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By [Jorden Hampton](#) August 23, 2022 [No Comments](#) 3 Mins Read



*CORVALLIS, OREGON - NOVEMBER 27: Linebacker Noah Sewell #1 of the Oregon Ducks gets set at the line of scrimmage during the second half of the game against the Oregon State Beavers at Reser Stadium on November 27, 2020 in Corvallis, Oregon. Oregon State won 41-38. (Photo by Steve Dykes/Getty Images)*

## SHARE

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Football fans have heard the old saying “defense wins championships.” The saying may be true for the Oregon Ducks football program. Inside linebacker Noah Sewell is one of the best defensive players on Oregon’s roster. Sewell begins the 2022 season with an abundance of accolades, skills, and physicality.

Noah Sewell is a complete football player and his stats speak for themselves. During his time at Oregon, Sewell has posted 162 tackles, 6 sacks, 1 interception, and 15 tackles for loss.

## Accolades

Sewell has received many awards for his play on the gridiron. He was rated as a 5-star athlete when he committed to Oregon. As a freshman in 2021 Sewell made the Coaches Pac-12 All-Conference first team, AP Pac-12 All-Conference first team was a semifinalist for the Dick Butkus award, and twice was named Pac-12 freshman of the week.

The list of accolades grows as Oregon begins its 2022 campaign. Sewell's 2022 accolades are listed below:

- Bronko Nagurski Trophy Preseason Watch List (Defensive POY)
- Chuck Bednarik Award Preseason Watch List (Defensive POY)
- Butkus Award Preseason Watch List (top linebacker)
- Polynesian College Football Player of the Year Award Watch List
- Lombardi Award Watch List
- Associated Press Preseason All-America first team
- Pac-12 All-Conference Preseason first team (media)
- Phil Steele Preseason Pac-12 All-Conference first team
- Athlon Preseason Pac-12 All-Conference first team

## Skills



Playing linebacker is a demanding job and Sewell has shown the skills of a great linebacker. Sewell has excellent awareness in coverage. He moves sideline to sideline to tackles running backs, receivers, and tight ends. Most significantly, he is a strong tackler who can shed blocks. Linebackers have to be able to shed blocks so they don't end up in the wash. Additionally, shedding blocks helps linebackers make tackles.

## How Sewell can help Oregon's defense

Oregon hired Dan Lanning as head coach. Lanning was the defensive coordinator at Georgia and led the Bulldogs to the national championship. Oregon must improve on defense. The Ducks' defense ranked 72 out of 130 qualifying schools. Oregon also allowed 405.9 yards per game and 28.3 points per game. Sewell's skillset can help strengthen Oregon's defense and bring toughness to the football program.