

Tim Holt

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Football • Dighton MA

og1coaches.com/p/timholt

Biography

I grew up in Massachusetts and played college football at Southern Connecticut State. Since beginning my coaching career in 1995, I have accumulated experience across multiple levels: 15 years at the college level (FCS and Division II), 7 years in high school, and 10 years professionally in the NFL and UFL/USFL. I have been married to my wife since 2001 and have 4 daughters

Statement

I believe that my job as a Coach is to make a positive impact on players and the program. I am firmly grounded in the development of each player as a young man, with fundamental techniques, and football IQ, My understanding of players learning curves physically, mentally and emotionally has never been at a higher point than it is now in my coaching journey.

My philosophy is the same for every level: teach, challenge and develop my players through strong relationships, trust and accountability.

Feature

Michigan Panthers - United Football League
Making sideline adjustments

Michigan Panthers - United Football League
Sideline adjustments

Michigan Panthers - United Football League
Making sideline adjustments

COACHING CAREER

Offensive Line Coach — Crean Lutheran High School
| Football | 2023 - 2025
CIF Playoffs 2023 and 2024

Offensive Line Coach — Michigan Panthers
UFL / USFL | Football | 2023 - 2025
UFL Playoffs 2025 and 2024 / USFL Playoffs 2023
Finished ranked #2 Rushing Offense in 2025 and 2024
Finished ranked 2nd in Sacks allowed in 2025

Offensive Coach — Santa Margarita High School
| Football | 2019 - 2023
Offensive Coordinator 2019 CIF Playoffs 2019

Run Game Coordinator 2020-2022 CIF Playoffs 2021 and 2022

Assistant Coach — Oakland Raiders

NFL | Football | 2015 - 2018

Assistant Offensive Line Coach

NFL Playoffs 2016 and finished as the #6 Rushing Offense and #1 in Sacks Allowed

2017 finished tied for #3 in Sacks Allowed

Offensive Line Coach — Stetson University

| Football | 2014 - 2015

Offensive Line Coach and Run Game Coordinator

Offensive Line Coach — Chicago Bears

NFL | Football | 2012 - 2013

Finished #10 in Rushing Offense

Assistant Coach — Tampa Bay Buccaneers

NFL | Football | 2009 - 2012

Assistant Offensive Line Coach 2010-2011

Offensive Assistant 2009 Finished #8 in Rushing Offense in 2010

Offensive Line Coach — Stonehill College

| Football | 2008 - 2009

Offensive Line Coach and Run Game Coordinator

Assistant Coach — Southern Connecticut State University

| Football | 2004 - 2008

Running Backs Coach 2005-2007

Offensive Line [Centers & Guards] 2004

NCCA Division Playoffs 2005, 2006, and 2007

Offensive Coordinator — American International College

| Football | 2001 - 2003

Offensive Coordinator and Offensive Line Coach

Assistant Coach — Cornell University

| Football | 1999 - 2001

Tight Ends and Running Backs Coach

Tight Ends Coach — Lehigh University

| Football | 1997 - 1999

Tight Ends and Assistant Offensive Line Coach

NCAA FCS Playoffs 1998

Assistant Coach — Southern Connecticut State University

| Football | 1995 - 1997

Graduate Assistant - Tight Ends and Assistant Offensive Line Coach
