

COACHES

RECORDS & STATS

ANNUAL LEADERS

Year	HC	Record	Div	Playoff Rec	PF	PA	PPG	Yds For	Yds Vs	YPG	PASSING	COM	ATT	YDS	PCT	TD	INT	RUSHING	ATT	GAIN	AVG	RECEIVING	REC	YDS	AVG	TACKLING	TKL	SOLO	
2022	Pete Carroll	9-8	2nd	0-1	407	401	-0.4	5976	6149	-10.2	2022	Geno Smith	399	572	4282	69.8	30	11	Kenneth Walker	228	1050	4.6	DK Metcalf	90	1048	11.6	Jordyn Brooks	161	103
2021	Pete Carroll	7-10	4th		395	366	1.7	5506	6445	-55.2	2021	Russell Wilson	259	400	3113	64.8	25	6	Rashaad Penny	119	749	6.3	Tyler Lockett	73	1175	16.1	Jordyn Brooks	183	108
2020	Pete Carroll	12-4	1st	0-1	459	371	5.4	6216	6340	-7.8	2020	Russell Wilson	384	558	4212	68.8	40	13	Chris Carson	141	681	4.8	DK Metcalf	83	1303	15.7	Bobby Wagner	138	81
2019	Pete Carroll	11-5	2nd	1-1	405	398	0.4	5991	6106	-7.2	2019	Russell Wilson	341	516	4110	66.1	31	5	Chris Carson	278	1230	4.4	Tyler Lockett	82	1057	12.9	Bobby Wagner	159	86
2018	Pete Carroll	10-6	2nd	0-1	428	347	5.1	5653	5653	0.0	2018	Russell Wilson	280	427	3448	65.6	35	7	Chris Carson	247	1151	4.7	Tyler Lockett	57	965	16.9	Bobby Wagner	138	84
2017	Pete Carroll	9-7	2nd		366	332	2.1	5286	5172	7.1	2017	Russell Wilson	339	553	3983	61.3	34	11	Mike Davis	68	240	3.5	Doug Baldwin	75	991	13.2	Bobby Wagner	133	97
2016	Pete Carroll	10-5-1	1st	1-1	354	292	3.9	5715	5099	38.5	2016	Russell Wilson	353	546	4219	64.7	21	11	Christine Michael	117	469	4.0	Doug Baldwin	94	1128	12.0	Bobby Wagner	167	85
2015	Pete Carroll	10-6	2nd	1-1	423	277	9.1	6058	4668	86.9	2015	Russell Wilson	329	483	4024	68.1	34	8	Thomas Rawls	147	830	5.6	Doug Baldwin	78	1069	13.7	KJ Wright	116	71
2014	Pete Carroll	12-4	1st	2-1	394	254	8.8	6012	4274	108.6	2014	Russell Wilson	285	452	3475	63.1	20	7	Marshawn Lynch	280	1306	4.7	Doug Baldwin	66	825	12.5	KJ Wright	107	73
2013	Pete Carroll	13-3	1st	3-0	417	231	11.6	5424	4378	65.4	2013	Russell Wilson	257	407	3357	63.1	26	9	Marshawn Lynch	301	1257	4.2	Golden Tate	64	898	14.0	Bobby Wagner	120	72
2012	Pete Carroll	11-5	2nd	1-1	412	245	7.8	5610	4899	44.4	2012	Russell Wilson	252	393	3118	64.1	26	10	Marshawn Lynch	315	1590	5.0	Sidney Rice	50	748	15.0	Bobby Wagner	140	87
2011	Pete Carroll	7-9	3rd		321	315	0.4	4861	5315	-28.4	2011	Tarvaris Jackson	271	450	3091	60.2	14	13	Marshawn Lynch	285	1204	4.2	Doug Baldwin	51	788	15.5	David Hawthorne	115	73
2010	Pete Carroll	7-9	T-1st	1-1	310	407	-6.1	4765	5897	-70.8	2010	Matt Hasselbeck	266	444	3001	59.9	12	17	Marshawn Lynch	165	573	3.5	Mike Williams	65	751	11.6	David Hawthorne	106	75
2009	Jim Mora Jr	5-11	3rd		280	390	-6.9	5069	5703	-39.6	2009	Matt Hasselbeck	293	488	3029	60.0	17	17	Julius Jones	177	663	3.7	TJ Houshmandzadeh	79	911	11.5	David Hawthorne	117	94
2008	Mike Holmgren	4-12	3rd	1-1	294	392	-6.1	4385	6048	-103.9	2008	Seneca Wallace	141	242	1532	58.3	11	3	Julius Jones	158	698	4.4	John Carlson	55	627	11.4	Lofa Tatupu	94	69
2007	Mike Holmgren	10-6	1st	1-1	393	291	6.4	5583	5149	27.1	2007	Matt Hasselbeck	352	562	3966	62.6	28	12	Shaun Alexander	207	716	3.5	Bobby Engram	94	1147	12.2	Lofa Tatupu	109	83
2006	Mike Holmgren	9-7	1st	2-1	335	341	-0.4	4977	5285	-19.3	2006	Matt Hasselbeck	210	371	2442	56.6	18	15	Shaun Alexander	252	896	3.6	Darrell Jackson	63	956	15.2	Lofa Tatupu	123	92
2005	Mike Holmgren	13-3	1st	0-1	452	271	11.3	5915	5069	52.9	2005	Matt Hasselbeck	294	449	3459	65.5	24	9	Shaun Alexander	370	1880	5.1	Bobby Engram	67	778	11.6	Lofa Tatupu	104	85
2004	Mike Holmgren	9-7	1st	0-1	371	373	-0.1	5810	5621	11.8	2004	Matt Hasselbeck	279	474	3382	58.9	22	15	Shaun Alexander	353	1696	4.8	Darrell Jackson	87	1199	13.8	Marcus Trufant	96	86
2003	Mike Holmgren	10-6	2nd		404	327	4.8	5881	5239	40.1	2003	Matt Hasselbeck	313	513	3841	61.0	26	15	Shaun Alexander	326	1435	4.4	Darrell Jackson	68	1137	16.7	Anthony Simmons	99	79