

Broncos' C.J. Anderson is built and plays like a wrecking ball

By Woody Paige
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"Dreams don't die until you decide to give up on them."

Aristotle, Plato, Socrates? No, it's the driving philosophical motivation for Broncos running back C.J. Anderson. "I believe in all of that."

C.J. suddenly approached me at a charity golf tournament Monday and proclaimed proudly: "Check out my stomach, Mr. Paige. Do I look like I'm a little chubby?"

My gut reaction was that C.J., at 5-foot-8, 218 pounds, was as strong and solid as a wrecking ball.

Throughout his 24 years, Cortrelle Javon Anderson has been deemed too short, too slow, too well-upholstered, and not talented enough, not brainy enough, not sinewy enough.

"Because I've always been undersized since Pop Warner, I had to keep proving myself," he says.

Despite being a record-setting high school option quarterback, tailback and cornerback in Vallejo, Calif., his skill package and academic average didn't attract one scholarship offer from a Division I program. He was a walk-on at a community college in Oakland.

Although he was named an All-American at Laney College (with 8.0 yards per attempt), C.J. barely drew interest from major schools. Only nearby California gave him a chance. Even when he ran impressively for the Bears — and scored his first touchdown on a 20-yard run in Boulder against CU — Anderson started only two games in two seasons.

In the aftermath of the NFL combine in 2012, it was expected that C.J. would be selected in the middle rounds. Twenty-three running backs were drafted; C.J. was not.

The Broncos gave a minimum, nonguaranteed contract and a \$12,500 bonus to the free agent.

Anderson was sixth on the depth chart behind three players who had been chosen in the top three rounds of Broncos drafts, an NFL veteran and a returning practice-squad player. In his first exhibition, in San Francisco (30 miles from Anderson's hometown), he rushed for 65 yards before exploding his MCL.

The badly wounded rookie, whose mantra is "Ballin' for Dawg" (in honor of a high school teammate who died during one of their games), called his single mom, Neva Craig, and his grandmother Barbara Gaddies and started bawling.

"I hadn't let the obstacles stop me. I always said when something bad happened, 'Blame yourself, nobody else.' But when I injured my knee, I was afraid it was over."

But, following C.J.'s surgery, longtime Broncos running backs coach Eric Studesville told Anderson not to give up.

The kid made the team.

He carried only seven times and caught one pass late in the 2013 Super Bowl season.

In camp last year, C.J. was third-string behind Montee Ball and Ronnie Hillman. But Ball would undergo an emergency appendectomy (and was hurt when he returned), and Hillman injured his foot.

Anderson replaced Hillman in Oakland (in front of 40 friends and family from Vallejo) when the Broncos fell behind the winless Raiders. On a critical third-down play, he pulled off the weirdest, wildest, cross-field, cross-country 51-yard catch-and-run play for his first NFL touchdown. C.J. finished with 163 yards (90 rushing) as the Broncos rallied.

He was the starter the rest of the season and shocked everyone, except his own self, producing 849 yards running (4.7 per) and 324 yards receiving (9.5) — and 10 touchdowns. C.J. added 109 more yards in the playoff defeat.

C.J. is a rising star in fantasy league, "Madden" and the NFL, "but I can't waste this opportunity. I got to work even harder." He has more career rushing yards than 21 of the 23 running backs drafted in 2013.

Last November former offensive coordinator Adam Gase compared Anderson's thighs to Earl Campbell's and said he couldn't be tackled by one defender. In the offseason, Gase told Chicago writers Anderson was "a little chubby at times."

C.J. wasn't offended — " 'Goose' texted me to apologize, and I laughed because that's what he called me all last season" — but he was motivated. Anderson began an intensive diet to reduce his weight and body fat, and was down from 228 to 218 for the opening training camp workout Friday.

Anderson will never be asked to pose for a Greek statue, but I can testify that his body is in powerful shape, and he's the perfect model for Gary Kubiak's offensive scheme.

The young man is humble, confident and special. He could become the Broncos' 15th 1,000-yard rusher and just the third to surpass 1,500 yards.

"My goals are to stay healthy, be the best back I can for the Broncos, get stronger, keep my dream alive and win a championship."

Lil' Chubby is the Broncos' Big'un Back.

Will Broncos' RB C.J. Anderson rush for 1,200 yards?

By Benjamin Hochman and Mark Kiszla

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Kiz: Zone blocking. The stretch play. And four words I never thought I would ever write in a row: Peyton Manning, rollout quarterback. One look at training camp with coach Gary Kubiak in charge, and you know the Broncos are going to be a different football team. It's back to the future at Dove Valley. It has been a long time, however, since a Denver running back rushed for 1,200 yards in a season. Not since 2004, when the 1,200 mark was surpassed by Reuben Droughns (bet you didn't guess that name).

Hooch: Reuben Droughns? I bet Reuben Droughns doesn't even remember Reuben Droughns! But, yes, the 2015 Broncos offense will cater to running backs. In fact, when Demaryius Thomas said he wants to break the NFL receiving yards mark, the first thing I thought was, "In this offense?" C.J. Anderson said one of the coolest quotes to me. He said, in reference to would-be tacklers, "I want them to feel my story." C.J. had a wild upbringing, bullets literally flying through his home once. He believes it only made him tougher.

Kiz: Know what I like about Anderson? Despite entering the league as an undrafted free agent and producing a modest 887 rushing yards during his brief NFL career, Anderson carries himself like a star. He's not arrogant or a prima donna. But in a locker room full of elite football players, the personality of this 5-foot-8 running back is way bigger than his squat fame or modest fame would suggest. Yes, the Broncos should have drafted Eddie Lacy in 2013. Anderson, however, has a shot to run for more yards than Lacy in 2015.

Hooch: Here's the thing, I'm still high on Montee Ball, the fellow they took instead of Lacy. Yes, Montee didn't have that pop early last season, but I think he will thrive in this offense, especially with the chip on his shoulder pads after last season's lost season. I don't think C.J. will get the 1,200, because Montee is going to ball this year. He's going to complement C.J. and make Denver's offense a monster.

Kiz: Heading into camp, my ranking of Denver running backs was: 1) Anderson, 2) Juwan Thompson, 3) Ball and 4) anybody except Ronnie Hillman. This is Anderson's job to lose, as it should be. And I would anticipate Kubiak using one primary rusher, rather than the one-two punch that previous coach John Fox always sought. Kubiak was hired to make the Broncos tougher. If Denver doesn't have a 1,200-yard running back in its offense, it's a failure. So here's a vote for Anderson to get the job done.

Hooch: But here's the thing: I think Ball's camp is going to force Kubiak to play both backs. Maybe that'll motivate both backs to surge for that extra yard, the way we saw Anderson do in the famous play of the infamous loss to Indianapolis. So Denver, don't give up on Ball yet. Same for you, Kubes. I don't know if Montee will make us forget Eddie Lacy, but he will be a key reason the Broncos' run game is effective when it matters most.

Broncos' Demaryius Thomas takes his time getting into "football shape"

By Troy Renck
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Demaryius Thomas worked out relentlessly while waiting for his new contract. Plyometrics dropped him to 223 pounds, 6 lighter than his playing weight. After two days of camp, he recognizes being in great shape doesn't necessarily mean great football shape.

"It will be there in a week or two," Thomas said.

As planned, Thomas participated in some team drills to hear the play calls and accelerate his learning curve with the new offense. He spent the remainder of his time stretching and jogging lightly.

"It's what they want. We are going to take it easy. I haven't played ball in high altitude for a while," Thomas said. "I am also trying to learn everything — formations, if you have a hot route or what route I have, the combination routes — so I can play fast."

Ward sets bar high. The Broncos continue to talk in superlatives, not increments. Two weeks after Thomas identified the NFL's single-season receiving yards record as his goal, safety T.J. Ward raised expectations for the defense.

"I feel like we can be a lot better. A lot," Ward said. "I want us to lead the league in interceptions, lead in the sacks from the secondary and lead the league in turnovers. Pretty much, that's it."

Williams injures Achilles. The longer Kyle Williams sat on the field, the worse it looked. Excruciating pain ran through his left leg, and an evaluation confirmed the worst. The receiver who was in the mix to win the punt return job ruptured his left Achilles, sidelining him for the season.

"It's hard for me at this point to make sense of it all," Williams wrote on Instagram. "But I understand and trust God's plan for me."

Jordan Norwood leads a group of punt return candidates, which includes receivers Solomon Patton, Emmanuel Sanders and Isaiah Burse and safety Omar Bolden.

On the sideline. Aside from the designed conditioning/rest programs for linebackers Danny Trevathan and Brandon Marshall, three Broncos were limited Saturday. Running back Jeremy Stewart experienced hamstring tightness, defensive tackle Marvin Austin exited because of heat issues and defensive end Malik Jackson (calf) showed progress working with trainers and participated in the afternoon walkthrough along with Austin.

Offensive tackle Connor Rains, an undrafted free agent from Wyoming, did not practice because of a foot injury.

Footnotes. As promised, coach Gary Kubiak is moving offensive linemen around to create options and depth. Ryan Harris started at right tackle, shifting Chris Clark to left tackle on the second unit. ... Former NFL vet Luther Elliss, who played for the Broncos in 2004, is the team's new chaplain.

Peyton Manning's pace to stay fast for Broncos

By Troy Renck
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The burden of excellence falls on Peyton Manning. The Broncos view themselves as three-dimensional this season, but if championship goals aren't reached, Manning will receive the blame. It's the reality of his ability — he's a five-time NFL MVP — and the position.

Quarterbacks represent the center of the sports universe. They are the hub holding the spokes together. Manning rolled into his 17th training camp last week determined to erase the bitterness of last season's finish — a one-and-done playoff exit — and prove he still can play at a high level after a second-half slump.

The degree of difficulty increased with the change in coaching staffs. Manning is learning coach Gary Kubiak's zone-blocking, play-action system, something he has found "stimulating." And there is another important layer to this adjustment. Manning must not only know the plays but become comfortable with how he receives them. Gone are the days when former offensive coordinator Adam Gase stood on the sideline and existed as the lone voice in Manning's headset.

Kubiak will be involved in play-calling along with offensive coordinator Rick Dennison, who watches from the press box, leaving quarterbacks coach Greg Knapp as the final verbal baton. Kubiak said it sounds more complicated than it is, insisting the dots will connect quickly.

"Knapper is the one who communicates with (Peyton) all the time. I did that in Houston with Knapper. So he knows the drill if I am calling plays or if Rick is calling plays. It's going through Knapper to the field," Kubiak said. "As a head coach, I have used it before, and I think there's too much on your plate, so I think somebody else needs to be the direct line to him. I think Greg is the best guy to do it."

Seconds matter to Manning more than any other quarterback. He remains the maestro of the audible, the master of the dummy calls — "Omaha," anyone? He waits longer than anyone else for the defense to reveal its coverage before the snap. Can he do that with the play-caller not relaying the cadence directly to him?

"I believe in the same things as he does. I believe in getting things to him fast," Kubiak said. "If I don't, we will get a lot of 'You go ahead.' "

Manning has embraced change this offseason, from more time under center to a focus on establishing a physical running game. At 39, Manning still relishes the studying process, craves finding the smallest detail to exploit, evidenced in how he peppers Dennison with questions. Manning said Friday the result of the plays remains more important than how they are communicated.

"It's football," Manning said. "There are not many new plays out there. However you call them or whatever that is, it's not that big of a deal. It's about executing them. I know I'll get the plays in and we'll be able to have the plays that everybody feels good about. We're going to try to find out during training camp."

While the Broncos underachieved last season, Manning did not under Gase. He threw 94 touchdown passes over the past two years, shattering the standards for a quarterback at 37 and 38 years old. Or any age, for that matter. Manning finished with 39 touchdowns last year, second best in the NFL, despite dealing with a strained right quadriceps over the final three games. Unable to plant consistently and use his legs, something that surfaced periodically in November, Manning lost his laser accuracy and lacked velocity to overcome command issues.

His legs appear strong after a rigorous offseason of training. He showed them off with rollouts in Friday's first practice. Part of what makes Manning elite goes unseen. Forget the hardware: No one has better software, his brain serving as a decoder on game days. Will that be minimized with a new play-calling protocol?

"He will be able to change when he feels he needs to," said veteran tight end Owen Daniels, who has spent his entire career in Kubiak's system. "In Houston and in Baltimore, I don't remember any problems getting the play fast. We didn't have any issues with the play clock. We didn't audible as much. We had some checks, but not as much as Peyton has in his back pocket. I think for sure that will have time to use them."

Since he was hired, Kubiak has stressed his system will be adjusted to fit Manning's strengths. He is trying to win games and likes the process in place. There are no plans to call an audible on how plays are communicated, because he believes Manning will have time to, well, call audibles.

"To watch a guy as long as he's been doing it the way he takes care of himself and how important it is to him, I'll be honest with you, it's a blast right now," Kubiak said. "We're trying to fit everything together and we'll do that."

Gary Kubiak turns up the tempo at Broncos training camp

By Nicki Jhabvala
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The energy at Kubiak's practices are palpable, even to those watching from the sidelines. For the 90 players running through drills and formations, the practices can be draining.

"I'm exhausted," safety T.J. Ward said Saturday. "These have been two really hard output days, but we got some good work in and guys are fighting through it."

The morning workouts open to fans feature a heavy rotation of individual and situational drills, with units changing often to give coaches a look at every combination of players. Weight-room sessions are quick but efficient. The afternoon walk-throughs are more like jog-throughs. And the three meetings — up from the usual two — are sandwiched in between.

For some, the pace is nothing new. Kubiak has created a following, and many of his players from past teams have re-joined him in Denver. They know the routine — and its benefits.

"There are some camps out there that definitely shorten careers. Kubes' camp is one that allows you to stay fresh the whole season," said tight end Owen Daniels, who played under Kubiak in Houston and Baltimore before signing with Denver. "He's awesome about throwing us a bone here or there to get us fresh mentally or physically. Both of those things that are very important. I don't remember a lot of times in the past where we really dragged late in the season. We've been pretty consistent all the way through and the camp has a lot to do with it."

For the others, the up-tempo practices and camp days are grueling but welcome.

"I like it," said Demaryius Thomas, who missed mini camp and organized team activities because of contract negotiations. "It gets you in better shape quick. You're always on the go. When you get on the field, you're always on the go. (We're) going to be able to run longer than any other team, I feel like, if we just stick with it."

T.J. Ward sets lofty goals for Broncos' secondary

By Cameron Wolfe

DenverPost.com

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T.J. Ward doesn't want to just be a part of a good Broncos secondary. He's seeking greatness.

"We're light years ahead of where we were last year," Ward said Friday, the team's second day of training camp. "I want (us) to lead the league in interceptions. I want (us) to lead the league in sacks from the secondary and lead the league in turnovers."

Led by three Pro Bowlers — cornerbacks Chris Harris Jr. and Aqib Talib, and Ward — the Broncos have the talent. Now it's a matter of execution. Even with all their accolades, their perceived slight from being left off the NFL Top 100 list should prevent them from being complacent.

Last season, the Broncos were tied for seventh in the league in interceptions with 18. Although they were second in the league in rushing yards allowed (79.8 per game), the Broncos were tied for 22nd in forced fumbles, with seven.

"We dropped some interceptions last year. I would like to see us have more forced fumbles," Ward said. "I want to see us score on defense. Big plays and turnovers, that's what we want and that's what we can improve on from last year."

Ward said the key to forcing more turnovers is simple: pressure the quarterback and play good coverage. Opportunities are great, but they mean nothing if you can't capitalize.

The fourth member of that secondary, Darian Stewart, is in his first year with the Broncos after starting 14 of 16 games with the Baltimore Ravens last season. He recorded 53 tackles (37 solo), three pass deflections, one interception and one fumble.

"You never really see him flustered or out of position too much," Ward said. "He can play both free (safety) and strong (safety), so that's great for us. We'll get to interchange."

High aspirations, but not completely far-fetched for what may be one of the Broncos' most talented Broncos secondaries.

Cody Latimer and Jordan Taylor step up

By Cameron Wolfe

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Two wide receivers shined Saturday. Jordan Taylor and Cody Latimer both made electric one-handed grabs during seven-on-seven drills, drawing the day's biggest cheers. After practice coach Gary Kubiak praised Taylor — who played at Rice with Kubiak's son Klein — for having an impressive offseason. Taylor is an undrafted rookie free agent who has emerged as a legitimate competitor for one of the final receiving spots. Latimer beat cornerback Chris Harris on two straight plays, showing great athleticism in diving to the ground to grab the ball on the second play. Latimer is expected to play a bigger role this season as the team's third receiver.

Getting picky about miss. Solomon Patton had trouble holding onto a couple of passes during Saturday's practice. His last bobble led to an interception by Teverin Brandon. Patton, whom the Broncos claimed off waivers in May, is competing mostly as a punt returner, but he needs to show value as a receiver if he hopes to make the 53-man roster. Quarterback Trevor Siemian got a few snaps during 7-on-7 and team drills and showed off his rocket arm. However, he had trouble consistently hitting his intended target. Siemian was the Broncos' 2015 seventh-round draft pick out of Northwestern, and he's competing with Zac Dysert for the third quarterback job.

Kyle Williams suffers Achilles injury at Broncos camp, says he's done for season

By Cameron Wolfe

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While attempting to scoop up the football in punt-return drills, Broncos receiver Kyle Williams went down awkwardly grasping his left leg in the early part of the team's second day of training camp.

After being tended to by trainers for several minutes, Williams was carted off the field, crying with his hands covering his face.

The team later announced that an MRI had revealed a ruptured Achilles' tendon.

In an Instagram message earlier in the afternoon, Williams said his season was over.

"Unfortunately, today I suffered an injury to my Achilles and will consequently be missing this season," he wrote. "It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you."

Williams was in the mix for the punt-returner job, along with Jordan Norwood, Solomon Patton, Isaiah Burse and Emmanuel Sanders.

The 5-foot-10, 186-pound Williams is a six-year veteran out of Arizona State. He has battled knee injuries in the past.

Wide receiver Demaryius Thomas spent more time on the sidelines during Saturday's practice. Kubiak said he wanted him to take it easy and focus on watching practice more Saturday.

"I haven't played ball in high altitude in a while," Thomas said. "(I'm) not at playing level."

He said it'll take him a week or two to get back to peak conditioning. Once Thomas is caught up to speed, he expects fireworks in the receiving core from himself and Sanders.

"I haven't really played in the offense. I watched a couple films on Andre Johnson," Thomas said. "It's balls to be caught for everyone."

Saturday's workout was attended by a substantially smaller clan of orange-and-blue faithful along the west side of the fields at the UCHealth Training Center. Of course, the biggest chants came when quarterback Peyton Manning jogged out on the field 15 minutes prior to the start of practice.

Running back Jeremy Stewart sat out practice while dealing with hamstring tightness.

Kubiak said nose tackle Marvin Austin left practice early Saturday after dealing with heat issues.

Defensive end Malik Jackson indicated Friday that the left calf strain that forced him to leave Day 1 of camp early, was minor. He participated in a few individual drills to start Friday's practice, but headed to the sidelines to work with trainers. Still wearing a sleeve on his left leg, Jackson participated in the evening walk-through.

Right guard Louis Vasquez returned to practice after missing Friday's afternoon walk-through with an illness.

Defensive end Antonio Smith was excused from Saturday's practices while attending a funeral. Offensive tackle Connor Rains did not practice Saturday, while dealing with a foot injury.

Gary Kubiak trying something new in Broncos' camp schedule

By Jeff Legwold

ESPN.com

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New coaches and new playbooks for the Denver Broncos mean a new meeting as well.

When the team opened training camp this week, Gary Kubiak said he consciously made a change from his long-standing training camp schedule to give the players more time to learn the team's new schemes.

Kubiak added a meeting for the players into the daily schedule to give the team's position coaches some additional time to review the work that had been done in practice as well as assist the installation process.

"One of the ways that I've set up camp this year that I've never done before, we've actually got three meeting times in a day instead of two," Kubiak said. "We're meeting in the morning, we're meeting at lunch and we're meeting at night. I think this team needs refreshers on our schemes and those type of things on a consistent basis. That is a big importance right now."

Kubiak has also made a change in his practice schedule. As the Broncos' offensive coordinator under Mike Shanahan and as the Houston Texans' head coach, Kubiak participated in 8 a.m. training camp practices. In Kubiak's last season as Texans coach in 2013, the team had all of its morning practices at 8 a.m.

But with the Broncos' new meeting schedule as well as some work the team has done regarding sleep patterns and productivity, the Broncos will have their morning practices at 9:30 a.m. instead.

"They keep us moving," cornerback Chris Harris Jr. said. "It's a little different, but [Kubiak] knows what he wants and he keeps it moving. I think everybody will have a good handle on things pretty soon."

"It's a plan we like and (I) think will help everybody get settled in with what we're doing a little quicker," Kubiak said.

Wide receiver Kyle Williams suffers Achilles injury

By Jeff Legwold

ESPN.com

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Denver Broncos reserve wide receiver Kyle Williams, who was in the mix to be the team's punt returner, suffered an Achilles tendon injury in Saturday's practice.

Williams was not touched by another player as he was fielding a punt in a return drill when his leg buckled somewhat. He then let out a scream as he fell to the ground. He was taken to the locker room on a cart.

"It's his Achilles," Broncos coach Gary Kubiak said following practice. " ... He wasn't even touched; just feel bad for him. I know he's disappointed."

Williams will undergo additional tests, including an MRI. Williams posted on Instagram on Saturday he would miss the season because of the injury.

kylewilliams.15 5 hours ago

Unfortunately, today I suffered a rupture to my Achilles and will consequently be missing this season. It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you. 🙏🙏
515 likes 93 comments

Williams, a fifth-year player who had not played in the league in 2014, was trying to make the Broncos roster as part of the rotation at receiver and fill the team's opening for a punt returner.

He had struggled with hamstring injuries during the Broncos' offseason program.

"He had been doing good – he missed a lot of OTAs with hamstring and other issues," Kubiak said. "Think he participated in maybe three or four of the OTAs and he's had some issues the last couple places he's been."

Williams has never played more than 13 games in any season in his four-year career. He caught 47 passes with the San Francisco 49ers from 2010 to 2013.

Kubiak said he pulled running back Jeremy Stewart out of practice because of tightness in Stewart's hamstring and defensive lineman Marvin Austin Jr. was pulled out of practice late in the workout with some issues with the heat.

Demaryius Thomas looks familiar to Broncos coach Gary Kubiak

By Jeff Legwold

ESPN.com

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Some scouts call it the eye test.

And when Denver Broncos coach Gary Kubiak first glanced at wide receiver Demaryius Thomas, he saw a familiar *deja vu* mix of the past, the future and the immense potential impact of Thomas in the Broncos' offense. That's because he had seen that sort of thing before.

"I have," Kubiak said. "And there aren't many guys like that around."

For eight seasons Kubiak was the Houston Texans' coach and for those eight seasons the 6-foot-3, 230-pound Andre Johnson was the Texans' best receiver. Johnson had six 1,000-yard seasons in the Texans' offense in those years and topped 1,400 yards in four of those years.

And now, finally, after a five-month wait that included a protracted negotiation on a new five-year, \$70 million contract for Thomas, Kubiak got to see Thomas, listed at 6-3, 229 pounds, on the field, catching at least a smattering of passes from Peyton Manning.

Asked if he saw similarities in Thomas' brief cameo in the first training camp practice -- Thomas worked the first 40 minutes as part of the Broncos' plan to ease him into the proceedings -- Kubiak said two things stood out.

"Size, number one, that's the first thing that jumps at you," he said. "Those guys with that type of size are hard to bump. Workers. I know D.T.'s a worker. ... Those are the two things. I think I'll learn more about him as we go. But when you're able to run with that type of size outside, it's very difficult for people to get their hands on you."

Thomas said he's slightly lighter than his listed 229 pounds and wants to play at closer to 222 pounds. But after skipping the team's offseason work, Thomas will spend these early days of camp learning the playbook.

The Broncos want him comfortable in the scheme and want to gauge his conditioning before setting him loose to practice fully. There will be a transition period as the Broncos are moving from a scheme that averaged 34 points per game over the past two seasons largely out of three-wide receiver sets with Manning in the shotgun.

"It's totally different," Thomas said. "That's what we got to deal with and make it work. ... We ain't looking to throw the ball every play and there's nothing wrong with that. ... I can say all teams with run games win Super Bowls and that's what we're trying to do."

Kubiak has promised the Broncos will run the ball more and more efficiently and the team is expected to line up in a two-tight end set as their base formation the majority of the time.

But that doesn't mean Thomas and others can't dominate in the passing game, Kubiak said. Kubiak has pointed out in his time as an NFL play-caller those offenses have fueled the league's leader in rushing (Terrell Davis), receiving yards (Johnson) and passing yards (Matt Schaub).

As negotiations were anything but acrimonious for the most part, the Broncos had sent Thomas the new playbook early in the offseason and sent him video of practices in the team's OTAs and minicamps in hopes Thomas would arrive slightly more prepared in the new scheme. Thomas, however, said he prefers to learn on the field and said he expects to cover ground on the learning curve quickly in the coming days.

"It's different when you're here," Thomas said. " ... I learn faster when I'm here (in) meeting rooms and on the field. Just looking at it don't really do much for me. ... I'm not too far behind -- couple days, I'll be fine."

Thomas has had three consecutive seasons with at least 92 receptions, 1,430 yards receiving and 10 touchdowns. He is only the third player in league history to have three consecutive seasons of at least 1,400 yards receiving and at least 10 touchdowns; Jerry Rice and Marvin Harrison are the others.

Broncos to monitor Peyton Manning's workload in hopes of big finish

By Jeff Legwold

ESPN.com

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Throughout the offseason, Denver Broncos quarterback Peyton Manning said one of the biggest parts of the decision to return for the 2015 season was "to know kind of what your role is, I kind of like to know what the plan is so I can get to work on it."

When Manning talks about success, he inevitably talks about the "work it takes." When he talks about a new teammate, he says, "I look forward to working with him."

So when the Broncos say their best chance at a Super Bowl is for Manning to work, at least in a helmet, a little less, well, now that may take some negotiation.

"I know he's going to be beatin' my door down to be out there every day, but it will be good for him and good for the team," Broncos coach Gary Kubiak said. "We've got a plan in place and we'll stick to that plan."

In short, the Broncos want to make sure their 39-year-old future Hall of Famer has the kind of finishing kick to push the team toward the goal of another Super Bowl trophy instead of the playoff disappointment of last January's loss to the Colts, when a lackluster overall effort by the Broncos included Manning hurting and out of sorts behind a struggling offensive line.

Last season through the Nov. 9 win in Oakland, Manning had 29 touchdowns and seven interceptions; after that win over the Raiders, he had 10 touchdowns and eight interceptions, slowed by shaky play in the offensive line that worsened down the stretch as well as a thigh injury over the last three games of the regular season.

So Kubiak, who was once the offensive coordinator for a 38-year-old future Hall of Famer at quarterback in John Elway, wants to adjust Manning's workload. Manning was given some practices off during the team's offseason program and Kubiak said the Broncos will monitor Manning's snaps in the practices the quarterback participates in as well as giving him a practice off "every three, four days."

"He's doing that with a number of players," Manning said Friday. "I'm fine with that."

It has been an early theme for the Broncos in training camp. Having lost left tackle Ryan Clady (knee) and rookie tight end Jeff Heurman (knee) to season-ending injuries during the offseason program, the Broncos are keenly aware of the injury factor.

Kubiak said the team will stick to an overall plan to get the players acclimated to camp over the early days before cranking things up. Friday that meant a 30-minute walk-through period (no helmets) to close the morning practice followed by a stretching session to end the workout.

"We had a couple injuries in OTAs that obviously everyone was disappointed about," Manning said. "Sometimes that first day back at training camp, you want to be sure no injuries, no setbacks there. So yeah, the staff's trying to take care of the guys physically. But when we're out there working, we're working. It makes a lot of sense."

But constructing a plan to maintain Manning's health into the back half of the regular season and what the team hopes is a deep run into the postseason has been a top consideration for the Broncos throughout the offseason. Kubiak has said that while he was on Mike Shanahan's staff, he was part of the same kinds of discussions leading up to Elway's final two seasons at quarterback in 1997 and 1998.

The Broncos won the Super Bowl in each of those seasons.

"I think, as coaches, I can remember some of the conversations that we're having now were some of the same conversations we had as coaches going into John's last year too," Kubiak said. "How we're going to approach his work and how we're going to go about things. Peyton is part of the conversation every day as far as reps and throws and those type of things. It will be monitored. I think that he responded really well in the offseason program about not working every day. I think that his arm looked really good. I thought, physically, looked really good, and I want to stay that course."

"But I think the key thing with Peyton, and I think Peyton's on board with it, is that even though you can't feel it now, if you're doing too much work now, eventually that's going to catch up to you," Elway said. "Because at 37, 38, 39 years old where he is, you can't make that up at the end. It's going to be important that he's a part of that management process and willing to be able to take some time off to where he is just as good late as he is early and we don't wear him down."

"He'll never feel it, but all of a sudden you get to December or we get to January and if we haven't taken care of that in August, September, October, then that could hurt him and us."

Brock Osweiler ready to spell Peyton Manning -- when asked

By Jeff Legwold

ESPN.com

August 2, 2015

Denver Broncos coach Gary Kubiak has said he plans to give quarterback Peyton Manning an occasional practice off in this training camp and into the regular season.

Manning has said he's "fine" with the plan.

But the details of the plan haven't quite made it to the guy who would be behind center with the starting offense in those times Manning isn't -- Broncos backup quarterback Brock Osweiler. Osweiler said Saturday he, too, has heard about the plan to rest Manning some, but that he just hasn't heard it from Kubiak yet.

"Any time coach Kubiak wants to give reps with the 1s, I'll gladly accept those," Osweiler said. "They're hard to get so if Peyton is going to sit ... or whatever the plan coach Kubiak has -- to be honest he hasn't even talked to me about it, I'm just taking things day by day."

Kubiak has said, almost from the moment of his hiring, that he wanted to figure out a way to manage Manning's practice workload. He understands Manning's desire to prepare as much as possible but wants to make sure Manning is fresh for late-season games, including what the team hopes is a deep postseason run.

The most significant practice time Manning has taken off in his time with the Broncos was in 2013 when, after he suffered injuries to both ankles, Manning began to take Wednesday practices off down the stretch of what became a Super Bowl season. Manning was given some practices off during the team's offseason program and Kubiak has said he believes the strategy worked and that Manning has already benefited from the rest.

Beyond the front-burner issue of the health of their 39-year-old, future Hall of Fame quarterback, the Broncos also want, and need, a good look at Osweiler, who was the second-round pick in 2012. He was drafted partly for the future and partly as insurance for what was still an uncertain situation when the Broncos signed Manning coming off his fourth neck surgery.

Manning has recovered and flourished in three seasons with the Broncos, so playing time has been hard to come by for Osweiler, both in practice and in games. Osweiler has attempted 30 passes in the previous three seasons combined.

"I have really prided myself the past couple years on how we have run that scout team to get our starting defense ready," Osweiler said. "We come out and compete like it's a game every Wednesday, Thursday and Friday trying to get those guys better ... Only worry about the stuff that you can control. Whether they put me with the 1s, 2s or 3s, whether they give 100 reps or two reps, I was taught just make the most of your reps."

Demaryius Thomas is making quick progress with conditioning, offense

By Jeff Legwold

ESPN.com

August 1, 2015

The Denver Broncos like what they have seen from wide receiver Demaryius Thomas' conditioning, and he's on track to go full speed in practice when he has a complete grasp of the offense.

Asked Saturday if he felt like he was in game shape yet, Thomas said; "Not playing level, it's not that." Thomas added he felt like he would be ready -- in terms of conditioning -- to play a game in "a week and a half."

Thomas skipped the team's offseason workouts as his representatives and the Broncos negotiated what turned out to be a five-year, \$70 million deal. Broncos coach Gary Kubiak has said Thomas will be eased into the team's workouts, but Kubiak has not had him work off to the side while the offense is on the field.

Thomas has participated in parts of the team's first practices of camp, and he's worked with the team's strength and conditioning staff in other portions of practice. He's also stood with coaches and has been in the offensive huddle sometimes, even if he's not participating in that particular practice period.

"That's probably the No. 1 thing that we have to catch him up on right now," Kubiak said. "His conditioning looks good. We're just trying to break him into football stuff the right way. I want him to be able to go to the huddle, hear the call, know what the assignment is and just keep him very much involved instead of not being involved in the huddle at all."

Demaryius Thomas waiting to see mother pardoned by Obama

By ESPN News Services

ESPN.com

August 1, 2015

Demaryius Thomas is still waiting to see his mother out from behind bars for the first time since the police came busting into his house one morning when he was 11.

Katina Smith and her mother, Minnie Pearl Thomas, were arrested on drug trafficking charges. The police allowed Smith to walk her kids to the school bus stop before she was taken into custody.

Last month, President Barack Obama cut short Smith's sentence at the Federal Correctional Institution in Tallahassee, Florida, part of his push to reduce the prison population of nonviolent offenders.

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"She's at a halfway house," Thomas said. "That's a good start."

Thomas has spoken about having his mother live near him, and with a new five-year, \$70 million contract in hand, he will be able to get her a nice home one day.

What he longs for right now is a reunion with his mom upon her release from the halfway house, one that is likely to involve the first airplane flight of Smith's life.

"It's going to be a little different," Thomas said. "I've actually been thinking about it, but I ain't going to overthink it. I'm just going to let it go with the flow and roll with it."

Smith has never had the luxuries of modernity that Thomas takes for granted.

"My cousin hit me up the other day, and she was like, my mom asked her to go get a Walkman," Thomas said. "I'm like, 'A Walkman?' We don't use Walkmans no more."

"She'll catch on quick," Thomas added.

That's what Thomas is trying to do with Denver's offense after skipping the Broncos' offseason program in a contract stalemate.

He and Peyton Manning are trying to rediscover their rhythm while adjusting to coach Gary Kubiak's new offense, which relies more on the run.

Despite Denver dialing down the passing game, Thomas has said he is out to break Calvin Johnson's single-season receiving record of 1,964 yards set in 2012.

"Everybody's going to be trying to stop the run game," Thomas said, "and there's going to be lots of plays to be made deep."

Bobby Wagner signs 4-year extension worth \$43 million with Seahawks

By ESPN News Services

ESPN.com

August 1, 2015

The Seattle Seahawks have signed All-Pro middle linebacker Bobby Wagner to a four-year contract extension.

Team owner Paul Allen confirmed Wagner's extension on his Twitter account Saturday night. The deal is worth \$43 million, a source confirmed to ESPN, making him the highest-paid middle linebacker in football.

Signing Wagner and quarterback Russell Wilson, both of whom are entering their fourth season in the league, to extensions were top priorities for the Seahawks this offseason.

Wagner's deal became a challenge after the team signed Wilson to a new contract worth \$87.6 million. That deal included a signing bonus of \$31 million, according to Wilson's agent, Mark Rodgers, bringing Wilson's cap number over \$8 million.

The Seahawks were hoping to get a cap number around \$5 million for Wilson and \$3.5 million for Wagner.

After Wilson signed, Wagner said he considered holding out but decided to show up for the start of Seahawks training camp and avoid paying a fine.

Wagner was an All-Pro last season and has been the Seahawks' starting middle linebacker since being a second-round pick in 2012.

Asked whether it was important to be the highest-paid linebacker, Wagner said, "It's important to be recognized as one of the best."

With Wagner's extension signed, most of Seattle's top defensive players now are under contract for at least the next three years, including cornerback Richard Sherman and safeties Kam Chancellor and Earl Thomas.

Broncos report: Offensive line shuffle; rookie surprise

By Mike Klis

9news Sports

August 1, 2015

Observations from Day 2 of the Broncos' training camp Saturday:

*There was some tackle shuffling along the offensive line. Chris Clark, who worked with the No. 1 unit at right tackle Friday, was often lined up as the No. 2 left tackle Saturday. Ryan Harris moved in to No. 1 right tackle while Michael Schofield moved up to No. 2 right tackle.

"You're going to see that," said Broncos head coach Gary Kubiak. "It's probably going to be an everyday thing. We work that way so Clark is getting both sides and we like what Michael has done on the right. Just because of the depth chart, we don't want to see Michael get buried on the left."

Ty Sambrailo was the only offensive tackle who stayed put. The rookie from Colorado State is getting every rep possible as the first-string left tackle.

*Starting left defensive end Malik Jackson observed, but did not participate in practice Saturday after straining his left calf Friday. Backup defensive tackle Marvin Austin Jr. missed the later part of practice Saturday from heat exhaustion. Running back Jeremy Stewart was held out with a hamstring pull.

The most serious Day 1 injury Friday was to offensive tackle Connor Rains. The undrafted rookie from Wyoming suffered a left foot injury that will keep out a while.

*Undrafted rookie receiver Jordan Taylor, a 6-foot-5, 210-pound prospect from Rice, continues to impress.

"He has a long body and he has a long stride," Kubiak said. "He can really run. He's got a big catch radius. I think you guys who have been watching practice would agree that through OTAs he was an impressive player. ... He knows every spot out here and that's an advantage. I think he's going to have an excellent chance to help this team."

*Starting Sunday and for the rest of training camp, practices will begin at 9:30 a.m. The first two practices started at 10 a.m. Again, training camp practices are open to the public. Admission and parking are free.

*Rookie quarterback Trevor Siemian, a seventh-round draft pick from Northwestern, has been cleared for full participation. He was limited throughout the offseason as he continued to recover from a torn ACL in his left knee.

Siemian hasn't received many third-team reps as Zac Dysert still has the clear lead there. But Siemian did throw a beautiful deep ball down the right sideline Friday to Solomon Patton, who had the ball bounce off his hands as he drew a defensive pass interference flag.

*When the Broncos' first-team offense goes to their two-back set, James Casey was the fullback leading tailback C.J. Anderson.

*With Kyle Williams suffering an Achilles injury, Jordan Norwood and Patton have a chance to make the team as a punt returner/No. 5 receiver.

Norwood was going to win that position last year until he suffered a torn ACL during a preseason practice against the Houston Texans.

"He has a lot of ability," Kubiak said. "He's very bright, plays very well inside (in the slot). Kind of an option runner type of guy. There's a big opportunity for him on this football team."

*Maybe it was a big mountain trip weekend in Colorado. Saturdays traditionally draw the biggest crowds at training camp, so it was surprising the Day 2 crowd of 3,412 came in less than the 4,025 who gathered for Day 1 on Friday.

*The players will practice in "shells" on Sunday and will have their first full padded practice of 2015 on Monday. This when competition for roster spots and starting jobs will really pick up.

Broncos lose Kyle Williams to Achilles injury

By Mike Klis

9news Sports

August 1, 2015

If it were possible for a player to take an early lead for a roster spot after one day of training camp, Kyle Williams might have done it.

Williams made several nice plays Friday, showing good burst as he competed for the Denver Broncos' available punt returner/receiver position with Jordan Norwood, Solomon Patton, Isaiah Burse and Nathan Palmer.

Minutes into the Broncos' second training camp practice Saturday, Williams was carted off with what head coach Gary Kubiak later said was an Achilles injury. The team later announced Williams had suffered a ruptured left Achilles. Given Williams' recent history with injuries, the torn Achilles may well end his career.

Williams was moving up to field a punt when his leg buckled.

"I was right next to him when it happened," said Broncos running back C.J. Anderson. "It's devastating. Especially for him in his position when you know he's been going through (injuries) four years in a row. He's been trying to get back. We know he was a good player when he played for San Francisco and then he's been having bad breaks. We" just keep him in our prayers."

Williams suffered a torn ACL early in the 2013 season with the Kansas City Chiefs and a shoulder injury late in the preseason last year. From inside the Broncos' locker room, Williams tweeted: "Damn ... I worked too (bleep) hard for this!! #(ticked)."

Ignored at NFL combine, C.J. Anderson now No. 1 back

By Mike Klis

9news Sports

August 1, 2015

Go back a little more than two years ago to the NFL scouting combine.

There were 38 running backs gathered in Indianapolis, a group led by Eddie Lacy, Montee Ball, Le'Veon Bell and Giovani Bernard. At the time, the group was apparently trailed by C.J. Anderson.

"I didn't have one formal meeting with a team," Anderson said. "I did go to the combine but no meetings. I was the only one in there. Everybody had meetings and I was there by myself."

Here he is today and once again Anderson is all by himself. Only this time as the Broncos' top running back. He had a big day Saturday in Day 2 of Broncos training camp.

What does Anderson have that none of 32 teams could see during the 2013 combine?

"Heart, effort," Anderson said, laughing sheepishly at his self-description. "I don't light up the speed gun. I didn't have any formal meetings so I couldn't show how bright I am."

Which is more important than people might realize about a running back.

"I'll tell you what, every great back I've ever had going to back my years with Mike (Shanahan) and Bobby Turner, the two things they all in common – they're smart. They're smart kids. And they are tough," Kubiak said. "I mean Terrell was mean. Arian Foster is mean."

"This kid (Anderson) deep down inside has got that in him. I'm really excited for him. And I tell you what he gets pushed every day. Those other kids are having real good camps. Forty looked unbelievable today."

No. 40 is Juwan Thompson. Which is perfect. Anderson went undrafted, in large part because he was a backup running back at Cal. Thompson went undrafted no doubt because he was a backup running back at Duke.

Thompson, though, wasn't among the 36 running backs invited to the 2014 NFL combine, much less get an interview

"He's built for what we do," Kubiak said.

Thompson is 5-foot-11, 225 pounds. He is pushing Ball and Ronnie Hillman to become Anderson's top backup. Another tailback candidate, Jeremy Stewart, was performing well until he pulled his hamstring.

Anderson flashed in his rookie preseason of 2013 but was thwarted by a knee injury. Thompson was terrific during his rookie preseason of 2014 but was eventually slowed by a knee injury that required offseason arthroscopic surgery.

Anderson is a compact 5-foot-8, 224 pounds. His running back frame is more asset than unique.

"Everything he does is about this high off the ground," Kubiak said while holding his hand out to his waist. "He has that low center of gravity. He's tough to tackle. It's not something you teach."

After sitting through the first half of last season, Anderson finished with 849 yards rushing and 324 yards receiving and wound up playing in the Pro Bowl.

Two practices through training camp, he seems determined to prove he's not a half-year wonder.

"Felt good today," Anderson said. "Had a better day than yesterday. Once we put the pads on then a lot of things will separate."

The Broncos will practice in shells Sunday and put on full pads for the first time Monday. Anderson is one of those running backs who performs better in pads than he does in those short-and T-shirt exercises at the combine.

Pads mean contact. And breaking contact is where Anderson excels.

"He's got great hands, too," Kubiak said of Anderson. "I like him a lot. Got to keep him going."

A clean Von Miller dismissed from NFL's drug program

By Mike Klis

9news Sports

August 1, 2015

s Denver Broncos star linebacker Von Miller was dealing with his six-game suspension for violating the NFL's substance abuse program two years ago, he said there was nothing he could say to earn trust back from his team and fans, only actions.

His actions have been tangibly rewarded as a league source told 9News that because Miller has not tested positive for the past two years, he is no longer in the league's drug program.

After getting tested multiple times a week for two years as a player who was in Stage 3 of the NFL's substance abuse program, Miller's status has been reset to zero. He has not been drug tested in more than a month. He is not even in stage 1.

The development could not have come at a better time for Miller as he is in the final year of his contract. That means when his agent Joby Branion entertains negotiations for Miller's next contract, the linebacker would be considered no more risk of a drug suspension than the league's teetotalers.

The Broncos, in other words, can no longer count on getting Miller re-signed at a discounted rate. Currently, Kansas City's Justin Houston is the league's highest-paid pass-rushing linebacker with a six-year, \$101 million contract that averages out to \$16.83 million a year.

Houston, a third round pick in the 2011 draft, has 48.5 career sacks. Miller, the No. 2 overall pick in that same 2011 draft, has 49 career sacks.

Miller is making \$9.54 million this season in the fifth and final year of his contract with the Broncos.

Credit Miller's perseverance for getting dropped from the league's substance-abuse program and elevating his bargaining leverage. Besides staying free of drugs – a positive test for marijuana was the reason he was initially placed in the league's drug program -- Miller took on the responsibility as the Broncos' assistant union representative last year. He was the only Broncos' veteran player to speak to the team's rookies during a media workshop in May.

"I'm very proud of how much he has grown over the past couple of years," Branion said. "He's done a heckuva job and overcome some major obstacles that few players are able to do. And for a high-profile guy, it's especially difficult. For him to not only grow, but to proactively take on leadership roles, I'm proud of him. He turned the ship around. He should be lauded for that."

This season, Miller appears intent on expanding his player resume to include leader. During the Friday afternoon walk-through inside the Broncos' UCHealth Training Center Fieldhouse, Miller spent ample time teaching pass-rush techniques to first-round rookie Shane Ray.

It was always veteran Demarcus Ware who played the instructor role last season but it appears Miller is stepping up as he begins his fifth season.

"I wouldn't call it 'coach,'" Miller said following the team's second camp practice Saturday. "I'm not trying to coach. I was talking to Ronnie (Hillman) about running back stuff and I don't know anything about running backs. I was just telling him about what I had seen."

Miller can also thank the NFL's revised drug policy that was collectively renegotiated by owners and players back in September, 2014. Previously, a player in Stage 3 of the program remained there for the duration of his career and a subsequent violation would result in a minimum suspension of a full season.

Now, Miller's drug status resets to zero. Should there be another violation, he he would re-enter Stage 1 of the league's drug program, where he would be tested more often, but he would not be suspended. It would take a second violation for Miller to reach Stage 2 and a likely four-game suspension.

That doesn't appear likely as Miller has demonstrated -- not through words, but actions -- that he has spent the past two seasons atoning for his mistakes. The suspension and a torn ACL limited Miller to a career-low 5 sacks in 2013 but he bounced back with 14 sacks last season.

Broncos lose Kyle Williams to torn Achilles tendon

By Arnie Stapleton

Associated Press

August 1, 2015

Denver returner Kyle Williams tore his left Achilles during a punt return drill at training camp Saturday and will miss the season.

The oft-injured Williams missed much of the Broncos' offseason workouts with sore hamstrings. He was out of the league last year after playing in all four of Kansas City's preseason games.

Williams was reaching to scoop a football when he crumpled to the grass in pain and was carted off the field minutes later and taken for an MRI.

Williams, a fifth-year pro who has played in San Francisco and Kansas City, was in the mix for Denver's punt return job.

Coach Gary Kubiak said Williams "was doing a good job. He came back in great shape and was doing some return stuff, wasn't even touched. So, one of those things you just feel bad for him. I know he's very disappointed, so we'll support him best we can."

(This story has been updated to show Williams tore the Achilles tendon in his left leg.)

Thomas longs for reunion with his mother

By Arnie Stapleton

Associated Press

August 1, 2015

Demaryius Thomas is still waiting to see his mother out from behind bars for the first time since the police came busting into his house one morning when he was 11.

Katina Smith and her mother, Minnie Pearl Thomas, were arrested on drug trafficking charges. The police allowed Smith to walk her kids to the school bus stop before being taken into custody.

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What he longs for right now is a reunion with his mom upon her release from the halfway house, one that will likely involve the first airplane flight of Smith's life.

"It's going to be a little different. I've actually been thinking about it, but I ain't going to overthink it. I'm just going to let it go with the flow and roll with it," Thomas said.

Smith has never had the luxuries of modernity that Thomas takes for granted, like an iPhone or an iPad.

"My cousin hit me up the other day and she was like, my mom asked her to go get a Walkman," Thomas said. "I'm like, 'A Walkman? We don't use Walkmans no more.'"

She's got some adjustments to make.

"She'll catch on quick," Thomas said.

That's what Thomas is trying to do with Denver's new offense after skipping the Broncos' offseason program in a contract stalemate.

He and Peyton Manning are trying to rediscover their rhythm while adjusting to coach Gary Kubiak's new offense that relies more on the run.

Despite Denver dialing down the passing game, Thomas is on record saying he's out to break Calvin Johnson's single-season receiving record of 1,974 yards set in 2012.

"Everybody's going to be trying to stop the run game," Thomas said, "and there's going to be lots of plays to be made deep."

Marshall back on field but with a heavy heart

By Arnie Stapleton

Associated Press

August 1, 2015

Brandon Marshall is back on the football field, trying to replicate last year's breakout season despite two screws in his right foot and a heavy heart.

Marshall led the Broncos with 111 tackles last year despite being hobbled down the stretch by a right foot injury that required offseason surgery.

Because he didn't have the operation until March, he'll have to play the whole season before surgeons can remove hardware in his right foot, meaning he'll have to manage some pain along the way.

He said his foot feels fine so far, but the pain he's dealing with now is the grief over his grandfather's death.

Little Roy Williams, 88, died on July 7 after contracting pneumonia following surgery, Marshall said.

"He had an uncle named Big," Marshall said, "so they named him Little."

Marshall's mother, Barbara, is the youngest of a dozen children: "My mom, she's a daddy's girl, so we were always at his house," Marshall said. "He was just like a father to me."

After attending the funeral, Marshall retreated to Miami, where he got a tattoo on his left pectoral in honor of his grandfather, who was a carpenter.

It depicts a hammer and nails, one of them "piercing" his chest and drawing a trickle of "blood."

"He's on my chest," Marshall said.

Marshall's offseason was cut short because the Broncos wanted him and fellow inside linebacker Danny Trevathan (left kneecap) to report with the rookies Monday instead of with the veterans on Thursday.

"At first I didn't want to come in early but it honestly helped me," said Marshall, who missed all of the team's offseason field work.

Trevathan, the Broncos' top tackler in 2013, worked his way onto the field in June but spent most of the offseason practices with Marshall on the sideline.

The middle linebackers are the fulcrum of Wade Phillips' 3-4 defensive scheme, and there's major questions surrounding Marshall and Trevathan as they return from their injuries.

Not in their minds, though.

"Danny and I are very confident. We believe in each other. We believe in ourselves," Marshall said.

Trevathan said he and Marshall worked diligently all offseason in the classroom, weight room and training room.

"A lot of people had doubts about us and what we could do because of our injuries. It was just positive stuff with me and him," Trevathan said. "Brandon came in with the right attitude. I came in with the right attitude, and we've been attacking these practices day by day.

"We've been smart and taking care of each other. That's going to help us be one of the best duos in the league."

Safety T.J. Ward said he's glad to see Marshall and Trevathan back on the field, even if it's just cameos.

"Man, a tremendous boost just seeing them out there," Trevathan said. "They're not going full-speed, doing everything we're doing right now. But walkthroughs and 7-on-7s, just having them two down there has been great. Just seeing them down there is kind of another level of comfort."

Anguish or not, Marshall plans to approach this summer's camp with the same dogged determination that helped him have a breakout season last year after bouncing around the practice squads in Jacksonville and Denver.

"I can't let myself get comfortable and say, 'You know what, I've got a body of work, I'm good.' No, I can't do that," Marshall said. "I've got to treat it just like every other year because this is the most competitive sport in the world, man. Everybody's out for your job. And I want to be the best, so why would I let myself get comfortable?"

Troubles haven't slowed down for NFL

By Arnie Stapleton
Associated Press
August 1, 2015

Shattered cellphones. Fireworks accidents. Failed drug tests.

The NFL's endless aggravation raged through an offseason marked by more crime and punishment, rules violations by owners, and the never-ending "Deflategate" saga.

The latest black eye came from Pro Bowl defensive end Sheldon Richardson, who addressed his recent drug suspension by telling his teammates and coaches as they reported to training camp that "they don't have to worry about my name being in the news again."

A short time later, reports surfaced of Richardson being charged with resisting arrest and multiple traffic violations in an incident in Missouri this month. Police clocked him going 143 mph and found a loaded gun in his Bentley and a 12-year-old boy among his passengers.

The anguish won't end when the Eagles and Colts become the last teams to report to camp over the weekend. Tom Brady's lawsuit seeking to overturn his four-game suspension will hang over the league until a resolution is reached.

Still, it's time to turn the nation's sporting attention back to the field.

"I think there's a lot of positivity going on in the league," Broncos cornerback Chris Harris Jr. said. "It's just that 10 percent that's negative, that's the news. That's what people want to see and want to read. Unfortunately, that's not what you want as a league."

"So, right now it's good to start football. That's what fans want to see: guys on the field making plays. So, it's a good thing that football is back."

He'll find no arguments from the league office.

Just a month after Commissioner Roger Goodell handed him the Super Bowl MVP trophy, Brady refused to hand over his cellphone when the NFL delved into allegations the Patriots surreptitiously used underinflated footballs in the AFC championship game.

Brady sued the league after Goodell upheld his four-game suspension this week, with the commissioner ruling the NFL's biggest name destroyed his cellphone to obstruct the inquiry by investigator Ted Wells.

Judge Richard Berman, who has been assigned to the case, told all sides to "tone down their rhetoric," and wrote, "The earth is already sufficiently scorched, in the Court's view."

Brady's suspension is the enduring footprint of an offseason in which the shield was sullied on a seemingly daily basis.

This after a 2014 season marked by domestic abuse cases that placed the names Ray Rice, Adrian Peterson and Greg Hardy in the spotlight for their off-field misbehavior.

Goodell declared at his annual state-of-the-league address that the NFL had made "enormous progress" on social issues after the incessant barrage of disturbing developments in 2014. Yet, this offseason featured a steady stream of player arrests, drug suspensions and owners getting penalized for violating various rules.

Also in the headlines:

—Former Patriots star Aaron Hernandez was convicted of murder and sentenced to life in prison.

—Hall of Famer Warren Sapp was fired from his TV gig after allegedly assaulting two women.

—John Bowlen, the son of Broncos owner Pat Bowlen, a marketing employee with the team and a potential successor to his father, was arrested after allegedly pushing his girlfriend against a bathroom wall.

The draft was marked by prospects Shane Ray and Randy Gregory watching their stock slip over marijuana issues.

La'el Collins, another potential first-rounder, fell out of the draft entirely because of a police probe that turned up no involvement by the former LSU offensive lineman in the shooting death of a woman he knew. He eventually signed with Dallas.

Florida State quarterback Jameis Winston, with a hefty list of his own difficulties, went No. 1 to Tampa Bay.

Less than a week after all the hugs and handshakes of draft weekend, two prized picks suffered season-ending knee injuries.

Defensive end Dante Fowler, the third overall pick, blew out his left knee on the first day of Jacksonville's rookie minicamp. Twenty-four hours later, tight end Jeff Heurman, Denver's third-round selection, tore his left ACL covering a kickoff.

On July 4, two players were injured in fireworks mishaps.

The Buccaneers placed cornerback C.J. Wilson on the injured reserve/retired list while he recovers from losing two fingers on his right hand. The New York Giants, however, have no firsthand knowledge about the extent of the hand injuries Pro Bowl defensive end Jason Pierre-Paul sustained in his fireworks accident in Florida.

The Giants pulled a long-term contract offer after his accident. Co-owner John Mara said the Giants are aware of reports Pierre-Paul had a finger amputated in the accident and fractured a thumb, but the team has not been able to verify that because they haven't been allowed to examine him.

"I don't know how many fingers he has," Mara said.

Broncos WR Kyle Williams ruptures Achilles, says he's out for season

By Jared Dubin
CBSSports.com
August 1, 2015

Denver Broncos wide receiver Kyle Williams, while bending down in an attempt to pick up a punt, suffered an injury to his Achilles at training camp Saturday. He was down on the field for several minutes and was eventually carted off, per reports.

Williams posted on Instagram later Saturday that the injury will keep him out for the season.

kylewilliams.15 5 hours ago

Unfortunately, today I suffered a rupture to my Achilles and will consequently be missing this season. It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you. 🙏🙏
522 likes 96 comments

"Unfortunately, today I suffered an injury to my Achilles and will consequently be missing this season," Williams wrote. "It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you."

Williams, who is perhaps best known for misplaying two punts during the 2011 NFC Championship Game against the New York Giants, had previously suffered two torn ACLs, the second of which came while he was playing for the Kansas City Chiefs. He was in the mix for the Broncos' punt returner job before the Achilles injury.

Five most overrated NFL players heading into 2015 season

By Vincent Frank
FOXSports.com
August 1, 2015

With the 2015 NFL preseason about a week away, things are starting to get interesting on the field. It's a nice change of direction from what was an offseason filled with too much drama.

Now that our focus is actually turning to the game of football, it's time to preview the 2015 season. In keeping up with that theme, here is our list of the five most overrated players in the NFL.

We have used a combination of player salaries and the NFL Network Top 100 Players of 2015 (rankings in parentheses) to draw a conclusion here. You might not agree with said conclusions, but the opinions are backed up by cold-hard stats and facts.

1. Charles Woodson, safety, Oakland Raiders (ranking: 64)

Woodson will go down as one of the top defensive backs in modern NFL history. He's an eight-time Pro Bowler, has earned three first-team All-Pro honors and is the league's active interceptions leader with 60. His dominance of the football field during the early 2000's and then later that decade should never be taken away from him.

However, there's a huge caveat here. Despite missing a whopping 20 tackles and allowing a 93.6 opposing quarterback rating in coverage last season, this future Hall of Famer somehow found his way on to the NFL Network's Top 100 players of 2015. The reality of the situation is that Woodson remains a key veteran cog on a young Raiders defense. That's an important thing to note. It also doesn't mean that he's anywhere near the player he once was. In fact, there's little doubt he wouldn't currently be a starter on a good defense. At 38 years old, Woodson is a shell of his former self. And that makes him the most overrated player in the NFL today.

2. LeSean McCoy, running back, Buffalo Bills (ranking: 29)

McCoy's career stats are about as sexy as it comes. He's averaged over 1,500 total yards and nine touchdowns per season during his six-year career with the Philadelphia Eagles. During that span, McCoy averaged 4.6 yards per attempt and over five yards per touch. These numbers have made him one of the most-valuable fantasy football players on the planet. They have also made him one of the most overrated players on the actual football field.

Consider this: McCoy averaged just 2.1 yards after contact last season, good enough for a 41st-overall ranking out of 57 qualified running backs (via Pro Football Focus, subscription required). He also missed a total of 40 tackles in 314 rushing attempts. For comparison's sake, San Francisco 49ers running back Carlos Hyde missed 25 in 83 attempts. The league leader in this category, Marshawn Lynch, shed 83 tackles in 280 attempts.

With these advanced numbers all going in the wrong direction, how did McCoy perform at such a high level in Philadelphia? The answer is rather simple. The Eagles' offensive line graded out as the top run-blocking unit last year, and it wasn't necessarily close. According to Pro Football Focus, this unit finished with a positive 85.7 grade. The second-best offensive line, at least in this category, was the Dallas Cowboys with a positive 54.2 grade. Unfortunately for McCoy, he's joining a Bills team that boasted the second-worst run-blocking offensive line in the NFL last year.

3. T.Y. Hilton, wide receiver, Indianapolis Colts (ranking: 35)

Hilton put up 82 receptions for 1,345 yards last season. He also caught 63 percent of the passes thrown in his direction and averaged 16.4 yards per catch. These numbers are all splendid and pretty much make him the Colts' No. 1 wide receiver heading into 2015.

However, as we saw with McCoy, there are some issues when looking at stats and actually going back to game film from last season. Andrew Luck actually possessed a lower touchdown-to-interception ratio when targeting Hilton last year as opposed to the rest of the team. Some of that might have had to do with Luck forcing the ball to his No. 1 target, but those are not numbers indicative of a top-end receiver in the NFL.

Considering Hilton caught just 56 percent of the passes thrown in his direction that traveled 10-plus yards last year, he's going to have to act as a more consistent intermediate threat for Luck if he actually wants to get paid Dez Bryant money. Until then, he's nothing more than a good young player with tremendous upside.

4. Julius Thomas, tight end, Jacksonville Jaguars (ranking: 45)

Talk about the Peyton Manning effect. A total of 22 percent of Thomas' receptions over the past two seasons were touchdowns. He also caught 71 percent of the passes thrown in his direction during that span -- a number that isn't much higher than Denver's crop of wide receivers. This has to be somewhat alarming considering Manning has always completed a much higher percentage of his passes to tight ends than receivers.

And while it must be noted that Manning threw 24 touchdowns compared to two interceptions when targeting Thomas, the latter will now be catching passes from an unproven signal-caller in Blake Bortles. He will be doing so without top-end receivers to take attention away from him. All of this makes Thomas' five-year, \$46 million deal and No. 45 ranking among NFL's top-100 players both pretty darn ridiculous.

5. Justin Forsett, running back, Baltimore Ravens (ranking: 65)

One ultra-successful campaign in seven years and somehow Forsett is considered one of the top running backs in the NFL. While what he did last season for Baltimore was nothing short of amazing, let's remember that Forsett had put up less than 1,600 rushing yards in the previous six seasons combined.

Not too often does a 29-year-old running back jump on to the scene the way this former seventh-round pick did last year. After all, he did tally over 1,500 yards and eight touchdowns. Go ahead call me a skeptic, but I want to see it for more than just one season. That's only magnified by the fact that over

half of his yardage came in five games. If Forsett, who will turn 30 during the 2015 season, shows more consistency, maybe it will be time to buy in. Until then, his status on NFL Network's top 100 is a joke.

Broncos WR Kyle Williams out for season with Achilles injury

By Molly Geary

SI.com

August 1, 2015

Denver Broncos wide receiver Kyle Williams will miss the 2015 season after sustaining an Achilles injury during practice on Saturday, he announced on Instagram.

Williams was carted off the field during Saturday's practice after sustaining an injury while returning a punt.

The 27-year-old did not play last season after sustaining a shoulder injury in the Kansas City Chiefs' final preseason game. His 2012 and 2013 seasons was also cut short after tearing his ACL in back-to-back years.

Williams' full Instagram post can be read below:

“Unfortunately, today I suffered an injury to my Achilles and will consequently be missing this season. It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you.”

Williams has 574 career receiving yards and four receiving touchdowns on 47 catches. He has also served on kick and punt return duties during his NFL career.

Broncos WR Kyle Williams suffers Achilles injury

By Kevin Patra
NFL.com
August 1, 2015

The football gods seem to have it out for Kyle Williams.

The Denver Broncos receiver was carted off the field after sustaining an injury during special teams drills on Saturday. The team announced that Williams suffered a ruptured Achilles tendon in his left leg.

Williams posted on Instagram that he would miss the 2015 season.

"Unfortunately, today I suffered an injury to my Achilles and will consequently be missing this season," he wrote. "It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you."

The former San Francisco 49ers receiver is probably most well-known for his disastrous performance in the 2011 NFC Championship game versus the New York Giants, when he lost two fumbles, including one in overtime that directly led to the loss.

The following season Williams suffered an ACL tear after 11 games. The 49ers cut Williams in November 2013. After being picked up by the Kansas City Chiefs, the receiver suffered another torn ACL.

The 27-year-old re-signed with the Chiefs last offseason, but injured his shoulder in the final preseason game and was released. Williams sat out the entire 2014 season.

According to reporters at Broncos practice on Saturday, Williams became emotional and was seen sobbing as he was carted off with his latest setback.

Settlement talks for Brady, Goodell set for Aug. 12

By Greg Rosenthal

NFL.com

August 1, 2015

The NFL and NFL Players Association haven't agreed on much lately, but some joint paperwork filed Friday they agree that the Tom Brady saga needs to end before the 2015 season starts.

According to paperwork obtained by NFL Media Insider Ian Rapoport, the league and players' union jointly filed paperwork asking New York Judge Richard Berman to rule on Tom Brady's lawsuit by Sept. 4. And Berman quickly agreed to a timeline that should have the Brady conflict resolved well before Week 1, according to documents.

Berman asked Brady's lawyers and the NFL to file a memo stating their positions on Aug. 7. Berman scheduled a conference for Aug. 12, requesting that NFL Commissioner Roger Goodell and Brady be in attendance. Berman encouraged the two sides to continue to work on a potential settlement. Barring that, Berman also set an Aug. 19 date for both parties to meet again and either continue to conference or hear oral arguments.

The paperwork shows that the NFLPA, NFL and federal court all want this matter expedited quickly. If the case is heard Aug. 19, Judge Berman will have a lot of time well before the NFL season starts to make a decision. We should have clarity on the situation before New England's opening game against Pittsburgh on Sept. 10.

The letter from Brady's attorney Jeffrey Kessler says that his side had originally intended to file a motion for a preliminary injunction that would allow Brady to play football while his legal case plays out. But the NFL and Brady's side came together and decided that a quick outcome would be in everyone's best interest (including football fans).

Berman responded to the jointly filed paperwork in a matter of hours Friday, indicating what a high priority the case is for him. This never-ending story finally appears on the fast track to a conclusion.

Broncos training camp practices moved up to 9:30 a.m.

By Hsing Tseng
FOX 31 Denver
August 1, 2015

The start time for Broncos training camp practices has been moved up to 9:30 a.m. from 10 a.m., according to the Denver Broncos website Saturday.

Fans can attend Broncos practices for free at the new UCHealth Training Center. Friday was the first of 14 practices available to the public, with 4,025 total attendees, according to a statement from the Broncos.

Parking lots open at 6:30 a.m and parking will be free. Gates for public practices open approximately one hour before the session begins at 8:30 a.m. The open practices will be held from 9:30 a.m. to 12:30 p.m.

Training camp will go through Aug. 20. Practices the next week with the San Francisco 49ers will be closed to the public.

The remaining dates fans can watch training camp practice:

Sunday, Aug. 2

Monday, Aug. 3

Tuesday, Aug. 4

Thursday, Aug. 6

Friday, Aug. 7

Saturday, Aug. 8

Sunday, Aug. 9

Tuesday, Aug. 11

Wednesday, Aug. 12

Monday, Aug. 17

Tuesday, Aug. 18

Wednesday, Aug. 19

Thursday, Aug. 20

NFL Confidential: Deflategate fiasco harms image of league, Patriots

By Vito Stellino
Florida Times-Union
August 1, 2015

Goodell has built a \$6.5 million summer home there, and Police Chief Robbie Moulton said, "They did reach out and let us know about the decision and that it might not be popular."

Because Maine is in Patriots country, the league was apparently worried that unhappy Patriots fans might be a threat to Goodell's home.

The police chief said there wouldn't be a substantial increase in security, but police would be patrolling the area.

There were no reports of any problems, but the fact the NFL contacted the police shows how the league has become obsessed with Deflategate.

It is football's version of Captain Ahab chasing Moby Dick, even though it's about the air pressure of footballs in a 45-7 New England win over the Indianapolis Colts. It's much ado about nothing, especially because the league has yet to provide any proof that the Patriots actually tampered with the balls and created a new "more probably than not" standard.

Goodell's latest ruling isn't close to the end of the battle. It is just the latest skirmish in what seems to be an endless war.

The league was so convinced that the NFL Players Association and Brady would go to court that it went to court first in New York. The NFLPA then filed in Minnesota, where it has had a history of getting favorable rulings, but the judge kicked it back to New York.

Goodell wants Brady to be suspended. Brady, insisting he is innocent, is apparently only willing to accept a fine.

And the public fight between the two sides continues despite the judge's call for the sides to "begin to pursue a mutually acceptable resolution to this case."

The whole fiasco is not good for the image of the league or the Patriots.

If the court lets the suspension stand, it will be the major storyline for the first month of the season as the Patriots attempt to win without Brady.

Looking at positive side

Denver Broncos president John Elway, who was once an old quarterback, said last week the team is going to force Peyton Manning to take some days off during training camp so his 39-year-old body doesn't wear down by the end of the season.

Which brings up the question of whether a four-game suspension might not be a huge negative for Brady, who'll be 38 Monday.

Because only one of the first four New England games is against a division rival, the Patriots can still win the division if they stumble early. And Brady might be fresher in the playoffs if he plays a 12-game schedule rather than 16. And then there's incentive that Brady and the Patriots will want vindication on the field.

Good deal for Wilson

Seahawks quarterback Russell Wilson showed last week he knows when to hold them and when to fold them.

Wilson spent the last few weeks saying he wanted to be the NFL's highest-paid quarterback, topping Aaron Rodgers' \$22 million-a-year contract.

But to do that, Wilson would have had to play this year for only \$1.5 million to become a free agent and risk a major injury that could have reduced his value.

If Wilson had become a free agent, he would have had all the leverage. The Seahawks would have had to pay him what he wanted next year or franchise him at \$25 million. To franchise him the following year would cost \$30 million.

But when the Seahawks offered him \$87.6 million in new money over four years with a \$31 million signing bonus and \$60 million in guarantees, he made the prudent move and took it.

Counting the \$1.5 million this year, it's really a five year deal at \$89.1 million, an average of \$17.8 million a year.

It's not close to Rodgers' average, but Wilson is set for life and it would have been too risky to leave all that money on the table to chase a bigger payday.

Keeping the faith

Seattle coach Pete Carroll is on the cover of Sports Illustrated this week insisting he's not haunted by his decision not to run Marshawn Lynch from the 1-yard line in the Super Bowl. Carroll still insists it was the right call and not the worst possible decision but the "worst possible outcome."

He even added, "We'll come out of this better than if we had won."

Sounds like a coach in denial. The last team to lose a Super Bowl and win it the next year was the 1972 perfect Dolphins. The last team to repeat was the Patriots a decade ago. It's easier to repeat than come back from a Super Bowl loss.

A leap of faith

And then there's Marvin Lewis of Cincinnati, who recently signed a contract extension through 2016, but hopes he doesn't coach next year.

"I want to hand [owner] Mike [Brown] the Super Bowl trophy and then just walk away," Lewis said.

That's quite a stretch for a coach who's been on the job 12 years and has yet to win a playoff game in six attempts.

As Cincinnati.com pointed out, in the last four playoff losses, the Bengals were within a least touchdown at halftime of every game — trailing by a combined score of 46-37. Yet in the second half of those four games, they failed to score a touchdown and were outscored 57-6.

Lewis, who won a Super Bowl ring as an assistant with the Ravens after the 2000 season, has to figure out how to win a playoff game before he gets a Super Bowl trophy.

Quotable

"We brought him here to be our quarterback, and we feel he's ready to take the next step." Tampa Bay coach Lovie Smith, on naming rookie Jameis Winston his starting quarterback.

Bethel High graduate C.J. Anderson looks for more success with Denver Broncos

By Thomas Gase
Vallejo Times Press
August 2, 2015

A lot can change for a person in a period of eight months. Just ask Bethel High graduate and Denver Broncos running back C.J. Anderson.

While walking in a Denver Walmart store a few months ago Anderson saw something he had never seen before that made him smile.

“Sometimes things are different for me now,” Anderson said. “I get noticed more these days when I go into some places like a Sports Authority store. But this one time when I went into Walmart and I saw a kid’s backpack with an action shot of myself on it. That was great.”

After flying under the radar for a time, Anderson is now like a popular bar in Boston — everyone knows his name. On Nov. 9 of last season Anderson made the most of a good opportunity as he gained 163 total yards and scored a touchdown in Oakland against the Raiders in his first career start. After that, Anderson’s game elevated to a level higher than the Rocky Mountains as he rushed for 849 yards and eight touchdowns on 179 attempts. The season culminated with his first Pro Bowl appearance.

Now the 24-year-old Cal graduate is looking to repeat his success in his third season.

“The main difference is this year I’m coming in as a starter,” Anderson said. “But I know I have to come in with the same approach and that I still have to grind. I need to know my p’s and q’s to keep my spot and I need to work hard. I need to make all the plays I made last year and more. I want to try and make each play count and show everyone that believed in me that they were right.”

Anderson also begins the 2015 season with a new head coach, Gary Kubiak, who takes over for John Fox.

Also gone is Adam Gase, the former Denver Broncos offensive coordinator who moved with Fox to the Chicago Bears. Replacing Gase is Rick Dennison.

“I’m liking our new scheme here which is a more cut-and-go scheme offensively,” Anderson said. “It teaches me to be patient but I like it because it benefits my attributes a lot I feel.”

Anderson said he is taking all his reps serious in practice and the one thing he has learned and hoping to be better at in 2015 is reacting to certain moments of the game differently.

“I need to know the actual in-game situations better,” the former Jaguar said. “If I have a nine-yard run on first and 10, I need to realize that we need to pick up the first down on the next play and not put our team in a third-down situation. I’m have to not always try to make the big, home-run-type run. Certain plays are for certain situations.”

One of Anderson's biggest mentors at Denver is Peyton Manning, Denver's quarterback and five-time NFL MVP. Anderson said Manning especially helped him since the end of last season.

"He's taught me how to handle success," Anderson said. "He told me, 'This is something you've dreamed about since being a little kid. You told yourself you wanted to be in a situation like this. Now you have to handle yourself the right way, especially with the media and just be yourself.' A lot of guys get some success and then become a bad apple in the locker room. I don't want that to happen with me."

Anderson said that Manning also does a great job leading by example when practice rolls around. Denver began its training camp this past week.

"It's rare when I'll be on special teams now, although anything the team asks for I'll do," Anderson said. "Instead, what's awesome about this year is I get a full year of working with Peyton. He's tremendous when it comes to practice. He comes to work every single day even though he's been playing for 18 years and he's got five MVPs under his belt. He brings out the best in you he's still like a 21- or 22-year-old with something to prove."

Although he has a lot of respect for Manning, Anderson cannot say the same thing about Fantasy Football. Where last year Anderson was a super sleeper at best, many fantasy football mock drafts now have Anderson going as high as the first round.

"I still have the same take on fantasy football and that is I don't care about your team," Anderson said, with a short laugh. "In the end I'm all about trying to win football games. If that means I just pick up a first down to seal a win instead of breaking a 30-yard run to help your team then I'm cool with that."

Marcas Grant, a Hogan High graduate that is now a Fantasy Football editor at NFL.com and a co-host on NFL Fantasy Live, still has high praise for Anderson in 2015.

"I expect big things from C.J. Anderson this year," Grant said. "I loved what I saw from him last season and expect him to take control of the backfield. I especially think he'll be key early in the season as the Broncos try to save Peyton Manning's arm as much as possible for the postseason."

Anderson, in return, does appreciate the praise despite his distaste for fantasy football.

"The good thing about being high on fantasy football mock drafts is that someone thinks I'm in the same league as the Adrian Peterson's, Jamaal Charles, LeSean McCoy's of this world," Anderson said. "I'm expecting to be one of the best in this game so it feels good to know you're in the same conversation."

Anderson will continue to strive to be in that conversation when the Broncos open the regular season on Sept. 13 at home against the Baltimore Ravens. Denver's first preseason game is at Seattle on Aug. 14.

"You look at our team and we have a lot of veterans," Anderson said. "Peyton has played 18 years and he deserves another Super Bowl. DeMarcus Ware has played a long time on defense and he deserves a Super Bowl. It's up to me and the rest of the team to play for them because you never know how many opportunities you are going to get. Denver is crazy for a Super Bowl win. Around here, it's Super Bowl or bust."

Broncos' Kyle Williams out for season with torn Achilles

By Michael David Smith

Pro Football Talk

August 1, 2015

Broncos receiver Kyle Williams suffered a season-ending injury at today's training camp practice.

Williams has confirmed that he tore his Achilles and won't play in 2015.

"Unfortunately, today I suffered an injury to my Achilles and will consequently be missing this season," Williams wrote on Instagram. "It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me. My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than u know. Thank you."

Williams's long injury history makes it questionable whether he'll be able to make it back to the NFL. His 2013 season ended with a torn ACL, and in 2014 he didn't play beyond the preseason after suffering a shoulder injury.

Von Miller exits substance-abuse program

By Michael David Smith

Pro Football Talk

August 1, 2015

Two years ago, Broncos linebacker Von Miller missed the first six games of the season as part of a negotiated resolution under the substance abuse policy, based on allegations that he conspired with a sample collector to beat drug tests.

Now, Miller has stayed clean long enough to exit the substance-abuse program entirely, according to Mike Klis of KUSA-TV.

Miller's exit from the program is one of the new wrinkles of the substance-abuse policy as revised in 2014. Previously, a player who landed in Stage 3 of the program remained there for the rest of his career. Now, the player has a path not only out of Stage 3 but also out of the program entirely, if he avoids any violation for 24 months.

The development increases Miller's marketability, as he enters the final year of his rookie contract. It also means that, like all players not in the program, he faces only one substance-abuse test per year, in a window that ironically opens on 4/20. After that, he won't be tested against until the next year.

If Miller fails one of the annual tests, he would return to Stage 1 of the program. He'd then be subject to the new formula for determining disciplining: two-game fine, four-game fine, four-game suspension, 10-game suspension, and minimum one-year banishment.

Day 2 Training Camp Takeaways: How Demaryius Thomas is learning the offense

By Andrew Mason
DenverBroncos.com
August 1, 2015

After lurching into training camp Friday, the Broncos opened up the offense Saturday, with more work on deeper routes, more big plays -- and more chances for the defense to respond with explosive plays of its own.

The defense obliged with a pair of interceptions off Brock Osweiler and Trevor Siemian during a 7-on-7 period, with Lorenzo Doss and Teverin Brandon picking off passes.

The offense had flashes of brilliance, with Cody Latimer, Emmanuel Sanders and Jordan Taylor leading the way. But it's not where it expects to be -- and won't be until Demaryius Thomas is back in the lineup.

Demaryius Thomas

Thomas acknowledged that it will be "a week or two" until he reaches a proper conditioning level to get a full practice workload after missing OTAs and minicamp.

"We're going to take it easy. I haven't been here in a while," Thomas said. "I haven't played ball in high altitude in a while, so we're going to ease into it so I don't get any injuries and be ready to go when I'm in better shape.

But Head Coach Gary Kubiak noted that it's the mental adjustment that will determine Thomas' timetable.

"His conditioning looks good. We're just trying to break him into football stuff the right way," Kubiak said. "I want him to be able to go to the huddle, hear the call, know what [his] assignment is and just keep him very much involved instead of not being involved in the huddle at all."

That's where Saturday's takeaways begin.

1. THOMAS IN THE HUDDLE, BUT THAT'S ALL:

Twelve men in the huddle draws a flag in a game, but it's no problem on the practice field. That allows Thomas to hear the calls and grasp the language conveying what his role will be.

"It's a new offense. It's basically telling you the formations -- strong side, weak side -- and telling you what you've got to do," Thomas said. "It's not much different, but usually we'll never be in the huddle, so that's the only difference."

Because the Broncos want Thomas in the huddle, he does his conditioning work at other times of practice, including special-teams periods.

"If DT had been in this offense a long time, and I wasn't worried about assignment stuff like that, I'd probably not be so [focused on Thomas being in the huddle]," Kubiak said. "That's probably the number one thing that we have to catch him up on right now."

2. LATIMER TAKING FULL ADVANTAGE.

Thomas' absence put Cody Latimer onto the first team throughout the offseason and the first two days of training camp, and the second-year wide receiver has responded with some big catches despite tough defending. He made two grabs against Pro Bowl cornerback Chris Harris Jr. during one-on-one work, including a one-handed grab.

The timing between Peyton Manning and Latimer improved. But more importantly, the trust has skyrocketed. Throughout Saturday's work, Manning found Latimer in traffic, including a connection on the first play of the first team period. He trusts that the 2014 second-round pick can make plays with defenders on him, and that fits Manning's long-time ability to drop the football through the narrowest of windows.

But Latimer is not satisfied.

"I think I started kind of strong, but I can always do better," he said. "There are little things I need to tweak in my game. I'm going to take it day-by-day and try to increase every day and get better."

When Thomas returns, Latimer's repetitions might decrease. But the better he plays now -- not only as a receiver, but as a blocker, a skill at which John Elway felt he was the best in the deep 2014 receiver class -- the more he'll make the case for the Broncos to make heavier use of three-wide receiver sets.

Jordan Taylor

3. JORDAN TAYLOR STEPS INTO THE SPOTLIGHT.

Latimer's one-handed grab came moments after Jordan Taylor wowed the 3,425 on hand with a one-handed catch of his own which was arguably the highlight of the day.

Taylor's ability to make dynamic downfield receptions is no surprise; he made it into the OTA takeaways for his work and drew praise in June from Manning.

In the seven-on-seven period after his one-handed catch, Taylor made a gorgeous reception from Brock Osweiler on a slant route, beating Tony Carter. But he was just as focused on the plays he didn't make.

"I left a few plays out there, too, and I've just got to constantly try to improve every day," Taylor said.

If Taylor is to stick on the 53-man roster, he knows that he cannot simply be a pass catcher. The last two days, he's been as focused on his blocking as his receiving. Run blocking by receivers is a long-time point of emphasis in this offensive scheme; it was a big deal in Rod Smith's day and it's just as important now.

But late in practice, Taylor was also blocking on punt returns for the explosive Solomon Patton, and helped spring him for two long returns with effective blocks upfield. That's a new role for Taylor, but it goes hand-in-hand with the emphasis on outside blocking on carries.

"I think I'll be able to pick it up soon, learning from Bubba [Caldwell]," Taylor said. "He's the first-string guy (in that role), and he's helping me too. I've just got to pick it up."

Danny Trevathan and Brandon Marshall

4. MARSHALL AND TREVATHAN GETTING CLOSER EVERY DAY.

Their injuries were different, but their rehabilitations were equally arduous. And even though the exact dates of their return to full-scale team work might be different, it will be hard to separate the progress of one from the other, given their roles as inside linebackers and the fact that Brandon Marshall replaced Danny Trevathan as a 4-3 weakside linebacker last year.

Although coaches and teammates praised the work of Steven Johnson and Todd Davis together throughout the offseason and the first two days of training camp, it's clear that the ideal defense involves Trevathan and Marshall back together. Walk-through periods and seven-on-seven work offer a glimpse. The first thing you notice is their pre-snap communication; the two rarely get their wires crossed. Although they can both be vocal, often a hand signal is all they need to communicate their intent.

"We know each other well, so it's actually pretty easy to have him in there," Marshall said. "I don't really have to sit there and tell him what to do. He knows what to do and we just feed off each other."

With their communication down and their knowledge of the defense sharpened by their constant presence on the practice field taking mental repetitions in the offseason, the only distance left to traverse is physical. Both are close to returning, but Marshall acknowledges some lingering discomfort. He'll play with two screws in his foot to aid in the long-term healing. In the meantime, he knows he will have to manage the pain.

"I'd give it 90 percent," Marshall said. "I think I'm at 90 right now and that's because I still get some aches, which will be there all season. The other 10 percent is probably me getting my explosion back, my pop back as far as running and jumping and doing stuff like that. I think that will be the last thing to come anyway."

5. NOTES FROM THE ONE-ON-ONES.

Sylvester Williams

The daily duels between the offensive linemen and the defensive ends and edge rushers are always among the most fascinating parts of training camp. But with offseason departures on both sides of the line of scrimmage, the looming suspension of Derek Wolfe and a horde of young O-linemen finding their way, the work has rarely been more important.

Among the players who stood out:

... NT Sylvester Williams, who looked athletic and quick spinning through and around interior linemen. This is the sort of burst that made him a first-round pick, and his play at the end of practice earned praise from Kubiak ...

... DE Kenny Anunike, who burst into the backfield with an spin move to get past guard Max Garcia ...

... C Matt Paradis, who did a good job getting set off the snap and holding his ground, even when under intense pressure from Williams and NT Darius Kilgo ...

... Kilgo, who threw off rookie center Dillon Day at one point to burst into the backfield ...

... Garcia, who immediately rebounded from getting beat by a Vance Walker swim move by getting his hands up quickly in the rematch to prevent Walker from breaking through.

Broncos Training Camp Quick Hits: Day 2

By Andrew Mason
DenverBroncos.com
August 1, 2015

On Day 2 of training camp, the Broncos continued with no-pads, low-contact work. But it didn't prevent a season-ending injury to wide receiver Kyle Williams.

Williams injured his Achilles tendon during a return drill and was carted off the field. A subsequent MRI examination revealed that the tendon was ruptured.

Williams did not play in 2014 in the wake of shoulder and ACL injuries, but had battled his way back and was in the thick of a crowded field at punt and kickoff returner before succumbing Saturday.

"He was doing a good job. He came back in great shape. He was doing some return stuff, and he wasn't even touched," Kubiak said.

Williams shared his frustration via Twitter, writing, "I worked too [expletive] hard for this!!!!!" just after the injury. His pain was palpable and understandable, given that he overcame a torn anterior cruciate ligament and a shoulder injury in the last two years just to have this chance.

"You just feel bad for him. I know he's very disappointed," Kubiak said.

But practice went on, as it always does.

NOTES:

... CB Omar Bolden was the first Bronco on the field for practice. He was followed by OT Ryan Harris, FB/TE Joe Don Duncan and G Ben Garland.

... WR Jordan Taylor earned on-the-record compliments from Peyton Manning during OTAs, and he continued to justify that praise by making two of the day's biggest receptions. The first was a one-handed grab from QB Trevor Siemian during the one-on-one period. Taylor got past rookie CB Taurean Nixon with a perfect precise route, starting with an inside slant and then cutting back outside toward the right sideline, where he made the grab.

... Two plays after Taylor's big reception, WR Nathan Palmer barely missed his chance for a one-handed catch from Siemian that would have spurred an explosion from the fans on the hillside. Palmer later had a chance for a deep reception past rookie CB Tevrin Brandon, but a perfectly led pass from Siemian bounced off his hands. Palmer subsequently heaved the football 25 feet skyward on the bounce in frustration.

... Brandon later got the better of Siemian, intercepting a pass from him in seven-on-seven period. Siemian attempted to lob a deep pass to Taylor, but Brandon read it perfectly for the pickoff.

... WR Cody Latimer and QB Peyton Manning were on the same page Saturday. They connected on multiple passes, beginning in one-on-one drills when Latimer caught a quick slant in front of CB Chris

Harris Jr. But that paled with the one-handed catch Latimer made the next time he was up. Manning threw to Latimer on a quick out route, and the receiver reached out and made the grab.

... WR Jordan Norwood got some work with Manning during the one-on-one period, which he punctuated with a reception on a go route past CB Tony Carter. Norwood made a good adjustment to the ball after getting turned around before the reception.

... Manning and WR Emmanuel Sanders also connected deep down the left seam, with Sanders beating CB Aqib Talib, who was flagged for holding on the play. Another flag flew on a later Sanders route when CB Kayvon Webster grabbed his jersey on a quick slant.

... One-on-one drills favor the offense, it must be said. But despite allowing a pair of receptions, CB Bradley Roby displayed his usual tenacity, getting his hands up near the line of scrimmage and making it difficult for WR Andre Caldwell to break out on his route.

... CB Lorenzo Doss needs to show that he can be the same kind of ballhawk that he was at Tulane, and he took a good step with an interception of QB Brock Osweiler during a seven-on-seven period.

... OT Michael Schofield was among the linemen who had some promising moments in line drills. The coaches emphasized lateral movement, and Schofield looked much better at keeping his balance while getting low and moving than he did Friday.

... Bolden and Solomon Patton were the punt returners for a special-teams drill late in practice. Patton fielded his punts cleanly; Bolden bobbled one and fumbled after coming forward to field a short Karl Schmitz punt.

... The field-goal unit again practiced end-game attempts. Connor Barth hit his 51-yard attempt, and Brandon McManus connected from 51 and 52 yards.

... Kubiak shuffled the offensive line, as per his camp plan. Schofield saw snaps at right tackle, and Chris Clark worked at left tackle. "We like what Michael has done on the right," Kubiak said. "We don't want Michael to get buried on the left. We want him to be able to compete on the other side."

... Kubiak said he wanted the Broncos to start by watching the practice film from the end to the beginning, because most of their mistakes were made then.

... NT Sylvester Williams was dominant at times during one-on-one line drills and was singled out for praise from Kubiak after practice. Williams was almost throwing the centers he faced out of the way, although Matt Paradis was stout against him, not falling for spin moves and holding his ground.

... The Broncos will wear shells tomorrow and have their first full-pads practice Monday.

PARTICIPATION REPORT:

... TE Jeff Heurman (ACL), DE Antonio Smith (funeral) and OT Connor Rains (foot) were not in uniform and did not practice.

... DE Malik Jackson was in uniform, but did not have a helmet and was limited to conditioning work after suffering a calf injury Friday morning.

... RG Louis Vasquez returned to practice after missing Friday's walk-through because of an illness.

... WR Demaryius Thomas was limited to individual work for a second consecutive day.

... LBs Brandon Marshall and Danny Trevathan saw limited work as they continued to recover from the injuries that kept them from offseason practices. They participated in individual and seven-on-seven drills, and moved well, with quick, sharp cuts. "We're going to be smart in our approach [with them]," Kubiak said. Todd Davis and Steven Johnson continued to work on the first team in their place.

INJURY REPORT:

... WR Kyle Williams suffered an Achilles tendon injury on a return drill early in practice and will miss the season.

... NT Marvin Austin Jr. left practice early because "he got a little heat at the end," Kubiak said, adding that Austin would be "fine" going forward.

... RB Jeremy Stewart was pulled because of a "tight hamstring," Kubiak said. The move was precautionary and Stewart is "fine," Kubiak added.

QUOTABLE: "He's got a long body. He's got a long stride. He can really run. He's got a big catch radius. I think you guys that have been watching practice through OTAs can agree that he's been a really impressive player. It's going to be important to see how he does, but one of the things he's got going for him is that he can handle a lot of information and he knows every spot out there right now. That's an advantage, and I think he's going to have an excellent chance to help this team." -- Kubiak, on Jordan Taylor

WEATHER REPORT: For a second consecutive day, practice took place under mostly sunny skies. Temperatures rose from 77°F/25°C to 86°F/30°C by the end of practice.

ATTENDANCE: 3,412. Total camp attendance: 7,437 (average: 3,719).

Kyle Williams out for season with ruptured Achilles tendon

By Ben Swanson
DenverBroncos.com
August 1, 2015

Williams' season is over after he ruptured an Achilles tendon early in Saturday's practice.

WR Kyle Williams was taken in by the training staff after sustaining an Achilles injury during special teams drills on Saturday.

Williams subsequently shared via Instagram the news that he will miss the 2015 season because of the injury, which an afternoon MRI examination revealed to be a rupture of the tendon.

"It's hard for me at this point to make sense of all of this but at the end of the day I understand and trust God's plan for me," Williams said via Instagram. "My determination to get back and my work ethic will not diminish and I will eventually get back to full strength. I appreciate all those who have reached out and all of those who are praying. You all mean more to me than [you] know. Thank you."

"He had been doing good," Head Coach Gary Kubiak said after practice. "I know he's had some issues the last couple places he'd been with some things. But he has a lot of talent. He has some return ability, which is something key for our team and was doing a good job."

The injury was all the more devastating given how Williams battled back from previous injuries to compete on the Broncos during the offseason.

"He came back in great shape and he was just doing some return stuff and wasn't even touched," Kubiak added. "So it's one of those things, you just feel bad for him. I know he's very disappointed. I'm just trying to support him the best we can."

T.J. Ward envisions defense leading NFL in takeaways

By Ben Swanson
DenverBroncos.com
August 1, 2015

In certain regards, the Broncos defense will have a tough time improving from its impressive marks in 2014. The secondary allowed a franchise-record low in average yardage per completion and the rushing defense allowed 79.8 yards per game, second-best in the NFL last year.

However, where the defense wants to make its mark in 2015 is in takeaways. Last year the Broncos forced 25 turnovers, 13th in the league and tied with six other teams. This year, they want more.

"I want [us] to lead the league in interceptions," safety T.J. Ward began. "I want to lead the league in sacks from the secondary. I want to lead the league in turnovers. And if we do that, we'll be pretty good."

Where that can stem from is Defensive Coordinator Wade Phillips' defensive philosophy to unleash defensive players' natural aggression.

"Sacks, interceptions, getting to the quarterback, pressuring the offense, making them play your style of football instead of playing theirs," Ward said of how the turnover goals reconcile with the new defensive mindset.

"I'd like us to take advantage of the interception opportunities we had," Ward said. "I think we dropped some interceptions last year. I'd like to see us have more forced fumbles. I don't think we had many forced fumbles last year. I just want to see us score on defense. Big plays, turnovers. That's what we want and that's what we can improve on from last year."

Getting to the quarterback or flushing him out of the pocket to force mistakes are imperative ways to get those takeaways, as are using disguises or simply employing "flat out good coverage."

"As good as we were last year, we can be, I feel, a lot better," Ward said. "I feel we can be a lot better this year, and that's the plan and that's the goal."

Motivated offensive line makes first moves, experiments

By Ben Swanson
DenverBroncos.com
August 1, 2015

No pads does not mean no progress for the Broncos in these early days. The instruction amid a heavy workload is invaluable, especially for young players who are trying to prove their mettle. That integrity is what Louis Vasquez is also trying to instill in the young linemen, from the first whistle to the last.

"My job is to get myself and the rest of the line ready to play," Louis Vasquez said. "My mentality is by the end of the fourth quarter, we want to feel your soul wilt in our hands. So I'm trying to instill that in the offensive line because it's dirty work. You might as well get nasty with it."

The experience now is necessary and though some young players are faster learners than others, Vasquez said, they're all extremely receptive to any teaching they receive from Offensive Line Coach Clancy Barone or veteran players.

"They're all just big eyed and bushy tailed, trying to take in any information they can," Vasquez added. "Whatever I'm saying, Coach Clancy's putting out there or even Ryan Harris -- he's been around the league a number of years -- anytime any one of has something to say, they're a sponge just trying to soak it in and apply it to themselves."

Obviously this is still early, but Vasquez said he's seen the line making good adjustments and though there's room to grow, he's confident that they'll find their cohesion.

Also in the first few days, Kubiak said they've experimented up front to get Chris Clark experience on both sides and to get Michael Schofield work on the right side.

As far as the rookies go, Kubiak praised Ty Sambrailo for his intelligence and quick learning.

"He's very bright. I think football scheme, all of those things," Kubiak said, "he'll be a quick study as a pro and he is. He's going to be fine there. I think it's going to be about technique. Playing with an anchor, doing those type of things, he's got to get better at. But he'll go against two of the best every day in practice, so that gives him a chance to get there real fast."

Vasquez took a shine to Max Garcia because he sees a lot of potential in the young center/guard, to the point that "if he continues to grow and develop as a player, he's going to be an elite guard in this league," Vasquez said.

"He's quick off the ball. He's powerful, strong and heavy-handed," Vasquez said. "I've talked to Coach Clancy, and I kind of told him that I'm going to take him under my wing because I like what he has. He just needs to be coached and molded."

Kenny Anunike looks to make immediate impact

By Allie Raymond

DenverBroncos.com

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The Broncos defensive line looked to take a hit for the first part of the 2015 season when it was announced the defensive end Derek Wolfe was to sit out the first four games.

Immediately, fans and media alike began speculation over his replacement. When asked, outside linebacker DeMarcus Ware had one idea of a player that stood out to him during the offseason: "I think one of the guys was Kenny Anunike."

Anunike, a second-year Bronco out of Duke that spent his rookie season sidelined due to an arm injury, has quickly become a front-runner to step up and impact the Broncos defensive line.

"He's a young guy," Ware continued. "[He] hurt his arm last year and he had a whole offseason to really get himself right, and I've seen how hungry he was coming into the minicamp. He was right there behind Wolfe and played on both sides, [against] both tackles in the three-four and he was actually out there with the ones sometimes making plays and doing well, so Kenny really stood out to a lot of guys. He's coming along really well."

With praise from his teammates and from Head Coach Gary Kubiak, Anunike is now focused on living up to that hype.

"It's tremendous," Anunike said. "But that just means I need to continue it. That's great, but I got to continue to believe that and I got to make sure that I implement everything that I'm learning from my coaches to help this team and get to the championship. That's our ultimate goal."

Anunike has been working closely with Defensive Line Coach Bill Kollar and during the offseason and in training camp to work his aggressiveness, or as he says: "Kollar is bringing the dog out of me."

In addition to his work with Kollar, Kubiak has also supplied Anunike with guidance as he and the defense make adjustments this season with the defense transitioning from a 4-3 to a 3-4 alignment under the supervision of Defensive Coordinator Wade Phillips

"The main thing that Coach Kubiak talked to me about [was] he said I got all the tools, everything is there," Anunike said. "[He said] just to hold weight, moving from a [4-3] to a 3-4 now. So, I've gained since last offseason ... about 12 pounds, so I'm about 272 pounds now, 273. So that's pretty good weight. I'm holding down that three, holding down the four. I maintain my speed, I've gotten bigger, I've gotten stronger. I've gotten faster... To help make myself unstoppable."

Danny Trevathan, Brandon Marshall anxious for return

By Allie Raymond

DenverBroncos.com

August 1, 2015

They may not be back to 100 percent, but already the presence of veteran inside linebackers Brandon Marshall and Danny Trevathan during training camp has put the defense at ease.

"[It gives us] a tremendous boost," said safety T.J. Ward. "Just seeing them out there.... just having them two down there has been great. Just seeing them down there is kind of another level of comfort. They're both great players.... So having them in together is going to be great."

Both Marshall and Trevathan are being slowly reintroduced into full practices at the Broncos training camp this year as they recover from a foot injury and a season-ending knee injury, respectively.

Marshall returns to practice after two screws were inserted into his foot after suffering a mid-foot sprain that was inflicted in San Diego on Dec. 14. Both he and Trevathan have participated in individual drills, seven-on-seven drills and walkthroughs so far in training camp but have been held from any teamwork. Marshall isn't sure when he'll return to full participation, but he estimated that it could be as early as in one or two weeks' time. "It's really a marathon, not a sprint," he said.

"I think I'm real close," Marshall said. "I think they just want to make sure that I'm good. So instead of throwing me right in, which wouldn't be the smart thing to do, they want to ease me back in and make sure... Build my tolerance [up], so to speak, with my foot and my body – to make sure everything is good."

Trevathan, who is coming back to practice with a reconstructed kneecap, also isn't sure exactly when he'll be participating in all aspects of practice, adding: "I think they take the right approach and I'm taking it day by day. But it feels good right now. I'm out here working and I'm going day-by-day, I'm pushing it as far as I can but being smart about it."

Marshall and Trevathan's experience and knowledge will be an asset to the Broncos defense as Defensive Coordinator Wade Phillips introduces a 3-4 alignment for 2015.

The duo has been studying the defense and running mental reps with the team from the sideline since the offseason. Despite just getting back into the rhythm of practice, Trevathan is confident he can get caught up.

"Most of this game is 90 percent mental," Trevathan said. "You got to get those reps but it's always good to get in there and get that physical aspect of it. Especially when you're playing with guys that you played with a little bit last year. You got a new defense; you've got to get the feel for it. You've got to get rolling, especially at this new position. I feel like I've got it down pat. I feel like I can go out there and get this team what they're looking for."

Cody Latimer building chemistry and base for big season

By Allie Raymond

DenverBroncos.com

August 1, 2015

This could be a breakout year for wide receiver Cody Latimer, but the second-year Bronco isn't settling for expectations – he's constantly working on his craft.

"I think I started kind of strong," Latimer said of training camp thus far. "I can always do better. Little things I need to tweak in my game, but I'm going to take it day-by-day and try to increase and try to get better."

A draft pick by the Broncos out of the University of Indiana in 2014, Latimer just skimmed the surface of his ability last season. He was active in eight games and totaled two receptions for 23 yards and two kickoff returns for 22 yards during his first season.

With wide receiver Demaryius Thomas being slowly reintegrated to Broncos training camp sessions, Latimer has taken the opportunity to take snaps with the first team and make an impression on the coaches. Latimer isn't just making an impression on the Broncos staff, but also on his teammate, wide receiver Emmanuel Sanders.

"I just saw Cody and I'm actually excited for him," Sanders said. "You want to talk about a guy who's a physical tool just like Demaryius Thomas? I feel like coming in with the rookie class of Odell Beckham, Jarvis Landry, Mike Evans and all those guys, he feels like he's kind of overlooked. I'm big on Cody. He's strong, he's fast and I think that's he's going to come in and he's going to have a big year for us. I'm looking forward to him just taking off and showing everybody, 'Hey, look at [No.] 14 over here from the Denver Broncos.'"

While taking reps with the ones during training camp and the offseason, Latimer has been able to build a better relationship with quarterback Peyton Manning. This past offseason, Latimer was able to work out with Manning during his annual training session at Duke University.

"Starting from Duke to here, OTAs, being able to run with the ones, it's been good," said Latimer of his chemistry with Manning. "Time has been good but like I said, there's always stuff we can work on. We're trying to get better everyday."

Training camp practice times moved up to 9:30 a.m. MT

By Staff Writer

DenverBroncos.com

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The start time for the rest of Broncos' training camp practices will be 9:30 a.m. MT, including the 12 remaining practices open free to fans. Practice will end at 11:30 a.m.

Parking lots open at 6:30 a.m. Gates for public practices open approximately one hour before the session begins at 8:30 a.m.

Fans will primarily be seated along a grass berm on the west end of the practice fields, which has been increased in size since the last time Denver held training camp at the training facility.

Following each open practice to the public, fans will have the opportunity to get autographs from players by the guest seating area located on the west end of the practice fields. Players will be designated by position groups (WRs, DLs, DBs, etc.) to sign autographs.

Fans should be aware that the same bag policy at Sports Authority Field at Mile High will be in affect at all training camp sessions. Each fan may carry one bag that is clear plastic, vinyl or PVC, no larger than 12" x 6" x 12" or a one-gallon clear plastic freezer bag (Ziploc or similar). In addition to one of the bags noted above, fans may also carry in a small clutch bag or purse approximately the size of a hand, with or without a handle or strap, subject to search. Fans can find more information on the bag policy [here](#).

*All scheduled open practices are subject to change.

Additional Information

General Seating: Fans will be able to view the practices from selected areas that will be marked clearly on site. Fans will primarily be seated along the berm on the west end of the practice fields. The seating area is on a natural grass surface with a very limited amount of shade, so please bring proper footwear, clothing and sunscreen.

Fan Parking: Parking at the Broncos facility is located adjacent to the indoor field house (west of the team's main training complex) on a first-come, first-serve basis and will be open 90 minutes before each session begins. Please avoid parking on streets across from team facility.

ADA: Admission to the Denver Broncos 2015 training camp will be ADA accessible. Designated ADA parking will be available in the main fan lot. Please note that, like general seating, ADA parking and admission is limited and will be available on a first first-come, first-serve basis.

Lawn Chairs will not be allowed at training camp.

Umbrellas of any size will not be permitted inside the Broncos training facility. Please bring sufficient wet weather attire if necessary.

Strollers will be allowed on the premises but must be left at the gate prior to accessing seating area.

Cameras: Fans are welcome to use still cameras during Broncos 2015 training camp, but video cameras (and the recording/live streaming of video on other devices such as cell phones and tablets) will not be permitted. Only members of the media will be allowed to bring cameras with professional lenses and tripods to training camp. Any detachable lenses longer than the length of a credit card will not be permitted on camp premises.

Newly-constructed public restrooms will be available for fans near the entrance to the practice fields.

Food concessions will not be sold regularly during training camp, but non-alcoholic beverages will be available for purchase on site. Food and non-alcoholic beverage items will be permitted in small individual quantities.

In case of lightning or other inclement weather, fans will be cleared out of the general seating area allowing for sufficient time to reach their vehicles.