

# It's a Hard Knock Life For a Running Back



By [Jorden Hampton](#) June 12, 2023

It's a Hard Knock life for a running back. Multiple NFL running backs have been in the news this offseason. New York Giants Running Back Saquon Barkley is the latest running back making headlines.

Barkley is planning on missing the Giant's mandatory minicamp. Barkley hasn't signed his \$10.1 million franchise tag. Barkley isn't rushing to get a new deal done. Barkley wants to wait until July 17 to talk with the Giant's front office.

Barkley said, "For me, it's like we got until July 17," Barkley said, according to Andrew Crane of the *New York Post*. "They can say what they want. [We can say what we want](#). Just one day at a time. One day at a time. Now, that day comes up and I have to sit down and have that conversation, then I will sit down and have that conversation."

Barkley doesn't want to reset the running back market. This is surprising because Barkley is one of the best at his position. Since [2018](#), Barkley has carried the ball 954 times, recorded 4,249 rushing yards and scored 29 rushing touchdowns. Barkley has caught 247 passes, recorded 1,820 receiving yards and scored eight receiving touchdowns.

Barkley was the [fourth-best](#) running back in 2022. Barkley helped the Giants make the playoffs for the first time since 2016.

# Significance

The value of running backs has decreased over time. Running backs hit the ground running and depreciate throughout their careers. Some running backs have high usage rates which can lead to injuries. Once running backs decline teams turn to the draft for younger running backs.

Over the past three years, teams have employed running back by committee systems. Committee systems keep running backs fresh because carries are split. The New England Patriots have had success with the committee system.

# Super Bowl?

Since 2018 top running backs haven't won a Super Bowl.

Carolina Panthers Running Back Miles Sanders rushed for sixteen yards in the 2023 Super Bowl. Sanders didn't contribute to the Eagle's offensive production in the Super Bowl. Sanders finished as the fifth-best running back in 2022.

Indianapolis Colts Running Back Jonathan Taylor won the NFL rushing title in 2021. Taylor rushed for 1,811 yards. Taylor's Colts missed the playoffs.

Derrick Henry 2,027 yards in 2020. Henry won the NFL rushing title and was the best running back in the NFL. However, the Titans lost 20-13 to the Baltimore Ravens in the wild-card round of the playoffs.

Henry had a terrific season in 2019 and won the NFL rushing title. Henry rushed for 1,540 yards. Despite Henry's production Tennessee lost the AFC Championship against the Kansas City Chiefs.

Todd Gurley was the third-best back in 2018. The Angeles Rams suffered a 13-3 loss to the New England Patriots. Gurley rushed for 35 yards.

## **What about Josh Jacobs?**

Like Barkley, Las Vegas Raiders Running Back Josh Jacobs hasn't signed his franchise tag. Jacobs wants to reset the running back market. Jacobs wants future running backs to get paid for their production. Jacobs won the 2022 NFL rushing title.

[Running Back \(gridironheroics.com\)](https://gridironheroics.com)