



ELIJAH MITCHELL

RUNNING BACK | 38



Height: 5-10 Weight: 220 DOB: May 2, 1998 (Age 28)
NFL Experience: 6th Year (1st with Eagles) Draft: D6-21 (194th overall) by SF Acquired: FA-26
College: Louisiana Hometown (HS): Erath, LA (Erath)

CAREER STATISTICS															
			RUSHING					RECEIVING					OFF SNAPS		
Year	Team	GP/S	Att	Yds	Avg	Lg	TD	Rec	Yds	Avg	Lg	TD	TYS	No	Pct
2021	San Francisco	11/10	207	963	4.7	39	5	19	137	7.2	14	1	1,100	441	40%
2022	San Francisco	5/1	45	279	6.2	37	2	3	7	2.3	5	0	286	80	7%
2023	San Francisco	11/1	75	281	3.7	18	2	6	14	2.3	9	0	295	161	15%
2024	San Francisco	0/0	0	0	---	--	0	0	0	---	--	0	0	0	0%
2025	Kansas City	1/0	0	0	---	--	0	0	0	---	--	0	0	7	1%
Totals		28/12	327	1,523	4.7	39	9	28	158	5.6	14	1	1,681	---	---

PLAYOFFS															
2021	San Francisco	3/2	55	169	3.1	16	1	7	57	8.1	21	0	226	109	64%
2022	San Francisco	2/0	23	53	2.3	13	0	2	25	12.5	18	1	78	36	20%
2023	San Francisco	3/0	6	15	2.5	7	0	0	0	---	--	0	15	11	5%
Totals		8/2	84	237	2.8	16	1	9	82	9.1	21	1	319	---	---

CAREER HIGHS		
Rush Attempts	27	3x, last: 1/16/22 at Dal (WC)
Rushing Yards	137	10/31/21 at Chi.
Rushing Long	39	10/31/21 at Chi.
Rushing TDs	2	1/8/23 vs. Ari.
Receptions	5	2x, last: 11/28/21 vs. Min.
Receiving Yards	50	1/30/22 at LAR (CC)
Receiving Long	21	1/30/22 at LAR (CC)
Receiving TDs	1	2x, last: 1/14/23 vs. Sea.
Scrimmage Yards	168	11/28/21 vs. Min.
Scrimmage TDs	2	1/8/23 vs. Ari



BIRDSEED

- ▶ Attended Erath (LA) High School, where he concluded his time there as the school’s all-time leading rusher with 4,045 yards and 50 touchdowns ... Averaged just under 10 yards per carry and recorded a TD for every nine carries he received
- ▶ Is the youngest of five brothers ... Grew up heavily involved in sports alongside his brothers which sparked his love for the game of football

CAREER HIGHLIGHTS

- ▶ Originally selected by San Francisco in the 6th round (194th overall) of the 2021 NFL Draft ... Spent his first four seasons with the 49ers, appearing in 27 games (12 starts), totaling 1,523 yards on 327 carries (4.7 avg.) with 9 TDs, adding 158 yards on 28 catches (5.6 avg.) with 1 TD

2025 SEASON - CHIEFS & PATRIOTS

- ▶ Began the season with Kansas City, seeing action in one contest before signing with the Patriots practice squad in Week 17

COLLEGE HIGHLIGHTS

- ▶ Played collegiately at Louisiana (2017-2020), seeing action in 38 games (12 starts) ... Rushed for 3,259 yards on 526 touches (6.2 avg.) with 41 TDs and 597 yards on 49 touches (12.2 avg.) with 4 TDs ... Earned All-Sun Belt honors in 2018-20 and was selected first-team All-Louisiana in 2019 ... Finished his career ranked 5th on Louisiana’s all-time rushing TD list and 6th on the program’s all-time rushing yard list
- ▶ As a senior in 2020, earned first-team All-Sun Belt honors after registering a team-leading 878 yards and 8 TDs on 141 carries (6.2 avg.) ... His rushing totals were 3rd-best in the Sun Belt and his yard per carry average was the 5th-highest in the league



2025 GAME-BY-GAME STATISTICS (KC & NE)																
				RUSHING					RECEIVING						OFF SNAPS	
Date	Opp		GP/S	Att	Yds	Avg	Lg	TD	Rec	Yds	Avg	Lg	TD	TYS	No	Pct
Sep 5	at LAC	L	0/0	INACTIVE												
Sep 14	Phi	L	0/0	INACTIVE												
Sep 21	at NYG	W	0/0	INACTIVE												
Sep 28	Bal	W	0/0	INACTIVE												
Oct 6	at Jax	L	0/0	INACTIVE												
Oct 12	Det	W	0/0	INACTIVE												
Oct 19	LV	W	0/0	INACTIVE												
Oct 27	Was	W	0/0	INACTIVE												
Nov 2	at Buf	L	0/0	INACTIVE												
Nov 16	at Den	L	1/0	0	0	---	--	0	0	0	---	--	0	0	7	10%
Nov 23	Ind	W	0/0	INACTIVE												
Nov 27	at Dal	L	0/0	INACTIVE												
Dec 7	Hou	L	0/0	INACTIVE												
Dec 14	LAC	L	0/0	INACTIVE												
RELEASED BY KC (12/20/25); SIGNED BY NE TO PRACTICE SQUAD (12/23/25)																
Dec 28	at NYJ	W	---	PATRIOTS PRACTICE SQUAD												
Jan 4	Mia	W	---	PATRIOTS PRACTICE SQUAD												
Totals			1/0	0	0	---	--	0	0	0	---	--	0	0	7	1%
PLAYOFFS																
Jan 11	LAC	W	---	PATRIOTS PRACTICE SQUAD												
Totals			0/0	0	0	---	--	0	0	0	---	--	0	0	---	---



TRANSACTIONS

► **2021**- Drafted by SF in 6th round (194th overall) ... **9/13/22** - Placed on Reserve/Injured (sprained right MCL) ... **11/12/22** - Activated from Reserve/Injured (sprained right MCL) ... **12/3/22** - Activated from Reserve/Injured (knee) ... **1/7/23** - Activated from Reserve/Injured (knee) ... **8/27/24** - Placed on Reserve/Injured (undisclosed) ... **3/13/25** - Signed by KC to 1-year contract ... **12/20/25** - Released by KC ... **12/23/25** - Signed by NE to practice squad ... **1/14/26** - Released by NE ... **2/11/26** - Signed by NE ... **4/28/26** - Released by NE ... **6/2/26** - Signed by PHI