



WASHINGTON REDSKINS

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QB Colt McCoy

On his condition:

"I feel fine, I feel fine. It's nice to just be back out on the field, and, you know, it's been a while since I've played football. I'm fighting through some things, but just to be out here and playing and taking reps – [I] don't take that for granted – and glad to be back out there."

On his injury from last season:

"I worked really hard to be able to be out here right now. Lots of hours doing rehab, lots of hours with our training staff – still doing that, you know, still working through those things – but, I feel good. Nice to be on good grass out here; I complement our field guys every day. This is really nice."

On if he had thoughts after the organization drafted and traded for a quarterback:

"Yea, I think so a little bit, but you know all my coaches and everybody just said, 'You got to get healthy first. You get healthy and then we'll see where we are.' That has been my main focus and the top-down has been real supportive of me, and, you know, I did have several operations and had some difficulties, but we're fighting through those and, you know, I felt pretty good these last few days."

On his surgeries:

"I had three, but we're fine. You know, sometimes things happen and I don't really want to get into it too much, but I know that I'm at a point right now where I feel good enough to get out there and throw and move around and just everyday working through that and seeing how it feels, and, again, everyone here is real supportive of me and my situation. I want to be out there and compete. I understand the opportunity at hand. Been here a long time...but I don't want to make this about me; I've been here with Jay [Gruden] for six years and a lot of these guys on the team: J. [Jordan] Reed, Brandon [Scherff]. You know, I think the urgency from us older guys is different right now. From Jay down to our coaches, I really think that we have an attitude of like what we've done so far is really not up to our standard and we need to stay healthy, but we also need to put it together and dial it in and figure out who we are as an offense and how we're going to be. How we're going to attack defenses – and those are things that I want to be out there for understanding. Every year, each team is different – have a little different philosophy – but I feel good with where we are for two days, but, again, we haven't even put the pads on yet, so real football is coming."

On his increased throwing speed:

"Drew Brees (QB New Orleans Saints) said, 'The older you get, the stronger his arm felt,' and I can't argue with that. That's pretty good. I thought he was lying when he was 32, 33, but I have worked hard at that for sure. A lot of the... throwing the football is not your arm, its patterning, its sequencing, your force comes from the ground. That comes from my leg, getting that strength in, getting that in-the-ground throwing, being confident in that, that's all a part of the throwing process. I'm a little rusty for a couple of days on some things, but overall, I feel pretty confident."

On returning from the injury to finish the season:

"Well, I think you can't plan for some of the things that happen. You know, those are just rare instances that we had to fix some things. But again, I've got great doctors, great staff, coaches that take care of me, so I've

definitely have... it's been a seven-day-a-week job to get back here, just being on the field, I count it as a blessing for sure."

On mentoring and competing with QB Dwayne Haskins:

"For sure, Dwayne is super talented. This offense is not easy to pick up your first year. I remember when I came here; I was going into year five and I learned more football in just OTAs in the spring and you're challenged to think. I would say the challenge for Dwayne, from the limited things that I saw in the spring to where we are right now, he's fully embraced it and working hard and not making the same mistakes and I'm certainly walking through that with him. I told him day one, we're competing. We're on the same team. The goal for us is to win. The coach is going to put the best player out there. Who he thinks is ready to lead this team. If that's you, if that's me, then we're in this thing together and I think it's been a good room so far."

On missing OTAs during a quarterback competition:

"I think it's early right now. I certainly would have liked to have been out there in the spring. I think my focus over these first two days and as we keep going is we have an unbelievably talented group of young receivers. I don't know if I've been around, in 10 years, drafted and undrafted rookie guys that can play. These guys are competing. There is a competition in that room for sure. They all can run. They can separate. So these two days, I've really been focused on how does this guy break down, get in and out of his cut, what's his depths of his routes, talking to them, communicating. I think that the disadvantage would be that they (Case Keenum and Dwayne Haskins) got to throw with them all spring. I'm not confused at all about the offense or the system – I've been here long enough for that – it's just getting a feel for everybody."

On an area where he needs more consistency:

"There are a lot of things. I think as we move forward, I think you sort of eliminating my leg and making sure it feels good. I think these two days I've really focus on how I feel and I think I've done a pretty good job of handling that and now not really detailing and dialing in. Sort of what I mentioned a little bit before, who we are. Are we going to be a two-back team, a one-back team? Every year we are a little bit different and but again, I have to say coming out here and throwing the ball around, it's what I do and love it, but Jordan [Reed] and Vernon [Davis], those guys are just playing at an elite level. These young guys see that and they are working and competing and Paul [Richardson Jr.] has been great in that room. He has played a lot of football. He's talking about routes and depths. When we get back to the hotel, spending some time with those guys and really understanding what they see and how they see leverage. Field is different from a college field. The numbers are different, the hash marks are different – I want you to get here. It's coming along. Ike [Hilliard, Wide Receivers Coach] has done a great job with them and I think if we can get a couple of those guys to sort of separating some of themselves and standout, I think we have a chance to be pretty explosive."

On his pattern of injuries:

"Well, I think yeah you're right, I've dealt with some injuries. I don't think it's been my play on the field that has taken me off the field. I have to sort of remind myself that I am confident in that, confident in what we do. Staying upright is a big point of emphasis."

On the team's sense of urgency:

"I don't want to say we're different. I think urgency is a good word. Our defense is playing well. My first two days playing against our guys, getting a lot of the one-reps. The D-line, the secondary, Dunny (Quinton Dunbar) is playing great, J-No (Josh Norman) showed up. They're showing a lot of different looks, adding Landon (Collins). Landon has made some plays that – great to see from my stand-point – but hard to beat. I squeezed one in on him down the sideline, but he was in perfect position. He'll bait you. They're smart. Taking reps against those guys is what football is all about and making me better. I am making them better. I am excited to put the pads on. I think overall, I think there is good leadership, I really do. I think the older guys on this team are challenging the young guys. I think we have a wonderful coaching staff. This training camp down here in Richmond has worked. It's figuring out who we are. I'm getting tons of different looks in addition of Rob Ryan (Inside Linebackers Coach). I was with him in Cleveland. He's a great source of knowledge, he can talk ball

with him. (Greg) Manusky (Defensive Coordinator) is awesome. Figuring out those things, seeing different looks, I think we're competing on both sides of the ball and it's really helping our football team."