



MINNESOTA VIKINGS NEWS RELEASE

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MINNESOTA VIKINGS ANTOINE WINFIELD SELECTED TO USA FOOTBALL/NFLPA ALL-FUNDAMENTALS TEAM

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Eden Prairie, MN (December 17, 2010) – USA Football, the sport's national governing body, and the NFL Players Association have selected Minnesota Vikings cornerback **ANTOINE WINFIELD** to the 2010 USA Football/NFL Players Association All-Fundamentals Team.

Twenty-six (26) NFL players (11 offense, 11 defense, 4 special teams) are chosen for this annual distinction based on an ability to consistently execute the fundamentals of their positions and for making a positive impact in their communities. The USA Football/NFLPA All-Fundamentals Team gives youth football players examples of how to properly play the sport and show concern for others off the field. USA Football is the official youth football development partner of the NFL and NFLPA.

Employing core football fundamentals advances a youth player's performance and safety, particularly in the areas of blocking and tackling. USA Football teaches the game's fundamentals and inherent values through more than 80 annual training events and innovative football training resources employed by its members who reside in all 50 states and Washington, D.C.

Winfield is an All-Fundamentals selection for his ability to cover receivers man to man. He starts from a proper defensive back stance, keeps the receiver from running his route and maintains good position as the receiver tries to run downfield. Winfield visited Hennepin County Medical Center emergency room personnel to help recognize their work. He also volunteered in the Vikings' blood drive at Mall of America, donated cars to single mothers through the Minneapolis Urban League Employment and Training Program and recently hosted the Bolder Bowl with several of his teammates benefiting Bolder Options.





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The 2010 USA Football/NFLPA All-Fundamentals Team was chosen by a seven-person selection committee:

- Jason Belser, USA Football board member, NFLPA senior director of player services and former NFL player
- Tom Carter, NFLPA regional director and former NFL player
- Herm Edwards, ESPN NFL analyst, former NFL head coach and former NFL player
- Scottie Graham, NFLPA regional director and former NFL player
- Merrill Hoge, USA Football board member, ESPN NFL analyst and former NFL player
- Larry Kennan, NFL Coaches Association executive director and former NFL assistant coach
- Carl Peterson, USA Football chairman, former NFL team executive and assistant coach

Game-action clips supplied by NFL Films and related video from USA Football's drills library found at www.allfundamentalsteam.com spotlight All-Fundamentals Team players' techniques. The video is accompanied by teaching points offering youth coaches and players instruction for every position.

As part of this honor, All-Fundamentals Team players will designate a youth or high school football program that will receive a \$1,500 equipment grant from USA Football. Each player also receives an All-Fundamentals Team helmet trophy produced by Riddell, the official protective equipment partner of USA Football and the official helmet of the NFL.

2010 USA Football/NFLPA All-Fundamentals Team – Offense:

NAME	POS.	TEAM	FUNDAMENTAL SKILL
Davone Bess	WR	Miami Dolphins	Route running and catching
Kevin Walter	WR	Houston Texans	Catching with hands
Jason Witten	TE	Dallas Cowboys	Catching with hands
LaDainian Tomlinson	RB	N.Y. Jets	Following blocks and proper cuts
Vonta Leach	FB	Houston Texans	Run blocking
Aaron Rodgers	QB	Green Bay Packers	Throwing mechanics
Jake Long	T	Miami Dolphins	Hands in pass protection
Michael Roos	T	Tennessee Titans	Pass blocking footwork
Casey Wiegmann	C	Kansas City Chiefs	Snapping and blocking
Brian Waters	G	Kansas City Chiefs	Run blocking footwork
Eric Wood	G	Buffalo Bills	Pulling and run blocking





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2010 USA Football/NFLPA All-Fundamentals Team – Defense:

NAME	POS.	TEAM	FUNDAMENTAL SKILL
Justin Tuck	DE	N.Y. Giants	Finding the ball
Kyle Vanden Bosch	DE	Detroit Lions	Pass rush take off
Haloti Ngata	DT	Baltimore Ravens	Pass rush bull rush
Jay Ratliff	DT	Dallas Cowboys	Pass rush use of leverage
Barrett Ruud	LB	Tampa Bay Buccaneers	Form tackling
Jonathan Vilma	LB	New Orleans Saints	Angle tackling
LaMarr Woodley	LB	Pittsburgh Steelers	Shedding blocks
Champ Bailey	CB	Denver Broncos	Causing turnovers
Antoine Winfield	CB	Minnesota Vikings	Coverage and agility
Antoine Bethea	S	Indianapolis Colts	Open-field tackling
Darren Sharper	S	New Orleans Saints	Breaking up the pass

2010 USA Football/NFLPA All-Fundamentals Team – Special Teams:

NAME	POS.	TEAM	FUNDAMENTAL SKILL
Joshua Cribbs	KR/PR	Cleveland Browns	Kick catching and returning
Jason Hanson	K	Detroit Lions	Kicking mechanics
Sam Koch	P	Baltimore Ravens	Punting mechanics
Patrick Mannelly	LS	Chicago Bears	Long-snapping mechanics

About USA Football: USA Football, the sport's national governing body, hosts more than 80 football training events annually offering education for coaches and game officials, skill development for players and resources for youth football league commissioners. The independent non-profit is the official youth football development partner of the NFL, its 32 teams and the NFL Players Association. USA Football manages U.S. national teams within the sport for international competition and awards \$1 million annually in equipment grants to youth and high school football programs based on merit and need. Endowed by the NFL and NFLPA in 2002 through the NFL Youth Football Fund, USA Football is chaired by former NFL team executive Carl Peterson.

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