

# Former Ohio State DT Mike Hall Jr. Works Out At Ohio State Pro Day, Says He Has Met With All 32 NFL Teams



Former Ohio State defensive tackle Mike Hall Jr. worked out at Ohio State's pro day with the 2024 NFL draft fast approaching. It was the first time he worked out publicly since he was named the top defensive lineman at the Senior Bowl practices.

He said he didn't participate in the Senior Bowl game because of a tape job which left him with poor circulation in his foot, but he did stick around to talk to teams after his impressive performances throughout practice.

Hall said he has met with each of the 32 NFL teams in some fashion, and the expected day two draft pick doesn't regret his decision to leave Ohio State even though the rest of his defensive line opted to stay back in Columbus for one more season.

"I feel like I've developed great on and off the field due to Coach (Ryan) Day, but I look back on it like I love my guys to death but I have to do what's best for Mike Hall," Hall said at pro day.

He did get one more shot to go through some workouts with a couple of his former Buckeye teammates on the defensive line when defensive ends Jack Sawyer and J.T. Tuimoloau both participated in the defensive line workouts at the event, both of whom will likely be drafted in 2025.

"It was just a great experience to have my brothers out there one last time and be together on the field as a group," he said. "I just really appreciate them for coming out to work out with me and hopefully display their skills. Hopefully scouts can get an early look on them and this will hopefully help them in the draft."

Hall has created somewhat of a buzz since he left Ohio State, which is obviously being echoed by NFL

front offices if he has met with every team, but he said he doesn't pay attention to anything other than what he's doing.

"I really don't pay attention to social media or anything like that," Hall said. "I've really just been locked in and staying true to the process and focusing on developing me as a player."

Hall said he's going to be staying in Columbus to work with Day and other Ohio State coaches, primarily on hand movement and getting off the ball quickly, but when the NFL draft comes around on April 25, he will be hearing his name called and finding a new home for himself soon.