

Broncos offense bounces back after trying day against defense

By Nicki Jhabvala

Denver Post

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About 15 minutes remained in practice Monday when Broncos head coach Vance Joseph ordered a team huddle. Players from both sides of the field, still hot from a skirmish that broke out a few plays earlier, gathered round as Joseph issued an ultimatum:

Stop the nonsense, he told them. Finish practice right.

So the players dispersed to close out a day the offense needed to win.

A day earlier in the team's first fully padded workout, the offense was defeated handily by the defense, which intercepted both quarterbacks, Trevor Siemian and Paxton Lynch.

"Did I like what I saw? Not really," Joseph said after Sunday's practice. "Both guys had issues."

Their grades improved Monday, though. Both got off to a strong start as Lynch first hit tight end Virgil Green for a deep touchdown in the corner of the end zone, and Siemian followed later on with a long pass up the middle to receiver Marlon Brown, who dived for the touchdown catch.

The offense bounced back, but the day wasn't spared of mistakes as Lynch threw back-to-back interceptions during team drills.

"They came out, they were sharp early on," Joseph said of the quarterbacks. "It wasn't perfect. But it was better than yesterday."

As Joseph has said since February, the driving factor in electing a starting quarterback is decision-making at the line of scrimmage — making the right reads, making the appropriate throws, deciding when to pull the ball down and run, knowing when to throw it away.

"That's why I was so disappointed with yesterday's results," Joseph said. "Making critical error in the scoring zone, we can't have. Now, if you make an error on first-and-10, second-and-10, you can overcome those."

The physicality from the offensive line that trickled down to the run game and passing game was applauded by Joseph.

"Yesterday was unacceptable," rookie tackle Garrett Bolles said. "We weren't on our game. We had things we had to work out. We had some injuries that happened, so the next man has to step up. We're just trying to get used to each other."

Monday's practice placed a heavy emphasis on running the ball more, with C.J. Anderson, rookie De'Angelo Henderson and free-agent acquisition Stevan Ridley taking the bulk of reps.

On one play, Ridley went out wide for a catch and was popped by linebacker Zaire Anderson. Tackle Ty Sambrailo, unhappy with the hit, rushed to Ridley's defense and the first brawl of 2017 ensued.

Although Joseph said he was happy to see the enthusiasm, the tempers have to be controlled. The bounce-back is what counted most, though.

"I told the guys things are going to happen, but it's how you respond," Joseph said. "Football is a game of adversity and a game of mistakes. That's going to happen. You're going to have bad days, but how you bounce back is critical."

Derek Wolfe has stinger, Broncos coaches praise Andy Janovich, Isaiah McKenzie drawing Tyreek Hill comparisons

By Nicki Jhabvala
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Defensive end Derek Wolfe suffered a stinger in his right shoulder, head coach Vance Joseph said, and the veteran did not participate in most of the Broncos' teams drills Monday.

Wolfe came out of a team drill and trainers went over to check on his shoulder. He returned to the sideline and participated in some individual drills.

"It's nothing serious," Joseph said. "Just a precaution."

Joseph said he expects Wolfe to be back at practice Wednesday (the team has an off-day Tuesday).

The Broncos' defense is already without Shane Ray (wrist) and Shaquil Barrett (hip), both of whom are expected back around the second week of the regular season.

Easing back

Running back Jamaal Charles did not participate in the Broncos' first padded practice Sunday but was back on the field Monday. Earlier in camp, Charles said he was eager to take on more work and begin hitting. The plan, Joseph said, is for Charles, as well as defensive end Adam Gotsis (knee) and center Matt Paradis (hips), who are also easing their way back from injuries, to see more team reps Wednesday.

"Matt, we're going to go slow, but probably give him two per period," Joseph said. "Jamaal, we're going to sprinkle him in seven-on-seven and keep him out of the team drills because we don't want to get him tangled. We're going to start him seven-on-seven ... then add team probably in the next week."

Fullback fan

Fullback Andy Janovich may have no greater supporter than special teams coach Brock Olivo.

"Jano — love Jano," Olivo said. "Jano to me, if we had 22 Janos, we would be all right. He's tough, he never says a word and never complains. He just does his job. He's the first one in the meeting every day. He's on it Xs-and-Os wise. He knows what to do, he's tough and he finishes. I love the guy, if you could tell. He's going to be a four-phaser for us. He's a really good football player."

Although the scheme change raised questions of Janovich's status and likelihood of making the final roster, Olivo — as well as Joseph — said he's a key piece of the offense and special teams. Olivo is a fan, and he's not alone on the coaching staff.

“They know the value Jano brings to us,” Olivo said. “We love him.”

McKenzie’s ceiling

For the past couple of seasons, the Broncos have been on a search for a speedy and reliable returner. They may have found their guy in rookie Isaiah McKenzie, a receiver out of Georgia who was drafted in the fifth round.

Prior to arriving in Denver, Olivo coached Tyreek Hill, the receiver/returner who wreaked havoc on the Broncos last season. In McKenzie, Olivo sees similarities and “a budding pro.”

“I’ll tell you where it starts, it’s with the confidence,” Olivo said. “He wants the ball in his hands and he likes the fact that there is a Tyreek Hill in our division, a guy that he can strive to be as good as or better someday. That’s the kind of kid he is. I know he’s thinking that in his head because he’s very confident and I love that about him. You see that, the quickness, the lateral movement, the burst, the toughness to stand in there. Again, we’ll see coming up in the first preseason game and throughout preseason just how much guts the kid has when gunners are running down in front of his face. I have confidence he’s going to be just fine.”

Footnotes

Rookie RB De’Angelo Henderson returned after missing Sunday’s workout with a tweaked ankle. ... Guard Ron Leary did not practice because of a groin injury. ... CB Marcus Rios missed his second-consecutive practice with a groin injury but is expected back Wednesday. ... Players are off Tuesday, but Joseph and the staff will have a personnel meeting with John Elway to go over the roster, discuss adding help and focus on their practice plan for the rest of the week. The team is expected to hold its first scrimmage Saturday.

Tight ends figure to play key role in Broncos' quest to improve in tight spaces

By Nick Kosmider

Denver Post

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Virgil Green makes his way to the front of the line each morning at Broncos headquarters. He leads the bulk of the 90-man roster from the locker room, his cleats clacking first across the parking lot until they dig into the well-manicured grass on the practice field.

He often announces his presence by shouting words of encouragement for the players collected behind him.

“For the past three years, every time we go in there to do our activation, I always want to be the first one out on the field,” Green said. “I want to take the field and show not only my teammates, but my coaches, that I want to be here. I’m not moping out here. I want to come out here and compete and earn the right to play on Sundays. That’s all you can really ask for out of a teammate.”

Put simply, the Broncos are asking for more production out of the tight end position in 2017. Green led the team with 22 receptions for 237 yards last season. The rest of the tight ends had a combined 31 catches. There were 16 tight ends in the NFL last season who had more catches on their own than Denver’s 53 grabs at the position.

The group had an especially difficult time making its mark in the red zone. The Broncos had two touchdowns by tight ends in 2016, one by Green and another by John Phillips, who signed a one-year deal with the New Orleans Saints in March.

That’s a far cry from just three seasons ago, in 2014, when the Broncos had a combined 15 touchdown receptions from their tight ends.

There were other harsh numbers that torpedoed Denver’s playoff hopes last season. The Broncos scored touchdowns on 46.8 percent of their red zone drives, an efficiency rate that ranked 26th in the NFL. They were last in the league in third-and-1 conversion rate at 44.4 percent. Though the offense’s failings in those scenarios were widespread, the Broncos also know better production out of their tight end spot could be a salve.

“Not only are we eager to produce in the passing game, we’re eager to produce in the running game as well,” Green said. “That’s a huge thing for (offensive coordinator) Mike McCoy. He doesn’t want to just be a great passing team. He wants to be a great run team and play-action team. So to have guys on the edge who are willing to sacrifice their bodies and be unselfish is what we want in the tight end room.”

The Broncos’ extensive work in the red zone through the first week of training camp has put an increased spotlight on the tight ends, and there have been a few revealing performances. Green opened Monday’s practice with a diving catch in the corner of the end zone on a pass from Paxton Lynch. It was the same way Green started the first practice of training camp last Thursday.

“He’s a our tone setter in the room and a tone setter on our offense,” tight end A.J. Derby, who joined the Broncos in a trade from New England midway through last season, said of Green. “He’s always in the trenches making plays for us, and when he sneaks out and makes a big catch, it’s awesome.”

Derby, too, is expected to be a playmaker . He had 16 receptions on 20 targets in six games with Denver last season, numbers that were dampened by his absence, because of a concussion, in the final two games of the season.

Last season, Derby said, was a whirlwind. He was in just his third season as a full-time tight end after switching from quarterback during his senior season at Arkansas, and he was cramming overtime to learn a new playbook.

“Last year I was really scrambling every week to try to learn the new plays and everything like that,” Derby said. “But with being able to learn it through training camp and (organized team activities), it’s a lot more comfortable. Knowing the guys really helps.”

Derby last week displayed the benefits of an offseason workout program, headquartered in Denver, that focused on improving quickness and speed. In one-on-one red zone drills last week, where space is at a premium, Derby excelled at carving enough of it to open windows for his quarterback.

“With our tight end group, he’s the guy that can win one-on-ones as far as matchups,” coach Vance Joseph said of Derby. “When you’re game-planning and you want to get a guy on a certain linebacker, he would be that guy for us.”

The wild card in the tight end group may be Jeff Heuermann, the third-round pick in the 2015 draft who played, with up-and-down results, for the first time last season. He missed his rookie season after suffering a torn anterior cruciate ligament on the second day of rookie minicamp.

“He’s a big body guy that has deceptive speed, good hands, and long arms,” Joseph said of the 6-foot-5, 255-pound Heuermann. “If he comes on, that’s going to help us.”

Broncos general manager John Elway set a high bar for Heuermann on the eve of training camp.

“We’re waiting for him to take that big step because we drafted him third round a couple of years ago, and obviously he tore the ACL in minicamp the first year,” Elway said. “We’re looking at this year as Jeff’s coming out year. Like I said, he had a good spring. Hopefully he makes that big jump.”

John Bowlen, son of Broncos owner, was driving more than 100 mph while under the influence, California troopers say

By Kirk Mitchell
Denver Post
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John Bowlen was arrested Sunday on two misdemeanor drunken driving charges after he was pulled over for passing cars on the median at more than 100 mph on a California highway, officials say.

“He wasn’t cooperative. He did make it clear several times that he was the son of Denver Broncos owner Pat Bowlen. It didn’t help. We arrested him just like any other citizen. He got no preferential treatment,” said Sgt. Tim Neumann, spokesman for the California Highway Patrol.

Bowlen, 31, was booked into the San Luis Obispo County Jail late Sunday afternoon on one misdemeanor charge of being under the influence of a drug or alcohol and one count of having a reading of more than the California limit of .08 percent of alcohol in his blood.

Bowlen’s “reckless driving” triggered numerous calls from drivers on U.S. 101 near Paso Robles on Sunday. Five CHP troopers joined the chase.

The first calls came by motorists on northbound 101 at 1:27 p.m. in San Luis Obispo County.

Callers said a man driving a gray Jeep Cherokee was weaving in and out of traffic going more than 100 mph. When all lanes of the highway were blocked by cars going the speed limit, the driver passed by swerving onto the median or the right shoulder of the highway.

“We had multiple units looking for him,” Neuman said. It was very dangerous because other drivers don’t know how to react to someone driving so recklessly, he said.

A steady number of 911 calls were made for more than 20 miles. When the driver approached Paso Robles, the calls increased.

After the Jeep passed a patrol car, the officer pulled the speeding driver over. The trooper noticed an open container of alcohol in the SUV. The man who lives near Redondo Beach kept telling officers “who his dad was.”

“He made that very clear multiple times,” Neuman said. “He kept saying this is who I am.”

Bowlen refused to have his blood taken. He was arrested at 2:17 p.m. and taken to the San Luis Obispo County Jail.

“He wasn’t very cooperative,” Neumann said.

When asked what his occupation was, “he refused to divulge that information to the officers,” the jail clerk said.

CHP officials called a judge, who signed a warrant to take Bowlen’s blood, Neumann said.

Neumann said Bowlen had a Cocker Spaniel puppy in the SUV. Neuman overheard Bowlen talking while he was led down a hall.

“He was saying that he tried to talk dad out of selling the team. Who knows what that means,” Neumann said.

The patrol spokesperson took care of the puppy named Duke for a few hours until animal control officers picked it up.

Bond was set at \$5,000, according to jail records. Drunken driving suspects are held for at least four hours or as long as it takes to sober up, according to county records.

Bowlen bonded out of jail on Monday, officials said.

Bowlen’s arrest was first reported by TMZ.

In June 2015, Bowlen was arrested in a domestic violence incident in which authorities say Bowlen pushed his girlfriend against a bathroom wall. He was also charged with a Class 1 misdemeanor for allegedly hanging up the phone when the woman tried to call 911.

At the time, Bowlen invoked his Broncos connection in an apparent attempt to persuade them not to arrest him.

Bowlen’s girlfriend told investigators he was under the influence of “whippets” — nitrous oxide — and alcohol at the time of the encounter. In the 911 call, she screamed and hung up. The dispatcher called back and Bowlen answered.

“She has had seven beers,” Bowlen had told the dispatcher. “She is 95 pounds, and she is being picked up by another male who she works out with. She is fine, and she is trying to cause a problem. As the blood of the city, I’m telling you right now, nothing is wrong.”

Bowlen was convicted in April 2016 and appealed his conviction to the Colorado Supreme Court saying that the officer who arrested him did not properly fill out a summons.

The Colorado Supreme Court refused to review the appeal.

Investment strategy may help decide the Great Quarterback Competition

By Mike Klis

9 News

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I think I've finally figured out this Great Quarterback Competition.

One is an S&P 500 Index Fund. The other is a day-trading international oil stock.

It's not necessarily which one is better. It's whether your preference is the careful, above-average Trevor Siemian or the high risk, high reward Paxton Lynch.

Rookie left tackle Garrett Bolles will block for either.

"They both have their strengths and they're both great at what they do," Bolles said following the Broncos' training camp workout Monday. "That's why they're here and that's why they're both going to lead our team. I'm very grateful I get to protect them on the blind side. And I get to be there for them and make sure nobody touches them. My quarterbacks are like my wife: You touch her, then you're in trouble."

Lynch can make the Broncos' quarterback situation rich or go bust. He threw two touchdowns and two interceptions during a red-zone period Monday. Siemian may not make you wealthy but you won't go belly up, either. He threw no touchdowns and no picks in the red zone Monday.

"I'm looking for decision making," said Broncos head coach Vance Joseph. "That's why I was so disappointed with yesterday's results. Making critical errors in the scoring zones, we can't have. You make an error in your first-and-10, second-and-10, we can overcome those. If we're going into score and we've already put up big points, and we give them seven from 10 points, we can't have that. That costs you games. More games in this league are lost than won."

Personally, I'm more of a 401K guy. John Elway, though, has never been afraid of being aggressive.

On Tuesday, Bronco players are off. Elway and his personnel staff and Joseph and his coaching staff will gather to discuss the roster and state of every position.

The Great Quarterback Competition figures to come up.

Bronco notes: Jamaal Charles' workload to increase

By Mike Klis

9 News

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Jamaal Charles is getting closer to showing the Denver Broncos whether his knee is ready for football.

Charles, the former star running back for the Kansas City Chiefs, starting center Matt Paradis (hip surgeries) and defensive end Adam Gotsis (knee surgery) were all held out of 11-on-11 team drill contact through the first five days of training camp.

Following an off-day Tuesday, those three players will have their workload increased when camp resumes Wednesday.

“The plan for all three guys after Tuesday’s break is to get them more team reps—Gotsis, especially,” said Broncos head coach Vance Joseph. “Matt, we’re going to go slow, but probably give him two per period.”

“Jamaal, we’re going to sprinkle him in seven-on-seven and keep him out of the team drills because we don’t want to get him tangled. We’re going to start him seven-on-seven ... then add team probably in the next week.”

Joseph has undergone two knee surgeries the past two years that limited his playing time with the Chiefs. He took a couple seven-on-seven reps Monday.

Fight! Fight!

You can tell James Ferentz is no longer a Bronco. How’s that? Because it took until day 5 of camp for a fight to break out.

It happened late in practice Monday when running back Stevan Ridley caught a flare pass and was forcibly shoved out of bounds by linebacker Zaire Anderson.

As the two started pushing each other, offensive lineman Ty Sambrailo rushed over to take care of his running back and a multiplayer melee ensued.

“I think when you see your offense line defend your running back, right, wrong, or indifferent, you kind of enjoy seeing that,” Joseph said. “You want to build toughness. You want to build guys tight to carry your teammates. Obviously, you can’t fight in games. That’s the part, from my chair, that you can’t allow. You can’t build habits of fighting when adversity strikes because in football games, it’s going to be a bad result. I don’t mind some of it, but I understand you can’t do it in a football game. So, we can’t have it.”

A couple plays after the skirmish, Joseph called a quick, team meeting and told the players to knock off the hijinks and get back to business. Scuffles were more common the previous two years with Ferentz scrapping to make the team as a back-up center. He is now with the New England Patriots.

Broncos Bits

Defensive end Derek Wolfe left practice with what Joseph said was a shoulder stinger. It was a precautionary move, although it did generate some concern because Wolfe was affected by a neck stinger last season. ...

C.J. Anderson was accidentally tackled to the ground on the first team play Monday and got some quick medical attention. Rookie De'Angelo Henderson jumped in to replace him. Anderson shook it off and returned the next series. ...

Billy Turner replaced Ron Leary at right guard Monday. Leary was sidelined with a groin pull. ...

Rookie Isaiah McKenzie dropped a booming punt that never rotated from Riley Dixon. The diving sphere went right through Dixon's arms. "Which is an unusual occurrence for him," special teams coordinator Brock Olivo said. "He's usually spot on. I don't know if you saw it, but he was out here (after practice) and he caught probably 50 punts. That's the kind of kid he is, he's a budding pro."

John Bowlen arrested for DUI in California

By Allison Sylte

9 News

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The son of Denver Broncos owner Pat Bowlen is in legal trouble once again.

John Bowlen was arrested for suspicion of misdemeanor driving under the influence Sunday evening in Paso Robles, California, according to arrest records from the San Luis Obispo County Sheriff's Office.

He is being held on a \$5,000 bond.

The 31-year-old was found guilty of harassment last April for a 2015 incident where prosecutors say he shoved his girlfriend against a bathroom wall while she was trying to call 911. He was recorded telling dispatchers he is the "blood of the city" and a "friend of the mayor."

The younger Bowlen was sentenced to 24 months of probation.

He used to work as a marketing assistant for the Broncos but left the organization.

His father, Pat Bowlen, continues to own the Broncos but has removed himself from day-to-day duties following an Alzheimer's diagnosis.

He is expected to pass ownership of one of the most successful NFL franchises onto one of his children.

Broncos hope resiliency takes root, grows in the summer sun

By Jeff Legwold

ESPN

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Few things grow better in the summer sun than optimism for the season to come in the NFL, and in that regard the Denver Broncos' camp is no different than any other.

In between any and all players being "in the best shape of my life" and loving anything new and different in the playbook, the work gets done before the games get played. Then either rain comes to drench the parade or the team does well enough to affirm all of the good feelings.

For their part, the Broncos have said they like the tweaks in the new playbook on offense and the adjustments in the defensive playbook and feel they can leave what they didn't like last season behind.

"I think we had a reset" is how cornerback Chris Harris Jr. put it. "We know we didn't play like we thought we could last year and we didn't make the playoffs. Us not making the playoffs, man, that gets your attention."

It's true the Broncos missed the playoffs for the first time since 2010 last season. It's true the offensive line was a consistent trouble spot, as was the running game.

And it's true that down the stretch, when their playoff aspirations were hanging by the thinnest of threads, the team's defense simply couldn't defend the run well enough or get a well-timed stop to steal a win or two they needed to make the postseason field.

Coach Vance Joseph has made a point, several times, to say how the Broncos bounce back from the inevitable tough spots each week will determine if they change the narrative. It was something former coach Gary Kubiak preached last season, and something he said earlier this year was among his biggest disappointments.

"I told the guys, 'It's not that things aren't going to happen, things are going to happen, but how you respond is key,'" Joseph said. "Football is a game of adversity and a game of mistakes -- it's going to happen, you're going to have bad days. How you bounce back is critical."

And that may indeed be the biggest item the 2016 Broncos left on the table. Because the 2015 Broncos, who powered their way to a win in Super Bowl 50, overcame any and all issues in front of them.

So of all the things the Broncos want to repair from 2016, the ability to dig in and then dig out may be the biggest. It's easy to forget the Broncos were 7-3 when the Kansas City Chiefs came to Denver on Nov. 27. They had an eight-point lead with three minutes left in the game.

But it's a familiar story now. The Chiefs scored against the Broncos defense, complete with a two-point conversion, to tie the game in regulation, Denver missed a 62-yard field goal in overtime and the winning kick by Kansas City's Carlos Santos bounced off the left upright before it went through.

The Broncos didn't really get up off the mat after that. They went 2-3 the rest of the way and didn't right themselves until the regular-season finale, when they dominated the Oakland Raiders, who were without quarterback Derek Carr.

"I still think that's crazy," linebacker Von Miller said. "We had a complete game to end the season. That didn't really sit well that we didn't come back right after [the loss to Kansas City]. We just have to go to work because we know what kind of guys we have. That wasn't us; we need to be us."

The Broncos will play their first preseason game in just more than a week -- Aug. 10 in Chicago. They won't have a starting quarterback picked or know what offensive line combination they'll utilize in the Sept. 11 regular-season opener against the Los Angeles Chargers.

"Coaches will figure that stuff out," Miller said. "We just need to practice hard, play hard, work with each other and be that team that doesn't let anything get to us. No matter who plays, don't let anything get to you."

Broncos will pick up pace for Jamaal Charles, Matt Paradis and Adam Gotsis

By Jeff Legwold

ESPN

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When the Denver Broncos return to the practice field Wednesday, the plan is for center Matt Paradis, running back Jamaal Charles and defensive end Adam Gotsis to get a bigger workload.

It doesn't mean the Broncos will toss aside their slow-and-steady approach for the three players -- all are returning from injuries -- but all three will begin to do a little more in practice than they have in training camp's opening week.

"The plan for all three guys ... is to get them more team reps," Broncos coach Vance Joseph said after Monday's practice. The Broncos players have an off day Tuesday.

Paradis had offseason surgery on both hips. He was cleared to start training camp, but the Broncos have held him out of most drills.

Connor McGovern, who was a fifth-round pick in the Broncos' 2016 draft class, has played with the starters much of the time so far. Joseph said Paradis will get two plays or so in some team periods for at least the remainder of the week, with a steady build-up from there.

"Matt, we're going to go slow," Joseph said.

Charles has played in eight games in the last two seasons combined because of multiple knee surgeries. He signed a one-year deal with the Broncos in the offseason, and Joseph has said it's unlikely Charles would play much, if at all, in the preseason.

Thus far he has done only individual work with the running backs in practice, but on Wednesday he'll start to get some snaps in 7-on-7 drills. Joseph said Charles may get some work in full team drills next week.

Gotsis, who had arthroscopic surgery to repair knee cartilage just before the team adjourned from offseason workouts in June, will be moved into team drills the most quickly.

Derek Wolfe suffers 'small stinger' in practice

By Jeff Legwold

ESPN

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In a training camp where the Denver Broncos' defense has taken injury hits, defensive end Derek Wolfe was held out of much of Monday's practice after suffering what coach Vance Joseph called a stinger.

"(He has) a small stinger in his right shoulder," Joseph said. "... Just a precaution."

Wolfe came out of a team drill about halfway through Monday's practice and threw his helmet to the ground before ripping his gloves off and tossing those, too. Trainers checked Wolfe's shoulder, and after a few minutes Wolfe returned to stand by his teammates in the defensive line.

Wolfe took part in a few individual drills during the remainder of the practice, but he did not return to any team drills or any one-on-one pass rush drills.

Wolfe has had issues in the past with his neck, so it will bear watching in the days ahead. The Broncos players have a day off Tuesday and Joseph said he believed Wolfe would be able to practice at least some Wednesday.

It all comes as the Broncos had to place outside linebacker Shaquil Barrett on the non-football injury (NFI) list before camp opened with a hip injury and outside linebacker Shane Ray was lost to a torn ligament in his left wrist just after camp opened and will miss six to eight weeks.

Wolfe missed two games last season with a neck injury, but his 663 plays on defense -- 63.8 percent of the defense's snaps -- were second among the defensive linemen. Only Jared Crick saw more action more among the defensive linemen with 939 plays.

Paxton Lynch hits rough spot in Monday's practice

By Jeff Legwold

ESPN

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Every day, every practice, every throw constitutes a critical component of the Denver Broncos' competition at quarterback between Trevor Siemian and Paxton Lynch. Here's a closer look at their respective days:

Trevor Siemian

It was Siemian's turn to open practice with the starters. For the third consecutive day, he seemed comfortable with the daily additions that have been made to the two quarterbacks' to-do list.

Wow moment: Broncos coach Vance Joseph has repeatedly instructed his two quarterbacks to put the ball up high to the team's bigger receivers in the red zone. Siemian did just that on a connection to Jordan Taylor early in Monday's practice, resulting in a score. Later, Marlon Brown made a sliding catch on a deep throw from Siemian.

Whoa moment: Although Siemian avoided the big mistakes Monday, he has yet to show the deep-ball touch he occasionally displayed in games last season. The Broncos' offense hasn't had many big plays against the team's defense during camp's early goings, and Siemian has yet to find a consistent groove despite showing flashes.

Paxton Lynch

Lynch opened with the second team. He continues to have some difficulties adapting to the increasing demands of his position, particularly at the line of scrimmage.

Wow moment: Lynch found tight end Virgil Green in the right corner of the end zone during red-zone drills. He put just the right amount of air under the throw and gave Green a chance to make a quality play for a score.

Whoa moment: Lynch failed to quickly snap out of a mid-practice funk. He tossed interceptions on back-to-back plays in a 7-on-7 drill and almost threw a third consecutive pick when his pass was knocked away in traffic. He didn't rebound as quickly as Joseph claimed he would've liked to see, and continued to look somewhat shaky in the next set of team drills.

Roger Goodell at Jets camp, says tanking doesn't happen

By Rich Cimini

ESPN

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There's no tanking in football, according to NFL commissioner Roger Goodell.

"I don't think any team tanks, I really don't," Goodell said Monday on a visit to the New York Jets' training camp.

The Jets, who parted ways with 11 veteran players during the offseason, have been accused of sacrificing the season for a high draft pick in 2018. With so many young players on the roster and an unsettled quarterback situation, they're predicted to be one of the worst teams in the league.

Goodell, however, took umbrage with the idea that a team would deliberately lose games to enhance its draft position.

"I think teams, depending on where you are, go through transitions. They are looking to sort of say, 'We need to build more talent here, we'll do it through the draft. Let's let some of our veteran players go and develop some of our younger players.' That's always been part of football. That's always been part of sports."

Roger Goodell

"I think teams, depending on where you are, go through transitions," said Goodell, who earlier conducted a fan forum with about 150 season-ticket holders. "They are looking to sort of say, 'We need to build more talent here, we'll do it through the draft. Let's let some of our veteran players go and develop some of our younger players.'"

"That's always been part of football," he continued. "That's always been part of sports. ... Every team does that differently."

The Jets haven't made the playoffs since 2010, and now they could have eight first- or-second year players in their starting lineup. Many observers believe they're trying to position themselves for a blue-chip quarterback in the 2018 draft.

General manager Mike Maccagnan, in his annual training camp sitdown with reporters, defended the team's approach, insisting he doesn't pay attention to the "tanking" perception.

"I don't think we're different than any team in the NFL," he said. "Every team goes into training camp trying to make the playoffs. We're no different in that sense."

Asked if the playoffs are a realistic goal, Maccagnan said, "I'm not going to put any limitations on what we can and can't do."

Several players have spoken out in recent days, saying the low outside expectations have provided fuel. Maccagnan agreed with that sentiment.

"To a certain extent, it's motivation," he said. "It might be a little chip on the shoulder for some people."

Added toughness on Broncos' offense shows up in scuffle

By Arnie Stapleton

Associated Press

August 1, 2017

Linebacker Zaire Anderson popped Steven Ridley and the Denver Broncos' fortified offensive line wasn't having any of it.

Still seething from the big hit absorbed by Emmanuel Sanders a day earlier, the big men sprinted to the sideline Monday and the first scuffle of training camp was underway.

The tough talk persisted after the players were separated.

With nobody injured in the fracas, general manager John Elway and coach Vance Joseph could smile at the spunk they'd just witnessed.

"When you see your offensive line defend your running back — right, wrong or indifferent — you kind of enjoy seeing that, because you want to build toughness," Joseph said. "But you can't fight in games, and that's the part from my chair you can't allow. You can't build habits of fighting when adversity strikes because in a football game it's going to be a bad result."

This, however, served as the first real sign that Elway's offseason project to inject some venom into his O-line was working.

A leaky line occupied Elway's to-do list for a third consecutive offseason. He drafted tackle Garrett Bolles and signed free agents Ron Leary, Menelik Watson and Allen Barbre, all of whom have a noted nasty streak, while hoping that Ty Sambrailo could toughen up in the weight room following two years of health issues.

It was Sambrailo who led the charge when the offense took umbrage at Ridley getting pin-balled.

Players on both sides appreciated the O-line's chutzpah.

"First two days in pads, you're going to have that, and if you didn't, it wouldn't be a good football team," Ridley said. "So, we've got to tone it down and love on each other a little bit but at the same time we're going to bang it out when it's time. So, I love it. I love it up front from the big boys."

Linebacker Todd Davis loved seeing the offense punch back a day after both quarterbacks looked awful and nobody had Sanders' back when he landed on his back after getting blasted by safety T.J. Ward.

"I love it," Davis said. "I think they're coming out and showing us that they want to fight this year. So, I'm definitely excited. I love the push-back. I love seeing them willing to fight."

QB COMPETITION TRENDING TOWARD SIEMIAN: A day after blasting both of his quarterbacks for a bad day of practice, Joseph was pleased with the progress Monday with both players sharp early: "It wasn't perfect, but it was better than yesterday."

Trevor Siemian was steady with a couple of big passes, but consistency continued to elude Paxton Lynch, who followed a pair of touchdown throws with consecutive interceptions during 7-on-7 drills (and he nearly had a third straight pass get picked off).

Lynch started out camp with a pair of solid practices but has slipped each day as offensive coordinator Mike McCoy continued to add to his quarterbacks' plates.

Siemian hasn't had many "wow" moments but is making the right reads and correct calls — which Joseph has said are his top criteria.

"I'm looking for decision-making," Joseph reiterated Monday.

Joseph, however, is in no hurry to name his starter, which allows time for Lynch to make a push after an off day Tuesday. The truest tests come in the preseason and in dual practices with the 49ers Aug. 16-17.

NOTES: DE Derek Wolfe, who missed a practice last week with food poisoning, sustained a right shoulder stringer midway through Monday's workout. He's expected back Wednesday as is rookie CB Marcus Rios (groin). ... With Leary (groin) out, Billy Turner started at right guard.

Broncos offense rebounds with physical showing after 'unacceptable' performance

By Troy Renck

KMGH

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Enough.

Sunday, the offense moved backward when it moved at all. The tackles provided little resistance against the pass rush. The quarterbacks threw three pick sixes. Worse, receiver Emmanuel Sanders absorbed a shove from safety T.J. Ward with no response.

On day 5, the offense stopped playing nice. The players began drills by running the ball effectively out of the I-formation with lead blocker Andy Janovich (shown above), establishing the tone. And they snapped back when linebacker Zaire Anderson shoved running back Stevan Ridley out of bounds. Left tackle Ty Sambrailo ran to his defense, bringing a pack of grunts with him. Words were exchanged.

"Stevan just missed (Zaire) with the stiff arm. Z has been that way for a very long time. It's good to have Ty and the offensive line in there stepping up," running back C.J. Anderson said. "But at the end of the day we are teammates."

Added Ridley, "It's good competition. We have some big boys upfront who are aggressive and our defense is figuring it out. If you don't have this, it wouldn't be a good team."

Eventually, coach Vance Joseph stopped practice, and told the players to knock it off. They are a family, after all. But as rookie left tackle Garrett Bolles said, families can fight and get along.

This was an important response for an offense searching for its identity. The group is becoming more physical as the team inches toward a full scrimmage on Saturday.

"You want to build toughness, build guys taking care of their teammates," Joseph said, before explaining the balance. "But obviously you can't fight in games. So from my chair, you can't build habits of fighting when adversity strikes."

Translation: Joseph understands why it happened, but won't let it percolate. Consider that a macro issue. The micro picture was encouraging. The offense, which creates skepticism nationally about the Broncos' chances this season, showed life on the ground. C.J Anderson provided quick inside bursts, and rookie De'Angelo Henderson bounced outside on a nice run, colliding with Aqib Talib as the cornerback fell to the ground. Talib indicated Sunday that the "best teams have battles that go back and forth ... and you want that all season."

Regardless of the quarterback -- For those scoring at home, Siemian won the day -- the Broncos must improve on the ground after averaging 92.8 yards per game last season, 27th in the NFL.

"We want to run the ball. When we run the ball, you better get out of the way," said Bolles, who continues make a push to secure the starting job.

Anderson, Henderson and Juwan Thompson delivered strong plays. Anderson, the clear starter with Devontae Booker out 6-to-8 weeks with a wrist injury and Jamaal Charles easing back into the fold, looks quicker after an offseason of cycling.

"It's up to us to make plays," Anderson said. "I think we all came out with the right attitude."

They were less frequent in the passing game, but Siemian had moments. He took care of the ball in the red zone, and netted a touchdown pass to A.J. Derby. Lynch showed flashes early in practice with a terrific touchdown toss to tight end Virgil Green in the corner of the end zone, but fizzled late. He threw interceptions on back-to-back plays to linebacker Corey Nelson and Justin Simmons, and was nearly picked on on a third straight pass.

"The quarterbacks were better than yesterday. They were sharp early," Joseph said. "We can't have critical errors in the scoring zone from them. I am looking for decision making."

The mental side remains important. But Monday, the emergence of a physical attack can't be overstated.

It seemed personal. The offensive players had each other's back. Not a bad thing for a group trying to gain traction.

"The quarterbacks are like my wife," Bolles said. "You touch them, you are going to be in trouble."

Footnotes

Right guard Ron Leary watched Monday's practice with a groin injury. Billy Turner replaced him with the first unit. ... Defensive end Derek Wolfe left practice with a "small stinger in his right shoulder," according to coach Joseph and should be ready to go when the team returns to practice on Wednesday. ... The plan remains for center Matt Paradis (hips), defensive end Adam Gotsis (knee) and running back Jamaal Charles (knee) to receive more reps this week, especially Gotsis. Charles will be "sprinkled" in during seven-on-seven drills, then graduate to team drills next week. ... Defensive lineman Zach Kerr exited to the locker room a few minutes before the rest of the team, accompanied by a trainer. ... If it's up to special teams coach Brock Olivo, Janovich is on the team. No discussion. "Jano. Love Jano. If we had 22 Janos, we would be all right," Olivo said. "He's tough. He never says a word, never complains. He just does his job." ... Bennie Fowler said he has dropped from 220 to 208 pounds after three weeks on the vegan diet suggested by Demaryius Thomas. "I have never had this much energy. I feel strong," Fowler said. "I am probably going to stick with it."

Woody Paige: How the Broncos will address the massive 16-man offensive line at training camp

By Woody Paige

KMGH

August 1, 2017

What species has 32 legs, is the height of a 10-story building and weighs 2½ tons?

"Invasion Of The Four Monster Tarantulas."

Not quite.

The Broncos' behemoth 16 offensive lineman at training camp Monday morning.

The linemen and the entire offense produced a quality practice after a terrible workout on Sunday.

The linemen's names, in alphabetic order: Allen Barbre, Garrett Bolles, Dillon Day, Max Garcia, Cameron Hunt, Cedrick Lang, Ron Leary, Connor McGovern, Justin Murray, Matt Paradis, Tyler Sambrailo, Michael Schofield, Donald Stephenson, Billy Turner, Menelik Watson and Elijah Wilkinson.

Who's the tallest? Lang at 6-foot-9.

Who's the heftiest? Wilkinson at 331 pounds.

Who's the highest paid? Leary at \$8.375 million.

Who's the oldest? Barbre at 33.

Who's the newest? Barbre joined the team last week.

Who's the only first round draft choice? Bolles.

Who's the best? Paradis was an alternate for the Pro Bowl last season

Who are the starters?

That's what this camp will determine.

The 16 centers, guards and tackles are competing for five starting positions, eight-nine spots on the 53-man rosters and 2-3 practice squad contracts.

Of course, the most emphasis is on Bolles, who was the first offensive lineman chosen in the 2017 NFL draft, and, in all probability, particularly after an impressive beginning in camp, will be starting tackle.

And serious attention is being paid to three veteran lineman acquired by the Broncos – Leary and Watson as unrestricted free agents (for a combined investment of \$12 million in salary this season) and

Barbre, who was traded to the Broncos from the Eagles for a conditional 2019 pick. All three could start on the restricted offensive line.

And serious concern has surfaced over three "S" men, and I'm not talking about anyone who has an "S" on his chest and is called "Superman." They are three players who were starters for the Broncos last year. This year Sambrailo, a former second-round draft pick, Schofield (who shifted from tackle to starting right guard in 2016) and Stephenson (who was a starter for 12 games last season, but was graded as one of the worst offensive linemen in the league by Pro Football Focus). Each could end up starting, being a reserve or not even making the team.

The longest shot is the tallest man – Lang. He was signed as an undrafted free agent by the Giants last season out of UTEP, but was later cut. He agreed to a futures contract with the Broncos in January. But the raw Lang has no chance unless he slips onto the practice unit. Wilkinson, an undrafted rookie, definitely is a practice squad candidate. And Hunt is an undersized rookie free agent who won't stick.

There is, as Sherlock Holmes would say, The Curious Case of Dillon Day. He has played in eight exhibitions the past two years as a backup center, but never stuck on the roster, and was a practice squader. He looks the part, but has about run out of time with the Broncos – especially with the switch of the versatile McGovern to center.

Billy Turner started a dozen games with the Dolphins in 2015, and got into three games with the Broncos last year. He actually has been a very positive surprise in this camp, especially once the players began working out in pads, and will make a run as a backup.

Leary was supposed to be on the left side, but moved to right guard when Garcia couldn't effectively switch from left to right and returned to left guard. Barbre can play guard or tackle and has started for Philadelphia at both, and the offensive staff does seek flexibility. McGovern can play two positions, as can Schofield.

Sambrailo had an opportunity to hold off Bolles, but hasn't been anything special, despite being healthy after injury issues of the past two years. And Stephenson has to go some to stay as a backup tackle.

Expect the starters to be Paradis, fully recovered from double-hip surgery and one of the top three centers in the NFL, to anchor the line, with Bolles and Garcia on the left side, Watson and Leary on the right side, with Barbre, McGovern, Schofield and Sambrailo as the backups. Turner and Stephenson will be the final cuts, and Day and Wilkinson will wind up on the practice squad.

It's most critical that the line develops cohesion in a hurry. Last year the Broncos ranked 28th in rushing at 3.6 yards per carry and 24th in sacks allowed – 40. Since 2012 the Broncos have started 8, 6, 8, 8 and 6 different linemen. The last time the Broncos actually had five starters the entire season was 2011.

The Broncos want a tougher, bigger, better, more powerful five-headed monster this year.

John Bowlen, son of Broncos owner Pat Bowlen, arrested on suspicion of DUI in California

By Mark Belcher

KMGH

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The son of Pat Bowlen, the owner of the Denver Broncos, is facing charges in California over driving under the influence. Police in California arrested John Bowlen Sunday afternoon and booked him into the San Luis Obispo County Jail.

According to police records, Bowlen faces two charges related to driving after drinking alcohol, including Driving with BAC .08 or Higher and Driving Under the Influence of Alcohol. Those charges are booked as 23152(A) VC and 23152(B) VC.

Police in California say they do not release arrest reports, but Denver7 is working to obtain the records.

It's not the first time Bowlen has been in trouble with the law.

He was found guilty in April 2016 of harassing a girlfriend the year before, and was sentenced to 24 months of probation with drug and alcohol evaluation. He was also ordered to undergo a mental health evaluation and treatment.

He'd originally been charged with two domestic violence counts in that case after his girlfriend called 911 on him because he was inebriated, and he followed by shoving her against a wall, according to police reports.

He also pleaded guilty to driving while ability impaired in August 2005, according to Colorado court records.

Von Miller receives 'Chinese Dragon' nickname at Broncos camp

By James Palmer

NFL.com

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It's an extremely bright Friday afternoon in Englewood, Colorado. Almost all of the 4,567 fans seated on a grassy berm -- and the majority of the media -- are fixated on Trevor Siemian and Paxton Lynch. The two quarterbacks, who are battling for the starting job, are alternating reps against the best secondary in football in a seven-on-seven drill directly in front of the crowd. Every throw and every decision is being evaluated to the 10,000th degree as part of the most polarizing sports story in Denver.

But on the far end of the field, tucked in the shaded end zone near the windows of the Broncos facility, the offensive and defensive linemen are watching the best pass rusher in the NFL performing at perhaps the height of his game.

The pads have yet to be strapped on -- it's just the second day of camp -- but the one-on-one battles are physical and competitive. Unless it's Von Miller's turn. In which case they are quick and often embarrassing. Let me introduce to you the Chinese Dragon.

"When you watch what they do when it's the Chinese New Year and you see those dragons go down the street, they're always turning and twisting and moving and flipping," said first-round pick and potential starting left tackle Garrett Bolles, who also created the nickname. "That's what he does. He's just so dominant."

The group watched Miller explode so quickly off the line that Ty Sambrailo, who is competing with Bolles for the starting left tackle spot, wasn't able to make contact with Miller. Not even the brush of a hand that would have counted if it were a game of tag. Miller not only did this once, he did it twice. In a row.

Later, the dragon switched to the other side. This time, he'd square off with Denver's starting right tackle, Menelik Watson. After practice, standing in the player's tunnel, Watson broke down each rep to me. Miller went outside on him on the first, and although Watson said he thought his hands were in a good place, his feet were soft, and Miller flew by. The second rep was a devastating spin move to the inside, and Watson didn't stand a chance.

"With Von, it looks effortless," Watson said in his thick British accent. "It almost seems like he isn't trying. Right now he's just chilling. Von's chilling."

While he appears to be coasting, he's dominating. After being beaten on the second rep, Watson put his huge hand in the air above his head and twirled his index finger. He wanted a chance to redeem himself.

"He was joking, and he was just laughing," Watson recalled of Miller's reaction to his request. "I told him I appreciate it, because does Von Miller really need the work? Being the guy who he is?"

The free-agent tackle from Oakland managed to get his feet right during the requested third rep, but Miller still unsurprisingly got into the backfield. Watson spent the first four years of his career with the

Raiders and practiced daily against Khalil Mack, who beat out Miller by a single vote for Defensive Player of the Year last season.

"I love Khalil Mack, and Khalil Mack will be a Hall of Famer, no question," Watson said with a grin, because he knew what was to come next. "But Von Miller, when it comes to the pass game, it's cerebral. He's cerebral."

Both offensive tackles spent the majority of our conversations describing, in unbelievable detail, to the lengths only those that played the game would understand, the techniques and physical traits that make Von Miller unlike any pass rusher they've ever faced. But as Watson pointed out, it's the mental side of Miller's game that has separated him from everyone else.

"It's kind of weird, and the trick for me being here is, don't fall into the trap of trying to work against him, because he's different," Watson said. "Working against him is different, even when I played against him with the Raiders. I understood that it's not just going to be here, here, here and fight. It's going to be, you have to learn."

A relationship between Miller and Bolles began when Miller was the first person to call Bolles the night he was drafted. Their bond has quickly evolved in the last few months to the lengths that Bolles says he loves Miller dearly and considers him family. During camp, the two play a daily chess game on the field.

"He's going to hit you with a new move every day," Bolles told me, standing barefoot inside the Broncos facility. "Like today, he comes up with something new. So I had a chance to change my set, and I got him early on. He came up to me and said, 'I'm going to get you tomorrow, I bet you'. I was like, 'I know you are'. And then he's going to go back and watch film, and he's going to study what I did and come back with a new move."

Both Watson and Bolles separately described another specific trait of Miller's that they don't have to defend against with any other pass rusher. When a defensive player bull rushes an offensive lineman, there is usually a moment at the point of contact where every pass rusher spins his wheels for a second. They have to usually take another step or two without getting downfield to continue their rush. This allows offensive linemen to reset and reestablish their position in an attempt to hold their ground. That doesn't happen with Miller. The dragon's feet don't slow down on contact.

"With him, as soon as he gets contact, his feet get faster," Watson said. "There's not much you can really do."

Miller's not the strongest player in the league, but many believe he might have the strongest core, which creates a different type of power. Compound that with his ability to bend as he comes around the edge and somehow defy physics and miraculously not fall over or lose speed, and you have a one-of-a-kind talent. Or a mythical creature.

"He literally changed and revolutionized the defensive end spot for the last 6 years he's been in the league," Bolles said. "Because you know everyone says he's undersized, but he's strong. He's not your typical defensive end that's [6-foot-4, 250 pounds], he's a quick guy that's 230, 240, and his game will punish you. If you're not careful, he's going to make you slit your own throat."

When you see the former Super Bowl MVP on the practice field, he looks incredibly disproportionate, but in a good way. Large shoulders cut sharply to a thin waist. Colossal quads connect to thin knees that sit above massive calves. All a result of an unorthodox training routine that Miller felt worked him harder than any offseason before, and which was documented on social media. When I spoke to Watson, he was on his way to work out his quads and brought up Miller's, which have been the talk of training camp.

"I thought I had big quads," Watson said to me as he pulled up his pants to show them off. "I got some big quads. But that boy's quads are something different. That s--- is ridiculous, man. He's a freak. You know when guys get like implants? He's got implants."

Miller has taken his body to another level, and it's been impressive. But what Miller has done to soak up the knowledge of his craft from those who came before him, and not only instill it in his own game, but teach it to players around the league, might be the most impressive aspect of his growth as a player and a person. His pass-rush summit -- which was inspired by the Manning Passing Academy -- this offseason brought together pass rushers from across the league to help one another become better players. His leadership has developed as his game has. It's based on his ability to relate to players in his locker room better than anyone, combined with an approachability unmatched among his superstar companions across the league. Not only does he twist and move on the field unlike any other player, off the field, he's blazing a truly pliable path as well.

2017 might officially be the year of the Rooster, but it looks like it's shaping up to be the year of the Dragon.

Roger Goodell: 'I don't think any teams tank'

By Conor Orr

NFL.com

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The Jets have done their best to resist the "tanking" label attached to their offseason after the club jettisoned the remainder of their core veterans like Darrelle Revis, Brandon Marshall and Eric Decker.

On Monday, NFL Commissioner Roger Goodell said he did not believe the Jets -- or any team for that matter -- were purposely trying to lose games.

"I don't think any team tanks, I really don't," Goodell said during a visit to Jets training camp in Florham Park, New Jersey, via ESPN's Rich Cimini.

He added: "I think teams, depending on where you are, go through transitions. They are looking to sort of say, 'We need to build more talent here, we'll do it through the draft. Let's let some of our veteran players go and develop some of our younger players.'

"That's always been part of football. That's always been part of sports. ... Every team does that differently."

Due to a potentially enticing crop of quarterbacks who may or may not be sitting atop the 2018 draft board, the Jets' pivot toward younger, cheaper, controllable talent has taken on a different feel around the NFL. The Cleveland Browns had a startlingly similar start to the 2016 offseason after installing Sashi Brown as executive vice president and Paul Depodesta as chief strategy officer. While acquiring a potential franchise quarterback is part of any rebuild, the foundation of any team is cost-effective in-prime talent. The Jets were headed in a similar direction under former general manager John Idzik, but after a surprising 10-win season in 2015 with Mike Maccagnan, they opted to add veterans to their stable.

Life is much different in Florham Park now where, like Cleveland, the focus is on throwing rookies into the deep end and forcing them to swim. I wrote about first and second-round picks Jamal Adams and Marcus Maye on Monday and why their 2017 regular seasons could be a barometer for how long this rebuild takes. If that is considered "tanking," then it's tanking with a gigantic caveat. The Jets' coaching staff still has a glut of young players they need to improve.

NFL training camp winners and losers: Bad news engulfs

Ravens

By Gregg Rosenthal

NFL.com

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No team had a worse first week of training camp than the Baltimore Ravens. From a season-ending injury to the team's most talented running back (Kenneth Dixon) to injury clusters at tight end and cornerback to a second early retirement of the offseason (center John Urschel, who exits the stage six months after LB Zach Orr), the Ravens have already hit Bad-Camp-News Bingo. But Joe Flacco's back injury is what should be keeping coach John Harbaugh's staff up at night.

The disc issue, first reported by NFL Network's Ian Rapoport and Tom Pelissero, was suffered a few weeks ago. Yet Flacco is still not throwing and admitted to struggling to bend over. Perhaps another week or two of rest will solve the issue, but the Ravens and Flacco don't really know. No one ever knows when it comes to back injuries. Even if Flacco returns to practice on the early side of his recovery timeline, it will be a surprise if he plays much in the preseason. That leaves a lot of snaps available for Ryan Mallett and Dustin Vaughan, not to mention a growing need for another veteran quarterback.

Ravens owner Steve Bisciotti, addressing the audience of a fan forum Sunday, mentioned the team had some interest in Robert Griffin III. Ravens president Dick Cass confirmed the team has had direct discussions with Colin Kaepernick and is weighing whether or not to sign him. That calculus includes reaching out to sponsors and fans, Cass admitted. Bisciotti said he spoke to Ray Lewis on Sunday morning about his opinion on possibly signing Kaepernick.

From the outside looking in, this is an incredible amount of background work to put into Kaepernick, unless the coaches had a strong interest in signing him. Harbaugh made as much clear when calling Kaepernick a "great guy" last week and revealing that they've spoken multiple times this offseason. That press conference sounded like the first step in making a public case for Kaepernick to fans and possibly ownership, not that it should be necessary. Kaepernick is a far superior option to Mallett or Griffin based on game film, statistics and Kaepernick's familiarity with Baltimore's coaching staff. (Ravens senior offensive assistant Greg Roman ran Kaepernick's offense in San Francisco.) The decision whether to sign Kaepernick, however, clearly involves more than coaches, going to the ownership level because of Kap's political activism. Bisciotti took a question from a fan about Kaepernick possibly "damaging" the team's brand, as if the quarterback had committed a crime.

"Quantify hurting the brand," Bisciotti responded via the team's website. "I know that we're going to upset some people, and I know that we're going to make people happy that we stood up for somebody that has the right to do what he did. Non-violent protesting is something that we have all embraced.

"I don't like the way he did it. Personally, I kind of liked it a lot when he went from sitting to kneeling. I don't know, I'm Catholic-- we spend a lot of time kneeling."

I've believed all along that Kaepernick will find a team before Week 1 because he can upgrade many backup quarterback situations and NFL teams have proven again and again they'll ultimately act in their own self-interest. The Ravens should be that team. Even when Flacco returns to the practice field in a

week or three, the shadow of his back injury will hang over the organization until he proves he can withstand regular-season punishment. Whether Mallett continues to occasionally throw five interceptions in a practice or literally throw up a white flag, Kaepernick is likely to win an open competition over Mallett.

The signing might not happen soon enough to satisfy my desire for this phase of the Kaepernick news cycle to end, but it should happen. It makes too much football sense. To paraphrase Johnny Kerr or perhaps Buddy Ryan, coaches who start listening to the fans wind up sitting next to them.

The Ravens had a brutal week. Here are some of the other winners and losers from the first week of camp:

Winners

Mature holdouts: Rams defensive tackle Aaron Donald, Texans offensive tackle Duane Brown and Raiders OT Donald Penn are all skipping the early portions of training camp in search of new contracts. That's normal. The relative lack of media hand-wringing or threatening quotes from coaches is refreshing. Everyone appears to understand these are grown men doing what they feel is necessary to be paid fairly, and there's a long way to go before Week 1.

Even the Los Angeles Times' mild chastising of the Rams regarding Donald can be seen as a positive. The paper is starting to treat the Rams like any other local team.

Jaylon Smith, LB, Dallas Cowboys: The proof in Smith's recovery resides in his increasing workload. The second-year linebacker participated in full-contact drills for a second straight day Sunday, a terrific sign coming off the devastating Fiesta Bowl knee injury that forced him to miss all of last season.

Cowboys camp is a petri dish of overstatement, but the respect Smith has already engendered from his teammates for his intellect, leadership ability, explosion and instincts is off the charts. Most importantly, his body is responding to every challenge in the early going.

Lovers of daily practice stats for New York Jets QBs: A tradition that started during the titanic Tebow-Sanchez battle of 2012 was continued during the Geno-vs.-Vick and Geno-vs.-Fitz quarterback competitions of the following years. Yes, all Jets beat reporters appear to be contractually obligated to tally daily practice stats, complete with a first-day power ranking of their performance in practice without pads. The New York Post summed up the mood: "No reporters were hit by errant passes on Day 1 of Jets training camp. That's progress."

Rob Ninkovich, DE, New England Patriots: His retirement press conference was so packed with former teammates and coaches that Bill Belichick had to sit on the ground. Belichick told Ninkovich he's never coached a more unselfish player, and Tom Brady was there for an emotional embrace with the former fifth-round pick. Ninkovich mentioned how he nearly gave up on football after failing to stick with the Saints or Dolphins early in his career before settling in for eight seasons in Foxborough. Roughly 40 players and coaches showed up for the press conference, a reminder that it's possible -- if rare -- to go out on top in professional football.

Had a rough week

Denver Broncos pass rush: Denver owned the deepest group of pass-rushing linebackers in football last season. Now the team could be starting Kasim Edebali -- a player who couldn't stick with the Saints defense -- in Week 1. Von Miller's supporting cast is quite depleted, thanks to DeMarcus Ware's retirement followed by injuries to Shane Ray and Shaq Barrett. With Ray (wrist) and Barrett (hip) expected to be sidelined into the regular season, the team's "No Fly Zone" secondary will be asked to carry too heavy a burden.

Broncos coach Vance Joseph already faced the difficult task of fitting into Wade Phillips' considerable cowboy boots. Now Joseph has to deal with these pass-rush concerns in addition to figuring out a defensive line with two starting jobs open. There will be no easing into the season, not with the Chargers' and Cowboys' offenses up first on the schedule.

The Arizona Cardinals' cursed No. 2 cornerback spot: Little-known second-year cornerback Ronald Zamort started drawing attention early in training camp after lining up as a starter opposite Patrick Peterson.

"You guys keep asking about individual guys, and they keep getting hurt," coach Bruce Arians said via the Arizona Republic when queried about Zamort on Saturday.

Hours later, Zamort tore his ACL. The Cardinals' front office responded Sunday night by signing veteran Tramon Williams -- and Arians might respond by refusing to answer any questions about individual players for the rest of camp. Justin Bethel, currently out with what's believed to be a minor knee injury, is the favorite for one of the toughest jobs in the NFL.

OTAs, minicamps and early camp "Winners and Losers" columns: Belichick essentially poured a gallon of gasoline on all of those writerly evaluations of who has "flashed" in pads-free practices during the offseason and early in camp. Then he lit a match.

All that delicious New England sarcasm aside, Belichick's point is well taken. The practicing that has gone on in shorts and T-shirts all summer into the first days of camp does not resemble the sport that's played on Sundays.

"We play football tomorrow," a fired-up Steelers coach Mike Tomlin said on the eve of Pittsburgh's first full-contact practice. The first meaningful evaluations of football being played this season starts in earnest this week.

Blake Bortles, QB, Jacksonville Jaguars: This late addition to the column comes after news of left tackle Branden Albert's surprise retirement broke on Monday morning. The veteran left tackle was lining up ahead of rookie second-round pick Cam Robinson early in camp and would have provided a stabilizing presence for an offensive line that is forever in transition. Now, the Jaguars will sink or swim with Robinson and hope he performs better than Luke Joeckel, the last left tackle the team drafted early.

Injuries to watch

Mike Williams, WR, Los Angeles Chargers: The team's statement on Sunday that Williams wouldn't practice throughout training camp is a sign he's not even close to hitting the field, making Williams a strong candidate to miss the start of the season on the PUP list. In fact, first-year coach Anthony Lynn

didn't provide the most comforting assessment when asked about whether Williams' back issue could be a season-ender.

"I'm hopeful that it's not, but who knows?" Lynn said of the No. 7 overall pick, per ESPN. "It could be. I don't know. You'd like to have him out [there], but fortunately we have depth at that position, and we're going to be OK."

Malik McDowell, DT, Seattle Seahawks: Injured in an ATV accident, the second-round pick is staying near his Michigan home as he recovers. Consider it a troubling sign that coach Pete Carroll wouldn't rule out McDowell missing the entire season. Seattle was hopeful that McDowell's versatility could add some needed pop to the team's interior defensive line.

John Brown, WR, Arizona Cardinals: Just one day after venerable AZCardinals.com writer Darren Urban wrote that speedy receiver John Brown "looks past his health concerns," Brown suffered a quad injury.

Jordan Reed, TE, Washington Redskins: Coach Jay Gruden said that Reed "may have twisted an ankle" overcompensating for a toe issue, which sounds like a Mad Lib of Rotoworld posts on Reed from the last four seasons.

Marcell Dareus, DT, Buffalo Bills: After an injury-plagued 2016 campaign, Dareus started this year in familiar fashion with a hamstring issue.

Pernell McPhee, OLB, Chicago Bears: Theoretically Chicago's most disruptive defender, McPhee underwent surgery to start camp after playing fewer than 300 snaps a year ago. With McPhee due more than \$7 million, it's worth wondering if he and the similarly paid Lamarr Houston are both locks to make the team.

Cam Newton, QB, Carolina Panthers: He's out on the field practicing after shoulder surgery, but Supercam hasn't yet returned.

"It seems to me he doesn't have that fastball back. He doesn't have that trademark zip we are used to seeing," Joe Person of the Charlotte Observer said over the weekend.

Newton also sat out some portions of practice Sunday to rest his arm. On the plus side, there's plenty of time for Newton to get right.

Broncos Training Camp Day 5 Takeaways: Offense bounces back

By Andrew Mason
Denverbroncos.com
August 1, 2017

Also: Why Andy Janovich is valuable, how Isaiah McKenzie deals with a practice fumble and what Head Coach Vance Joseph will do on the players' off-day.

Even for the most successful of teams, football is about coping with adversity.

So the one thing Head Coach Vance Joseph wanted to see above all else Monday was how his offense handled itself following a Sunday performance that was out of sync and defined by frustration and missed opportunities.

Starting from the push the offensive line got in an early period that emphasized power running, he got it.

"Offensive-line-wise, they came back and they were physical today," Joseph said. "I told the guys, 'It's not that things are going to happen. Things are going to happen. But how you respond is the key.'"

"Football is a game of adversity and a game of mistakes. That's going to happen. You're going to have bad days. But how you bounce back is critical."

The line played a big part in that. But on some of the early carries that unclogged the offense's plumbing, so did fullback Andy Janovich, which is where Monday's takeaways begin.

1. JANOVICH: A 'BIG PART' OF THE PICTURE

The emphasis on the run early in practice was right up Janovich's alley. He sprung C.J. Anderson, De'Angelo Henderson and Stevan Ridley for some of their best runs, powering to the hole and through defensive linemen and linebackers.

Throughout the offseason, some observers have questioned whether there was a place for a fullback in an offensive scheme that some players have described as "pass-happy." But past iterations of offenses in which Offensive Coordinator Mike McCoy and Offensive Line Coach Jeff Davidson have been involved have made heavy use of the fullback. As recently as last year, McCoy drafted a fullback: Wisconsin's Derek Watt, who played all 16 games last year.

Janovich is the only fullback on the roster, and it's clear there is a place for him -- even if you don't get into his extensive special-teams role.

"If we had 22 Jano's we would be all right," Special Teams Coordinator Brock Olivo said. "He's tough, he never says a word and never complains. He just does his job. He's the first one in the meeting every day. He's on it X's-and-O's-wise."

"He knows what to do, he's tough and he finishes. I love the guy, if you could tell. He's going to be a four-phaser for us. He's a really good football player."

By "four-phaser," Olivo means that Janovich can play on four different phases of special teams -- punt coverage, punt returns, kickoff coverage and kickoff returns.

"He is very valuable to our football team from a physical standpoint," Joseph said. "He is an old-school fullback that can also carry the ball that is going to be great for Brock [on special teams]. So he's a big part of what we're going to do offensively and special-teams wise."

2. 'DECISION-MAKING' REMAINS KEY ATTRIBUTE IN QB COMPETITION

What rankled Joseph about his quarterbacks' performance Sunday were the misfires in the red-zone and goal-to-go periods -- the plays that, in games, lead directly to massive swings on the scoreboard.

A play like the interception by Bradley Roby off Paxton Lynch, for instance, would have represented a 14-point swing under game conditions, as it would have almost certainly been a 99-yard touchdown return for the fourth-year cornerback.

Mistakes matter anywhere on the field, but Joseph understands the higher-leverage nature of work inside the red zone.

"I'm looking for decision-making, guys. That's why I was so disappointed with [Sunday's] results," he said. "Making critical errors in the scoring zones -- we can't have [that]. Now, you make an error out [at midfield] on first-and-10, second-and-10, we can overcome those, but if we're going into score, and we've already got three points, and you give them seven points, we can't have that. That costs you games."

3. MCKENZIE PUTS THE EXTRA WORK IN

... WR Isaiah McKenzie continues to impress on punt returns, but all was not perfect, as he muffed one punt during Monday's work.

"He dropped a punt, and that's an unusual occurrence for him, because he's usually spot on," Special Teams Coordinator Brock Olivo said.

When practice ended, McKenzie went to work trying to atone for the miscue and prevent it from happening again.

"He was out here and he caught probably 50 punts [after practice]," Olivo said. "That's the kind of kid he is. He's a budding pro, and we're happy about that."

"[McKenzie] wants the ball in his hands and he likes the fact that there is a Tyreek Hill in our division, a guy that he can strive to be as good as or better someday," Olivo said. "That's the kind of kid he is. I know he's thinking that in his head because he's very confident and I love that about him."

"You see that, the quickness, the lateral movement, the burst, the toughness to stand in there. Again, we'll see coming up in the first preseason game and throughout preseason just how much guts the kid has when gunners are running down in front of his face. I have confidence he's going to be just fine."

4. WHAT'S UP NEXT?

Recent years have seen some lineup changes or other shuffles in the distribution of repetitions after the first off day of camp. The potential for such changes is likely to be a topic Tuesday as Joseph, the assistant coaches, President of Football Operations/General Manager John Elway and other members of the personnel staff meet to review the first five days of training camp.

"We're going to have a personnel meeting tomorrow morning with John and his staff to kind of go through the roster and talk about the health of the roster and kind of figure out our next plan moving forward," Joseph said.

Joseph said he would ease the team back up to full speed after its rest day.

"Our vision as a staff is to have an off-day tomorrow, kind of bring it back Wednesday and kind of build it back up Thursday [and] Friday for our first scrimmage on Saturday," he said.

Broncos Training Camp Quick Hits: Day 5

By Andrew Mason
Denverbroncos.com
August 1, 2017

Training camp reached its competitive apex on Monday.

It took nearly five days, but the competitiveness of training camp finally boiled over into a full-blown fracas Monday morning.

When ILB Zaire Anderson shoved RB Stevan Ridley too forcefully into the sideline, LT Ty Sambrailo decided that this aggression would not stand, and it was on.

Sambrailo was blocking elsewhere on the field, but he hustled to the north sideline to stand up for his fallen offensive teammate. Seconds later, much of the team ran over to the scene, although the anger was generally contained to Anderson and Sambrailo.

Because it didn't spill over and no one was injured, the dust-up was basically harmless -- and, if anything, it showed Head Coach Vance Joseph the kind of all-for-one spirit he wants to see from his team.

"Absolutely. I think when you see your offensive lineman defend your running back -- right, wrong or indifferent -- I think you enjoy seeing that, because you want to build toughness, you want to build guys being tight to carry your teammates," Joseph said.

But there is a line that cannot be crossed. Moments later, when the period ended, Joseph called his team together with a simple message: "Stop the nonsense and let's finish practice."

"Obviously, you can't fight in games, and that's the part -- from my chair -- that you can't allow," Joseph said. "You can't build habits of fighting when adversity strikes, because in a football game, it's going to be a bad result. I don't mind some of it, but I understand you can't do it in football games, so we can't have it."

... Even without the heated exchange, Monday's practice would have gone down as the most intense of training camp to date, in part because of the nature of the work, which included periods emphasizing the run, red-zone and one-on-one battles between the receivers and cornerbacks, linemen and tight ends and running backs working against linebackers and safeties.

... After Joseph expressed displeasure with the performance of his quarterbacks during Sunday's practice, Paxton Lynch and Trevor Siemian settled down and had some stronger moments Monday.

Siemian accounted for the longest gain of the day, executing a perfect play-action fake to hit WR Marlon Brown on a post route for a 40-yard gain during a team period.

... Lynch had some good moments early. He showed off his arm strength on a pair of passes to the sideline, firing strikes to Emmanuel Sanders and Cody Latimer that had plenty of zip.

The second-year quarterback also had some strong work during a goal-line period, connecting on touchdown passes to Virgil Green and C.J. Anderson against the first-team defense. The touchdown pass to Green was one of Lynch's best plays so far in camp; he corralled a low snap from Connor McGovern without missing a beat, spotted Green in tight coverage against Brandon Marshall, and then fired a well-placed pass on a fade route that Green grabbed in the back of the end zone for the score.

But Lynch hit a rough patch working with the No. 2 offense during a seven-on-seven period. The second-team defense intercepted consecutive passes, with Justin Simmons and Corey Nelson each recording their first interceptions of training camp. Lynch's next pass was nearly intercepted.

... DeMarcus Walker continues to adjust well to working at outside linebacker, showing quickness off the edge during one-on-one and team periods.

... The practice closed with the No. 1 and No. 2 offense each given one chance to score against the No. 1 and No. 2 defense, respectively, from the 8-yard line.

The defense won both plays. On the first, Lynch had to go low to retrieve the snap and the play devolved from there, with Von Miller bursting around the left edge as the pocket collapsed before the play was blown dead. On the second, Siemian located WR Jordan Taylor near the right pylon, but Taylor dropped the potential touchdown catch.

Joseph ended some OTA practices with a similar drill, which he uses because he wants his team to practice under do-or-die, pressure-simulation conditions.

"The idea is that it's the last play of the game from the 8-yard line, one play, no timeouts, go win it," Joseph said. "It's all about competition. Pushing our offense and defense to be competitive. Every drill is being graded. Every drill ends with a result: a winner and a loser."

PARTICIPATION REPORT:

... RG Ron Leary did not practice Monday because of a groin injury. Billy Turner worked on the first team in his place. Joseph said that Turner has continued to practice through a "slight hamstring pull."

... RB De'Angelo Henderson returned to practice after sitting out Sunday's work because of an ankle injury. Henderson saw some spot work on the first team early in relief of C.J. Anderson and demonstrated good burst moving through gaps created by the No. 1 offensive line on that series.

... RB Jamaal Charles returned to practice Monday and continued to work during individual periods. Charles will see some seven-on-seven repetitions later this week, Joseph said. "We're going to keep him out of the team drills, [because] we don't want to get him tangled," Joseph said. "Start him with seven-on-seven, and then add team in the next week."

... C Matt Paradis and DE Adam Gotsis are expected to be seeing some team-period repetitions at some point later this week after the Broncos return following their Tuesday off day, Joseph said. Gotsis will be brought along faster than Paradis, Joseph said.

... DE Derek Wolfe left practice with what Joseph described as a "small stinger" in his right shoulder. Joseph said that it was "nothing serious," and that his departure was precautionary in nature. Wolfe could return Wednesday.

... Rookie CB Marcus Rios has a "slight little groin" injury, Joseph said. "He should be back Wednesday, hopefully."

... RB Bernard Pierce remains out because of a pulled hamstring.

WEATHER REPORT: A warm morning greeted the Broncos, with temperatures that rose from 72°F to 79°F under partly cloudy skies.

Garett Bolles knows consistency is key as training camp continues

By Aric DiLalla
Denverbroncos.com
August 1, 2017

Bolles has a plan to continue to improve every day.

If Garett Bolles' career turns out like Joe Thomas', the Broncos' investment in the first-round pick would be more than justified.

Perhaps that's obvious. Thomas, the six-time first-team All-Pro, is headed to the Hall of Fame when his career wraps up.

Any set of accolades that even comes close would be a massive haul for the rookie left tackle -- and it's far too high a bar to set for Bolles at this early stage of his career.

That doesn't mean he isn't thinking about what it takes to make it to that level. Five days into his first training camp, Bolles has already identified what helps make Thomas, Joe Staley and Tyron Smith so successful.

Bolles certainly didn't compare himself to those players Monday, but he did acknowledge his biggest challenge is to find the same consistency that allows them to thrive with their respective teams.

"The thing about the NFL that people don't know is that it's all about consistency," Bolles said. "[Staley, Smith and Thomas] do the same thing every single day, and that's what I'm trying to get to, because I'm a young buck in this league and I've got to get used to being consistent -- and there's nothing better than coming out here every day and going against our defense."

Sometimes, that defense gets the best of the rookie left tackle and the rest of the offensive line. They did that Sunday, when Bolles and the offense "weren't on our game" and put together a performance that he called unacceptable.

He does recognize poor practices are part of the learning curve, but Bolles seemed more concerned Monday with how quickly the offensive line reacted to that failure.

"We all hit adversity in our life, but just every single day ... we've got to come out and smack that adversity in the face," Bolles said. "That's what's going to help us make it where we need to be. A Super Bowl is what we want to win, and that's where we want to go."

As he looks to make sure he's taking steps forward and finding the consistency he seeks, Bolles has identified a different area of his game on which to focus each day.

His pass sets were his focus Monday, and the previous day he narrowed in on firing off the ball. Bolles is also getting advice from Von Miller, Shane Ray, Kasim Edebali and several others whenever his hands get too low or his feet don't turn.

Over the course of five practices, Bolles has had a crash course on technique as he competes for the starting left tackle position.

"This ain't college no more," Bolles said with a laugh. "I'll tell you guys that right now."

In this league, Bolles said, everyone's fast and everyone's an athlete.

As training camp continues, Bolles will be looking for the consistency to keep up.

CBS4 Broncos Notebook: Team Back In Full Pads

By Staff

CBS 4

August 1, 2017

The Broncos were back in pads for the second straight day on Monday.

Offensive lineman Ronald Leary, who left mid-way through practice on Sunday, was in a jersey and shorts watching practice.

Lineman Donald Stephenson, who didn't practice Sunday, was back and in full pads Monday.

Running backs Jamaal Charles (rest) and De'Angelo Henderson (ankle) both missed practice Sunday, but both were back on Monday and in full pads.

Monday is scheduled to be Trevor Siemian's day to start with the first team offense. Vance Joseph wasn't pleased with either Trevor or Paxton after Sunday's practice.

Broncos Training Camp Report: Day 5

By Bruce Haertl

Fox 31

August 1, 2017

After being emasculated by their defensive counterparts the day before—the offense pushed back at practice today. Head coach Vance Joseph was pleased with what he saw from the offensive line, “they came back and were physical today”.

Quarterback play was nominally better than yesterday—Trevor Siemian hit Marlon Brown on a 70 yards strike in an otherwise steady if unspectacular day. Paxton Lynch was intercepted on consecutive throws during seven on seven drills, it would have been three but that pass was dropped. There were more high marks for the defense, although their dominance wasn’t as complete as yesterday, “we’re still going to be aggressive and we’re coming after people”, said inside linebacker Todd Davis.

Practice today was punctuated by the first scuffle of camp, when running back Stevan Ridley was thrown to the ground by linebacker Zaire Anderson

after the whistle had sounded. Tackle Ty Sambrailo led the charge to protect his guy, followed close behind by rookie tackle Garrett Bolles. Pushing, shoving and chirping ensued, until Joseph called the team together and told them to ‘stop the nonsense’.

Having said that, Joseph admitted that he didn’t mind seeing players take care of their own, adding that you can’t do it (fight) in a game—so we can’t do it (in practice). Actually, players on both sides of the ball thought that the offense’s reaction was a good one.

Back at it —

RB DeAngelo Henderson and tackle Donald Stephenson were both back at practice after missing yesterday with turned ankles. DE Adam Gotsis, C Matt Paradis and RB Jamaal Charles were all on the field today, but none participated in team drills. All three are expected to start getting more reps when the team comes back to work after Tuesday’s day off.

Thanks for your service —

The Broncos hosted 50 active members of the media for their annual NFL Boot Camp, the NFL-style workouts for the soldiers came in the hour and half before the Broncos took the field.

Give me 22—

Special teams coach Brock Olivo raved about the energy and focus of fullback Andy Janovich on special teams; “He’s tough, he never says a word and never complains. He just does his job”.

Back on Wednesday—

The Broncos are off Tuesday, most of the guys talked about just 'getting their bodies right' after the first five days of camp. The club reconvenes on Wednesday and will work through Saturday. Practices have gotten longer in pads, with both of the last two days going over 2 hours.

Report: NFL formally offers to study marijuana as pain management option with NFLPA

By Curtis Crabtree

Pro Football Talk

August 1, 2017

It's been clear for some time that the NFLPA believes in the potential of marijuana as a therapeutic tool for players' recovery. The NFL has been less open to the idea with commissioner Roger Goodell calling it "addictive" and "unhealthy" as recently as April.

However, the NFL appears ready to at least explore the possibility of marijuana use as a medical tool with the help of the NFL Players Association.

According to Mark Maske of the Washington Post, the NFL sent a letter to the NFLPA offering to work jointly to study the possibility of marijuana use as a pain management tool.

"We look forward to working with the Players Association on all issues involving the health and safety of our players," said Joe Lockhart, the NFL's executive vice president of communications.

The NFLPA has been looking into the feasibility of its use already, believing it could be a safer option than opiates to combat the physical pounding players take on a weekly basis. They have yet to respond to the NFL's request for possible cooperation at this point.

Both Jerry and Stephen Jones of the Dallas Cowboys said they wanted the NFL to begin re-examining its stance on marijuana use earlier this year. That process now appears to be taking hold, at least in an exploratory fashion.

Ultimately, the decision on how to proceed as a league would be the result of a collective bargaining process with the players' union. At least both sides appear open to exploring the feasibility of marijuana use and the idea of a change in policy on the topic moving forward.

John Bowlen arrested, again

By Mike Florio
Pro Football Talk
August 1, 2017

As the trustees responsible for determining which of Pat Bowlen's seven children will be best suited to inherit full control of the Broncos via a Willie Wonka-style competition, John Bowlen is becoming Augustus Gloop.

The 31-year-old son the team's owner has been arrested again. Via Kirk Mitchell of the Denver Post, John Bowlen faces two counts of DUI.

The arrest came in California, where police booked him for one misdemeanor charge of being under the influence of a drug or alcohol and one count of having a blood-alcohol concentration higher than 0.08 percent.

John Bowlen remained in jail as of 11:00 a.m. ET on Monday.

In 2015, John Bowlen was arrested on domestic violence. A conviction for harassment came the following year. John Bowlen's employment with the Broncos ended last year, too.

Vance Joseph putting his stamp on Broncos practice routine

By Dennis Best
BSN Denver
August 1, 2017

The Denver Broncos opened their 2017 training camp July 24th and have hit the ground running with a new concept: shorter training times.

Head coach Vance Joseph believes the reduced on-field schedule—most practices going from 9:30 to 11 or so—will lower the occurrence of injuries and keep players' legs fresher as they return to full-blown football activity.

"Just thinking about (injuries), hamstrings going in early on in camp. While we have a chance to build on this thing, that's the way to go," Joseph said. "We're probably going to add more team periods probably next week when the pads go on. It's on purpose."

While injuries have still occurred, Shane Ray's wrist injury being the most notable, the players appear to be happily on board with the new setup.

"I think it's smart. It gets our legs up under us to avoid injuries and make sure everybody is ready to go for that first game," cornerback Chris Harris Jr. said. "A lot of teams, their approach, they might come out full go and full field with three-hour practices and then they'll have a lot of injuries. I think it's smart the approach that we're taking."

"We give max effort and then take rests and then max effort and quick rests," defensive end Derek Wolfe said. "As long as we're playing hard in between the lines for those plays, we're getting all the conditioning we need."

Not only has shortened practice time helped with fatigue, but it has also heightened the level of intensity when players' cleats finally hit the grass.

"It's been great," Joseph said of the intensity. "It's been really good even among the veteran players like [Demaryius Thomas] and [CB] Chris [Harris Jr.] today. I love that because if those guys can work, everyone else will follow. When you have the best working against each other every day like that, they're going to get better. We have to improve everyone. D.T., Chris, Aqib [Talib] and Von; we have to all improve. As coaches, we're all improving every day."

When Gary Kubiak retired, the resounding message amongst the players was they would miss him for the way he took care of veterans. While Vance Joseph certainly brings his own coaching style to the team, it's most certainly appreciated that he carried over that aspect.