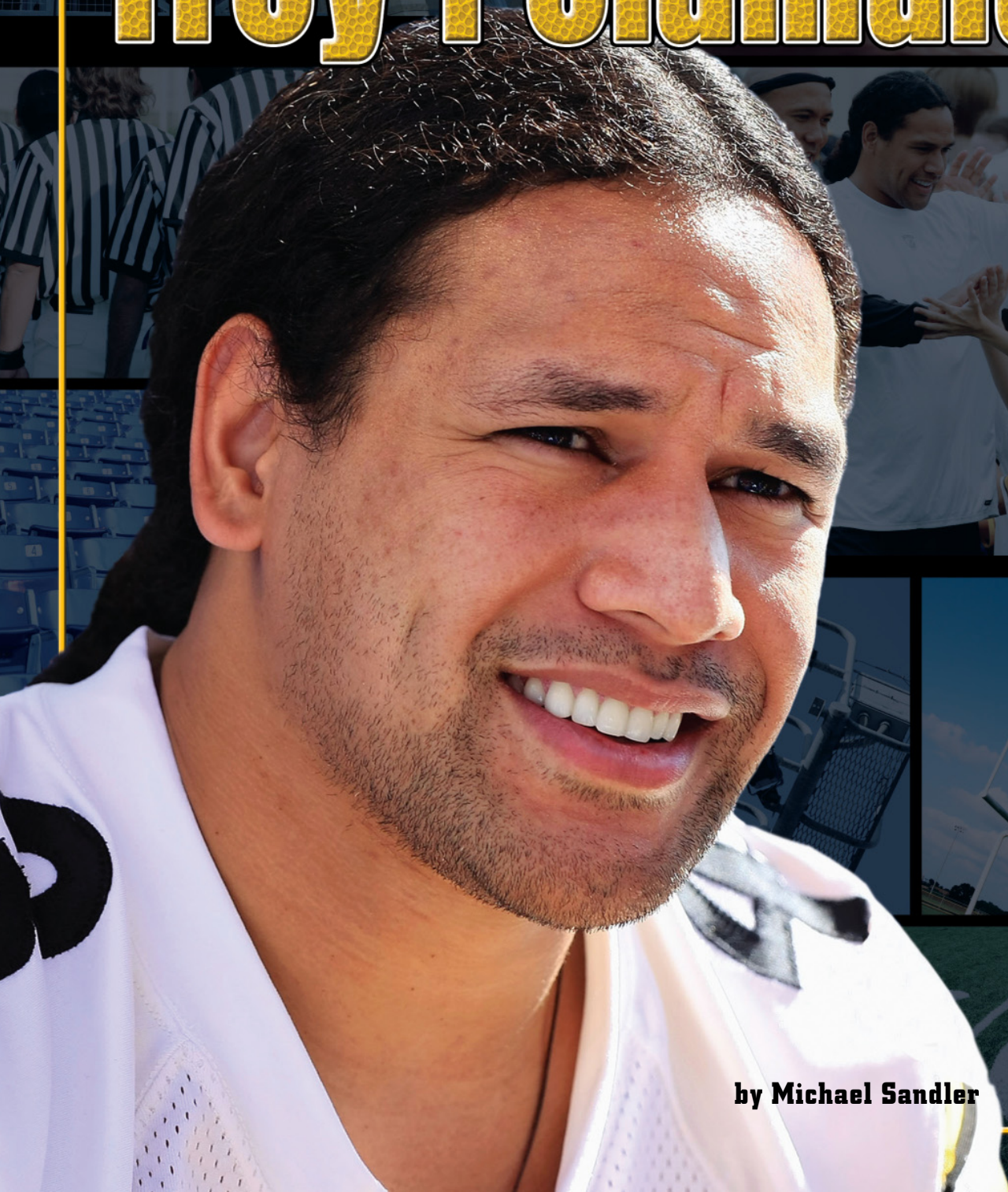




Troy Polamalu



by Michael Sandler

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by Michael Sandler

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football.about.com

BEARPORT
PUBLISHING

New York, New York

Credits

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Publisher: Kenn Goin

Senior Editor: Lisa Wiseman

Creative Director: Spencer Brinker

Photo Researcher: Picture Perfect Professionals, LLC

Design: Dawn Beard Creative

Library of Congress Cataloging-in-Publication Data

Sandler, Michael, 1965–

Troy Polamalu / by Michael Sandler.

p. cm. — (Football heroes making a difference)

Includes bibliographical references and index.

ISBN-13: 978-1-61772-312-4 (library binding)

ISBN-10: 1-61772-312-6 (library binding)

1. Polamalu, Troy, 1981–Juvenile literature. 2. Football players—United States—Biography—Juvenile literature. I. Title.

GV939.P65S36 2012

796.33092—dc22

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2011011675

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For more information, write to Bearport Publishing Company, Inc., 45 West 21st Street, Suite 3B, New York, New York 10010. Printed in the United States of America in North Mankato, Minnesota.

072011

042711CGF

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Turning to Troy

A meeting between the Pittsburgh Steelers and the Baltimore Ravens was always a battle between tough, bruising defensive teams. The game on December 5, 2010, was no different.


Both teams desperately wanted a victory. The winner would take first place in the **AFC North**. The losing team would drop into second place.

With fewer than five minutes left to play, a 10–6 lead, and **possession** of the ball, Baltimore quarterback Joe Flacco had his team close to victory. To turn this game around, Pittsburgh needed a big defensive play. So they looked to **safety** Troy Polamalu—one of the NFL's greatest **defenders**.



Troy Polamalu
in action





The Steelers (right) and the Ravens (left) played in Baltimore on December 5, 2010. At the time, the two teams were tied for first place with 8–3 records.

With Troy's help, Pittsburgh had the NFL's best defense in 2010–2011. The Steelers allowed just 63 **rushing yards** (58 m) and fewer than 15 points a game.

The Game Changer

As Joe Flacco dropped back to throw the ball, Troy exploded across the **line of scrimmage**. He flew like a bullet toward the Baltimore quarterback, swooping in to grab him. As he did, Troy swept his right hand across Joe's throwing arm, knocking the football free. Then Steelers **linebacker** LaMarr Woodley scooped up the bouncing ball and ran all the way downfield to the Baltimore nine-yard (8-m) line. Suddenly, Pittsburgh had the ball right next to the Ravens' **end zone**.

Three plays later, Steelers quarterback Ben Roethlisberger threw a short touchdown pass to **running back** Isaac Redman. Pittsburgh took the lead, and minutes later they had a 13–10 win. As so often happens for the Steelers, a Troy Polamalu play had changed the whole game!

Troy (#43) knocks the ball out of Ravens quarterback Joe Flacco's (#5) hand.





Pittsburgh's win knocked Baltimore out of first place. The Steelers held on to first place through the end of the season and took the 2010–2011 division title.

LaMarr Woodley (#56) runs down the field with the ball after Troy (#43) knocked it out of Joe Flacco's hand.



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Learn More Online

To learn more about Troy Polamalu and the Pittsburgh Steelers, visit
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Troy Polamalu

Troy Polamalu is the Pittsburgh Steelers' game-changer. He's the superstar whose big interceptions, terrifying tackles, and stunning sacks turn certain losses into amazing wins. His efforts put smiles on his fans' faces. Away from the stadium, Troy also brings smiles to the faces of the people he meets. At hospitals, he greets kids struggling with serious illnesses. Visits from Troy help give their spirits a lift. Troy also brings cheer to the men and women who serve in the armed forces. He visits injured veterans and supports programs that improve soldiers' lives. Follow Troy through his biggest moments, both on and off the field, to see how this hero makes a difference.

Brett Favre

Larry Fitzgerald

Tony Gonzalez

Matt Hasselbeck

Peyton Manning

Donovan McNabb

Adrian Peterson

Troy Polamalu

Ben Roethlisberger

Tony Romo

Mark Sanchez

LaDainian Tomlinson

Brian Urlacher

BEARPORT
PUBLISHING

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ISBN-13: 978-1-61772-312-4



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