



9
OLB
6-5 | 267

ZION YOUNG

COLLEGE: MISSOURI

AGE: 22 HOMETOWN: ATLANTA, GA

EXP. (NFL/RAVENS): ROOKIE GP/GS (PLAYOFFS): 0/0



— KEY TRANSACTIONS —

- Zion Young was selected by the Ravens in the second round (45th overall) of the 2026 NFL Draft

— COLLEGE HONORS —

- Senior Bowl Defensive Player of the Game (2026)
- First-team All-SEC by media (2025)
- Second-team All-SEC by coaches (2025)
- Team captain (2025)
- SEC Academic Honor Roll (2024)
- Academic All-Big Ten (2023)

— COLLEGE HIGHLIGHTS —

- In two seasons (2024-25) at Missouri, recorded 84 total tackles – including 22 TFL and 9 sacks (-75 yards) – 3 FFs, 1 FR and 5 PD in 26 games
- As a captain, led Mizzou with a team-high 6.5 sacks and 16.5 TFL in 2025, earning first-team All-SEC honors...His 17 QBHs ranked fourth in the nation and No. 1 in the SEC, helping Missouri produce the nation's No. 8 overall defense (277.3 ypg allowed)
- Also earned SEC Defensive Lineman of the Week honors twice during his final season with the Tigers
- Prior to Missouri, played in 20 games (11 starts) over two seasons (2022-23) at Michigan State, finishing with 48 tackles, 6.5 TFL and 2.5 sacks

— PERSONAL —

- Graduated with a degree in general studies from Missouri
- Is the youngest of 11 children (four brothers and six sisters)
- Father (Frank), who served in the military, introduced Zion to football in elementary school and coached him throughout youth leagues
- Older sister, Diamond, won a shot-put state championship in high school and competed on the track team at Georgia Southern (2016-18)
- Attended Westlake (Atlanta) HS, a program that has produced multiple NFL first-round picks, including Ravens CB Nate Wiggins and Falcons CB A.J. Terrell...Has known Wiggins since they were 9 years old, playing both youth and high school football together

— NOTE THE QUOTE —

"Zion is a rugged, tough, physical player. I think he's just scratching the surface of what he can be as a player. I think there's a ton of upside there. I love his play style. He plays extremely hard and plays extremely physical. He's very powerful in the run game, meaning, when he strikes blocks, they go the other way. When people pull on him, and he strikes him, it's a train wreck."

— Head Coach Jesse Minter

2025: (MISSOURI – 13/13)

- Voted team captain and started all 13 games, totaling 42 tackles (20 solo) – including 16.5 TFL and a team-high 6.5 sacks – 17 QBHs (SEC best), 2 FFs and 2 PD...Earned first-team (media) and second-team (coaches) All-SEC honors
- Leader of Mizzou's defense, which ranked No. 8 in the FBS in yards allowed per game (277.3) and tied for 17th in points allowed per game
- Closed his collegiate career with 2 tackles and 5 QBHs vs. Virginia in the Gator Bowl (12/27)
- Finished with 5 tackles (3 solo), including 2.5 TFL and 2 sacks (-13 yards), in a win vs. Auburn (10/18)...His leadership was the difference in OT, when he recorded 1 sack and another TFL to help secure the Tigers' victory...Earned SEC Defensive Lineman of the Week honors for his efforts
- Posted a season-high 3 tackles, including 2 TFL and 1 sack, in the SEC opener vs. South Carolina (9/22)...Was named SEC Defensive Lineman of the Week for his performance

2024: (MISSOURI – 13/13)

- In his first season at Missouri, compiled 42 tackles – including 5.5 TFL and 2.5 sacks – 3 PD, 5 QB pressures, 1 FF and 1 FR (returned for a TD) in 532 snaps
- Helped Mizzou post a 10-3 record and permit just 317.5 yards per game, ranking 17th in the nation
- Registered 1+ tackle in 12 games and 3+ tackles on nine occasions, including a season-high 7 stops vs. Vanderbilt (9/21)...Also recorded at least 1 TFL in three different games
- Returned a fumble recovery 17 yards for his first-career TD in a win over Oklahoma (11/9)

2023: (MICHIGAN STATE – 12/9)

- Played in all 12 games (nine starts) at DE, recording 26 tackles, 4.5 TFL and 1.5 sacks in 556 snaps...Was credited with 25 QB pressures by PFF
- Posted a then-career-high 2 TFL and 1.5 sacks in a win vs. Richmond (9/9)

9 ZION YOUNG

2022: (MICHIGAN STATE – 8/2)

- Played in eight games (with two starts vs. Wisconsin and Michigan), posting 21 tackles, including 2 TFL and 1 sack, in 183 snaps
- Recorded a career-high 7 tackles in a start at No. 4 Michigan (10/29)
- Made his collegiate debut and first-career sack in a win vs. Akron (9/10)

— HIGH SCHOOL —

- Prepped at Westlake (Atlanta, GA) HS, where he earned first-team All-Region honors after tallying 108 tackles and 7.5 sacks as a senior
- Helped Westlake to a 30-9 three-year record with three state playoff appearances, including a semifinal in 2020 and a quarterfinal berth in 2021
- Also lettered in lacrosse

