

Riley Sorenson

Private OL Training | Former D1 Center and CIF State Champion

Football • Rancho Santa Margarita, CA

app.og1.app/p/rileysorenson

Biography

I started 33 games at center for Washington State from 2013-2016, earning All-Pac-12 Honorable Mentions and a spot on the Rimington Award Watch List. My teammates called me "The Wizard" for my analytical approach to the game and ability to break down complex schemes (and because I was good at video games). I earned my Economics degree while playing Division I football, receiving the Athletic Director's Star Performer Award for academic excellence.

After football, I transitioned to analytics consulting, where I help companies build winning strategies through data. I bring this analytical mindset back to coaching. I see parallels between building successful teams and building successful businesses. Both require understanding your players (employees), adapting your system, and making data-driven decisions while never losing sight of the human element.

Statement

I specialize in offensive line technique through physical and mental training. My approach combines traditional football fundamentals with modern analytics. I help athletes understand not just what to do, but why it works. Whether you need help with scheme analysis, player development strategies, or building team culture through adversity, I bring a unique perspective from both the gridiron and the business world.

Achievement

Wayne Gittinger Inspirational Award
Seattle Sports Star of the Year Awards

PAC-12 Sportsmanship Award
PAC-12 Conference SAAC

Capital One Orange Bowl-FWAA Courage Award Nominee
Capital One Orange Bowl

All PAC-12 Honorable Mention
PAC-12 Conference

Education

Economics
Washington State University

Feature

Washington State
All Pac-12 Honorable Mention |
PAC-12 Sportsmanship Award |
3-year starter

ATHLETIC CAREER

Center — Washington State University

NCAA Division I - National Collegiate Athletic Association Division I | Football | 2013 - 2016

Tackle — Santa Margarita HS

| Football | 2009 - 2013

COACHING CAREER

Offensive Line Coach — Santa Margarita Catholic High School

CIF - California Interscholastic Federation | Football | 2020 - 2021

Graduate Assistant - Offensive Line — Washington State University

NCAA Division I - National Collegiate Athletic Association Division I | Football | 2016 - 2017
