

Steelers NFL Free Agency Trade Tracker (as of March 13, 2026, 8:15 PM):

Kevin Cameron | Pittsburgh's DSEN | Soul Take

It's that time of year, "NFL Free Agency," and it's off and running.....officially now! The Steelers are busy during these times. Stay connected to Pittsburgh's DSEN, as we keep you updated on all the movements regarding, who's in and who's out for the Steelers!

Players Retained:

- Jack Driscoll (offensive tackle) - one-year contract. He was signed to the practice squad in 2025 and elevated to the 53-man roster in late December, but didn't see any playing time during the 2025 seasons. He was drafted by the Eagles in the 4th round in the 2020 NFL Draft and spent five seasons with the Eagles, appearing in 67 games, starting 18.³
- Cam Heyward (defensive lineman) has signed a one-year extension, per multiple reports. The total two-year deal is worth \$32.25 million.¹ Of the amount, \$16.25 million is fully guaranteed. Via Ian Rapoport of NFL Media, the \$18 million new-money APY makes it the largest contract given to an NFL defensive players who at the age of 36 or older.
- Ezezi Otomewo (defensive lineman) is expected to sign a one-year deal according to multiple sources. Only 27 years old and has played for the Vikings (2022), Jaguars (2023-24) and the Steelers (2025).
- CB Asante Samuel Jr. re-signs on a 1-year, \$4 million deal.^A The Steelers could use Asante for depth and experience in the secondary. He's only 26 years old and was drafted by the Los Angeles Chargers in the 2nd round (47th overall) in 2021 and was there through 2024 before being placed on Injured reserve for a shoulder injury. He signed with the Steelers in November 2025.
- LB Cole Holcomb re-signs — a 2-year, \$5 million contract.^A He's 29 years old and was drafted by the Washington Commanders in the 5th round in 2019. He's been with the Steelers since 2023 and had a serious knee injury in week-9, missed the rest of the year and the entire 2024 season. Holcomb returned to play in 2025.

Players Traded For:

- WR Michael Pittman Jr. (28 years old) — from the Indianapolis Colts, a 3-year, \$59 million deal.^B The Steelers finally have that #2 wide receiver to go along with D.K. Metcalf. In addition, the Steelers will receive a 2026 7th-round pick and the Colts will receive a 2026 6th-round pick.

Free Agent Signing(s):

- Former Titans free-agent defensive lineman Sebastian Joseph Day is signing a two-year, \$11 million deal with the Steelers, including \$6 million this year, per agent Drew Rosenhaus.⁷
- Safety, Jaquan Brisker - 1-year, \$5.5M deal. (via Mike Garafolo, Ian Rapoport, Tom Pelissero). This 26 years old is a homeboy from Monroeville, PA (suburb of Pittsburgh) and a graduate of Gateway High School. He was drafted out of Penn State (previously went to Lackawanna College) in the 2nd round in 2022 to the Chicago Bears where he played and started in 52 games, had 342 tackles, 7 sacks, 4 forced fumbles, and 4 interceptions.⁵
- Safety, Darnell Savage – released by the Jaguars after appearing in two games in 2025, then signed with the Commanders and appeared in eight games before being released in December. Then he played for the Bills and played in three games.⁴ Savage speed in the 40 yard dash was reported at 4.36 and was the Packers 1st round pick in 2019.
- Running back Rico Dowdle - a two-year, \$12.25 million deal, NFL Network reported Monday. He led the Panthers with 1,076 yards rushing in 2025, giving him two consecutive 1,000-yard seasons (Carolina and Dallas).^B
- According to ESPN's Peter Schrager, the Steelers are signing cornerback Jamel Dean to a three-year deal worth \$36.75 million. He's 29 years old, started 77 games in his career (2019), had a career-high three interceptions in 2025. "The Tampa Bay Buccaneers selected Dean in the third round (94th overall) of the 2019 NFL draft. He was the

second cornerback selected by the Buccaneers after second round pick (39th overall) Sean Murphy-Bunting and was the 11th cornerback taken overall.^E

- Per the Steelers signed punter Cameron Johnston to a one-year contract. He was with the Steelers in 2024, but missing time due to an injury. In his eight seasons he played for Philadelphia (2017-20), Houston (2021-23) Pittsburgh (2024), Buffalo (2025) and the New York Giants (2025).

Players out:

- Miles Killebrew - All-Pro special teamer has signed with the Tampa Bay Buccaneers; 1-year for ~\$1.8 million, according to report by Jeremy Fowler of ESPN. He follows former Steelers special teams coordinator Danny Smith to Tampa Bay and Kenneth Gainwell.
- Tight End, Connor Heyward is expected to sign with the Raiders for 2-years, \$5.5M.⁶
- Receiver Calvin Austin III is signing a one-year deal worth up to \$4.5 million with the New York Giants, agents Drew Rosenhaus and Kyle Lincoln told ESPN's Adam Schefter on Thursday.
- Running Back Kenneth Gainwell signs a 2-year deal with Buccaneers for \$14 million.^C He was the Steelers 2025 MVP and had a breakout season. Gainwell is only 26 years old and the Buccaneers will be his third team (Eagles, Steelers, Buccaneers) in as many years.
- James Pierre is signing a two-year, \$8.5 million deal with the Minnesota Vikings - \$3.7 million guaranteed with a \$2.5 million signing bonus.^D James Pierre had a really good year for the Steelers and is now being rewarded.
- Isaac Seumalo (offensive guard) agreed to terms with the Cardinals on a three-year, \$31.5 million deal, according to multiple reports. Seumalo, 32, made his only Pro Bowl in 2024.¹

- TE, Jonnu Smith has been released on 3/5/2026 per the Steelers. He had a disappointing year - 38 receptions for 222 yards, a 5.8-yard average, and two touchdowns.

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