TD
Sep 12	at Det	W	1/0	19	104	5.5	38t	1	0	0	0
Sep 19	at Phi	W	1/1	17	42	2.5	10	0	2	11	0
Sep 26	GB	L	—	—	—	—	—	—	—	—	—
Oct 3	Sea	L	—	—	—	—	—	—	—	—	—
Oct 10	at Arz	L	1/1	9	43	4.8	14	0	2	19	0
Oct 24	Ind	L	1/1	18	107	5.9	20	1	0	0	0
Oct 31	at Chi	W	1/1	18	137	7.6	39	1	0	0	0
Nov 7	Arz	L	1/1	8	36	4.5	14	0	5	43	0
Nov 15	LAR	W	1/1	27	91	3.4	17	0	0	0	0
Nov 21	at Jax	W	—	—	—	—	—	—	—	—	—
Nov 28	Min	W	1/1	27	133	4.9	15	1	5	35	0
Dec 5	at Sea	L	1/1	22	66	3.0	9	1	3	18	0
Dec 12	at Cin	W	—	—	—	—	—	—	—	—	—
Dec 19	Atl	W	—	—	—	—	—	—	—	—	—
Dec 23	at Ten	L	—	—	—	—	—	—	—	—	—
Jan 2	Hou	W	1/1	21	119	5.7	37	0	2	11	1
Jan 9	at LAR	W	1/1	21	85	4.0	13	0	0	0	0
TOTALS			11/10	207	963	4.7	39	5	19	137	1

2021 Postseason

Date	Opp	W/L	P/S	Rsh	Yds	Avg	Lg	TD	Rec	Yds	TD
Jan 16	at Dal	W	1/1	27	96	3.6	16	1	1	-11	0
Jan 22	at GB										
TOTALS			1/1	27	96	3.6	16	1	1	-11	0

2021 HIGHLIGHTS (CONTINUED)

- Rushed for 85 yds. on 21 carries at LAR (1/9/22), where he finished the regular season with 963 rushing yds., which are the most by a rookie in franchise history, and the most by any player since RB Carlos Hyde had 988 rushing yds. in 2016.
- Rushed for 96 yds. and 1 TD on 27 carries at Dal. (1/16/22 - NFC-WC). On his 4-yd. TD run, he became the first 49ers rookie to register a TD run in the postseason since 2013. He also became the 4th rookie to register a rushing TD in the postseason, while his 27 carries were tied for the 2nd-most in a postseason game in franchise history [Raheem Mostert - 29 vs. GB (1/19/20 - NFC-C) & Ken Wilkard - 27 at Min. (12/27/70 - NFC-D)].

GOLDMINE

- Mitchell has always paired his love for football with his love for those around him on and off the field. In 2020, Mitchell led his team to a win in the final game, and dedicated the feat to the late Coach Looney, their offensive line coach who died of a heart attack during an August team workout shortly before the start of preseason camp. On what would have been coach Looney's 32nd birthday, Mitchell and the offense ran the ball for 265 rushing yards to cement the victory. "It was very important (to end the season with a win), man," said Mitchell. "We've been through so much with coach Looney, with just everything going on," Mitchell said, "and we just put it in our minds that we just wanted this year to be great, no matter what the circumstances."
- As a senior at Erath (LA) HS, Mitchell went out of his way to create some special memories for his classmate, Eddie Armond. Armond, who was born with down syndrome, attended every Erath football game. Mitchell showed his appreciation by ensuring Armond got his own opportunity to play. In the 2nd qtr. of a game against rival Patterson (LA) HS, Armond joined the offense at the Patterson 20-yd. line, where Erath was in position to score. Mitchell showed him where to stand and got down in a three point stance in front of Armond as his lead blocker. Erath quarterback, Mason Granger, handed Armond the ball and he took off running up the middle. Armond scored and everyone, including the opposing players, congratulated him for the TD. The play even earned Armond the Gulf Coast Bank/Abbeville Meridional Co-Offensive Player of the Week. "Eddie was beyond ecstatic," said his mother, Dawn Armond. "He called himself the Erath king. Elijah was his best friend. When we were on the sidelines and Elijah made a play, he'd look for Eddie and say, 'Eddie, did you see that?,' And he would explain the play to Eddie. He would include him in the game to make sure he knew what was going on. I enjoyed that. When Elijah sat down, Eddie would sit with him. They just kind of blended."



COLLEGE

Appeared in 42 games (25 starts) in 4 years (2017-20) at Louisiana and recorded 527 carries for 3,267 yds. and 41 TDs to go along with 49 receipts. for 597 yds. and 5 TDs. As a senior in 2020, appeared in 10 games (9 starts) and recorded 141 carries for 878 yds. and 8 TDs and 1 receipt. for 153 yds. and earned First-Team All-Sun Belt Conference honors. Appeared in all 14 games (3 starts) as a junior in 2019 and registered 198 rushes for a career-high 1,147 yds. and 16 TDs to go along with 10 receipts. for 70 yds. and 1 TD and was named First-Team All-Louisiana. Started all 13 games as a sophomore in 2018 and recorded 985 rushing yds. on 146 carries and 13 TDs and 20 receipts. for 349 yds. and 3 TDs. As a freshman in 2017, appeared in 5 games and rushed 42 times for 257 yds. and 4 TDs and added 3 receipts. for 25 yds. and 1 TD through the air.

PERSONAL

- Attended Erath (LA) HS where he recorded 1,903 rushing yds. and 28 TDs his senior season. Finished his high school career with 457 carries for 4,045 yds. and 50 TDs in 3 seasons.
- Majored in general studies at Louisiana.
- Son of Milton and Penny Mitchell.
- Born Elijah Mitchell (5/2/98) in Erath, LA.

INJURY REPORT

2021: Inactive 2 games [vs. GB (9/26) and vs. Sea. (10/3)] with a shoulder injury. Inactive at Jax. (11/21) with a finger injury. Inactive 2 games [at Cin. (12/12) and vs. Atl. (12/19)] with a concussion/knee injury. Inactive at Ten. (12/23) with a knee injury.



MITCHELL'S CAREER STATISTICS

YEAR	TEAM	GP	GS	ATT	RUSHING					NO	RECEIVING			
					YDS	AVG	LG	TD			YDS	AVG	LG	TD
2021	SF	11	10	207	963	4.7	39	5		19	137	7.2	14	1
TOTALS		11	10	207	963	4.7	39	5		19	137	7.2	14	1

PLAYOFFS

YEAR	TEAM	GP	GS	ATT	RUSHING					NO	RECEIVING			
					YDS	AVG	LG	TD			YDS	AVG	LG	TD
2021	SF	1	1	27	96	3.6	16	1		1	-11	-11.0	-11	0
TOTALS		1	1	27	96	3.6	16	1		1	-11	-11.0	-11	0

Milestones:

NFL Debut: at Det. (9/12/21); **First Start:** at Phi. (9/19/21); **First Reception:** Regular Season – at Phi (9/19/21 – 11-yd. pass from QB Jimmy Garoppolo); Postseason – at Dal. (1/16/22 – (-11)-yd. pass from QB Jimmy Garoppolo); **First Rushing TD:** Regular Season – at Det. (9/12/21 – 38 yds.); Postseason – at Dal. (1/16/22 – 4 yds.) **100-yd. Games:** Regular Season – 5 – Last vs. Hou. (1/2/22 – 119 yds.); **First TD Reception:** Regular Season – vs. Hou. (1/2/22 – 8-yd. pass from QB Trey Lance)

MITCHELL'S CAREER 100-YARD RUSHING GAMES (5)

Date	Opp	Rsh	Yds	Avg	TD	Date	Opp	Rsh	Yds	Avg	TD
9/12/21	at Det.	19	104	5.5	1	11/28/21	vs. Min.	27	133	4.9	1
10/24/21	vs. Ind.	18	107	5.9	1	1/2/22	vs. Hou.	21	119	5.7	0
10/31/21	at Chi.	18	137	7.6	1						

MITCHELL'S CAREER HIGHS

Rushes: Regular Season – 27 (2 times) Last vs. Min. (11/28/21); Postseason – 27 at Dal. (1/16/22)
Rushing Yards: Regular Season – 137 at Chi. (10/31/21); Postseason – 96 at Dal. (1/16/22)
Rushing TDs: Regular Season – 1 (5 times) Last at Sea. (12/5/21); Postseason – 1 at Dal. (1/16/22)
Long Rush: Regular Season – 39 at Chi. (10/31/21); Postseason – 16 at Dal. (1/16/22)

Receptions: Regular Season – 5 (2 times) Last vs. Min. (11/28/21); Postseason – 1 at Dal. (1/16/22)
Receiving Yards: Regular Season – 43 vs. Arz. (11/7/21); Postseason – (-11) at Dal. (1/16/22)
Receiving TDs: Regular Season – 1 vs. Hou. (1/2/22)
Long Reception: Regular Season – 14 at Arz. (10/10/21); Postseason – (-11) at Dal. (1/16/22)

MITCHELL'S TRANSACTIONS

Originally a 6th-round (194th overall) draft choice by SF in 2021.