

Pro Football

Mariota heavier, more comfortable in second NFL season

By TERESA M. WALKER
Associated Press



Tennessee Titans quarterback Marcus Mariota stretches during NFL football practice Tuesday, May 24, 2016, in Nashville, Tenn.

AP Photo/Mark Humphrey

NASHVILLE, Tenn. — Marcus Mariota feels much more comfortable going into his second season with the Tennessee Titans. The quarterback also is a little heavier.

The few extra pounds could help Mariota better handle the long NFL season.

“Sixteen games is a long season, and unfortunately I didn’t make all 16 last year,” Mariota said Tuesday. “That’s definitely a goal of mine to play all 16.”

Mariota and the rest of the Titans hit the field Tuesday for the first of Tennessee’s 10 organized team activities during their offseason program. The quarterback has a lot of new faces looking back at him in the huddle thanks to a busy offseason by new general manager Jon Robison. Mariota also has a new offensive coordinator in Terry Robiskie.

Instead of an undrafted free agent taking his hand-

offs, Mariota now can give the ball to the NFL’s 2014 rushing leader in DeMarco Murray or the rookie who followed the quarterback in winning the Heisman Trophy in Derrick Henry. Mariota said Murray made a few cuts Tuesday that were pretty special.

“To have someone like

that, a talent back there is not only going to open up a lot of run game stuff, but the play-action game as well as the pass game,” Mariota said. “To have that threat in the backfield will really make our team a lot more dimensional.”

That’s all by design. The Titans are trying to

better protect Mariota and give him more offensive help to keep defenses from teeing off on the quarterback who set a handful of franchise passing records as a rookie. Mariota was 230 of 370 for 2,818 yards passing and 19 touchdowns — all team records. He also had the longest run in the NFL

last season at 87 yards.

But Mariota missed four games, including the final two of the season, because of injuries. He sprained each knee when hit in the pocket. So he added five pounds, pushing himself to 225 pounds after spending the first month of the offseason simply recovering from his rookie season.

Mariota said he’ll test himself through the remainder of the team’s on-field workouts to see how fast he is with the extra weight. He hopes to maintain his speed.

“That for us as an offensive hopefully will (be) another weapon, and I’ll try my best to kind of maintain that,” Mariota said.

That’s exactly what coach Mike Mularkey wants, having made it clear he wants Mariota running more since the quarterback can better protect himself in the open field. Tennessee also brought in another option at wide receiver, signing Rishard Matthews from Miami.

Veteran center Ben Jones was brought in to anchor an offensive line that gave up the most sacks in the NFL last season (54). The Titans drafted tackle Jack Conklin with the eighth pick overall out of Michigan State, and Conklin likely will start soon after veteran Byron Bell dislocated his left ankle Tuesday and had to be carted off the field.

Mariota said he trusts the coaches to make the best decision on who starts on the line. The quarterback who won the Heisman Trophy is focused more on trying to win games like he did at Oregon after the Titans went 3-13 in his debut season. Luckily, Mariota is a rookie no longer.

“Last season was brand new,” Mariota said. “A brand new city, brand new team. Now kind of being in it for a year, it’s nice to come out here and feel comfortable.”

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SCOREBOARD

Local Slate

PREP BASEBALL

Today
No. 13 Los River at No. 4 Irrigon (2A/1A Round 1), 3 p.m.
No. 14 Lakeview at No. 3 Stanfield (3A Round 1), 4:30 p.m.
No. 11 Regis at No. 6 Weston-McEwen (2A/1A Round 1), 4:30 p.m.

PREP SOFTBALL

Today
No. 15 Crater at No. 2 Pendleton (5A Round 1), 4:30 p.m.
No. 16 Hidden Valley at No. 1 Mac-Hi (4A Round 1), 4:30 p.m.
No. 13 Clatskanie at No. 4 Weston-McEwen (3A Round 1), TBD
No. 10 Echo at No. 7 Harrisburg (3A Round 1), 5 p.m.
No. 16 Gaston at No. 1 Pilot Rock (2A/1A Round 1), 5 p.m.
No. 13 Irrigon at No. 4 North Douglas (2A/1A Round 1), 5 p.m.

Basketball

NBA

Playoff Glance
CONFERENCE FINALS (Best-of-7)
EASTERN CONFERENCE
Cleveland 2, Toronto 2
Tuesday, May 17: Cleveland 115, Toronto 84
Thursday, May 19: Cleveland 108, Toronto 89
Saturday, May 21: Toronto 99, Cleveland 84
Monday: Toronto 105, Cleveland 99
Today: Toronto at Cleveland, 5:30 p.m. (ESPN)

Friday: Cleveland at Toronto, 5:30 p.m. (ESPN)

WESTERN CONFERENCE

Oklahoma City 3, Golden State 1
Monday, May 16: Oklahoma City 108, Golden State 102
Wednesday, May 18: Golden State 118, Oklahoma City 91
Sunday: Oklahoma City 133, Golden State 105
Today: Oklahoma City 118, Golden State 94
Thursday: Oklahoma City at Golden State, 6 p.m. (TNT)

WNBA

EASTERN CONFERENCE
Atlanta 3 1 750 —
Indiana 2 1 667 ½
New York 2 2 500 1
Connecticut 1 2 333 1½
Chicago 1 3 250 2
Washington 1 3 250 2

WESTERN CONFERENCE

Los Angeles 4 0 1000 —
Minnesota 3 0 1000 ½
Dallas 3 1 750 1
Seattle 1 2 333 2½
Phoenix 0 3 000 ¾
San Antonio 0 3 000 ¾

WNBA

Tuesday’s Games
Atlanta 85, New York 79
Los Angeles 93, Chicago 80

Today’s Games
Minnesota at Phoenix, 7 p.m.
Thursday’s Games
Los Angeles at Connecticut, 4 p.m.
Washington at Seattle, 7 p.m.

Baseball

NATIONAL LEAGUE

East Division
W L Pct GB

Washington 28 18 609 —
New York 26 19 578 1½
Philadelphia 25 21 543 3
Miami 23 22 511 4½
Atlanta 12 32 273 15

Central Division

Chicago 30 14 682 —
Pittsburgh 25 19 568 5
St. Louis 24 22 522 7
Milwaukee 19 26 422 11½
Cincinnati 15 31 326 16

West Division

San Francisco 29 19 604 —
Los Angeles 24 23 511 4½
Colorado 21 23 477 6
Arizona 21 26 447 7½
San Diego 19 28 404 9½

Tuesday’s Games

Tampa Bay 4, Miami 3
Pittsburgh 12, Arizona 1
Washington 7, N.Y. Mets 4
Boston 8, Colorado 3
Detroit 3, Philadelphia 1
Milwaukee 2, Atlanta 1
Chicago Cubs 12, St. Louis 3
L.A. Dodgers 8, Cincinnati 2
San Francisco 8, San Diego 2

Today’s Games

N.Y. Mets (Matz 6-1) at Washington (Roark 3-3), 10:05 a.m.
Philadelphia (Nola 3-3) at Detroit (Sanchez 3-5), 10:10 a.m.
Chicago Cubs (Arrieta 8-0) at St. Louis (Martinez 4-4), 10:45 a.m.
San Diego (Shields 2-6) at San Francisco (Peavy 1-5), 12:45 p.m.
Arizona (De La Rosa 4-4) at Pittsburgh (Locke 2-3), 4:05 p.m.
Colorado (Bettis 4-2) at Boston (Wright 3-4), 4:10 p.m.

Miami (Nicolino 2-2) at Tampa Bay (An-

driese 3-0), 4:10 p.m.

Milwaukee (Guerra 3-0) at Atlanta (Foltynewicz 1-2), 4:10 p.m.
Cincinnati (Straily 2-1) at L.A. Dodgers (Kazmir 3-3), 7:10 p.m.

AMERICAN LEAGUE

East Division

Boston 28 17 622 —
Baltimore 26 17 605 1
New York 22 22 500 5½
Tampa Bay 21 22 488 6
Toronto 22 25 468 7

Central Division

Chicago 27 20 574 —
Cleveland 24 20 545 1½
Kansas City 24 21 533 2
Detroit 23 22 511 3
Minnesota 11 34 244 15

West Division

Seattle 27 18 600 —
Texas 26 20 565 1½
Los Angeles 21 25 457 6½
Oakland 20 27 426 8
Houston 18 28 391 9½

Tuesday’s Games

Tampa Bay 4, Miami 3
N.Y. Yankees 6, Toronto 0
Boston 8, Colorado 3
Detroit 3, Philadelphia 1
Texas 4, L.A. Angels 1
Cleveland 6, Chicago White Sox 2
Houston 3, Baltimore 2, 13 innings
Kansas City 7, Minnesota 4
Seattle 6, Oakland 5

Today’s Games

Kansas City (Gee 1-1) at Minnesota (Duffey 1-3), 10:10 a.m.
Philadelphia (Nola 3-3) at Detroit (Sanchez 3-5), 10:10 a.m.

L.A. Angels (Santiago 3-2) at Texas (Lewis 3-0), 11:05 a.m.

Cleveland (Kluber 3-5) at Chicago White Sox (Quintana 5-3), 11:10 a.m.
Toronto (Estrada 1-2) at N.Y. Yankees (Nova 3-1), 4:05 p.m.
Colorado (Bettis 4-2) at Boston (Wright 3-4), 4:10 p.m.
Miami (Nicolino 2-2) at Tampa Bay (Andriese 3-0), 4:10 p.m.
Baltimore (Wilson 2-2) at Houston (McHugh 4-4), 5:10 p.m.
Oakland (Neal 0-0) at Seattle (Iwakuma 2-4), 7:10 p.m.

Soccer

MLS

EASTERN CONFERENCE
W L T Pts GF GA
Philadelphia 5 3 3 18 15 11
NY City FC 4 4 5 17 18 24
Montreal 4 4 1 16 19 18
New York 5 7 1 16 21 20
Toronto FC 4 4 4 16 14 12
D.C. United 3 5 4 13 13 14
New England 2 4 7 13 17 24
Orlando City 3 3 5 14 19 17
Columbus 2 4 5 11 12 15
Chicago 2 5 4 10 9 13

WESTERN CONFERENCE

Colorado 8 2 3 27 16 9
FC Dallas 8 4 2 26 23 21
Vancouver 6 6 2 20 22 24
Los Angeles 5 1 5 20 25 13
San Jose 5 3 4 19 16 15
Real Salt Lake 3 2 20 17 15
Sporting KC 5 7 2 17 14 17
Seattle 4 6 1 13 10 13
Portland 4 6 3 15 21 24
Houston 3 6 2 11 18 19

Hockey

NHL

Playoff Glance
CONFERENCE FINALS (Best-of-7)
EASTERN CONFERENCE
Tampa Bay 3, Pittsburgh 3
Friday, May 13: Tampa Bay 3, Pittsburgh 1
Monday, May 16: Pittsburgh 3, Tampa Bay 2, OT
Wednesday, May 18: Pittsburgh 4, Tampa Bay 2

Friday, May 20: Tampa Bay 4, Pittsburgh 3
Sunday: Tampa Bay 4, Pittsburgh 3, OT
Today: Pittsburgh 5, Tampa Bay 2
Thursday: Tampa Bay at Pittsburgh, 5 p.m. (NBCSN)

WESTERN CONFERENCE

San Jose 3, St. Louis 2
Sunday, May 15: St. Louis 2, San Jose 1
Tuesday, May 17: San Jose 4, St. Louis 0
Thursday, May 19: San Jose 3, St. Louis 0
Saturday, May 21: St. Louis 6, San Jose 3
Monday: San Jose 6, St. Louis 3
Wednesday: St. Louis at San Jose, 6 p.m. (NBCSN)

CONFERENCE FINALS

WESTERN CONFERENCE

Philadelphia at Orlando, 4:30 p.m.
Friday’s Games
D.C. United at Sporting KC, 4 p.m.
Saturday’s Games
Houston at Vancouver, 3 p.m.
Toronto FC at New York, 4 p.m.
Real Salt Lake at Columbus, 4:30 p.m.
Seattle at New England, 4:30 p.m.
Los Angeles at Montreal, 5 p.m.
Portland at Chicago, 5:30 p.m.
Philadelphia at Colorado, 6 p.m.
Orlando at New York City FC, 7:30 p.m.

NOTE: Three points for victory, one point for tie.

Today’s Games

Philadelphia at Orlando, 4:30 p.m.
Friday’s Games
D.C. United at Sporting KC, 4 p.m.
Saturday’s Games
Houston at Vancouver, 3 p.m.
Toronto FC at New York, 4 p.m.
Real Salt Lake at Columbus, 4:30 p.m.
Seattle at New England, 4:30 p.m.
Los Angeles at Montreal, 5 p.m.
Portland at Chicago, 5:30 p.m.
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Today’s Games

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Arizona (De La Rosa 4-4) at Pittsburgh (Locke 2-3), 4:05 p.m.
Colorado (Bettis 4-2) at Boston (Wright 3-4), 4:10 p.m.

Miami (Nicolino 2-2) at Tampa Bay (An-

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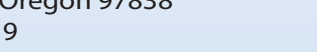
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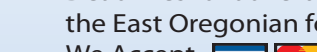


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