



T.J.  
PAGANETTI

RUN GAME SPECIALIST/ASSISTANT OFFENSIVE LINE



NFL Experience: 10th Year (10th with Eagles)  
College: Oregon    Hometown: Bedford, MA

SUPER BOWL CHAMPION: 2017 (LII)

T.J. Paganetti was named the Philadelphia Eagles’ run game specialist/assistant offensive line coach during the 2024 offseason after serving as the team’s run game specialist/assistant tight ends coach in 2023.

In his previous role, Paganetti helped the Eagles establish a single-season team record in third-down conversion rate (48.0 pct.) while finishing with the 8th-best rushing attack (128.8 ypg) and fifth-most rushing touchdowns (22, tied) in the NFL. Dallas Goedert also registered a career-high 59 receptions for 592 yards and three touchdowns in 14 contests.

In 2022, Paganetti supported a record-breaking offense that helped the team advance to Super Bowl LVII following its 14-3 campaign. Overall, Philadelphia set club records in points (477), total touchdowns (59), scrimmage touchdowns (57), rushing touchdowns (32, tied for fourth in NFL history), total first downs (385), and red zone touchdown efficiency (67.8 pct.).

During the 2021 campaign, Paganetti assisted a unit that ranked first in the NFL with a team-record 2,715 rushing yards. Philadelphia also finished fourth in third-down percentage (45.7 pct.) and fifth in turnovers (16).

Paganetti served as the assistant running backs coach during the 2019-20 seasons, including the added responsibilities of assistant run game coordinator (2020). In 2019, Paganetti helped guide Miles Sanders to PFWA All-Rookie honors after leading his class with 1,327 scrimmage yards and setting a franchise rookie record with 818 rushing yards.

As the assistant offensive line coach, Paganetti worked with a unit that helped Jason Kelce (twice) and Lane Johnson earn Associated Press first-team All-Pro selections, while also sending Brandon Brooks and Johnson to their first career Pro Bowls following the 2017-18 seasons.

Paganetti contributed to one of the most prolific offensive lines in the league during Philadelphia’s Super Bowl LII-winning campaign in 2017. The Eagles, who won 13 games en route to an NFC East championship and No. 1 seed in the playoffs, led the NFL in red zone offense (65.5 pct.) and ranked third in rushing (132.2 ypg) and offensive points per game (26.3).

As an analyst, Philadelphia set multiple single-season team records, including points (474), touchdowns (54), passing yards (4,581) and first downs (356) in 2014, as well as total yards (6,676) and turnovers (19) in 2013.

Between stints with the Eagles, Paganetti returned to Oregon as a graduate assistant/linebackers coach during the 2015-16 seasons. He previously worked with the Ducks’ quarterbacks as an offensive intern in 2012 after serving as a student assistant (offense and quarterbacks) from 2009-11.

Paganetti originally began his coaching career as an undergraduate offensive intern (2007-08) with Oregon.

A native of Bedford, MA, Paganetti earned his bachelor’s degree in political science from Oregon in 2012.

COACHING TIMELINE		
Years	Team	Position
2024-	Philadelphia Eagles	Run Game Specialist/Asst. OL
2023	Philadelphia Eagles	Run Game Specialist/Asst. TEs
2021-22	Philadelphia Eagles	Offensive Quality Control
2020	Philadelphia Eagles	Asst. Run Game Coordinator/Asst. RBs
2019	Philadelphia Eagles	Assistant Running Backs
2017-18	Philadelphia Eagles	Offensive Quality Control/Asst. OL
2015-16	Oregon	Graduate Assistant/Linebackers
2013-14	Philadelphia Eagles	Analyst (Offense & Quarterbacks)
2012	Oregon	Offensive Intern (Quarterbacks)
2009-11	Oregon	Student Assistant (Offense & QBs)
2007-08	Oregon	Undergraduate Intern (Offense)

