



OLB | 55

# MICHAEL HOECHT

BORN: October 5, 1997 | HT: 6-4 | WT: 267 | 6th year

COLLEGE: Brown

ACQUIRED: Free Agent (2025)

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## FIRST-AND-10

**MICHAEL HOECHT** joined the Bills after signing a three-year contract as an unrestricted free agent in 2025. Hoecht originally entered the NFL as an undrafted free agent from Brown in 2020 and was a member of the Rams Super Bowl LVI championship team in 2021.

## SHOUTOUTS

- Made his Bills debut with 5 QB pressures, 1.5 sacks, 1 TFL, and 1 forced fumble at Car. (10/26/25).
- In final season with the Rams in 2024, recorded 55 tackles and 3 sacks, while recording a league-leading 3 blocked kicks (2 PATs and a field goal).
- His 3 blocked kicks in 2024 were the most in a single season by any NFL player since Margus Hunt blocked 3 kicks for Cincinnati in 2016.
- In 2023, tallied career highs in tackles (77), tackles for loss (7), and sacks (6) while starting all 17 games.
- Posted career-high tying 7 tackles and 2 sacks vs. Pit. (10/22/23).
- Recorded 34 tackles, 4.5 sacks and a forced fumble for the Rams in 2022.
- Registered first career multi-sack outing with 2 of Geno Smith vs. Sea. (12/4/22).
- Appeared in all 17 regular season games (3 starts) and 4 postseason contests during the Rams Super Bowl-winning season in 2021.

## THE STAMPEDE

**Favorite movie:** Rounders

**Favorite musical artist:** Bruce Springsteen

**Favorite vacation spot:** Ibiza

**First car:** 2012 Jeep Wrangler

**Favorite thing to cook:** Brisket

## IF YOU HAVEN'T HERD

### A VIRTUAL PRO DAY PAVED THE WAY

After his senior season ended, Hoecht started training in Boston to prepare for the NFL Draft. But the onset of the COVID-19 pandemic in early March 2020 complicated his plans. A workout with the San Francisco 49ers that Hoecht was scheduled to attend was canceled at the last minute when the team's scouts stopped traveling as the pandemic worsened.

His pro day was also canceled, leading Hoecht to improvise and hold his own pro day, which he videoed and sent to scouts.

Hoecht, like so many others, had to adapt his training as a result of the pandemic. "You just kinda had to make do," he told The Herald. "There have been a lot of people who have struggled to make the transition to the virtual work, but I think that I was able to navigate that well."

At his virtual pro day, Hoecht posted gaudy numbers, especially considering his size. He ran the 40-yard dash in 4.65 seconds, ran the 20-yard short shuttle in 4.21 seconds and completed the three-cone drill in 7.05 seconds. Each of these times would have been among the very best among interior defensive line prospects at the 2020 NFL Combine. These times were not just hollow numbers, according to Brown coach James Perry.

"Not only was he a (sub-4.7) guy at 290 (pounds), but he really played fast on the field, and that's not always true," Perry said. **(Peter Swope, Brown Daily Herald, March 11, 2021)**

## PERSONAL

Last name pronounced HOYT. Is the son of Lynne and Brian Hoecht. Born in Oakville, Ontario, moved to Ohio at the age of 3. Moved back to Canada prior to high school and attended South Carleton HS near Ottawa and then North Toronto Collegiate Institute before finishing the final two years of high school at Oakwood High School in Dayton, OH. Competed in both football and basketball. Graduated from Brown with a concentration in business, entrepreneurship and organizations.



## MICHAEL HOECHT

## MICHAEL HOECHT'S NFL REGULAR SEASON DEFENSIVE STATISTICS

|        |       |    |    | TACKLES |    |    |     |     |      |      |     | INTERCEPTIONS |     |    |    |    | FUMBLES |    |    |     | ST |   |   |    | MISC |   |   |
|--------|-------|----|----|---------|----|----|-----|-----|------|------|-----|---------------|-----|----|----|----|---------|----|----|-----|----|---|---|----|------|---|---|
| DATE   | TEAM  | GP | GS | TK      | S  | A  | TFL | YDS | SK   | YDS  | QBH | NO            | YDS | LG | TD | PD | FF      | FR | TD | YDS | TK | S | A | FF | FR   | S | A |
| 2020   | Rams  | 0  | 0  | 0       | 0  | 0  | 0   | 0   | 0    | 0.0  | 0.0 | 0             | 0   | 0  | 0  | 0  | 0       | 0  | 0  | 0   | 0  | 0 | 0 | 0  | 0    | 0 | 0 |
| 2021   | Rams  | 17 | 3  | 4       | 4  | 0  | 0   | 0   | 0.0  | 0.0  | 0   | 0             | 0   | 0  | 0  | 0  | 0       | 0  | 0  | 0   | 3  | 2 | 1 | 0  | 0    | 0 | 0 |
| 2022   | Rams  | 17 | 6  | 34      | 21 | 13 | 4   | 22  | 4.5  | 23.5 | 9   | 0             | 0   | 0  | 0  | 0  | 1       | 0  | 0  | 0   | 2  | 2 | 0 | 0  | 0    | 0 | 0 |
| 2023   | Rams  | 17 | 17 | 77      | 43 | 34 | 7   | 39  | 6.0  | 43.0 | 11  | 0             | 0   | 0  | 0  | 2  | 1       | 0  | 0  | 0   | 4  | 2 | 2 | 0  | 0    | 0 | 0 |
| 2024   | Rams  | 17 | 5  | 55      | 23 | 32 | 4   | 11  | 3.0  | 13.5 | 6   | 0             | 0   | 0  | 0  | 2  | 0       | 0  | 0  | 0   | 1  | 1 | 0 | 0  | 0    | 0 | 0 |
| 2025   | Bills | 2  | 0  | 5       | 2  | 3  | 1   | 4   | 2.0  | 10.5 | 2   | 0             | 0   | 0  | 0  | 0  | 1       | 0  | 0  | 0   | 0  | 0 | 0 | 0  | 0    | 0 | 0 |
| TOTALS |       | 70 | 31 | 175     | 93 | 82 | 16  | 76  | 15.5 | 90.5 | 28  | 0             | 0   | 0  | 0  | 4  | 3       | 0  | 0  | 0   | 10 | 7 | 3 | 0  | 0    | 0 | 0 |

## MICHAEL HOECHT'S NFL POSTSEASON DEFENSIVE STATISTICS

|        |       | TACKLES |    |    |   |    |     |     |     |     |     | INTERCEPTIONS |     |    |    | FUMBLES |    |    |    | ST  |    |   |   | MISC |    |   |   |   |
|--------|-------|---------|----|----|---|----|-----|-----|-----|-----|-----|---------------|-----|----|----|---------|----|----|----|-----|----|---|---|------|----|---|---|---|
| DATE   | TEAM  | GP      | GS | TK | S | A  | TFL | YDS | SK  | YDS | QBH | NO            | YDS | LG | TD | PD      | FF | FR | TD | YDS | TK | S | A | FF   | FR | S | A |   |
| 2020   | Rams  | 0       | 0  | 0  | 0 | 0  | 0   | 0   | 0.0 | 0.0 | 0   | 0             | 0   | 0  | 0  | 0       | 0  | 0  | 0  | 0   | 0  | 0 | 0 | 0    | 0  | 0 | 0 | 0 |
| 2021   | Rams  | 4       | 0  | 2  | 1 | 1  | 0   | 0   | 0.0 | 0.0 | 0   | 0             | 0   | 0  | 0  | 0       | 0  | 0  | 0  | 0   | 1  | 1 | 0 | 0    | 0  | 0 | 0 | 0 |
| 2023   | Rams  | 1       | 1  | 6  | 2 | 4  | 0   | 0   | 0.5 | 0.5 | 2   | 0             | 0   | 0  | 0  | 0       | 0  | 0  | 0  | 0   | 0  | 0 | 0 | 0    | 0  | 0 | 0 | 0 |
| 2024   | Rams  | 2       | 0  | 6  | 1 | 5  | 0   | 0   | 0.5 | 6.5 | 2   | 0             | 0   | 0  | 0  | 0       | 0  | 0  | 0  | 0   | 1  | 0 | 1 | 0    | 0  | 0 | 0 | 0 |
| 2025   | Bills | 0       | 0  | 0  | 0 | 0  | 0   | 0   | 0.0 | 0.0 | 0   | 0             | 0   | 0  | 0  | 0       | 0  | 0  | 0  | 0   | 0  | 0 | 0 | 0    | 0  | 0 | 0 | 0 |
| TOTALS |       | 7       | 1  | 14 | 4 | 10 | 0   | 0   | 1.0 | 7.0 | 4   | 0             | 0   | 0  | 0  | 0       | 0  | 0  | 0  | 0   | 2  | 1 | 1 | 0    | 0  | 0 | 0 | 0 |