



2016 STAFF

/// COACHING EXPERIENCE

Sanjay Lal will enter his second season as the Bills wide receivers coach in 2016 and his 10th season in the NFL coaching ranks.

WR Sammy Watkins particularly excelled under Lal's watch in 2015—notching his first 1,000 yard season and leading the NFL in average yards at the point of the catch (14.7). Once healthy, Watkins exploded following the Bills bye week in week eight, finishing third in NFL in receiving yards (900) from week 9 to 17.

Lal's receiving group also played a large role in Bills QB Tyrod Taylor recording the second-best passer rating (99.4) in franchise history—behind only Hall of Fame quarterback Jim Kelly's passer rating in 1990.

Before arriving in Buffalo, Lal spent the three seasons with the New York Jets as a wide receivers coach. Prior to his time in New York, Lal spent five seasons with the Oakland Raiders, the last three as a wide receivers coach.

With the Jets, Lal helped incorporate Eric Decker in to the wide receiver group in 2014 and coached him to 74 receptions for 962 yards and five touchdowns, including a career-high 10 receptions for 221 yards and one score against Miami.

In 2013, Lal managed a group that was held back by injuries. Jeremy Kerley led the team in both receptions with 43 and receiving yards with 523—including a Jets record six third-down conversions in a win vs. New England. Lal also helped with the in-season signing of David Nelson, who joined the team in Week Five. Nelson finished second on the team in receptions with 36 and third in receiving yards with 423.

In his first season with the Jets, Lal guided Kerley to a career-high with 56 receptions, 827 receiving yards and 14.8 yards per catch.

While with Oakland, Raiders wide receivers finished sixth in the NFL with an average of 15.0 yards per catch. 2011 fourth-round draft selection Denarius Moore ended the season with 18.7 yards per reception, fourth-highest among wide receivers in the NFL—including two Pepsi Rookie of the Week honors. Darrius

Heyward-Bey enjoyed his most successful season under Lal's tutelage, totaling 64 receptions for 975 yards and four touchdowns, all career highs.

In 2010, he mentored one of the youngest receiving units in the NFL, as no Oakland receiver entered the year with more than three seasons of pro experience. Lal helped rookie Jacoby Ford average 18.8 yards per reception en route to earning one Pepsi Rookie of the Week honors.

In his first season as wide receivers coach, Lal oversaw the development of rookies Heyward-Bey and Louis Murphy in 2009. The pair became the first rookie tandem to start at wide receiver in the NFL since 2000. He spent 2007-08 as an assistant wide receivers coach with the Raiders.

Prior to coaching in the NFL, he spent three seasons as an offensive assistant and quarterbacks coach at the University of California. The Golden Bears played in a bowl game each of Lal's three seasons at Cal and captured a share of the school's first Pac-10 title in 2006.

Before his time at Cal, he was a quarterbacks and strength, speed and conditioning coach at Saint Mary's college in 2004, and a wide receivers coach at Los Medanos College in 2003.

Lal also spent six years as the passing game coordinator and wide receivers coach at Miramonte (CA) High School where the program won five North Coast Section Championships and one state title.

Before his coaching career, Lal attended the University of Washington where he played wide receiver on the football team and was a Husky Hall of Fame selection. Lal was on the Huskies 1992 National Championship team and a member of two Rose Bowl teams.

Lal was invited to training camp with the Raiders in 1995, spent time with the St. Louis Rams in 1998 and signed with the Scottish Claymores of NFL Europe in 1999.

/// PERSONAL

Lal graduated from the University of Washington with a degree in business administration.

LAL'S COACHING CAREER		
NFL		
2015-	Buffalo Bills	Wide Receivers
2012-14	New York Jets	Wide Receivers
2009-11	Oakland Raiders	Wide Receivers
2007-08	Oakland Raiders	Assistant Wide Receivers/Quality Control
COLLEGE		
2004-06	University of California	Offensive Assistant/Quarterbacks
2004	Saint Mary's College	Quarterbacks/Strength, Speed & Conditioning
2003	Los Medanos College	Wide Receivers
HIGH SCHOOL		
1996-02	Miramonte (CA) High School	Passing Game Coor./Wide Receivers